

qathet

OCTOBER 2021

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The qathet Regional District is updating our Communications and Engagement Strategy. This strategy informs how we have conversations about decisions and projects that impact you.

We want to learn from you!

How we can best:

- Share information about services the Regional District provides.
- Engage you in a conversation about projects and decisions that impact you.

We are not engaging on a specific project, but how best to conduct engagement in the future.



How can you get involved?

Answer our online survey

The online survey is available at: qathet.ca/communications-strategy/
The survey will be open from October 18 to November 8.



Attend a virtual workshop

To sign up for one of these workshops, go to: qathet.ca/communications-strategy/

**Electoral area A
(Lund and Savary Island):**
October 19 | 6 p.m. - 8 p.m.

**Electoral area D
(Texada Island):**
October 26 | 6 p.m. - 8 p.m.

**Electoral areas B + C
(East + South of the City):**
October 20 | 6 p.m. - 8 p.m.

**Electoral area E
(Lasqueti Island):**
October 27 | 6 p.m. - 8 p.m.



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mail: administration@qathet.ca or
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qathet
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CONTENTS
OCTOBER 2021

So very Skookum Fruit harvest for a good cause	6
Where are the workers? Small Business Month section	9
Worry for our Waters Salmon are not returning like they did	23
Extreme Weather 100 years ago And now: Emergency Preparedness Month	28
The green heart of qathet Uni student makes a plan	33
New buildings at Tla'amin Investing in kids & youth	35
Finding dad at 55 How 23&me changed local lives	37
Fall renovations The experts weigh in	39
Hallowe'en 2021 Events are happening, in spite of COVID	50
Kings back on ice After more than a year	56
Pumpkin People Fest The annual yard art contest is back!	57

REGULAR FEATURES

What's Up	32
I Made the Move	36
The Other Bottom Line	44
Blast from the Past	45
Business Affairs	46
Events Section	47
Take a Break	60
Last Word	62

ON THE COVER:

This male Blue Slate turkey is part of the breeder stock at Family Farm B&B. Blue Slates are a rare heritage breed known for their superior flavour and ability to mate naturally. To ask the obvious follow-up questions, head on down to the farm for the Pumpkin Patch October 9 & 10 (Page 50).
*Photo by Abby Francis
Local Journalism Initiative reporter.*



Young & competent

When I finished university in the 1990s, Canada was in a recession, and it felt as though no one was hiring any young person. We were relieved when we were hired as baristas or cashiers.

Now, finally, 30 years later, demographics are changing.

On Page 12, as a sidebar to publisher Isabelle Southcott's powerhouse story about the worker shortage, is a chart showing the age cliff we're about to fall off, as a society. We've known this was coming for quite a while. The Boomers are retiring. We don't have nearly enough workers to replace them.

I had these numbers in my head this month as I edited and laid out the magazine. It is absolutely full of remarkable young people – Millennials and younger – who are more than able to step up and do the work of much older people.

Our Local Journalism Reporter, Abby Francis, is barely 18, but she covered the salmon issue like a pro (Page 23).

Jean Sauerlander is 22, and completely re-designed our downtown core to express our community's values and make qathet far greener.

Tla'amin Nation is investing in two new buildings for young people (Page 35). And for the first time in nearly two years this month, we'll be able to watch two young qathet men play for the Kings at the Hap Parker. The first home game is October 8 against long-time rivals, the Nanaimo Clippers.

On a walk with a friend this month, we watched her teen operate a backhoe on a construction site with grace and skill.

I'm thrilled this generation of young people is getting the opportunity to step into the adult job market. I hope that, as employers are looking for skilled workers, they're not afraid to look to the very young to do so.

In spite of the worker shortage, this is a very good news story.



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qL

“

We have to think outside the box and ask ourselves what do the salmon need in order to multiply.

- Lee George, Page 24.

”

OCTOBER'S CONTRIBUTORS



JAYDE BAZINET is a member of the qathet Mycology Network. Jayde is one of many volunteers who make mushroom events happen in the qathet Region. *See Jayde's story, Mmmm, on Page 55.*



BARBARA LAMBERT has lived in Powell River for 50 years. She retired from SD 47 in 1997. Barbara has published seven books on local history. *See Barbara's story, Extreme Weather 100 years ago, on Page 28.*



JUHLI JOBI coordinates the Farmers' Market and works with Skookum Gleaners and the Farmers' Agricultural Institute. *See Juhli's stories So Very Skookum and Kick Start your Biz, on Pages 6 and 20.*



SHARLENE REID is recently retired from Canada Post. She spends time with her Mom, family and friends. She also tries out new recipes and travels. *See Sharlene's story, Pumpkin People, on Page 59.*



JEAN SAUERLANDER is 22 and finishing her first degree in Hannover, Germany. *See Jean's story, The New Green Heart of Westview, on Page 33.*

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Rescuing fruit: SO VERY SKOOKUM



Please do not feed the bears

Hopefully by October, you've picked all the fruit and nuts off your trees, so bears don't have a reason to cause a ruckus on your property. A bear that is "food conditioned" may become a danger, and may get destroyed.

One October goody? Jack-o-lanterns. Krystle Mitchelitis, WildSafe-BC's qathet Regional District coor-

inator advises that "when you have carved a pumpkin, it is best to keep it indoors and in a window so as to not attract wildlife including rodents or bears. If you do choose to display your carving outdoors, please remember to take it in during night.

For more on how to reduce conflicts with bears and fruit, visit wildsafebc.com/learn/grow/

GLEANERS AT WORK: Echo Yonezumi and Scott Martin with yellow plums. Top center is Hugo on the ladder with mom Rebecca Burbank as ground support. Gleaners like Elana Martin harvest cherries, concord grapes, apples and more. Far right, pigs at Hammer Valley Ranch reap the rewards.

Photos courtesy Juhli Jobi

Booming 2021 harvest a boon for people and piggies

BY JUHLI JOBI

The fruit harvest of 2021 is almost complete and this year has been another rewarding year for Skookum Gleaners and our community. The Gleaners are 100 percent volunteer-led, staffed, and operate as part of the Skookum Food Provisioners Cooperative.

How it works: homeowners with more fruit than they can manage contact the Gleaners via our website: skookumfood.ca/gleaners/, a new entry appears in our database and a volunteer leader will begin the process to coordinate efforts between the homeowner and the volunteer pickers. When the pick is completed the abundance is shared in thirds between the homeowner, the volunteers and an established community group that already supports food distribution within the community. Sometimes there are spoils too, the kind of fruit that is damaged or otherwise not fit for human consumption; there are partnerships with local farmers who allow the fruit to be dropped off for their pigs, who absolutely love ripe fruit.

First up are always the cherries, followed by yellow plums, grapes, purple plums, pears, apples and finally nuts. By the middle of September this year, the Gleaners harvested over 1,500 lbs of fruit and the apple harvest was just starting. Based on estimates from the previous year, this year's total could easily double or triple before the harvest is complete.

You can sign up any time of year to be a fruit donor (someone who needs help picking or distributing their fruit) or as a volunteer picker (someone who can pick fruit with other gleaners). The volunteers appreciate advance notice as the coordination and picking take some effort. As you may imagine, many apples become ripe at the same time so there are times when the Gleaners are stretched to the limit. There have been days where volunteers went to three different properties to pick fruit. For the volunteer gleaners, these picks have been a great opportunity to meet like-minded people, share stories, favourite recipes or preparation techniques for the fruit that's being picked.

It's important to pick before fruit falls from trees as this helps deter bear visits to urban or rural properties. Just like we enjoy our favourite coffee house, the bears know their favourite fruit trees and what time of year to show up. Sometimes on very tall trees, the bears win. Gleaners are mere mortals with ladders and extension pickers, sometimes the sweetest fruit on the very tops of tall trees can't be reached, so remember to get your fruit trees pruned in a way that creates a manageable, accessible and harvestable tree. **RL**



WE'RE ON A ROLL



The new automated waste collection service begins this month!

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OCTOBER 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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SMILE FOR THE PAPAARZZI: Lolly and Carmen Burge are famous first employers for qathet's youth, but even they are struggling to hire staff.

Where are the workers?

The local employee shortage has complicated origins, but it's got one simple result: chaos. For workers, employers and customers.

BY ISABELLE SOUTHCOTT

"Please be patient, we're only human."

The sign on the door at Papparazzi Pizza on Franklin Avenue says it all.

The family-run pizza parlour hasn't been able to open for dine-in service since early last year. "We're operating with about half the staff we used to have," says owner Lolly Burge who manages the restaurant with her daughter Carmen. "The labour shortage started happening when CERB came in. We had almost 30 employees pre-COVID and now we have 14."

The Papparazzi staff is young; anywhere from 13 to 21. So it's not surprising that four of the five drivers left at the end of August to go back to school.

"I have two drivers working for us now who have another job, too. They come to us at 5 or 5:30, when they're finished their first job, to start working here," said Carmen. "We used to start deliveries at 3 pm, now some days it's 5 pm."

The Burges are not alone in their struggle to find staff.

Nancy Bouchard, owner of Nancy's Bakery in Lund, says this year was the toughest for finding staff that she's experienced in her 30 years in business.

She usually gets university students for the duration of their degrees and often gets their siblings, too.



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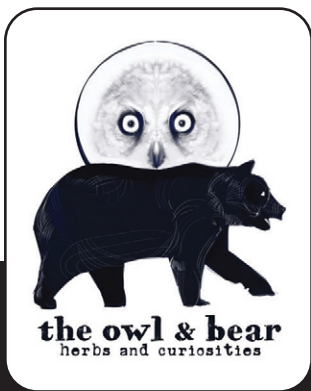
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“This year our core consisted of mostly women over 40, a handful of uni students and several 15 and 16 year olds. Some had a fantastic work ethic and stepped up to do overtime, working through the heat wave and an unprecedented volume of tourists. They even offered to work past their planned departure date just to help out.”

Lolly and Carmen had the same experience as Nancy this summer. “Things started getting really bad in June. We usually have no problem hiring staff in the summer. We used to have piles of resumes this high,” says Lolly hovering her hand about a foot off the table. “Now we get nothing. We had three people apply, one was totally over-qualified and two were under the age of 14.”

The labour shortage is exhausting some small business owners.

“We’re burning out,” says Lolly. “We closed Labour Day weekend so our staff could take a break but still, people ask us ‘why are you only open these hours and why aren’t you open for indoor dining?’”

Some businesses were forced to close a day or more a week in order to keep up while others reduced their hours. Not all customers are forgiving. Some leave rotten reviews on YELP.

Last month, Top of the Hill gas station posted a sign saying that they would be closed on Sundays because of staffing issues.

“Staffing is a huge issue,” says Cindy Temple, the CEO and controller of the Davic Group of Companies. “Between the ‘me generation,’ COVID relief funds, a serious housing shortage and just a general anxiety in the workplace, it’s incredible that we have been able to keep the staff that we have. This is a very serious problem.”

The staffing issue hit especially hard in Lund this summer.

“As we lost staff, we started closing

CERB: soon to be curbed

CERB is the Canadian Emergency Response Benefit, a program initiated by the federal government to support people unable to work during the COVID-19 pandemic. It pays about \$2,000 a month. The program began in March 2020, and has evolved slightly since then.

The payments end October 23. No one knows how big an impact that will have here. Will we see thousands of people scrambling for work on October 24? Or have people moved on: starting businesses, retiring, or simply going back to school?

[Nancy’s Bakery] one day a week,” said Nancy. “The [Lund] hotel and Board-

“With COVID causing additional stress on front line workers, with it being so hard to find accommodations, and with the high rental rates that are being asked it makes it that much harder to find or even keep staff.”

Steve Brooks

walk [Restaurant] also closed at least one day a week and on the days they were both closed, we were absolutely inundated with people looking for meals. Because of COVID, coupled with our lack of staff, we stopped serving our usual full breakfasts, as well as making soups and entrees for lunch. Without a night baker we couldn’t produce enough bread to sell, only focaccia, and we focused on paninis, pizzas, empanadas – items that could be heated and served quickly. The bakers also turned-out

huge numbers of cinnamon buns!” Nancy says she doesn’t buy the theory that no one was applying for work because of poor wages and working conditions.

“We literally did not receive any resumes. No one applied to work, no one even inquired what the pay was.”

Yet her staff made record tips and even 15-year-olds ended up making close to \$20 an hour.



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Where are qathet's missing workers? It's more complicated than just "on CERB."

Three numbers stand out from these pie-charts, comparing the workforces of BC and qathet. Here's our best analysis:

1. The number of seniors in qathet is extremely high

29 percent of locals are 65 and over, compared with 19 percent in BC. That means a vast number of locals are just not available for work because they're senior. For more on how retirements are likely fueling the worker shortage, see the next page.

2. The pool of full-time, year-round workers is low.

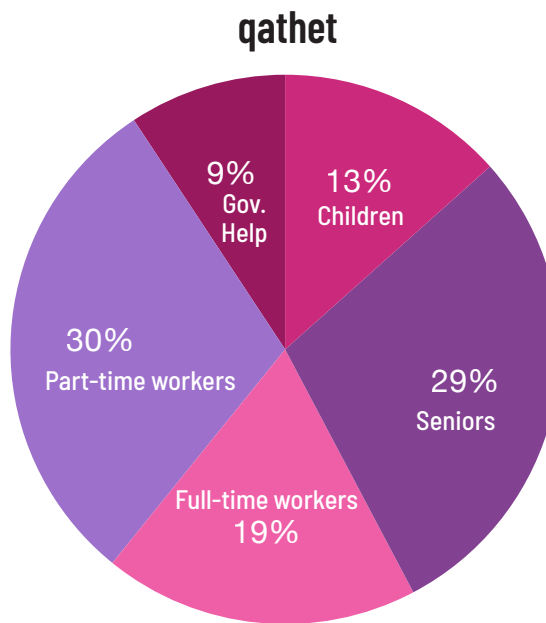
Just one in five local residents works 32 hours a week or more, year-round, compared to one in four across BC. Why do so many people in qathet work part-time or part year? Probably lots of reasons: logging is often seasonal; older workers may prefer part-time work, the lower-cost of buying a home here (until recently) means many people can get by on less hours. Etcetera.

3. How many locals are still on CERB? Ottawa won't tell us.

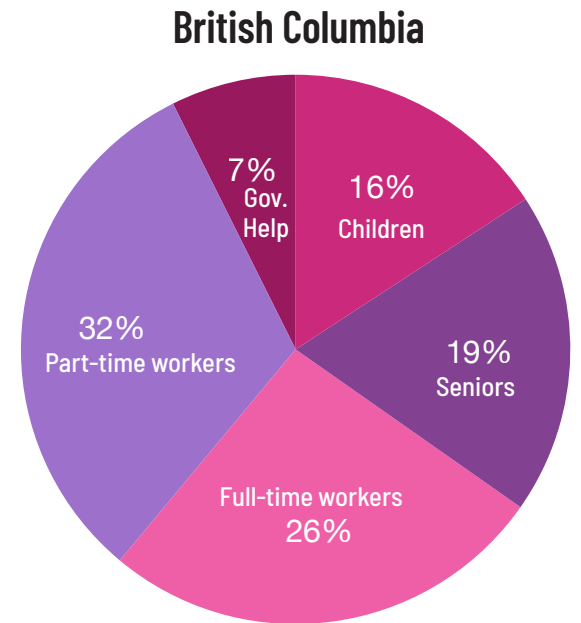
Normally, about one percent of the population (or 200 people) here in qathet is on EI. Now, about two percent, or 400 people, are.

But in our V8A postal code area, a total of 3,980 people received CERB since March, 2020. Not everyone stayed on it for the maximum 54 weeks. That number represents more than a third of our working population.

– Pieta Woolley



- Children under 15
- Seniors 65+
- Full-time, year-round workers
- Part time or part year workers
- On income / disability / EI / CERB



- Children under 15
- Seniors 65+
- Full-time, year-round workers
- Part time or part year workers
- On income / disability / EI / CERB

These employment statistics were compiled by *qathet Living* from the 2016 Census, and data requests from the BC Ministry of Social Development, along with EI and CERB information requested from Statistics Canada and HRSDC.

The EI data available is not specific to qathet; it also includes the Lower Sunshine Coast and Vancouver Island. Before COVID, the number of people in this "Island and Coast" region receiving EI ranged from between about 7,000 to 15,000. In January 2021 – the month with the highest EI numbers – there were just under 40,000 people on it. The latest month reporting, for June 2021, saw about 31,000 on the program. To find out that about 200 locals are normally

on EI, and about 400 locals were on EI as of June, I averaged both the 2020 pre-COVID and June 2021 EI numbers based on our population as a fraction of the "Island and Coast" region – a calculation that is both imperfect, and probably as good as it gets right now.

A different data set shows that 3,980 people in the qathet region received CERB or CRB for at least some time between March 2020 and October 2021, when the program ends. That number represents more than a third of qathet's total workforce.

The number of locals on income assistance and disability assistance has remained steady over the past two years, at about 1,500 people combined.

– PW



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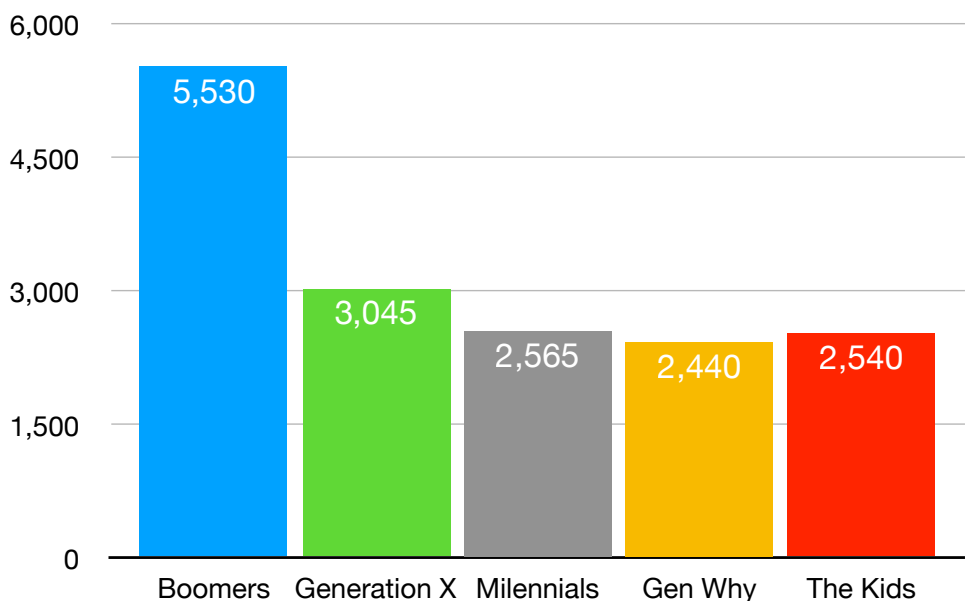
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Working-age population in qathet by generation



Things weren't much different in the heart of Powell River with many small businesses having to close at least a day a week.

