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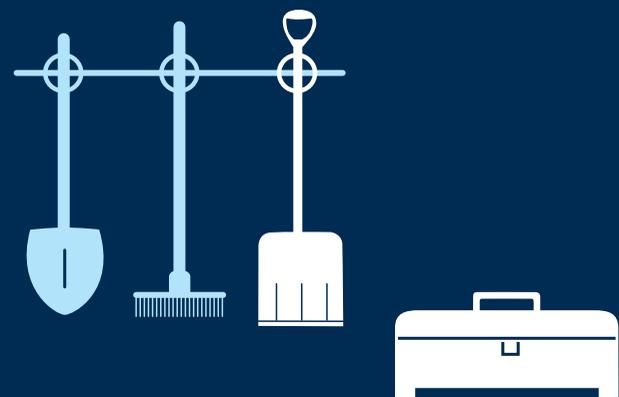
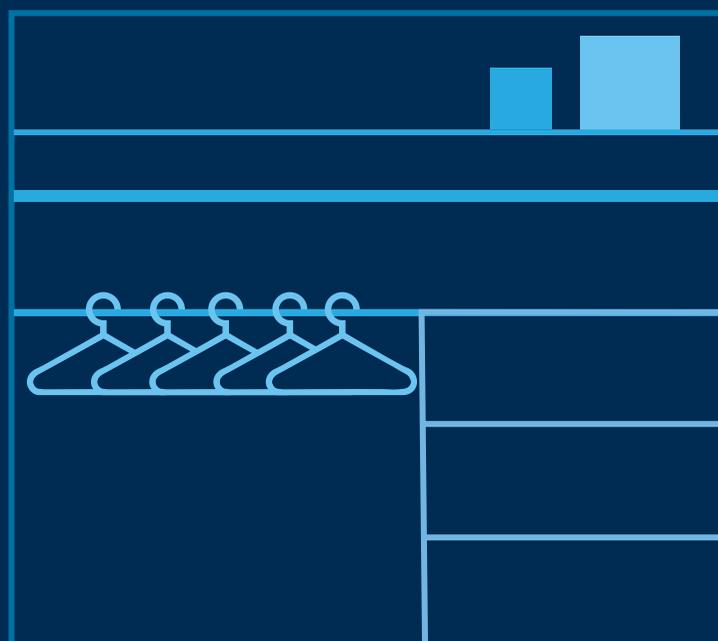
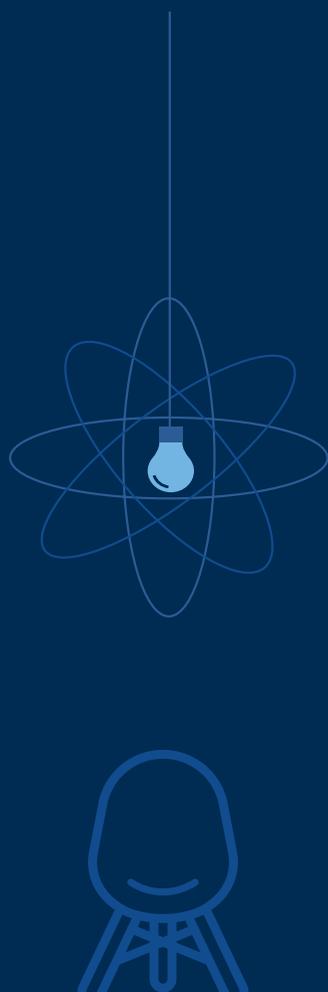
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CONTENTS

SEPTEMBER 2021

<b>Welcome Back, qathet</b> How we're getting back to the new normal	<b>6</b>
<b>Back to the movies</b> The Patricia reopens	<b>9</b>
<b>Federal Candidates Grilled</b> Fishing, housing, COVID and more	<b>10</b>
<b>Mad Markets: Real Estate</b> Having trouble buying? You're not alone.	<b>17</b>
<b>Catalyst opens up</b> What's the mill up to in 2021?	<b>24</b>
<b>Return of the Sasquatch</b> They like your garden produce	<b>27</b>
<b>Oysters are gems</b> Tla'amin's visionary shellfish biz	<b>30</b>
<b>69 and e-biking across BC</b> During the heat dome, no less.	<b>33</b>
<b>Death of Mary Morgan</b> Community-supported dying	<b>35</b>
<b>Finding Family</b> Family tree project in Tla'amin	<b>48</b>
<b>Reconciliation Holiday</b> Will you take September 30 off?	<b>51</b>

REGULAR FEATURES

Blast from the Past	<b>37</b>
The Other Bottom Line	<b>38</b>
A Growing Concern	<b>39</b>
I Made the Move	<b>40</b>
What's Up	<b>41</b>
Business Affairs	<b>43</b>
Events	<b>45</b>
Take a Break	<b>52</b>
Last Word	<b>54</b>

**ON THE COVER:**

Our community COVID leadership for September: Brooks Principal Bill Rounis, Academy of Music director Walter Martella, Chamber of Commerce president Telis Savvaidis, and PR Kings head coach Brock Sawyer. Welcome back? Not sure yet. Maybe with a vaccine certificate...  
*Photo by Pieta Woolley*



# Welcome back, we hope

Each September, qathet starts up again. School, hockey, dance, cadets, service groups, Sunday Schools and more. Fall is when we get back on track; no more lounging on the porch. Pick it up.

This September is extra thrilling—or, it was supposed to be. After a year and a half of restrictions, we planned to return to normal. Or the new normal. Or building back better. Instead, here comes the Delta variant and a social battle over vaccines.

When this magazine first planned to do a “welcome Back, qathet” cover, I thought immediately of the progressive-for-its time TV sitcom, *Welcome Back, Kotter*. The 1970s show featured a Brooklyn teacher beleaguered and beguiled by his class of misfits and screw-ups, the Sweathogs. The theme song has been stuck in my head all summer. Welcome back, welcome back, welcome back.

Instead, just like the TV *Kotter*, welcome back 2021 is bittersweet. This isn't exactly where we'd dreamed of ending up. However, like *Kotter*, we have some resources at our disposal: our good humour, our smarts, our perseverance, and our community. We can do masks and restrictions a little longer. We have no choice. Welcome back, COVID.



**TRAVOLTA BREAKS OUT:** Never seen the 1975-1979 TV hit? You gotta.

I'd like to thank the cover models: Brooks Principal Bill Rounis (as Mr. Kotter), Academy of Music director Walter Martella, Chamber of Commerce president Telis Savvaidis, and Powell River Kings head coach Brock Sawyer (as the Sweathogs) for being such great sports. They'll

be our leaders in September as we try to get back to school, lessons, events, business and sports. Each of them exemplifies Mr. Kotter's best qualities. We're in good hands.

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## IN THIS ISSUE

### PIETA WOOLLEY



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“

Here in the qathet area there is a greater draw in the fall than even fish. That is the bounty of your yard and garden... no garden anywhere is safe.

- Rick Crozier, Sasquatch companion **Page 27**

”

## A FEW OF SEPTEMBER'S CONTRIBUTORS



**ANNA BYRNE** is a theology student and author of *Seven Year Summer*, a cancer memoir. Her writing explores spirituality, death and dying, and the natural world. **See Anna's story, *The Community Centered Dying of Mary Morgan*, on Page 35.**



**RICK CROZIER** is fascinated by qathet's vibrant Sasquatch scene, having many encounters here. He is moving back to Alberta this month. **See Rick's story, *Return of the Sasquatch*, on Page 27.**



**TERRY FAUBERT** is an avid cyclist with a taste for adventure. A local writer, she has two (soon to be three) published books. **See Terry's story, *69 and e-biking across BC*, on Page 33.**



**ARNOLD NOUWENS** is a former art director at one of Vancouver's top ad agencies, and current visual artist in Powell River. **See Arnold's image of the Patricia Theatre on Page 9.**



**GARY SHILLING** is the executive director of the Powell River Film Society. **See Gary's story, *A Smashing Welcome Back*, on Page 9.**

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# Welcome Back, qathet

Remember when we'd sing together, dance,  
cheer, drum, celebrate and even read together?

The leadership for all of those gatherings and more is  
struggling to bring us back together again this fall,  
mindful of both the morphing virus, and our aching hearts.





**BY PIETA WOOLLEY**

Usually, Julia Adam spends Wednesday nights directing the One Voices Choir, an intergenerational group who love to sing. She was looking forward to September; the group sang virtually in 2020, but stopped; it wasn't the same. Now Julia—along with dozens of qathet's activity leaders—is craving togetherness.

Choirs are one of the backbones of this community—independent ones such as the One Voices, those attached to the Academy of Music, plus the many church choirs. Because singing projects droplets, choirs were one of the first gatherings to halt under Dr. Bonnie Henry's COVID safety measures.

"I knew that it [choir] has an uplifting and positive effect on my life before, but the break during the pandemic has bought this reflection to the foreground. I never dreamed that suddenly we wouldn't be able to sing together like that, so I sort of took that weekly experience for granted. Not anymore!"

Julia hoped the choir could be together again this fall. She is waiting and seeing, and will hopefully have an answer for her group by later this month.

September is usually the season when qathet's engine starts up again. Certainly this year, September was supposed to mean Phase 4—a full return to normal. Instead, vaccination rates are stalling, and the Delta variant is

surging. Most activity leaders and event planners are trying to make the best of things, in the absence of a certain future.

For example, the Powell River Farmers Market is (at press time) going ahead with weekend markets outside this September and inside a quonset hut starting in October, but not running the Fall Fair this year.

"We're working our way back to what we consider normal," explained manager Juhli Jobi.

Funerals, weddings, mass, and other religious gatherings were forbidden or constrained for much of the past 18 months.

"I could not describe the joy and gratitude of people when we did get back to normal in July," said Father Patrick, the priest serving Westview's Assumption, Tla'amin's Sacred Heart, and Wildwood's St. Gerard's churches. "Attendees were overwhelmed at seeing one another after a year and a half's isolation. We hope and pray to go back to that, but we have to be ready for anything."

At this time, he said, about 40 percent of people have come back to church—a percentage he hopes will increase—but the annual bazaar is cancelled for this year.

School District 47 gets clear direction about COVID protocols from the Ministry of Education. This fall, there are no more cohorts, but masks are required for Grades 4 and up, and recommended in Kindergarten to Grade 3. Director of Instruction Allison Burt said

**Local docs say vax remains our best defence**

Along with full vaccination, our tried-and-true preventative measures, like wearing a mask when in close contact with others, frequent hand washing, and avoiding crowded spaces will help to keep us safe. In addition, it's critical that anyone with COVID symptoms gets tested as soon as possible.

The Medical Clinic Associates continues to offer COVID testing weekday mornings 9 to 11am. To request an appointment please fill out the form at [prcomplexclinic.com](http://prcomplexclinic.com). COVID testing is also being done at the Emergency Room at the Powell River General Hospital.

Vaccine clinics will run each Wednesday in September at the Complex Clinic from noon to 6 pm. One pop-up has been confirmed: Town Center Mall, Saturday Sept 4 from 10 to 2pm. More are expected.

*- Powell River Division of Family Practice*

**WHO WE WERE:** Top, Julia Adam conducts the One Voices Choir, which she is hoping to start up again in person this fall. Clockwise from top left: The Powell River Kings season kicks off here on October 8 at the Hap Parker, after a year of zero games. Pat Buckna stopped running live music events, including his popular House Concerts series, for the

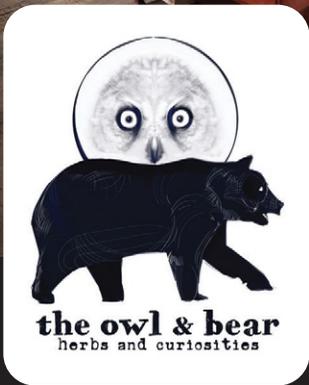
pandemic. His monthly virtual song circles continue. Drew Blaney (middle) has started up Tla'amin Nation Culture Nights again each Wednesday night (see Page 50). Father Patrick christening Estelle Williams in the early days of the pandemic, with dad Luke Williams, the late Tyrone Wilson, mom Carly Williams and Tina Louie. Powell River Public Library

children's coordinator Sonya Zagwyn at an outdoor storytime - they had gone virtual for a while. At Laszlo Tamasik Dance Academy, classes were smaller through the pandemic and performances were virtual. Owner Paige Anderson said she "can't wait" to get back to normal.



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everyone is looking forward to a return to field trips, travel, sports and extra-curricular activities.

While schools underwent some of the most extreme COVID restrictions, including a two-month classroom shut down in 2020, Allison said there were some silver linings. A focus on relationships, teaching students to better protect their own health, and new uses of technology were all enhanced during the pandemic.

On the ice, things are indeed starting up again. Minor hockey held practices through last year, said the director of operations Rick Hopper, but couldn't hold games, or go to and host tournaments. As of press time, games are back on, and tourneys and camps are being planned for Spring 2022. The Kings start up again October 8 with a game against the Nanaimo Clippers at the Hap Parker—with 50 percent capacity (830 spectators). After a year of no games, no spectators and no travel, director of business operations Nadine Porchetta is thrilled to be getting back to “95 percent normalcy.”

“Bring on hockey!” she said.

The Powell River Public Library has endured not just COVID, but also a flood this year. It is already back to normal hours. Administration is hoping for a return to in-person and hybrid events



**THE VIRUS VAULT:** Singing and speaking lessons are on again at Service Vocal Training - in the COVID booth. “It provides a nice encompassed acoustics for my students to hear their vocals better,” said owner Brittney Service, “and the bonus is I don't get spit on like I used to. Yahoo!”

in time for Seth Klein's potential reading of his book *A Good War: Mobilizing Canada for the Climate Emergency* here on October 8.

“The staff is hopeful and cautious,” said assistant chief librarian Natalie Porter - a good summary of just about all programmers this fall. 📖

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# Vancouver Film Fest a smashing “welcome back” for fans of the Pat

BY GARY SHILLING

The historic Patricia Theatre, after being closed for almost 18 months, is about to reopen under the ownership and management of the Powell River Film Society. Friday October 1 is the opening day.

Programming will begin with a first for the Film Society – a partnership with the Vancouver International Film Festival (VIFF) to present 12 films from VIFF during their 2021 Festival – October 1 to 11. Programming details, ticket sales, and schedule will follow in September.

One of VIFF’s core mandates is to “encourage understanding of the world’s cultures through the art of cinema.” VIFF seeks out programming that encourages its members and community to express themselves, their cultural perspectives, and their sense of being, through the shared experience of the moving image.



**MEET THE MANAGER:** Laura Wilson, above, is tasked with breathing life back into the Pat, after a long closure due to COVID. You may recognize her from LIFT or PRISMA, or from your time as a rock musician in California. Painting by Arthur Nouwens.

on the winter blockbusters that will include the latest Bond film, No Time to Die.

October will be our ‘slow open’ month, where we

The co-presentation, called PRFF+VIFF, will be a treat for Festival patrons. VIFF is one of the largest festivals in North America with a diverse program of some of the world’s top festival films and many undiscovered gems. This special offering is our way of thanking the many donors who have made this all possible.

Mainstream programming will also begin in October. Family films such as Paw Patrol, Black Widow, and Cruella will be scheduled for the fall.

We also have our eye

fire up the projector, get popcorn popping and train new staff. We’ll begin with a schedule that focuses on weekend screenings and expand from there as the month progresses.

The Powell River Film Society (an amalgamation of the Friends of the Historic Patricia Theatre Society and the Friends of Film Society) has been fundraising since 2007 to aid in the preservation of the Theatre. In 2012, when film distribution went digital, the society raised \$90,000 within the community to purchase a digital projection system, as well as a single donor’s acoustic re-engineering of the auditorium valued at \$50,000.

At the beginning of this year, we received more than \$100,000 in funding from Heritage BC for exterior improvements, including the replacement of the canopy over the entrance.

Our most recent efforts to purchase the theatre raised more than \$175,000. And now, with a charitable non-profit owning the building, we’ll be in a better position to seek funding to restore the theatre to its original grandeur.

On behalf of the Powell River Film Society, I want to thank everyone who donated towards saving the Patricia. The theatre is an important part of Powell River’s history, and thanks to you, will be an integral part of its future – Patricia Theatre Forever! 🎬

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# Grilled

Campaigning in the summer can mean light-weight coverage of the issues. Instead, this drought has made *qathet Living* extra thirsty for answers.

Get ready for the Federal Election, September 20!



**Rachel Blaney**  
NDP Incumbent

I grew up near Terrace and was adopted by my father into the Stelat'en First Nation.

I moved to Vancouver Island to study at VIU over 20 years ago and raised my two sons here.

I also have a step-daughter and four grandchildren.

My husband Darren is Chief of the Homalco First Nation.

Prior to being elected as MP in 2015, I worked as Executive Director for the Immigrant Welcome Centre, a non-profit providing services to new Canadians in the northern half of Vancouver Island.



**Shelley Downey**  
Conservative

My husband and I have raised our children here in Port McNeill and now enjoy our grandchildren who live here. Together we have built businesses. Prior to joining my husband in business, I worked in accounting in a variety of sectors. I have experienced firsthand the responsibilities and trials that small business owners face and have seen and felt the effects of poor policy decisions in our resource-based economy.

As a four-term councillor for the Town of Port McNeill and a past School Board Trustee, I believe in the importance and necessity of good policy, good governance and accountability.



**Jennifer Grenz**  
Liberal

I have a diverse background, including ecological restoration, small business ownership, academia, natural resource management policy making, farming, and motherhood. I am a proud Nlaka'pamux woman with mixed ancestry and my family comes from, and are members of, the Lytton First Nation. I am running for the Liberal Party because I believe that the issues in this riding are too important and too pressing to wait any longer for an MP with a seat at the table in government. We need more than a strong voice on issues such as climate change, salmon, jobs, and housing – we need action.



**Jessica Wegg**  
Green

I live in Comox with my husband and our two kids. I'm on the PAC at our son's school, and I'm the secretary/vice-chair of the local BC Greens' Riding Association. I'm a human rights lawyer, and my practice has historically been focused on prisoner rights and representing victims of institutional sexual abuse; I'm currently expanding my practice into various Indigenous legal issues, particularly involving research to support Treaty preparation. I'm here because this part of BC is the most beautiful place on Earth and a great place to raise a family – I'm running for MP to keep it that way.

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**It's now clear that COVID will be with us for the long term. How will your party ensure public safety from the virus?**

**Rachel Blaney | NDP** • We need paid sick leave for all workers; we need to rebuild the capacity to manufacture vaccines in Canada, which was lost under previous Liberal and Conservative governments; we need to address the housing crisis, because people can't isolate when they're underhoused.

**Shelley Downey | Conservative** • We encourage all Canadians, who are able, to get vaccinated.

Going forward, we will secure our country's health by creating a strate-

gic stockpile of essential products and building the capacity to manufacture vaccines at home.

**Jessica Wegg | Green** • We need to continue to listen to the science and make sure that all Canadians have access to the information upon which we are basing our decisions.

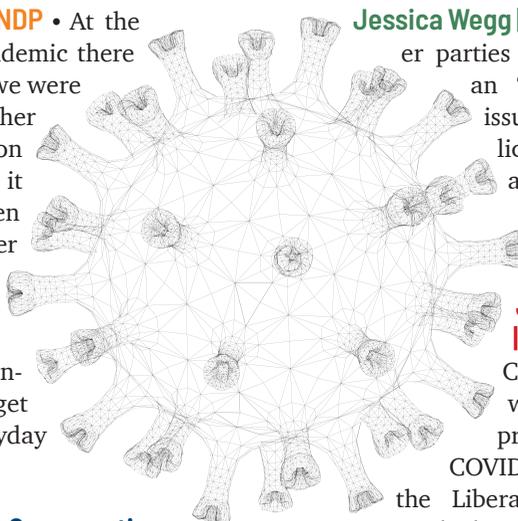
**Jennifer Grenz | Liberal** • By continuing to listen to the science from our top doctors and ensuring that pandemic supports continue to be available.

