

qathet

NOVEMBER 2021

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THE SIXTH ANNUAL 'HELPING ISSUE'

# Volatility - the ride is worth it

By Colin White,  
Portfolio Manager,  
WLWP Wealth Planners/  
iA Private Wealth

As I sit down to write this, we have seen the first volatility in stock markets in a while. So don't bother to look at the date on the cover; the following comments are universal and address issues that are always present in investing.

What we are going to discuss is broad market-based investing. If you're investing in a narrow undiversified strategy, none of the following comments will apply to you. If you've invested in a beer that does not go flat and your investment is losing money, you may indeed lose all of your money. (Unless you truly have found a no-flat beer; if you have - call us we need to talk.)

The first thing to recognize is that people only notice volatility when the markets drop. By definition, a market drop is not volatility unless it declines at radically different rates over the measured period. Instead, what often

happens is that people see any decline and classify it as market volatility. For context: if markets go up at varying rates over time, it would not be broadcast as volatility. I'm not entirely sure where this mischaracterization comes from, whether the media labels these occurrences, or it's a result of how investors frame these events.

The second observation is that investors tend to express losses in terms of dollars or decreases in market value. Increases, however, are expressed as a percentage...and often go unnoticed and are undoubtedly under-appreciated. Is a loss of \$10,000 a significant loss? It depends. If you have \$20,000 invested, it's a considerable loss. If you have \$1,000,000 invested, perhaps not such a big deal.

Investors also tend to measure losses from the peak. So if someone invests \$100,000 and it goes up to \$150,000 but then drops to \$140,000, the call advisors often get is that they've lost the client \$10,000. For the record, that's not fair to your hard-working investment advisor.

What's the lesson? Understand that markets drop from time to time.

Nine of the last 10 years, the markets have dropped at least 10% during the year, and nine of the last 10 years, the calendar year return was positive. A 10% decline on a \$100,000 account amounts

to \$10,000. If you view the decline as a permanent loss, you'll see it as the amazing vacation you won't be able to take, or a kitchen reno that will never happen. The decline, however, is transient; the ball keeps bouncing, the game isn't over.

We've often said to keep your long-term money invested long-term. To make that work, you need to understand what it means. It can mean that, from time to time, you will see your investments drop a significant amount. If you find yourself counting your losses from the highest level your account has ever achieved and quantifying the decline in dollar terms, you're likely framing this issue all wrong and should stop. Maybe see a movie, take a walk, call a friend and talk about fishing.

Another pitfall to avoid is one we see often, and that is when investors begin to extrapolate, "If my account keeps dropping, I'll have to work another two years!"

It's not helpful to take a few data points over a short period of time and assume those can predict what happens next. Given that markets regularly go up and down, more often up than down, a period of decline is more likely to see a reversal (gain) the longer the period of decline continues.

The above great advice can be summarized as, "We should view our finances with a bit of detachment and a lot of logic." But the truth is that humans are emotional animals and will react to threats, both real and perceived, emotionally. So the biggest challenge for investors - the key to their long-term investment

success - is to invest without emotion.

That isn't easy to do without an excellent guide.

As always, call us if you have questions, 604-485-6160.

*This information has been prepared by White LeBlanc Wealth Planners who is a Portfolio Manager for iA Private Wealth. Opinions expressed in this article are those of the Portfolio Manager only and do not necessarily reflect those of iA Private Wealth Inc.*

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**ON THE COVER:**

At the mouth of the river, Catalyst’s Jason Lennox, Phil Lum and Angelo Porchetta at the mill’s re-naming ceremony, with Tla’amin’s Dillon Johnson, Hegus John Hackett, and Elder Doreen Point, with Powell River Mayor David Formosa. See Page 28.



# Value all your folks

**R**elationships are where it’s at. If the isolation of last winter’s COVID restrictions taught me anything, it’s to recognize how important my people are - and tell them about it. Not just because I love them, but because I depend on them.

In this month’s “helping issue,” our sixth annual highlight of holiday charities and local social issues, relationships are the glue that holds this whole magazine together. And clearly, what holds qathet together, too.



## EDITOR’S MESSAGE

**PIETA WOOLLEY**

Abby Francis’ cover story is about the new relationship between the Catalyst paper mill and Tla’amin Nation, and Western Forest Products and Tla’amin Nation. The cover shows TiskWat - the original village site at the salmon-rich mouth of the river. The Nation was removed from it to make way for industry. Now, audaciously, the relationship is being repaired, set

right (Page 28).

Many more adults divorced or split up during the first year of COVID than normal, publisher Isabelle Southcott reports (Page 6). How do we hold on to each other, in spite of often very heavy pressures?

For Ariel Turcotte and Joan Fischer, finding other bereaved parents to hold on to has been life-saving (Page 14). And one retired paramedic wonders if a lack of social cohesion is behind some of the region’s overdose crisis (Page 16.)

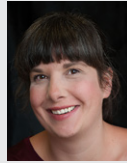
Gift-giving may seem superficial next to these large social issues, but gifts are a very real glue for relationships, and for many people, a top “love language.” Get ready for the holidays with a feel-good gift browse starting on Page 56.



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# qL

# “

Taking the life is not easy. Each time I succeed on a hunt, I give the utmost respect and honour to the animal in gratitude for providing my family with good food to eat.

- Jordan Mitchell, **Page 33.**

# ”

## NOVEMBER'S CONTRIBUTORS



**WENDY DEVLIN** operates Glade Farm in Wildwood. **See Wendy's story, Poppies poetically summarize wars' impacts, on Page 52.**



**MICHELLE PENNELL** can be found most days photographing anything with fur or fins. She does volunteer photography for Wild Ocean Whale Society and Powell River Orphaned Wildlife Society. **See Michelle's photos of gull chicks on Page 13.**



**MERRILEE PRIOR** is "The Bird Lady," founder of PR Orphaned Wildlife Society and cares for hundreds of birds and small animals in her home each year. **See Merrilee's story, Clumsy gull chick rescued, on Page 13.**



**HELEN WHITAKER** is a licensed optician, diver and artist, living in Powell River BC with her husband and two senior rescue dogs. **See Helen's story, Scholarships in Kenya, on Page 26.**



**JENNY ALLEN TAVES** is an illustrator, designer, and maker whose goal is to live with a sense of gratitude and celebration. See what she's up to at [www.jennyallentaves.com](http://www.jennyallentaves.com). **See Jennys' story on Page 7.**

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# Sticking together

Break-ups and divorces are way up since the beginning of COVID.

Sometimes relationships need to end; that's a fact.

But here in qathet, running two households instead of one can be poverty-making. The mental health consequences of family break-down is real.

On Pages 6 to 10, *qathet Living* publisher **Isabelle Southcott** takes a closer look on why we're having so much trouble living with each other - and what to do about it.

**T**heresa and Gregg, John and Brenda, Bryan and Adrian, Bethany and Carlos, Susan and Brent, Rachel and Craig, Amanda and Allison.

At one time these couples were in love. So much so that they proclaimed their love to each other in front of friends, family, and community as they exchanged their wedding vows. They dreamed of a long life together. Some even bought a home together, had kids and planned to grow old together.

But now, these dreams are gone as they and others just like them find themselves in the throes of a phenomenon known as *the COVID divorce*.

"There's definitely been an upward trend in divorces starting in late 2020 and moving into 2021," says Stacey Fletcher, a lawyer serving qathet with Villani & Company.

"There's been an increasing number of family files being opened each month starting in June 2020 with some record amounts in mid-2021," said Stacey.

But are these divorces because of COVID? Do they have something to do with people suddenly finding themselves working at home with their spouse while homeschooling their kids?

"Who's to say why?" Stacey shrugs. "I think it's fair to say that for a lot of families, there's a financial crunch, such as layoffs due to COVID, and financial pressure often causes a strain on relationships."

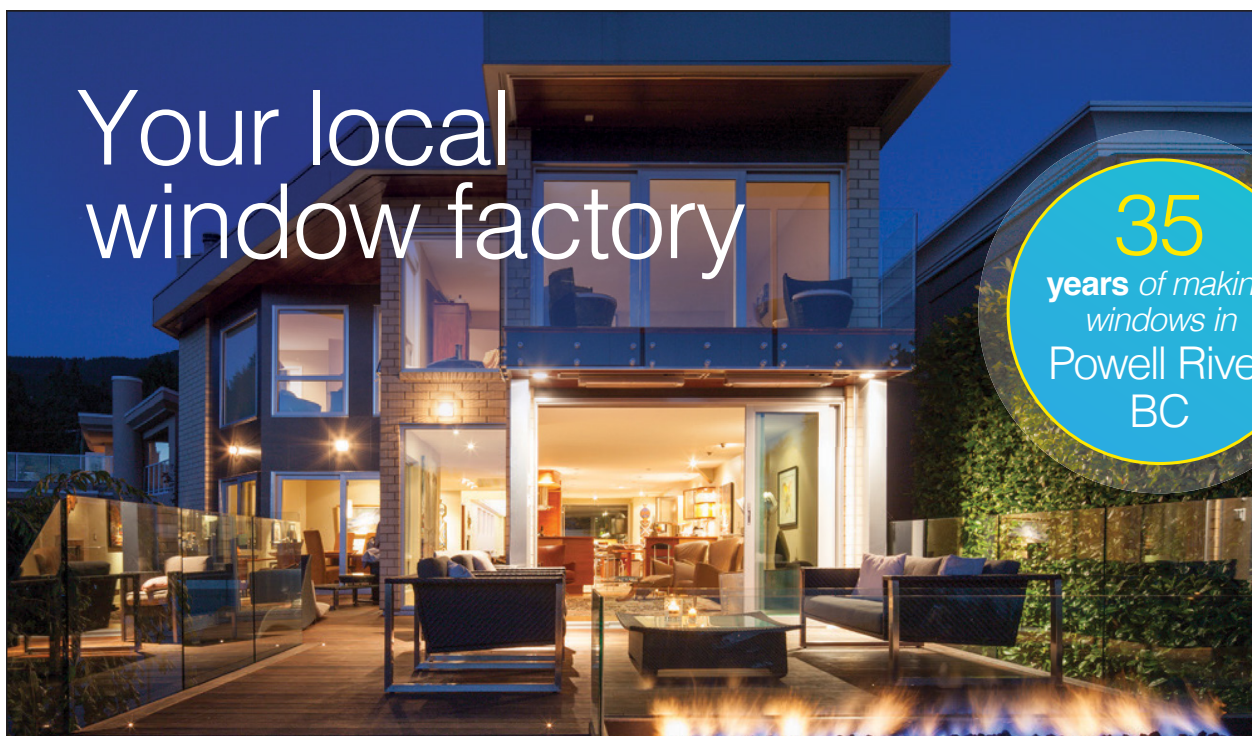


**FAMILY OF THE FUTURE:** They chose to live closer together, for a break on expenses and extra hands-on support - not to mention liking each other. Lydia Taves, Phia Taves, Jeremy Taves, Gavin Taves, and Jenny Allen Taves, and Chris Allen.

Whatever the reason, the fallout from the uptick in the divorce rate in qathet since the onset of COVID isn't pretty (see the next pages). As always if there is even a hint of reconciliation, Stacey recommends counselling.

According to a recent study by Finder Canada, there's a rising trend of couples calling it quits during COVID.

A study released in March of this year said 15 per cent of Canadians have experienced a relationship break-up since the pandemic began, with a quarter of Canadians between the ages of 18 to 24 having ex-



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## For one family, the secret is both big-group togetherness, and space

**F**or 12 years now our family of five has been sharing a house with my dad, with no regrets! We bought a three story home, and turned the bottom floor into a separate suite.

The key to the success of the arrangement was removing the stairs between floors, so that the only access was from exterior doors. This way a level of separation and privacy was easy to maintain. I think cohabitation is easiest when everyone has access to personal space.

Some of the benefits of this setup have been: shared expenses, more land and

square footage than we could have managed on our own, the kids have grown up with easy, daily access to their Granddad, and there are three adults around so there is always someone there to help with things if needed.

I don't know if any of us could have guessed it would work out so well, and I'm sure it would have been a lot harder if we didn't have the privilege of so many rooms to escape to, but in all these years we have always felt so glad we made the choice to live together!

- Jenny Allen Taves

perienced a pandemic split—the highest in any age group. Nearly a quarter of Canadians ages 35 to 44 say that COVID had a negative impact on their relationship.

Couples determined to divorce face a long and rocky road—especially here. The national rental crisis is very real in qathet. Add to that the increased price of homes and there is now a perfect storm at an already stormy time.

“The big problem now is that often neither party can afford to buy a new home from the proceeds of the one they have together,” said Stacey. “And neither one can afford to buy the other one out.”

qathet's housing market is tighter than ever for purchasers and renters.

“It's hard to find housing after the fact,” says Stacey “and even harder to find a multi-bedroom home within many people's price range.”

Divorcing couples are faced with the dilemma of finding new housing on their own. How do you buy a house or rent separately?

Can they afford it?

In some cases, a couple will decide to separate, and no one can move out because there are no rentals available.

Lawyers, like Stacey, find themselves doing an increased number of mediations and working on interim agreements for couples on how to share their house post-separation instead of who will move out and rent the apartment.

They're faced with a) No one can afford to move and b) there's nothing to rent.

“So this causes an immediate conflict before we can even get to the separation part,” says Stacey. “It's making separation much, much harder.”

📧 [isabelle@prliving.ca](mailto:isabelle@prliving.ca)



Every year since 2015, in advance of the holidays, *qathet Living* publishes a special issue dedicated to local charities, social issues, and our tight, caring community.

Even as many annual holiday events flounder under COVID's restrictions, qathet is pulling together.

Page 6 • **The COVID couple crunch:** what this pandemic has cost our social fabric, and how to push back

Page 11 • **The Home Arrangers:** how City Hall is doing the impossible to solve the housing crisis

Page 13 • **Save this Seagull:** PROWLs tends to one of qathet's most maligned birds

Page 14 • **Lost Boys:** two moms help other grieving parents through the worst time of their lives

Page 17 • **Overdosing on overdoses:** for local paramedics, 2021 will be qathet's busiest year by far

Page 18 • **First Credit Union** in Business Not As Usual: how they help

Page 19 • **To Serve & Protect:** beyond visual impairment, service dogs are here to help

Page 20 • **Lean In for your Elder Friends:** learn to identify and help those suffering from frailty

Page 21 • **Think Globally:** local folk making a big impact overseas, and how you can help

Page 22 • **Help during the Holidays:** how you can get involved in local efforts

Page 26 • **Reconciliation for Real:** How do Tla'amin members feel about Catalyst and WFP's recent gestures?

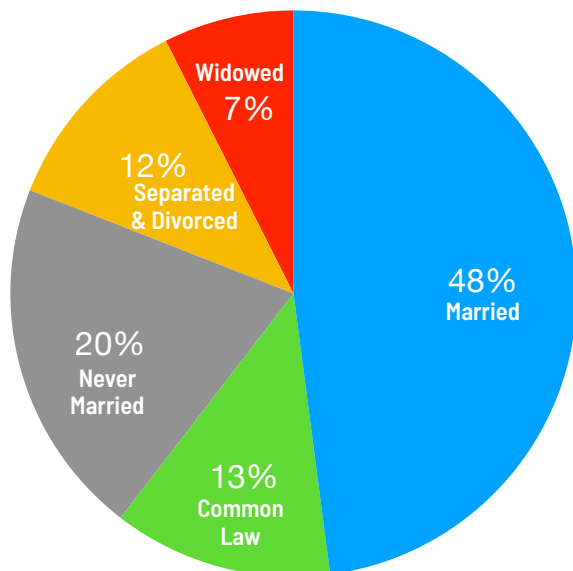
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## qathet's relationship status, aged 15+



In 2009, Ontario family court Justice Harvey Brownstone wrote *Tug of War: A Judge's Verdict on Separation, Custody Battles, and the Bitter Realities of Family Court*. Among the sordid tales of families behaving badly and wrecking havoc on the mental health of former spouses and children, he reveals this: about 45 per cent of married couples divorce, and nearly 80 per cent of common-law parents split up. Many of them re-couple, as represented in the stats above.

Of course, many locals live in groups of people that are not spouse-and-children. They may be room mates, siblings, extended families, co-housing communities, group homes, health facilities and work camps.

Living with other people, no matter who they are, takes maturity, self-awareness and conscientiousness on everyone's part. With today's rental and real estate prices, we depend on those relationships more than ever before.

- Pieta Woolley

# qathet family counsellor "swamped" by COVID's effect on relationships

**R**ick Berghauer is a Certified Counsellor with the Canadian Counselling and Psychotherapy Association. He began his counselling career in 1993 as a child and youth care counsellor and has, for six years, owned a full-time private therapy and coaching practice specializing in leadership skills, goal setting, balancing, anxiety and courage, reducing depression and increasing joy, shifting negative expectations and perspectives and learning to understand and accept life transitions.

### Has COVID impacted your business?

**Rick** • I've been busy but now I'm swamped. In the six years that I've had my own private practice I've never been so busy. I have a full case load and my wait list is full too. I'm at the point that I can no longer add new clients to my wait list. I find that everyone I talk to (other counsellors) is in the same boat.

### Who is looking for help?

**Rick** • Everyone. It's not just couples, I'm seeing a lot of anxiety in children and youth. They're stressed. The family system is being taxed, parents have kids at home more. Typically, parents have had more support from clubs and coaches, but with COVID, that's been limited. Planning holidays has been on hold, even if it was just the parents having a break and going on holiday by themselves without their children.

### What kind of work are you doing?

**Rick** • A lot of the work that I am doing is about taming the inner critic, how to be kinder to ourselves, and taking care of ourselves.

### Are there any lessons to be learned?

**Rick** • Parents and families have had to be reminded that kids will not be harmed by having less contact with their peers. What they need is more time with their parents. Without their parent groups, kids suffer. For attachment, connection, social and emotional health, kids need good connections with their parents or adult caregiver (who may be a grandparent or another relative).

Rick has observed that boredom in some adults has resulted in maladaptive behaviours such as drinking more alcohol or using other substances. Some people have taken to working longer hours or getting a dopamine hit by spending more time shopping online and spending more money than they can afford.

"We are all going have to re-evaluate how to move forward," he said. "There will be some sort of a new normal and we all have a part to play in how we are going to make that be healthy."

Mindfulness and meditation is on the rise and yoga has become more mainstream. There's Mindful Mondays at a local school and a local business has implemented a five minute mindfulness break.



**RICK BERGHAUSER:** Kids need their parents to help them through COVID. But parents are feeling the pressure, too.

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# Pandemic pushed existing problems into the forefront

**T**ricia McTaggart is a family enhancement counsellor at Powell River Child, Youth & Family Services, including the Family Support Program and Parent Teen Conflict Resolution. She is a former teacher and Positive Behavior Coach for teachers and school administrative teams, with a Master's in Educational Psychology.

## How have you observed that the pandemic is causing family stress?

**Tricia** • The pandemic has altered so many variables of everyday life. We have seen a huge increase in family support referrals during the pandemic.

Not only have the referrals from MCFD (Ministry of Children and Family Development) increased, but we have been receiving many self-referrals from people in the community. Moms and Dads needing ideas about how to be the best parent they can amidst all the added stress of COVID. Fam-

ilies being essentially "forced" to stay home together created a greater urgency to deal with difficulties. Also, parents homeschooling children are seeing firsthand the struggles their children are facing - whether academically or behaviorally. It is much harder to ignore problems when there is no escape by going to work each day. All of these variables have increased the referrals that we are seeing.

## Have you seen an uptick in the number of family break ups?

**Tricia** • We do not have a way of specifically tracking family break ups, but we are certainly seeing more families in every social economic level struggling under the weight of job loss, financial pressures, the tight housing market and an increased level of depression and anxiety due to social isolation.

## What are the emotional or mental health costs to the individuals in a

## When child support isn't that supportive

**M**oney, when parents split up, can be a mess.

Too often, money that should flow from one parent to the other to help raise their children does not flow; it trickles, or halts. A flip through the latest annual report from BC's Family Maintenance Enforcement Program - which is responsible for enforcing these parent payments - confirms that vast numbers of kids are being financially abandoned by one parent.

In 2019/2020, the latest report available, one in five parents in the program received nothing at all during that reporting year. Zero payments had been made.

Just one in three parents were fully paid in that year.

Everyone else was partially paid.

About 60 per cent of money owed

through the program is offered voluntarily, but FMEP has to seize property or assets or legally "persuade" parents to pay the other 40 per cent.

Too often, poverty is the reason the owing parent doesn't pay.

About one in eight parents who owe money through the program are on Income Assistance.

"These clients generally fall further and further into arrears as they are not able to pay the court-ordered maintenance," reads the report. "Although these clients do have the option of applying to the court to vary the order, they often face both personal barriers such as food insecurity and lack of a stable address, as well as systemic barriers such as a complex application process, lack of legal aid, or the inability to afford a lawyer to assist in the process."

## family when there's stress? When there's a break-up?

**Tricia** • The emotional and mental health costs of increased stress due to the pandemic can be enormous and are quite varied. People with existing vulnerabilities are

suffering, however even the healthiest of families are having to deal with increased stress. Social isolation, meaning the actual number of interactions that we have in our daily lives, has dramatically changed.