"As you probably know, we had to close Base Camp Outpost for all of August and some of July," said Steve Brooks, the investor who owns Townsite Mall and is behind the revitalization of Townsite. He was hoping to be able to open in September but "staffing is still fragile." Base Camp on Marine Avenue was closed on Tuesdays during the summer "just to try and give staff a break and try and reduce the chance of burnout and more staff leaving."

Steve says this summer was the "perfect storm" for a labour shortage in qathet with existing staff who'd made it through the winter getting burned out knowing full well that summer volumes can be over the top.

The heat dome caused additional issues for staff, especially working in kitchens, and Base Camp, like many businesses, had to close at noon because the heat was just too unbearable.

New businesses that opened and reopened this summer ended up drawing staff away from some businesses too.

"With COVID causing additional stress on front line workers, with it being so hard to find accommodations and with the high rental rates that are being asked, it makes it that much harder to find or even keep staff," Steve said.

Additionally, he says some people decided to take the summer off with the CERB extensions and extended benefits in place. "This is completely understandable, but again it makes it hard to find staff."

The job alert emails from WorkBC Powell River are longer than ever. Kitchen staff, labourers, house keepers, dental hygienist, pharmacy assistants, accounting technicians, social workers, cook, early childhood educator, carpenters, grocery clerks, roofers, and delivery drivers are just a few of jobs posted in early September.

Brodie D'Angio, Manager of Work BC Powell River, explains there are multiple pressures on the labour market, from the impact of COVID to the fact that baby boomers are retiring and leaving employment

Uh oh. The Boomers are finally retiring

Ask any member of Gen X (born roughly 1965 to 1980) about the biggest influence on their demographic, and they'll tell you it's the Boomers (born roughly 1946 to 1964). Since the 1990s, Gen Xers have been waiting for their elders to retire so they can advance at work. Well, now the Boomers are finally retiring, en masse.

Back in 2017, Advisor's Edge magazine predicted that retirements would speed up dramatically, from 5,000 Canadians a week that year to 8,000 a week in 2020. The COVID-19 pandemic likely enhanced this trend, as workplaces closed through 2020 and 2021, convincing more Boomers to exit the workforce.

For example, at Catalyst Powell River, 50 employees have retired so far in 2020-2021, in a workforce of fewer than 400.

Five years ago in qathet, about 5,500 Boomer locals were within reach of retirement. Just 3,045 Gen Xers were coming up behind them to fill those positions.

Furthermore, our local Millennial demographic is small at just 2,565 locals—500 smaller than Gen X (elsewhere, Millennials outnumber Boomers. We have a serious shortage of Millennials).

In other words, as the Boomers have retired here, a smaller Gen X cohort is filling their shoes, and an even smaller Millennial cohort is stepping in to those former Gen X positions.

Finally, to add fire to this trend, qathet typically loses nearly a third of its 20 to 30-year-olds, as they move away to school or to pursue other goals outside of the Sunshine Coast. And, many younger folks who are moving here are bringing their own work with them as telecommuters. They're not looking for work.

So where are the workers?

Many of them are retired, telecommuting, and moving up the ladder. —Pieta Woolley

gaps, which equals fewer workers in general (see sidebar, this page).

The end result is that many employers are finding it difficult to find employees.

“If they have a heart beat and can breathe we will take them,” one fast food restaurant employer told him. It is especially worrisome for employers this fall as students head back to school and there seems to be no one left to fill the vacancies.

“All industries say that no one is applying to their postings and that they are getting reposted over and over again with some postings going unfilled for months.”

The three areas most impacted by staff issues according to Brodie’s front services team are food services, health services and retail.

“We’ve noticed employers being more flexible, increasing wages and incentives, to attract staff,” he said. WorkBC’s service team says they’ve also spoken to some job seekers who say they found jobs, but couldn’t take them because they couldn’t find housing.

In 2020, WorkBC Powell River posted 1,277 local job. By mid-September this year, they posted 1,293.

“Rental prices have skyrocketed. Minimum wage jobs do not always cover the cost of living in today’s climate – so many minimum wage jobs are going unfilled as job seekers seek more sustainable employment opportunities.”

Brodie D’Angio

Nancy’s Bakery | Lund BC
August 22 at 1:33 PM

We are still short staffed, and must close on Monday, August 23. Back again at 8 on Tuesday! We are hiring!



SIGNS OF THE TIMES: Top, Nancy’s Bakery and River City Coffee have turned to social media to hire and keep customers informed. Middle and left, Top of the Hill gas station in Wildwood started closing Sundays, due to a staffing shortage. Above, Base Camp on Marine has closed Tuesdays for the same reason, and its sister shop Out Post at Townsite Market is shuttered for now.





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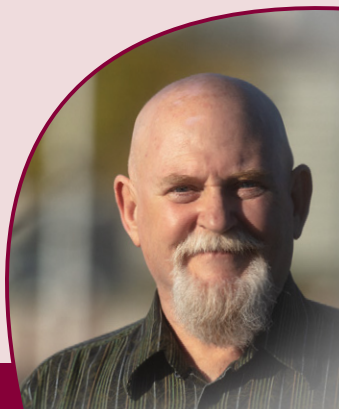
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“Many workers are opting for remote/at home working opportunities that allow for flexibility and cost reduction for commuting and childcare. We’re also hearing that some job seekers say they are prioritizing mental health and well-being and reassessing what it means for them to engage in sustainable employment long-term, so they’re retraining, opting for self employment and finding higher paying jobs.”

Like everyone, Brodie says the housing crisis is an important piece in the labour shortage. “Rental prices have skyrocketed. Minimum wage jobs do not always cover the cost of living in today’s climate – so many minimum wage jobs are going unfilled as job seekers seek more sustainable employment opportunities.”

BC’s unemployment rate was 6.2 per cent in August of 2021. Compare that to August 2020 when it stood at 10.7 per cent and 5.0 per cent in August of

2019 when, according to Job Bank Canada (jobbank.gc.ca) it had maintained the lowest monthly unemployment in Canada for the last two years, it moved to having the second lowest unemployment rate in the country (after Quebec) that month.

Restuarants and food services have been particularly hard hit. In July, the B.C. Restaurant and Food Services Association estimated about 45,000 workers have been lost since the pandemic began — about 190,000 are needed to operate the province’s restaurants at a normal capacity. One quarter of these workers have been lost.

Kelly Sketchley, who owns River City Coffee with her husband Ivan Sketchley, said the pandemic taught her family how to run a business with fewer people.

The coffee shop, which has been around for more than 27 years, is also a scratch bakery, eatery and coffee roaster. The business had to shut down for a full

Housing hinders hiring RMTs and other skilled workers

Marina Lagacé and her husband John Kastelic are both Vancouver-based Registered Massage Therapists who were hoping to move to qathet this month. Two clinics have offered them both jobs here. But they’re stuck in the city. They simply can’t find adequate housing for themselves, plus their infant and toddler.

“We have long since outgrown our small space in Vancouver, and we want to get away from the city and raise our two children within a closer knit community, closer to nature,” said Marina.

If you’re someone in need of a massage, this story will be particularly frustrating. Although the number of RMTs and non-RMT massage therapists has grown by 50 percent over the past three years—from 21 to 33, according to the City’s business license records—you can wait weeks or even months for treatment.

In part, that’s because qathet has a high population of young seniors with discretionary income and a desire for all kinds of complementary care. And there simply are not enough professionals doing body work here to fill the need.

Koastal Massage owner Dan Keane, an RMT, has practiced here for 27 years. “I think the demand for massage therapy is definitely on the rise,” he said. “Koastal Therapy has seen many new clients enter the clinic over the past two years and continues to grow. We have brought on new therapists to fill that need. I believe also that this continued growth will warrant more health care workers to move and thrive in our growing town.”

A quick search on Craigslist for available homes in this region shows that a two-bedroom rents for about \$2,000 a month. And, only a few rentals are even available.

Employers in tourism destinations such as Tofino and Ucluelet often include housing as a



CAN WE REEL IN THIS YOUNG FAMILY?: Vancouver’s Marina Lagacé and John Kastelic want to bring their ample skills to qathet – both are RMTs, she does theatre and he plays viola professionally, plus they have young children. But they can’t find suitable housing.

benefit. In Whistler, an ultra-expensive resort that still needs teachers, retail workers, ski lift operators, nurses and doctors, the municipality runs its own housing authority, with affordable rental and purchase options to attract and retain local employees.

But housing is just part of the picture when it comes to drawing skilled professionals to town. Bodies in Motion co-owner Vanessa Bjerreskov explained that housing is an impediment to attracting more massage therapists to qathet, but so is the job market generally.

“If their partner can’t find a job here, it’s not going to happen.”

week during the summer to give their team some summer vacation time, said her son Conor, who helps run the shop.

“We also had to close early a couple of days as we were understaffed and we didn’t want to over-work our team. We also added an extra day to most long weekends to ensure the team got breaks through the year,” Conor said.

“Yes, we had our moments with fewer staff and more would have been great but our team over the last year has done so much to help keep our busy business running smoothly,” said Kelly.

“Lauren, Conor, Kelly, Ivan, Melissa, Christa, Rachel, Melaina, Konrad, Rori, Ellayna – e couldn’t have done it without them. They hunkered down

through the pandemic, pivoted on a dime and rolled with the punches.”

River City didn’t close at the beginning of the pandemic. “We just pivoted very quickly to ensure we could keep running through all the changes,” said Conor. “This meant working extremely long hours, seven days a week to ensure that we could meet the requirements of the health orders that were put into place.”

There are help wanted signs everywhere. Drive down Joyce Avenue and you’ll see a help wanted sign in front of Canadian Tire, there’s one at the drive through window at Serious Coffee, plus the fast food restaurants, and grocery stores.

Kim Miller, manager of the Powell

“We also had to close early a couple of days as we were understaffed and we didn’t want to over-work our team. We also added an extra day to most long weekends to ensure the team got breaks through the year.”

Conor Sketchley



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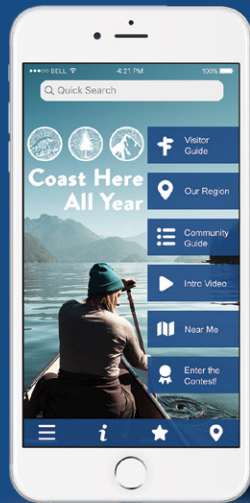


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REMEMBER THIS PUBLIC HEALTH ORDER?: This t-shirt, from TeePublic, features Dr. Bonnie Henry with her famous catch-phrase from March 2020: Be kind, be calm, be safe. For more about how we've evolved since then, see Last Word, on Page 62.

River Chamber of Commerce, says she's spoken with countless business owners who are looking for staff. "They call me to ask if I know of anyone looking for work or if I keep a list of new residents looking for work," she said.

"In my 23 years with the Chamber, I have never seen so many help wanted signs in business windows. I've never seen so many businesses having to close early, or be open less days because they can't get staff."

On the other hand, Kim says she talks to some residents who say that until everyone is vaccinated, they don't feel comfortable working in customer service. "And some tell me they can stay on unemployment longer now. It's a very dire situation."

Similarly, Chamber president and Snickers Restaurant owner Telis Savvaidis said he's never seen anything like this staffing shortage.

"Before our community was affected by COVID, you often heard of businesses looking for staff, but that was quickly resolved, often within a week or so. Never in my 30 years of owning businesses, whether it be in Powell River or in the Comox Valley, have I seen what is trending now in our current time.

"Practically 99 percent of the businesses I've talked to are having issues finding employees. It could be various situations that are affecting the work force," Telis said.

"Some businesses feel it is the CERB, some feel it's a genuine fear of the virus itself, some feel it's a low population base in the age groups needed to fill various gaps, and others have told me that the fact that we just don't have adequate skilled labor is the cause. All in all, it has been a challenging time, causing great stress in all areas. Will we get through this, of course we will, but it will take some time."

The pandemic is, of course, far from over. This fall, some storefronts are absorbing yet another COVID-related shock: checking vaccine passports, and having to exclude the one in five locals who have so far chosen to refuse the vaccine.

These employers are facing other uncertainties, too.

CERB is due to end on October 23. Will hundreds or even thousands of the 3,980 qathet CERB recipients look for work then? Or have they moved on? Or will the program be extended again?

Slightly fewer students enrolled at BC's public post-secondary schools in 2020/2021, compared to the year before, likely avoiding COVID-caused online classes. But now the rumours are that registrations are surging; both the provincial and federal governments have been pumping dollars into student supports over the last year. It's likely that much of qathet's former workforce is back at school this fall.

Finally, we have yet to see reporting on how many Canadians retired during COVID, and whether those numbers surged as well.

In other words, for local businesses such as Paparazzi Pizza, Base Camp, River City Coffee, and Nancy's Bakery, a worker shortage may be "the new normal."

Or, it may not.

If the last year has taught us anything, it's that things can change very quickly, in ways that no one can predict.

And, that Dr. Bonnie Henry was right, from the beginning. Being kind and calm—especially to workers and business owners—is absolutely the key to getting us through this together.

As the sign on Paparazzi asks, "Please be patient. We're only human."

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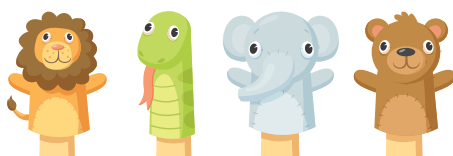
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and 2nd Thursday of the month

at the Community Resource Centre
October 14, November 18,
December 9
12:30 to 2:30



Henderson Grade 2 student Aria Wadden will soon have a new District Principal of Indigenous Education to support her goals. To learn more about how School District 47 is supporting Indigenous Education, see bit.ly/2Z5Zuss.

Indigenous Education

building relationships and connections

For the first time, School District 47 is about to hire a District Principal of Indigenous Education. That the hire for this position is happening around the same time as the first National Day for Truth and Reconciliation makes it even more meaningful.

About 400 of the District's students identify as Indigenous, representing about one in ten students.

The dynamic position is based at the Dis-

trict."

Some of the recent projects in Indigenous Education, Jasmin said, include:

- Inviting Elders from the community to share knowledge and stories with elementary and secondary students for a mentorship project.
- The Traditional Skill Builder program for high school students which provided core graduation requirements through

"It helped us see where we are doing well and where our gaps are," said Jessica. "We want to continue to offer whole



Betty Wilson



Gail Blaney



Jasmin Marshman

trict Office, and will oversee all Indigenous Education, programming, and projects.

This person will be the connection and the voice for students, families and staff.

For decades, the District has emphasized Indigenous Education: it was one of the first districts to teach the local First Nations language through to high school and ensure cultural education was a core part of the K-12 curriculum for all students. It was also the first Indigenous language to be accepted for university entrance in BC.

During her time as Principal at James Thomson and now Henderson Elementary Schools, Jasmin Marshman worked together with Gail Blaney, Indigenous Culture and Curriculum Teacher to increase the presence of Indigenous education for all students and to improve the success for Indigenous students at all schools. Before that Betty Wilson was the voice and coordinator.

"Both Betty and Gail have been mentors, worked with other Indigenous Education Team staff to provide resources and curriculum for other teachers to use, and have organized and delivered cultural curriculum across the district," said Jasmin.

"Even in retirement, both Gail and Betty continue to be a support for our

participation in and exposure to traditional skills. Facilitators of the program also honoured Indigenous knowledge by involving local knowledge keepers in the curriculum delivery.

- All teachers learning how to incorporate Indigenous knowledge topics and themes authentically into K-12 curriculum.
- Cultural humility training for staff to examine racism and oppression.
- An Equity Scan, a part of the Equity in Action Project which looks at obstacles for Indigenous learners in schools and makes action plans for change.

Team leaders of the Equity in Action Project were Jessica Johnson, Gail Blaney, Kristen Brach, Allison Burt, and Jay Yule.



SCHOOL DISTRICT 47

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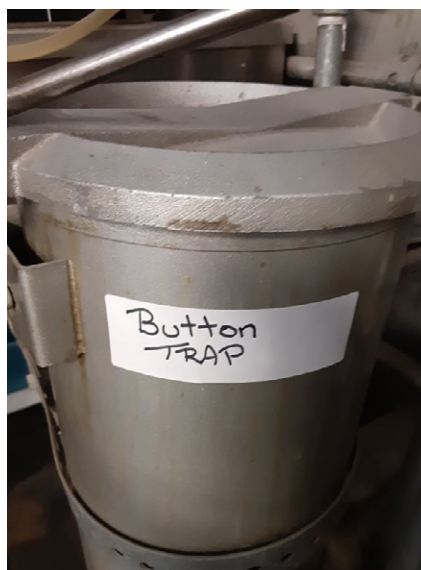
staff learning activities focused on historical learning and equity for Indigenous learners. And next year we want more opportunities to hear the voices from Tla'amin, Métis, and other Indigenous peoples as we continue the project. We are looking forward to continuing this work in the coming school years."

"We know we have the right people and a lot of the right programming," said Jasmin, "but there are still places in Indigenous education where we are falling short. This lays at all our feet. We can do better and a position at the district level is a great step."

"I am excited for this new position to begin. Families will know who is advocating for them, and be able to reach out to them. It's like having a full time cheerleader and linebacker. I think for the staff, and not just Indigenous Success teachers, but all staff, to have one person to report to and seek support from will be helpful.

"We are hoping to keep the momentum going of supporting all Indigenous students in our School District, keeping staffs and families feeling supported and heard."

For an interview with the new Principal of Indigenous Education, check out the November issue of *qathet Living*.



Rob Villani



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They've been sanitizing since before it was cool

Actually, clean clothes and household linens have been 'in' since Westview Drycleaners started up 50 years ago.

BY PIETA WOOLLEY

Westview Drycleaners is celebrating 50 years this year, and due to the COVID 19 pandemic, the cleaning and sanitizing services have never been more relevant as the whole community is working together to stop the transmission of bacteria and viruses.

The Childress family started what's now Westview Drycleaning as '1-Hour Martinizing' on Marine in 1971, then it moved to its current location in the early 80s. The Verners, then Patels acquired the business. Don Carto bought it in 2016.

As qathet folks have generally drifted away from wearing formal silks, wools, linens and other fine fabrics daily, which require careful laundering, the business has changed with the times – and it's thriving.

Walk through the front and you'll see new, industrial-sized washers and dryers lined up, washing loads from locals who depend on wells and septic tanks, where water volume and bleach can make laundry challenging. Staff bustle out front, washing, sanitizing and folding for the popular drop-off laundry service, all with Granny's Soap, a scent-free chemical-free choice.

Walk through the back, and you're in a gal-

ley of steam and hanging fabrics. Drapes and duvets – items that would scare home laundry machines - come out fresh. Manager Karen Carto's seasoned staff of four handles the laundry dozens of local Air B&Bs, resorts and hotels, plus from LIFT's Supported Housing on Joyce and the local BC Ferries uniforms. The business also rents out tablecloths and napkins for local caterers, work coveralls and much more.

In the early days of the pandemic, Karen closed for two weeks. Laundromats were soon deemed an essential service. The team came back to work to help tackle the new sanitation regimes local businesses and institutions were reckoning with, and are still at it seven days a week. Now, Karen and Don have invested more than \$100,000 in new finishing equipment and a new dry cleaner – the wall-sized behemoth on centre stage in the back room.