**What's the biggest thing the other parties are getting wrong on COVID?**

**Rachel Blaney | NDP** • At the outset of the pandemic there was a sense that we were all working together for the common good, but as it wore on, too often it seemed the other parties were just trying to score points, while NDP MPs continued to try to get results for everyday Canadians.

**Shelley Downey | Conservative** • Politicizing the COVID-19 pandemic for their own political gains.

Canada was caught unprepared to tackle COVID-19.



**Jessica Wegg | Green** • The other parties are making this an "us" vs. "them" issue – this is a public health matter and we need to work together to solve it.

**Jennifer Grenz | Liberal** • The Conservatives wouldn't have provided the same COVID supports as the Liberals and initially mocked our successful vaccine procurement strategy. The NDP does not prioritize the urgent need to invest in post-covid economic recovery for industries hit hard by the pandemic.



**BC is on fire. The Arctic is melting quickly. What are your party's three top climate commitments?**

**Rachel Blaney | NDP** • Commit to science-based emissions targets that will limit temperature rise to 1.5 degrees and create a Climate Accountability Office for independent oversight on our progress; end fossil fuel subsidies and invest instead in building the infrastructure we need to meet our targets, creating good jobs in the process; make access to clean water, land and air a guaranteed right for all Canadians.

**Shelley Downey | Conservative** • Personal Low Carbon Savings Accounts – Incentivize Canadians to make greener choices that reduce their emissions; transparent; working with provinces.

Carbon Capture – Carbon capture, utilization and storage will allow our energy sector to become even cleaner.

Lower Industrial Emissions – not changes for the sake of change but for the improvement of systems to achieve greater reductions in emissions.

More Zero Emission Vehicles.

**Jessica Wegg | Green** • Declare a climate emergency and act, at all levels of government, accordingly. Make science-based decisions to set stringent emissions targets and meet them. Stop all new oil and gas exploration.

**Jennifer Grenz | Liberal** • Addressing the climate crisis head on by investing in mitigation and adaptation policies, ensuring pollution isn't free, and making zero-emission vehicles more affordable.

**What's the biggest thing the other parties are getting wrong on climate?**

**Rachel Blaney | NDP** • A lack of urgency. The Liberals and Conservatives continue to invest in industries that are taking us in the wrong direction.

**Shelley Downey | Conservative** • A tax is not a plan. A goal is not a plan. Conservatives have a plan that is proven to meet the Paris Accord goals and Secure Canada's Environment.

**Jessica Wegg | Green** • The other par-

ties just talk about the climate at election time, but don't ever take any real action. We have to stop talking about doing something and actually do something.

**Jennifer Grenz | Liberal** • It does not have to be a choice between the environment and jobs in resource industries. We can do both. A model of stewardship Indigenous peoples have demonstrated since time immemorial!

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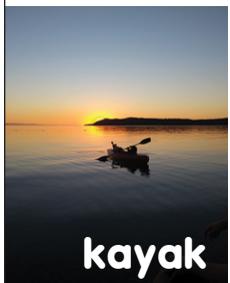
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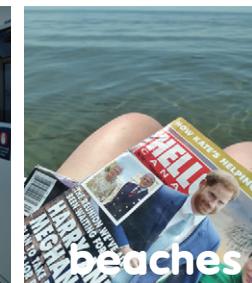
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**Canada's federal debt load stands at about \$30,000 per person - twice as much as a decade ago. How will your party address the federal debt and growing annual deficits?**

**Rachel Blaney | NDP** • Tax fairness is a huge problem in Canada. Through the pandemic the super-rich are doing better than ever. It's time for the wealthiest to pay their share. Our plan would ensure that happens.

**Jessica Wegg | Green** • End fossil fuel subsidies. Close tax loopholes that only benefit the wealthiest Canadian people and corporations. End offshore tax dodging by taxing corporate funds hidden in offshore havens.

**Shelley Downey | Conservative** • Part of our Canada Recovery Plan is to Secure Our Economy. We will do this by balancing the budget over the next decade.

**Jennifer Grenz | Liberal** • Canada continues to maintain a AAA credit rating. We are making critical investments in people, while having a long-term deficit management plan.

**What's the biggest thing the other parties are getting wrong about debt and deficit?**

**Rachel Blaney | NDP** • The Conservatives are talking austerity at a time when people and small businesses need support, and when Liberals spend, too much of the money winds up in the pockets of their wealthy friends.

est on the national debt is not available to make life better for Canadians.

**Jessica Wegg | Green** • Subsidizing fossil fuel companies. They're allowing capital gains tax rates rather than taxing all income the same.

**Shelley Downey | Conservative** • Canada had four years of deficits prior to the beginning of the pandemic. We did not go into the pandemic in a strong financial position and are now looking at \$1.4 trillion in debt.

**Jennifer Grenz | Liberal** • Canada entered the pandemic in a strong fiscal position, allowing quick and decisive action to people and businesses, and making historic investments in the recovery.

Every dollar that goes toward inter-

**The rising cost of living is swamping seniors - especially those who depend on CPP, OAS and the GIC. How will your party help seniors?**

**Rachel Blaney | NDP** • Our commitments on housing and Pharmacare will be a huge help to many seniors. Increase the OAS for all seniors and create a National Seniors Strategy to work with provinces to address poverty among seniors and gaps in health and care access.

phone and internet bills and a GST holiday in December.

**Jessica Wegg | Green** • Seniors deserve to live with dignity, which means affordable housing, transportation, food, and care. We'll help with a Guaranteed Livable Income, Pharmacare, and better public transportation.

**Shelley Downey | Conservative** • We will help seniors stay in their homes or live with their children. We will bring in measures to lower food prices, cell-

**Jennifer Grenz | Liberal** • Giving single seniors nearly \$1,000 more a year through GIS and providing \$500 to OAS recipients aged 75 and over.

Under the Liberals, the Canada child benefit expanded and now millions of families depend on the money they receive each month. How will your party change this program, and other family supports?

**Rachel Blaney | NDP** • The Liberals have been promising affordable child-care for decades but still haven't done it. And when we bring up dental care or Pharmacare in the House they vote it down with the Conservatives. These costs along with housing and post-secondary education make life unaffordable for too many Canadian families. In all these ways we'd make life more affordable.

**Shelley Downey | Conservative** • Conservatives introduced the Universal Child-care Benefit which the Liberals renamed to what we have today. We will continue to support the program,

regardless of its name. Conservatives will also support families with better funding for child care.

**Jessica Wegg | Green** • Support families, teachers, and caregivers with tuition-free education and student loan forgiveness. Eliminate GST on construction costs related to child-care spaces.

**Jennifer Grenz | Liberal** • CCB has lifted more than 250,000 children above the poverty line by providing more help to those who really need it based on income. We will also invest in \$10/day childcare for all Canadians.

What's the biggest thing the other parties are getting wrong about supporting families?

**Rachel Blaney | NDP** • The Conservatives love to announce new tax credits instead of social programs, but tax credits are most beneficial to the people who don't need them, and are no use at all to average Canadians who are trying to make ends meet.



number of spaces for child-care. Our childcare plan will enable this.

**Jessica Wegg | Green** • Reductions in the cost of care don't mean much when there are no childcare spaces available.

**Jennifer Grenz | Liberal** • When in power previously, the Conservatives provided the same help to families on a per child basis regardless of income. Now they want to cancel our new childcare investment.

**Shelley Downey | Conservative** • Child care needs in Canada are not all 9-5, Monday to Friday. Working schedules are varied and must be considered. We must increase the

What's the biggest thing the other parties are getting wrong on supporting seniors?

**Rachel Blaney | NDP** • Consecutive Liberal and Conservative governments have failed to protect worker pensions and benefits have fallen way behind the actual cost of living. Too many seniors are in poverty across Canada.



to stay in their own homes or live with their children by amending the Home Accessibility Tax Credit and introducing the Canada Seniors Care Benefit.

**Jessica Wegg | Green** • This has not been a big enough priority for the other parties.

**Shelley Downey | Conservative** • Seniors know their vote can not be bought for \$500 the day after an election is called. We will help seniors

**Jennifer Grenz | Liberal** • The Conservatives raised the age of eligibility for OAS and GIS benefits to 67.

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The BC Treaty Commission process has only resulted in seven completed treaties in nearly 30 years, and most First Nations are not (or no longer) part of it. How will you move forward to settle outstanding treaties here?

**Rachel Blaney | NDP** • Finally getting the Canadian UN-DRIP passed earlier this year is an important step as it will begin the process of creating a clear, legal framework for more justice for Indigenous communities. Challenges for treaty focus on real reconciliation; it is hard to negotiate when there is so little trust. This will assist in setting a tone of economic and social justice.

**Shelley Downey | Conservative** • A Conservative government supports treaty rights and the process of reconciliation with Canada's Indigenous peoples. We will restore trust and accountability in the Federal Government when it comes to reconciliation.

**Jessica Wegg | Green** • I am actively engaged in this area and am currently working with Mark Stevenson, Chief Negotiator for the K'ómoks First Nation Treaty Team, doing legal research and analysis to assist in the Treaty process.

**Jennifer Grenz | Liberal** • The treaty process cannot be rushed. Careful consideration for the many complex issues to be negotiated in the process must be given the time and support needed to get it right. Reconciliation comes in many forms and there has been important work done and much more to do while treaty negotiations continue.

What impresses you about your party leader?

**Rachel Blaney | NDP** • Jagmeet Singh is truly honest and comes from his heart. He cares about everyday people and never lets our focus waver from issues that matter most to them.

**Jessica Wegg | Green** • I'm impressed by Annamie Paul's tenacity.

**Shelley Downey | Conservative** • Erin O'Toole's honesty, integrity, and willingness to answer the tough questions. He has a plan for Canada's Recovery.

**Jennifer Grenz | Liberal** • Justin Trudeau's willingness to keep investing in families, climate action, providing a path for reconciliation for Indigenous communities, and providing leadership during a time of public health uncertainty.

After decades without a federal housing program, the Liberals announced \$70 billion over 10 years for housing. So far, none of that has materialized here. How will your party fix the housing crisis here?

**Rachel Blaney | NDP** • By treating it like the crisis that it is and responding with funding now where it's needed most, starting with building affordable rental units across the country and providing rent subsidies of up to \$5,000 a year.

**Jessica Wegg | Green** • We can start by expanding rental assistance, but we need to build and acquire safe, accessible, and affordable units, protect tenants from evictions, and create an "empty home tax."

**Shelley Downey | Conservative** • Increase housing supply by building one million homes in the next three years. Ban foreign ownership for two years. Review and release 15% of the federal government's real estate portfolio.

**Jennifer Grenz | Liberal** • Since 2015, the National Housing Strategy helped more than 1 million Canadians find a home – including creating over 26,000 new units here in BC.

What's the biggest thing the other parties are getting wrong on reconciliation?

**Rachel Blaney | NDP** • They talk about reconciliation but are not doing the actual work. The work is based on economic justice, on basic human rights (water, legal process, acknowledging rights and title) and recognizing Canada's colonial history and how it relates to today.

**Shelley Downey | Conservative** • The Liberals, who have been propped up by the NDP, are cherry picking the recommendations from the Truth and Reconciliation Commission instead of doing the hard work of tackling issues that

will improve the lives of Indigenous peoples across Canada.

**Jessica Wegg | Green** • There's too much talk, too little action; e.g., no co-operation to ensure clean drinking water for every person living in Canada.

**Jennifer Grenz | Liberal** • We have one party that has demonstrated a lack of respect for the rights of Indigenous peoples when they were the governing party and another party that lays claim to it as their brand, but has not demonstrated the hard work that it takes to walk the talk.

What's the biggest thing the other parties are getting wrong on housing?

**Rachel Blaney | NDP** • This isn't just an issue for renters in big cities, there are shortages across the housing spectrum in nearly every community in the country. It has gone un-addressed by Liberal and Conservative governments for far too long.

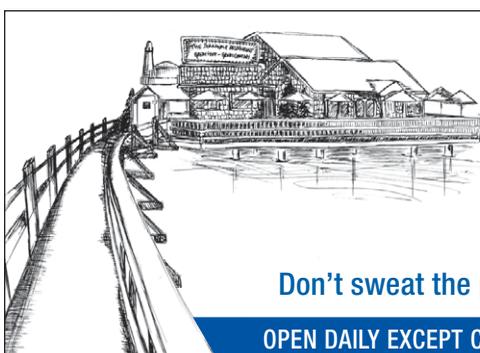


**Shelley Downey | Conservative** • The Liberal Housing plan is just the start of Trudeau's plan to tax the sale of our

homes. If he gets a majority, he'll do just that.

**Jessica Wegg | Green** • They're not going far enough. Clearly, whatever they've been doing has not been working, because we are in a housing crisis here.

**Jennifer Grenz | Liberal** • The Liberal housing plan will build, preserve or repair 30 percent more homes than the Conservative plan.



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## Against local advice, DFO has slashed recreational chinook retention and ended frozen-at-sea spot prawns. How will your party handle these issues?

**Rachel Blaney | NDP** • As soon as we learned of the spot prawn decision we worked with local fishers to raise the issue in the House and won a temporary reprieve. We've also called for consideration of a hatchery marked chinook fishery. Our communities need to be more involved in any decision around how our fisheries operate.

**Shelley Downey | Conservative** • A Conservative government, lead by Erin O'Toole, will follow the science. Decisions will not be based on social ac-

ceptability or by the reinterpretation of long-standing practices, ie: tubbing, on a moment's notice.

**Jessica Wegg | Green** • Against which or whose "local advice"? Every voice matters, and that includes the voices of scientists and conservationists.

**Jennifer Grenz | Liberal** • These issues demonstrate the serious impact on the region of not having a voice at the table in Ottawa.

## What's the biggest thing the other parties are getting wrong on recreational and commercial fishing?

**Rachel Blaney | NDP** • The standing committee on fisheries did an important study on west coast fisheries in 2019 with 20 recommendations, but it hasn't been acted upon. Reforms are needed that focus on sustainable harvest and benefit coastal communities.

**Shelley Downey | Conservative** • Decisions are not following the science and have been made on a moment's notice leaving fishermen sitting at the dock after spending time and money preparing for their upcoming season.

**Jessica Wegg | Green** • Decisions need to be science-based, practical,

fair, and most importantly, clearly communicated to the people whose livelihoods are affected by them.

**Jennifer Grenz | Liberal** • One party has a demonstrated record of ending habitat restoration and enhancement funding while not acknowledging or making the investments in climate change needed to ensure the survival of Pacific salmon, while the other party does not seem to represent the interests of those engaged in recreational or commercial fishing AT ALL.



## Why is voting in this particular election important?

**Rachel Blaney | NDP** • Every election is important. Voting is a right that so many have fought for. My Granny was in her 40's when Indigenous people got the right to vote. I think of her every election and have since I was old enough to vote.

**Shelley Downey | Conservative** • Canada deserved better in 2019. That statement is truer today in 2021. Only the Conservatives are offering a Recovery Plan to secure the nation of Canada.

**Jessica Wegg | Green** • Make no mistake – we are in a climate emergency. Every single vote counts. Every single

seat in Parliament matters. Canada is already falling behind much of the rest of the World in addressing climate change – the 44th Parliament is your chance to help change that. Canada can and should be a global leader in navigating this crisis and coming out stronger than ever.

**Jennifer Grenz | Liberal** • The issues of this riding are too important to send a member of the opposition to Ottawa again. The Liberal Government has helped us to get through a scary time in our history while continuing to invest in families and climate action. We need to continue to move forward, not backward.

## What's one thing that people get wrong about your party?

**Rachel Blaney | NDP** • I think people don't always realize how much we all benefit from a strong social safety net. So much money is spent on band aid solutions when strong social programs can address the root causes. We didn't always have socialized medicine in Canada. The NDP fought for that and now we all have it.

**Shelley Downey | Conservative** • People think Conservatives don't care about the environment, but of course we do.

**Jessica Wegg | Green** • People think the Greens are a one-issue party – we're not. But in this election, the "one issue" that is most commonly associated with the Green Party is the one that is at the top of a lot of people's minds right now – the environment.

**Jennifer Grenz | Liberal** • There's a perception that critical issues in this riding are not a priority. I am running to make sure we have a seat at the table and cannot be ignored.

## Anything we haven't asked about but should have?

**Rachel Blaney | NDP** • Rural and remote communities are facing particular challenges because of rapidly changing work; both economically and environmentally. We need real strategies and resources that will provide us opportunities as we face those challenges.

**Shelley Downey | Conservative** • We know that life in Canada has become more unaffordable under the Liberals. This coupled with no plan to grow our

economy and care for the vulnerable, is causing parents and young people to lose hope for their future. The Conservative's Canada Recovery Plan will restore hope for the future for all Canadians.

**Jessica Wegg | Green** • One thing that has really been coming to light this week is the escalating situation between RCMP and Old Growth supporters in Fairy Creek. The images and videos are alarming and we can't ignore

what's happening because it's politically inconvenient. We also need to talk about the opioid epidemic and how we can support the individuals and families who are suffering, starting with the decriminalization of possession for personal use and the creation of a safe supply.

Finally, we need to remember that we are not alone on this planet, and we need to consider Canada's role on the global stage.

**Jennifer Grenz | Liberal** • What do I think we should be doing about the climate crisis? We need to listen to Indigenous knowledge keepers and apply the Indigenous worldview to healing our lands and waters. Indigenous stewardship shapes our lands and waters to bring the balance we need to provide for the people and all our relations (fish, animals, plants, insects). ♻️

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A Thought For The Day

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# How COVID changed the residential real estate market

The buying -a-place-for-living nightmare

BY ISABELLE SOUTHCOTT

Outbid. Again.

For families trying to purchase a new home in the City of Powell River/qathet Regional District, this has been their reality since the onset of the COVID-19 pandemic in March of 2020. In Brittny and Cole Williams' case, it's happened not once, but seven times.

The Williams have five children, with a sixth due September 23. They currently live in a two-bedroom townhouse – in a rent-to-own situation from a family member.

“Luckily we are able to stay as long as we need to. We are just very squished and were ready to get out of here before the baby came which didn't work out,” said Brittny.

After being pre-approved for a mortgage in February, they began viewing homes in March. There weren't many listings on the market at that time and they didn't see anything they liked until April when they submitted their first offer.

They were not successful.

“All the houses we offered on went for over asking price,” says Brittny. “Anywhere from \$50,000 to \$100,000 [over].”

The family bid on five houses. Three of the five went to people who made full cash offers at \$550,000 with nearly no conditions (no home inspection or financing).

The other two houses they bid on went back and forth with negotiations but in the end, Brittny says they had to walk away as “they wanted gold for their silver and as a young family we couldn't go higher than what we could afford.”

For the many, many families like the Williams trying to buy a home here in qathet, the last 18 months have been challenging and frustrating. From COVID-19 to the economic downturn, to a red-hot real estate market, to interest rates at an all-time low, it's a great time to be selling but not so great to be buying your first home.

**COVID SOLD IT:** Neil Frost, president of the Powell River Real Estate Board, says the pandemic boosted the price of qathet real estate.

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## Mad Markets: Part IV

Lumber prices peaked then plummeted by 70 percent; a semi-conductor chip shortage plaguing the auto industry means getting that brand new vehicle could take weeks, even months; the price of food is higher than ever, and real estate prices are through the roof.