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also causes stress in relationships. People have diverse levels of tolerance to these stressors. The pandemic for many people has created increased anxiety, depression and social isolation.

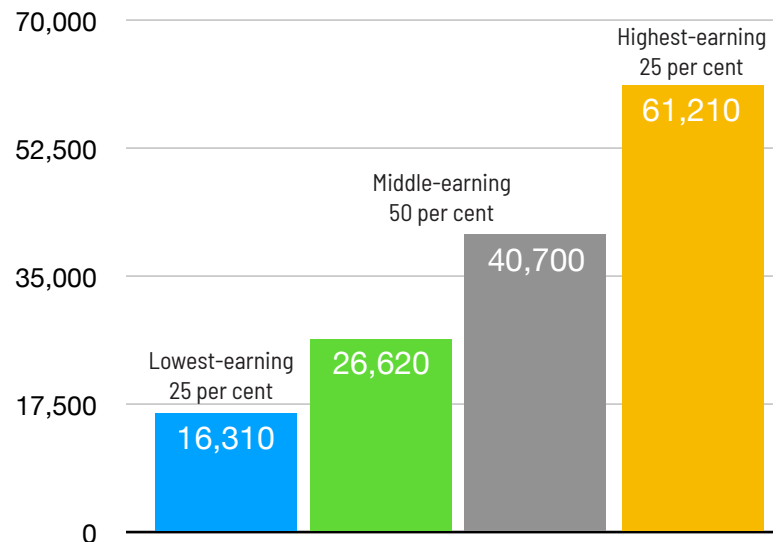
### What are the social costs of family break down? How does it impact neighbourhoods, workplaces and schools?

**Tricia** • The social costs to family breakdown are felt throughout society and are far reaching. Families involved in these

breakdowns are challenged emotionally, socially, financially.

During the divorce process, changes are definite and difficult. Often family homes must be sold, and neighborhoods and schools may change; friends and family members are often split between spouses, causing a lack in support; self esteem suffers; children are more likely to experience anxiety and behavior issues; women are more likely to find themselves in poverty. All of these variables increase stress and therefore affect workplaces and communities.

### qathet's median individual income quartiles, before tax



**H**alf of adults here have a median income of \$26,620 or less. That means if we live alone, we have just \$665 available for rent or mortgage payments (based on 30 per cent of before-tax income).

Living on your own is nearly impossible at this wage, because there simply are near-zero rental homes available for this price. As a couple, it's a whole

different story: \$1,230 will get you an apartment or basement suite here. It will even pay the mortgage on a home of up to about \$200,000 - though this is an increasingly rare find here.

Furthermore, living with other earners means you share expenses on heating and electric bills, repairs, taxes and insurance, food, internet and much more. - Pieta Woolley

### Need family support?

Youth & Family Powell River (formerly PRCYFSS) has a Family Support Program that offers short term (up to three months) solution-focused counselling and parenting education for families experiencing difficulties with children or youth. This is available to all people in qathet.

Parenting help includes the Parent Teen Conflict Resolution Program, which includes restorative conversations with planning and problem solving. How to Talk So Your Kids Will Listen is an on-line Zoom parenting program.

The following groups are just beginning.

TIME IN Ages 9-12

Blackbird Talks Ages 13-18

Tuesdays Blackbird Creates Ages 13-18

Wednesdays Pride Circle YRC Grades 8-12

Thursdays YRC Club Ages 9-12

Family Centre Library Poster Tues-Thurs 1-5 pm

Pride Circle YRC Grades 8-12

Youth & Family Powell River also offers a Womens Group, Men's Group and an Early Years Program beginning in November.

Please reach out for more information - 604-485-3090, Email: admin@prcyfss.com or on Facebook @ www.facebook.com/fcl

# Not another bad-news story about housing...really!

Here's what we know: the housing problems in qathet are vast. The price of buying a home here is out of reach for most workers - a relatively recent development that's not likely to reverse anytime soon. Very little rental is available, and what is, is expensive. The program that the province initiated to shelter homeless people during COVID is ending soon, with no alternative in place, and no local shelter.

Indeed, MP Rachel Blaney's constituency assistant Drewen Young, has been inundated with calls at her Marine Avenue office from worried locals who lost their housing during COVID, often because new owners are moving in. She describes the people she hears from as "distracted and greatly stressed."

"The non-availability of affordable, appropriate housing has reached a new, frenzied peak this past year... Often there are children involved, and beloved pets," says Drewen.



**LADIES WHO LAUNCH:** Still under construction, inclusion Powell River's new affordable housing building on Ontario will be ready for move-in January 1. On the playground are Louise Williams, BC Housing and developer liaison, Ceilidhe Maher, the contact for tenants; ; and inclusion CEO Lilla Tipton.

## Affordable homes, brought to you by a whole bunch of local collaborators

This month, construction is wrapping up a new 42-suite, wood-frame building on Ontario Avenue, behind the hospital (see image, above). It's one of a small handful of affordable housing projects going up in town right now. This one accommodates families, with up to three-bedroom suites (rent maximum is \$951 a month).

The building includes a community garden, playground, basketball court, amenities room, bike storage and much more.

Here, inclusion Powell River CEO Lilla Tipton answers q&As top three questions:

**Who are all the players who contributed to getting this built?**

**Lilla** • BC Housing, City of Powell River and Powell River Inclusive Housing Society (a subsidiary of inclusion Powell River Society)

**Who is this building for?**

**Lilla** • People with family incomes of under \$42,000 a year.

**What were the most important things inclusion Powell River learned, as an agency, during the building of this project?**

**Lilla** • The community needs to plan a long time ahead to be able to meet the housing needs of the region, as this project has taken over five years to come to fruition. It is a big project and a lot of work, so anyone taking this on needs to be prepared to work on this for a minimum of three years before anyone has a much-needed home. Be sure you have a great contractor and a great consulting company to help you.



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But she also has a front-row seat to what's coming. For example, the Texada Island Non-Profit Seniors Housing Society will soon get charity status, meaning they can go ahead with developing projects there with a funding framework similar to inclusion Powell River's new building on Ontario (see previous page).

At the City, the Director of Planning was happy to report that the building boom includes – for the first time – many units of rental and affordable housing.

“We've got 200 units of rental housing that came through my department in the past 12 months,” said Jason Gow. “Powell River has not had that number of rental units built, ever.”

Of those 24 are LifeCycle Housing's new affordable housing development in Cranberry, which will have up to three bedroom units to accommodate families, as well as couples and singles.

The Sunset Homes Society's seniors rental building on Joyce (the old Max Cameron land) will have 34 units of studio to two-bedrooms. It's currently under construction.

With 141 units of rental, the proposed project by Vancouver Island developer Crown Pacific isn't technically “affordable,” but it will add a huge number of homes that will help take the pressure off, Jason said.

The 36-unit Blueberry Commons co-housing development, too, isn't “affordable,” but also potentially adds to housing diversity in a new way.

Is it enough housing? No one knows, because we don't have recent population data; until Ottawa releases the results of the 2020 Census in early 2022, we're working with 2015 population numbers.

“Alarmingly, I don't see any more bigger projects in the hopper,” said Jason, who guesses that the population grew significantly during COVID - mostly after

the Census was taken.

“People are going to come here no matter what,” said Jason, “but often it's the locals who are challenged by finding affordable housing; those out of town dollars go further.”

To help bridge that gap, the Regional District's Social Planner is using last year's Housing Needs Assessment - which was mandated by the Province - to make a concrete housing plan. Build the units we need, where we need them.

Meriko Kubota says she is “so hopeful” that governments are motivated and able to solve qathet's housing crunch.

“We all want this community to be inclusive,” she said, noting that the City may step in with a Housing Authority like Whistler has, or a Housing Fund.

She notes that the local non-profit sector should be recognized for rising to the challenge of housing first. LIFT championed the supportive housing building on Joyce; inclusion is opening the 42 units on Ontario; neither of these nonprofits are housing developers, Meriko pointed out.

At Blaney's office, Drewen continues to get calls from distraught constituents who need housing now. She hopes that Ottawa steps up soon here, and supports the work of the Province and the City in addressing the crisis.

“Each story told by a constituent is new and different than the last, but there's a central theme of loss and helplessness. There's no where left to go, many say.”

Alongside the City and Regional District, BC Housing and the Province and local non-profits, our MP will be lobbying for more housing help here this year.

pieta@prliving.ca

## Pics for charity

One day only!

Santa is back in town and will be at Mother Nature for pet photos on **Saturday, Dec 4, 10am-5 pm.**

You can get photos of:

- Santa & your pet (No family)
- Your family & pet (No Santa)
- Your family (No Santa. You don't have to have a pet to get a family shot in our photo booth!)

The booth will be beautifully decorated, as it has been for the past 7 years.

Cost is a minimum donation of \$15 per sitting, with proceeds going to:

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- West Coast ACCESS
- PROWLS

Your picture will be posted on Facebook to share with all your family and friends!

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# Clumsy gull chick rescued

BY MERRILEE PRIOR

This summer, frequent visitors to the pier at Westview were treated to the spectacle of a pair of glaucous-winged gulls raising their three chicks on the pilings close to the pier. Regulars, including our photographer Michelle Pennell, would check on them each morning, enjoying the rapid changes in the young chicks and the care shown by both parents, delivering food and teaching them how to eat.

Then, in late July, I got an urgent call: "You have to come right now! One of the chicks has fallen into the water!"

I grabbed a kennel and a couple of towels and raced down to the pier. Michelle had already taken things in hand, though, and Susan McKay, of WOWS was positioning her boat to get the little bird. It was soaked through and paddling frantically, not knowing where it should go. The people on the pier were leaning over to watch its progress and shout words of encouragement.

I waved at Susan and tossed her a net. She reached out and scooped up the exhausted baby, wrapped it in a blanket, and brought her boat back to the south harbour. I met her at her berth and took the pathetic but ungrateful little bundle. There followed a lengthy

discussion on what would be best for the chick: trying to return it to the nest, or sending it to MARS Wildlife Rescue in Courtenay, where they could safely raise it with other gull chicks. We had our ever-willing climber Verjall Ham, who was willing to take the little one back, but we decided the risk of the remaining two chicks abandoning the nest when he approached was too great. MARS concurred.

So, the next morning I handed the small kennel to the BC Ferries crew, who took great care with it on the way to Little River, and it arrived safe and well at MARS. Seven weeks later, it returned, along with four other young ones that I had sent. We went straight from the ferry to the head of the Sea Walk and released them as the family they had become. This was their first taste of freedom, and they did not have parents to guide them, so they were hesitant. But then they spotted a flock of gulls out at sea, around a sea lion with a salmon, and they flew off to investigate.

It was a beautiful experience, watching them integrate and behave as they should. It was also heartwarming to know that so many members of our community had shared in the story. Many thanks to everyone involved - you make my work so much easier and much more rewarding! 🐾



**NOT-SO-SEA BIRD:** Top, three glaucous-winged gull chicks growing up on the Westview Pier in summer 2021. Left, Susan McKay drives the boat. Rescued gull chicks take to the harbour again. *Photos by Michelle Pennell*



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# New chapter of Compassionate Friends

## Bereaved parents can talk to each other - like no one else

BY PIETA WOOLLEY

Two years ago, Ariel and Paul Turcotte's only child was killed in a car crash along with his girl-friend Madeline Stroup. Hayden was 22, and already a heavy-duty mechanic with a career at Finning.

Ariel and Paul were grateful for all the support from their North Vancouver community, however as time passed the world around them returned to normal, but Ariel's grief did not go away. She is still the mother without her son. Not only does she miss her son, she also misses what could have been. There will be no wedding. No daughter-in-law. No grandchildren. She has no words to describe these feelings.

"People who haven't lost a child can't go there at all," Ariel said. "They just want you to be better. But what I really need is just permission to be that sad."

November 2020, Ariel and her husband moved to Powell River for the next chapter of their life. They were introduced to Joan Fischer, a bereaved Mom, who had also moved to Powell River from North Vancouver. Ariel was looking for a way to "pay it forward" for all the support, and compassion she and Paul had received. Ariel and Joan have reestablished the Powell River chapter of Compassionate

### COMPASSIONATE FRIENDS

**When:** 7 to 9 pm on the fourth Tuesday of each month

**What:** A peer support group for bereaved parents who have lost a child for any reason, at any age, and any time.

**Where:** Hospice Society Office, at 4675 Ontario Avenue

**Contact:** powellrivertcf@gmail.com, or call Joan at 604-487-0889, or Ariel at 604-218-6245.

Friends, the international peer-support group for parents who have lost a child (see sidebar). The death might be from any cause, the child may have died at any age, at any time - recent, or decades past.



Losing a child isn't uncommon, even in Canada. About one in 200 children will die before their 19th birthday - most of them as infants. Another one in 1,000 will die in their 20s. And one in 500 in their 30s, according to Statistics Canada.

Joan lost her son Joe in a tragic motorcycle accident in a hail storm in Ontario in 2003. After graduating high school Joe spent a happy summer in Ontario working and visiting friends and extended family. On his return trip



**MEMORIAL SITE:** Joan Fischer and Ariel Turcotte's sons were both killed in road accidents. They've started a chapter of Compassionate Friends in qathet to support grieving parents. Here, they're pictured at the Lookout. Learn more about the Rotary club's memorial brick site on the new six-minute video on YouTube, at [bit.ly/3pzYvvZ](https://bit.ly/3pzYvvZ)

from Northern Ontario, he encountered an unexpected hail storm during which a vehicle spun out and hit him. He never saw it coming.

Joe's favourite lake is Dodd Lake

where he loved fishing and canoeing. And Joan says "it is a wonderful place to go and remember him". After Joe's death she joined the North Vancouver chapter of Compassionate Friends,

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# LIVING



“What I really need is just permission to be that sad.”

- Ariel Turcotte



**MISSED EVERY DAY:** Top, Joe Fischer with mom Joan. Above, Hayden Turcotte with his girlfriend, Madeline Stroup.

where she has been a member for 15 years. Joan says “It was a healing space to meet other parents and share a common understanding of the grief experienced when one’s child dies.”

At their first meeting in September, 10 parents came. “At Compassionate Friends we have a space where we can say what causes us pain in a way that we feel understood. The most important thing is that we’re meeting other parents with broken hearts, to open our hearts, when we want to close our hearts after losing a child,” said Joan. She feels that the monthly Compassionate Friends meetings are two hours well spent.

Ariel added, “A person will never get over the grief they feel for a dead child.”

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



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This year we will again be doing the Corporate Pallet Challenge in order to reach the necessary goals to keep the food bank shelves stocked up throughout the winter and even spring!

The Corporate Pallet Challenge invites Powell River businesses to buy a 1,000 lb pallet of food for the food bank by making a \$500 donation per pallet.

Businesses are welcome to buy as many pallets as they like, and they will receive a receipt for any donations for tax purposes!

Find out how to participate at  
[mypowellrivernow.com/stuff-the-trailer/](http://mypowellrivernow.com/stuff-the-trailer/)

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# qathet on track for overdoses by the

There is hope: much greater investment in treatment and

BY PIETA WOOLLEY

Here's what happens when a paramedic gets a call that someone has overdosed on opioids: They feel a sense of urgency to get to the scene, because seconds count, similar to a heart attack or serious allergic reaction. During an overdose, breathing becomes very



shallow or stops entirely. Death is only five or 10 minutes away, and irreversible brain damage much sooner.

On scene, paramedics start ventilating the patient immediately, and scanning the scene to confirm what happened. They'll likely inject a dose of naloxone to get the patient breathing on their own, and then head to the hospital. At least 95 per cent of

## Overdoses in select BC communities, 2016 to 2020

City /Region	Population (2016)	2016 overdose responses by paramedics	2020 overdose responses by paramedics	5-year increase %	Calls per 1,000 pop.
qathet	20,000	49	106	+216	5.3
Comox/ Courtenay	66,500	105	226	+215	3.3
Campbell River	35,000	152	249	+163	7.1
Sechelt / Gibsons	15,000	42	71	+169	4.7
Squamish	17,500	39	47	+120	2.7
Port Alberni	20,500	95	213	+224	10.3
Prince George	65,500	362	999	+276	15.3
Penticton	33,500	157	474	+301	14.1
Vancouver	675,000	5,946	8,144	+137	12
Victoria	336,000	1,149	1,569	+136	4.7
All of BC	5.07 million	19,275	27,068	+140	5.3

This chart was created by qathet Living using numbers crunched from reports available on the BC Emergency Health Services website: [bcehs.ca](http://bcehs.ca).

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# or record end of 2021

a safer supply is on its way from Victoria

the time, the patient lives.

All of this is according to retired Powell River Emergency Health Services unit chief Rob Southcott, who recovered thousands of people over his decades of service here in qathet and in Vancouver's Downtown Eastside. Now, he's a Powell River City Councillor.

Last year in this region, paramedics attended a record 106 overdose calls. In 2021, we're on track to beat that by the end of the year with 124 overdose calls, if this year's trend continues. They've more than doubled in five years.

"There's a fundamental humanity that's essential to being one the front lines," said Rob, noting that front-line workers are at high risk for suicide, divorce and other harms due to the tough nature of their work.

"It's a calling."

At first glance, qathet is right at BC's average of 5.3 overdose calls per 1,000 population. But remove Vancouver from the statistics, and a different truth emerges; the rest-of-the-province average is 4.3 calls. qathet is one quarter higher. About one in 20 calls to the local ambulance service is for an overdose.

Rob deeply feels this horror. Both in the Downtown Eastside and here, he knew many of his patients personally, cared for them, understood their often-unimaginable stories. Paramedics are just one of the front-line professions that see the opioid crisis from this close. Others include nurses and doctors, mental health workers, outreach workers, social workers, advocates, and more.

Hundreds of local lives have been saved through interventions such as naloxone and training, the needle exchange, the overdose prevention site, methadone and other treatment programs, and of course paramedic response. However, the number of overdoses here is rising (see chart, left). The addition of the synthetic opioid fentanyl to heroin and other drugs (to boost potency) is largely responsible for the jump in overdoses five years ago. Many experts blame the COVID-19 pandemic for the increase in both overdoses and overdose deaths last year - due in part to more people using alone.

More support is coming.

This past summer, BC became the first province in Canada to offer a prescribed "safer supply" of clean opioids as a province-wide public health measure. The \$22.6 million program is being phased in across the province over the next two years.

About one third of the \$330 million the Province is spending over the next three years is going to treatment and recovery.

As someone who cares about individuals with addictions, Rob is happy the Province is investing more in harm reduction, to prevent people from dying from preventable overdoses.

He also believes that the origins of widespread opioid use and the overdose crisis are societal, and don't get enough attention.

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

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- ▷ Youth & Family Services (former Oceanview School)
- ▷ Cranberry Child Development Centre (Artaban Street)
- ▷ Black Point Store ▷ Lang Bay Store
- ▷ Townsite Grocery Store ▷ Gerry Gray Centre

Deadline to submit applications is **Saturday, December 4**. Please drop off applications in the "Red Box" outside the Town Centre Mall office. We would appreciate receiving the applications much sooner as this will assist us in helping as many families as possible. Our goal is to help all families have a bright and food-filled Christmas.

Organizations, companies, families and individuals who would like to donate funds or participate in our Adopt-A-Family program are asked to phone Lorraine Richards at 604-223-6623 for further information.

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## BC's first credit union rose to the COVID challenge

**F**irst Credit Union is proud to be the longest-running cooperative financial institution in British Columbia. Originally known as Powell River Credit Union, they were incorporated in 1939.

To this day, First Credit Union continues to embrace the cooperative values of the founding members by helping one another and investing in our community. This cooperative approach has helped them grow, and today they have eight branches, over \$700 million in credit union and \$186 million in wealth management assets. First Credit Union employs 110 people and serves over 15,000 members in eight coastal communities.

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

**FCU** • We wanted to ensure we would be able to serve our members and provide them what they needed while keeping employees and members safe. We were also concerned about the impact on small businesses and vulnerable populations in our community who were being disproportionately impacted by COVID-19.

### What opportunities did you see?

**FCU** • We quickly realized we had an opportunity to get creative. We encouraged our

members to do less in our physical branches and to take advantage of our mobile, online & telephone banking. We waived all e-transfer fees until March 31, 2021.

We teamed up with the City of Powell River and Community Futures Powell River to sponsor 'Resilient Powell River' - a free online business development program offered through Coastline Colab. In fact one of our local businesses - 32 Lakes Coffee Roasters - won a \$10,000 grand prize in their Build Back Better Challenge!

We also saw an opportunity to work with a group of local organizations to create the Powell River Community Response Fund (CRF) - a special fund to rapidly deploy essential relief to organizations providing frontline services to vulnerable populations affected by COVID-19. Together, First Credit Union, PR & District United Way, and the PR Community Foundation dispersed over \$180,000 to organizations in our community.

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

**FCU** • We have more flexible work arrangements for our employees, and are offering virtual appointments and different ways for our members to provide identification. Our members have appreciated the variety of options available to them - they



can bank from the comfort of their home or choose to come into the branch if they need to see us face-to-face. We've shifted many of the workshops we offer to small businesses and community organizations to an online format (for example: a leadership and governance workshop series for not-for-profit organizations and a circular economy workshop for small businesses).