"This is old technology, but it's still relevant," said Karen.

It's true. A well cared-for sweater (Westview has an industrial de-baller), quilt or even wedding dress can last for decades. Doubtlessly, Westview Drycleaners will still be de-staining and sanitizing qathet's most important clothing and linens for at least another 50 years. **PL**



MY BEAUTIFUL LAUNDRETTE: Top images: one-of-a-kind vintage hooked rugs regain their vibrancy with a professional cleaning at Westview Drycleaners. owner Karen Carto stands with Linda Lipka, who has professionally cleaned and pressed clothes here since 1986. Middle images: the steam-punk-like machinery at the back of the dry cleaner. A tidy pile of coveralls. The industrial dryers offer exact heat settings. Bottom images: the dry cleaner's button trap. The pleat press has been replaced. Karen with rows of cleaned and pressed shirts. Bubbles on the exterior windows are a happy symbol of cleanliness.

Photos by Pieta Woolley

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October 6 • Resync your sleep

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October 9 • Raising Resilient Children

If you are a parent or you work with children, this workshop will give you the science and practical tools for interacting with children in a way that creates resilience.



October 18 or 20 start dates • Calm & Cool (Grades 2-5)

This 4-week series teaches kids how to deal with worry and anxiety through games and science experiments.

October 18 • Stress & Digestion

Simply put... when you are not happy or you are stressed out, so is your gut. Stress can affect your blood sugar levels, lack of nutrient absorption and have the same effects the stomach flu has on your body!



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- Resiliency Initiative
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BY JUHLI JOBI

Have you ever had a really great farm or food idea? Well, you don't need to apply to Dragon's Den, there are opportunities right here in your backyard.

Many small businesses start as a spark. This spark grows into an idea and sometimes even crosses into reality. If you have something you love growing, cooking or baking and suddenly your house is overrun and the only thing you're missing is a means to sell or distribute your product you may consider starting a business and selling at a farmers' market. Not only do farmers' markets support farmers, but they also support food producers who make value-added



products like canning, baking or food for on-site or take-away consumption.

In August, the BC Association of Farmers' Markets (BCAFM) launched a program called Hatch and Hype. This initiative is an entrepreneurial marketing and business development strategy to better hatch, highlight, hype, and bring focus to new BC farm and food products from both existing and new vendors selling at BCAFM member farmers' markets.

The program provides budding entrepreneurs with a low-cost, low-barrier opportunity to engage directly with customers at farmers' markets. Through this project, emerging businesses can benefit from a branded tent, free promotional materials, access to low-cost liability insurance,



WHEN YOUR SMALL BUSINESS IS SMALLER THAN A SMALL BUSINESS: Grandma Rose, Miki Takahashi, Christopher Emory-Moore, and Aaron Patterson all started tiny and have grown their businesses through the market.

EVENT AND OTHER BOX

When: 12:30-2:30 pm, Sundays

What: Farmer's Market. Locally-grown food, baked and prepared food, artisan goods

Where: 4365 McLeod Road aka Paradise Valley Exhibition Grounds.

real-time feedback about products and access to community resources and educational opportunities. If you already sell at a farmers market you can also take advantage of this project to further promote new products, collaborations and innovations.

Many businesses that sell at our local markets are also well known in the community, such as farm gate stores including Andtbaka Farm, Blueberry

Commons, Terra Nostra Farm, Coast Berry Company and more. There are also local food makers such as Syrian Cuisine, Grandma Rose's Pies and Cottage Creek Bakery who have built their business alongside the farmers' market.

The program launched in the Kootenays and Columbia Basin region in August and will launch throughout BC in 2022 (subject to funding). This leaves plenty of time to develop local ideas, get organized and prepare for an amazing opportunity. Your local farmers' market is always looking for farm and food related vendors so let your spark ignite an exciting new reality.

Additional information can be found online at bcfarmersmarket.org/for-markets-vendors/hatchandhype/ or through Powell River Farmers' Market, powellriverfarmersmarket@gmail.com or 604-414-5076. **PR**

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Sabbatical Wisdom for workers taking a break right now

BY JULIETTE JARVIS

To me, “taking a Sabbatical” or “being on hiatus” always sounded like a choice made of luxury. A period of languorous days-off or exuberant vacationing.

Surely for many it is, yet for myself at least, knowing that it was time to take an extended break from teaching and hosting was anything but sweet. Burn out began to creep in about three years ago. I was determined and pushed through.

COVID hit with its logistical nightmares, but we implemented alternatives. Then the emotional toll from personal hardships began to take me down, but I would keep getting back up again. Eventually, physical chronic pain shifted to acute as a significant and complete “forced stop.”

There was simply no way to push through anymore. A sabbatical was not a luxury I could afford, but a necessity I couldn’t afford not to take, and it brings some deep learnings along with its very careful tending.

My hope is to convey some of these for those in need of, in the midst of, or on the brink of their own step away from work as usual. Particularly for those who are self-employed, workaholics, or have only weekends off.

Surrender. The sense of duty. The habit. The identity of what we “do”. The urge to be productive. The associated worries. All of it. We don’t talk much about the mental challenge of letting go of what we have long been driven to do and the securities it brings.

Rest. Whether our sabbatical is paid time off, a stat holiday weekend, or a health crisis—the true restorative purpose cannot take effect until we let go of the sense we need to continue our work. The world will still carry on, even if inconvenienced. You aren’t lazy either, studies show that downtime increases focus and production later.

Our society demands much more from us than we are wired for and it can take time to actually reach a state of rest. Slow your pace, transition between things mindfully, and watch for a tendency to fill time or mind with busyness—even if they are enjoyable. If we only have a day or two, be sure to not keep a working pace of activity or our thoughts occupied with work ahead. This may be much harder than it sounds.

Listen to our body. We aren’t taught to follow our natural rhythms and needs, most of us don’t even know what they really are. Something I found was tension held in my body associated with emotions, even the good ones. My brain also fogs and my energy lags with my monthly cycle. Some days feel meant for cozy reading or letting the mind wander into new ideas, while some are perfect for activity or initiating

2021-22 the Sabbath Year

On September 6 to 8, Jewish people around the world celebrated Rosh Hashanah, the new year. So began this Shmita year – the Sabbath, or seventh, year in the Jewish agricultural cycle. It’s a year of rest.

During Shmita, debts are forgiven, fields lie fallow, and food staples and perennial harvests are to be freely redistributed and accessible to all.

In secular society, only a few professions are usually allowed a sabbath year. But these strange times mean many of us are experiencing one.

For those of us whose lives have been upended by COVID, or the employee / employment crisis, or are newly arrived in qathet from larger more bustling places, perhaps surrender, if you’re able, and simply let these next months be a time for sabbath – a rest.

– Pieta Woolley

plans. Listening to our body is a big one for those of us who work from home, nurture mental wellness needs, or have chronic health challenges, and trust me, our brain likes to tell us otherwise.



Alter our income methods. If we are fortunate, we are privy to a paid leave of a sort, however this is does not go hand in hand with need of leave. Part of my mending process was a return to working with clay. A slow, grounding, very hands on creative process. It is an absolute medicine for my soul, and thankfully, my community supports me financially by purchasing my pieces.

I also paint, write, and support just one chosen client with their computer tech needs. I am not on a complete sabbatical, but I am able to work at what keeps me sane, the bills paid, and at a pace that is consistent while feeling fairly casual. I still work. A lot. But with much less stress than the teaching and hosting position I’ve held the past decade.

Watch for signs. If we are observant, we will see what our innermost self truly needs, what we are being asked to do, and what is practical for sustaining our livelihood. We will know when it is time to pause what we have been doing, when it is time to return, or even IF to return. Typically a sabbatical is a time of rest, self cultivation, knowledge gathering, and readying to complete our time with renewed skills and vigor.

We may need to fiercely proclaim and defend how we take a sabbatical, the trick is to take it, and take it well, before sacrificing our well-being or hitting a “forced stop” like I did. **RL**

At the end of our 2021 CENTENARY SEASON, we extend a sincere THANK YOU! to our Sponsors and Supporters

- **Our Centenary Tournament** was a wonderful occasion, and we thank the representatives who brought us greetings and well-wishes from the Tla’amin Nation – elder Doreen Point, City of Powell River – Mayor Dave Formosa, Bowls BC - Robin Forrest, and Catalyst Paper Mill - George Brehaut. The Roof Maintenance Grant was announced, brought about by the Mimeault Family, Len, Janet and Leah, who is part of Richardson Wealth.
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**STORY AND PHOTOS BY ABBY
FRANCIS, LOCAL JOURNALISM
INITIATIVE REPORTER**

PART 1 OF 2

In 2020, the fall Fraser River run saw the lowest number of sockeye ever recorded.

Only 293,000 fish made it back, not enough for any sort of harvest.

This year, the return is expected to be between about 625,000 and 1.3 million fish, according to the Pacific Salmon Commission (PSC). It's a tiny fraction of the nine million fish that typically return.

Lee George stands on the bank of the Tla'amin Creek, his baseball cap dampening in the light July rain. The ground he stands on is muddy. He scans the river, looking for coho fry.

Just a few inches of water flow over the rocky creek. A few tiny fish swim by.

Lee, who has managed this hatchery since about 1990, is worried about the level of the water, the heat. What will it do to this year's salmon?

A month later, in September, Tla'amin Hegus John Hackett confirmed that the Nation bought 900 salmon at the end of the summer. These fish went to the Elders. He also explained that administration is working on finding alternatives to traditional foods to help save the salmon, while keeping our culture alive.

With the Fraser Valley salmon numbers much lower than they should be, how is the qathet Region's fish count in comparison?



SALMON WITNESS: Tla'amin Hatchery Manager Lee George at the creek. *Photo by Abby Francis, Local Journalism Initiative Reporter*

Here, this summer's extraordinary heat waves meant Lee, as well as hatchery operators Leonard Harry and Vern Wilson, were worried about salmon fry dying in the river. Lee says that as of August 20, Tla'amin Nation was asked to comply with the province-wide closure of fisheries to help boost the sockeye numbers. Tla'amin agreed.

However, even with slightly higher numbers of

salmon returning, compared to last year, the province will continue to protect the salmon by limiting commercial fishing. Even Tla'amin is continuing to prohibit catching sockeye for food, ceremonial and social purposes.

It wasn't just the heat wave, explains hatchery manager Lee.

"Over the years, numbers of fish have been declining due to overfishing of commercial herring and sockeye fisheries," he says. "We are also dealing with other issues on top of overfishing, like climate change. Low water flows and high water temperatures are the fishes' worst enemies.

"When the water warms up, it dilutes the oxygen and creates fungus leading to sickness in the salmon, resulting in them dying off before being able to spawn their eggs.

"We have to think outside the box and ask ourselves what do the salmon need in order to multiply. Clean, healthy, cool water. No pollution. No disruption for returning salmon. And control of the access to the commercial fisheries."

The Fraser River estuary—where the ocean connects to the river—is surrounded by new industrial sites, creating more and more problems for the salmon returning each year.

Current law claims to prioritize escapement of salmon to spawn before anything else, but Lee says it doesn't deliver. "They have been doing this backwards for years. This allows a commercial fish before salmon have reached their spawning streams. Someone needs to rewrite the book on declining salmon in British Columbia and send it to the fisheries minister."

Indeed, there is hope, and it's local.

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FOOD CHAIN: Near Gibson's Beach, an eagle claims a fleshy piece of salmon.

Photo by Abby Francis, Local Journalism Initiative

Shortly after the salmon commissions' announcement that sockeye returns are shockingly low, Tla'amin Nation released its new Watershed Protection Plan. Watersheds are areas of land that drain surface and groundwater into another body of water such as a river or ocean.

This plan will look to protect watershed health, for drinking water quality, but also for the aquatic

habitats that are home to fish and provide for other creatures. The hope is for this to become a living document, so that it can continue to be planned, to suit whatever needs the watersheds are depending on.

A couple of these now-protected local watershed areas are Theodosia River and Powell River. Once home to Tla'amin villages, these rivers housed millions of spawning salmon. However, dams have been

built on both of these areas, and because of that, the salmon returns have rapidly declined each year.

Dams mean less water flowing, which is too warm, and of poor quality, so fewer fish can thrive.

The watershed protection will help protect salmon and other aquatic life, and will cover all Tla'amin treaty lands. Hopefully, this will help boost salmon and other fish populations. **PL**

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THE AIR THEY BREATHE: Top, Tla'amin's new Watershed Protection Plan (see right) will tackle the impacts of climate change on ecosystems such as Frieda Creek. Below, Patches Demeester's passion for wild trout survival means he spends plenty of time witnessing change from the centre of things.

Trout in trouble, too

Local trout enthusiast Patches Demeester notes that, while salmon attract attention, wild steelhead are also in a sharp decline.

"Winter-run steelhead returns are in absolute ruins," says Patches. "The summer-run steelhead (salt-water-going rainbow trout) are slowly falling behind in a downward curve too."

Trout that live in rivers, he explained, rely on bugs for food. Those bug populations are dying off because of the acidification of water, or rising temperatures. Lake-living trout are impacted more slowly than river trout. Unfortunately, he says, the lakes this year suffered a massive drought due to several heatwaves, which damaged steelhead populations.

"We are seeing extremely low steelhead returns. They are on the brink of total collapse. It's very sad."

But Patches says there is some hope from some of the salmon he's observed. "I've seen the best numbers so far for pink returns this year. And there is more undersized chinook out here than most folks have seen in years. So there are some salmon species that are in good numbers this season."

—Abby Francis, Local Journalism Initiative



What are the biggest challenges the fish are facing?

The challenges are laid out in Tla'amin's March 2021 Watershed Protection Plan.

1. Water temperature is increasing each year. This decreases oxygen levels in the water, meaning fish have trouble "breathing." Higher water temperatures allow diseases to take hold, killing the fish, which are then eaten by other animals that will end up getting sick too. The water temperatures also affects fish incubation, and gives juveniles a lower survival rate.

2. The amount of water flowing has reduced. Summer flows are much lower, fish such as Coho depend on this water flow, which is now drying up. Peak flow times are changing, meaning spawning and migration schedules are being undermined. This means fewer fish are showing up in migrations and more fish can die from predators in the ocean.

3. Winter floods are much more intense. Habitats in lower areas are hit badly, as sediment and garbage dirty the water, killing fish while also decreasing their eggs' survival.

4. Drought conditions isolate fish. These trapped fish have less food and less water, which ultimately means fewer fish. A large portion of the province was on fire, the isolated fish in those areas have been harmed or even killed as they have nowhere else in the stream to swim to for safety.

5. Less snow. Southwest BC's once-heavy snowfalls are quickly becoming heavy rains each year. The rivers that depend on the snow melt in the spring are getting less water. Ultimately, watersheds are receiving less water.

6. The oceans are changing. From sea levels to storm surges, warming waters to arid estuaries, the impact of climate change affects salmon, shellfish, crustaceans, and even mammals.

7. Overfishing, the fault of both commercial industries and the public, has had a major impact on salmon. Fishing in general creates other problems for aquatic species too. Humpback whales have been getting caught in many fish-nets off of Vancouver Island and even qathet's shores, throughout the 2021 summer. Overfishing has impacted orcas as well, who depend on the salmon as their main food source.

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Are Sasquatch people interdimensional or just really good at hiding?

BY RICK CROZIER

Over the years many similarities emerged in Sasquatch sighting reports. But one similarity that haunts me and keeps me awake at night is the witness of Sasquatch disappearing right in front of people's eyes. How is this possible? There must be something to this because there are hundreds of witnessed vanishings.

Known physics does not let this happen. Matter cannot be destroyed or created – only converted to one form or another, gas, liquid or solid. It never disappears. So what is going on with this?

We may find a clue with an age old experiment that allegedly took place back in the 1940s. The military tried cloak a warship using an intense electron electric field. The ship actually vanished for several hours then reappeared across the harbour. Not all the ship's crew survived the transformation, those that did remember little. This was called the Philadelphia Experiment.

I think I know what might have happened. Quantum physics is the study of natural physics of our world, something I've been studying for over fifty years and I have a theory.

Get ready for this, it's heavy.

To best explain this theory let's try an experiment of our own. First you need a large round flat magnet about a pound in weight. Now take two U shaped small magnets and attach them opposite each other on the outside of the large magnet. This should be a close example model of the earth and the two poles. Now cover with a large sheet of white paper and evenly sprinkle iron filings over the paper.

A pattern of the electro-magnetic fields will emerge. Here you will see lines and masses of filings depicting the different polarizations, of positive and negative fields. Within the field there are two masses on each side of the magnet. Realistically these two masses could indicate the presence of two realms or dimensions outside of our own; this is on a very small scale but physics doesn't lie.

Could this simple experiment show proof of two dimensions parallel to ours that are completely invisible to us?

I think it could.



MAKING TRACKS: After unsatisfying footprint hunts during the dry summer, this fall's rain has made the ditches soft and picking up prints more fruitful. *Photo by Rick Crozier*

If this is true, what would it be like there? Our imagination can only wonder!

To magnetically hold these realms in our electric field they would have to be charged electricly opposite to our world. Here planet earth is positively charged, all life is negatively charged, but the realms would be opposite. Life there will have a positive charge.

So I think that encasing the ship in a powerful negative electron field opened a door into the parallel negative realm and the ship was swallowed whole. When the field relaxed the ship came back.

Keep this theory in the back of your mind and think about Sasquatch disappearing. Maybe Sasquatch people have mastered the ability to freely go from one dimension to another by generating their personal electron field. If this is true it, would explain so many disappearances that just can't be explained otherwise. Bodies of missing people found on trails that have been searched over and over. Thousands of people go missing in the back country without a trace; it goes on and on.

This theory might also explain the hundreds of sightings of Thunder Birds, Moth Men and Dog Men. Can they also travel freely from one dimension to another?

Happy Hallowe'en! **RL**

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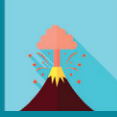
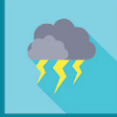
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MATCHSTICK TREES: In photos from the 1920s, you can still see burned trees from the 1921-22 fires. Above, Roy Padgett with cougars. Left, Lang Bay School survived the 1922 fire—but just barely. Below, Rex Padgett and Kay Pepper (from USA) with his car, Paradise Valley 1928

Photos courtesy of Barbara Lambert





October is Emergency Preparedness and Fire Prevention Month

Extreme weather ravaged qathet 100 years ago

How locals coped with hurricane-strength winds and a wildfire described as “an inferno”

BY BARBARA ANN LAMBERT

For Farquhar McRae, the cloudy morning of January 29, 1921 was just the start of another working day on the farm. He butchered a pig in the morning and later started mending fences.

Later in the day, winds of hurricane force suddenly hit the area—trees were uprooted. This storm was the worst storm he had ever seen from the southeast. By midnight the winds had died down.

The Reverend George Pringle described his personal experience that day in *Adventures in Service* (1929):

“I cannot recall a more terrifying hour in all my life than I spent in the tall timbers the evening of Saturday, January 29, 1921 at the Lang Bay settlement. Six of us from the shingle bolt camps at Lamb’s old breakwater were walking the mile through the tall timbers to Smith’s little store, where I was to have a service, when the worst gale in the history of the coast tore down on us in a howling fury.