What's going on?

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

We continue this four-part series on crazy markets by looking at what happened to the price and availability of real estate in qathet.

Those who were selling were able to take advantage of the mad market with its unprecedented prices cashed in as Powell River real estate prices skyrocketed to record-breaking highs. While many parts of BC are struggling with an affordability crisis, Powell River is still an attractive option – for some, for now.

The market is cooling off though and the pace of home sales in BC has slowed in recent months, said British Columbia Real Estate Association's Chief Economist Brendon Ogmundson in mid-August. "But an unprecedented start to the year still has BC on track for a record-breaking year."

With strong demand supported by low mortgage rates and a rapidly rebounding post-COVID economy, there's a concern about whether there will be an adequate supply of listings in the market – especially outside of the Lower Mainland, added Brendon.

"As a result, the average price in 2021 is on track to post a second consecutive year of double-digit gains. We are forecasting the provincial average price to rise 16.6 per cent to \$911,300 this year, followed by a 2.9 per cent gain next year to \$937,300," he says.

## Boom town

Neil Frost, president of the Powell River Real Estate Board, says this region became attractive to many looking to escape Metro Vancouver when the COVID-19 pandemic was declared. Lifestyle changes, working from home and higher real estate prices in the Lower Mainland all played roles in the great COVID migration that resulted in many buying real estate in smaller communities, such as qathet, all across Canada.

Just 11 homes sold here in April 2020. The next month, 25 sold. In June, 41 sold, then "they took off like wildfire," said Neil.

In comparison, 60 homes sold here in April of 2021. Like the lumber market which floundered at the beginning of the pandemic, it didn't take long for the real estate market to rebound with a vengeance and a price reality that delighted some and depressed others. In September of 2020, a new rancher was selling for \$509,000 said Neil. Compare that to August 2021 when a new rancher sold for \$670,000 cash. Although Neil uses a new rancher as an example, he says that prices have gone up across the board even for lower priced, entry level homes. Recent sales of two older Cranberry homes went well over asking and pushed \$500,000.

"Pre-COVID, the market was healthy," he said. "We were seeing competing offers on decent and desirable listings but not every home." One property in Wild-

## Sold sight unseen

They bought it without ever setting foot in it. When Ean Jackson and his wife Sibylle Tinsel decided they wanted to live in Powell River they bought a house after viewing it online and bidding over asking price.

Why?

"There were only two houses in Powell River that would work for us when we were looking," said Ean. "We had to do something quickly or we would be homeless."

After selling their North Vancouver home that they'd raised their family in, Ean and Sybille celebrated and cried before saying: "What will we do?"

"We didn't have a plan," said Ean. They'd visited Powell River on a couple of occasions and liked it but quickly discovered there was nothing to rent in North Vancouver or Powell River, and they'd be paying more to buy a smaller house in North Vancouver in a less desirable location, than what they'd just sold theirs for.

The house the couple purchased in Powell River looked nice from the video but still, they were nervous as it felt like a huge leap of faith to buy a house without ever setting foot in it. Luckily, things have all worked out and they are quite happy where they are. "The house was well-maintained, it has a bit of a view, a nice garden and super nice neighbours. The noise from Joyce [Avenue] wasn't as bad as we thought it was going to be. I think we can stay here forever," says Ean enthusiastically.

Because Ean works online coaching entrepreneurs, the move hasn't impacted his business. "I went from full fibre in North Vancouver to a full fibre connection in Powell River." And his wife can commute to her job as a primary care manager in the Lower Mainland.

wood had 13 offers on it in March 2020 – just before the pandemic was declared.

It was not unusual for buyers to bid \$10,000 or \$20,000 over asking pre-COVID, but now that number has risen to \$50,000 to \$60,000 over asking. One house sold for \$270,000 over asking price this past spring. "That was a bit of an outlier, but it did happen," he said.

"Prices have risen dramatically since August 2020 and the pressure is still on."

And although the highest number of home sales since the onset of the pandemic was recorded in August 2020 – 72 homes sold that month – Neil is quick to point out that *prices* have risen dramatically since August 2020.

## By the numbers

This past June, unit sales of residential properties in Powell River and the qathet Regional District more than doubled the number posted in June 2020. The Powell River Sunshine Coast Real Estate Board registered 55-unit sales in June 2021 – a 104 percent



**SEVEN BIDS FOR SEVEN PEOPLE:** The soon-to-be eight Williams family is “sardine canned” in a two-bedroom townhouse and trying to get into the booming gathet real estate market.

surge from June 2020. This number is also one third higher than the five-year average, showing that current sales levels are well above typical.

“Home sales may have come down from stratospheric levels, but they remain well above average for this time of year, posting the third highest ever June level,” said Neil.

High unit sales say very little about the average price of a home. At the end of June 2021, the average price of a home sold in Powell River was \$555,831, both a record and an increase of one third from June 2020.

On a year-to-date scale, the average price of a home in Powell River was \$510,688 by the end of June; while less than the average price for the month of June, it is an impressive 41 percent increase over the average price of a home for the first six months of 2020.

Factoring in high unit sales with unusually high prices, it is no wonder the sales volume for Powell River was so high. More than doubling the volume from the same month in 2020, June of 2021 saw the dollar value of home sales reach \$30.6 million – a record not just for June, but for any month in history.

### Why so high

Higher prices in the area are mostly due to a lack of supply to meet the rising demand, says Neil. June 2021 saw a huge decline of 23.9% compared to June 2020, when it comes to new listings. Not only is this a drastic decline year-over-year, but it’s also the lowest number of new listings for the month of June in five years. Lack of new listings contributed to a decline in inventory as active residential listings dropped to 95 units at the end of June; down 42 percent compared

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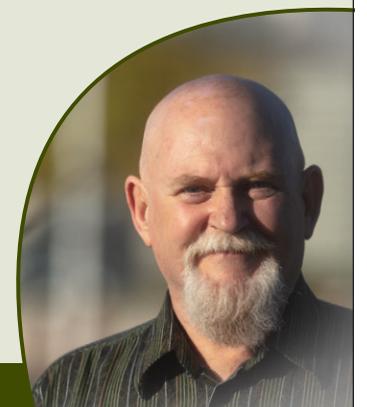
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"It has been the most frustrating and testing time of our lives, by far. It has been a lot of ups and downs, excitement, and heartbreak."

- Brittany Williams

to June 2020 and the lowest number of active listings for the month in more than 25 years.

Just how does that lack of supply to meet the rising demand look in real time?

On August 23, a woman posted on Facebook's Powell River Message Board saying she'd just received a letter in her mailbox from a family she didn't know saying they were interested in buying her house located in Cranberry. It was the second letter of that kind she's received.

"We are also a young family and haven't seen this done before," she said in her post. "It just honestly feels like our house is being scouted and like people are trying to push us out of our home. Times are tough right now for everyone in this housing market and I understand that."

Neil says some people include a letter of introduction with their offer. This

letter and photo can give a potential buyer an edge, particularly if there are a couple offers that are very close. Still, it often comes down to cold, hard cash.

### The new normal

With supply levels still struggling to keep pace after more than a year of low supply levels and extremely high demand, it will take the Powell River market a while to recover. Neil says, "that while overall supply levels have come off their rock bottom in March [of 2021], they are still trending at some of the lowest in history. Barring an unforeseen drop in demand or sudden boost of new listings it looks like market conditions will remain historically tight in the short term."

"Prices are up, supplies are low," he said predicting that the overall volume of sales will be down because of this.

Many British Columbia real estate

# POWELL RIVER



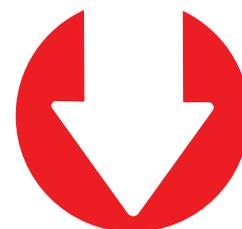
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markets are at, or have surpassed, the national average of \$700,000. Although near-zero interest rates have enabled homebuyers to borrow more and potentially acquire a property with more credit, affordability for most Canadians has become a dire issue. Whether it is pooling together enough money for a down payment or facing tremendous difficulty with bidding wars, the BC housing market has kicked into high gear throughout the COVID-19 public health crisis, making many markets virtually inaccessible for many hopeful homebuyers, including Brittny and Cole Williams.

For now, Powell River may be on the outside of the national affordability crisis. But for how much longer?

For families like the Williams, the emotional roller coaster of trying to buy a home in a red-hot real estate market has been exhausting.

“It has been the most frustrating and testing time of our lives, by far. It has been a lot of ups and downs, excitement, and heartbreak. I don’t think I’ve been so stressed out and upset in my entire life – and that’s saying something living through a pandemic,” said Brittny. “We have viewed over 20 homes, made offers on seven and we still are stuck in our tiny townhouse with our sixth child coming. As the market isn’t changing, we stopped looking in July. The stress wasn’t good for me or the baby.”

Brittny said they needed to rethink everything and have decided to take a different approach.

“We are hoping to start building a home sometime in early 2022, which in the end will cost us the same as buying a 20–60-year-old home that needs tons of work to live in. Until then, catch us sardine-canned into our townhouse.”

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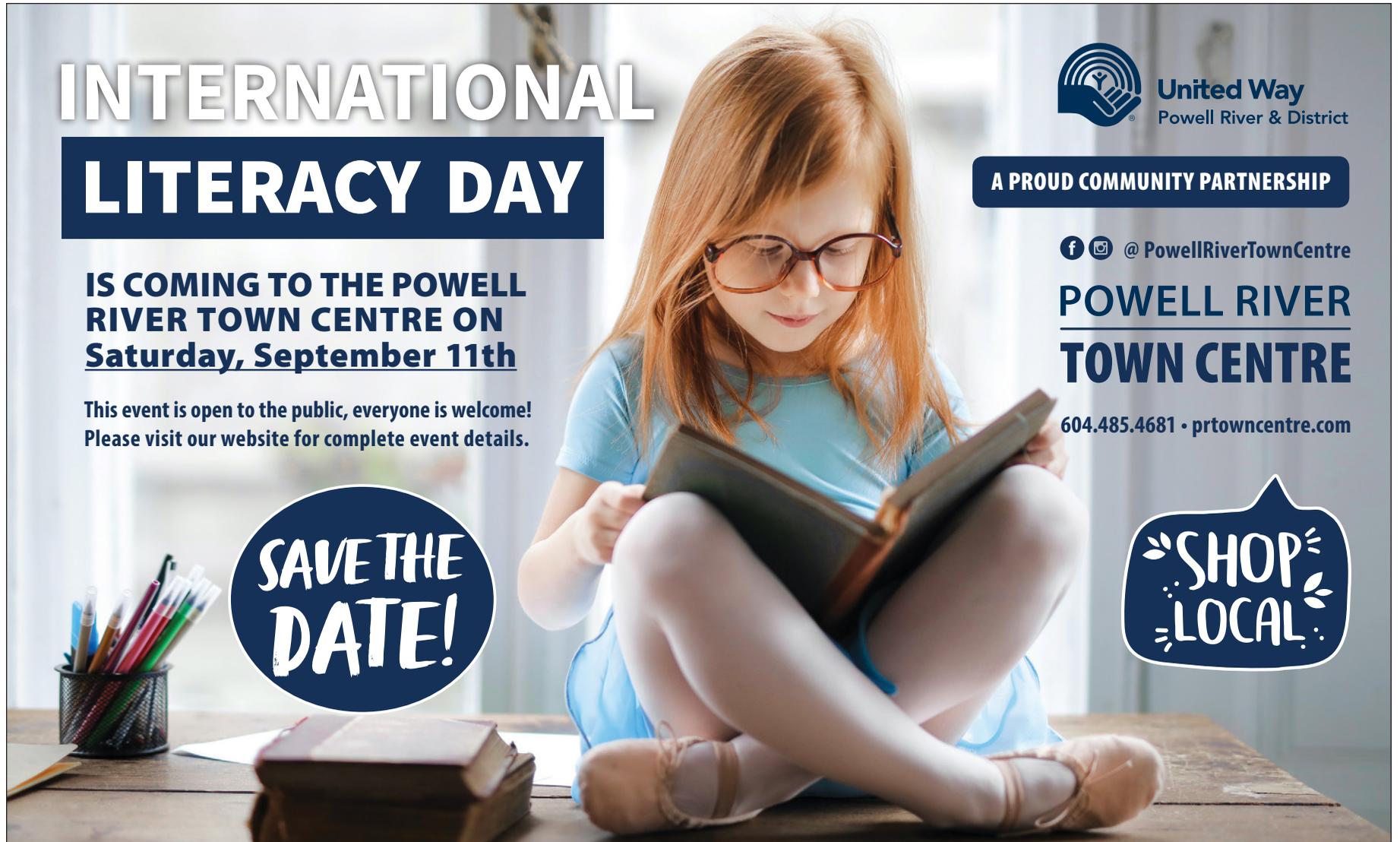
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# They're saying goodbye to our town

to be mortgage-free in New Brunswick

**G**ord Rogers and Trisha Thomas were both born and raised in Powell River yet skyrocketing housing prices caused them to leave the community that had been home to both of them for more than 55 years in order to pursue a more affordable lifestyle.

The couple sold their home north of qathet and moved to New Brunswick this spring.

"Our decision to move to the Maritimes was not one that was born on a whim, we had talked about it for a few years and looked at property prices throughout that time. In January of this year, we decided that the time to sell was now. Our taxes North of town had skyrocketed and there was no indication of them ever coming down, we had a sizeable mortgage, the assessed value of our house was more than we could ever have imagined and lastly we had a real concern about interest rates going up which we believe is a matter of when, not if," said Trisha.

It isn't easy to leave the town where you were born and raised, she said. "We were leaving our kids and friends behind. I had a very hard time leaving the work family that I had. The one question everyone had for us was, did we have friends and family in the Maritimes? Had we ever been out there? The answer to all these questions was, No! We took a leap of faith and just did it."

Gord and Trisha listed their house

with Val Griffiths in February, and it sold in a week.

"Having to do this during a pandemic made everything a great deal more difficult. We could have waited until after, but we had a real concern the value of our house would drop, and we would miss the wave. From the time we built the house to the day we sold it, it had roughly doubled in value," said Trisha.

Purchasing a house online is another matter altogether, said Trisha. They began working with realtor Sheldon Drover, in New Brunswick, and virtually looked at six different homes.

"The process we used was to put an offer in before even looking just so it could be held long enough to say yay or nay. It was crazy! Prices are considerably cheaper out here and people were bidding over asking on every house. Sheldon would drive as far as we needed him to go, which could be up to three hours one way. We looked in Cambridge Narrows, Chemin Pallot, we even looked in Nova Scotia where we had another agent. You really had to put a lot of trust in these people and the inspectors because we were not able to go look ourselves. The house that we did buy is amazing! We live on Indian Mountain just 15 minutes out of Moncton."

"Allied Movers were great, but you pay roughly two bucks a pound, so I started selling things on Shop and Swap to bring the weight down: it's the



**WELL, THAT SWITCH HAPPENED FAST:** Unlike just a few years ago when people were moving here for the affordable housing, now life-long locals are leaving town for affordable homes elsewhere. Above, Trisha Thomas and Gord Rogers.

purge of your life! We bought all the mattresses when we got out here and the antiques are amazing, so we bought dressers and a few side tables."

"The week before we closed on our house in Powell River, New Brunswick closed its borders to anyone going in, and we had nowhere to go. Lucky for us a good friend had friends in Lund who put us up in a small guest cottage while we fought to enter our new province. Roy, our pony, had to go with our daughter Jennifer until we got settled and could send for him. The rules were that we would have to stay in a quarantine hotel for two weeks at our expense while our new home stood empty! We were finally okayed to quarantine in our New Brunswick home."

"We left Powell River on May 6 in a loaded truck with three dogs. The trip took eight days; there was no need to reserve hotels because it was essential travel only and no one was full. It was a great trip, there was hardly any traffic at all."

"Upon entering New Brunswick, we had to show the paperwork for the purchase of our new home and proof that we were now residents of New Brunswick. We drove about five more hours to our new home. Our movers showed up the next day and the quarantine began, two weeks with no internet, TV, or leaving the property. Thank goodness for home delivery!"

"I am so glad we did this," said Trisha.

"We have no mortgage, and we own everything free and clear; it was all worth it. The negatives to doing what we did are, you know nobody, (we do now), HST is 15% on everything and the medical system is just as bad as BC."

Roy arrived in August after travelling for nine days across Canada. He lives in a wonderful stable, the Double Diamond Stables, just five minutes from our house and I ride my bike to see him. We have made many more friends!

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## Living Languages Exhibition

until January 19 at Tla'amin Governance House

Tla'amin Nation and Royal BC Museum host the Living Languages travelling exhibition. Interactive video and audio stations. Everyone welcome during Governance House hours.

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

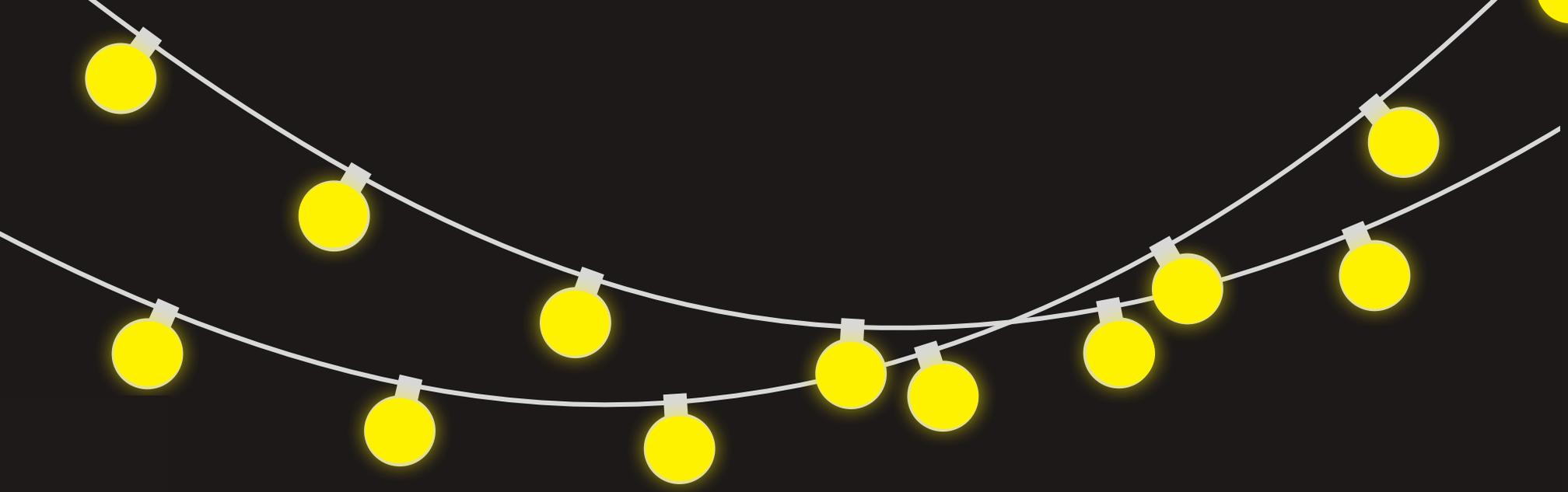


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**POWER PLACE:** Top photo, Mill Manager Krista Cuddy and Phil Lum, Environment Manager, up top, with the effluent treatment system in the background. Clockwise middle: Safety signs hang near Paper Machine #1. One of Evolgen's (Brookfield's) hydroelectric facilities within the legacy Catalyst facility. Some of the pipes supplying fresh water to the mill are soon to be replaced. Ian Ciarniello, Lab Technician, performing environmental testing. Gord White, Stock Prep Operator, monitoring paper machine process conditions. Protection Officer, Christie Dionne, manages mill visitors, provides first aid, and monitors mill security and protection systems. The mouth of Teeskwat, and the no-longer-used, last railway tracks in the region.