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

**FCU** • We were able to help many of our business members apply for support through the CEBA loan program. We also updated our banking system so that members could accept CERB digitally.

### Have you received any help, support or inspiration?

**FCU** • We are fortunate to work in the credit union system. Credit unions across Canada have been supporting each other by

sharing ideas, best practices and resources throughout the pandemic. We have also had incredible support from our Board of Directors.

We are governed by local leaders who understand the challenges our members are facing - this has allowed us to pivot quickly and respond to the many challenges we've been faced with since COVID-19 emerged. We have been inspired every day by our employees who have gone above and beyond to serve our members, by the many people, community organizations and businesses in our community who have stepped up to support our community in these challenging times.

A great example of this was the 'Make It Take Out' Facebook page that Deb Calderon started to support local restaurants when they were restricted to only offering take out. Over 1,200 people joined her page and the support for our local restaurants was overwhelming - very inspiring!



Aaron, Owner Operator, Terra Nostra Farm

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### How has the pandemic impacted your customers?

**FCU** • Member and employee safety is our priority, and therefore we have encouraged members to bank remotely when possible.

Even before the pandemic online banking was becoming an integral part of many people's banking experience, but during the pandemic members have been moving online in considerably larger numbers. It's been exciting to see our members embrace the technology available to them.

For members who need to visit our branch, face masks are required, and plexi-glass shields remain at teller wickets and spaces where people must stand or sit in close proximity to one another. This is a challenging time for everyone. We are grateful for the patience, kindness and understanding that our members have demonstrated.

### How has it impacted your staff?

**FCU** • We have huge appreciation for our employees. Throughout all this upheaval and change (not to mention the disruption of a branch renovation!), they have been exceptional – always putting our members first. But it hasn't always been easy.

Just like everyone else, our employees have faced the challenges of juggling work and children who were home from school. They have family members who lost their jobs, and they have dealt with the stresses and challenges of social distancing. We have worked hard to support them with flexible hours, remote work options, increased benefits and offering tools and resources to manage stress and mental health.

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

**FCU** • Breathe! This is a marathon, not a sprint.

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

**FCU** • The pandemic has accelerated the shift to digital banking, and we know that many of our members who are using online services for the first time intend to continue doing so.

Nevertheless, the future world of banking will not be wholly digital – or at least not for all members. Many members prefer to do transactional banking online, but still prefer to come in branch for advisory conversations. We will continue to work on serving our members in a way that best meets their needs.

### What's surprised you most during this time?

**FCU** • Maybe not so much surprised, but impressed, by how quickly our employees and our members were able to pivot, and how quickly community organizations came together to collaborate and come up with solutions for the challenges we were facing as a community.

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

**FCU** • We have spent the last year and a half learning what it means to be resilient. This pandemic has left us feeling stronger, and more connected to our employees, members and communities. We are ready to face whatever comes our way in the future! 🍷

# UpTOWN

OCT - APRIL WINTER

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# Notice your neighbours

That's how qathet can best care for seniors

BY PIETA WOOLLEY

Until a year ago, Wayne and Maggie Hanson were enjoying their retirement together in their new Westview condo. Their three children had launched into their careers. Grandchildren near and far toddled into their lives.

The super-connected duo spent the last 35 years of their working lives here. He taught at Brooks Secondary. She was active in many initiatives with inclusion Powell River (then PRACL), including helping set up the group home system for adults with developmental disabilities, and much more.

They are still those people. But age has sucker-punched their plans.

About a year ago, Wayne started to notice Maggie's personality changing. His once-outgoing wife turned inward, as her awareness of the world around her faded. Soon, it was suspected that her memory problems were linked to dementia (Alzheimer's disease runs in her family). He gradually became her full-time caregiver.

"It's a lot," Wayne admitted, in an interview over coffee. He was free because someone else was able to sit with her for a couple of hours. "She's not outgoing anymore. She isn't social, she doesn't smile at people. Frankly, the masks don't help. COVID doesn't help."

Now, Wayne is sharing his insights about caregiving – and Maggie's experience with age-related disease – with the new Wrap Around Community Care for Rural Seniors program. It's an initiative of the PRDoFP that seeks community participation in watching out for each other. The aim is to identify signs of frailty as early as possible and offer support. Studies show that frailty doesn't have to be a part of aging and if signs are caught early on they can be slowed or even reversed. (See the next

## Caregivers Support Group

For those caring for a loved one with Alzheimer disease or dementia

When • We meet the second Wednesday of each month; typically, we hold an in-person meeting with a computer Zoom link available. The venue changes, depending on COVID protocols and regulations. We currently have 50 members; about 15 members attend each month

What happens • We share information, tips, and strategies to help caregivers navigate the tricky dementia journey; provide/share emotional support; and connect members with the Alzheimer Society of BC to facilitate access to workshops, online support, etc.

Contact • Malerie Meeker at 604-483-4224 or [malerie.meeker@gmail.com](mailto:malerie.meeker@gmail.com)

two pages for resources). In addition, it supports caregivers such as Wayne, so they don't suffer burn-out.

Being a part of the program's committee is "good for me," Wayne said, noting that he shared 'observables' with the committee, that is, how you can tell if a neighbour or family member might be suffering from frailty, such as lack of their usual attention to hair or clothing. "It keeps me from feeling sorry for myself. I'm out doing something where I can have a positive impact."

Another committee member is Lyle Harrison, who manages the Better At Home program for inclusion Powell River. About 180 seniors are support-



**CARING FOREVER:** Most people don't think about frailty, dementia or caregiving until they're tossed into it like Wayne and Maggie Hanson were last year.

ed through his program. Malnutrition, cognitive decline and forgetting to take medications, lack of movement that can lead to injury, and social isolation are common among local seniors, he said.

"I'm hoping this program will encourage people to be more vocal about the struggles they or their neighbours face," he said.

Lyle has a first-hand experience with supporting an elderly relative; he cooks and cleans for his grandmother, who lives alone. He also takes her out, and to appointments. Lots of locals care for their aging relatives, he says, which is great, "but if you're around someone consistently, you might not notice the signs of decline."

As a relative or neighbour, he said, learning to recognize those early signs - and then find resources to help - can make a world of difference.

Wayne agrees; he points out that qathet is an elder community, with an extraordinary number of seniors. In his building alone, he mentioned, four neighbours are over 90, and many more are over 65. They watch out for each other, he said.

Older people become sensitive to the struggles of other older people. The hope of the frailty mitigation program is, the whole community – qathet folks of every age – will learn to be sensitive to the challenges of aging, and help their elders find the resources they need to live their best lives. [pieta@prliving.ca](mailto:pieta@prliving.ca)





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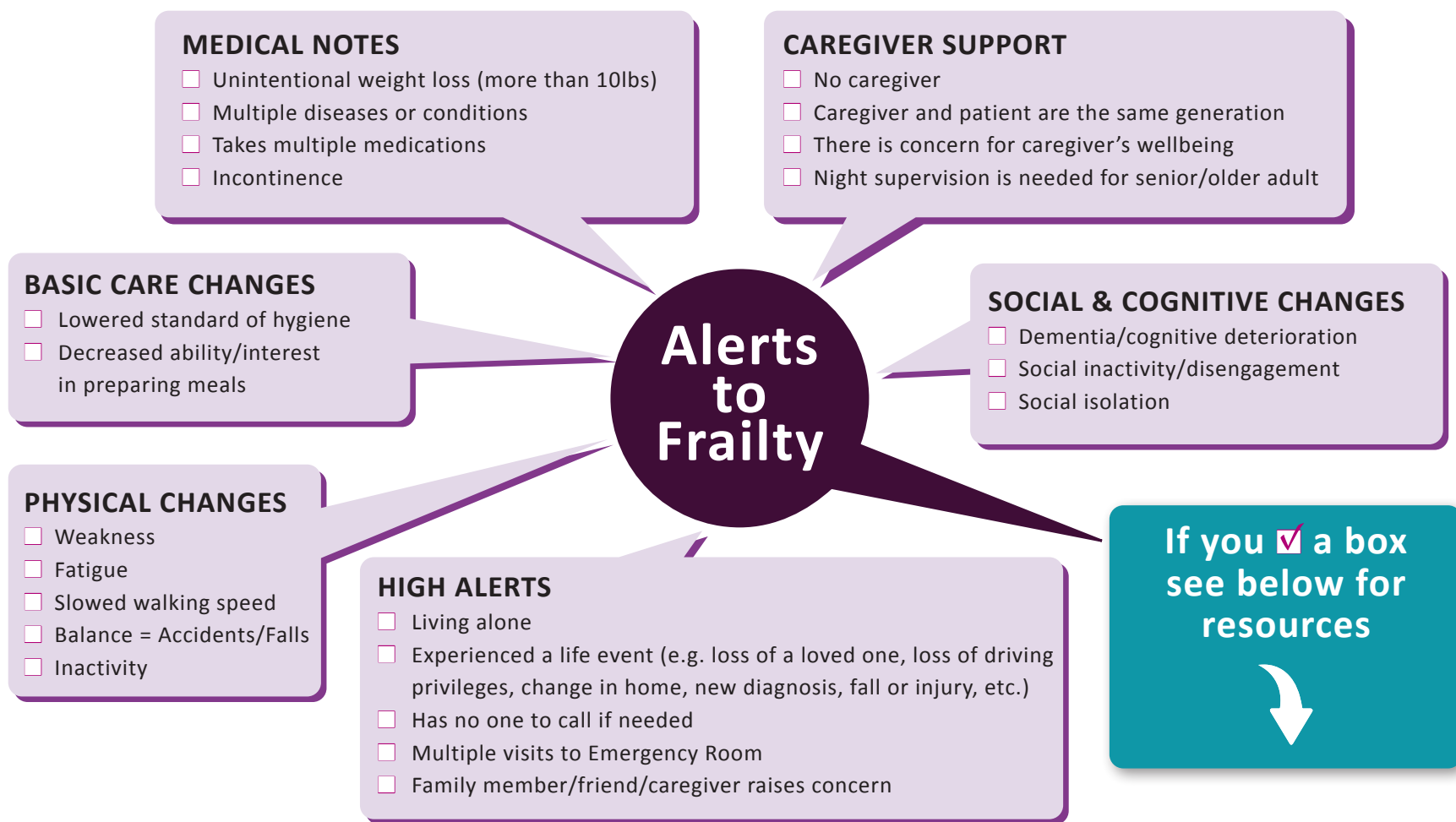
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# Have you noticed change in an older adult you know or are caring for?

*Frailty doesn't have to be a part of aging!*



## Resources to help prevent frailty

### For Basic Care and Independence

- **Better at Home** – assistance with transportation, light housework, groceries, socializing 604-485-4008
- **Zunga Bus** – transportation 1-833-951-3869
- **Handydart** – transportation [bctransit.com/powell-river/riderinfo/handydart/register](http://bctransit.com/powell-river/riderinfo/handydart/register)
- **Seniors' Frozen Meal Program** 604-483-1714 [powellriverseniors.ca](http://powellriverseniors.ca)

### For Medical Needs

- **Family Physicians** – call and make an appointment with your family doctor or nurse practitioner. They can help with a frailty mitigation plan.
- **Community Paramedicine** – wellness checks [communityparamedicine@bcehs.ca](mailto:communityparamedicine@bcehs.ca)
- **ReAct** – Concerns about abuse or living at risk due to neglect or self-neglect 1-877-732-2899 [react@vch.ca](mailto:react@vch.ca)

### For Cognitive and Mental Health

- **First Link Dementia Helpline** 1-800-936-6033
- **Powell River Mental Health** 604-485-3300

### For Exercise and Social Interactions

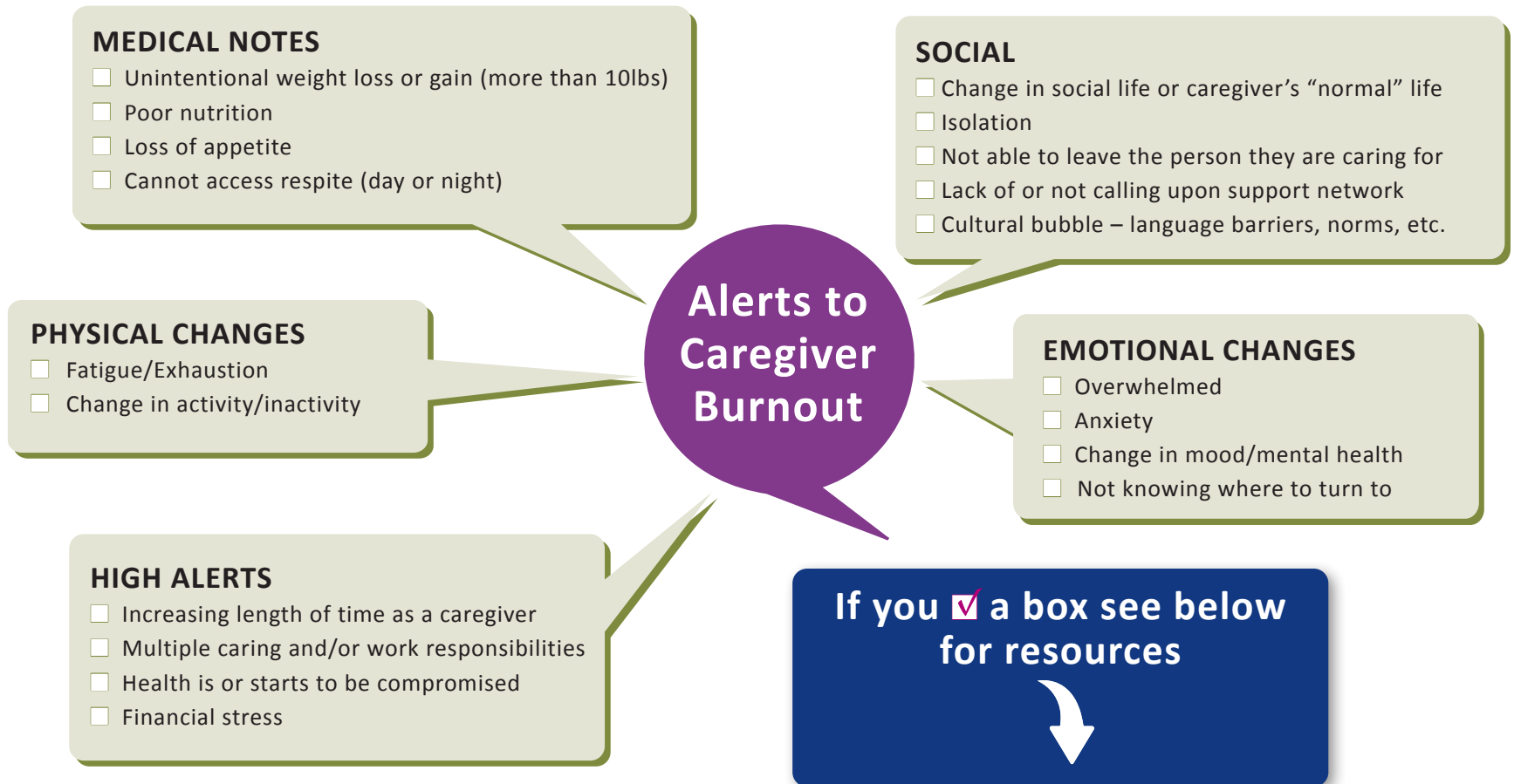
- **SOAR** – Supporting Older Adults through Recreation 604-485-4008
- **Seniors Programs** at the Recreation Complex 604-485-2891
- **Seniors Citizens Association** 604-414-8712 [powellriverseniors.ca](http://powellriverseniors.ca)
- **Community Paramedicine** [communityparamedicine@bcehs.ca](mailto:communityparamedicine@bcehs.ca)

### For Caregiver Support and Connections

- **Family Caregivers of BC** – one on one support and online resources 1-877-520-3267
- **Gerry Gray Centre** for Older Adults 604-485-4008
- **Caregivers Support Group** for Individuals Supporting a Family Member with Alzheimer Disease or Dementia [malerie.meeker@gmail.com](mailto:malerie.meeker@gmail.com) 604-483-4224

# Supporting the caregivers we know

Caregivers are a vital part of the community's health care team and their health is as important as those they are caring for.



## Resources to support caregivers

### For Medical

- **Family Physicians** – call and make an appointment with your family doctor or nurse practitioner. They can help with a mitigation plan.

### For Emotional/Mental Health

- **First Link** 1-800-936-6033
- **Powell River Mental Health** 604-485-3300
- **Family Caregivers of BC Support line** 1-877-520-3267

### For Exercise

- Programs at the **Recreation Complex** 604-485-2891
- **Seniors Citizens Association** 604-414-8712  
[powellriverseniors.ca](http://powellriverseniors.ca)
- **SOAR** – Supporting Older Adults through Recreation 604-485-4008

### For Support and Social Connections

- **Family Caregivers of BC** – Support Line and Resources [familycaregiversbc.ca/caregiver-learning-center/](http://familycaregiversbc.ca/caregiver-learning-center/) 1-877-520-3267
- **Caregivers Support Group** for Individuals Supporting a Family Member with Alzheimer Disease or Dementia [malerie.meeker@gmail.com](mailto:malerie.meeker@gmail.com) 604-483-4224
- **Gerry Gray Centre** for Older Adults 604-485-4008
- **BounceBack** – Reclaim your health [bouncebackbc.ca/what-is-bounceback/](http://bouncebackbc.ca/what-is-bounceback/)
- **Vancouver Coastal Health** – Adult Day Programs 604-485-3310
- **Powell River Hospice Society** – Caregiver support 604-223-7309
- **Community Paramedicine** – [communityparamedicine@bcehs.ca](mailto:communityparamedicine@bcehs.ca)

# How to help here at home

## Stuff the Trailer

Major fundraiser for the Powell River Action Society Food Bank put on by Coast FM and hosted by FreshCo starting the first week of December.

**How to participate:** Get together with your business or family and sponsor a pallet of food for \$500. Or, donate for a \$5 or \$10 bag in store.

**What it achieved in the last year:**

With the Pallet Challenge we raised \$42,000 which would have been about six months food for the food bank. The Food Bank is currently up about 14 per cent this year over last year. The need is going the wrong way, up not down.

**Contact:** Vicky Osualdini  
604-414- 8964

Great Balls of Wool from November 13 - December 5. EDAS Bag displays can be viewed at the Powell River Public Library, Townsite Market, Mitchell Brothers, and River City Coffee.

## Gift-drive for older adults

This event is coordinated by inclusion Powell River's Gerry Gray Place for Older Adults.



**How to participate:** We're looking for small gifts to place under our tree, to gift to low-income and isolated older adults this holiday. Visit [www.inclusionpr.ca](http://www.inclusionpr.ca) for more details. The centre is also looking for volunteers.

**Contact:** Stacy Mogan  
604-485-4008 [smogan@inclusionpr.ca](mailto:smogan@inclusionpr.ca)  
[www.inclusionpr.ca](http://www.inclusionpr.ca)

## Everybody Deserves A Smile

Holiday care bags for marginalized people living in qathet. Henderson School has created donation boxes and painted kindness bags

**How to participate:** Donate hats, mittens, and scarves for both men and women, as well as child-sized wool socks. Find donation boxes at the United Church, Knitter's Nest, and

## River Kids

A new nonprofit organization that helps local, qathet region families financially when their child is facing a health crisis.

**How to participate:** Make a donation through the Website, join the Facebook group, and watch for upcoming fundraisers and events. We are looking



**NEW HELP FOR NEW FOLKS:** River Kids is a new local nonprofit that helps families financially when a child is facing a health crisis. Above is Reggie Dodsworth, whose family the program helped, while at BC Children's Hospital.

to compile a list of volunteers in the following areas: board members, fundraisers, events.

**What it's accomplished so far:** We have been able to assist one family financially whose newborn baby was med-evacuated to BC Children's Hospital for 28 days.

**Contact:** Cait Holmes, River Kids  
604-344-0741 [cait@riverkids.ca](mailto:cait@riverkids.ca)  
[www.riverkids.ca](http://www.riverkids.ca)

## Colouring Pages Fundraiser

Local artists create colouring pages and they're sold by The Art Centre Public Gallery, to raise money for a



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**ISLAND OF MISFIT MACS:** Corey Matsumoto, owner of PR Macs, has teamed up with Powell River Action Society Food Bank manager Savanna Dee to give away refurbished Apple computers to families in need. The "Misfit Macs Adoption Program" will give away about 20 computers this season. The name "is a play on the 1964 Rudolph the Red-Nosed Reindeer TV special where Santa helps the unwanted toys from the Land of Misfit Toys to find children who wanted them," explained Corey.

bursary fund for youth and adult art classes and programs.

**How to participate:** Watch for the pages at The Art Centre and various locations around town. Recommended donation is \$1 each or the Makers Dozen for \$10.

**Contact:** artscouncilpr@gmail.com.

### **Knight of Columbus Charity Appeal**

The Knights of Columbus is a fraternal organization for practicing Catholic men. Our local group has 80 members; it is one of about 16,000 worldwide with 1.9 million total members.