“That stormy night millions of feet of standing tim-

ber were blown down in Lang Bay alone.”

Maggie Barrett (Young) witnessed the ferocity of the storm. Due to the force of the high winds, the boom went right out into the bay and demolished the middle part of the wharf. The trees in the area were all flattened. The tide was exceptionally high, and came all the way up into the area we know today as Palm Beach park.

After the winds died down, the fire lost its momentum. The Brooks, Scanlon & O’Brien logging camp at Stillwater, and the McRae farm at Canoe Bay escaped the fire.

That storm sparked the beginning of a two-year series of extreme weather events here in qathet that destroyed entire communities and blew down and burned much of the region’s forest. It’s a cautionary tale about the power of nature on the coast—and what we may see more frequently with climate change.

A year later, after an exceptionally dry June, the moss and undergrowth here was tinder dry. At Myrtle Point, the location of the tidewater camp of Bloedel, Stewart & Welch logging operations, a small slash fire

burst into a thousand sparks when fierce southwesterly winds hit the area.

Within seconds, the dry undergrowth, and the fallen old growth trees fuelled the fire into an unstoppable inferno.

The fire raced along the coast—within 20 minutes the logging community of Lang Bay was destroyed.

The Lang Bay post office on the Point quickly went up in flames—the fire started burning underneath the structure then quickly burst through the floorboards to consume the entire building in seconds.

Residents of Lang Bay headed for the beach when the rapidly advancing wildfire hit their community.

At first some Lang Bay residents were oblivious to the danger they were in and continued doing their seasonal chores.

Mrs. Barrett was out blackberry picking—for this prickly task, she wore a sunhat, a strong pair of black-laced boots, and an old pair of stockings.

With not a care in the world she headed out for the prized blackberry patches on a nearby logging road when she was met by a distraught neighbour,

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Five things we've all learned about emergency preparedness from living with the COVID pandemic

October is Emergency Preparedness Month, including Fire Prevention Week. Most of us have never lived through a major earthquake, home or forest fire or industrial spill. But we've all experienced the COVID-19 pandemic.

Because experience is the best teacher, here are five things we've learned in the past year and a half, that will hopefully encourage us all to prepare for other unexpected disasters.

1. Emergencies are scary

Remember the beginning of COVID, when we didn't know whether it was the end of our species or not? For many of us here in qathet, March 2020 was our first real brush with a mass emergency. Similarly, when an earthquake, forest fire or other natural disaster happens, those first few hours and even days can be very disorienting.

This community rose to the occasion with hearts on the windows, and cheers for health workers, even in the midst of our fear.

But we also bought out toilet paper supplies and filled our pantries, because of our uncertainty.

Hot tip: Keeping a stack of your comfort foods and immediate needs on hand will help get you and your neighbours through the first scary time. Think chocolate, gasoline, back-up for your electronic devices, and anything else you're addicted to. Also, make sure you have enough water and food on hand to get you through at least three days without electricity.

2. Institutions and stores are vulnerable too

Empty grocery store shelves, mixed messages from our leaders on masks, schools that were suddenly online – the beginning of COVID was one shock after another.

Hot tip: emergencies are unusual times, and we shouldn't expect things to be as they are usually. Try to keep your sense of calm and sense of humour, and know that everyone in government and in business is working as hard as they can to keep everyone safe.

3. Neighbours are crucial

If you didn't know your neighbours before COVID, you probably do now. Maybe you checked on the elders living on your street, or grocery shopped for them. Perhaps neighbours helped homeschool your children.

In this story about storms and fires 100 years ago, locals didn't have 911 or modern fire departments to rely on. They depended on each other.

Hot tip: it may be days or even weeks before emergency services reach you with help. Knowing and reaching out to your neighbours – especially vulnerable neighbours – is one of the most important things you can do in an emergency.

4. Life has to go on, even in the middle of it

Most people stayed working at their jobs even through the first rush of COVID. Teachers stayed teaching. Food had to be prepared, laundry done, beds slept in, people cared for. Your phone had to work.

The same is true after a fire or earthquake. Most people are essential.

Hot tip: be prepared for your responsibilities to continue on as normal, as much as they can.

5. Be tender with each other.

At the beginning of COVID, Dr. Bonnie Henry said every day that we should "be calm, be kind and be safe."

Hot tip: this is good advice, whether the emergency lasts an hour or 18 months.



Mrs. Kennedy, who yelled out: "The fire is coming!"

There was only one place to go to: the beach.

Mrs. Barrett and Mrs. Kennedy, with their young children in tow, quickly headed for the beach. Also heading for the beach were the following: the Simpkins, Mrs. Flynn (Lang), Mrs. Fletcher and her son Charlie, the Phillips, and the Viertelhausen families.

On Maitland's beach the Simpkins headed for their old boathouse, and pushed it away from shore. Julia Ursprung (Viertelhausen) and her family survived by wading into the water until the flames passed by.

In Douglas Bay, Hannah Patrick, watching the approach of the firestorm, quickly found some old sacks, soaked them with seawater and threw them on the roof of the Patrick cabin, located in the corner of the bay, near Kelly Point. Hannah and her two children Walter Junior and Syd waited out the fire on Kelly Point, which at that time was bare of any vegetation.

The next day, at low tide, Hannah and her two boys walked along the Lang Bay beach towards Stillwater looking for help.

Walter Patrick, who worked for the Powell River Company mill (from 1911), heard the news about the fire, and immediately left the Townsite in his boat to look anxiously for his family – he thought they had perished in the fire. Eventually reaching Stillwater, to his joy and relief, he found Hannah and the boys safe and well.

Survivors waited anxiously for many hours on the shore in a dense fog of swirling smoke and sparks from the fire.

Reverend Roy Pringle: "The settlement of Lang Bay was all but wiped out. Most of the settlers lost everything. They were forced to take to the sea to save their lives. Some in small boats, while others only had time to wade into the sea and wait for hours until the heat abated or a boat arrived.

The heat was so intense that the driftwood, washed up by the tide, took fire. The upper surface of a log would be a flame and the underside wet with the lapping water.

Set back from the coast, was the Cornell logging outfit; the men had a head start regarding the approaching fire. While Gordon Cornell stayed behind with his crew to bury the logging equipment, and set up a backfire, Mrs. Cornell headed for the Stillwater dock and left for Vancouver on the Union Steamship with her baby, a bag of clothing, and the family plate.

Finally the winds died down before

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CARRYING ON: Left, 1928 fishing on West Lake, Kay Pepper and the Padgett boys. Above, Myrtle Grove Goat Dairy, 1928. Stuart and Russell Lambert. You can see the burned trees in the background of both of these photos. *Photos courtesy of Barbara Lambert*

A timeline of extreme weather 100 years ago

January 29, 1921

Hurricane strength winds and exceptionally high tides & old growth trees left on the forest floor.

June 1922

Extreme dry conditions.

June to July 1922

An out-of-control slash burn near the Bloedel, Stewart & Welch logging camp at Myrtle Point.

July 1922

An unexpected summer south-westerly storm with fierce winds and choppy seas.

July 1922

The Paradise Valley slash burn, hit by the winds of the summer storm, spread the fire like lightning in the valley and down the coast. The downed trees from the January 29, 1921 super storm exploded into a zillion sparks which set fire to the standing trees—jumping from treetop to treetop. It was an inferno.

reaching the Stillwater settlement and the McRae property.

Survivors waited anxiously for many hours on the shore in a dense fog of swirling smoke and sparks from the fire. It was impossible to see if a boat was out in the bay. Mrs. Kennedy kept calling until her voice was hoarse, “Help! Help! We are here! Help!”

Eventually her cries were heard by the Brooks, Scanlon & O’Brien crew who were manning the tugboat, the Babo. The boat pitched back and forth in the rough seas before making a landing in the bay.

Everyone rescued off the beaches

was given temporary accommodation at the Stillwater camp. They were provided with tents, with shiplap floors by the Powell River Company and supplied with food, water, and blankets by the Red Cross.

Charlie Fletcher: ‘Many families in the Lang Bay area lost everything in the fire. After the fire they found roasted chickens in the hen coops. We went down to the beach for safety, taking the horses with us. Later we found out our house had burned down. I thought I had lost my cat but she was there waiting for me.’

The Simpkins, Kennedys and Barretts’ houses, and the Patricks’ cabin survived the fire; also the newly-built Lang Bay school (1920). After the fire the Fletcher, Phillips, Young, Mullens, and the families in cottage country on Maitland beach: the Maitland’s, Clines and Viertelhausens, rebuilt with salvaged logs off the beach, milled at Van Anda on Texada Island.

The cedar shake logging company of Brooks, Bidlake & Whittle at Lang Creek closed permanently; it had a total of 74 employees (40 Europeans and 34 Chinese). The majority of logging families left the area to seek work up the coast.

The Lang Bay school population fell from 32 pupils in 1920 to 15 pupils in 1923. A few families became long-stay families in the Lang Bay area and kept the school open: Anderson, Barretts, Blacks, Cornells, Dulmage, Gelas, Fletchers, Kennedys, Mallory, Mullens, Phillips and Viertelhausens. The Patricks continued to use their summer cabin in Douglas Bay.

Photographs of Paradise Valley, taken in the 1920s, clearly show the blackened spars of the area—a reminder of the devastation of the great fire of 1922—a fire fuelled by the old growth trees felled in the great wind-storm of 1921, events the result of extreme weather on the coast one century ago. **RL**

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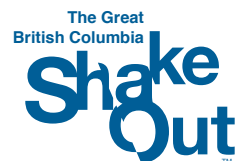
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WHAT'S UP

Local mountain biker wins provincials

Ellie Winchell won first place in the U15 girls at the BC Mountain Bike Cross-Country Provincials last month.

The race was hosted by Glenridge Acres in Abbotsford on September 18. She was proudly sporting her TAWS Bike Garage jersey and was well prepped by local mountain bike coach Lindsey Gosnell, owner of Ransom Bike Company.

The next day she raced Cyclocross in Cumberland and came in second place in the Under 17 category. She is off to a good start to her racing career as these were her first two competitive races.

New "green" Zamboni

The old gas-powered Zamboni used at the Recreation Complex has been replaced with a new emission-free electric lithium battery powered Zamboni.

The new Zamboni will cut emissions and costs at the complex. The purchase of the \$185,000 Zamboni was made possible through a grant from the Powell River Community Forest Reserve Fund.

"We're excited to receive this new piece of equipment that will help maintain our ice for many years to come," said Neil Pukesh, Manager of Recreation. The complex accounts for about 40 per cent of the City's annual corporate carbon footprint and the new Zamboni is another important response to climate change and in accordance with City Council's commitment to becoming carbon neutral, states a press release issued by the City.

Mill now called tisk'wat

Catalyst mill is changing its name, in collaboration with Tla'amin Nation. The Paper Excellence company will now be called *tisk'wat* (tees-kwat); the English translation is 'big river.'

"This name change is a long time coming and an important gesture to repair harm," said Hegus John Hackett. "Our ancestors will rejoice to hear this place once again being called *tisk'wat*,

and Tla'amin looks forward to the hard and productive conversations to come as we build a new relationship with Catalyst."

The land the mill was built on had once been a Tla'amin village site, before the peoples were displaced and relocated in the 1900's. Catalyst and Tla'amin said that they have worked on building a Memorandum of Understanding that sets out the intentions of all parties to build a new and collaborative relationship together.

Graham Kissack, Vice President, EH&S and Corporate Communications said in a September 24 press release, "We are working closely with Hegus John Hackett and the Tla'amin Executive Council to ensure the steps we take in building this new relationship are thoughtful and measured.

"We believe that reconciliation through collaboration and an open-minded approach creates enduring and meaningful connections."

– Abby Francis,

Local Journalism Initiative Reporter

New initiatives for Breast Cancer Awareness Month

Editors Note: Rebecca Wulkan's story is featured in the 2021 issue of ZEST, which is inserted into this magazine.

This year, I would like to help raise awareness for Metastatic Breast Cancer by hosting a Move-A-Thon Fundraiser. Proceeds from this week long event will go to Rethink Breast Cancer, a Canadian organization out of Toronto.

The Move-A-Thon will take place during the week of October 10-16, ending with a complimentary stretching session, led by Personal Trainer, Terri Cramb, in Willingdon Beach Park. We will also have some draws for gift baskets and prizes.

I am also starting a Powell River Cancer Connection group. Our journey over the last year, has reinforced the idea that community is one of the most important factors in support and care and strength to overcome difficulties. It is my hope that a Cancer Support group



He ran 180km for refugees

Helping refugees 1 km at a time!! qathet Refugee Sponsorship (qRS) held its first fundraiser – 'Sean's Run for Refugees' – on Sept 4. qRS member Sean Byrne ran 180 km of the Sunshine Coast Trail in 35 hours 38 minutes. This event has raised \$5,600 and counting, which will go towards the \$20,000 needed to bring a refugee family to Powell River. A huge thank you to the many community members it took to make this happen and to those who donated. Once the target amount

is raised, the group can proceed with applying to sponsor a waiting family.

qathet Refugee Sponsorship feels strongly that all people have the right to live in safety and freedom, and have access to basic healthcare and education. The group has several more upcoming fundraisers – please stay tuned!! For more information, please join qRS's facebook page or email directly at qathetrefugeesponsorship@gmail.com

here in our city will be able to provide care and encouragement for those facing their own cancer journey. Meetings will take place on the third Monday of each month, starting October 18.

Along with raising funds for charity, our family is also opening an online t-shirt store to raise personal funds. Each of us has designed a t-shirt.

Please visit our site and t-shirt store at embraceadventuretogether.com

– Rebecca Wulkan

New breast cancer event for Indigenous women

To help spread awareness, and encourage everyone to get breast cancer screening done, Tla'amin Health Director, Marlane Christensen; Shereen Russell, Public Health Nurse; Dawna

Pallen, Health Promotion Coordinator; and Nanette Kapitan and Grace Adams, from the Tla'amin Management Services staff, are working together to organize a women's cancer awareness event called Taking Care of our Women, to be held October 21st at 5:30pm in the Tla'amin Salish Centre.

There will be presentations from the Indigenous Cancer Control Team from BC Cancer and a special guest speaker, Tla'amin's very own, **Dr. Evan Adams**. Prizes have been generously donated by local vendors, and will be drawn during the event.

Community registration for this event will be available on the Tla'amin Nation Facebook page. T-shirts will be for sale early October at the Tla'amin Nation Government House, with profits going towards the Tla'amin Health Cancer Comfort Fund. **RL**



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UPCOMING DATES:
Oct 17th, 3pm
Welcome Porch Signs
at Springtime

Editor's note: Jean Sauerlander is a student at Leibniz University in Hannover, Germany. She has never actually been to qathet, but used the Internet to learn about us and to re-plan our downtown core based on the city's articulated values.

BY JEAN SAUERLANDER

I first heard about Powell River on a TV documentary about the Hulks. As an architecture student, it is completely usual to imagine in those ships quite a bit more than just a highlight for kayakers or videographers.

So in order to obtain an overview of the situation about the Hulks, I had to learn as much as I could about the small city.

I was, and still am, pretty amazed by the spirit that Powell River projects through its efforts to obtain beauty in nature and community. There were many new things I learned during my research. I want to say how inspired I am by your community and please, keep going with your aims and be an idol for others!

But enough with the schmoozing, because urban planning was the basis for my bachelor thesis. I took a closer look at Powell River's public and private places as well as its road system.

Powell River is a very car-dependent place which—in my imagination—is not compatible with your sense for nature or with your chance of hosting an amazing atmosphere, especially in the harbour area.

Just as a little thought experiment: what associations come into your mind when you imagine a harbour? I really hope that the pictures in your mind are the same as mine, because otherwise my point here will not work out.

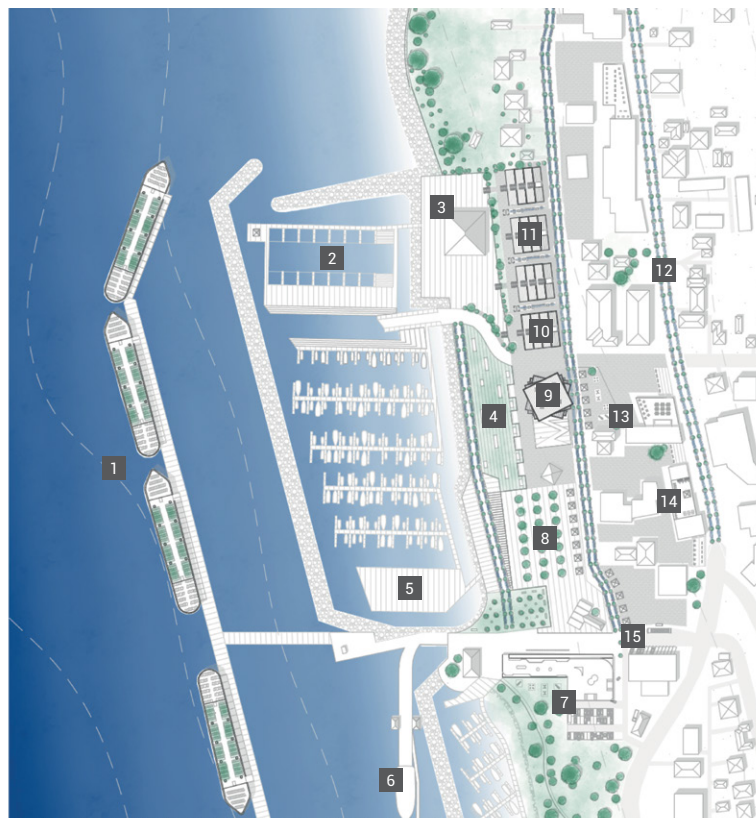
I imagine that Westview Harbour could be a humanitarian center not only for the local residents but also for all people on the Strait of Georgia.

As the Hulks were my first encounter with Powell River, for me it seemed logical to begin my concept with them as well.

In my plan, I relocated them in front of the Westview Harbour to protect the area from any maritime challenges and to reactivate the ships to become “the green heart” of the city.

As tidal power stations and food gardens, The hulks could be the new “green heart” of Westview

And other groovy ideas one German urban planning / architecture student dreamed up for her thesis about Powell River's city centre.



- 1 Energyant Hulks
- 2 Open Air Bath
- 3 Leisure Center
- 4 Sitting Slope
- 5 Dock
- 6 E-Boat Station
- 7 Mobility Hub Pavillion + Rooftop Skatepark
- 8 Market Place
- 9 Future Hub
- 10 Town Hall
- 11 Residential Houses
- 12 Society Street
- 13 Playground
- 14 Temporary Roofgarden
- 15 Bus Station

WHAT IF: Jean Sauerlander's rendering of a revised downtown. It removes most parking and adds in “slow movement” corridors where people might stroll to visit stores and lounge in green spaces. But would we?

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BREAKWATER BE GONE: Catalyst needs fewer of the Hulks for the company's breakwater these days, so why shouldn't a few get moved to Westview Harbour to generate power, desalinate water and grow food? *photo by Sean Percy*

More precisely, the "Energyant Hulks" could house solar cells and tidal power stations to generate renewable energies as well as farming facilities on deck. Furthermore, a desalination device could enable the use of sea water for plants and people.