## Living on a Métis Road Allowance



Saturday, September 25th: 2pm – 3pm via Zoom  
To register, email Mark Merlino: [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

We invite you to attend a special presentation with Métis Elder Marie Schoenthal, who will share her experiences of growing-up on a road allowance in rural Saskatchewan, living off the land, harvesting and foraging food, as well as how she overcame discrimination.

Marie grew up speaking Michif, the traditional language of the Métis people.

The library will be closed September 30th to honour the National Day for Truth and Reconciliation



[info@prpl.ca](mailto:info@prpl.ca) 604-485-4796 prpl.ca



# No run-of-the-mill papermaker

With thousands of new residents in town, *qathet Living* editor Pieta Woolley thought it's time to take another look at what the region's biggest, most historic private employer is up to: Catalyst, the gated industrial site at Townsite's waterfront.



**K**rista Cuddy is the General Manager of Paper Excellence's Catalyst Powell River mill. Krista is responsible for the operation of the mill including safety, production and environmental performance. Originally from Ontario, Krista moved to BC in 2003 to join Catalyst Paper. She worked her way up through the organization and became General Manager at Powell River in 2019. Krista holds a bachelor's degree in Applied Science, Engineering Chemistry from Queen's University.

## What does Catalyst Powell River make?

**Krista** • The mill is a leading producer of high-quality newsprint and uncoated mechanical specialty papers. Our specialty papers are used in food service and packaging papers.

## How has the product changed over the past few decades?

**Krista** • As demand for paper has declined, Catalyst Powell River has diversified our product mix to include food grade papers, used to make burrito wrappers and muffin bags, and packaging grades, used in cardboard box liners.

## Where does the paper get shipped?

**Krista** • Catalyst Powell River products are sold across North America and internationally.

## What is the paper made from?

**Krista** • The paper is made from sawmill residuals (wood chips left over from making lumber), chipped pulp logs (trees that were too small, crooked or old to be turned into lumber), and waste from cardboard box producers.



Right, top to bottom: Vast rolls of paper are cut and shipped to become food service wrap and more. Darren Briggs, Bactender, performing a turn-up. A reel of paper being built—each one of these weighs about 25 tonnes. These millwrights—Keaton Blankenburg-George, Bill Broughton, Devon Werner, Doug Prentice—are rebuilding a pump. Two electricians, Ashley Thiesen and Sean Thistle, working on Paper Machine #11.

Photos by Pieta Woolley



**OLD AND NEW:** Left: These locomotives carried supplies from the waterfront to the buildings. Now, they have been de-commissioned. They were the last working forestry locomotives in the region. Right: These bales of cardboard waste were generated at a box production plant and are now being consumed at the mill as ingredients to make a diversified mix of papers. *Photos by Pieta Woolley*

**How many people work at Catalyst?**

**Krista** • The Catalyst Powell River mill employs 200 people with annual compensation totaling \$25 million.

**How does Catalyst give back to the community?**

**Krista** • In 2021, Catalyst Powell River has a budget of just under \$50,000 for community engagement. This includes community donations and sponsorships, support for post-secondary educational programs, outreach to local Indigenous communities and our student scholarship program. Our most recent community donation is Corporate Sponsorship of the Powell River Kings.

**What percentage of its own energy does the mill produce, and how?**

**Krista** • In 2019, 93% of the mill's energy came from renewable sources which in-

cludes BC Hydro and self-generated green electricity produced by burning biomass fuel such as wood shavings and waste bark.

**Is the mill called Catalyst or Paper Excellence now?**

**Krista** • The Catalyst mills in Crofton, Port Alberni and Powell River kept their names after Paper Excellence purchased them because the Catalyst brand was so well known and respected in the paper market. As a result, we call the mill *Catalyst Powell River, a Paper Excellence company*.

**Are you hiring?**

**Krista** • Yes! If you are looking to work at the local mill, visit the Careers page on Paper Excellence's website and click on "View Career Listing". You can sort by location and see only the jobs available in Powell River. We've had more than 50 retirements in 2020 and 2021 which is opening up more

career opportunities at the mill.

**Will there always be a market for Canadian-made paper?**

**Krista** • Yes, in a world awash with plastic waste, we see a bright future for our sustainably sourced and fully recyclable paper products.

**What do you think would surprise people about the mill?**

**Krista** • Our air monitoring data can be accessed by the public via this link: [www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/current-air-quality-data](http://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/current-air-quality-data). And the library in town has a collection of our quarterly air emission monitoring reports. Today, the mill's impact on Powell River's air quality is negligible because the mill's air emission levels are extremely low.

**What do people misunderstand about the mill?**

**Krista** • The mill is well regulated and has some of the most stringent emission limits in the region. We ensure compliance for environmental regulation and permits for the site—air, water and landfill—through monthly and annual reporting requirements for BC's Ministry of Environment and Environment Canada.

**How does the mill support other businesses in BC?**

**Krista** • With an annual Operating Budget in excess of \$175 million/year, the mill prides itself in supporting the BC economy and has long-standing relationships with numerous local businesses to supply and deliver goods and services. 

# POWTOWN PUMPKIN PEOPLE FESTIVAL



**Enter the contest**

Put your pumpkin person in a visible spot in your yard or business, so that the whole town can enjoy it. (Don't put them out too early, so the heads don't rot, and they don't attract bears.)

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**How to build a pumpkin person**

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



# Watch your gardens: **Sasquatches will come back for fall fruit n' fish**

BY RICK CROZIER

When the heat wave hit in June everything suddenly changed for Sasquatch researchers and myself.

The Sasquatch people stopped taking the apple bait. The sand banks that yielded so many tracks were now as hard as concrete. The herds of elk had also disappeared. It was clear to me that everything had moved probably to the high country to escape the heat. The elk will follow the spring grasses higher in elevation as summer wears on. I do believe the Sasquatch will follow the Elk all summer.

For the most part the high country in and above the tree line is a cooler, windy place better suited for



**SIGNS OF THE SEASONS:** Footprints are only visible – and castable – when the ground is wet. This summer's long dry spell meant that local Sasquatch enthusiasts weren't finding prints. *Photos by Rick Crozier*

large hairy bipeds, but I do wonder what the major food source could be in this very barren landscape.

After a time, we did discover fresh evidence in our same reliable spots. It was hard to find in the hard ground but it was there nevertheless. These tracks

are all around 17 inches, indicating to me they were made by adolescent or female Sasquatch. What was missing were tracks of juveniles and toddlers. I believe they could be with their moms and dads still up on the tree line.

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## Backyard Sasquatch

Everything changes in the fall; there is so much food available.

The cutthroat trout venture into the small creeks where they will spawn. Salmon return to the streams of their origin. The Sasquatch's love of fish has been documented many, many times.

They have been caught stealing salmon from gill nets and fish traps for decades, mostly in Washington and Oregon States.

But here in the qathet area there is a greater draw in the fall than even fish. That is the bounty of your yard and garden. This is especially true for properties backing on to forest and acreages, but on windy, rainy nights to come, no garden anywhere is safe.

There have been so many reports of Sasquatch navigating through towns and villages running on all fours.

Moving from neighbourhood to neighbourhood with great speed, if they are spotted it is assumed



**FAVOURITE FOODS:** Brussels sprouts seem to be popular among Sasquatch people. Do you like them? Do you grow them?

they are bears and no one cares.

I tried to keep a large garden at our acreage in the

Alberni Valley for seven years then gave up. The six-and-a-half-foot coyote fence surrounding the garden kept nothing out. Bears and raccoons would go under the fence, deer and Sasquatch would just jump it. We would never witness the theft, but find the tracks in the soft, rich loam soil.

Sweet corn, Brussels sprouts, carrots and beets always disappeared – we hardly got any. In the yard, apples, pears, plums and grapes didn't stand a chance. The apples on the ground would slowly disappear until they had decayed then they would all disappear overnight.

As a kid growing up on a southern Ontario farm we would find what seemed to be drunken deer in the orchard in October.

The deer would gorge on rotten apples and get drunk on the alcohol formed by natural fermentation. I can't help but think that it might be a good idea to clean up your yard apples before they ferment. Imagine a ten-foot, thousand-pound Sasquatch, drunk wandering the streets of town at night. YIKES! 🐻

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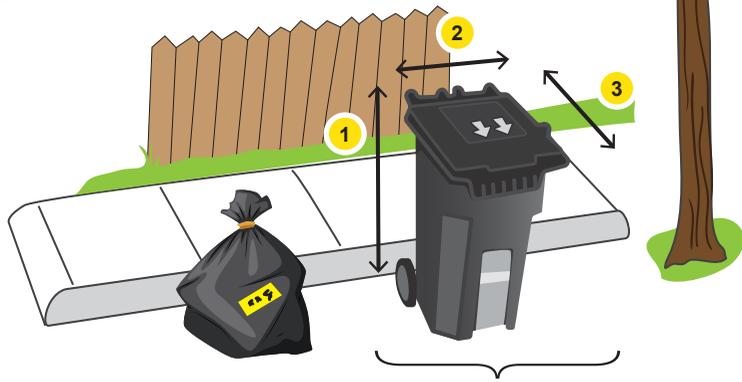
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## New, lucrative Tla'amin oysters

BY **ABBY FRANCIS,**  
LOCAL JOURNALISM INITIATIVE REPORTER

**T**la'amin Nation has owned tenures in the Okeover and Theodosia areas for over 45 years and the business arm, Tla'amin Management Services LP, re-entered the aquaculture business in 2018. Its main operations, under Pa'aje Shellfish LP, are in the tox<sup>w</sup>nač (Okeover) area which contains an astonishing 12 acres – one of the biggest in the area.

Within this area, Pa'aje operate on three different beaches: two-acre West beach, three-acre East beach, and seven acres on the Okeover Head beach.

Most of the operation right now is using the West beach, which was a good move, because it is Northeast facing, this beach gets mostly afternoon shade at the hottest times of the day.

This beach is also almost all sand, meaning the ground is more porous, allowing good air circulation, which protects the oysters from fluctuating heat temperatures. This location came in handy earlier this summer when the heat dome occurred on the West Coast. Many oyster farmers suffered hundreds of thousands of losses in product and

in money. The Tla'amin Oyster farm lost a minimal amount of product compared to others. Some oysters located on the pebbly part of the beach died. In the heat, the oysters that inhabit on top of the rocks, further up the beach get overheated, whereas the oysters that are mid-way through the beach are more protected and survive.

Oysters are collected in a three-month rotation, giving smaller oysters time to grow larger into a marketable product. The oysters are collected in bags and are filled with approximately 120 oysters ranging in sizes that are sold to a variety of buyers. Weekly sales on average are 300-400 bags. However, their schedule is based on the tides, meaning summers are long hours during the day, and during the winter, there are long cold nights.

The oyster growth process is a bit long, but very rewarding. The oyster seeds are bought from a company called Nova Harvest in Bamfield. The seeds are a similar size to a grain of rice when they are received. The seeds are taken and put into a machine called a flupsy. A flupsy is a 'Floating Upweller System,' which is used to grow shellfish in the open water while protecting



**SPECTACULAR SHELLFISH:** Left, a medium-sized oyster grown at Tla'amin's Okeover oyster farm, in year one. Clockwise above, Dean Louie dumps oysters in a bag. Floats keep the oyster baskets suspended in the inlet. Oysters growing in a flupsy. Bigger oysters go in a bag, smaller ones go back in a flupsy. Water flows through a flupsy, feeding the oysters.

*Photos by Abby Francis*



## Oyster farm a sign of good things to come

them from predators until they are large enough to survive. The flupsy keeps the oysters in the seawater protected and allows for 24-hour feed rotation. The workers spend each day working with the machine and cleaning the tanks the oysters are held in. They also take out the tanks to separate the smaller oysters from the larger oysters.

After being in the flupsy for six to eight months, when they're about the size of a toonie, the oysters are large enough to move to pouches that float along the ocean surface until mid-October, when it is cool enough for the oysters to be laid on the beach. After being placed on the beach, the growth process is a bit slower as the oysters acquire nutrition that comes in and out with the tides; this is the natural process. The oysters continue to grow for about a year, then they will start being collected for market sales.

Summer months for oyster harvest are much slower, because after mid-June, vibrio, like salmonella in poultry, is a worry for shellfish consumption. To make up for this lower sales period, the workers take up clam digging on the beach as added business income.

A huge farm like this must have lots of workers, right? Well, while they are looking for employees, currently, this operation is run by a mere three people: manager Claude Patenaude, his son Russell Patenaude, and Dean Louie from the Tla'amin Nation.

"We compete with each other every day, seeing how many bags of clams and oysters we can fill up, right now we are doing about 40-42 bags a day. In the end, we all get along and have a good time, but it's a great

way to make the most before the tide kicks us off the beach," says Claude.

The farm sees a lot of wildlife. "Because there aren't really people out here, we see wildlife pretty much every day," Claude says. Bears, raccoons, birds, waterfowl, deer, and mink all are commonly seen. "Land mammals are not really a problem for the shellfish, however, sea creatures, on the other hand, are," says Claude.

Crabs are the biggest problem for the farm. They posed such a big threat that the farm invested in a predator net to help keep crabs out. While there are some smarter ones who make it over, they become trapped on the other side as the tide goes out. Claude explained that the crabs will pinch at the lips of the oyster, breaking the shell, leaving the inside defenseless, as the crabs devour the oysters.

With many business years to come, the Pa'aje Oyster Farm has a bright future ahead of it, with a dedicated staff, and operation.

Tla'amin soon will have not only a productive oyster farm, but also a geoduck operation, as they are currently working on a geoduck tenure located near ʔagayqsən (Ahgykson or Harwood Island.) The geoduck process is much longer than the oysters, taking seven years to grow the large clam-like molluscs into a sellable market size versus the two years oysters take to grow. Despite this, the market prices for geoducks are much higher than oysters, which will help create sustainable income for the Tla'amin Nation in future years. 🐚



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# Help your kids get ready for routine again

**B**ack to school can always be a mix of emotions for students and families: excited to get back to routines and seeing friends and a little sad that summer is over. Feeling nervous is completely normal.

Back to school with pandemic safety protocols still in place can also make things more stressful than usual for some people. As we head into the 2021-2022 school year, a full return to classrooms for all students has been planned with continued BC Centre for Disease Control (BCCDC) health and safety guidelines still in place (see sidebar).

District School Counsellor Elaine Maxwell has the following suggestions for parents and caregivers to help prepare students for the new school year and create a smoother transition for everyone:

## 1. Re-establish a routine

Consistency and predictability are important for kids and teens, so creating a great routine that includes a plan for a reasonable bedtime is a great way to get started on the right foot. Creating consistent morning routines and evening to-do lists can also make things more stress-free.

## 2. Talk about first week jitters

Being nervous about going back to school or starting school for the first time is completely normal for both parents, kids (and teachers), especially during these times of COVID-19. Allow for opportunities to discuss what might be making them nervous, teach breathing strategies, and normalize their feelings of concern.

*\*Note: [anxietycanada.com](http://anxietycanada.com) is a great website for both parents and kids to help navigate various anxiety concerns. There is even a section for supporting youth with questions about COVID-19.*

## 3. Remind your child they are not alone

There are many places they can go to for support both at school and at home. Remind your child about the safe people at school who can help them including teachers, educational assistants, the secretary, principal, and school counsellor to name a few who would be happy to help.

## 4. Limit screen time

While establishing that routine, back to school time is a great chance to cut back some of the screen time that may have crept up during the summer. This is especially important before bedtime where we want to limit screens at least one hour before sleep in order to promote a better rest.

## 5. Social connections

While it has been a strange year to maintain face to face social connections, school is a great place to encourage positive interactions with friends and peers in order to make their time at school an enjoyable one. When possible, encourage some after school park play, a weekend activity walking in the trails, a bike ride, etc.



District School Counsellor  
Elaine Maxwell

## 6. Focus on the positives

There are so many things to look forward to including seeing friends they have not seen all summer, telling others about their break, talking to them about all the fun things they will get to do at school this year, learning new skills, or even the prospect of meeting new friends.

We look forward to welcoming students, families, and our school communities back to school for the 2021-2022 school year.

## Full Return to the Classroom:

Students, families, teachers, and staff have planned for a full return to the classroom for the 2021-2022 school year. Online learning programs through Partners in Education (PIE) and Brooks online, as well as home-schooling will remain available for students.

### No more cohorts

Based on guidance from the Provincial Health Officer, students will not be organized into learning groups this school year, but will continue to be required to stay home when feeling sick, wash their hands, and complete daily health checks.



### Daily health checks continue

Using the BC K-12 Daily Health Check website and app ([k12dailycheck.gov.bc.ca](http://k12dailycheck.gov.bc.ca)) is an easy way to decide if your child should attend school based on their symptoms. It includes current health guidelines and offers an age-appropriate user experience for K-12 students.

### Watch for updates

The Provincial K to 12 Education Steering Committee, made up of educators, parents, support workers, school leaders, trustees, First Nations, Métis Nation and public health experts, will continue to work with the Ministry and the BC Centre for Disease Control (BCCDC) to finalize and monitor health and safety guidelines. Any new updates will be published on the School District website: [www.sd47.bc.ca](http://www.sd47.bc.ca).

Want to learn more? Contact us.  
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**FROM FORT LANGLEY TO FERNIE:** Above, Lundies Draigh Creamer and Terry Faubert in the bush. Left, the terrain varied from boarded railway trestles, to rocky inclines, pleasant ravines and old tunnels. Below, their trusty e-bikes and tent made it through all 17 days, 1,498 kilometres and all weather conditions.

*Photos by Terry Faubert and Draigh Creamer*

# At 69, in a heat dome, they e-biked across BC

**BY TERRY FAUBERT**

It was Draigh Creamer's idea, something he'd had on his bucket list for years: to bike across Canada. It sounded intriguing, but too grand to start with.

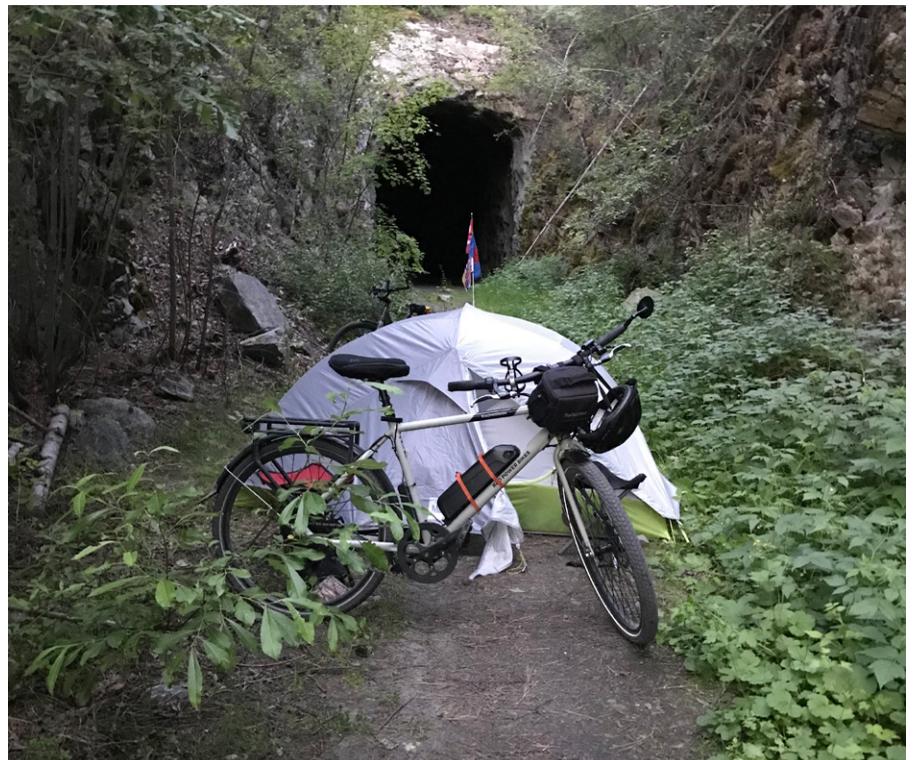
"Why don't we just try biking across BC?"