**How to participate:** Our main local fund raiser every year is our Charity Appeal ticket sales in the TC Mall in front of CIBC. Up until last year we gave away vehicles & cash prizes. Last year and this year it is all cash prizes, a total of \$135,000 with \$60,000 as first prize. Tickets are only \$3.

**How it helps:** All the proceeds from ticket sales in Powell River remain in Powell River. Last year we donated two \$500 scholarships for students going on to post secondary education, the Henderson breakfast program, the Christmas Cheer fund, Inclusion BC. We help out where we can for widows and people in need.

### **PR & District Christmas Cheer**

Christmas hampers / gift cards for families and singles who are struggling financially over the holidays. **How to participate:** November is our annual campaign for financial donations, whether that be from individuals, families, groups or businesses in order to allow us the financial support needed to help our families.

**What's new:** Christmas 2020 during COVID we supported 155 families; gearing up for 2021 to reach similar numbers. With Covid restrictions still in

place, we are unable to hand out the 'hampers' as we have in the past. This year, like Christmas 2020, will be in the form of grocery gift cards and gift certificates for the children.

**Contact:** Lorelei Guthrie 604-485-4681, pr-christmas-cheer.com or Facebook

### **November**

Glenn Holstine is raising funds for mens' prostate cancer, testicular cancer, mental health and suicide prevention.

**How to participate:** Donate via movember.com – for all the dads, brothers, sons and mates in your life.

**Contact:** glennholstine@gmail.com or 604-414-4591

### **Salvation Army Kettle Campaign**

One of Canada's largest and most recognizable annual charitable events. The Christmas campaign is the Army's biggest fundraising drive throughout the year and having enough volunteers to help out is essential to ensure the campaign's success.

**How to participate:** Volunteers are needed to help with the Christmas Kettle program which launches on November 15 and runs until December 24. Volunteer spots are for two hours each and available at several different locations including, FreshCo, Quality Foods, Walmart, Save-On and the Town Centre Mall liquor store.

**How it helps:** All kettle donations remain local and are used to support local Salvation Army programs. They serve about 400 people per month. With their new EDS vehicle, they're out twice a week at six locations serving a hot meal.

**Contact:** If you would like to become a volunteer bell-ringer, call 604-485-6067 or email [kettles@salvationarmypr.ca](mailto:kettles@salvationarmypr.ca). You can also visit [salvationarmypr.ca](http://salvationarmypr.ca) and download the host form to speed up the process.



## PROWLS Wildlife calendar

The annual fundraiser for the Powell River Orphaned Wildlife Society.

**How to participate:** Buy a calendar for \$25 at Springtime Garden Center, Paperworks and Mother Nature. T-shirts are also available for \$25. Greeting cards coming soon.

**What has PROWLS achieved in the past year:** This year we have taken in more than 600 injured, ill and orphaned wild animals from our region, responding to calls from community members who have found an animal in distress.

**Contact:** Merrilee Prior, Powell River Orphaned Wildlife Society 604-483-9787 info@prowls.org www.prowls.org

## qathet Refugee Sponsorship

This group of folks is hoping to bring a new family of refugees here in 2022.

**How to participate:** Donate via the Go Fund Me page at bit.ly/3JIS8Tr. Watch for a film fundraiser at The Patricia in the new year.

**Contact:** Ellen Byrne  
qathetrefugeesponsorship@gmail.com

## T-shirts for breast cancer

### Tla'amin Breast Cancer Awareness

These T-shirts support the new Cancer Comfort fund for Tla'amin. With a cancer diagnosis, many patients are not only faced with health challenges, but often financial burdens as well. The Comfort Fund can help offset financial burdens incurred by patients and families. The T-shirt design was lent to the Nation from Nanette Kapitan's personal business Kompassion For Kups, and the artist, Jill Lobley. Jill, who is Metis, explained that the orcas represent women. The ducks with feathers covering their eyes represent physical and emotional protection.

## Special fundraising events

### Santa Train

The Paradise Valley Railroad is a popular community asset, providing fun-for-family train rides, hand car rides, and historic railroad displays. Wheel-chair-bound and special needs patrons particularly look forward to their weekly ride.

**How to participate:** Ride the miniature train through the Christmas light-filled forest at the Paradise Exhibition Grounds from 5 to 7 pm December 10-11. Also enjoy the bonfire, concession by Kiwanis, and giveaways. Rides are by donation of cash, non-perishable food or new, unwrapped toys; they support the Salvation Army's holiday campaigns.

**Contact:** Dave Florence 604-413-1224  
daveflorence.pr@gmail.com qathet.prfhs.org  
or Hans Maurer 604-487-9552 cahama@shaw.ca

### Kiwanis Garage Sales

The Kiwanis Club of Powell River is hosting several COVID-safe garage sales starting November 6, in support of the Christmas Cheer Campaign.

**How to participate:** Learn more in the events section on Page 51, and plan to shop the sales! 4943 Kiwanis Ave.

## Powell River Sunshine GOGOS

The Grandmothers to Grandmothers Campaign was launched in 2006, as an initiative of the Stephen Lewis Foundation, in response to the emerging crisis faced by African grandmothers. Since 2009, our local group has raised more than \$100,000 in support of grandmothers and the community-based organizations who support them in sub-Saharan Africa.

**How to participate:** Watch for pop-up sales of the Gogo's signature "totes."

**Contact:** Malerie Meeker 604-483-4224  
malerie.meeker@gmail.com

## OneLight

Fire starters made in Townsite by people with barriers to employment. Never cut kindling again!

**How to participate:** Buy OneLight products at Save-On and other stores around town to support inclusive employment and increased well being through the development of meaningful inclusive work!

**What has OneLight achieved in the last year:** We have recruited, trained and employed 31 employee participants and four supervisors who make and sell OneLight fire starters. We have expanded our customer base across BC and Canada.

**How to participate:** Buy shirts for \$20 each at Tla'amin Governance House.

## Embrace Adventure Together Personal Fundraiser

To support the Wulkan family as they live with cancer.

**How to participate:** Shop the online T-Shirt Shop at embraceadventuretogether.com/shop. T-shirts are \$25 each, hoodies are \$45 each

**Contact:** embraceadventuretogether@gmail.com  
www.embraceadventuretogether.com

**What has the initiative achieved in the past year:**

Book sales raised about \$3,000 for local charities.  
Contact: 604-483-1440

## Winter Wonderland Hamper Skate

December 7 at the Rec Complex. Bring a new toy or non-perishable food bank donation for free admission.

## Therapeutic Riding Open House

November 27 is the Annual Open House. Between 11 am and 3 pm visit the "Hay is for Horses Fundraiser," have pictures with Santa and a horse as well as a Silent Auction.

## Mother Nature Pet / Family Photos with Santa

Raising money for Powell River Therapeutic Riding, West Coast ACCESS and PROWLS

**How to participate:** Bring your pets and family Saturday, December 4 from 10 am-5 pm for a snap with Santa at Mother Nature. Minimum donation is \$15.  
**COVID protocols:** You can get a photo of Santa and your pet, your family with your pet, or just your family (no Santa).  
pieta@prliving.ca



qathet  
REGIONAL DISTRICT

## qathet Regional Emergency Preparedness

# GET READY STAY READY

### What's your pet emergency plan?

During a disaster, the best way to protect your pet is to bring them with you. If possible, shelter with friends or family. Prepare to take:

- Food & water (bowls & can opener)
- Identification tag & collar
- Leash, harness, or carrier
- Waste disposal supplies
- Recent photo of you & your pet together
- Pet First-Aid kit
- Vaccination records & medications with instructions
- Emergency phone numbers
- Comfort items (toy, blanket, treats)

You may need extra supplies based on your type of pet:

**CATS?** A small container of cat litter & plastic bags

**DOGS?** A roll of poop bags

**REPTILES?** A portable battery-operated heat lamp

**BIRDS?** Cuttlebone & grit

### If it's not possible to take your pet:

Prepare a note with pictures and description to post on your door to alert emergency responders of any pets left behind. Leave plenty of water and food. Separate your dogs, cats, and other smaller pets as they may behave differently under stress.

Don't wait  
until it's too late

Please contact  
emergency@qathet.ca  
for more information.



How to help internationally

# qathet helped these three locals find their calling in Africa

Scholarships & eyeglasses in Kenya

BY HELEN WHITAKER

I was raised in Kileleswa, Kenya, two miles from this slum. I took my adult daughters there three years ago to see how the school operated. We stayed in the slum and visited the school every day. It was heart rending to see people living and surviving in such abject poverty. The school is incredible and has created a vehicle for the children of Kwangware to receive an education – an education that gives them a way to ‘leave’ the slum life and have a future outside of that environment. It has to be seen to be believed.

As an optician I was moved to help the kids with vision challenges enjoy and embrace their education, and keep up with their peers. I ran a basic vision clinic, secured glasses for the kids that needed them, and plan to return, COVID permitting, as soon as possible. I have a section on my website that my glasses clients can access, to explore options to help the kids via donations. I offer ‘free’ glasses if a kid is sponsored for a year: [securevisionoptical.ca](http://securevisionoptical.ca).

Most of the people in the community do not have the funds to advance their education or their children’s education. With most individuals in the community making less than US\$1 a day and rent starting around US\$30 a month, there is not near enough money to meet the price of approximately US\$40 a month per child to attend school. The Kawangware Scholarship program’s primary aim is to advance education in the area and provide funding and scholarships that will enable children to attend school.

Each scholarship includes school fees, school supplies, transportation, uniforms, and meals while at school, and much more.

Basic needs in Kenya

BY TAYLOR JUDD

I moved to qathet from Alberta almost five years ago. I needed to make a complete life change. I was so blessed because I got really connected and found community quickly.

Once God helped me heal, and gave me a support system in qathet, I felt led to move to Kenya. I had no idea how long I would be gone, or what I would be doing. During that year we founded Love and Be Loved.

Here in Kenya, we strive to empower orphans, children, women, and men with love through educational opportunities and basic living necessities. We do our best to work in a way that empowers the local communities and their goals, rather than an individual Westernized agenda.

We do food distribution, provide female hygiene products, we also do female health workshops. We have joined the fight against gender-based violence. We work with safe houses, and also provide mattresses for families and organizations in need. We are connected with local schools and non-governmental organizations.

We will be releasing information on our Facebook/Instagram page soon about a Purdy’s Chocolate and Sipology fundraiser (perfect for Christmas stocking stuffers!) We also have options for sustainability monthly donations and one-time donations.

We are currently fundraising for a vehicle, as many of the locations I go to are very dangerous and difficult to get in and out of.

Permaculture in Uganda

BY JILLIAN AMATT

My partner and I lived in qathet for many years and learned most of what we know about sustainability and permaculture while there. We are thrilled to be able to now spread this knowledge to struggling communities around the world. #savekikorongo is teaching these skills in Uganda.

After feeding and bringing water to a starving village in Uganda for 10 weeks, we are now focusing on teaching them how to rebuild their depleted soils, create rich composted soil, and how to create lush and rich home gardens for themselves. We hope that this knowledge will carry them forward into a healthier future.

We are also helping them to reduce trash in the community by fundraising for garbage bins, and by creating solutions for using plastic waste such as building “plastic brick” walls out of the bottles we collect.

We are constantly raising money to help the community with all of its environmental problems.

Money is privately donated and the complete process is documented on Facebook, YouTube and our GoFundMe campaign. We can accept e-transfers directly to [jillamatt@me.com](mailto:jillamatt@me.com) Small amounts of money go a very long way here.

We thank qathet for its dedication to sharing knowledge about food production and security. Had we not lived there, we quite simply would not be making the difference that we are in Uganda! 🇺🇬



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# Raise your awareness about justice and safety

## 16 Days of Activism Against Gender Based Violence November 21 through December 6

This is an annual international campaign, coordinated locally by qathet SAFE (formerly Powell River & Region Transition House Society and Powell River Community Services Association). This campaign raises awareness and sends a message of support and hope for people struggling with gender based violence.

Look for our displays in the community starting November 21 and ending on December 6 which is Canada's Day of Remembrance and Action on Violence against Women as well as our 10th annual Shoe Memorial. Around the world as well as in Canada, gender-based violence has significantly increased during COVID-19.

We are witnessing a pandemic within a pandemic. Please help us fight to end the violence by ensuring your friends and everyone in your family feels safe, respected, and supported.

**How to participate:** See the displays around town, donate shoes to the memorial, and visit [www.qathetSAFE.ca](http://www.qathetSAFE.ca)

## National Restorative Justice Week November 2 to 28

**How to participate:** We are always looking for more volunteers to facil-

itate cases and help out too! [rjabc.ca/2021/07/11/national-restorative-justice-symposium/](http://rjabc.ca/2021/07/11/national-restorative-justice-symposium/).

**What it's achieved this year:** We continued to provide Restorative Justice services to the community, both online and in-person (when safe). We worked four cases, which included criminal and non-criminal conflicts. We (finally!) completed our own training manual, tailored to the needs of qathet.

Our Diversity, Equity and Inclusion Committee supported some exciting community projects/organizations including: Hehewsin, Trans qathet, qathet Cultural Awareness Committee, Compañeros Spanish Speakers, and the What the + Art Show.

We are working hard on expanding our youth justice program with lots of help from some new recruits. Our youth volunteers are bringing creative ideas to the table and showing incredible leadership skills. It's a pleasure to let them lead us forward.

qCJ will be posting RJ information and fun facts on our newly established instagram @qathetcommunityjustice.

The public can learn about Restorative Justice by attending one of our "Introduction to Restorative Justice" sessions November 22 to 24. Contact Siobhan to register.

**Contact:** Siobhan Brown (she/her), Program Manager. 604-414-4203. [qCJ@liftcommunityservices.org](mailto:qCJ@liftcommunityservices.org) [www.qathetCJ.org](http://www.qathetCJ.org)



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## Therapeutic Riding Open House

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# New names

## New relationships

**Corporate overtures to Tla'amin are more than just a symbol: they're a start**

BY ABBY FRANCIS  
LOCAL JOURNALISM INITIATIVE REPORTER

**O**n October 1, for the first time in over 100 years, Tla'amin Nation held a ceremony at *tiskwət* - the ancient village site at the mouth of the river. The fire, gifts, speeches and drumming were in recognition of the mill's name change to Catalyst Paper Excellence *tiskwət*.

This decision was made by Catalyst in a Memorandum of Understanding with Tla'amin.

"This name change is a long time coming and an important gesture to repair harm," said Hegus John Hackett.

The mill's vice-president of corporate communications, Graham Kissack, confirmed that the name change is just a first step in a reconciliation process with the Nation - which was moved off their land to make way for the mill over 100 years ago.

"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," said Graham.

Both Catalyst and Western Forest Products have publicly taken steps this year to repair relationships with Tla'amin. The corporate moves reveal a shift in the region. Overwhelmingly, Tla'amin members perceive that shift and the recognition as positive.

Catalyst engineer and Tla'amin Nation member Jordan Mitchell shares that the name change of the mill site is a huge step in reconciliation.

"It means a tremendous amount to me personally, as a Tla'amin man and as a 10-year employee at Catalyst. The history of that site is undeniable," Jordan says. "*tiskwət* is the site's proper

place name since time immemorial and the recognition of that feels like such a relief.

"I am overjoyed for the few fluent ay?äjuθem-speaking elders we have left who remember their grandparents who only knew that place by it's true name - *tiskwət*. Somehow, I am even more happy for the children of our area who will grow up learning of the deep traditional heritage of the people who inhabited these lands and lived as part of it for millennia."

Elder Leslie Adams agrees.

"I think the name change is very good," said the former Chief. "I worked in the mill for about 37 years, I had always gotten along well with the others there. I was always on the tugboat, that was my favourite job there. I am happy with the name change to *tiskwət*."

Elder Bob Blaney says that name changes can be a bridge.



"I think it is good that the mill and the city are looking at name changes and trying to understand our history."

Former Indian Act-elected Chief Councilor Qwastānayā (L. Maynard Harry) explained, "I

think that the Catalyst name change is coming from a good place, and it is a start. Name changes are a demonstration, we still have a long ways to go, and must go far beyond name changes, but this is worth a 'thank you'."

Present at the afternoon ceremony were several Tla'amin elders, members, and council members, plus the Hegus. Also there were Catalyst executives and workers, Powell River and qathet Regional District officials, MLA Nicholas Simons, and Mayor Dave Formosa.

Their speeches reflected on history,



**WHERE THE VILLAGE ONCE WAS, AND THE MILL NOW IS:** Above, Sofia Blaney talks to Gail Blaney, elders Elsie Paul and Doreen Point listen. Alex Point and Leslie Adams watch the ocean during the October 1 ceremony changing the name of Catalyst Powell River to Catalyst *tiskʷət*. Left, Dillon Johnson gifts a blanket to Kristen Van't Schip, with Drew Blaney and Hegus John Hackett.

Photos by Abby Francis, LJI

tragedy, and reconciliation.

After the speeches, Tla'amin members lit the fire. Everyone turned away from the flames and remained silent. When the flames died down into embers, participants turned around to face the fire. The ceremony ended with drumming, and Tla'amin giving blankets to the special guests.

"The ceremony that took place was very emotional. Leading up to it, I did some research. What I found made my heart drop," says Hegus John Hackett. "*tiskʷət* is the original village site of Tla'amin. It is very clear why Tla'amin picked *tiskʷət*. The river holds rich spawning grounds for pacific salmon that feed the healthy, diverse wildlife.

"I envision the diversity of wildlife and the habitat provided food and medicines. Oral history has taught us that we used to send our young men on a journey to hunt and gather medicines along *tiskʷət*. In 1878 Tla'amin lost this land when Logging License Lot 450 was issued," says the Hegus.

**Earlier this summer**, two young members of the Nation blockaded the access road to Western Forest Products' (WFP) Stillwater license area. Throughout the day they were joined by both Tla'amin members and non-Indigenous qathet residents.

A few days later, WFP and Tla'amin announced a 'renewal agreement,' building upon their existing Memorandum of Understanding.

The areas in the Tla'amin territory that Western had been working on will now be a collaboration between the two entities.

"The agreement is an important step in reconciliation that recognizes and respects the interests of the Tla'amin Nation," explained Shannon Janzen, Vice President Partnerships and Sustainability and Chief Forester. Hegus John Hackett said, "We have a strong and respectful working relationship with Western, and through this joint planning process we will better ensure that forestry decisions on our territory are made by Tla'amin and reflect the best interest of both present and future generations of Tla'amin citizens."

Elder Bob Blaney worked in the forestry industry. He is more cynical about the company's overtures.

"I was not too happy about it, we have things to worry about, like climate change, and we are running out of trees. We have to protect and save the old growth trees and forests, for our future generations and our grandchildren.

"The partnership I don't think will change much. I wanted them to stop logging in our territory, I don't

think us getting more of a say is any better, they are still logging here," Bob said.

Jordan notes that the change should be seen as serious.

"My hope for this is that Western, as well as other forestry companies, will view our forests and the resources for its cultural currency rather than its dollar value. Consultation with Tla'amin, a self-determined Nation, needs to be on the table for logging operations within our traditional territory," says Jordan. "Every business needs to make money to survive but I think, going forward, certain aspects of the planning, harvesting and cleanup may be modified to be selective and certainly salvage more than in the past. As well as these measures, our remaining areas of old growth forests need to be protected.

"Those forests are precious and ensuring their protection provides us with windows into the wilderness that have been systematically wiped out over the years."

**Besides Catalyst and WFP**, the Powell River Museum and Archives, the Powell River General Hospital, City of Powell River, and more have all announced they're considering name changes. The city was even looking into changing the road-naming by-law, to include Indigenous names for new roads made or to replace old road names.

Tla'amin's language was almost lost. Today, multiple efforts by individuals, the Nation, academia and

“I feel the support and appreciate the local businesses and other entities that are taking steps and reaching out to our Nation.”

- Hegus John Hackett

local schools are hoping to recover it. qathet has come a long way, Jordan explains.

“I think any company, organization, park or city that wishes to take the steps to recognize the traditional place names around our homes is amazing,” Jordan says. “Formally re-establishing and repatriating those names is invaluable for the survival of the ay?əjuθem (Tla’amin) language and the rich culture of Tla’amin.”

“I have been heartened by the initiative I have experienced by friends, acquaintances and coworkers who want to learn simple words, phrases and place names in the language. Tremendous work is being done by relatives of mine to preserve and pass on ay?əjuθem in their jobs and every day life.

“We have so few fluent speakers left in Tla’amin and it will take an even greater effort by everyone to preserve what they are still able to pass on to us and the younger generations,” says Jordan.

**qathet is moving towards reconciliation,** but the rest of Canada seems to be moving at a much slower pace. Daniel Justice, a scholar of Indigenous Studies at UBC, said, “The challenge with this question is that it leaves out one important part of the reconciliation process: truth. We can’t have recon-

ciliation without truth, and the truth of Canada’s colonialism—past and present—continues to create harm, primarily for Indigenous people but for non-Indigenous people too.