This first step is aimed at promoting ecological circularity. I created a common place named Ah Joo Miexw Pier—to respect the place's original Tla'amin name—at a second step.

Besides some new residential architecture with more modern housing typologies, I planned a Future Hub with several levels for different work activities to respond to the changes that the pandemic brought out.

At last I gave my main thoughts to the public spaces, where all could enjoy sports facilities or relax on green areas—or buy some regional products at the new market place.

It was very important to use already sealed ground and to rethink the square meters of those inefficiently-used parking spaces of the BC Ferry Terminal.

Many of you may now think in a very critical way about my intervention because I shut down the only possibility to reach the ferries by car. But that is exactly the issue I wanted to highlight through a naive level, as only an university student is allowed to. First of all, I planned to use e-ships for public transport across the Strait of Georgia where passengers always arrive at Mobility Hubs in order to use alternative means of transportation.

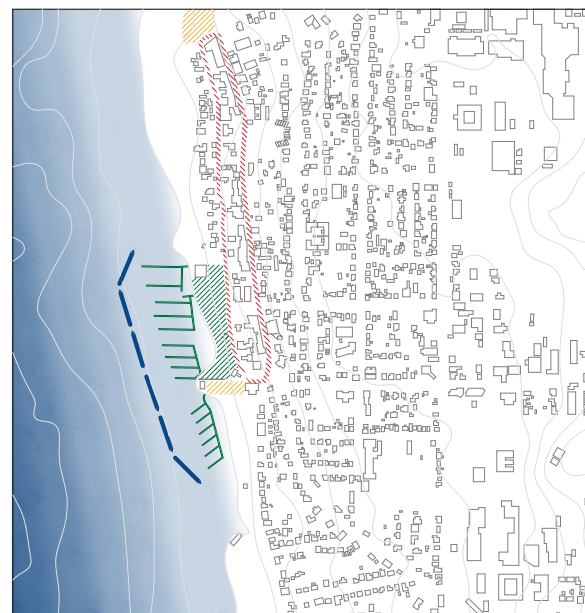
For Powell River I imagined a pavillion with several charging and sharing stations for bicycles and cars: two hubs in the north and south of Willingdon Avenue. In terms of safe and democratic spaces, I planned the streets to be carfree. Green and blue infrastructures, in form of alleys with streams and seating possibilities, let the Marine and Willingdon Avenues become real Society Streets.

On these streets, which are currently dominated by cars, all citizens can stroll from store to store while the faster cyclists and skaters can drive in a center fast lane, where emergency vehicles can also pass.

My concept of slow movement for the area enables new ideas for start-ups or other services whereby the parking lots between the existing buildings will densify with human-friendlier stores.

Taken as a whole, I tried to improve the area around Westview Harbour not only to create a new town center for Powell River, but to attract the people in other metropolises who may look for higher living standards in their surroundings.

Please feel free to contact me via email at: jean.helen.sauerlaender@gmail.com. **RL**



Ah Joo Miexw Pier

- Mixed Housing
- Future Hub
- Market Place
- Green Spaces
- Sport Facilities

Society Street

"Immediat City"

- Car-Free
- Green and Blue Infrastructure
- Accessibility
- Activities, Concerts, Exhibitions, Roof
- Cooperative Design

Mobility Hub

- Parking
- Public Transportation
- E-Mobility
- Charging Stations
- "Sharing"-Concepts
- Reparations
- Skatepark

Energyant Hulks

- Relocation of the Giant Hulks
- Breakwaters
- Renewable Energies
- Farming
- Desalination Facility



NEW DIGS: Children and youth at Tla'amin Nation are getting a swish new child-care centre, and recreation centre. *Renders by Mackin Architects, Dr. Nancy Mackin Architect AIBC AIA and Daichi Yamashita Architect AIBC.*

Two buildings for young people break ground in Tla'amin

BY ABBY FRANCIS,
LOCAL JOURNALISM INITIATIVE REPORTER

A new building project in Tla'amin Nation is underway. The project's manager Carmen Galligos explained that the Child Development and Resource Centre (CDRC) Expansion and Fieldhouse projects should be ready for public use by May or June 2022. It's being paid for by the Child-care BC New Spaces Fund.

The CDRC expansion will contain a brand new two-story building for child-care programs. It will be located below the Salish Centre on Tla'amin Nation next to the current CDRC building.

New art, sensory, classrooms, and drop-in rooms will be in the new building to benefit both children and staff. The outdoor area will be getting upgrades as well, with new equipment

and more space.

It's one of several new building projects Tla'amin Nation is breaking ground for this year.

The fieldhouse project is also underway. It's at the Tla'amin soccer field area along Highway 101.

This will be the future Youth Centre, with a before and after school care program, a concession area, playground, seating, as well as a ceremonial plaza.

The soccer field is getting an upgrade and a walking track will be put around it.

There will be a baseball diamond and a basketball court built at the site. A skatepark and a mountain bike trail will be added, too.

This area will have youth recreation programs and other programming for the community. **PL**

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I MADE THE MOVE

Laid back & llamas



4H ANYONE?: Arwen, Becky, Bon and Jeff Steiger moved from Pitt Meadows with their llamas. Their llamas are Facebook famous on Swap n' Shop already. No surprise there.

We always had a five-year plan of moving back to my home town of Powell River once our kids graduated. Due to COVID, we decided to escalate our plan and move. The housing market was crazy, so we sold our home of 18 years in Pitt Meadows within a week and began the move back.

Growing up I had always missed the slow, laid back lifestyle. No traffic, and no trains!

Our family has always been farmers at heart. Many here in qathet will remember visiting our family's Mountain Ash Farm out in Kelly Creek. Becky has started a new 4H animal club here now: the "Sunsetters 4H club".

You may have seen the Llamas walking around town already, with one of them making the Facebook news some time ago when she had managed to get out once.

I (Jeff) work in engineering. Becky is

an Education Assistant. Both kids are in school and activities now.

Why did you choose to move here?

Jeff & Becky • Slower pace of life and get out of the rat race.

When? Where from?

Jeff & Becky • March 2021 from Pitt Meadows.

What surprised you about qathet once you moved here?

Jeff & Becky • How not much has changed in the 30 years I've been gone.

What made you decide to move to qathet?

Jeff & Becky • It was always the plan eventually, COVID escalated that plan.

Where is your favourite place in qathet?

Jeff & Becky • The beaches and lakes.

How did you first hear about qathet?

Jeff & Becky • Born and raised.

What would make our community a nicer community?

Jeff & Becky • More "curb appeal". Joyce Avenue, for example, can be pretty bland and rough looking. Things like landscaped sidewalks, treed streetsides, etc.

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

Jeff & Becky • The rivers and dike system, and the aforementioned curb appeal that PR lacks.

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

Jeff & Becky • Employment.

If you were mayor of Powell River what would you do?

Jeff & Becky • Expedite the planning and building permit process. Ten weeks is ridiculous for a building permit or six months for a "development" application to add a carriage house? I'd heard it was an issue here, but didn't realize how much of an issue it really is when trying to build.

What is your greatest extravagance?

Jeff & Becky • Timmies.

Which talent or superpower would you most like to have?

Jeff & Becky • I watch too much Marvel to choose. **PL**

If you know someone we should feature in I Made the Move, please email isabelle@prliving.ca with your idea.

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THE SAME NOSE AND MUCH MORE: This summer, book keeper Lisa Beeching found her birth father – who lived just two blocks away from her when she was a young adult.

Meeting dad at 55, thanks to 23&Me

BY ISABELLE SOUTHCOTT

Who's my father?

For years, Lisa Beeching was haunted by this question.

She spent the first seven years of her life believing the man her mother was married to was her father. After all, that's what she'd been told.

She also believed the three children she lived with were her brothers and sisters.

"My mom married a man a year after I was born and he adopted me. We lived on Maple Avenue."

Lisa was seven when her mother left her husband and she was separated from her siblings.

"I couldn't understand why I was separated from my sisters (six-year-old twins) and my five-year-old

brother." It was then that her mother told her she'd been adopted by the man she'd believed was her real father.

After that, Lisa spent a lot of time living with her grandmother. When she was 10, her mother remarried, and they moved to Costa Rica. That same year, her mother told her the name of the man she believed was her father.

At the age of 15, Lisa returned to Canada and began looking for her father in earnest. This was before the era of internet and Google searches and tracking down names wasn't as straightforward as it is today.

Lisa dreamed of her father appearing out of nowhere and rescuing her. "I thought he would be my knight in shining armour, I thought he would come and take me away from all this," said Lisa, remembering how she felt as a young girl.

She continued to search for her father but nothing matched the name she'd been given. She got married,

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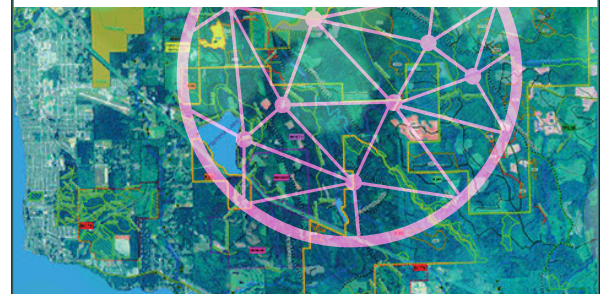
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“I knew it would be the
most awkward phone call
of my life.”

- Lisa Beeching

had two children, and they bought a house on Maple Avenue. The years passed and Lisa remembers thinking somewhere around her 45th birthday that if she hadn't met her father by now, chances were pretty good that she never would.

In August of 2020, her cousin suggested that Lisa take a DNA test.

“She talked me into buying the kit, but I didn't do it and the kit just sat there. My cousin kept on at me and was on my back to do it,” Lisa recalls.

Finally, in June of 2021, Lisa did the test and registered with 23andMe, a company that provides direct-to-consumer DNA genetic testing and analysis. On July 5 of this year, her results came in.

“I logged in and saw my mother and my next closest relative was a girl called Yvonne who was listed as my half-sister on my paternal side. At that point, I thought maybe she was on there because she was trying to find her father as well.”

Lisa contacted Yvonne and asked to communicate with her via 23andMe.

“I said ‘I just looked at my results and I would love to talk to you, but if you don't want to, that's fine.’” In the meantime, she googled Yvonne's name but nothing came up. She later learned that Yvonne was using a pseudonym.

A month went by and in the meantime, Lisa asked her mother if there was another name for her father. This time her mother said yes, and told her that a man by the name of Boyd could be her father.

That night, Lisa asked her husband Wendell if he'd ever heard of the man her mother said might be her dad. “Wendell said, ‘Boyd? I'll never forget that man, he saved my life when I was 18.’”

More than 35 years ago, Wendell was working on a machine located high above the ground at the Powell River paper mill. He slipped and Boyd stopped him from falling many feet to the cement below. “I would never have met Wendell if Boyd hadn't saved him,” said Lisa, shaking her head.

Lisa found a phone number for Boyd and after looking at it for a few hours, mustered up the courage to call him.

“I knew it would be the most awkward phone call of my life,” she said. There was no answer, so she left a voice message, but before listening to the message Boyd phoned back.

The man on the other end “had a beautiful soft voice,” said Lisa. “I was really nervous, I kept thinking this could be my father. I said, ‘This is an awkward question, but I just got my DNA results and the person I was told was my father is not my father. I wondered if you remember a woman by the name of Carol? Is there any possibility that you could be my father?’”

Boyd said no, and Lisa thanked him for his time. She was about to hang up when Boyd asked her what DNA test she took and she told him.

“He said my daughter took that test for medical reasons; her naturopath asked her to.”

Lisa said she knew then that Boyd was her father.



YEARS BEFORE: Lisa Beeching's biological father saved her husband's life at the mill. They didn't know their connection at the time.

“Even if it didn't go any further, I felt at peace. I had a name and I'd heard his voice. That was enough.”

She was on vacation on Savary Island when she received an email from 23andMe saying that Yvonne had accepted her connection request and had sent a message.

“I opened up my account and there was a message from my half-sister. As I was reading it my phone rang; it was Boyd. He said, ‘Lisa, there's been a development.’”

Boyd's wife Betty had urged him to check his DNA site and he did.

Boyd then confirmed that Lisa was his daughter and that she had three half-sisters and one half-brother. “If Yvonne (not her real name) had not taken the test I would never have known,” said Lisa.

“I was a basket case. I spent an hour and a half on the phone with him, I'd been waiting for this day my entire life.”

“The whole family has welcomed me with open arms,” said Lisa. “I've talked with all my siblings, even an aunt who lives in the United States.” She has met one sibling who lives in Powell River and another who lives in the interior.

Lisa and her father had a heartfelt meeting in August of this year in Parksville. She learned that Boyd had lived two blocks away from her in Townsite in the early 1990s and they spoke about how he'd saved Wendell's life before he was her husband.

“He's a wonderful man, I can't believe all the love that I'm receiving. He texts me every single morning! I'm 55 and I've finally found my dad. It's an amazing feeling to finally know where I came from and where I belong. I didn't expect to be part of their lives but they've opened their arms to me.”

It's been a bittersweet year for Lisa and her family. She found her father, but her only son died in January, leaving behind his family including his 10-year-old daughter.

“Boyd has grandchildren, but Hillary is his first great-grandchild,” said Lisa. “Two weeks ago, Hillary Facetimed with her great-grandfather and you could just see the joy in his face.”

Finding her father has been a beautiful gift, one that Lisa is grateful for.

“I went from the lowest low to the highest high. I went from losing my son to finding my father.”

She doesn't know how long her father will remember her, as he has Alzheimer's. But for now, she's cherishing every single minute. **RL | isabelle@prliving.ca**



Home Renos?

— Plan to plan ahead.

Heading into COVID Winter 2.0, you may be looking around your home, wondering how to improve it for maximum comfort.

Winter here in qathet tends to be rainy, dark, windy and bone-chilling damp-cold.

You probably already have lots of ideas about how to make your home **cozy, dry, bright, welcoming and warm.**

On the next pages, local experts will help you flesh out your vision - given that home renovation companies are dealing with the same pressures as everyone else during this strange time.

They'll help you through.

Welcomin

BY PIETA WOOLLEY

Plan ahead. That's the number-one piece of advice I heard when I called up many of the construction experts you'll see in the pages of *qathet Living* magazine.

First, there's the home-building boom. New builds and major renovations are squeezing builders and suppliers here. Plus, the City's permitting process can take longer than usual.

Second, there's the employee shortage. Most companies can't hire as many people as they need.

Third - that word we're all tired of - COVID has crushed factories and mills globally, meaning that everything from lumber to microprocessors are holding up what's possible.

Which isn't to say this is a bad time to plan a renovation or install something new in your home. Quite the opposite. Fall is an ideal time to dream up your home ideas, and start hiring experts to get them going.

At Powell River's Rona Building Sup-

plies, for example, sales manager Kylie Gale-Belanger said both staff and customers are adjusting to this new reality that prices and stock can be unpredictable everywhere.

Rona sells lumber, hardware, paint and more, plus Beachcomber hot tubs. The project possibilities are endless, but he recommends that everyone should eliminate drafts before winter.

"Get cellophane on your windows, seal your doors properly - you really lose a lot of heat through cracks," he said. "Everyone can eliminate drafts, it's cost effective and the supplies are plentiful."

At Elemental Millwork and Design, owner Nicole Bordignon is busy due to the housing boom. Elemental builds new cabinets and refaces them for renovations, and the company also offers project management services.

The company is dealing with the worker shortage in part by investing in new equipment, such as a computer-controlled cutting machine. She has



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Not many people get to say that they fell in love with their career at the age of 14. I consider myself one of the fortunate ones.

I was first introduced to carpentry when I got to watch a carpenter working on my father's house. I was hooked! Throughout my teens, I worked after school, on weekends, and during the summer breaks with award-winning heritage restoration master David McMinn.

Since then, I earned my Red Seal in carpentry at BCIT; built high-end homes in some of the wealthiest neighbourhoods in the Lower Mainland; and supervised industrial construction with a crew of over 100 people.

Working on bigger buildings, I realized that my heart was happiest when I was working on smaller-scale projects with people who were looking for someone to help build their dreams—be it a new deck, a full renovation, or something in between. So I decided to start a company specializing in making people's old and new houses better.



Jeremy Hayward
owner / operator

It has now been eight years since Westward Coastal Homes & Renovations got going and I'm responsible for a crew of five—all young, enthusiastic, and very talented.

Most importantly, we simply love what we do. I've never lost the passion that got sparked when I first witnessed that carpenter back when I was just a kid of 14.

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worked hard to build up supplies this year so materials are available.

“Give yourself months of lead time,” Nicole advises. “Have fun in your planning, make it exciting. We would love our customers to reach out as soon as they have decided to start the project because there are a lot of details that need to be discussed and finalized before demo and manufacturing can begin.”

At Valley Building Supplies, customers have noticed that staff are very busy, according to chief operations officer Vic Spreeuw. He predicts that some supply chain issues will last until well into 2022, and perhaps beyond that.

Valley sells lumber, kitchen and bathroom hardware, wood stoves, roof trusses and much more.

“Plan ahead to get professionals as the entire sector is very busy,” said Vic. “From the contractors perspective, many of them are booked out months ahead or further, so trying to get certain trades is a challenge which can push project times out. The secret to

a successful project has always started with a plan, however, more than ever, planning is crucial.”

Malaspina Contracting has been growing over the past couple of years, and has been hustling to hire and keep up with their own efficiency standards.

“Patience is key going through this boom and employee shortage and stock shortage crisis.”

Chad Rubletz is the owner. His business builds foundations, and undertakes new builds, siding and renovations.

“The best advice I can give to customers and potential new clients is to get a general contractor involved even at the beginning of the brainstorming stage,” Chad said. “We will be able to advise on how much notice things will need prior to ordering and we will be able to get a more accurate price on their project.”

Sometimes, customers are created out of need, rather than want. For example, Tiffany Adam, co-owner at Cadam Construction Fireplace and Stove



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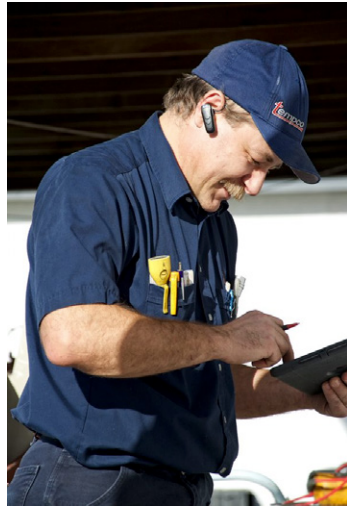
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THEY'RE WORKING HARD: A few of the folks who are on top of the local housing boom: Alexia Bartello at Westward Coastal Homes; Colin Turner at Tempco Heating & Cooling; Marcus Canning at Constellation Countertops; Cody Wasylowich at Modern Windows, the crew at WB Construction and Eric Larsen at Cadam Construction.

Centre, said insurance companies often demand changes from homeowners, which can mean a renovation must happen quickly.

Cadam Construction sells wood and gas stoves, plus does inspections, cleanings, and inserts, installations and more.