And so it was decided. June seemed best to avoid snowy passes, summer heat, and wildfires. Our route would be roughly the Trans Canada Trail, over a series of rail trails—old railway lines

where the rails had been replaced by various trail surfaces, some a pleasure to ride on and some almost impassable. We would wild camp along the way.

We were both 69 years old. We started June 5 from Fort Langley, having taken our e-bikes, our sturdy little trailer, and all our gear on buses to get clear of the city. We finished 1,498.3 km later on July 22nd in the town of Fernie, just our side of the Alberta border.

How to describe our adventure? Beautiful BC is an understatement




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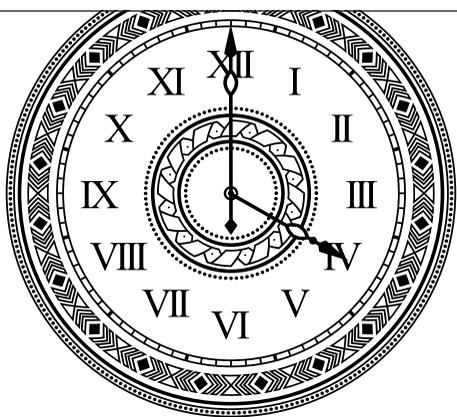
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**BACKROADS AND TRAILS:** Terry Faubert rides her e-bike along the Kettle Valley Railway.

that cannot come close to capturing our experience: fleeting glimpses of wildlife, waterfalls, towering trees, arid grasslands, countless lakes, breathtaking mountains, bizarre rock formations, pastoral scenes, cozy villages, and impressive cities. Every region we passed through was unique in its geology and abundant plant life, yet each so magnificent. We saw a part of our province few experience—hundreds of kilometres of pristine, untouched wilderness of the back country, far from any signs of civilization.

The best part of rail trails is their low grade. It was unbelievable how high up in the mountains we biked without steep hills. We biked most of the Kettle Valley and the Columbia & Western Rail Trails, detouring onto highways to avoid the worst sections. Even so, we ended up on parts that were hazardous to bike, forcing us to unload all our gear and portage it over rocky landslides and through swift flowing water. Sudden rain squalls left us drenched. We were forced to push our laden bikes up hills too steep to ride, through deep sand, or over shifting shale. We ran into submerged trails beside the flooded Fraser and snow in the Cascades. At times we were up scary high, with nothing between our narrow trail and a sheer drop off. But somehow we made it through. And we kept on going.

The most beautiful sections were the Othello Tunnels, just past Hope, and Myra Canyon, above Kelowna. There are five Othello Tunnels of varying lengths, so cold as to make us shiver on the hottest of days,

so dark even my headlight could barely pierce it. Without planning, we ended up biking through Myra Canyon on my 70th birthday, making it my most epic

birthday ever! 18 trestles built by hand at the turn of the last century span the 12 km sheer canyon, giving views beyond words, beauty that filled my heart, and brought tears to my eyes!

The extreme heat hit us in Penticton and we lost a week waiting it out in a Facebook friend's condo. We found kind and generous people in every part of BC, like angels who briefly touched our lives. There was the passing cyclist who placed his hand on Draigh's back and gave him a much needed push up a steep hill outside Penticton. And Jamie in Greenwood who went out of her way to offer us a free spot in her campground. We would never have made it without such strangers sharing water, letting us charge batteries, giving us lifts, presenting us with unasked for help.

How did it make us feel? Draigh says it best, "It made me feel young again, because the usual expectation is that seniors are too old to take on a challenging adventure like riding our bikes across BC. It made me feel proud, that we actually accomplished riding almost 1,500 kilometres. Exhilarated, excited, thrilled, as well as anxious and scared. Not knowing what we might encounter around the next bend. I felt closer to nature being on the trail with just you and me and the mountain and all of its challenges."

And we're not finished. We left our bikes in Fernie so we could return in September and continue biking east into Alberta. More adventure beckons!

**What e-bikes really do  
on hills**

Cycling is a wonderful mode of travel, slow enough to really experience your surroundings, fast enough to cover long distances. Oh, but those hills! That's where e-bikes come in—all the joy of biking with an added boost when you need one.

E-bikes are like having additional low gears. Riding an e-bike makes the steep streets of Powell River more accessible, less intimidating. There is still effort involved— I still have to work and sweat to conquer them, but I can now bike places I wouldn't have attempted with a regular bike. Try one for yourself and see the difference.



# The Community-Supported Dying of Mary Morgan

BY ANNA BYRNE

*In January 2020, Mary Morgan of qathet asked a group of friends to support her dying process. Mary had received a terminal cancer diagnosis and wanted to die at home. The onset of COVID-19 left us scrambling to adjust our plans. Over the course of the year, Mary led us in her vision to create community for those who are dying. This story is written on behalf of Mary, her team, and the many people who supported her.*

Mary Morgan was an adventurer. She left home at the age of 17 to travel and to dedicate her life to social justice. Her career was spent working in economic development in Latin America, Africa, and the Middle East. She was a lesbian feminist who put herself on the growing edge of social movements: women's liberation, the push for LGBTQAI+ rights, and the environmental protection of the earth, among other causes. She believed in the power of education and of small groups of people to affect change.

In 2016, Mary was diagnosed with Multiple My-

eloma, a blood cancer. After one round of chemotherapy failed to slow her cancer, she left treatment and decided to live out her life the way she wanted—in community and close to nature. She moved to qathet and built a web of friendships and advocacy work through UnspOILed Coast, a book club, and the City's finance advisory committee. Mary was frank and tenderhearted. When she made friends, they became family, and she kept them for life.

In the first four years after diagnosis, Mary's health fluctuated, and her experiences with the health care system left her feeling traumatized and afraid of dying in hospital. She was single and lived alone. So, Mary did what her experiences had taught her: she created community.

We first gathered as Mary's 'dying team' in January 2020, when we reviewed the document she had created with her doctor's information, financial and health representatives, and burial wishes. As comprehensive as the document was, it was only the beginning. The eruption of the pandemic threatened our plan to help Mary die at home. It also made our plan

**A GIFT TO THE WHOLE REGION:** This casket was built by Mary Morgan and her friends to carry Mary's body to the green section of the cemetery in Cranberry. There, bodies are buried in just a shroud, so the casket is for transportation only. Now, the casket is available to anyone in the community who would like to use it for their own funeral.

even more essential.

We implemented strict protocols for providing care to Mary including masks and hand sanitizer, and a cooler outside her door for deliveries. Mary remained well for the first six months of COVID-19. Then, in late summer, Mary's fatigue increased. Her blood work showed she was in 4<sup>th</sup>-stage renal failure. We began meeting weekly on Zoom and putting in place preventative measures. The palliative care team assessed Mary, her medication was ordered, and we borrowed a commode, shower seat, and walker from the Red Cross.

Mary was also attentive to the emotional complexities that arose: anticipatory grief, confronting the unknown, accepting dependency, periodic anger, and

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**RESTING IN LOVE & RESPECT:** Left, Mary's body wrapped in a simple shroud, in the cedar casket. Right, friends dig her grave at the cemetery.

fear. It was demanding work, and Mary dove deep. We watched as she expanded in love for herself, for others, and for the planet, and how she felt increasingly connected to all of life. We hoped to take care of the practicalities so that Mary could attend to this important work.

In February 2021, Mary started to have insomnia, which left her emotionally and physically depleted. There were multiple doctor's appointments and medication adjustments. We created a schedule to help with daily tasks like making food, wiping the counters, and emptying the commode. We spoke with contacts at Stubberfield Funeral Home and the cemetery and maintained communication with 60 of Mary's loved ones from around the world. This community was vital in supporting both Mary and the team.

Mary's sleep improved, but her appetite, energy, and ability to concentrate continued to diminish. She spent more time in bed and at times, felt groggy and confused. Mary decided to proceed with having medical assistance in dying. Mary wanted the days leading to, including, and after her death to be rich in beauty and meaning, and so we turned our attention to the aesthetics of her dying.

A central aspect of this was building Mary's casket. Mary wanted to be buried in a cotton shroud in the green burial section of Cranberry cemetery, but a casket was required by law to bring her body from her home to the cemetery. Team member Julia Adam built the cedar casket with her family, then invited Mary's friends to sand and oil it. Mary attended too, and helped to burn a tree design onto the lid. By the end of the weekend, Mary's box had been fashioned by many hands.

On April 13, we gathered in Mary's home for the ceremony we had created together. Her room was set with candles, pictures of her ancestors, and many precious items from her life. Mary snuggled under her colourful Guatemalan blanket and we covered her with flowers. There were bedside blessings and

many tears. Mary sang until she died. We washed her body in ocean water scented with lavender and rose and wrapped her in the shroud. She remained in her home until the next morning, when we carried her body to the cedar casket placed on her private deck. For several hours, her friends came to sit with her and say goodbye.

We brought Mary's body to the cemetery in a friend's vehicle and the team carried her casket to the grave.

There was drumming, singing, poetry and more flowers. In agreement with the cemetery staff the team was allowed to bury Mary. Saying "Goodbye Mary! Safe journey! We love you!" we returned her to her beloved Earth.

Mary was adamant that we care for ourselves after her death. That evening, we had a small fire and burned the paper blessings that had been sent by her friends and family from around the world. In the months since Mary's death, the team continues

to meet regularly to grieve and to care for each other.

Mary's process wasn't perfect, and it certainly wasn't always easy. It took dedication, time, and a lot of work. It demanded honesty and vulnerability. It was painful and beautiful and human. Mary wrestled constantly with her dying and we did, too. But Mary's activism, leadership, and belief in education and in people moved her to find creative solutions to the challenge of dying during a pandemic and in a society uneasy with death. Always on the radical edge, Mary used the only vehicle for transformation she had left—her dying body—to work for positive change. For all its messiness, Mary consistently returned to the idea that her dying was about love. This love guided her last adventure.

Mary was explicit that we share her story with the community. She believed that if, as neighbours and citizens of qathet, we could be vulnerable enough to ask for and receive help from one another, that we could create a community where dying is accepted, shared, and supported. We believe that, too. **PL**

"Mary's process wasn't perfect, and it certainly wasn't always easy. It took dedication, time, and a lot of work. It demanded honesty and vulnerability. It was painful and beautiful and human."

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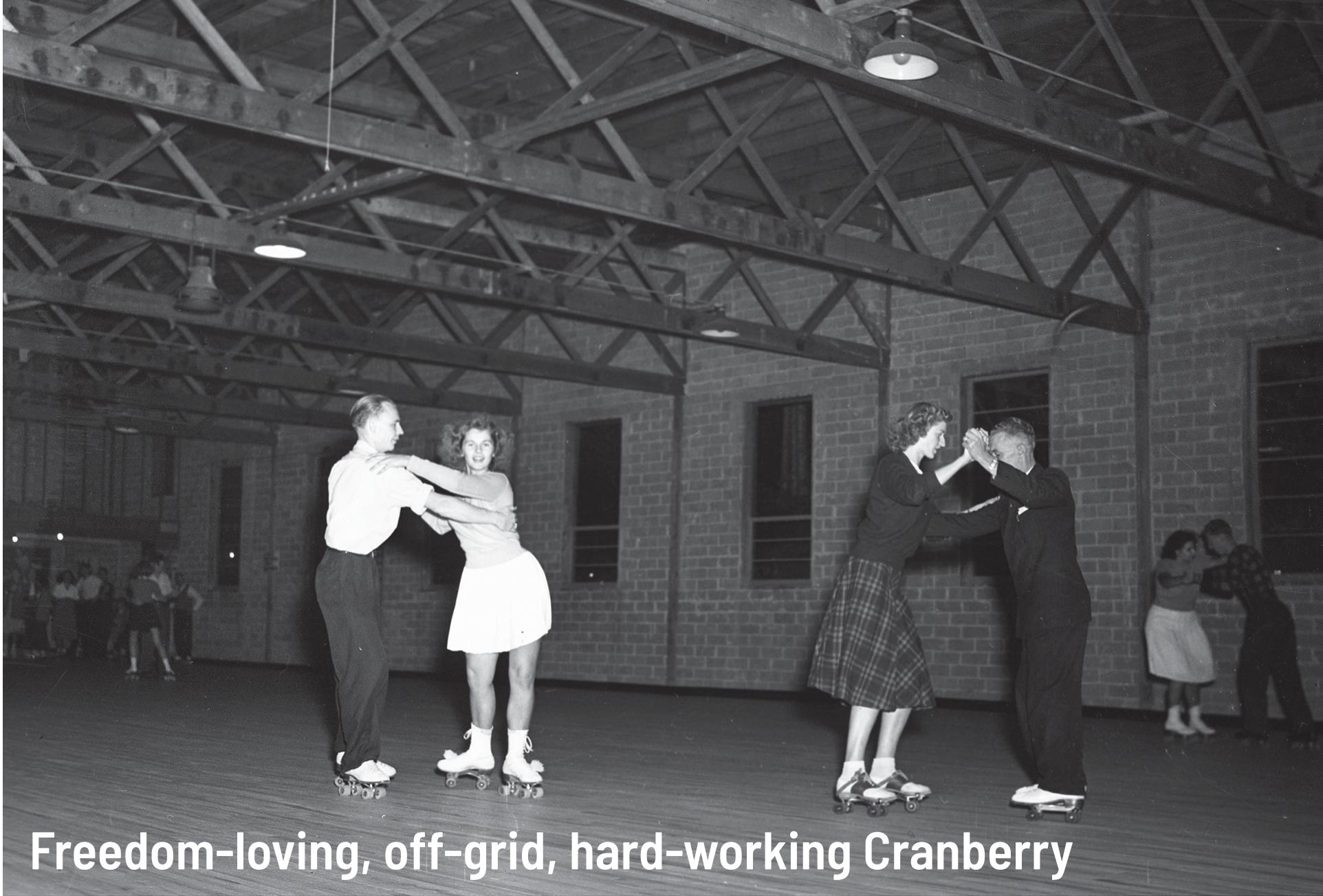
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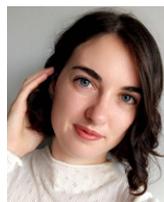


## Freedom-loving, off-grid, hard-working Cranberry

**BEFORE IT WAS THE CURLING CLUB:** It was a roller skating rink! 1948 photo.

**T**he current location of the Cranberry neighborhood was land traditionally used by Coast Salish peoples for hunting and gathering. The Tla'amin people used to land their canoes at *ʔahʔjumiɣ* / Ah joo miexw (Willingdon Beach) and walk up a trail to Cranberry Lake to harvest the wild cranberries. A mix of berries (like salal berries, blackberries, salmonberries, huckleberries etc.) were dried and kept for winter, or added to soups and other boiled foods.

With the development of the paper mill, the area became the first suburb of Powell River. Cranberry drew settlers because of the flat land which was useful for cultivation, but mostly because some people were tired of the monopoly the Powell River Company had in the Townsite. They were tired of coupon books and rent deductions on their paycheques so they decided to try it out on their own. Cranberry was still within walking distance to the mill and was thus



### BLAST FROM THE PAST

JOËLLE SÉVIGNY

an ideal location.

In 1911, three men, George Smarge, George McFall, and Magnus Olson, filed a mineral claim on the west side of Cranberry Lake (the claim was later cancelled as there was nothing of value found). They also pushed through the first road that connected to the Townsite. McFall went on to establish a dairy, an orchard, and raised pigs. His log home was one of the first in Cranberry.

Settlers arriving in Cranberry had to build their own houses, walk to and from the mill for work, women

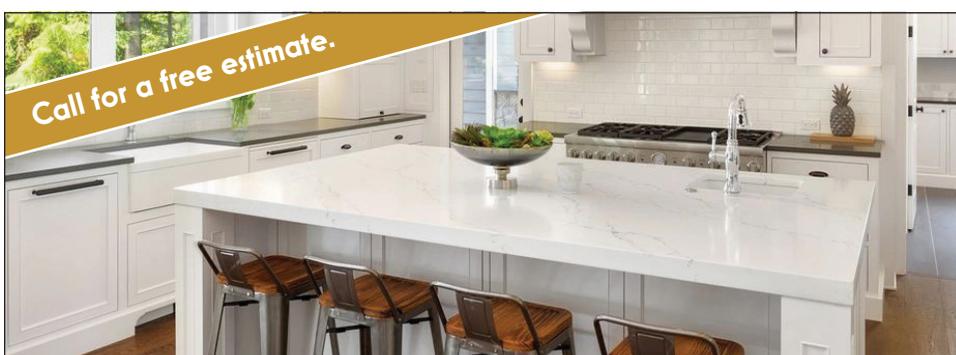
*Photo courtesy of the Powell River Historical Museum & Archives*

had to carry water from the lake to their house, and carried groceries from the Townsite back to Cranberry. At first, they also had to use oil lamps for light. Electricity only came to Cranberry in 1930. It was the first time electricity and running water were available outside the Townsite.

The village of Cranberry was officially incorporated in 1942; it was completely self-sufficient. A few businesses people may remember are: Quality Printers, The Town Crier, Wiltshire's, the Caledonian Bakery, or the Roller Skating Rink at the site of the current Curling Club – which was popular with young folks on Friday nights!

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

**RL** | [jysevigny@powellrivermuseum.ca](mailto:jysevigny@powellrivermuseum.ca)



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## THE OTHER BOTTOM LINE

# Giving is bliss: spa owner & staff raise funds for food

**B**eyond Bliss Spa & Suites is owned and operated by Sheona Scott and was started in 1999. It moved into its current location on Marine Ave in 2008 and has grown into a full service day and medi spa with boutique hotel accommodations.

The spa offers a large variety of beauty and relaxation services and has two certified laser technicians on staff who provide treatments for hair removal, skin health and anti-aging. The hotel offers four full suites and three rooms; they are modern, comfortable and in the heart of downtown, close to restaurants, coffee shops and shopping. The perfect place for a tourist or a staycation!

**What is your "triple bottom line"? How do you add social value to this community?**

**Sheona** • The staff and I all have a deep love and connection to our community. We strive to provide quality services that our community can be proud of and we look for ways to support groups and organizations who provide valuable services within the community. We have donated prizes to many, many causes over the years and continue to do so. We also choose organizations for which we raise funds, using different promotions throughout the year. The Food Bank, the Salvation Army and Friends of Powell River are some of the

I feel a special connection to organizations that help to feed people, probably because I spent many years as a single parent and I remember when times were very tight and food was a big expense.

- Sheona Scott

groups that we have supported through cash donations. There are so many groups doing good work but these three resonate with me as they help to provide food to individuals, families and children in need and I believe no one should go hungry.

**Have you always done this? What got you started?**

**Sheona** • I was raised to believe that you should always give a helping hand, no matter how small it is. You can make a big difference to someone else.