“Until we return to the idea of truth and reconciliation, and understand that truth-telling will be challenging and ask a lot of all of us, then any discussion of reconciliation is incomplete and even harmful. We can’t short-circuit the process by saying ‘let’s all just get along,’ which is what a lot of reconciliation rhetoric has become; we have to understand that truth and reconciliation mean change for all of us, and not just superficial change—it requires a complete re-thinking of how we account for the past and ensure that the future is more generous, more just, and more honourable,” Daniel says.

“We have to learn how to live together on terms that aren’t ultimately only about what’s good or comfortable for Canada and non-Indigenous people.

“We’re all impoverished by bad relations. Non-Indigenous people are hurt by colonialism, too, though in different ways from Indigenous people—it’s a history, and a system, that’s inherently dehumanizing, and it keeps all of us from realizing the possibilities of good relations.



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“The history of Powell River is older than the mill; it’s a deep, right, and ongoing relationship to place. Learning more about those deep roots enriches everyone’s relationship to the place and its entangled histories, and it makes possible better things for everyone in the future.”

Daniel explains that given the looming dangers of climate change, Canadians need to realize we need each other more than ever.

“We can’t be in good future relations without taking account for the complex and often painful inheritances of the past. And that can be an opportunity to be curious and compassionate with one another—it doesn’t need to be something people fear.”

Qwastānayā is hopeful, pointing out that this region is leading by example, again.

“Communication is reconciliation’s biggest tool, and I am very proud of Tla’amin and Powell River because we are a community that has that, there are not a lot of other Nation-City relationships that share this connection. The rest of Canada needs to have better communications with First Nations to achieve reconciliation.”

**Locally, we seem to have a bright future** ahead of us, with all of the partnerships, name changes, and relationships. The city and Tla’amin are on good terms, according to Hegus John Hackett.

“I see reconciliation as a long path and many steps such as this (Catalyst name change) to move forward.

I feel the support and appreciate the local businesses and other entities that are taking steps and reaching out to our Nation wanting our input on how they can change their company name, or how to address cultural sensitivity, these are steps down that path of reconciliation.

“I also see reconciliation as an attempt to rebuild from a broken relationship. We will learn from past mistakes, and reconcile these mistakes to evolve our relationship and move forward. I believe reconciliation has to happen on many levels, because the deep scars left behind from the initial arrangement or relationship, many of these scars still affect multi-generations,” John says.

“Overall I am an optimist.”

Qwastānayā is, too.

“Reconciliation is very complicated. I think it is very important to never, ever stop trying,” explains Qwastānayā. “I think that with Truth and Reconciliation Day, it is important to remember and honour those families and people affected.

“We are still being affected today, and I think that for reconciliation to be achieved people need to understand where we are coming from, to put themselves in our shoes, they have got to get it,” says Qwastānayā.

“In Powell River, I think that our community gets it.”

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

**DYNAMIC DUO:** Tla’amin Health acting director Marlane Christensen and Catalyst engineer Jordan Mitchell stand beside the burning pile for the October 1 re-naming ceremony at Catalyst. *Photo by Abby Francis, LJI*

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# Better than drugs: Service dogs are true healers

BY ISABELLE SOUTHCOTT

In 2018 Tiffany Thomas was assaulted while in another country.

She'd just had surgery and was vulnerable and unprepared for what happened next, but the incident shattered her self-confidence.

Gone was the vivacious entrepreneur who'd successfully run Tacos by Tiff at local fairs and festivals and the Powell River Open Air Market. In her place sat a fragile shell of a human; a frightened young woman suffering from acute Post Traumatic Shock Disorder.

"I was a suicidal shut-in," says Tiffany sitting beside me on a park bench on a sunny September day. "The world became too big for me. I lost a piece of me that I didn't think I'd ever get back."

Tiffany began the long climb back to wellness with the help of local psychiatrist Dr. Rachel Bell. Medications helped, but they came with an array of uncomfortable side effects.

"I was looking for a healthier alternative," says Tiffany "so I began looking at Service Dogs."

Encouraged by her doctor, her search led her to Vancouver Island K9, a company that trains certified service dogs and their recipients. Whether it's helping the parents of a child with autism, individuals with mobility impairments, or people with invisible disabilities, the dogs performing these duties must go through extensive training and be certified to gain access into public places. In BC, funding for service dogs is only available to a select few (Tiffany didn't qualify).

Tiffany says the application process was long and involved, but by December 2019, it was time for her to go for a meet and greet with Cricket, and if all went well, sign the contract.

With thousands of hours of specialized training invested in every single Service Dog, Service Dogs are expensive. Cricket has more than 1,200 hours of training so far and it is ongoing said Tyson King, CEO and Lead Trainer at VI K9.

"All our Service Dogs are trained individually for their person," explains Tyson. Everyone has different triggers and responses and recovers differently which is why training programs are custom.

Cricket is a two-year-old Golden Doodle. She's smart and beautiful, but best of all, she's tuned into

"She's given me back my life. I'll never be the same as I was, but this is the new me."

~Tiffany Thomas

Tiffany and has opened-up her world again. They spent many months training together before Tiffany was able to bring her home. "I had to learn a whole new language," says Tiffany.

Although Cricket is certified as a Service Dog, the team (of Tiffany and Cricket) is not certified yet, said Tyson.

"VIK9 full certification is the team certification," he explained. "As Cricket uses scent work as her primary means of conducting her life saving tasks, this certification frequency must be done annually. The VIK9 team recertification happens every three years."

Hidden disabilities, such as PTSD, are often met with disbelief by those who don't understand. Because Cricket is one of the first licensed service dogs in qathet, some business owners don't know what to make of her. "A service dog is considered a medical device. We can go anywhere the general public can go—within reason," said Tiffany.

"I'd like to educate people about the role of service dogs and invisible disabilities. A lot of people look at me and say 'you look fine, are you the trainer?' They are surprised when I say 'no, she's my service dog.'"

Tyson says 95 per cent of the service dogs they train are for people who have invisible disabilities such as seizures, diabetes, anxiety, PTSD, and a hearing impairment.

He said that when someone asks a person what their Service Dog does they are asking an invasive question as they are asking about that person's medical issues. Businesses that turn a Service Dog team away are violating the BC Human Rights Code.

"It's important to respect what the dog does, it's a service dog," he says. People should not pat Service



**INVISIBLE DOG:** Most service dogs are for invisible disabilities, such as Tiffany Thomas' PTSD.

Dogs or give them treats without permission from the handler.

Because of Cricket, the sunshine is slowly coming back into Tiffany's world. "She's given me back my life. I'll never be the same as I was, but this is the new me," she says. "I do a lot of research before I make decisions, but nothing prepared me for this intense, incredibly healing journey I'm having with her."

With Cricket by her side, the days of looking over her shoulder are behind her. "She's my everything. She wakes me from night terrors, helps keep me grounded, has helped restore my confidence and helps me navigate the new me."

Tiffany laughs, "a year ago I wouldn't have been able to do this interview."

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## A post-pandemic taste for wild meat

**A**fter years of decline, hunting wild meat has become more popular here in qathet over the last couple of years. So says Sam Sansalone, who owns Powell River Outdoors. The store offers the CORE hunting certification course; for the first time, it has wait-lists. “People are more aware of what they’re eating for health and ethical reasons,” he explained. “And COVID has a lot to do with it. People became aware that groceries can be cut off, but we have groceries all around us in the mountains and ocean.”

Most people who hunt for meat grew up with it, Sam said. But not everyone. Many more women are hunting now than in the past, he said. It’s not just about the meat, either. Camaraderie and stress relief are strong side benefits of hunting, he noted.

“I just took a senior out. It brought him back to his youth. It’s really good for their soul.”

Jordan Mitchell didn’t grow up hunting, but he learned.

“Eating wild meat is unlike anything else to me,” said the Tla’amin member. “The effort, work and dedication it took to succeed in bringing that animal home for my family is truly a gift... Taking the life is not easy. Each time I succeed on a hunt, I give the utmost respect and honour to the animal in gratitude for providing my family with good food to eat.”

If you like the idea of wild meat or game, but don’t want to hunt, you can buy it at The Chopping Block and Tla’amin Convenience Store. Wild Edge Keto, a new local company owned by Christie Dionne, uses farm-raised game meats.

pieta@prliving.ca

**“GOOD FOR THE SOUL”:** Left side from top, Jordan Mitchell’s medium-rare venison loin; Lisa Beeching’s hanging smokies, and roast venison with Yorkshire pudding. Shane Agius’ venison Wellington. Right side from top, the annual Texada Broken Arrow, featuring camaraderie; Samantha Agius; Jordan Mitchell; and a publicity shot for Wild Edge Keto.



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# A collective effort:

## Indigenous education needs everyone, benefits everyone

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

This September, School District 47 welcomed its new district principal of Indigenous education, **Jessica Johnson**.

Jessica has been working in Indigenous education for over a decade in both North Vancouver and qathet. “My recent experience in district leadership work has been supporting teachers with the implementation of BC’s redesigned curriculum” she said.

Jessica grew up in the Okanagan and Westbank First Nation territory in Kelowna. She later moved to the Tla’amin territory with her husband in 2018 to raise their two daughters, Rielle, 4, and Remi, 2, near their family, language, and culture.

Jessica is a citizen of the Métis Nation of British Columbia and is part of the local Métis chartered community. “My ancestry comes from many Métis ancestors from Alberta, the Red River, and the Northern United States,” Jessica says. “The most well known line would be Louis Kwarakwante Callihoo, a Kahnawa:ke (Mohawk) man who worked as a voyageur for the North

West Company and eventually settled in Alberta. He spoke Mohawk and French, later in life he learned Cree. I believe Cree is the language he taught his children.”

While Jessica is not from Tla’amin, she proudly carries the Tla’amin name čugetoʔe (chih-geh-toe-jeh), which she was gifted by her husband’s grandmother, qaʔaxstaləs (kah-ahk-stahlus) (Dr. Elsie Paul).

Jessica earned her Bachelor of Education from UVIC. Five years ago, she completed a Leadership and Administration Master of Education degree from UBC. She was in the first cohort with a focus on Indigenous education and social justice; for this she completed a capstone project with four others.

“Our project used a metaphor of the spindle whorl, to conduct an appreciative inquiry about the tensions and balances educators faced while engaging with BC’s redesigned curriculum,” says Jessica.

“We wanted to celebrate the successes and important work of educators. Through the use of appreciative and Indigenous conversational methods, we built and established relationships with participants to spin their stories



**SUCCESS STORIES:** With a Métis ancestry and ties to Tla’amin by marriage, Jessica Johnson looks forward to making connections with all students.

*Photo at Tla’amin Nation Culture Night, by Abby Francis, Local Journalism Initiative*

and practices into a strong and resilient yarn of Indigenous and inclusive practice.”

“I see my role as keeping Indigenous student success, and equity for Indigenous learners, at the forefront of people’s minds. My hope is to build allies among colleagues and communities, and help everyone understand that In-

igenous education is a collective effort that will benefit all learners in this district” she says.

Jessica mentions that this year, she looks forward to strengthening relationships with Tla’amin Nation, Metis and other Indigenous students and families.

“I believe that this role is a step to-

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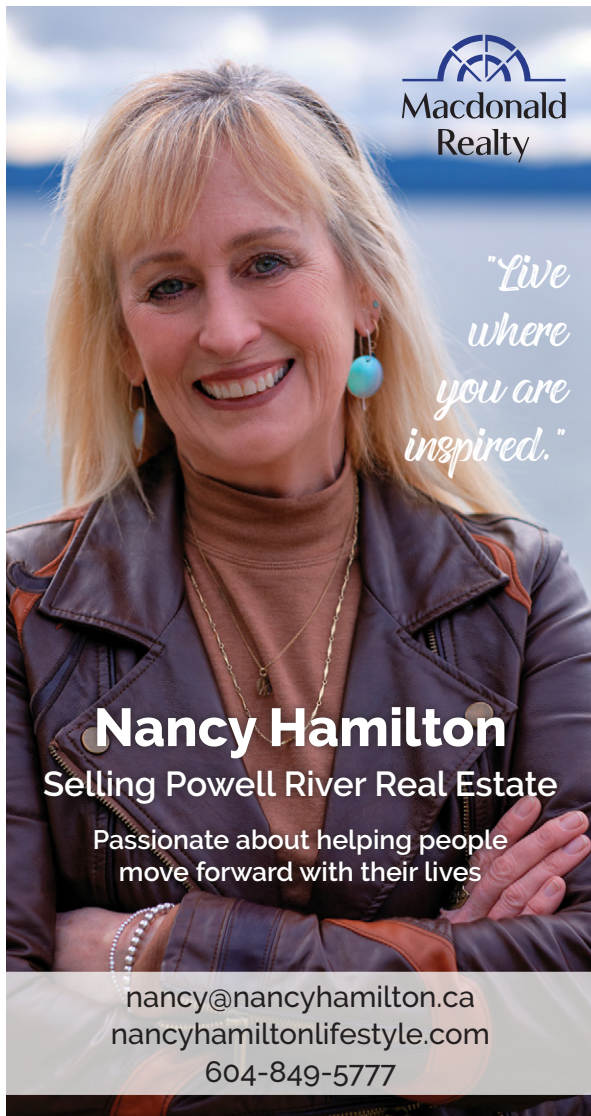
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"I hope that by modeling humility, creativity, curiosity, and a willingness to learn, others will join me."

Jessica Johnson

wards reconciliation by welcoming an Indigenous voice within the district leadership team."

Jessica is inspired by the decades of work that has been done here by educators such as Gail Blaney, Betty Wilson, Marion Harry, Sue Pielle and many others to promote and include Tla'amin culture and language.

"My work will really stand on the shoulders of the leaders who made space for this new role to exist," said Jessica. "I hope to contribute to a caring and safe district where Indigenous students recognize their value and potential. Where Indigenous communities' voices, ideas, and perspectives are welcomed and contribute to the co-creation of a school district that is reflective of, understands, and recognizes the value of Indigenous ways of knowing."

Along with this role, she is continuing with qathet's Equity in Action project, which is on to its second year. Province-wide, the Ministry of Education's Equity in Action project seeks to "address systemic barriers impacting Indigenous student achievement," according to the website. "A focus on 'equity of opportunity' and a co-constructive approach is driving a review of practices and policies that may be creating obstacles for Indigenous learners in the BC public school system."

"I would like to create an advisory group for the project," says Jessica. "Equity recognizes that not everyone needs the same support to be successful. The project is meant to highlight the areas where different supports or interventions are required to allow each student to reach their potential," Jessica says. The project also works to share promising practices from this district with other districts around the province.

Two big problems Indigenous students are facing are difficult transitions into high school and lagging graduation rates (see sidebar, right). Jessica hopes to make school more relevant for Indigenous learners.

"These legacies, and societal gaps in understanding, are what I intend to reconcile," says Jessica. "The legacies of colonialism affecting students today need to be addressed to create equity for Indigenous learners. Creating equity is done at both a systemic level and in an individual student-centered way. I believe that when people learn a more holistic version of history, the more action, empathy, and understanding is created."

She shares that reconciliation is the collective recognition of the ways the colonial history affects Indigenous peoples in the present and the effort and active pursuit of making amends for that history.

"The timing for reconciliation is hopeful. With the National Day for Truth and Reconciliation, and building momentum around and understanding of racial injustices, both historic and contemporary, it seems that district staff, students, and the qathet community are hungry with a willingness to know and learn more," says Jessica.

"This information wasn't taught to most of us when we went through the school system. So, without direct personal experience, many Canadians were in the dark about the legacies of colonialism and the very

## Indigenous success in qathet public schools

About 13 per cent of School District 47 students self-identify as Indigenous.

Indigenous Students have a lower high school completion rate than other students.

SD47 District High school completion Rates (2019-2020):

All Students - 74 per cent

Indigenous - 65 per cent

Province of BC high school completion rates (2019-2020):

All Students- 86 per cent

Indigenous - 71 per cent

In Brooks' Class of 2020, 16 of the 26 Indigenous students graduated.

Here in qathet, most students successfully transition between Grade 7 and 8 (98 per cent of all students and 96 per cent of Indigenous students) Grades 8 and 9 (98 per cent and 94 per cent), and even from Grade 9 to Grade 10 (90 per cent and 89 per cent).

But after Grade 10, the transitions get more difficult.

Just 93 per cent of all students and 89 per cent of Indigenous students made the jump from Grade 10 to Grade 11 in 2019-2020. And from Grade 11 to Grade 12, 94 per cent of all students and 90 per cent of Indigenous students transitioned.

All data from BC's "Aboriginal Report - How Are We Doing?" and SD47 school websites.

real implications of those legacies in the present."

Jessica explained, "I hope to put structures in place to support the inclusion of Indigenous themes, world views, and perspective across the district."

Historically in this district, supports have been primarily at James Thomson Elementary and Brooks Secondary School. Jessica is hoping to advocate for more district-wide inclusion of Indigenous education.

Jessica says she looks forward to helping create a sense of belonging for Indigenous students.

It is important to make sure Tla'amin people are always honoured as the original caretakers for this place, she says.

"I recognize that I am human and will make mistakes along the way. But I hope that by modeling humility, creativity, curiosity, and a willingness to learn, others will join me."

abby@prliving.ca

Worry for our Waters Part II

# Will Ottawa finally recognize qathet's hyper-successful salmon enhancement?

BY **ABBY FRANCIS**  
LOCAL JOURNALISM INITIATIVE REPORTER

**B**ritish Columbia's salmon populations are in trouble, in some regions more than others. Although salmon stocks in qathet have substantially decreased, our fish are doing much better than salmon in the Fraser, Thompson, and Skeena rivers—just to name a few.

Why locally, are our salmon populations doing better than other rivers in BC, even when our stocks are considered low?

Part of this is because the Powell River Salmon Society (PRSS) boosted our local fish count by introducing chinook salmon into Lang Creek 35 years ago. In fact, one third of all of BC's chinook salmon today can be traced back to the enhancement program here at the Lang Creek, Catalyst Mill, and Duck Lake hatchery.

"We do this thanks to the donors and volunteers. It's a community victory," says Salmon Society manager Shane Dobler.

Introducing more salmon species for a diverse run is important. Looking after the watershed the salmon inhabit is also important for both the fish and environment to thrive. That is what Tla'amin Nation is fo-



**VOLUNTEERS, EGG TAKES, ENHANCEMENT, EDUCATION:** The Powell River Salmon Society produces one third of BC's chinook, and makes vast other contributions to salmon. Top, volunteer Cindy Addison; egg takes as a demonstration during October's Salmon Expo at Lang Creek's Alex Dobler Centre; hatchery tech Tesarla Johnson, with eggs.

*Photos by Abby Francis (LJI) and Pieta Woolley*

cusing on (see Part I, October issue of *qathet Living*).  
"For the past 20 years, we have done bi-weekly sampling of our watershed to monitor for changes to

the water quality or pollutants," says Salmon Society assistant manager Philip Nakatsu. "Each year we provide a report so our local watershed users and the



Rob Villani



Stacey Fletcher



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public can be aware of any issues affecting our salmon bearing streams.”

To help others and future generations learn about the importance of our pacific salmon, the PRSS has been providing hands-on salmon education for elementary schools for years. Although this style of learning had to change during COVID, the Society adapted to this and launched a classroom educational program on their website. Philip says the program is aimed at providing tangible result-based learning using modern technology to help educate children on salmon habitat stewardship and life cycle.

“We are in the process of modernizing and updating the salmon education program by using video streaming, green technology, and online resources to reach a new generation of salmon champions,” says Philip.

In an effort to help the regions in British Columbia save their salmon populations, the Pacific Salmon Foundation funded 114 different projects across BC this year to help the salmon populations.

For one, more research has been put into Smallmouth Bass, an invasive species here in BC. These fish feed on juvenile salmon, working against enhancement.

Climate change adaptation is also getting attention. The Pacific Salmon Foundation has funded over \$1.2 million for ‘grassroots project grants’ within 66 different communities.

### What can the rest of British Columbia do to help the salmon?

“I think we need to do a better job of allocating our resources and expecting measurable results for the resources put in,” says Philip.

Philip says that fishery and conservation departments have lots of funding flowing through them. “Most of that funding is channeled into a stagnant bureaucracy that is content to hand out 1-800 phone numbers to manage problems and fund recurring cycles of studies,” Philip says.

“We need to focus on supporting measurable and result-based ‘boots on the ground’ projects that are focused on solving problems and not just checking boxes.

“The best way to ensure healthy salmon in freshwater is to be mindful of riparian zones around salmon bearing streams and creeks,” says Philip. Riparian zones are areas around the river, such as a bank, where plants and animals live.

“Riparian vegetation is a natural shade for the creek, is the most effective way to keep creek temperatures cool, and a practical way to combat climate change concerns in our watershed,” Philip says. “Powell River has a wealth of freshwater reserves, which has allowed our fish to survive many warm summers, where other salmon bearing streams have suffered.

“The challenge will be to maintain our water reserves as the city grows, as our city water source is also a tributary for our largest salmon-bearing creek (Lang Creek). We also must be careful at how we manage mid-trophic level fish, like herring. They are what hold our ocean ecosystem together.”

It is because of all these efforts from the Salmon Society that Powell River’s fish populations manage to stay strong, although many other areas struggle.