Given that shoppers now have more time to make their decisions, she advises they take advantage of that.

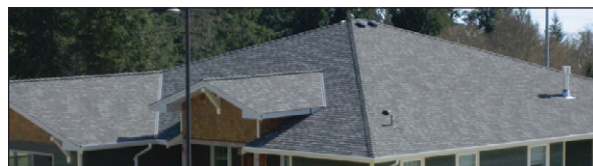
"Do your research," she said. "Find out about warranties, how easy it is to get parts. Look at the reviews and see if the products and services are going to

meet your expectations."

Marc Butula, at Butula Developments, notes that Powell River has a couple of great advantages in this tight market. One of them is our weather: you can build and renovate homes here year-round. It never gets too cold to pour concrete. The other is the quality of the people who work here.

"Expect delays, but once we're working we can get it done as fast as before," said Marc.

"My best advice for everyone is to be patient." **✎**



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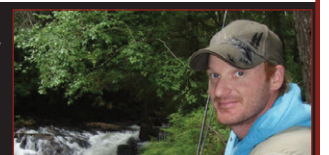


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Local optician world's best in 2021

A local entrepreneur who is changing the way eyeglasses are sold has been awarded one of the top honours in the world for opticians.

Helen Whitaker was chosen by a panel of expert opticians for the title of "International Optician of the Year 2021."

The award was announced at the International Opticians Association annual convention in Paris, France on September 25.

"I can't believe it, I'm in shock," Helen told *qathet Living* after the announcement. "I'm feeling so excited because I'm the first woman finalist and the first woman to win and that for me speaks volumes about moving forward."

Helen knew she had been shortlisted for the title but said she didn't expect to win. She was the only female on the short list of six, which included two from Canada, and one each from France, UK, Brazil and New Zealand.

"They called me from the stage," said Helen. The association president accepted the award on Helen's behalf.

"There was a massive cheer when they announced it, and they were wondering if the conference was



HELEN WHITAKER

filled with Canadians," said Helen.

Helen Whitaker became an optician in 2011. She now runs Secure Vision Optical serving Powell River and Comox-Courtenay. She started as an optician with Costco Courtenay-Optical Department prior to developing her own business.

Helen is also the founder of the Secure Vision Mobile Optical Academy, which trains opticians to do what Helen did - take their service out of a brick and mortar store, and take the service to customers, often in their homes.

"It allows people to change the way they live as opticians and enjoy the profession they love," she said.

"Our area of expertise is in helping opticians become mobile to get more of the right kind of clients at will and on demand, secure their freedom and job security. We typically work with opticians ...who want to have more control over the amount of time that they work, and how much they earn," she said.

Helen said she hopes her win energizes and inspires others, "that you can do it - go for it and be an entrepreneur."

The award also means that Helen gets her transport and accommodation covered for the 2022 convention. Though she's travelled throughout Europe, it will be her first time in Paris.

Helen was also thrilled that the international spotlight allowed her to shine some light on her favourite charity, Innovative Communities' Kenya-Kawangware initiatives.

"The school is completely dependent on donations



THE WORLD STAGE: The award was presented on the big stage and screen in Paris.

and 100% of donations go to the Little Ray of Hope school in Nairobi," she said. "I visited the school with my girls. It's run by women and they keep kids alive and off the streets and give them an education in one of the worst slums in Kenya."

She hosted an eye clinic for the local learning center, Little Ray of Hope for Children, and provided the children in need with donated glasses. This clinic helped many children, who may have otherwise struggled in school because glasses were unattainable, get the added boost to keep up with their classmates. Upon Helen's return she hosted a fundraiser for the children of Kawangware, many of whom are homeless, and with an average wage of \$1 USD a day and rent starting around \$30 USD a month, there is not nearly enough money to meet the price of approximately \$40 USD a month per child to attend school.

Visit the Secure Vision Optical website at securevisionoptical.ca/secure-vision-community-support/ or innovativecommunities.org.

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Beautiful food for a beautiful cause

Terra Nostra Farm is a certified organic farm that has been operating in qathet since 2016. Aaron Mazurek is the founder and owner. His life long dream was to become a farmer, and while he started growing vegetables at a very young age, it only took him 42 years to realize his dream!

Terra Nostra Farm produces yearly about 25,000 lb of organic produce, entirely distributed and consumed in our community. Terra Nostra would like to see Powell River grow more farmers to fulfill the need of locally grown food.

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

Aaron and Simona • Farms are long term investments in the community. Growing food starts with growing healthy soil and caring for and protecting the environment. We strive to create a good work environment and to provide a living wage to our employees. And this year we are blessed with an amazing team! We open our farm gate to connect with the community, and we have hosted kindergarten classes to University students who come and learn about food production and to get their hands dirty.

Have you always done this? What got you started?

Aaron and Simona • I remember my first garden patch by the raspberries, I

was probably 5 or 6, and the excitement of growing my first carrots and radishes. I had a garden ever since; gardens of all sizes and in different places. In my 20s I spent a couple of years volunteering as a farmer and gardener in England.

I have always been fascinated by watching plants grow and by harvesting the fruits of my labour.

Do you have a personal connection to this cause?

Aaron • I grew up in a family with a tight food budget. I learned from a young age the value of food, the work that goes into it, and the importance of not wasting any.

At Terra Nostra we pride ourselves in not composting any food we grow.

I am passionate about growing organic food and making it accessible to all, and the Food Bank helps us do that.

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

Aaron and Simona • Powell River Food Bank employees are always very helpful and thankful for our weekly delivery. They are always thrilled to see what we bring. They make sure the vegetables will get properly stored and distributed in a timely manner, so that nothing will get wasted. They do an amazing job at fulfilling the needs of an increasing number of families and individuals in our community.



FRESH FOOD FACES: Aaron Mazurek, left, delivers produce from Terra Nostra Farm to the Powell River Food Bank manager Savanna Dee and worker Glen Pavlich.

Photos courtesy of Terra Nostra Farm

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

Aaron and Simona • Recently the Food Bank has purchased refrigeration units. We strongly recommend all Food Banks be equipped with good cooling systems in order to properly store produce and prolong its shelf life.

What do you hope is the legacy of this work?

Aaron and Simona • I hope Terra Nostra will provide people of all ages and socio-economic status opportunities to connect with the land, and to be empowered to grow

some of their own food. It is fundamental to experience how food is grown and where it comes from. Donating to the Food Bank will help improve the diet of our most vulnerable community members. Terra Nostra also offers a yearly scholarship to graduating students going into organic agriculture or soil science.

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

Aaron and Simona • Go for it, it is easier than you may think! Every little bit helps support and build a caring community. **PL**

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YOU GLIMPSE THEM, THEY GLIMPSE YOU: Left, the historic Hotel Malaspina (Lund Hotel) is home to the spectral presences of Fred Thulin (above) and his wife May Palmer. Right, the dentist Dr. Marlatt haunts The Patricia.
Photos courtesy of the Powell River Historical Museum & Archives

Well-dressed ghosts enjoy local hotels, theatre

When thinking of haunted places in the community, the Townsite is definitely high on the list. The historic buildings and the feeling of old, create a spooky atmosphere that makes you feel like you could see a ghost just around the corner. Most of these older buildings also have wooden floors that like to creak, especially on dark and quiet evenings. It is enough to give you the chills!

Some of the most haunted buildings are said to be the Rodmay, the Courthouse, and the Patricia Theatre. Interestingly, these three places are all public buildings that have seen many people over the last century and continue to do so today. It makes sense that a few souls lingered in these places; they still have their stories to tell, sometimes at the expense of frightened visitors ...

According to Joan Campbell, the Rodmay has about five resident ghosts. With the top floor closed for a number of years now, it really is the perfect hiding spot. “The Matron” is an older woman who frequents the Rainbow Room. She is thought to be Barbara McKinney, the first family to own the hotel. The most commonly seen ghost is “Charlie,” a Chinese cook. There were many Chinese workers at the Rodmay, and others who slept in the basement. Their ghosts play jokes and tricks on people, like turning stools at the restaurant counter or unscrewing light bulbs.

One of the well-known ghosts of the Patricia Theatre is a balding man with spectacles. This ghost is



BLAST FROM THE PAST

JOËLLE SÉVIGNY

thought to be Dr. Marlatt because of his dentist office, which used to be located on the second floor of the theatre. The Doctor is rumoured to have been nasty towards children, often known to not use anaesthetics. His ghost is the “evil dentist” as former Patricia owner Ann Nelson likes to call him.

The Townsite isn't the only haunted place, though. The Lund Hotel, originally called the Hotel Malaspina, is home to the ghosts of Fred Thulin and his first wife May Palmer. May appears as a woman in a long white dress, often dancing in the saloon; she is nicknamed “the woman in white.” On the other hand, Fred, settler and founder of Lund, appears in a nice suit wandering the hotel or sometimes in the lobby.

If you have ever seen any of these ghosts or others in the area, send us your story, we would love to hear it! Happy ghost hunting!

Blast from the Past is a monthly historical column written by the Townsite Heritage Society's coordinator Joëlle Sévigny. The THS tells the history of Townsite from 1907 onward. **RL**

|| thetownsite@shaw.ca



THE MATRON: It's likely Barbara McKinney who haunts the Rainbow Room at the Rodmay Hotel.

Photo courtesy of the Powell River Historical Museum & Archives



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BUSINESS AFFAIRS

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Tourism changes

There's a new old hand at the helm of **Sunshine Coast Tourism**. **Annie Wise** is now executive director, having served the organization for eight years, most recently as director of marketing. Annie and all of the SCT staff in Sechelt moved to a remote work policy due to COVID-19. Former SCT executive director **Paul Kamon**, based in qathet, has taken on the newly established role of tourism recovery specialist. Paul's mission is to maximize the benefits and opportunities presented by federal and provincial recovery funding, developing a recovery framework that offsets the economic impacts of the pandemic, and "sets the stage for a more robust, resilient, and representative sector on the Sunshine Coast."

All hands on deck

Word must be out about the shortage of **massage therapists** in qathet. In each of the last four editions of this column, I have introduced new massage service businesses. This month, I have four more to tell you about.

Alison Richmond got a home here in April with her partner, a teacher, and moved here full time in the midst of July's heat dome. Alison has been connected here by her work in the arts and by her aunt and uncle in Okeover. For the past five years the couple has come here to go kayaking and hiking. They turned the main floor of their heritage home at 5670 Marine into **Townsite Massage Therapy** studio. Alison, a registered massage therapist, works a lot with injuries and recovery from surgeries, but also does relaxation massage. Find her at townsitemassage.ca or call 604-905-8028.

Brittany Burton found her dream home south of town near Whalen Road, moving here to be close to family and everything qathet offers. She's been a registered massage therapist for over 10 years, and says there's always more demand for RMTs, particularly in aging communities. Her home-based business is **Crescent Moon Massage Therapy**. It has a focus on deep-tissue and pre-natal support as well as relaxation massage. You can call her at 604-487-0066 or email crescentmoonmassage@outlook.com

Stay with me here, but there's another massage operator with almost the same name! But they're notably different. **Crescent Moon Body Wellness** is located at 4313-7 Alberta Avenue (below Assumption school) Owner **Leanna Moorman** graduated from Whistler

School of Massage in 2010 as a certified massage and spa technician, but is not an RMT. Leanna offers a relaxing space to enjoy a wide variety of massage/body treatments. Ease tension and balance the body with deep tissue or fire cupping, dive into deep relaxation for the mind, body and soul with the Crescent raindrop massage. You can reach Leanna at 604-344-4848, visit her site at crescentmoon-bodywellness.square.site or email her at crescentmoon.body@gmail.com.

Finally, **Kostali Wellness** is a new full service registered massage therapy and wellness centre at 4518 Joyce Avenue, in the old dentist's office beside Underwriter's Insurance. Owner **Karissa Agius** says the centre will open later this month or early November. Find them at kostaliwellness.com or email kostaliwellness@gmail.com.

Nailed it

Jacquie Dawson, best known as the Max Cameron Theatre manager, is bringing her penchant for theatrical production to a "digit" near you. As a side gig, she's offering a product new to Canada this August: ColorStreet 100% nail polish strips: no mess, no drying time and a reasonable price point. Jacquie says she enjoys the creative outlet and is already working with a variety of customers from friends and neighbors to dance students, actors and even burlesque performers. With unique and fun designs for your digits, **Jax Jazzy Nails** can be found on Facebook or go to ColorStreet.com/JaxDawson, email twokats@shaw.ca or call 604-414-3477. She'll also be at the Women in Business Artisans and Entrepreneur's Show at the Town Centre Hotel October 23.

Sweet start

A new-to-qathet couple is counting on your sweet tooth to keep them busy. **Savary Island Sweets** is the work of artist **Spencer Sheehan-Kalina** and jazz vocalist **Jermaine Puggeda**, who have together created some amazing confection recipes. You can find them with fresh-roasted coffee and their specialty "fffudge" at the Farmer's Market, and @sweetyz on Instagram, @savaryislandsweetyz on Facebook, at savaryislandsweets.com or call 604-363-6414.

Laser focused

Imagine Laserworks has a new owner/operator. **Christine Oakley** took over from Gerard and Corlia Purdue, who retired due to health challenges. Christine, known for her work at the Rodmay, and a long-time volunteer with Malaspina Arts Society, was sold on the idea of laser acupuncture when her brother and his wife were, after decades of trying, able to quit smoking following just two days of treatment.

"I'd been looking for something to do of practical

value. I'd never been a believer in retirement," says Christine, adding that there's a "list of things as long as your arm" that laser therapy can help with."

Imagine Laseworks is at imaginelaserworks.com and at 4585 Marine Avenue or call 604-578-0938.

Stylin' in Townsite

There's a new pair of scissors and new hands at the hair salon in the Townsite Market. **Betty Mejias** is the new owner at Hair 'n' Dipity. Formerly in Richmond, she was happy to leave the city for a more relaxed pace and place. The studio is small, at just 275 square feet, but Betty says she's here to help people feel beautiful, not compete with other salons. She has owned and operated salons and worked as a stylist for over 13 years. Find Hair 'n' Dipity downstairs at the Townsite Market, or call 604-279-1906.

Fresh new pharmacist

The new pharmacy manager at Powell River **Freshco** is no stranger to qathet. **Mervin Banting** moved here in 2017 to start work at Safeway Pharmacy, from Ucluelet where he lived for 14 years and was pharmacist/owner of an independent pharmacy. Mervin was in Duncan 11 years before that, after graduating from University of Manitoba's Pharmacy program. His predecessor as pharmacy manager at Freshco, Joseph Geneau, is still with Sobey's, but now at the Thrifty Foods in Campbell River. You can reach Mervin and the Freshco Pharmacy team at 604-485-4244.

Bursary Program

Powell River Women In Business recently named a new executive and the winners of a bursary program first initiated in 2017.

With support from First Credit Union alongside WIB's own bursary funding, the organization offered four bursaries for Business Education and Development, but awarded only three, as applications were few. The annual deadline for applications is July 1st. Bursary winners for 2021 were Jennifer Konopelski of The Nutcracker Market for \$500, Alice Ward Cameron of Alice's Fresh Pasta for \$500 and Isabelle Southcott of *qathet Living* for \$300.

The new WIB executive is:

President: Jennifer Konopelski

Vice President: Becky Steiger

Treasurer: Nicki Havener

Secretary: Vanessa Bjerreskov

Membership Director: Elaine Steiger

Director at Large: Yvonne Russell

Director at Large: Christine Konopelski

WIB is still looking for a Social Media Director and an Events Co-ordinator. Find out more at prwomeninbusiness.com. **PL**

Check out Fallen footwear, StormRider jackets, and other great styles at:



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Lined
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Innoculate yourself from the fall's wet weather

Vaccinated or not, if you want to participate in this season's COVID-safe events, you're probably gonna need to go outside when it's raining.

We're full of talk, here on the wet coast. Post on Facebook a single photo of your kids outside in inclement weather, and you're celebrated like you're parent of the year. But most soggy days, you won't find more than a few folks at Willingdon Beach, or on the seawalk.

It's time. Buy those boots. Zip up that coat. Don your Nor'Wester like it's a fascinator and you're off to the Royal Ascot. It's COVID Winter 2.0 and your mental health depends on stepping out.



08 Lifestyle waterproof rain jackets for men, women and kids are made in Canada.

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This is 'Rains' 100% Waterproof, unisex, Rain Jackets from Denmark. The jackets come in two different lengths and multiple colours are offered. 'Rains' is a company that specializes only in Rain gear so they really know what they are doing!

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A local layering must-have when the fall chill sets in, Pollen Sweaters (and toques, ponchos and more) are available at the flagship store in Lund and at Marine Traders. Kids and adults.

- Pollen Sweaters

October in qathet

BIG DATES IN OCTOBER

October 6 to 9

Fire Prevention Week

See Pages 29 & 30 for more

October 9 to 11

Thanksgiving Weekend

Stat on Monday the 11th. See Page 52 for dinner table conversation starters.

October 12

City launches the Automated Garbage Pick-Up

For more, see Page 8.

October 21

Great BC Shake Out

10:21am. Practice your earthquake prep. See ad on Page 31.

October 22

SD47 Pro D Day

Recreation Complex is offering programs.

October 31

Halloween

See Page 50 for a full list of events.

FESTIVALS ARE BACK!

Oct 1,2,3 and 8,9,10

Vancouver International Film Fest at the Patricia Theatre

See Page 15 & 49 for more.

October 19 to 23

Salmon Expo

See Page 54 for more.

October 20 to November 14

Mushroom Festival

See Page 55 for more.

To October 31

Pumpkin People

Third annual yard art contest sponsored by *qathet Living*. See more on Page 57.

Coming up: December 4

Santa Parade and First "Cheer on the Pier" Christmas Market

It'll be a blast. Co-sponsored by the City of Powell River and *qathet Living* magazine. To find out more about becoming a food or artisan vendor, contact Alex at ayoung@powellriver.ca.



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SCIENCE & NATURE

October 7

Draconids Meteor Shower peak

The Draconids is a minor meteor shower producing only about 10 meteors per hour. Best viewing is in the early evening. This year should have a good show. Meteors will mostly radiate from Draco.

October 19 to 23

Salmon Expo

See Page 54 for more.

October 20

Full Moon

AKA the Hunters Moon, Travel Moon and the Blood Moon.

October 20 to November 14

Mushroom Festival

See Page 55 for more.

October 21, 22

Orionids Meteor Shower peak

Best viewing after midnight. The bright moon may block out most of the meteors this year.

October 22

Forensic Methods Workshop

3 pm at the Library. Forensic identification specialist with the RCMP, Constable Paula Perry, will present the methods used to gather evidence in local investigations. For information or to register mmerlino@prpl.ca



WHEN THE MOON HITS YOUR EYE: The darker fall skies make sky-watching more satisfying. October brings two meteor showers. *Photo by qathet astrophotographer*

Doris Guevara de Isert

SPORTS & FITNESS

October 8

Kings regular season begins at The Hap: Powell River Kings versus Nanaimo Clippers

7 pm, Hap Parker arena. Start of the 2021-2022 regular season. See Page 56 for more.