**IT'S GOOD TO GIVE:** Beyond Bliss owner Sheona Scott was raised to give others a helping hand.

A true measure of a society is how we treat those less fortunate than ourselves and I get much more joy in giving. I am grateful for my business to have the support of the community, because that means we can help organizations provide help to others within our community.

**Do you have a personal connection to this cause?**

**Sheona** • I feel a special connection to organizations that help to feed people,

probably because I spent many years as a single parent and I remember when times were very tight and food was a big expense. I really believe that when people don't have access to proper, healthy food it is very hard to then think about anything else. How do you learn or set goals for yourself when you are focused on what or how you are going to eat?

**What kind of practical support do you get, and from whom, to help you achieve this social value?**

**Sheona** • My staff are fantastic and are always up for anything that involves contributing or donating to the community. Over the years they have supported many causes through donations of their time and skills. I believe giving back as a business is important, and so do the people I work with. A healthy vibrant community allows us to grow and in turn that allows us to give more.

**Have there been any hiccups or challenges that others could learn from?**

**Sheona** • I honestly cannot think of any. I think if you start with good intent, good things will follow.

**What do you hope is the legacy of this work?**

**Sheona** • I hope we can help the local organizations to provide food and services for any one who needs it for many more years to come and that perhaps we inspire others to do so, as well.

**What advice do you have for other businesses who might want to add social value to their bottom line?**

**Sheona** • Pick something that resonates with you and just start. No matter how small the gift, whether it is time, goods, services, or money, every little bit will help someone else, and that is the bottom line. 



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**HARVEST, MULCH, PRESERVE & PLANT:** The autumn is an ideal time to grow new foods in your garden – plus do all those fall tasks you always do.

# Fall is a good time to plant

If you have the urge to add to the beauty of your outdoor space, edit or transplant trees or shrubs from one area to the next, or just plant some new fruit producing species, fall is one of the best times to do it.



## A GROWING CONCERN

**JONATHAN VAN WILTENBURG**

Here are a few good reasons for fall planting.

Firstly, planting in the fall lets you take advantage of the still-warm soil. Even though the weather is beginning to cool down, the soil will still be relatively warm from the summer heat. This will allow your new specimen the chance to establish, grow, metabolize, and ultimately get a decent toehold in their new home before the winter chill arrives and growth grinds to a halt. Most of the new growth will be in-

conspicuously below ground. This will allow plants the time to become more established and capable to deal with the drier summer growing conditions the following year.

Secondly, planting in the fall lets you have Mother Nature do the watering. Nobody wants to be a slave to the garden hose, and watering (as all of us have found out this summer) can be a lot of work. If you wait until the fall rains have arrived your plants should have no trouble keeping hydrated after you have watered them in.

Thirdly, insect pressure is significantly diminished in fall. As weather temperatures plunge downward, so do the populations of pests. This will allow your plants to focus on growth rather than allocating resources to protecting themselves.

Lastly, fall is also a fabulous time to plant because you can get yourself a sweet deal on plant material. Nurseries prefer to flog past seasons' stock before they are stuck caring for it over the winter. I have found many deals on gorgeous trees, shrubs, and perennials. [jonathan\\_vw@yahoo.com](mailto:jonathan_vw@yahoo.com)

## Top priorities in the garden for September

1. Harvest, harvest, harvest. Preserve, preserve, preserve.
2. Keep on weeding. Get out as often as you can. Even if you don't see the weeds, give the soil a good hoe and prevent them from coming up in the first place
3. Cover your tomato plants with glass or plastic to protect them from tomato blight. You must keep the plants dry in order to safeguard your crop.
4. Plant out and sow the last of your winter garden. Sow lettuce, spinach, endive, cilantro, corn salad, arugula, etc. It is too late to start many of the other winter veggies from seed (broccoli, cauliflower, brussels sprouts, cabbage, rutabaga etc.) However, you may be able to pick up more mature plants at a local nursery and still plant them out for the winter.
5. If you have the time and the resources, start the important task of adding mulch to the garden. This will keep the weeds down and make the garden even better for next season.
6. Harvest your potatoes. You must cure them before placing them in storage. Do this by leaving them on the soil surface to dry in the sun for a day or so.
7. Secure your seed garlic and plan where you are going to be planting them out in the next few months.
8. If you are clearing out your garden and there are large patches of bare soil, sow a cover crop to prevent nutrients leaching from the soil. Fall rye, winter wheat, red clover, hairy vetch, field peas, or combinations of each are all great options.
9. Save some seed for next year. It is thrifty, and over time will give you stronger plants for your specific growing region. Also they can be traded at the local seed exchange in the spring.
10. Don't forget to harvest and dry some of your own tender herbs. Home grown mint, sage, oregano, and tarragon etc, are superior to the stuff you buy in the stores.
11. Order flowering spring bulbs. Plan out your colour combinations, fragrance, and timing to have your garden beautiful for next spring.

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## Executive coaches find their fit

**K**ate Sutherland is cofounder of Emerge Collab, a consultancy for audacious systems change. She is also an executive coach, faculty for Simon Fraser University's Certificate in Evaluation for Social Impact and Transformational Learning, and author — her third book is *We Can Do This! 10 Tools to Unleash Our Collective Genius*.

Evan Renaerts was born in Chemainus and grew up in BC. Retired recently from industrial construction work (as a boiler maker, superintendent and ultimately VP Special Projects) across BC (including many gigs in qathet), Alberta, Saskatchewan and Ontario. He now works very part-time as an executive coach and is grateful, once renovations are done, to have more time to paint, carve and sculpt.

### Why did you choose to move to qathet?

**Kate & Evan** • We have been talking about moving out of Vancouver for many years, seeking more quiet and closer access to BC's beautiful outdoors. Contenders all needed to be on the BC coast, have a hospital, access to great swimming and feel like a good fit vibes-wise. Among others, we considered Victoria, Saanich, Saltspring, Courtenay, Black River and Chemainus. When Evan first proposed qathet I thought "No, too far from (our daughter in) Vancouver." But the idea grew on me. And then grew some more. Ultimately the decision was an intuitive one.

### When? Where from?

**Kate & Evan** • We moved on June 25, leaving Vancouver where we had lived for 27 years, 24 in a wonderful townhouse close to Main and King Edward.

### What surprised you once you moved here?

**Kate & Evan** • That so many others we meet have moved here recently, or come back again after a period away.

### What made you decide to move here?

**Kate & Evan** • We stayed in Vancouver to care for Kate's beloved mom. We have always been very close with her, for years living in the same townhouse complex, and then visiting often when she moved to a great independent living residence. From 2018, we needed to ramp up time with her due to her increasing dementia. When she died peacefully in our home, having lived with us for her last five weeks, we were freed up to move out of Vancouver.

### Where's your favourite place in qathet?

**Kate** • I feel like I'm still getting to know it. So far the place that gives me the most joy is Mowat Bay: swimming out past being able to see the bottom with rays of sunlight streaming into the darkness! Cracks me open every time.

**Evan** • Right now I vote for Wild Scoop!

### How did you first hear about qathet?

**Kate** • I first came here on a school trip in 1975. What I most remember is seeing blades of high-pressure water stripping bark off huge logs at the mill. (I was born



**RECONCILIATION AND SWIMMING:** Kate Sutherland and Evan Renaerts were intuitively motivated to move here, versus other communities.

in Toronto, and came to the West coast in 1974 as part of the first cohort at Pearson College on Vancouver Island.)

**Evan** • I began coming here in the 1970's to work on the boilers in the mill.

### What would make this a nicer community?

**Kate & Evan** • This is a beautiful and wonderful place and community! From a physical point of view, we'd love to see more trees and landscaping in the mall area. We support there being a change in the name of the town and hope this can be another step in an ever-deepening journey of truth and reconciliation with the Tla'amin Nation. (More kudos to *qathet Living* for changing your name!)

### What aspect of your previous community would benefit qathet?

**Kate & Evan** • Inner city Vancouver is blessed with being a very walkable. We particularly loved walking on streets lined with beautiful trees — large Maples, Chestnuts and Beeches, and smaller Cherry and Star Magnolia trees.

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

**Kate & Evan** • We've been blessed with lots of flow! Kate would love to find a swimming buddy or buddies to join her in Mowat Bay for morning swims a few times per week. Evan is looking for good men friends for coffee, walks and meditation.

### If you were mayor, what would you do?

**Kate & Evan** • I'd continue the good work already begun, to keep qathet moving toward being in right relations with the Tla'amin Nation and a truly sustainable, resilient, low carbon, inclusive and socially just community. I'd be curious about what great things are trying to happen here that would better flourish if there was a bit of convening and hosting and wayfinding support from the City.

### What is your greatest extravagance?

**Kate** • Buying books! Professional and personal development books.

**Evan** • Long meditation retreats.

### Which talent would you most like?

**Kate** • Healing/bridge building. There is so much divisiveness these days, causing so much suffering. I'd love to have the super power of knowing just how to be/what to do or say to support healing and bridge-building.

**Evan** • Relating to every person and every situation from my heart. 🍌

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## WHAT'S UP

### Coyotes in qathet

In the 31 years that Nelson Rubletz has lived on his 10-acre property on Padgett Road, he's seen a wolf, cougars, bear and deer but until last month, he'd never seen a coyote.

"I'm in an area where the wildlife always cross," he told *qathet Living* magazine. But at 8:30 am on August 23, all that changed as Nelson looked out his window and saw a coyote just standing there. "It was a young coyote," he said. "And he was around my garden."

Nelson went outside and the coyote walked slowly towards the bush.

Andrew Anaka, Conservation Officer for the Sunshine Coast said there have been regular sighting reports of coyotes in the qathet Regional District for the past four years.

"It would appear to be a natural progression as they have been abundant in the lower coast for many years. More recently, they've found their way to Earl's Cove and Nelson Island," he said noting that getting to qathet from there is only a short hop.

"I would say that there is now an established population in Powell River. They will do well. The only reports to COS [Conservation Office Service] have been sightings. Coyotes are considered dangerous wildlife and attracting them to property is illegal under the *Wildlife Act*," he added.

### Speakers at the museum

The Powell River Historical Museum and Archives is bringing back their popular speaker series this fall. This program will re-occur once a month from September to December, and feature a variety of topics, tying-in qathet's history with today's current events.

They include *Then & Now* with Ann Nelson (September 16); *A Newspaper Story* with Stewart Alsgard and Doug Mobley (October 7); and *Tla'amin Creation Stories* with Drew Blaney (November 25).

The speaker series will be hosted at the museum, 6:30 to 8:30 pm, and invites locals or visitors to learn about qathet's history and present day, as well as so-

## Royal BC Museum languages exhibit comes to Tla'amin

**O**n August 11, Tla'amin Nation and the Royal BC Museum paired up to bring the Travelling Exhibition 'Living Languages' to Governance House. This exhibition works to celebrate culture and history, helping explain the stories of BC and its diverse cultural regions.

Until January 19, the exhibition is open to the public, to help everyone be able to learn about First Nations heritage, language, and history with the land we inhabit. There will be cultural art, lessons on the 34 languages spoken throughout the province and the work to keep them alive, and there will be interactive stations where video and audio can be used to give a deeper understanding of BC history, and much more.

A major part of reconciliation is understanding where people have come from. Without that understanding, it is hard to move forward in order to make things right. This exhibition is a way to learn about the past, in a way that is interactive and located in a captivating environment with a deep historical feel. Taking the time to visit, and listen, is taking a step needed to learn about another culture in a respectful manner, which is the exact direction needed for reconciliation.

On the note of working for reconciliation, the

Powell River Historical Museum and Archive Association is looking into updating its operations. In a media release, they announced that the museum is looking at evolving their artifacts and historical information, shifting from the settler perspective to a more Indigenous perspective.

The museum has gained more Indigenous art, tools, and other First Nations relics to put on display in recent years. In this notion of moving forward, the museum is now having conversations on changing its dated name. A new name would represent the museum's more geographical practices, and work to explain an accurate share of the region's history. In the effort of reconciliation, this is a huge step in the right direction. Hopefully, other museums will take on this step too, because there really are many different perspectives of the past than that of colonialism and settlers.

The Truth and Reconciliation Commission's 'Calls to Action' explained that ethically, museums have the responsibility of telling more than one party's view of the past and to foster national reconciliation. The Powell River Museum is definitely on the right path, with a more diverse and culturally sensitive approach coming soon.

~ Abby Francis, Local Journalism Initiative

cialize with us, and ask questions in a casual evening setting. Throughout the events, the museum will serve refreshments and snacks. There will also be door prizes.

To purchase tickets, call 604-485-2222 or email [info@powellrivermuseum.ca](mailto:info@powellrivermuseum.ca).

### Powell River born athlete steps away from Tokyo's Paralympic Games

Canadian Para-cyclist Tristen Chernove, who was born and raised in Powell River, won a silver medal in the Men's C1 3000 Individual Pursuit cycling event at the 2020 Tokyo Paralympic Games on August 25.

He had finished second in the qualifying round of the race coming in with a time of 3:40.591, just behind the new world record that was set by Mikhail Astashov of Russia. Tristen then finished second in the final round.

A few hours later, Tristen decided to withdraw from further competition.

"I really pushed through with my training since Rio to create the opportunity for family to share a games experience with me and really probably should have retired the moment it was announced that family wouldn't be able to come. By then I was so caught up in the build process that I lost sight of that a bit. This games was supposed to be about my family and became all about me again," said Tristen.

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"When I finished the Pursuit with a silver, and my family wasn't there to celebrate with me, it just became crystal clear that it was time to retire. Time for someone else to realize their dreams," he said.

He was scheduled to compete in the 1,000 Time Trial on August 27, the Road Time Trial on August 31, and the Road Race on September 2. Tristen had recently announced his formal retirement to be after the Tokyo games; he chose to shorten that timeline by three races.

In 2016, Tristen won three of the nine medals won by Canada's para-cycling team in Rio de Janeiro: gold, silver, and bronze. He is a 13-time World Champion and multi-medalist and was named Canadian Cyclist of the Year twice, among other honours. He is President and CEO of Elevate Airports. Tristen and wife Carrie have two daughters – Bronwyn and Morgan; they live in Cranbrook. Tristen and Carrie also have parents and siblings who live in qathet; they have a summer home in Lund.

When Tristen's cousin Gina Allamano learned of his decision she wrote: "Whether the contest involves tenacity, grit and perseverance or humanity, grace and dignity, he's gold medal always." ~ *Malerie Meeker*

## Funds to support homeless

The City of Powell River, in partnership with the qathet Regional District and Tla'amin Nation have been awarded \$772,199 to support people who are homeless.

According to staff and non-profit organizations, there are over 80 community members experiencing homelessness and who have increasing health risks. Some are living in public and private spaces without consent; while others are living in places that are not intended for permanent human shelter including vehicles, garages, sheds and makeshift shelters.

Although the governments have been able to house many homeless people in shelter spaces throughout the COVID-19 pandemic thanks to additional funding from the federal and provincial governments, this is a temporary solution, says City Councillor Maggie Hathaway, who holds the portfolio for Social Action and Planning and Affordable Housing.

"A lack of affordable housing in Powell River has been an on-going issue since I initially took office in 2008 and over the last 13 years it has become a crisis on an alarming scale. Suitable sustainable housing for all is a lofty goal, but in my opinion, doable."

## Traffic restricted

Vehicle and pedestrian traffic is restricted on Haul Road through the consolidated wastewater treatment plant construction site. Accessing and passing the site is open to construction traffic only until September 23 and possibly longer.

The restrictions were put in place after several near miss incidents between public traffic and construction vehicles occurred on the road during construction of the Consolidated Wastewater Treatment Plant.

The northern restriction will be on the Haul Road south of the access road to the Tla'amin lands adjacent to the City Transfer barge facility and the southern restriction will be at the WFP log dump.

"While the City recognizes the desire to access First Beach for recreation, in the interests of the public and construction personnel safety, these increased traffic restrictions are necessary," said David Brindle, the City's Communications Coordinator, in a press release.

## City wants you to participate in a business / employment survey

Since the COVID-19 pandemic started, many businesses had to close and start again. Some of these businesses have been struggling to acquire staff and to keep operating with a full list of employees.

The City of Powell River hopes to address this with the aim of offering insight to local businesses and entrepreneurs. For the purposes of helping local businesses acquire staff and fill the current gaps in employment in the community, this survey, at [participatepr.ca/employment-status-survey](http://participatepr.ca/employment-status-survey), aims to address current employment situations in the Powell River/qathet area. All information for the purposes of this survey will be kept confidential as per FOIPPA. Go to [participatepr.ca/employment-status-survey](http://participatepr.ca/employment-status-survey) for a chance to win passes to the Recreation Complex.

~ *Alexandra Young*

## New group reimagines future

The Art and Technology Department is a newly formed group in the qathet Regional District.

They are looking for a permanent home, but for now they exist in the hearts, garages, sheds and shops that are a vital part of the making, creating, and hacking community today in our city.

With this new passionate group and idea of recovery and reimagining the future after COVID, we want to become a networking hub for those who share the passion for creativity, art, technology, and illuminating the way forward.

We are here for all of you in our beautiful city. Our goal is to bring people of all walks of life together – to create brighter futures and to create projects that can revitalize and restructure the world around us into more than what we can imagine alone.

Join us @TheArtandTechnologyDepartment on Facebook, email [TheArtandTechnologyDepartment@gmail.com](mailto:TheArtandTechnologyDepartment@gmail.com), or support us on patreon: [www.patreon.com/Theartandtechnologydepartment](http://www.patreon.com/Theartandtechnologydepartment)

~ *Kieran Fogarty*

## Cultural Adaptations: Radical Reimagining Symposium & Exhibition on Art and the Environment

This series of events is hosted by The Art Centre Public Gallery, and runs September 14 to October 16. It's a radical reimagining of land relations and the role of the arts in creative dialogue, solutions and adaptations. Cultural Adaptations will explore land relations, approaches that disrupt contested landscapes and ideas around healthy ecosystems and management.

How would you actively engage, support and champion the cultural sector as a key player in land relations, the sustainability charter, climate action and truth and reconciliation?

What is our cultural ecosystem?

In the gallery, see the Arts and Environment Media Reel, a Stream Soundbath Installation, the qathet Flag Jam, a Postcard Vision project, a Tla'amin Place Name Project with the museum and Tla'amin Nation, the Artists of qathet Colouring Pages, and several Art Raven Family Programs attached to this symposium.

For events, see the calendar in this issue, or visit [powellriverartscouncil.ca](http://powellriverartscouncil.ca).

## Another qathet quilter

Gail Cepka had been shopping for a spot to open a quilting shop ever since she moved here a year ago in April – just as COVID hit. Now she has found what she believes to be the ideal spot at 4712 Marine Avenue, across from the Bank of Montreal, between the wool shop and the barber shop, for her **Spool's End** store. Having owned a quilting shop in Regina for 30 years, Gail is familiar with the business, and is an accomplished quilter. The store even sells quilts and patterns she has made herself. In addition to the usual quilting products – cottons, patterns, notions – Spool's End also features a few of Gail's other passions. She makes teddy bears out of old slippers and old fur coats. And she has a collection of vintage items for sale. Stop in Tuesdays to Saturdays, 11-4, call 604-485-0500, or email spoolsend@hotmail.com.

## Customizable catering

COVID has changed special events drastically. Brides are scrambling with restrictions lifting to have their dream weddings before things get bad again, says **Charis Whitmore**, a professional cook who is launching **Off the Vine Catering**. "My flexible approach creates confidence that they will be able to have a beautiful day no matter how things change," she says. Charis and her husband Ian, an electrician, moved back to qathet in 2020 from Winnipeg, where she cooked at one of the top private golf clubs for more than five years. She's done catering for the past 10 years, and is excited about the fresh local ingredients available here. Off the Vine offers customizable options from just appetizers or cocktail parties to full buffets or plated dinners. No event is too big or too small. During COVID, Off the Vine is operating on a temporary event-by-event basis. You can reach Charis through social media @offthewallcateringpowellriver or email chariswhitmore@yahoo.ca.