“Even when populations in the rest of the province dip, our area gets lumped into blanket closures. The secret to Powell River’s success is generous financial support and over 10,000 hours annually of volunteer time to the PRSS’s enhancement efforts.” This

support is what allows the Salmon Society programs to release up to 1.9 million wild salmon smolts back into regional waters each year.

“Over the past 40 years the salmon returns to Lang Creek have gone up on average. We know this to be fact because we painstakingly count every fish that returns each year and do not rely on estimates like most other systems do,” Philip says.

The Lang Creek hatchery has a counting fence near the mouth of the river, this keeps the fish from going upstream, giving volunteers the time to count the fish. If the fish are not moving it is difficult to count them all, to counter this the Salmon Society invested in several different cameras that help them count up the fish



and can notify when the fish are moving more, helping give accurate counts.

“It’s our hope, if enough coastal communities use this blueprint, we can make real and lasting change to the outlook of BC’s Pacific salmon population.”

These immense efforts made by the Powell River Salmon Society are done on a shoestring. Over 50 per cent of the Society’s budget is fundraised locally. A little under 50 per cent comes from the government, an amount that hasn’t changed since 1982. Recently, the Honorable Minister of Fisheries, Oceans and the Canadian Coast Guard, Bernadette Jordan announced that \$647 million dollars of the federal budget would be put into saving the pacific wild salmon in BC.

So how much of this is going to Local Salmon Enhancement Programs that prove to work extremely well, such as the Powell River Salmon Society?

As of right now, that is a mystery. Shane explained that the funding is most likely going to studies, but he really doesn’t know.

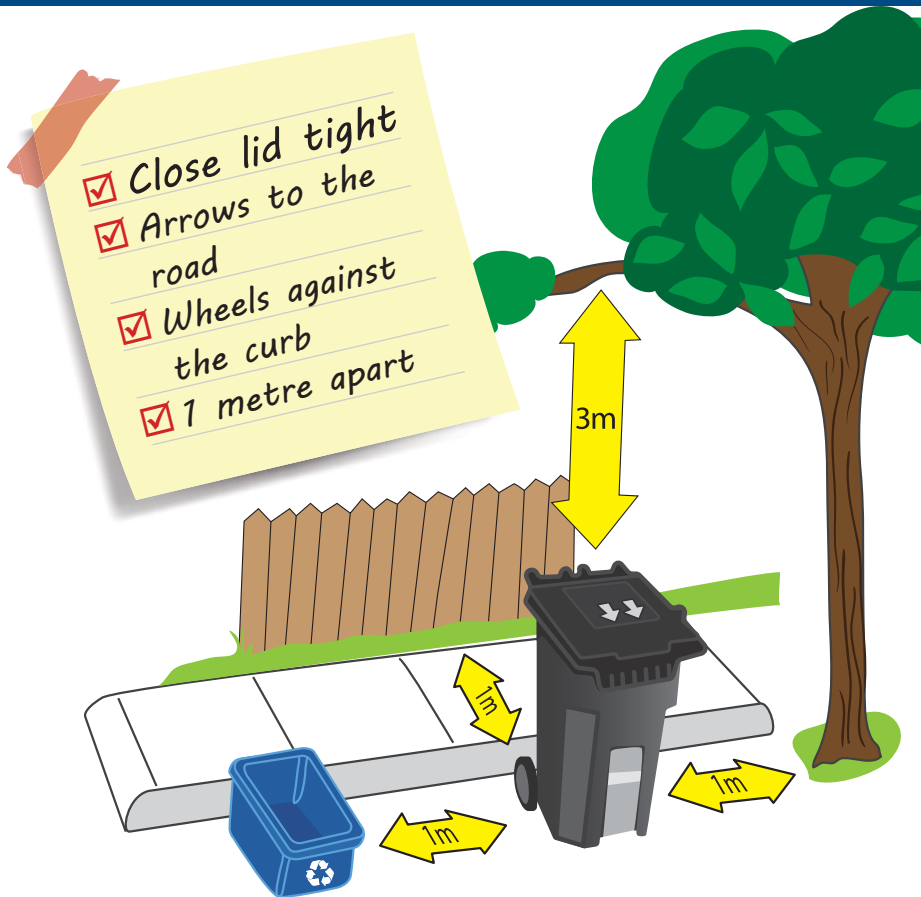
Bernadette Jordan lost her seat in parliament in the last election. Hopefully the new Minister of Fisheries, Oceans and the Canadian Coast Guard, MP Joyce Murray, will be able to answer this question.

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### UPCOMING INFORMATION SESSIONS

#### ARC Community Centre

Wednesday, November 3, 2021 • 7 to 9 pm

#### Dwight Hall

Wednesday, November 17, 2021 • 7 to 9 pm

#### Italian Hall

Wednesday, November 24, 2021 • 7 to 9 pm

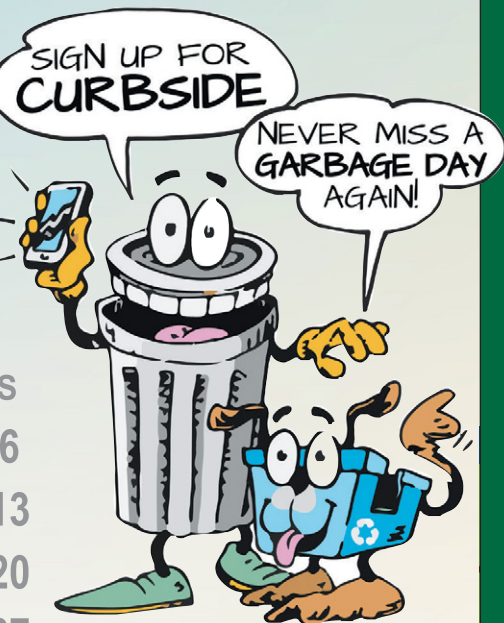
*As per Provincial Health Officer orders, attendees will be required to wear masks, and attendance may be limited due to the amount of turnout (50% of capacity).*



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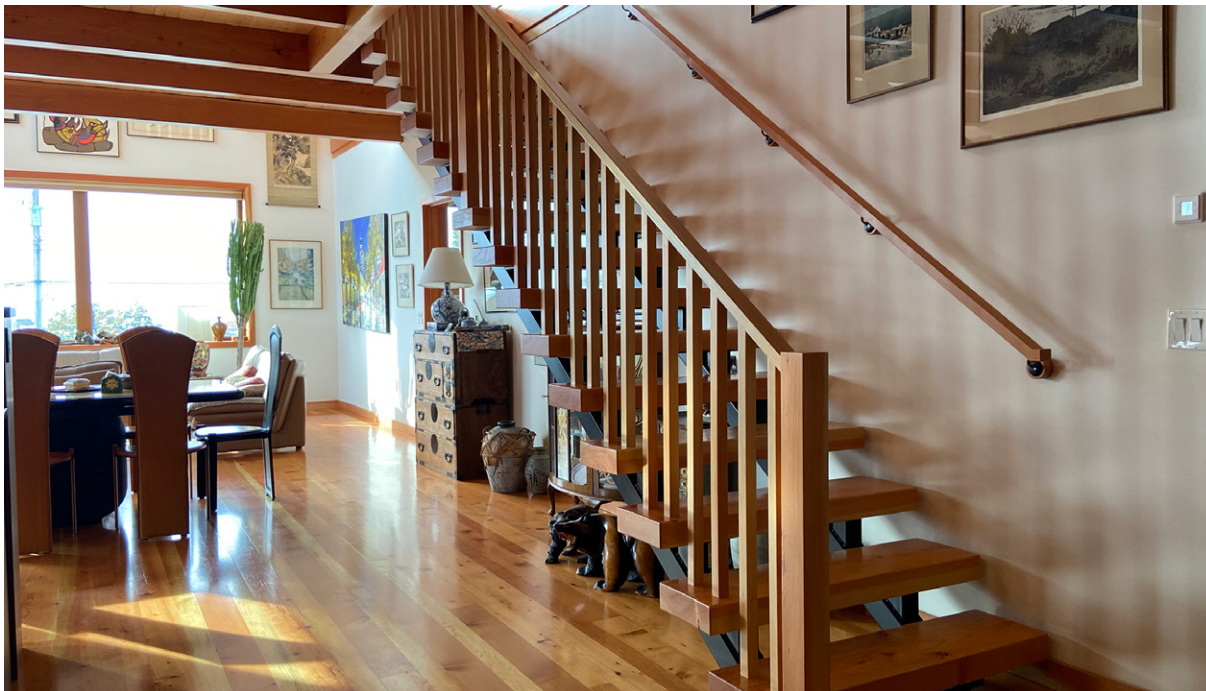
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**AGGRESSIVELY PASSIVE:** The home of Neil and Haruyo Abramson, above with builder Wes Brown, is by far the most efficient building in the community, setting a high bar for future construction. High-tech construction methods and equipment, and walls as thick as 19 inches, make it unusual, but the West Coast feel remains with local wood on the ceilings, floors and trim, and WB Contracting's signature touches.





# qathet's most efficient house

BY SEAN PERCY

Neil and Haruyo Abramson love showing off their new west-coast style home. But one of the things they're most proud of can't be seen. So they're quick to tell visitors about it: they don't have any heat.

There's no woodstove, no furnace, no heat pump.

"When we woke up this morning, it was 7°C outside. And in the house it was 21°C."

The house is indeed a special case, but it may be the way buildings of the future are required to be.

The Abramsons had been coming through qathet for 20 years, and have owned a cabin in Van Anda for 16 years. They recently decided to move out of their Lions Bay home, which was feeling "too close to Vancouver."

They found a property on Brunswick Avenue in Westview, but didn't want just a standard home.

They'd been paying BC Hydro \$500 a month to heat their Lions Bay home "and that was making me sick," said Haruyo. But it wasn't just the fiscal impacts that prompted them to set their sights on an extremely energy-efficient build. The couple are also concerned about climate change and want to do their part.

"When we get the solar panels completed, this will be a net zero house," said Neil.

After shopping around, the Abramsons found some "passive house" projects they liked. They hired a certified passive house consultant who created a design for the Brunswick property that allowed them to build without knocking down a single tree on the property – saving fig, apple and cherry trees that most designs for the property would have destroyed.

"He figured out the angles for the roof and eaves to make the most of the sun in the winter and reduce the heat in the summer," said Neil.

"The idea is to do as little harm to the environment as possible while living comfortably."

One of the biggest challenges for the Abramsons was finding a builder. The specialized pre-fabricated panels for the home were being manufactured in Squamish, but working with out-of-town builders would be problematic, and no one in qathet had ever built anything like this.

They went through two builders and were on the verge of giving up and buying a traditional home already on the market when serendipity led them to WB Contracting owner Wes Brown. (They tried to buy the house he was just completing for himself.) When Wes heard what they were wanting to do, he agreed to tackle the project – and the steep learning curve that came with it.

"I really admire Wes because he was brave enough to take on this method," said Neil. "It was scary – it's leading edge technology and you never know how much it's going to cost. Now he's the only guy in town who has experience with this technology and can point to a passive house he actually built."

In fact there are only a handful of passive-certified homes in all of BC.

It's not a quick process, especially when interrupted by a pandemic. They bought the lot in June of 2019, and moved in just this summer.

"Literally a lot of blood, sweat and a few tears (mostly my wife as I was never home) went into building this home," said Wes. "I have to give a ton of credit to our current and former staff and crew for their attention to detail. Although some of the concepts and techniques (the taped plywood interior air barrier) were new to us, we had already adapted many energy efficiency principles on previous custom builds so we had a pretty quick Passive House learning curve. The tradespeople we worked with on the house also adapted to a new way of doing things."

All new buildings in the province are required to be constructed at a net-zero energy ready level of performance by 2032.

"It was definitely a challenge, but this home has surpassed that benchmark," said Wes.

At first look, the home looks like any other of WB Contracting's west-coast style custom builds, if a little boxier than most. But that boxy look serves an important purpose. One of the keys to building a passive house is to ensure that as little air (and heat) as possible moves through the house. To accomplish this, 10-inch thick prefabricated panels are locked together like a big jigsaw puzzle (but think 3-D jigsaw with tongue and groove pieces to ensure that there is overlapping insulation.) The floors, walls and roof were all engineered panel components that were craned into place, adjusted and connected with heavy structural screw fasteners by Wes' crew.

"We then assembled the fir posts, beams and joist timber frame elements in the interior and exterior of the home," said Wes. Despite the high-tech building methods, the home features many locally sourced products including yellow cedar tongue-and-groove ceilings, fir flooring, fir interior doors and fir trim. The stone countertops were also from BC.

Two-inch thick Steico wood fiber board insulation panels add another blanket of insulation over the entire shell of the building to combat thermal bridging. Inside this box, walls within walls are built, to allow running electrical lines and plumbing, as in a normal house, and to allow affixing drywall and interior finishing, since no holes are allowed to be put into the panels. The difference is that the structural sheathing is on the inside, unlike a typical house where that's on the outside. In effect, the house is framed twice.

Triple-pane European tilt and turn fiberglass windows and doors are designed to allow hot air out, but seal tight when closed. A Zehnder Heat Recovery Ventilator (HRV) specifically designed for a Passive House mechanically ventilates the home.

Todd Griffiths, who worked with Wes on the project until he left WB Contracting to become a building official at City Hall, says the Abramson home is "the most efficient building Powell River has ever seen."

"It is extremely efficient," said Todd. "It was an interesting design/build to work on."

"It's so well-insulated, the key tumbler on the lock on the front door is one of the higher air leak points," Todd said.



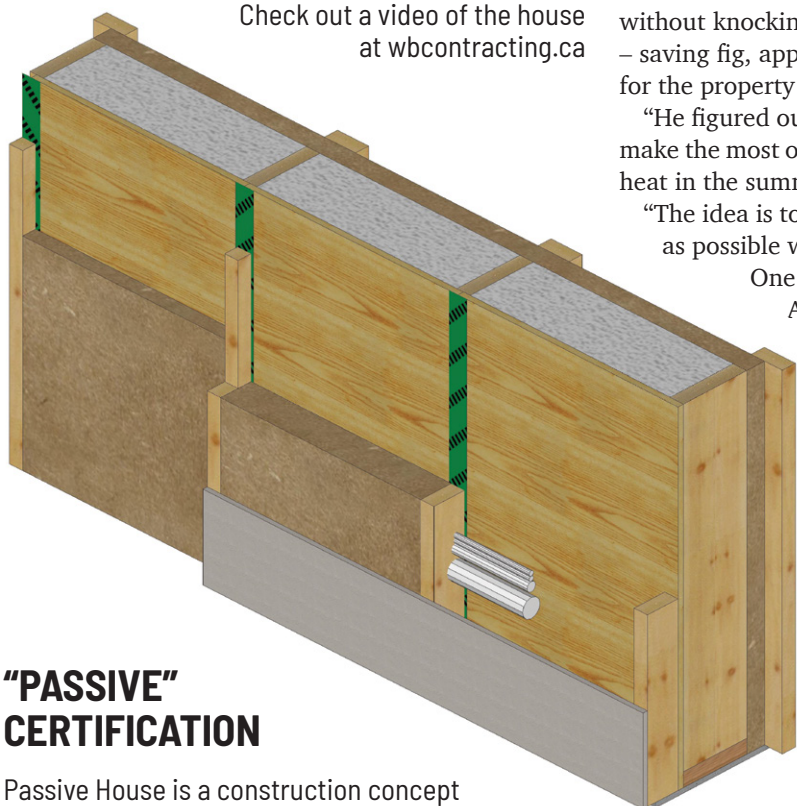
## BY THE NUMBERS

**Wall thickness:** 2x4" interior walls + 10" panels + 2" Steico board + siding and trim = 18" walls.

**Largest prefab panel:** 25' tall x 8' wide

**Air flow:** For passive certification, a pressure test must read under 0.6 air changes per hour at 50 Pascal pressure. This house tested out at 0.51 ACH.

Check out a video of the house at [wbcontracting.ca](http://wbcontracting.ca)



## "PASSIVE" CERTIFICATION

Passive House is a construction concept that prioritizes energy efficiency. Passive House buildings allow for heating and cooling related energy savings of up to 90% compared with existing typical buildings and 75% compared with average new builds. They use energy sources inside the building such as the body heat from the residents or solar heat entering the building. A building shell consisting of good insulated exterior walls, roof and floor slab keep the heat during winter in the house – and keep it out during summer.

To get "Passive" certification, the house has to be shown to have been built to the Passive House designer's layout. For more info visit [passivehousecanada.com](http://passivehousecanada.com).

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# Bust on Texada:

## Whiskey bound for the US market a big no-no back in the prohibition era

**T**exada Island, sayayun, meaning ‘end of the island’ or the ‘end of something’, has been inhabited for thousands of years by Coast Salish people. The island was settled by Europeans in the 1890s, before Powell River, and became known as “Canada’s Most Precious Rock” due to its richness in minerals.

Naturally, the remote location of the island was perfect for the site of an illegal alcohol operation. One of the largest illegal whiskey stills on the West Coast was located at Pocahontas Bay, on Texada Island’s east side.

Prohibition, which was an attempt made by governments to suppress the manufacture, distribution, and sale of alcoholic beverages, ended in BC in 1920. However, it continued up to 1933 in the United States. This meant that there was a large illegal market in Canada that supplied alcohol to the US, and avoided taxes as well as export duties. This period resulted in “rum-runners” who were usually bound for Mexico, to transfer whiskey in five-gallon tins, into smaller boats for more subtle deliveries into the US.

Strategically hidden from view, the Pocahontas Still was a three-story building that housed a Scotch boiler and produced up to 500 gallons of illegal whiskey per week, also referred to as “moonshine.” The still was in operation from 1920 to 1928. The tugboats *Trucilla* and *Etta Mack* supplied barley, rye and yeast to the bay, where a horse offloaded the grain from the beach to the still.

Oral history has blended various different accounts of the still raid of 1928 with colorful elements. However, the true story of the event was recorded in the logbook of Captain M.F. Macdonald, who led the raid.

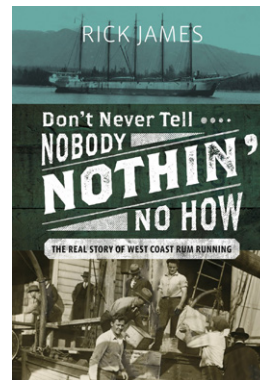
Rum Row was a series of docks located at False Creek where moonshine was collected before being sent to cross the border. On December 1928, two men were apprehended at False Creek with illegal whiskey and interrogated by custom officers. The men’s stories mentioned Princess Louisa Inlet, but failed to mention any specifics about Texada Island or the surrounding area. This made the officers suspicious, and on December 4 they sent *M.V. Dispatcher*, a 49-foot cruiser, to inspect the island.

On the morning of December 5 at 8:30 am, the cruis-



### BLAST FROM THE PAST

JOËLLE SÉVIGNY



In 2019, Courtenay’s Rick James published *Don’t Never Tell Nobody Nothin’ no How: The Real Story of West Coast Rum Running*.

er drifted silently into Pocahontas Bay. Men onboard noticed a flickering lamp just past the shoreline. A rifle shot sounded and the lamp went out. Once ashore officers found a cabin with a stove still going. They proceeded to walk along the beach and found the camouflaged still building, with a lamp still on. They continued to search the shoreline and spotted a man in a rowboat heading across the Malaspina Strait. The rower spun around back towards Texada as the *Dispatcher* chased him. Jack Henderson was the first “moonshiner” captured.

Captain MacDonald also intercepted a boat leaving the Raven Bay area and found James Stewart onboard. By then a float plane with custom officers and the commissioner was at Pocahontas Bay to inspect the buildings. In one of the cabins, they found a gun permit for a Mr. George Broder.

Only a week after the raid, bids were placed for the equipment and at the end of the month, the still was dismantled and moved to Van Anda for distribution among the buyers.

There is no evidence of court records for the three men convicted: Jack Henderson, James Stewart, and George Broder. Only records of three Supreme Court appeals, which were all denied.

Broder and Henderson were sentenced to 12 months in the Oakalla prison farm, and fined \$500 each. Stewart was sentenced to six months and a \$100 fine.

The raid of 1928 ended the large whiskey operation at Pocahontas Bay. Today, the creek nearby the site is named the Whiskey Still Creek in memory.

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

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

**BEFORE POT BUSTS, WHISKEY BUSTS:** Top, a Customs agent prepares to auction off parts of the still. Far left, Customs agents arrive by float plane. Middle, a three-story whiskey still. Bottom, Pocahontas Bay.

*Photos courtesy of the Texada Island Museum*



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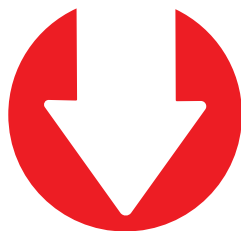
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# Pumpkin peeps contest is closed

The third annual *qathet Living* Pumpkin People Contest ended October 31—well after deadline for this issue. We hope you enjoyed the creative yard art! Winners will be announced in the December issue.



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## I MADE THE MOVE

# Books, Jazz, Macs, Coffee & Fudge

**O**n a whim, Spencer Sheehan Kalina and Jermaine Pugeda decided to move to Powell River, and what a turn of fate it would turn out to be.