October 9

Powell River Kings versus Nanaimo Clippers

7 pm, Hap Parker arena.

October 10 to 16

Move-a-thon for breast cancer awareness

Find more in ZEST and on Page 32.

November 5 & 6

Powell River Kings versus Chilliwack

7 pm each night at the Hap Parker arena.

October 4

Curling Season starts

See powellrivercurling.com

FILM, MUSIC, BOOKS, ART

To October 16

Cultural Adaptations: Art & The Environment

The Art Centre Public Gallery, Tuesday, Thursday and Saturday noon til 5 pm. See more on Page 37 and at powellriverartscouncil.ca

Before October 29

Banned Book Bingo

October is Canadian Libraries Month. Celebrate by playing Banned Book Bingo. Finish a bingo and enter by October 29 to win a prize. Pick up your bingo sheet in the teen room at the Library.

October 1

VIFF at the Pat

1:30 - Returning Home
7:00 - The Electrical Life of Louis Wain

October 2

BC Writers Series: Jordan Scott & Sydney Smith I Talk Like A River

2 pm via Zoom. Library. Register online at prpl.ca/explore/calendar

VIFF at the Pat

1:30 - Wife of a Spy
7:00 - Sin La Habana

Ford Pier and the Loose Tights

8 pm, Wildwood Public House

October 3

VIFF at the Pat

1:30 - Charlotte
7:00 - Quickening

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

A Good War - Mobilizing Canada for the Climate Emergency

4 pm via Zoom. Climate Emergency Unit director of strategy Seth Klein presents his new book with lessons from the past for how Canada mobilized for a common cause in a time of crisis. For information or to register: mmerlino@prpl.ca

VIFF at the Pat

1:30 - The Last Tourist
7:00 - My Childhood, My Country

October 9

VIFF at the Pat

1:30 - Bootlegger
7:00 - Portraits From a Fire

October 10

VIFF at the Pat

1:30 - Bye Bye Morons
7:00 - The Sanctity of Space

October 16

BC Writers Series: Melanie Siebert Heads Up: Connecting Minds on Mental Health

2 pm via Zoom. Library. Register online at prpl.ca/explore/calendar

October 22

Autumn Cabaret

7:30 pm James Hall, Academy of Music. \$25 reserved seating at round tables. Advanced tickets only. powellriveracademy.org.

Young Author Workshop with Sara Cassidy

3:30-4:30 pm on Zoom. Author of Nevers. Learn how to develop historical settings in your writing. For ages 11 to 19. For more information or to register please email edgar@prpl.ca.

information or to register please email edgar@prpl.ca.

October 22 to 24

Sunshine Coast Art Crawl

From Langdale to Earl's Cove. Make a day-trip out of it. See ad on Page 15.

October 23

BC Writers Series: Sara Cassidy, Nevers

2 pm via Zoom. Library. Register online at prpl.ca/explore/calendar

October 24

Cranberry Hall Coffee House returns

Watch for changes on Cran Hall's Facebook page.

October 30

Clanna Morna Celtic Folk

8:30 pm, Wildwood Public House

BC Writers Series: Wendy Wickwire, At The Bridge: James Tait and the Anthropology of Belonging

2 pm via Zoom. Library. Register online at prpl.ca/explore/calendar



Clanna Morna
October 30
at Wildwood Pub

Pat re-opens with VIFF splash

Townsite's Patricia Theatre, closed since March of 2020, is reopening October 1 with a 12-film satellite Vancouver International Film Festival. Buy your tix online (www.prfilmfestival.ca) or at the door; you'll need a \$2 mem-

bership. Because films are un-rated in BC, it's all age 18+. Vaccine passport and mask required for entry.

This is the first offering with the Powell River Film Society at the helm. Watch for other films coming soon.



Bootlegger



My Childhood,
My Country -
20 Years in Afghanistan



The Electrical Life
of Louis Wain

Coming up at The Pat: *Road Runner, Adams Family 2, Green Knight, Cry Macho, Respect*. Visit patriciatheatre.com for upcoming schedule

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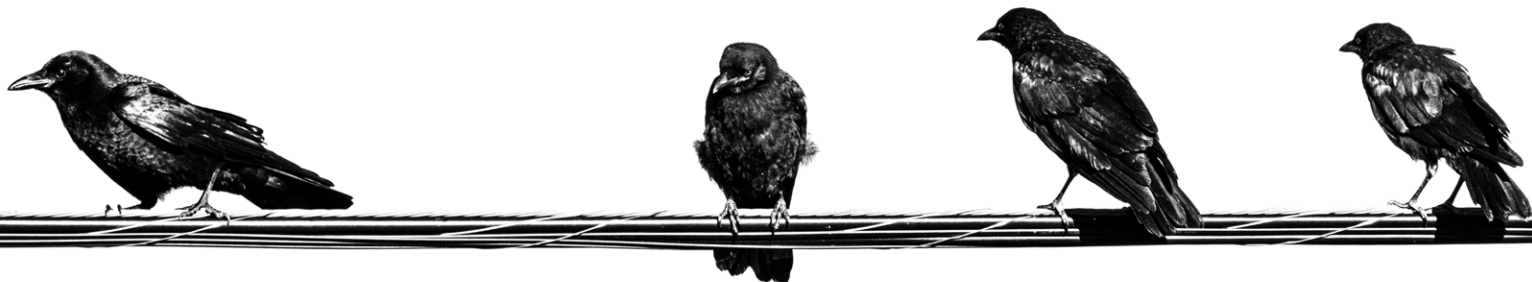
Website: www.prpm.ca



November is *qathet Living's* annual 'Helping Issue'

Do you know of a charity, non-profit or project that is planning to raise funds and awareness over the holidays? Let editor Pieta Woolley know by October 10: pieta@prliving.ca, or call 604-485-0003.





Halloween

October 16

ArtRaven Family: Eco Costumes!

1 to 3 pm at The Art Centre Public Gallery. Drop in and free. Program designed for children under 5 and their caregiver, but everyone and all ages are welcome.

October 23

Halloween 4H Fundraiser Llama-Kissing Photo Booth

10 am Mother Nature. Basket raffles, Best costume contest, 4H Club info. Get photos with llamas, rabbits and guinea pigs.

Pumpkin Carving

1 to 3 pm, Townsite Fruit & Veg at Townsite Market. Join *qathet Living* for a free event, part of the Pumpkin People Festival.

October 23 to 30

Paper Bag Monster Activity Package

Pick up a package at the Library service desk containing supplies and instructions for making your very own monster mask (perfect for Halloween)! Registration required by October 22, email szagwyn@prpl.ca.

October 25 to 31

Halloween Group Art Show

Featuring the art of Maria Farmere, founders Pierre Gauthier and Jason Hygaard, and others to be announced. Opening party on the 30th at Amplitude Arts. We'll

feature a photo studio for fun family Halloween costume portraits on the evening of the 30th and during the day on the 31st. Come find us in the most haunted building in the region: The Rodmay Hotel, in the lower level facing the mill. It will be spooktacular!

October 29 and beyond

Portal to the Past:

Mary Who Wrote Frankenstein

Time travel with historical picture-book tales from PRPL and real local historical content from the Powell River Historical Museum and Archives in this virtual series released on the last Friday of the month! Find it at PRPL YouTube

Oct 30

Pumpkin Carving at the Museum

10-11 am & 1-2 pm, \$5/person

October 30 & 31

Ghost Train

5 to 8 pm, Ride the miniature railway through the (not too) spooky decorated forest at the Paradise Exhibition Grounds. Kiwanis is providing a food service from the Quonset hut, and a bonfire for visitors to enjoy. By cash donation for railway improvement projects.



POST MORTEM: Townsite's newest gallery, Amplitude Arts, is hosting a full week of Halloween-themed fun October 25 to 31, including a group show featuring Pierre Gauthier's ravens (top) and Maria Farmere's Floating Girl (above), plus family fun – and an opening party on the 30th. See listing, left.

To October 31

Pumpkin People

qathet Living's third annual yard art contest! See Page 57 for more.

November 3

Post-Halloween Pumpkin Drop-off for Animal Feed

9 to 5 pm, at the Town Centre Recycling Depot next to RONA. No painted pumpkins, sticks, candles or wax please.

TBA

H3 Henderson Haunted House

James Thomson Haunted Forest

Living Waters Candy Festival

These events may or may not be happening this year. Watch for more info closer to the date.

New Haunted Powell River Facebook page wants to hear your ghost stories

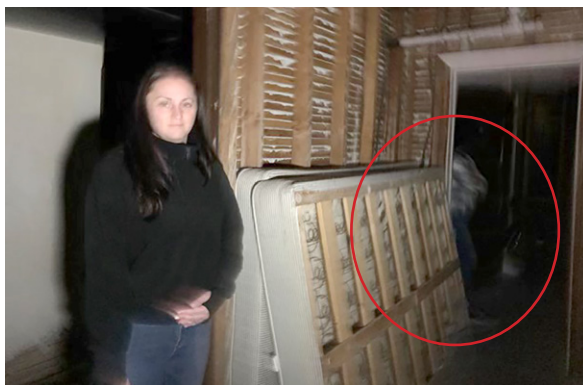
BY DARRYL JACKSON

Both my wife Heidi and I have had experiences throughout our lives that have made us aware of and comfortable with the paranormal. When we bought our house in 2015 we started having experiences there the very first night. Very tame and friendly experiences though. A few sightings, a few voices, the occasional sound of footsteps and open cupboard doors. Simply letting us know they were there.

In 2019 we took over the restaurant space in the Rodmay Hotel and our experiences ramped up. The spirits there have spoken to our staff, touched both staff and contractors, and moved things.

Our customers have had experiences as well. There are a couple kids that inhabit the space, a cook (past restaurateur), Mrs. Rodmay, and a tall man they call Dee. There are several more that inhabit other parts of the building, but these five are known to frequent our space.

Heidi was lucky enough to be introduced to a team of paranormal investigators that happened to be in



RODMAY MAYHEM: A young girl's hair is seen swirling by the doorframe in this capture at the hotel.

the area filming and investigating The Old Courthouse Inn and offered them a tour through our restaurant space and other parts of The Rodmay Hotel. They brought out their equipment and caught some great footage including the photo you see here.

This was taken on the upper floor of the hotel. They

took a quick picture of one of the investigators to test the light conditions for photography, and in doing so they inadvertently caught a glimpse of a girl's hair flowing behind her as she's running around the corner.

Heidi still talks to them and there are tentative plans for them to come back and do a larger proper investigation of the hotel for their show. We have even bought some of the same equipment ourselves for our own interests.

We've talked to so many people who have had similar experiences that we thought it would be great to have a Facebook page for people to share their stories and read about others. Being one of the oldest communities on the coast, there aren't many who don't have a paranormal story of their own here. It's always seemed to me that those stories are far more common here than in other communities.

Feel free to look up the group on Facebook and share your stories, or simply enjoy the stories others have written. We are looking forward to hearing from you. **RL**

HEALTH FOR BODY AND MIND

October 1

VCHA COVID vaccine clinic

10 am to 2 pm, Town Centre Mall

Starts October 4

Mindfulness Exploration (Grades 6-8)

The purpose of this group is to introduce the practice of mindfulness and to encourage the creative exploration of these concepts individually and collectively. VK Wellness. vkwellness.ca/workshops-events/

Starts October 6

Resync your sleep

This six-week program will give you the tools you need to improve the quality of your sleep and daytime energy levels by re-synchronizing your internal clock with the rhythms of nature. VK Wellness. vkwellness.ca/workshops-events/

October 6

VCHA COVID vaccine clinic

8:30 am to 4:30 pm, Rec Complex

October 9

Raising Resilient Children

If you are a parent or you work with children, this workshop will give you the science and practical tools for interacting with children in a way that creates resilience. VK Wellness. vkwellness.ca/workshops-events/

October 10 to 16

Move-a-thon for breast cancer awareness

Find more in ZEST and on Page 32.

October 16

VCHA COVID vaccine clinic

9:15 am to 3:45 pm, Rec Complex

Starts October 18 or 20

Calm & Cool (Grades 2-5)

This 4-week series teaches kids how to deal with worry and anxiety through games and science experiments. VK Wellness. vkwellness.ca/workshops-events/

October 18

Stress & Digestion

Simply put...when you are not happy or you are stressed out, so is your gut. Stress can affect your blood sugar levels, lack of nutrient absorption and have the same effects the stomach flu has on your body! VK Wellness. vkwellness.ca/workshops-events/

Breast Cancer Connection Group

5:30 pm. First meeting. Details TBA. See ZEST for more.

October 21

Taking Care of Our Women

Tla'amin breast cancer event at the Salish Centre. See more in ZEST and on Page 32.

October 24

BC Vaccine passports require a second dose

See prcomplexclinic.com for more

November 4

Resiliency Initiative

Resiliency is a human super power that leads to thriving, success, and enjoyment in life. Resilience is the human capacity for recovery and growth in the midst of stress and difficulty. VK Wellness. vkwellness.ca/workshops-events/

November 5

VCHA COVID vaccine clinic

9:15 am to 3:45 pm, Rec Complex

SHOPPING EVENTS

Sundays through October

Farmers Market

12:30 to 2:30 pm at the Paradise Valley Exhibition Grounds

Saturdays through October

Uptown Winter Market

10 til noon, CRC on Joyce.
See ad on Page 34.

October 2

Lang Bay Fall Plant and Garden Sale

Noon to 3 pm, Lang Bay Hall.
Lots of plants, our Butterfly ranger display, Plus the Taco Truck

October 5

5 year anniversary party for The Nutcracker Market

10 to 4 pm, 4741 Marine. Prizes, discounts cake and more. See ad on Page 35.

October 16

Kiwanis Fabrics and Craft items sale

10 to 1, 4943 Kiwanis. 6 people per half hour. COVID safety measures in place.

October 23

Women in Business Artisan and Entrepreneurial Show

10-4 at the Town Centre Hotel.

November 1

Kiwanis Xmas, Books, and more sale

10 to 1, 4943 Kiwanis.
COVID safety measures in place.

Raincoast Christmas Craft Fair

has been rescheduled for November 19-20th in 2022 at Dwight Hall

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Thanksgiving Day Conversation Starters

Sometimes kicking-off meaningful conversations takes a little grease – especially during these socially-distant days. That’s why cards like these are trending.


Chop out and pop these on your holiday table or in a cup to pass around. You can ask each person to answer every question, or just the one they pull out.


	What’s something that cheers you up when you’re down?	Q	Q	What made you feel grateful this year?	
	What’s the wisest thing you’ve heard lately, and from whom?	Q	Q	What is your best memory from this summer?	
	What was the best gift you gave this year?	Q	Q	What do you most appreciate about this meal together?	
	Who made you laugh lately?	Q	Q	Do you have a mentor? Do they know?	
	What do you struggle with most, in saying “thank yous”?	Q	Q	Who should be more grateful to you?	
	What is COVID’s silver lining for you? What will you keep from this time?	Q	Q	Who showed you grace or forgiveness this year? What happened?	

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Salmon Expo
 October 19-23 at Lang Creek - Alex Dobler Salmon Centre
 9-noon each day. Classes 19th-21st, Open House 22nd & 23rd. Free. Hands-on education. Learn to ID salmon, see egg takes and dissections and much more.
 This space available to non-profit organizations, courtesy City Transfer
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Pumpkin Patches



If you're planning to decorate your entryway for Thanksgiving, build a Pumpkin Person for the gL contest, or carve a Jack-o-Lantern for Hallowe'en, you'll want to visit a pumpkin patch this October.

Most offer much more than just pumpkins...

Turkey from Family Farm B&B.
Photo by Abby Francis

October 2&3

Windfall Farm Pumpkin Patch

Noon to 4 pm. 5760 Taku Street, Wildwood. Pumpkin picking, pictures & games with a few scary Pumpkin Peeps creeping around. Find them on Facebook.

October 9 & 10

Family Farm B&B Pumpkin Patch

9 to 5 pm both days. 2590 Oxford Road, south of town, Activities will include petting animals, apple cider press demonstration, pumpkin picking, and access to the playground. Tours will be by pre-purchased tickets only, as we will be following a COVID-19 protocol, including contact tracing and masking if required. familyfarmbnb.com and on Facebook

October 14 to 16

Blueberry Commons Pumpkin Patch

Noon to 6 pm Thursday and Friday, 10 to 6 Saturday. 6619 King. Pumpkins will be by donation and a portion of funds will go to the James Thompson School PAC. We have some "whoppers" this year and plenty of interesting shapes and sizes for everyone's ghoulish tastes! blueberrycommonsfarmcooperative.com and on Facebook.

The Witch's Kitchen

Is coming back to the Powell River Town Centre **OCTOBER 6th!**



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Salmon are spawning & everyone's invited

SALMON EXPO

When: October 19 to 23, 9 til noon each day. The 19 to 21 will have school classes present, though everyone is welcome. The 22 (a SD47 professional development day) and 23 are open to everyone, too.

What: The Powell River Salmon Society is offering hands-on education about salmon and salmon enhancement for all ages.

Where: At the Alex Dobler Salmon Centre at Lang Creek, 10556 Sunshine Coast Highway

“We want to make more ‘salmon champions.’”

That’s the reason the Powell River Salmon Society is expanding its annual Salmon Expo this year, to a five-day, all ages event, according to Tyler Bartfai, the society’s hatchery technician.

Drop in to learn more about salmon and salmon enhancement, visit outdoor booths to learn about habitat, vegetation, riparian areas, see dissections, look through a microscope and more hands-on exhibits. Visitors will learn how they can help protect salmon.

Tyler notes that several of the centre’s sponsors will be on scene. The Expo will also showcase how industry can help mitigate problems.

The Alex Dobler Centre is situated in an ideal spot to watch salmon swim up the creek, and to learn about native plants.

JUNIOR SALMON CHAMPIONS: Scenes from previous Salmon Expos at the Alex Dobler Centre. Bottom right: Brooks international students Sakurako Yamamoto and Liz Chang at the centre this fall.



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





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Mmmmm

BY JAYDE BAZINET

qathet Mycology Network is entering our third year of organizing local events and activities surrounding the Fall mushroom season. Our mission is to promote local appreciation and awareness of mushrooms and fungi as well as to develop a network that facilitates access to mycology knowledge, skills, and resources. All are welcome to join us.

Last year our mushroom events were online with videos released on our YouTube channel, an online mushroom photo contest, and a socially-distanced scavenger hunt.

MUSHROOM FESTIVAL

When: October 20 to November 14

What: Multiple in-person and online events for all ages.

Details: See this story for a detailed run-down of events, which include eating food, cooking videos, a night walk and a photo contest.

This year we are planning in-person, outdoor, and online events. The first of these will be a mushroom themed lunch at the Birch Tree Bistro, hosted by the VIU Culinary Arts Students on October 20 to 22.

From October 22nd to 24th we intend to release videos onto our YouTube channel, including the return of Chef False Morel who will be pickling chicken of the woods and making mushroom paté.

On Saturday, October 23, we will be going on a nighttime walk to search for glowing fungi. For exact time and location for all mushroom walks planned by qMN in October, please email qathetmycologynetwork@gmail.com.