## New property manager

**Kathy Grantham** has returned to her hometown after working for many years in property management around the Metro Vancouver area, and has



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joined forces with **460 Property Management**, a 460 Group Company. Specializing in commercial and residential rental property management, Kathy is a jill-of-all-trades and can help you manage anything from maintenance and leasing to bookkeeping and legal compliance. With a diploma in Marketing Business Management, and certification as a Licensed Rental Property Manager, Kathy is dedicated to keeping her clients' rental property well-maintained and producing income while providing exceptional service. You can reach Kathy at 604-208-9722, email kgrantham@460pm.com, or check her website at prpm.ca.

## Digital help

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## Help for transitions

When people close to her needed help, **Cheryl Milne** was there because the gaps in available service were pretty big. That's why she has begun **Katcher Guidance**, a service that provides help with life transitions, as well as companion care and care aid services.

Her dad and her father-in-law have dementia. Her close friend, single mom Katie Hogan was diagnosed with early-onset Alzheimer's disease.

"All three of those people felt left in the wind and I realized the community needs more support," said Cheryl. "The time between the diagnosis and when you get care aide help, there's not a lot of support."

The new business is a portmanteau of Katie and Cheryl, as Katie was her inspiration to start the service.

As a transition guide, Cheryl helps people through life transitions, specializing in senior care. For example if a senior is moving or downsizing and their kids live out of town and they need help packing and sorting, Cheryl can be there to help stage the house for them, sort through belongings, help arrange appointments, and so on.

She also provides task management, helping care for caregivers, for example helping with computer work, guiding someone through getting a power of attorney, or taking notes at appointments.

Home care services provide practical help and respite care. Home care staff are certified health care assistants, and Katcher Guidance is insured.

Cheryl's new office is beside Forest Bistro and Rocky Mountain Pizza. Visit the website at katcherguidance.com. You can reach her at 604-483-1136 or katcherguidance@gmail.com.

## Lund sewer upgrades complete

The qathet Regional District received a grant for \$464,800 to carry out major upgrades to Lund sewer system's collection and treatment infrastructure.

While doing this work, the team discovered that the outfall infrastructure was in need of realignment, line renewal and anchoring upgrades. The new sewer outfall required alteration of the marine navigational chart information for the waterway, and this updated chart information, as well as the buoys and signage, will ensure that public and industry can safely travel the waterway without anchoring in the outfall right of way. Funding for the \$226,000 project came from a handful of government agencies.

## Art supplies supplied

At long last, qathet region artists have local access to quality art supplies! **qathet art + wares** opened

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at the end of July and, although the owners are still building the inventory, it already offers an excellent selection of watercolour and acrylic paints, sketching and drawing supplies, canvasses, and kid's art kits and supplies with more variety arriving weekly.

Owners of qathet art + wares, **Evelyn Russell** and **Karen Skadsheim**, also take requests, so if there's something they don't have, just ask.

Check them out at 6812B Alberni Street, in the Ecosentials Local Market building, visit [www.qa-w.ca](http://www.qa-w.ca), email [create@qa-w.ca](mailto:create@qa-w.ca) or call 604-413-6830. They're open Tuesday to Saturday, 11 am - 5 pm.

## Art space in Townsite

A new art space is available for qathet area artists to exhibit, create and share.

**Amplitude Arts** is the work of **Pierre Gauthier**, **Alicia Kintzinger** and **Jason Hygaard**.

They saw a need for a community arts space and the opportunity to facilitate it presented itself, says Alicia. The trio met each other through establishing this venture.

Amplitude Arts offers the community a space to rent for art exhibitions or workshops, as well as a photography (2D art) studio. There are also spaces for Artists in Residence to create. Located in 1400 square feet of space in the lower level of the Rodmay Hotel, it's also a place for individuals to meet and collaborate over a cup of coffee.

"Amplitude Arts is a rentable gallery and shared studio space that is available for the artists in our community on an individual and collaborative basis," said Alicia.

Facilitating creation and exhibition of art, the creators also hope it will be a place for locals and tourists on the prowl for fresh, local art.

The trio have a varied background. Jason is retired military and an entrepreneur/investor; Pierre is a photographer who most recently worked at Vancouver's bike share, and Alicia was a front store manager with Shopper's Drug Mart.

You can learn more at their Facebook page, or email [amplitudeartss@gmail.com](mailto:amplitudeartss@gmail.com) or call 604-414-0234.

## Massage therapist escapes Vancouver, chooses Townsite

The exodus of people from Vancouver's expensive housing market continues to help meet qathet's seemingly insatiable demand for massage therapy.

**Kimberly Franke** is the latest to set up shop in the Townsite.

She and her family had been wanting to leave Vancouver for years, and when her husband, who works in visual effects, switched to working from home during the pandemic, it allowed them to move here with their six-year-old.

Since 2012, Kimberly had been a registered massage therapist at the same clinic in East Vancouver, and is excited to set up **Ch'yone Studio** (Ch'yone is the Tahltan word for wolf) in the outbuilding of her home at 5480 Marine Avenue, which you can access from the laneway. The newly-renovated, accessible outbuilding has a new air filtration system, skylights and "lots of beautiful natural light coming in."

Kimberly provides a variety of massage therapy techniques, including myofascial release and craniosacral therapy. She likes to tailor each treatment to each individual and works at a variety of tissue depths, and is accomplished in helping with whiplash headaches and complicated health issues.

Call 778-743-0564 or visit Kimberly's website, [chiyone-rmt.ca](http://chiyone-rmt.ca)

## Bike on water

Powell River's newest business will have you biking on water!

**Gerr's Hydro Bikes** can be found operating out of Mowat Bay Wednesday to Sunday. Owner **Gerry Beaulieu** was so impressed with hydro bikes after her husband, who had a stroke eight years ago, bought a hydro bike for himself last year, that she started a business.

Hydro bikes can best be described as bikes on pontoons, she said. They travel at seven knots (compared to four knots that a kayak might do). You can swim off them, jump off them and tow a tube behind them. "They're so much fun," said Gerry, who moved here

with her husband from Quesnel, and decided to do this as a semi-retirement job. The bikes cost \$20 an hour to rent at Mowat Bay; arrangements can be made to have them taken elsewhere for a higher rate.

"Hydro bikes are for all ages. You feel really safe on them. If you want to be together, I can make a tandem bike for you. There's no tipping over and they can carry 400 pounds.

Find Gerr's Hydro Bikes on Facebook or call 604-413-2229.

## Paddle Texada

Getting out on the water surrounding Texada just got a little easier, thanks to islander **George Franklin**. This summer, he launched **SUP Texada**, offering paddleboard rentals. He plans to expand to kayaks and pedal boats, and possibly e-bikes, in the future. But for now, he was happy to get the paddleboard rentals off the ground, especially with the challenges he faced in getting boards and supplies during the pandemic.

SUP Texada will deliver anywhere on Texada Island, with a single board rental going for \$70 for a 24-hour rental. Discounts are available for multi-day rentals and groups. The 24-hour rental policy allows paddlers to enjoy popular sunset or sunrise paddles without having to rush to return the boards.

George said he saw a gap in the market because no one was renting boards or boats, and while people don't always plan ahead when they visit the Island, they're often looking for something to do when they're camping or staying at a local bed and breakfast.

George can deliver anywhere on the island, but most customers want to paddle at Shelter Point near Gillies Bay or Erickson Beach in Van Anda.

The boards are one-size-fits-all 11'4" inflatables, suitable for all ages and sizes. They can also pack into a backpack so people with their own vehicles can take the board and pump on multi-day camping trips or to remote lakes.

Contact him through Facebook @suptexada, and watch for a new website and phone number coming soon.

 [sean@prliving.ca](mailto:sean@prliving.ca)



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### Happy Labour Day, Sisters and Brothers

It's been one heck of a year for workers – especially those on the front lines, including educators, health workers, ferry workers and grocery workers. Normally, Labour Day passes without much public celebration or recognition. But given the COVID-19 pandemic's multitude of impacts on workers and their families, this year's holiday is especially poignant. How will you recognize workers?

This 1956 cement frieze by P. Hopkinson is just inside the front gates at Catalyst Mill. It's a workers' memorial for those in the resource sector here.

# September in qathet

## SEPTEMBER'S HOLIDAYS AND MONUMENTAL MOMENTS

### Wednesdays September 1, 8, 15, 22 & 29

#### COVID vaccine clinics

Noon til 6 pm at the Complex clinic.  
Drop ins for 12+, first and second doses.

### September 6

#### Labour Day

Celebrate the workers who keep qathet going and move us forward, including those in UNIFOR, UFCW, PRDTA and BCTF, BCNU, CUPE, CEP, HEU, the Steelworkers, the BCFMWU, the Labourers Union and more.

### September 7

#### Back to School

What are the protocols in SD47? See ad on Page 32.

### September 21

#### Celebration of the 10th anniversary of the Paradise Valley Railroad

Farmers' Market, 12:30-2:30 pm. See Page 46 for more.

### September 22

#### Fall Equinox

Sun sets at 7:15 pm.

### September 24

#### SD47 Pro D Day

Special activities at the Rec Complex: Stick & Puck from 10-11:30 am; Kids Shiny 11:45 am-1 pm; Everyone Welcome from 1:15-3:15 pm

### September 30

#### National Day for Truth and Reconciliation

Formerly Orange Shirt Day. Now a stat. See Page 51.

### October 1

#### The Patricia Theatre re-opens

Kicking off with the Vancouver International Film Festival. See Page 9 for more.

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**LAST TRAIN ROLLING:** qathet's last forestry train—at Catalyst—stopped running earlier this year. But the Paradise Valley Railway, built to preserve that history, is about to celebrate 10 years.

Mini train still tooting along – bigger every year

BY DAVE FLORENCE

**A**t the Fall Fair in September 2011, a railroad returned to the qathet region, right over a spur of the historic Bloedel, Stewart and Welsh railroad that operated in Paradise Valley from 1910 to 1918.

Our qathet region had logging trains in many locations from the 1890s until 1954, but only small private model railroads since then. Forestry Heritage Society member Dan Parsons proposed we build a rideable, 1/5 scale railroad to help preserve forestry history.

So a demonstration track was built and carried riders at the Fall Fair in September 2011. Over the past ten years, Society volunteers have developed the railroad, which now includes a gas locomotive, three five-passenger riding cars, four handcars, a caboose, a wheelchair car, a gazebo station,

**10 YEARS CELEBRATION**

**When:** September 19, 12:30 to 2:30

**Where:** Open Air Farmers' Market in Paradise Valley

**Learn more:**  
[qathet.prfhs.org/railroads/pvr/](http://qathet.prfhs.org/railroads/pvr/)

storage sheds, interpretive panels, and 1,600 feet of looping track that features a tunnel and trestle.

The train is open to the public Sundays 12:30-2:30 from May to September, plus special evenings such as the popular Ghost Train at Halloween and the Santa Train in December.

For our September 19 anniversary, we plan to have a second train, and the lucky raffle winner will win the popular seal head carving by Debra Bevaart.

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## CULTURE & COMMUNITY

**To September 5**

**qathet Studio Tour**

19 artists from Lang Bay to Lund. See their studios in person or online. More at [artpowellriver.com](http://artpowellriver.com)

**To September 9**

**Night Pollen by Ryan Mathieson**

Tidal Art Centre, Lund.

**September 9**

**Sign-making workshop**

6-8 pm at the Night Market with Mommy Needs a Time Out Crafting. See Page 49.

**Through January**

**Royal BC Museum Living**

**Languages exhibit at Tla'amin**

Governance House, 4779 Klahanie Road.

**Wednesdays through September**

**Tla'amin Nation Culture Nights**

5 pm, beach at Tla'amin. Everyone welcome, Indigenous and non-Indigenous.

**September 7 to 10**

**Registration week at the Academy of Music**

Choirs, music lessons, theatre and dance. [powellriveracademy.org](http://powellriveracademy.org)

**Saturday, September 11**

**Reading: C.V. Gauthier**

2 pm via Zoom. Historical adventure author Cindy Gauthier will read from her Charlee LeBeau series, including her latest book *Charlee LeBeau & The Salish Wind*. To register [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

**September 13 to 19**

**A week of free classes at the Recreation Complex**

See more on Page 3.

**September 14**

**Cultural Planning with Tara O'Donnell, Laura Love and Cindy Elliott**

6 pm at The Art Centre gallery and YouTube

**September 14 – October 16**

**Cultural Adaptations Radical Reimagining Symposium and Exhibition: Art and the Environment**

The Art Centre Public Gallery  
See more on Page 42.

**Thursday, September 16**

**Museum Fall Speaker Series: #1 The Patricia Theatre: Then & Now**

With Ann Nelson 6:30 to 8:30 pm, at the Museum. \$5 each or \$15 for a Series Pass.

**September 16+**

**Mindfulness Concepts**

Four week workshop through VK Wellness. See ad on Page 20.

**Wellness Beginnings**

Four week workshop through VK Wellness. See ad on Page 20.

**Friday, September 17**

**CR Avery Trio**

Doors 7:30; Show 8 pm. Cranberry Hall. Watch for the Cran Hall Facebook and website for ticket information. Vancouver-based musician-poet

**Tech Savvy – Ancestry.ca**

4 pm via Zoom Learn about the genealogical resources from Ancestry.ca available for free through the Library. To Register [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

**September 19**

**Virtual Song Circle**

With Pat Buckna. 2 pm on Zoom. Link can be found at the Cranberry Hall website or Facebook page. Non-performers and performers alike are welcome.

**September 20**

**Top 10 for Optimal Health**

One-hour workshop through VK Wellness. See ad on Page 20.

**September 21**

**Watery Methodologies Talk with Emma Morgan-Thorp**

6 pm at The Art Centre Public Gallery and on YouTube

**September 23**

**Collective Wading**

Time TBA, at the Teeskwa't river access. See [powellriverartscouncil.ca](http://powellriverartscouncil.ca) for more. Part of the Cultural Adaptations symposium.

**September 24**

**PRO-D Day Toonie Swim**

2-3 pm, Recreation Complex

**Saturday, September 25**

**Living on a Métis Road Allowance**

2 pm via Zoom. Métis Elder Marie Schoenthal shares her experiences about the hardships of living off the land in rural Saskatchewan. To register [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

**September 26**

**Pumpkin Trio Workshop**

3 pm, at Springtime Nursery with Mommy Needs a Time Out Crafting. See ad on Page 49 for registration info.

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**LIKE A MINI BLACKBERRY FEST, EVERY THURSDAY:** If you haven't been to a Thursday Night Market yet, there are a few weeks left! Hours have shifted to 6 to 9 pm, instead of 7 to 10 pm, to accommodate darker nights and back to school. Come out for delicious food, sunsets, live music, artisan-made and farmer-grown goods, and much more.

Photos by Abby Francis,

Local Journalism Initiative reporter



## SHOPPING EVENTS

### Wednesdays through September

#### Uptown Market

4:30 to 6:30 pm outside the CRC on Joyce.

### September 4 & 5

#### Pottery Sale by Local Potters and Ceramicists

10 am to 2 pm at the PR Fine Arts Association parking lot at 5395 Timberlane Road.

### September 11

#### Springtime Garden Centre Big Fall Sale

9 am to 5 pm at the nursery. (Replaces auction.)

### Thursdays to September 23

#### Thursday Night Markets

6 to 9 pm at Willingdon Beach. Art, music, food and more. Continuing Thursday nights to September 23. Co-sponsored by *qathet Living* magazine and the City of Powell River.

### Saturdays and Sundays

#### Farmers Market

10:30 to 12:30 Saturdays, 12:30 to 2:30 pm Sundays. Paradise Exhibition Grounds.

### Mon / Wed / Fri Weekly

#### Kiwanis book sales

9 to noon by appointment. 4943 Kiwanis. Phone to book your appointment: 604-483-1440. Funds go to Cops for Cancer & Camp Goodtimes.

### Sundays through September

#### Texada Farmers Market

Noon to 1:30 pm, Gillies Bay

### October 2

#### Lang Bay Hall Plant Sale

Taco truck will be there, too.



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## COMING UP IN OCTOBER

### October 7

#### A Newspaper Story with Stewart Alsgard and Doug Mobley

6:30 to 8:30 pm, Powell River Museum. \$5. Part of the fall speaker series.

### October 8

#### Kings season begins: Powell River Kings vs Nanaimo Clippers

7 pm, Hap Parker. Start of the 2021-2022 regular season.

#### Author Seth Klein Presents

The pre-eminent thought leader and author of *A Good War: Mobilizing Canada for the Climate Emergency*, presents lessons from the past for how Canada mobilized for a common cause in a time of crisis. Likely this event will be in person.

### October 11

#### Thanksgiving Monday

What are you thankful for this year?

### October 22

#### Oktober Fest Cabaret

7:30 pm James Hall, Academy of Music. \$25.

#### SD47 Pro D Day

Recreation Complex may offer programs.

### October 22 to 24

#### Heart of Belonging: Ancestral Connection

[www.lanajoyparra.ca/ancestors](http://www.lanajoyparra.ca/ancestors)

### October 30

#### Pumpkin People Judgment Day

Your fall yard art contest final. See more on Page 26.

### October 31

#### Halloween

Seth Klein  
 October 8!



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# Finding family

BY ABBY FRANCIS,  
LOCAL JOURNALISM INITIATIVE REPORTER

The Family Tree is a project Tla'amin has been working on since the 1990s. Tla'amin was given a grant for genealogy by the treaties society, they used the grant to connect the community through life-lines of a family tree. However, the tree had stopped being updated in the early 2000s, leaving out any new family members born after that time. Until now.

In March of 2020, Randolph Timothy, son of Randy Timothy and Margaret Timothy (nee Galligos) was offered the position to carry on the Family Tree Project.

"I was excited to be given this opportunity, but I was worried about making mistakes and learning the software the project is run on. I also didn't know I could be a researcher or know where to carry on from. The project has been going very well though, thankfully."

Randolph is carrying on to find and fill in the information missing from 2000, and gathering more as new members of the Nation are born each year.

"I have been able to go about one or two generations further than what we had before, which is great. I really love the connections I make with the commu-

nity when receiving more documents to add.

"The Nation's Family Tree ties us all together. The software needed a 'starter' person; our start person is Chief Tom Timothy. The tree doesn't necessarily begin exactly with him, but he is who was chosen to be that person, making Chief Timothy, the start of the tree."

The software currently contains family trees that date back about five generations.

Randolph has been working on this project alone, however he recently gained an intern, Malachi Galligos. Malachi helps with the data input, while Randolph works with researching as well as the data input.

"I would also like to acknowledge my supervisor of the project Drew Blaney (Manager of Tla'amin Culture and Heritage), Stubberfields for their support, as well as Evan Adams who has kindly donated information and continues to help me."

It turns out Tla'amin isn't the only nation attempting to branch out its Family Tree.

"Four Sister Nations are creating Family Trees, the big goal would be to show all the ties on one, connecting the Four Nations together," Randolph says. The

# ZEST

Health

Fitness

Wellness



qathet Living's annual health and wellness magazine/directory, ZEST, will be published October 1.

If you provide health or wellness services in Powell River or the surrounding area, you can get a free listing in this magazine. You can also purchase premium listings and advertisements starting at \$50.

Contact Sean Percy (sean@prliving.ca) or Suzi Wiebe (suzi@prliving.ca) or call 604-485-0003 before September 7.