They didn't know this at the time, but they would fall in love and embark on a delicious business adventure, Savary Island Sweets. You can now find them every weekend at the Powell River Farmers Market in the quonset hut off Padgett Road, selling their signature confection, fudge, and small-batch Sumatra coffee beans they roast from green-washed. The coffee offers a rich bold flavor with chocolaty undertones.

Jermaine, a long-time jazz musician, works online in education at a tech giant. Spencer is a visual media artist and author currently studying health care.

**Why did you choose to move to qathet? When? Where from?**

**Jermaine & Spencer** • Totally on a whim because of its oceanfront culture. July 2019 from Vancouver.

**What surprised you once you moved here?**

**Jermaine & Spencer** • All the delicious food that we have access to.

**What made you decide to move to qathet?**

**Jermaine & Spencer** • The pandemic allowed us to work from home so we realized we could live anywhere on the coast we wanted.

**Where is your favourite place here?**

**Jermaine & Spencer** • Savary Island by far.

**How did you first hear about qathet?**

**Jermaine & Spencer** • Through a dear friend who grew up here.



**SUNRISE OVER SOUTHVIEW BEACH:** Creative couple Jermaine Pugeda and Spencer Sheehan Kalina telecommute from their beach-front home and sell fudge and coffee at the Sunday Farmers Market.

**What would make this a nicer community?**

**Jermaine & Spencer** • More diversity.

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

**Jermaine & Spencer** • More diverse food options like a soup kitchen or sandwich house.

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

**Jermaine & Spencer** • Connecting with the new people we meet during COVID has been a challenge.

**If you were mayor what would you do?**

**Jermaine & Spencer** • Rename the city something that honors the Indigenous people who were displaced when the settlers arrived.

**What is your greatest extravagance?**

**Jermaine & Spencer** • Savary Island Sweets' delicious fudge from the Farmers Market, of course!

**Which superpower would you most like to have?**

**Jermaine & Spencer** • Definitely teleportation. Just think how many things you can get done in a day...



*Diana, Co-Owner, Eunoia Fibre Art & Gallery*

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## BUSINESS AFFAIRS

SEAN PERCY

### Accountant makes partner

Susanna East is now part owner of **Robbins & Company**, which offers professional accounting services to clients primarily in qathet and along the Sunshine Coast. Susanna, CPA, CGA has been the manager of the Powell River branch of Robbins and Company since January 2020. The promotion to Partner is recognition for her hard work and dedication to her clients, staff and to the community. Susanna moved to here in 2018 with her young family and has since rooted herself in the community. She is a local business owner (Westview U-Vin U-Brew) and is also a member of the inclusion Powell River Board of Directors and the Assumption PEC Board of Directors. Robbins & Company does corporate and personal tax preparation, trusts and estates, as well as business planning and consulting services. You can find them at Suite 9 – 4313 Alberta Avenue, online at [powellriveraccountant.ca](http://powellriveraccountant.ca) or call 604-485-9790.

### Mike's in a Fix now

**Mike Bassett** has purchased the business for which he has worked for 27 years. Mike bought **Fix Auto Powell River**, along with the holding company and the property on which the autobody shop sits, from long-time owner Roger Skorey, who had bought what was then known as Hi-Tech Auto Rebuilders himself in 1987. Mike started out as a cleanup kid at Hi-Tech before becoming a professional painter, auto body tech, glass tech and estimator. Fix now employs eight people. You can reach Fix Auto at 604-485-2100 or [powellriver@fixauto.com](mailto:powellriver@fixauto.com).

### New décor store

**Kate Crockett's** new home décor store has been a long time coming. **Collective Interiors** is now open, with a grand opening set for November 5 at 4493-B Marine Avenue. Kate went to school for interior decorating and design in 2012 and apprenticed with a local designer. "I wasn't ready to make the leap into full-on consulting, but I felt like I was meant to work in the industry in some way, shape or form," she said. "I was approached to work in sales at a flooring store where I was able to help people daily with design aspects of their home and it felt like for the time, my creative cup was being filled." She was in flooring for over 10 years, and was general manager at Custom Flooring Centre on Duncan Street for the past three years before leaving last December to give birth to her son. "It's always been my dream to own my own home decor store and maternity leave gave me time to really think about the life I want for myself and my family. With the support of my husband, Matthew (and his incredible carpentry skills) that dream is now our reality!" She hopes the store, just under 1,000 square feet, will fill the need for people looking for higher quality home decor items, housewares, and artwork. She's also working with local artisans to create custom products that will be exclusive to her store. You can follow Kate @collectiveinteriors.

### Cortes connection

A new water taxi service is connecting Lund with Cortes Island. **Kelli Turner's** renamed **Access Point Marine Transportation** (formerly Finn Bay Group) already runs service to Savary Island two days a week during the off season, and is now offering the same twice a day service, on Mondays and Fridays, as a 25-minute boat ride to Cortes Bay. Tickets are \$35 for adults; \$30 for children and seniors. Service will expand in June. Kelli also plans to offer tours of Desolation Sound in the company's new 40-person water taxi, during the summer of 2022. Access Point's property in Finn Bay is 13 acres and boasts a 7,500 square foot warehouse with a 450 square foot freezer and 250 square foot fridge to accommodate shipping and deliveries throughout the Salish Sea, Desolation Sound and Discovery Islands. Access Point group also owns Canadian EMS, BC's only fully Indigenous-owned private ambulance, serving industry and remote operations. Locally, the company employs three full time and two part time staff. This year, the company has strengthened ties with Cortes by chartering people, building supplies and cargo with runs to Whaletown, Gorge Harbour, Manson's Landing, Cortes Bay and Squirrel Cove, as well as some remote shorelines with the landing craft. They also bring guests and food service deliveries to Klahoose Lodge. "We have seen that there is an unmet demand for more transportation services in the area," said Kelli. Until now, travellers to Cortes Island currently had to get there through Vancouver Island and Quadra Island. Cortes has about 1,000 full time residents and the connection between qathet and Cortes brings a new two-way street of opportunity for both communities, said Kelli.

### Tla'amin wants builders

**Tla'amin Nation** plans to build 10 units of row housing (five duplexes) and wants to partner with local contractors in its **New Residential Construction Program**, which is expected to grow significantly beyond this project. The nation issued a request for proposals that closed Nov. 1, asking local contractors who are interested in a strategic partnership with Tla'amin to provide unit-rate labor information and other details. The Tla'amin government says it understands that the region is experiencing a high volume of residential construction and the contractor's availability to support the Tla'amin projects may be limited, so it expects there will be multiple agreements with multiple contractors.

### New look to Blue Steel

**Fenella Fownes** is the new owner of **Blue Steel**, the T-shirt and specialty printing business formerly run by Sherri Wiebe. The operation moved from Marine Avenue to a spot near the Westview Liquor Store and Brick storage. It's not a retail space, and Fenella says she doesn't expect to have a retail storefront for close to a year. In the meantime, she's learning the trade of screen printing and heat presses. Though new to the printing business, she has long worked for brands with her Optimist Design Company. Having been recently bought out by her partners at ETO Tattoo, Fenella was open for a new opportunity when Sherri decided to leave the business. You can reach Fenella at [bluesteelprintpr@gmail.com](mailto:bluesteelprintpr@gmail.com)

# November in qathet



**AURORAS ARE A'COMING:** Late on October 12, qathet slept under a blanket of aurora borealis. We're heading towards the top of the sun's 11-year cycle, which means on the few occasions when there are no clouds in the sky, we'll see more and more wavy lights like these, peaking in about three years.

*Photo by Doris Guevara de Isert*

## BIG DATES IN NOVEMBER

**Thursday, November 4**

**Diwali**

Pan-Indian celebration of light

**Sunday, November 7**

**Daylight Savings**

Turn your clocks back one hour on the night of the 6th.

**Monday, November 8**

**National Indigenous Veterans Day**

See veterans.gc.ca for more

**Thursday, November 11**

**Remembrance Day**

See events on Page 53.

**November 14 to 20**

**Rock your Mocs International Event**

For Indigenous people (organized by the Metis Nation of Greater Victoria). Wear your moccasins and take a photo. Participate at #RockYourMocs and #RockYourMocs2021.

**Sunday, November 28**

**First Sunday of Advent**

Light a candle for hope

**Monday, November 29**

**First day of Hanukkah**

**Wednesday, December 1**

**World AIDS day**



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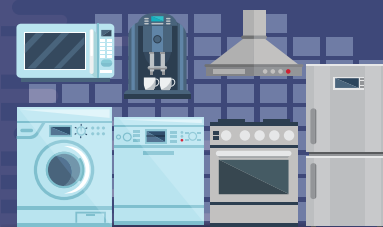
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**November Spa Specials**  
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## BOOKS & ART

**November 3 to end of December**

**Damage Noted show by Giovanni Spezzacatena ~ Rabideye**  
Mon-Fri 8:30 am - 4:30 pm at VIU Powell River. 2-D and 3-D abstracts + art sales.

**Thursday, November 4**

**Mushroom Festival: Mushrooms of British Columbia**

5 pm on Zoom. Fungal species experts Andy MacKinnon and Kem Luther will present their new Royal BC Museum handbook *Mushrooms of British Columbia*. Presented by the Library and the qathet Mycology Network. To register [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

**Tuesday, November 9**

**Author Presentation with Liz Levine**

Author of *Nobody Ever Talks About Anything But the End*  
7 pm via Zoom. Liz Levine weaves the story of her sister Tamar's suicide with another significant death—that of her childhood love, Judson, to cancer. See ad on Page 49. To register, email [megan@bcyukonbookprizes.com](mailto:megan@bcyukonbookprizes.com)

**November 14**

**Mushroom Festival: Photo contest deadline**

Last day to submit to the annual qathet Mycology Network photo contest. [qathetmycologynetwork@gmail.com](mailto:qathetmycologynetwork@gmail.com)

**November 14 & 21**

**Crafternoons**

2 pm at Springtime Garden Centre, with Mommy Needs a Time Out Crafting. See ad on Page 54 for more.

**November 20**

**ArtRaven Family Drop-In, Lantern & Print Making, Memento Mori**

1 to 3 pm, The Art Centre Public Gallery. Free.

**Tuesday, November 23**

**Burning Province - An Author Presentation with Michael Prior**

7 pm via Zoom. Michael Prior grapples with cultural trauma and mapping out complex topographies of grief, love, and inheritance. See ad on Page 49. To register, [megan@bcyukonbookprizes.com](mailto:megan@bcyukonbookprizes.com)

**November 24 to December 31**

**Contours of the Mind show**

Wed, Thurs, Sat 1 pm - 5 pm, Fri 1 pm - 7 pm, Crucible Gallery, Townsite. Artists David Molyneaux, Robert Mackle.

**Friday, December 3**

**Becoming Vancouver - A History by Daniel Francis**

3 pm via Zoom. Governor General Award Winning historian Daniel Francis presents his new book that traces Vancouver's history from early First Nations habitation all the way to the present day. To Register [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

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**COLIN JAMES IS COMING (BACK) TO TOWN:** Multi-award winning guitarist Colin James will be in Powell River at the Evergreen Theatre on November 10 to promote his 20th studio album, *Open Road*. This Canadian musician who hails from Regina, Saskatchewan also had a Powell River presence as he had a summer home on Savary Island. In 2012, Colin, Craig Northy and Adam Woodall joined forces and put on a

fundraising concert to benefit the Savary Island Land Trust. The Canadian Music Industry Hall of Famer's album is available on November 5 via Stony Plain Records. His Powell River concert is part of a month-long tour that sees the musician performing at various venues across BC and Alberta. Tickets are available at the Powell River Recreation Complex or phone 604-485-2891.

## LIVE MUSIC

BC is now in Step 3 of the Provincial Restart Plan. That means live music is back, baby! Organized indoor events at venues that require proof of vaccination can return to full capacity unless there are additional regional restrictions in place.

### Saturdays

#### Powell River Community Band

10 to noon, at the Star Dusters Hall at Timberlane (previously Rancho hall). All orchestral instruments welcome (especially strings and brass), all standards, all ages. By donation, vaccination card required, bring a music stand. Contact [marlchamberlain@yahoo.ca](mailto:marlchamberlain@yahoo.ca) for music download link.

### Wednesday, November 3

#### TRC Pride Circle kick-off dance party with Connie Smudge

6 to 8 pm, 7105 Nootka St. Around back of Oceanview Education Centre. For Grades 8 to 12 only. Weekly meetings start the next week.

### November 5 & 6

#### Petunia

8:30 pm, Wildwood Public House. "Imagine that David Lynch and Nick Cave had a hillbilly baby, that yodeled... or Tom Waits meets Elvis at Woody Guthrie's hobo junction."

### Wednesday, November 10

#### Colin James in Concert

Evergreen Theatre. Tickets at the Powell River Rec Complex or call 604-485-2891

### Saturday, November 13

#### Farmteam in Concert

7 pm, Cranberry Community Hall. Acoustic guitars, mandolins, violin, banjo, bass, and drums. Tickets through Eventbrite.

### Sunday, November 14

#### Evan Symons in Concert

7 pm, Wildwood Public House. Sunday Social.

### Saturday, November 20

#### Ron Campbell Blues & Jazz

8 pm Wildwood Public House

### Sunday, November 21

#### Accordion Night with Walter Martella and Karina Inkster

7 pm, Wildwood Public House

#### Virtual Sunday Song Circle

2 pm, Cranberry Community Hall event. Join via Zoom to play or listen. Visit our Facebook Page or Website ([cranhall.org](http://cranhall.org)) for full details.

### Sunday, November 28

#### Cranberry Hall Coffee House

7 PM; music starts at 7:15 PM. Visit our Facebook Page or Website ([cranhall.org](http://cranhall.org)) for full details.

### December 10 & 11

#### Carols by Candlelight

Friday at 7:30 pm, Saturday at 1:30 and 7:30 pm, Dwight Hall. A COVID-modified version of the traditional concert. \$25. See more at [powellriveracademy.org](http://powellriveracademy.org).

### Monday, December 13

#### Chor Musica Christmas

7:30 pm, Dwight Hall. Men's choir conducted by Walter Martella. Carols and more. \$20. See more at [powellriveracademy.org](http://powellriveracademy.org)



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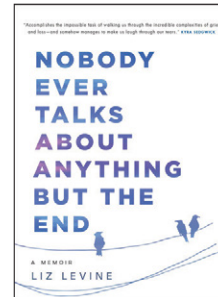
## 2021 BC Book Prize stars

The Library is excited to host two of the finalists for the 2021 BC & Yukon Book Prizes, who will share from their latest books and answer questions about their writing process.



### Liz Levine

Finalist for the 2021 Hubert Evans Non-Fiction Prize



In *Nobody Ever Talks About Anything But the End*, Liz Levine weaves the story of her sister Tamara's suicide with another significant death—that of her childhood love, Judson, to cancer. Her writing exposes the raw truths about grief and mourning.

Tuesday, November 9  
7pm via Zoom



### Michael Prior

Winner of the Dorothy Livesay Poetry Prize

*Burning Province* contains poems written by Michael Prior amid the record-breaking wildfires that scorched BC in 2015 and 2017. An elegy for a home aflame and for grandparents who had a complex relationship to it.

Tuesday, November 23  
7pm via Zoom

To register, email Megan Cole at: [megan@bcyukonbookprizes.com](mailto:megan@bcyukonbookprizes.com)



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# Memento Mori

Honouring Grief and Transitions  
Between Life and Death



**Ofrenda Memorial Altar** celebrating Día de Los Muertos at Willingdon Beach, November 2 - 5 to 8 pm

**Community Supported Dying Workshop**  
November 21 - 1 to 3 pm

**ArtRaven Family Drop In** Lantern & Print Making  
November 20 - 1 to 3 pm

**Talking Stick Workshops & Ceremony**  
please visit [theartcentrepr.ca](http://theartcentrepr.ca) for details



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November 3 to December 31

Mon-Fri 8:30am - 4:30pm

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### Calls for Artists

1. **Let Your Flag Fly:** New Flag Design
2. **Colourful qathet Collection:** Colouring Pages Community Fundraiser
3. **Members Exhibition:** New artwork dropoff starts on Nov 16

See details at:  
[powellriverartscouncil.ca/artist-call](http://powellriverartscouncil.ca/artist-call)



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All activities at The Art Centre unless otherwise noted

## PITCH IN & ENJOY YOUR COMMUNITY

To November 14

### Mushroom Festival

See Page 48 for the photo contest and book event. Or look on Facebook for the qathet Mycology Network. Or [qathetmycologynetw.wixsite.com/mycology](http://qathetmycologynetw.wixsite.com/mycology)

November 2

### Ofrenda Memorial Altar: Memento Mori

5 to 8 pm, Willingdon Beach. Powell River Arts Council event, with artist Claudia Medina.

November 3

### 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.

November 3, 17 & 24

### Public Engagements about the New Firehall / Emergency Services Centre

See ad on Page 39 for more.

November 13

### Cleaning Up the qathet Coast

2 pm via Zoom. Marine Debris educator Laurel Tench and Ingalisa Burns from Let's Talk Trash will discuss how plastics are leaking into our local marine environment and what can be done to balance the tides. To Register [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

## A HEALTHIER YOU

Wednesday, November 3

### COVID vaccine clinic

9:15 to 3:45 pm. Rec Complex. Drop in or by appointment.

November 4

### Resiliency Initiative

VK Wellness. [vkwellness.ca/workshops-events/](http://vkwellness.ca/workshops-events/)  
See ad on Page 30 for more.

Saturday, November 6

### COVID vaccine clinic

9:15 to 3:45 pm. Rec Complex. Drop in or by appointment

Monday, November 8

### COVID vaccine clinic

Noon to 4 pm. Rec Complex. Drop in or by appointment

November 15

### Eating for the Holidays

7 to 9 pm, online, free. Event by VK Wellness. See ad on Page 30 for more.

Tuesday, November 16

### COVID vaccine clinic

Noon to 4 pm. Rec Complex. Drop in or by appointment

November 15 to 17

### "Let's talk land use" public engagement sessions with qathet Regional District

Or answer the online survey November 18 to December 1, at [qathet.ca/landuse](http://qathet.ca/landuse). See ad on Page 63 for more details.

November 21

### Community Supported Dying Workshop: Memento Mori

1 to 3 pm, with Anna Byrne, Julia Adams and Laurie Norman. Register at [powellriverartscouncil.ca](http://powellriverartscouncil.ca). Free. Vaccine passport required.

November 27

### Therapeutic Riding Open House

11 am to 3 pm, at the stables. Pictures with Santa and a horse, silent auction and more. Fundraiser for Powell River Therapeutic Riding Association.

December 4

### Pet pictures with Santa at Mother Nature

10 to 5 pm, Mother Nature. Minimum donation \$15. Money raised goes to PR Therapeutic Riding, West Coast ACCESS and PROWLs. See more on Page 12.

December 4

### Apply for a Christmas Cheer Hamper

See ad on Page 17 for more. Application deadline.

December 5 to 11

### Stuff the Trailer

See Page 15 for more

November 17

### Mindfulness Wellness Check-In

6 to 7:30 pm, online, free. Event by VK Wellness. See ad on Page 30 for more.

November 18

### COVID vaccine clinic

Noon to 4 pm. Rec Complex. Drop in or by appointment

### Calm & Cool

For K to Grade 3, in-person. Four-week event by VK Wellness. See ad on Page 30 for more.

### Climate Connection

4 to 5:30 pm, online. Event by VK Wellness. See ad on Page 30 for more.

Tuesday November 23

### COVID vaccine clinic

Noon to 4 pm. Rec Complex. Drop in or by appointment

Thursday, November 25

### COVID vaccine clinic

2 to 6 pm Rec Complex. Drop in or by appointment

November 30

### COVID vaccine clinic

2 to 6 pm Rec Complex. Drop in or by appointment

A Thought For The Day

"Therefore, order your lives  
in accordance with the first  
principle of the divine teaching,  
which is love."



~ Bahá'í Teachings

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## SPECIAL SHOPPING EVENTS

November's usual craft & artisan fair craze is smaller this year, due to COVID. But several new events have cropped up to ensure you can find locally-made, fabulous finds and more for the holidays.

### Saturdays

**Uptown Winter Market**  
10 am to noon, CRC

### Sundays

**Farmers Market**  
12:30 am to 2:30 pm, Paradise Valley Exhibition Grounds. Inside in the quonset hut.

### Til Christmas

**Powell River's Own Craft Market**  
Online on Facebook.

### Monday, November 1

**Kiwanis Xmas, Books & more sale**  
10 am to 1 pm, 4943 Kiwanis Ave. Strict COVID safety measures in place.

### November 1 / 5

**Collective Interiors Grand Opening**  
Official opening is Monday November 1; Grand Opening is Friday November 5. 4493 Marine Avenue.

### Saturday, November 6

**Kiwanis charity garage sale - tools & more**  
10 am to 1 pm, 4943 Kiwanis Ave. Strict COVID measures in effect. Raising funds for Christmas Cheer.