There will be two more events in November. The Powell River Public Library will be hosting an author talk with Andy MacKinnon and Kem Luther. They will be presenting their new Royal BC Museum handbook *Mushrooms and British Columbia*, on Thursday November 4 at 5 pm on Zoom.

November 14 is when our mushroom photo contest will come to a close. The mushroom photo contest has child and adult categories, with oyster mushroom grow kits and mushroom themed t-shirts as prizes.

Submissions are now open, please see our website for details. Follow us on Facebook, Instagram, and our website (tinyurl.com/qathetmycology) for all future updates about local mushroom events.

Happy mushroom hunting!



HUNTING MUSHROOMS: Top, Sabine Chapple won the prize for top photo in the “child” category of last year’s mushroom photo contest. Right, Ulrike Koleszar won the “adult” category with the photo at right. Below, Parry Higgins and Courtney Dutchak were both strong contenders. To enter this year’s photo contest, which ends Nov. 14, see left.




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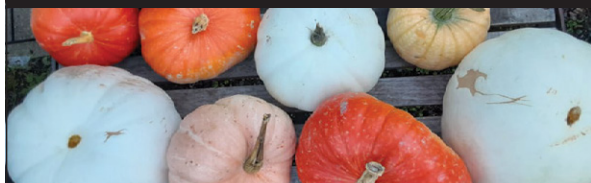


Fall for fall!

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The Kings: Back at The Hap

On October 8, the Powell River Kings will play the Nanaimo Clippers at The Hap—their first home game of the season. This year's roster includes

two players who came up through the local minor hockey program: Nic Porchetta and Caleb Parkhouse. See more at powellriverkings.com



When did you start playing hockey? When did you start playing at a competitive level?

Nic Porchetta • I learned to skate when I was two and then I started playing hockey at five years old, when I first moved to Powell River. I started playing competitive hockey and taking it more seriously in Bantam, which would have been Grade 9. I moved away from home to play for the Delta Hockey Academy in the CSSHL Bantam Prep league. I played for the Delta Wild for three years until I got signed in 2019 with the Powell River Kings.

What's your best memory of playing hockey so far?

Nic Porchetta • My best memory so far is scoring my very first BCHL goal in a Powell River Kings uniform as an affiliate player on the same rink where I first learned how to skate in the Frank Crane Arena in Nanaimo.

What would you tell your out of town teammates the best thing about Powell River is?

Nic Porchetta • I would say the best thing about Powell River is how close everything is and how little of traffic there is. Also the views are unmatched wherever you go, there's no place like it.

What are you looking forward to most this season?

Nic Porchetta • I'm looking forward to finally playing in front of all of our loyal fans inside the Hap after a long year and a half.

What do you have to say to all the Kings Fans in Powell River?

Nic Porchetta • All I have to say to the Kings fans in Powell River is that you must be ready because we have a good squad and we are on the hunt to bring home Fred Page. Get up and get loud Kings fans, we're comin' in hot!

When did you start playing hockey? Does anyone in your family play, and who?

Caleb Parkhouse • I started playing hockey at about five years of age. I don't have any relatives who played the sport, but my great, great uncle was famously best friends with Malcom Greene Chace's (who was the founder and creator of hockey itself) butcher's cousin. So since I found that out I was obviously pretty stoked and naturally felt a special connection to the game.

What's your best memory of playing when you were a kid?

Caleb Parkhouse • Back when I was about 9 or 10 while having a pre-game skate on Lake Louise, Paul Bissonnette came out and skated with us which was pretty incredible considering his career.

When did you know you were going to succeed at an elite level? How did you know?

Caleb Parkhouse • I guessed the right amount of blackberries in a jar three years in a row at the Blackberry Festival so since then I kinda knew I was built diffy.

What did you do during the COVID year last season? What did you miss most about playing hockey?

Caleb Parkhouse • Despite COVID's dreadful demeanor I did managed to make some positives out of a not so rad situation. That positive being lawn bowling. I really grew a passion for the sport. So much so that my friends Cameron, Gabe and I still play competitively in my backyard. The competitive nature of the game fueled the competing edge that I missed from not being able to play hockey.

What do you think the Kings strengths are this season? What should fans be watching for?

Caleb Parkhouse • Amongst others, our stand out strength has to be our fearless leader standing on the back of the bench. Brock Sawyer. His calming yet electric presence is bound to get the boys and the entire Hap arena on their feet.

ARTISAN and Entrepreneur SHOW

October 23, 2021
10 am - 4 pm
Town Centre Hotel

Get a headstart on holiday shopping with unique offerings showcased by exhibitors at this year's Artisan & Entrepreneur show!

For table information, visit www.prwomeninbusiness.com



Third Annual Powell River Pumpkin People Contest

Spooky festival made for building community and social distancing

The third annual Powtown Pumpkin People Festival is back and this year we're hoping everyone in the entire qathet Regional District will participate in our annual outdoor contest which is the perfect social distancing event for uniting the whole community from at least six feet apart.

qathet Living publisher Isabelle Southcott came up with the idea of creating a pumpkin people contest after visiting the one in Kentville, Nova Scotia. "I was so excited when I saw all these great pumpkin people surrounded by tourists enjoying this totally fun, family event that I thought, we should have one in qathet!"

Kentville Mayor Sandra Snow says the Kentville Pumpkin People Festival is one of her town's favourite events.

"It is a great draw for folks from around the province as a day trip and as a tourism destination. This year our

downtown restaurants and pubs will feature a Taste of Pumpkin in their offerings. As always we look forward to our uptick in population as the Pumpkin People make their annual trek to Kentville."

The Powtown Pumpkin People contest is a baby in terms of years and entries when compared to Kentville's which has been taking place for more than 20 years and has some 300 entries – but this only means ours has room to grow.

Pumpkin people are easy to build. All you need is a little imagination, some old clothes, a pumpkin head, a body frame, and a sprinkle of community spirit. Pumpkin People can be scary, ridiculous, serious or famous.

Last year, this region saw Donald Trump, a logger, a tourist, a fisherman, a movie star and a bloody butcher among those created.



BICOASTAL PUMPKIN BUZZ: Pumpkin people originated in Nova Scotia, just like *qathet Living* publisher Isabelle Southcott (above centre) with Cheryl Baxter of Coldbrook, NS visiting the Kentville Pumpkin People Festival in 2019. The display at right is from the Joyce Avenue winning display by the Desilets family.





How to participate in the Pumpkin People yard art festival

Once you've built your Pumpkin Person, put it on your front lawn for all the world to see during the final few days of October. Don't put it out too early or its head will rot and you could attract bears; some people prefer to use plastic heads for this reason.

If you would like your Pumpkin Person judged, email your name, address and a photo of your pumpkin person (if you can, if you can't let us know) before 4pm October 30 to contest@prliving.ca and you could win a prize!

Pumpkin carving contest

Join us at Townsite Fruit n Veg in the Townsite Market for a pumpkin carving contest on Saturday, October 23 from 1 to 3pm.

Pumpkin Art will be on display at the Townsite Market



JACK BE NIMBLE: Pumpkin People scenes from around qathet during the first two years of the festival.



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.)

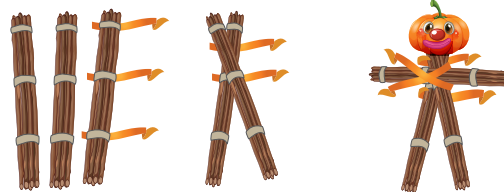
Then let us know where your pumpkin people are so our judges can visit, and you might win great prizes!

Email contest@prliving.ca before 4 pm on Oct. 30

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!

\$250
top prize
for residential
displays



Prizes and sponsorship by:





KENTVILLE NOSTALGIA: Sharlene Reid toured Nova Scotia pumpkin people with her cousin (left) and built a Kentville scene outside extended care here in qathet. Photos by Sharlene Reid

Bluenosers bring pumpkin people to Lotusland

BY SHARLENE REID

I remember the first time I saw the Pumpkin People. It was a cool, crisp Friday in October, the maple leaves were changing colour and vibrant reds, deep yellows and shades of orange dotted the landscape. I was savouring everything.

My cousin Mary Louise was driving as we entered Nova Scotia's Annapolis Valley. We chatted as we drove and I saw signs as we passed towns I'd heard of or visited before. Windsor, "Birthplace of Hockey," Berwick and its giant apple, Grand Pre with its rich Acadian heritage that I also share.

My cousin Chelsea sat in the back and often joined in our conversation. We were on our way to Margaretsville to visit family and celebrate a wedding. I was looking forward to the event, for this was not just any wedding—but a family event and I was in Nova Scotia—my mother's ancestral home and I was cherishing connecting with my family.

Before long, Mary Louise turned off the highway. She wanted to make a stop in Kentville for their annual Pumpkin People Festival.

With a population of a little more than 6,000, Kentville has found new and creative ways to invite tourists to come and explore their region. Their annual Pumpkin People and Harvest Festival is much older than qathet/Powell River's Powtown Pumpkin People Festival as it has been running for more than 20 years and it draws people from all over the world.

Each year they select a theme, this year's is "Dino Discovery," and I love the caption which says "we have it on gourd authority that the Stegosaurus, Brontosaurus and T-Rex will all be stopping by."

Local residents get creative and some of the displays

are simply jaw-dropping. There's a map to showcase them, but you can just drive around the town and find them. I loved seeing these creative characters and they certainly created a memory that will never leave.

Mary Louise, Chelsea and I walked around and looked at the displays.

I took photographs and chatted with people from all over Atlantic Canada and even the New England States. I learned that there are bus tours that come specifically to see the Pumpkin People!

A local couple, Ron and Sandra Leighton, have written a children's book called "Pumpkin People" and one of the characters "Spike" comes alive at various events during the year.

Last October, I recalled the Kentville Pumpkin People Festival and decided to create my own for my Mom, a resident of Evergreen Extended Care, to enjoy. Together with friends Nadene and Cedar Butler, we cleared the front garden space at the Evergreen and I built a pumpkin person.

The result was even better than I'd hoped.

On a whim, I included a sign that said KENTVILLE to remind Mom of her home and cheer her up as she looked out the window. I later learned staff and other residents also enjoyed seeing and chatting about the newly named "Miss" Kentville.

The "Miss" portion referred to the fact that I "missed" Kentville and not that she was a lady witch! As I continued my window visits (that was all we were allowed due to COVID), I enjoyed sharing my space with "Miss" Kentville.

I also entered "Miss" Kentville in the Powtown Pumpkin Contest last year and she won first place in the Business category.

Thanks Mum, not bad for humble beginnings. **RL**

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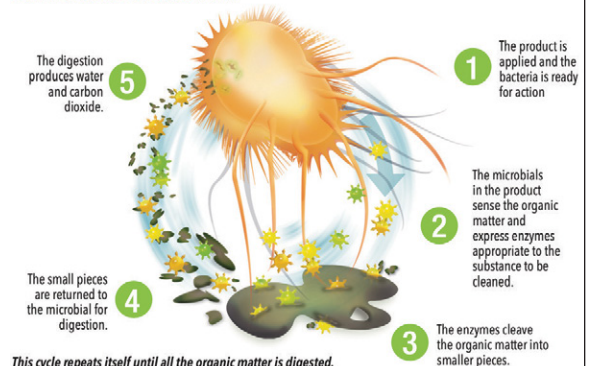
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TAKE A BREAK

This fall, choose to intentionally complete your things



Looking to the natural world around us, it is clear the life force within many trees and plants has begun to pull inward.

The last fruits are falling and leaves are dying off in a beautiful display. Unpicked berries are shrivelling before dropping their seed, hibernating creatures are readying for their big sleep, we can all feel summer has ended and soon enough so too will this year. For those of us looking to live in alignment with the ebb and flow of the seasonal year, or for folks who simply crave the reset of a personal rest and fallow time, we can cultivate our own completions, die offs, and purges.



RETURN TO REVERENCE

JULIETTE JARVIS

low-grade background pressure of projects waiting for us. Like a seed dropped in a shrivelled berry, these belongings can create a spark of life elsewhere while leaving us feeling lighter and freer.

Call for Death (responsibly): What personal internal struggles might we invoke death to come to? In a process

A Thought For The Day

"It is not for him to pride himself who loveth his own country, but rather for him who loveth the whole world."



~ Bahá'í Teachings

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of winnowing, or sifting and sorting the good from what is rotten, we can bring Autumnal harvesting techniques to our inner landscape.

When inviting certain challenges to die off, we should be clear about what also needs to remain, much like separating the seed from the chaff. Perhaps we call for explosive anger to die within us, while passion for justice remains.

Honouring What Wasn't: Acknowledging and grieving those plans, dreams, or activities that didn't come to fruition and the often unrecognized sadness or feelings of incompleteness that they can leave us through a simple ceremony or by sharing with a friend. We can bring honour to, and a sense of closure with, our disappointments.

Purge: Before we spend Winter indoors, going through our home space to remove items we no longer need or feel we really won't get to, releases us from the trappings of "too much stuff" while also the

of winnowing, or sifting and sorting the good from what is rotten, we can bring Autumnal harvesting techniques to our inner landscape.

When inviting certain challenges to die off, we should be clear about what also needs to remain, much like separating the seed from the chaff. Perhaps we call for explosive anger to die within us, while passion for justice remains.

We can kill off jealous concerns but keep feelings of connection to self and others. Slay critical self regard with compassion rather than more pressure. End toxic relationships while cultivating nurturing ones. Leave behind long held deleterious patterns or activities yet keep the dedication it took to stick with them for so long.

Some of these take tangible changemaking while others may be a declaration to ourselves or a symbolic act.

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

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Can you find these words from this issue?

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| ACCOMMODATIONS | ENGAGED | PIGS |
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Robin Morrison

20 months on, please still be kind, be calm, be safe

It can be felt far and wide: the anger and resentment caused by the divide in those who support public health orders that restrict social interactions and business operations and those who do not.

Take Winkler, Manitoba for instance. A city with a vaccination rate of 40.8 per cent in mid-September where hundreds were protesting against pandemic restrictions including a man who tried to drive a woman off the road after she took photos of people not wearing masks in a store.

qathet hasn't faced this kind of dissension but we're still feeling the friction. We've had "Freedom Rallies" for people questioning vaccinations and vaccine cards, demonstrations and more. Some people found it necessary to take a break from social media after being attacked for their views. The vaccination issue has caused a deep divide in families, including mine, as one of our members didn't get vaccinated until recently.

I have my own reasons for getting vaccinated and as soon as I could I did. In April I was vaccinated with Astra Zeneca. My parents are in their 90s and I don't want them or anyone else to get sick or die because of me. Not only do I want to keep my family safe, I also want to keep my community safe. As my 92-year-old father (a retired physician) has pointed out, he's a goner if he catches it. My dad knows that he's past his best before date, but he says there are gentler ways to die than from COVID-19.

This is a public health crisis and yes, our freedoms have been curtailed. I don't particularly like wearing a mask and having my glasses fog up all the time, but it's not going to kill me or anyone else to do so. On the other hand, COVID has and can.

These are my views. The challenge is that they are not everyone's views. How do we learn to have profoundly different ideas, without attacking each other and undermining our community.

We need something to break this spell we're under.

The signs of malaise, this general feeling of discomfort, illness, or uneasiness, is causing people to be unkind to their neighbours and friends, it's causing them to say hurtful things and causing irreparable harm as people disagree over vaccines, vaccine passports, political decisions and freedoms.

It's like a heavy fog is hanging over us and this spell

we're under is making us behave as we wouldn't normally. What do we need to do to find the reset button? How do we shift society so kindness, love and tolerance become our priorities?

Bonnie Henry was right. When our Chief Medical Health officer told us to be kind, be calm and be safe at the beginning of the COVID-19 pandemic, her words seemed almost condescending. Why did this Kindergarten-teacher-like health official feel she needed to remind us to be kind? Her job is to look after health regulations, not talk down to us about social niceties, I remember thinking back in March of 2020. It would all be over soon, and we'd go back to doing what we'd been doing.

But I, like so many others, was wrong. We needed to hear those words then and we need to hear those words now. More importantly, we need to live by those words.

Look at how the world has divided into "them against us" because of COVID. People are judging each other in ways they'd never have done pre-COVID.

But we can fight this. We can fight the ugliness of humanity with kindness, love and tolerance.

People are acting out of fear. Fear of what's happening and fear of the

unknown. We're scared of COVID, scared of what it has done, what it is doing and what we don't know about it. We're scared at how our lives have changed because of it and we're looking for someone to blame. Someone to be angry at.

But blame won't change anyone's mind. In fact, it can entrench each side more deeply. There's no point wasting our time and energy on blame. I remember my mother reminding me to keep my mouth closed at times when I was a child. "If you can't say something nice, don't say anything at all," she'd say. She was right. "And don't write it on Facebook either," I'd like to add. qathet's favourite social media platform has become a cesspool of vitriol, condescension, superiority, disinformation and rage. How many of those posts and so-called discussions would not exist if the authors took a moment to repeat Bonnie Henry's mantra before they typed.

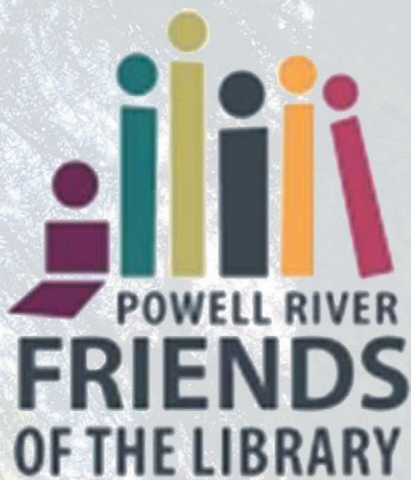
Mom was right. Silence can be golden. We are humans, and we make mistakes. We forget to be kind. Maybe our chief medical health officer knew we would when we entered this pandemic 20 months ago. Her words, which then seemed trite, now seem prescient. Maybe that's why she offered up these words of advice so often that it became a little prayer.

Be kind, be calm, be safe. And please be patient, we are only human. **PL**



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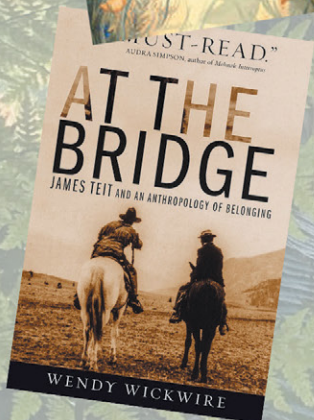
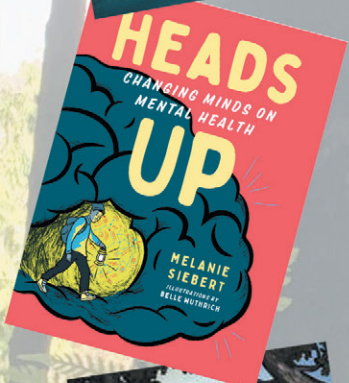
SARA CASSIDY



SATURDAY, OCTOBER 30 AT 2PM

Every once in a while, an important historical figure makes an appearance, makes a difference, and then disappears from the public record. James Teit (1864-1922) was such a figure.

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