## Get your free copy on October 1.

Stories on local health topics, including

Food choices • Service dogs • Support for aging • & much more

Plus a directory of qathet's health and wellness providers  
- your "phone book" of local services.



Four Sister Nations are Tla'amin, K'omoks, Homalco, and Klahoose. Randolph explained that he is helping Homalco start their tree, and has also reached out to Klahoose for them to start up their tree too.

So has Randolph Timothy found any surprises?

"Yes, there have been a few times where a connection I had discovered was unexpected. My mother worked at the Elders' Lodge when I was younger though, so I had grown up volunteering there, learning about the Elders and their pasts. A lot of information I find now is expected, or I already knew because of



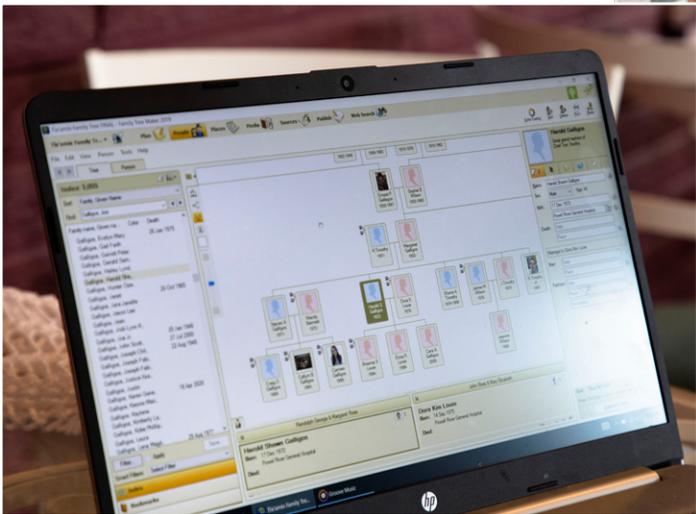
**WHO'S YOUR COUSIN?:** Tla'amin Family Tree project coordinator Randolph Timothy shows off the software that will connect at least five generations of Tla'amin members to K'omoks, Homalco and Klahoose relatives.

*Photos by Local Journalism Initiative reporter Abby Francis.*

those connections I had made growing up."

Randolph explains that he hopes to gain more information from families soon. He

says that pictures of family members and their documents all help him fill in the tree and connect them to other people. [abby@prliving.ca](mailto:abby@prliving.ca)



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UPCOMING DATES:  
**Sept 9th, 6-8pm**  
Mini 3x3 Wooden Signs  
at the Night Market

**Sept 26th, 3pm**  
Pumpkin Trio  
at Springtime Nursery

**Oct 17th, 3pm**  
Welcome Porch Signs  
at Springtime

All attendees must follow current BC PHO safety guidelines

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**WEDNESDAY NIGHT IS CULTURE NIGHT:** Top, Dillon Levi drums while Menathena Blaney dances. Middle, flanked by a pole and a steeple, the August 18 gathering was about 25 people strong at the Tla'amin waterfront. Above, drums and drumsticks, made with skill and heart. Below, Yvonne Galligos watches the action.

Photos by Abby Francis,  
Local Journalism Initiative reporter



# You're invited

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

**T**la'amin Nation has been hosting Culture Nights for quite a while. During these events cultural activities such as singing, drumming, and dancing take place. The drumming is done by the folks who bring a drum, while many youth participate in the dancing along with older generations.

During 2020, COVID-19 restrictions forced the cancellation of these gatherings. However, that did not stop the community from practicing their culture, which continued on, via Zoom.

With restrictions lifted, and gatherings starting to come back, Tla'amin has been able to have in-person Culture Nights again. The best part? Invites are open to everyone in the public, welcoming the whole region of qathet to join in on the fun every Wednesday at 5 pm on Tla'amin Nation's waterfront.

At the August 18 culture night, about 10 different songs were played, each with a unique beat, sound, and dance. The singing is done by almost everyone.

This culture night had a special humpback whale appearance, so the first dance done was the 'Whale Song', near the end a humpback in the distance was seen breaching, creating a wonderful experience.

The night carried on with the 'Raven Song', 'Fly Eagle Fly', the special 'Sasquatch Song', and many others, ending with the 'Healing Song' Tla'amin culture coordinator Drew Blaney had written himself near the beginning of COVID, for those dealing with loss and health struggles.

Towards the end the night, a competition was held, between the men and the women. This competition is a Tla'amin tradition, Where the two would compete to see who has the loudest sound in a final song. No winner was declared that night.

Will you come and join the fun? **PL**



**WHERE TLA'AMIN CHILDREN WERE SENT:** Most Tla'amin children attended Sechelt Residential School (above, 1912-1975), Kamloops Residential School (left, 1890-1978) and St. Mary's Residential School in Mission (Below, 1861-1984)—all operated by the Missionary Oblates of Mary Immaculate. BC was home to 23 Residential Schools funded by Ottawa and operated by the Catholic, United, Presbyterian, Methodist and Anglican churches. *Photos, which are in the public domain, are courtesy of the Deschâtelets-NDC Archives.*

September 30: National Day for Truth & Reconciliation

## New stat holiday – sort of

In June, Ottawa announced this new federal stat, for “ensuring that the tragic history and ongoing legacy of residential schools is never forgotten.”

Federal government employees, plus those in federally-regulated industries such as banking and air travel, will either get a day off or be paid time and a half. However, BC (which controls paid holidays) has recognized it, but hasn't declared the holiday a stat for the rest of us, yet.

“Over the coming months,” reads a statement from Murray Rankin, Minister of Indigenous Relations and Reconciliation, and Selina Robinson, Minister of Finance, “the Province will work with Indigenous leaders, organizations and communities on the best and most respectful ways to mark Truth and Reconciliation Day here in B.C., followed by engagement with business and labour stakeholders for their perspectives on how the national day is commemorated in future years.”

qathet's public schools will be closed that day, along with Vancouver Island University. Most businesses will remain open.

**Nicholas Simons**

MLA FOR POWELL RIVER-SUNSHINE COAST

Powell River Constituency Office  
109 - 4675 Marine Ave  
604 485 1249  
Nicholas.Simons.MLA@leg.bc.ca



TAKE A BREAK

**Soul Tending with the Equinox**

Following the flow of the seasons gives us a natural guide map for living well, and we can apply this wisdom specifically to situations or embody it as a day-to-day whole way of being.

This month brings us the Autumnal Equinox, the threshold that we cross every year from having more daytime hours into increasing nighttime hours, all the way to the longest night on Winter Solstice.

We can feel the intensity of the Sun slowly waning and the world around us reflects this as fruits drop, berries shrivel, leaves turn colour, and plants die back; the growth vitality for this cycle has been spent. Animals too show us it is a time to prepare for winter and return home. Bears fatten before finding their dens. Salmon return to their birthplaces to spawn and die. The winged and the creepy crawlies gather up stores and down regulate into dormancy.

Aligning ourselves with the natural world supports our emotional needs, is practical, sustains our energy reserves, and helps us make sense of things. We can see that this is a time for finishing things up, for taking inventory of what has been done and what is needed to do before Winter, and to ready ourselves mentally for nesting through the long dark nights. We can take dilemmas with us into a period of quiet contemplation, seek answers in our dreams, and brew solutions while we stir our soups.



**RETURN TO REVERENCE**

**JULIETTE JARVIS**

We can begin to move a little slower, rest a little more, and tend to our deep inner selves after the intensities that Summer brought us. I like to think of this time as a long slow exhale. In the medicine wheel that I follow, this season is associated with the archetype of the Teacher, and so in the immersion program, I invite members to consider two things: How can we be good students of life? And how might we be our own best teacher? These questions touch on the inventory taking and preparation aspects mentioned above. Looking over the year we have had, what have we learned from our experiences? What do we



still need to gather? Who or what has been our guiding force through troubling times?

We need not overthink these either, Summer is often associated with linear thought and Winter with creative abstract approaches, therefore over Equinox we can merge these two ways of being by processing and discovering answers through insights during repetitive movement tasks like chopping wood, turning garden soil, washing dishes or knitting cold weather cozies. Creatively reflecting while preparing for our descent into Winter is a potent personal nourishment.

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

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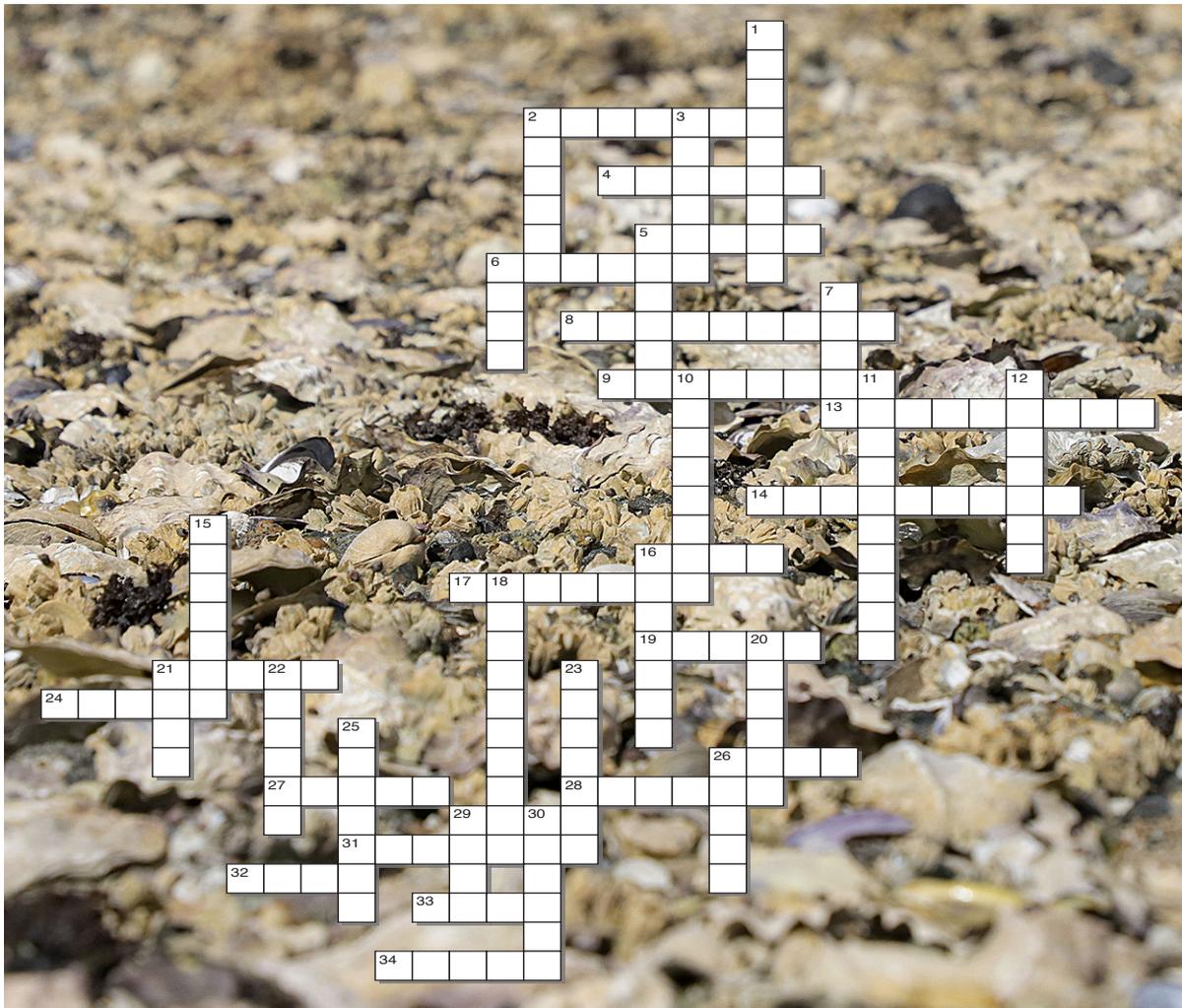


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Due to COVID-19, all appointments at this time will be by telephone, e-mail or video, except for signing of documents.

# TAKE A BREAK



## ACROSS

- 2) Powtown, and Jack's, veg people
- 4) Name of region
- 5) E-biking author
- 6) Music director
- 8) Lund restaurant, path
- 9) Mill, changer
- 13) Bigfoot
- 14) Angle from axis and art
- 16) Hockey bike store
- 17) E-bike's extra power
- 19) Quilter's end
- 21) Kings coach
- 24) Chamber pres
- 26) Lemon peel, or health directory
- 27) Logging loco
- 28) September's first stat day
- 29) Candidate's hope, elector's job
- 31) Spring, Fall matching
- 32) Tla'amin culture instrument
- 33) Frosty realtor
- 34) Mill's product

## DOWN

- 1) PR's first suburb
- 2) Symphony festival
- 3) TV teacher
- 5) Flower rock island
- 6) Herons, anglers, adaptive artists do it
- 7) Spa happiness
- 10) Market night
- 11) Horse riding spot
- 12) Clothes to wash
- 15) Mini golf spot
- 16) Olympic cyclist
- 18) Catholic school
- 20) Pearly bivalve
- 21) Brooks boss
- 22) Wild canine rare in qathet
- 23) Vaccine centre location, passport feels
- 25) Music School
- 26) Bus, swing
- 29) Grape's stem
- 30) Isabelle's dog breed

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## SOLUTION TO THE AUGUST PUZZLE

H H Y O P S C O S M F L G R S D T L C E C Q Z S Y  
K X D Y A H H E P X R U K U X P R G G C A K T D  
H E M L O C K O A R J U O E M O I V R L A S B R W  
P U R H K O J N R R I T H Z M R K J M B I A W E S  
P L T L D M Z Z Y E W Z W S E T A V V M N M D E Q  
F O R E S T Y H T A L O J Z R N F W G U A A T T A  
M Q C A L A R V A E O I O B D V W P Z N M R D S T  
E L D E R F L O W E R R N D E Q M R V R T I G F H  
C P W M A E R U N C S S U E B L K E G E A T L I E  
T H E R A P Y J C Q N Q Q F R W K X W C S A Y F T  
Z A M A Y A R A E E B F U Z I Y C I L Y F N Y N L  
T Z L W Y Q M N D X J P Q E S S D H N C M R R O S  
P E H G O S I L A D I M Q Y E T H O Y L E A O M H  
S D F M I K Y R R O H K M J R I Q I R C S L P  
M X Z R G R O C E R I E S P H T R E N N R H E A A  
O F P M T A R R A G O N C Q A O E V Z G E M T S R  
O D M T V C I R C U S H E I T S Z A M F P A R U G  
T A C C O R D B A B Y C L A U N E C E P O N A I O  
H C E F X R M P A B A I R O O J N S H S O I S B T  
I T E R B X Y O B L C E H S Z T C A T O L N H E O  
E M A R K E T A P N N G K F I A P M U U L O H L H  
Q G N O X Z X E O I N Y Q W S L E N J C D V T T P  
O A S H E S R C C O G Z K Y K K U N A B S I Q R W  
R A V E N I E N L H K L P M G I S H Y D D Y O U O  
J M T T F R I M A E P O J Y L M J Q A T H X Z T Z



# New friends are waiting to meet you this September

**W**hen I moved to Powell River in 1993 to work for the *Powell River News*, I was alone and didn't know another person.

My plan was to stay a year or two, but I'm still here.

Undoubtedly, this is a beautiful part of the world but there are many beautiful places in the world. I'd travelled extensively before moving here and seen many beautiful places, but I needed more than beauty. I needed connection. I needed a community that knew what it meant to be a community. A community with a heart and a soul.

My old office at the *Powell River News* was next door to the Economy Shop and I remember the feeling of community I felt as I walked inside those doors all those years ago and saw the lovely volunteers hard at work. I remember the feeling I had attending the festivals and events, fundraisers, community dinners run by volunteers. I discovered in no short order that Powell River was a community that cared.

I moved for a job but stayed for the community.

I know I'm not alone in discovering community in unexpected places. People move all the time for millions of different reasons: jobs, kids, school, aging parents, adventure, and economics. The lucky ones find community.

When I moved here, I was welcomed by the greater community of this region and the individual communities that attracted like-minded individuals who shared my passions. There was the horse community, the Toastmasters community, my neighbourhood, the business community, my faith community, and my community here at the magazine (which is more like a family). I became part of my children's communities and now, I'm plugging into a new community, the dog show and sport community.

Through all this, I've come to understand that communities change. Like us, they grow, develop and sometimes wither and die. It can be hard to accept that your interests have changed and that something you were once passionate about doesn't serve you anymore, but life's like that.

Like me, my communities have changed. I haven't owned a horse since my oldest son was a baby (he's now 24) but I'm still friends with some of the people I met through the horse community. And even though my boys are now young men, the friendships that we formed through their hockey community remain. Lately, I've been meeting the dog show community because of Jigs, my Nova Scotia Duck Tolling Retriever. I've come to know the family of the girl who is showing her in conformation classes, Panagiota Rounis, and they've introduced me to people they know.

Jigs and I are competing in Rally Obedience and dock diving, and I have a new community of people who do the same. I've also taken on the role of assistant editor for *Toller Talk*, the national newsletter for duck tollers, and I'm meeting others who are passionate about the breed.

A couple of weeks ago, a young couple came running up to me on the car deck of the ferry. I was on my way to the Nanaimo Dog Show and was walking Jigs. Jordin and Jed had recently purchased their first toller and wanted to show me their puppy and talk toller. We spent the entire ferry trip talking about tollers and their recent trip

to qathet! Chances are pretty good that I wouldn't have met Jordin and Jed and their pup had I not been part of the toller community.

Our community expands and shrinks and changes our entire lives.

Expanding your community can be exciting and a little bit scary. The first day of Kindergarten is an exciting and terrifying time. Remember how some of the little ones like to hide behind their parent's legs? The others who rush in and can't wait to make friends?

As I visit my mum in long-term care, I realize this is her community now. The people who work here and the residents who live here are all part of her much smaller world. She doesn't like it; she'd rather be living on her own, but she can't. And so, I try to bring the world to her. We look at photographs. I bring in newspapers, magazines, books, Special treats I think she'll like, and the dog. Always the dog.

Community is more than a place, it's a feeling of belonging and connectivity. The community of Powell River has changed a lot in the last 25 years. It looks different; it feels different. Some of the trees are bigger, others are no longer here. Same goes for buildings and people. Local legends who were so prominent when I first moved here like Charlie and Gerri Parsons, Gloria Riley, Noel Hopkins, Bob Blackmore, Pauline Galinski, and Colin Palmer have died and new people have come and made their mark. Names have changed. The regional district changed from Powell River to qathet; Sliammon to Tla'amin; people married and took on their spouses' names; people divorced and changed their names back. Like us, our community is fluid. Nothing stays the same.

We both lost and found some of our community during COVID. As we step forward again and embrace a welcome back, it doesn't hurt to remember how important community is to all of us.

So go on! Find your community wherever that may be. It's part of who you are and what's important to you.



LAST  
WORD

ISABELLE SOUTHCOTT

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# How does the qathet Regional District work?

Regional districts arose in the 1950s due to rapid rural development. As commuters travelled into urban centres for work, rural areas began to require more services to sustain growing residential neighbourhoods.

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## BOARD OF DIRECTORS

The Board of Directors are the representatives of the five Electoral Areas and the City of Powell River. The Community Charter and Local Government Act set out the fundamental Director powers of the corporation and provide that the powers, duties and functions of the Regional District are only exercised by the Board.



AREA A

AREA B

AREA C

AREA D

AREA E

TWO DIRECTORS FROM  
CITY OF POWELL RIVER

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