### Saturday, November 13

**Women in Business Artisan & Entrepreneur Show II**  
10 am to 4 pm, Town Centre Hotel.

### Saturday, November 20

**Kiwanis charity garage sale - Furniture & Household**  
10 to 1 pm, 4943 Kiwanis Ave. Strict COVID measures in effect. Raising funds for Christmas Cheer.

### Thursday, November 25

**Late night shopping at Mother Nature**  
Until 8 pm. See ad on Page 12.

### November 22 to December 24

**Soapy Dragon Pop-Up open**  
At the Town Centre Mall.

### November 26 & 27

**Black Friday at Town Centre Mall**  
See ad on the back cover for more.

### November 26 to 28

**Fine Arts Association Christmas Sale**  
Timberlane Friday 2 til 8 pm, Saturday 10 am to 4 pm, Sunday noon to 4 pm, Masks mandatory.

### November 27 & 28

**Cranberry Crafts Sale**  
Cranberry Seniors Centre. 10 to 4 pm Saturday, 11 am to 3 pm Sunday.

### Saturday, 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.

## SPORTS TO PLAY & WATCH

### November 5 & 6

**PR Kings versus Chilliwack**  
7 pm each night at The Hap

### November 7

**Meet the Kings family skate**  
1:30 am to 1 pm, Rec Complex. Wear green and gold, or your Kings jersey! Chance to score on the Kings goalie and race against the team's speedsters.

### November 12 & 13

**PR Kings versus Cowichan Valley**  
7 pm each night at The Hap

### November 13

**PR Villa versus Gorge FC (Victoria)**  
1:30 pm Timberlane Park

### November 21

**PR Kings versus Trail**  
1:30 pm at The Hap

### November 26 to 28

**Parallel Bonspiel**  
At the Curling Club. Men's & Women's spiel.

### December 3

**Winter Wonderland Opening Night**  
7 to 9 pm, Rec Complex. The forest-and-lights decorated rink is on until December 24. See powellriverprc.ca for the full schedule, including events.

### December 3 & 4

**PR Kings versus Alberni Valley**  
7 pm each night at The Hap

### December 4

**Free Winter Wonderland Community Skate**  
10 am to noon at the Rec Complex. Photos with Santa by donation. Sponsored by Royal LePage and the PR & District United Way.

### December 11

**PR Villa versus Vic West FC**  
1:30 pm, Timberlane Park

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**A CENTURY OF POPPIES:** 2021 marks 100 years of the poppy as a symbol of remembrance. Above, Wendy Devlin grows *Papaver rhoeas* – Remembrance Day Poppies – every year in her Wildwood garden.

## Poppies poetically summarize wars' impacts

BY WENDY DEVLIN

Every summer I grow the red poppy that is symbolic of the immeasurable sacrifice of those who died in World War One and later conflicts. In elementary school we'd memorized the immortal poem "In Flanders Fields" penned by Canadian John McCrae. This poem we would annually recite in a school assembly for Remembrance Day.

Years later I would learn about Madame Anna Guerin of France, who originally founded a charity to raise funds for communities devastated by war. She created red poppies made of fabric to raise funds.

In Canada, our family largely escaped the ravages of the two World Wars. Great-Grandfather Devlin was a horse farmer feeding the coal farmers of Nanaimo during the First War and then a young widower raising four children afterwards.

At 14, Grandfather James Devlin went to work after school to help support his family, only to become a child amputee a few days later. Some might remember Grandfather as the first principal of J.P. Dallos Elementary School in the 50's and 60's. Legend goes that he could hit pop flies to the kids at recess and lunch as good as any able-bodied guy. Great-grandfathers, grandfathers, and fathers on the other side of the family were either too old, young or dead to serve.

Growing up in the 60's in South Vancouver, my friends' and classmates' mothers and fathers were largely veterans who returned from World War Two. Families were offered reasonable mortgages for the thousands of newly built single-family houses. So many children were born post-war, that our neighborhood earned the name *Diaper Alley* as newly built sewer systems strained under the pressure of families with four or five young children each. My high-school and the two adjacent high-schools swelled to 2,000

students each and many portable classrooms crowded the school grounds.

At 18, I left Vancouver for Trail where I worked three evenings a week as a cocktail waitress at (wait for it!) the Trail Royal Canadian Legion. As I worked my way through college, I regularly served veterans, their families and friends. Plus caught fragments of their war experience and memories both good and horrific. Remembrance Day (November 11) was the biggest day of the year at the Legion.

In 1982, I met my husband Bill while working as a first aid nurse at the (then) MacMillan Bloedel Paper Company here in Powell River. There I learned a bit more about the impact of World War II.

Bill was born in 1939 in London and evacuated shortly afterwards with his extended family to the countryside near Salisbury. His grandfather served in World War I with mustard gas affecting his lungs and shrapnel in one leg thereafter.

During World War II, Bill's grandfather worked in a munitions plant while the Axis forces bombed nearby Southampton. His father and mother worked for the war effort. Bill still remembers daily rationing and gleaned wild fruit and rose-hips to help his grandmother make food ends meet.

When a handful of poppy seeds came my way some years back, I read that these particular poppies were the species that we call the Remembrance Day poppies. Originally these *Papaver rhoeas* seeds produced many shades of pastel, pink, white, and mauve etc.

Plant breeders will tell you that many plants will revert in time to the species' original color. In this poppy's case, that's red. So now I grow these Remembrance poppies every year, in my garden, saving seeds from year to year.

To remind me of sacrifice, love and loss. 

# Townsite vet journals special memories from Canada's War in Afghanistan

BY PIETA WOOLLEY

Twenty years after Canada first got involved in the war in Afghanistan, international operations ended there abruptly August 30. This summer, the Taliban fought for and won the palace. The US-based government fell.

After 9/11, Canada's goal in Afghanistan was to help fight Al-Qaeda-led terrorism by overthrowing the Taliban government, which sheltered the group. Canada spent \$18 billion, sent 40,000 troops, and lost 158 soldiers from 2001 to 2014. It was this country's largest military operation since the Korean War.

In 2005, Canada's then-hopeful Operation Archer was just beginning. Ian Burke, who was born and raised in Townsite, spent six months in the desert near Dubai that year, leading Canada's administrative staff at Camp Mirage. He kept a diary.

June 12, 2005. "It started. A tough goodbye," he hand-wrote in his journal. Indeed, Ian said goodbye to his wife, and flew out of CFB Trenton. Three days later, he was settled overseas at Camp Mirage, part



**HOT ENOUGH FOR YA?:** Powell River Health Care Auxiliary President Ian Burke spent much of 2005 leading an administrative team at Camp Mirage, the then-codename for the Canadian Forces forward logistics facility outside of Dubai. Here is his team on the tarmac.

of the free zone in the international military-friendly UAE.

At the time, Dubai was home to 10 per cent of the world's construction cranes – it was swiftly transforming from ancient fishing village to the uber-modern oil-funded resort it is today. Ian's camp supplied Canada's soldiers in Khandahar and Kabul, sending airplanes full of supplies once or twice a day, including food, blood products, and more. Could you fry an egg on the tarmac? Yes.

Soon, Ian said, the thrill of being somewhere new wore off. Instead, he acclimatized to the regular duties of camp life, starting with morning briefings and Power Points. The staff endured the ceaseless heat, often 45°C or above, and occasional dust storms.

## Remembrance Day Ceremonies under COVID

This year, Remembrance Day will be different again, due to COVID. You can buy a poppy from honour trays placed at businesses around town, but Veterans and Legion members will not be selling them in person.

Veterans and Legion members will not be attending assemblies in schools, nor services at Willingdon Creek, ECU or Kiwanis Manor.

The November 11 ceremonies are going ahead at Dwight Hall and the Cenotaph at 10:55 am. The number of people allowed to attend is limited. A special block will be available at the Cenotaph if you wish to leave your poppy there in remembrance.

CBC and other channels will be streaming and broadcasting the national ceremonies on November 11.

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**MAN ABOUT TOWN:** Ian Burke, Henderson grad, Townsite kid, war vet.

Ian started running at 5:30 am while the air was still relatively cool, and took afternoon naps in the height of the heat. After one too many bleach mishaps by the laundry service, Ian started washing his own clothes.

Life there was punctuated by calls home, packages of homemade cookies sent by his wife and shared with his staff, trips in to Dubai, Trivial Pursuit tournaments, pizza Fridays, celebrations for Canada Day, plus two weeks of leave to Western Europe. The military, he said, is “a close knit family.” Residents of the camp often gathered in the evenings outside.

“We felt extremely safe in the camp,” Ian recalled. “The Taliban soldiers came to Dubai for their leave, too, but of course they wouldn’t do anything. The UAE was still a place where you could have your hand cut off, where there was capital punishment.”

On November 11, the camp held a Remembrance Day ceremony in the morning, before heading back to work that afternoon.


“It was especially meaningful, being over there,” Ian recalled. “I did tear up a couple of times. It is a great day to be a Canadian.”

Of course, he is far from naive about the cost of service. One of the young men serving in Camp Mirage died there. One he recruited into the military when he served in Winnipeg was killed, as well. Among his Camp Mirage staff, several lost their marriages while they were overseas. Many Canadian soldiers who served in Afghanistan returned with PTSD or life-long physical injuries. More than 70 killed themselves, after returning from deployment during this 14-year-long war.

On December 22, 2005, Ian returned to Canada. “What a feeling,” he wrote in his diary. “Maybe I’ll write more thoughts in a week or so.”

That was 16 years ago. He didn’t write more.

For Ian, as a veteran, seeing crowds come out for Remembrance Day in Canada shows that people care. His first time back in qathet after serving in the war in Afghanistan, 800 people came to the November 11 service at Dwight Hall and the cenotaph. This year, he would have been at the ceremonies in Ottawa, but for a broken wrist. Due to COVID, the crowds there and here will be much smaller than normal.

“Did we do the right thing in Afghanistan? History will tell,” said Ian.  [pieta@prliving.ca](mailto:pieta@prliving.ca)

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# Nature's classroom

Why outside learning, playing and exploring is a priority for School District 47



## Outdoor Education Goal:

“Learn how to safely place students in local heritage, cultures, landscapes, opportunities, and experiences to enable student agency, boost access and opportunity, prioritize deeper learning, and personalize learning.”

## What it means, by Karin Westland:

This means that we have much to learn from the land and our community about history and science and culture and developing personal strengths. Unique opportunities present themselves in the outdoors. This includes access to collaborative, community-based program activities, as well as personalized inquiries.

## Building for being in the elements: District Outdoor Learning Teacher Karin Westland

### Why are schools prioritizing learning outdoors and in the community?

The outdoor classroom is a rich teaching environment so easily accessible in Powell River. Although learning can take place any time, learning about oneself and the world, while interacting with nature, is an option for schools that appeals to students.

More and more teachers are seeing the value of teaching the core elements of the curriculum outdoors.

### How is the District supporting teachers in moving learning outside?

We are extremely fortunate here in the Powell River School District, where our Board and local administration believe in the merits of learning outside. They are currently moving forward with the process of expanding outdoor infrastructure to not only include school gardens, but also the building of outdoor gazebo-like structures onsite at each of the elementary schools.

Teachers are also supported through professional development opportunities like Wilderness First Aid, Educational Workshops (WildBC), and Field Leadership Training (Outdoor Council of Canada).

We also have other long standing programs and collaborations like Coast Mountain Academy, the Outdoor Learning Centre, the Food Literacy Program, Eco-Adventure Camps, the Kelly Creek Outdoor Adventure Program and much more.



## Curiosity and peace: why teacher Claudine Veran heads outside with her class

### What do you do outside, in your own life?

**Claudine** • I like to go hiking, kayaking, scuba diving, skiing, and fishing. I enjoy riding my bike to work. I do summer kayaking expeditions in the Arctic.

My favorite activity in the outdoors is camping on a beach and reading a good book by the campfire.

### What motivates you to take your eco-immersion Kindergarteners outside?

**Claudine** • I know that children love to be outdoors and play, and I use this to my advantage. Going outside and making learning fun keeps everyone happy. At James Thomson, we are fortunate to have a large and beautiful playground with a forested area. This is our outdoor classroom. We call it the “secret forest”. The forest setting gives them the opportunity to learn using their bodies and all their senses.

Children have a natural curiosity for nature and there are always exciting new things happening in our classroom. Last week, we found a huge bear poop in the middle of our gathering area. We started wondering

### How can parents support their children in getting the most out of their time in nature?

- Try to keep it small and simple so your child has fun and does not start dreading going out. Don't start with a strenuous hike to Emma Lake! We have tons of beautiful short hikes available in the area. My favorite one is the Toquenatch Trail.
- Reserve a lot of time for free exploration. The best discoveries are the ones that are unplanned.
- Make sure your child feels prepared. “Hug-A-Tree and Survive” is an excellent free program to teach your child how to stay safe in the outdoors. Wearing a whistle and carrying a small emergency blanket in a pocket could make a big difference.

what other animals are living in our classroom. Another time, a big branch fell during a storm and got stuck between two trees. It became a perfect teeter totter and hours of experiments

around physics have happened there.

Moreover, nature makes people happy and brings our brain to peace. We start our outdoor time by doing five minutes of quiet time in nature. After this routine, I find the students more ready to learn. There are barely any conflicts in our outdoor classroom. The students are busy cooperating rather than competing.

Finally, the outdoor classroom has been perfect for coping with pandemic realities.

### Have you always enjoyed the outdoors? Or did you learn to?

**Claudine** • Not always. My true passion as a child was ballet. It all happened when I was 23. I visited my brother who had just moved to Victoria. I was still living in France and had never camped before.

I signed up for a week-long sea kayaking trip on the West Coast of Vancouver Island. This was a turning point in my life. I suddenly had the realization that I wanted to spend the rest of my life exploring and loving the outdoors. I haven't stopped since.

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SCHOOL DISTRICT 47

# Celebrate the season

## 1. Apple pie booze

This delicious addition to the Baileys family contains a blend of apple pie flavours, vanilla ice cream, cinnamon and spice – an homage to one of the greatest desserts of all time. Get some from **Capone's Cellar** and simply pour it over ice for one of the tastiest drinks out there. And just think of all the cocktails you could come up with!

## 2. Hot looks

Get a custom-created sparkle jersey with matching tulle and stone accents. Available in deep red and black, sizes 0-20, from **Perfect Fit Sewing**.

## 3. Eyes on the future

Express your own unique beauty with this vegan, cruelty-free and low-waste eyeliner from **Coastal Thrive**. The Elate EyeLine Pencil is made with low environmental emissions and COSMO CERT ingredients for a positive impact on the planet. The smooth application and long-wearing hold allows you to effortlessly apply it onto your eyelids, brows, or wherever your creativity guides you.

## 4. Gnome for the holidays

**Springtime Garden Centre** turns into the Christmas store for the holidays, with all sorts of decorations and holiday gift items, including these adorable gnomes.

## 5. Haul in this catch

There's something fishy at the **Powell River Visitor Centre!** Fresh from Quadra Island and Vancouver Island – smoked salmon and other delights from the Salish Sea ready for mailing overseas for the gift-giving season. Priced from \$3.99 to \$49.99. Drop by 4760 Joyce Avenue to get yours while supplies last.

## 6. Comfort in style

Trendy but timeless pattern one side and sherpa lining on the other, these Buffalo Print Sherpa Blankets (100cmx150cm) from **Fits to a T** provide the ultimate comfort, with style.

## 7. It's okay to be cross (stitching)

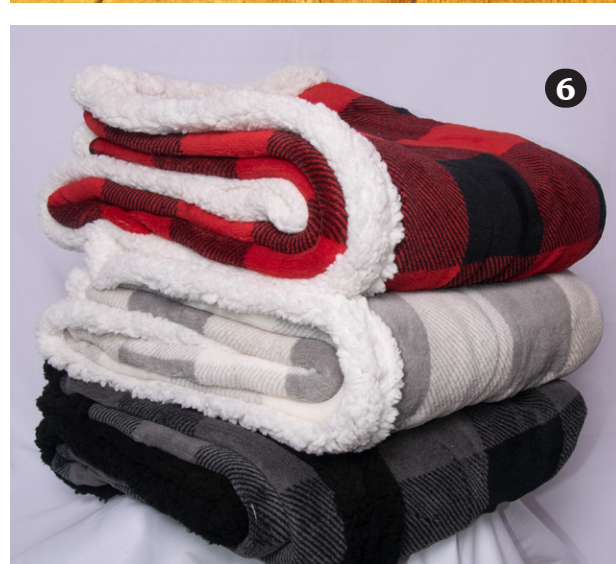
Made in Scotland, cross stitch kits from **Knitter's Nest** have everything you need to make these cute creatures, from octopus and gnomes to penguins and jellyfish. They're ideal for beginners, or those who already enjoy cross stitch.

## 8. Santa is real

Among the many gift ideas you'll find at **Owl & Bear** in the Townsite Market are these fun and festive cement Santas for holiday décor.



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## Elevate every room

### 1. Throw in this towel (to your stocking)

Hair towels are back! Westerly Studio's top-rated gift is back for the holidays. Do you know someone that has one? They will tell you they love it! Customer approved, usable and reusable, anyone with hair will enjoy this perfect gift. Come check them out and much more at **Westerly Studio**.

### 2. Candles with more

This 8oz soy wax intention candle from **After-glow Hair Lounge** is scented with the essential oils of lavender, bergamot and chamomile. Blue lace agate, fluorite and amethyst are embedded on top for their many beneficial properties.

### 3. Cozy art

Wrap yourself in a Spirit Blanket with shell buttons. Ultra-soft Melton cloth is durable, machine washable, and as soft as flannel. A beautiful piece of art for your bed, sofa, or favourite chair, or as a wall hanging. This is from Chloe Angus designs, with art by KC Hall, and is available at **Tla'amin Convenience**.

### 4. It's what's inside that counts

The Tower Tent Playhouse from the new **Collective Interiors** shop on Marine Avenue is the perfect addition to your child's play space. It's even good looking enough for your living room and you can hide all the toys inside!

### 5. Cozy up with a book

**Pollen Sweaters** makes you warm inside and out. In addition to their knitted creations, their Lund Store hosts a well-stocked bookstore. Co-owner Carla Brosseau says *A Boy and his Dog at the End of the World* is one of the best books she's read in the last two years! It's an epic sea and land chase with great characters and adventure, and the Pollen shop has lots of copies for sale.

### 6. Puzzle presents

Take your jig-saw puzzle game to another level with "wasgij." The puzzle image shows what the characters on the box are actually looking at. You must use your

the clues on the box to try to solve the puzzle discover what they can see... Only the puzzle holds the answer! **Mother Nature** also has a great selection of more traditional puzzles ranging from 500-6,000 pieces!

### 7. A better towel

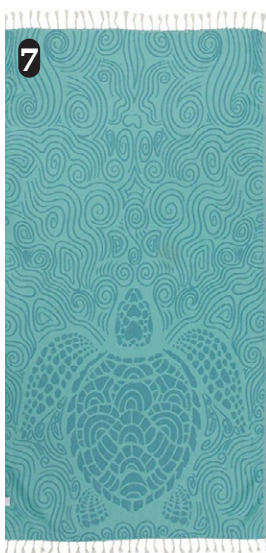
Tired of bulky towels? Sand Cloud Towels from **Simply Bronze** fit in your bag and are extra large at the same time! Unlike old school towels that take forever to dry, these dry 3x faster! Plus, it gets softer and more absorbent with every wash! Leave the sand where it belongs with our sand-free towels. \$65

### 8. Chair candles

Candle holders re-imagined from vintage chair spindles by the creative mind of Suzi Wiebe of **Found Stone Jewelry | Art | Decor** are chalk painted and distressed to maintain that vintage look and feel. Mix and match colors and heights, to decorate tables, fireplace mantles and hearths for the holidays and year round.

### 9. Lighting rocks

A stunning natural wonder turned useful lighting fixture for home or office with this Amethyst Cluster Lamp from **Kelly's Health Shop**. Each stone is selected for its individual shape, color, texture and natural beauty. Add beauty to your living space with these Gemstone Tale Lamps.



imagination and



## Tools for a top 2022

### 1. See saw, want saw

Whether you're a trail builder tackling blowdowns, a hunter tackling the great outdoors, or you're just tackling your back yard, a Silky Saw like this foldable "Big Boy" from **Thunder Bay Saw Shop** can make quick work of the obstacles you face.

### 2. Easy e-bike

The Indie VLT electric bike from **TAWS** brings versatility and convenience to help you easily integrate cycling into daily life. The fully integrated Shimano STEPS E6100 electric drive system is seamlessly mounted into its step-thru aluminum frame, making it easy to ride, simple to operate and ideal for urban adventure. \$4999.

### 3. Budget iPhones

Refurbished iPhones make a great gift without breaking the bank. **PR Macs** has iPhone XR, XS and 8's in mint condition starting at \$349.99 plus taxes.

### 4. Cut the cords and hoses

Milwaukee's M18 FUEL™ 30 Degree Framing Nailer sets the new standard for cordless framing nailers. With a nitrogen spring mechanism, brushless motor, and REDLINK™ Intelligence, this nailer, available at **Valley Building Supply**, provides pneumatic performance without the hassle of a compressor and hose or gas cartridge. The framing gun fires three nails per second with zero ramp-up time, meaning a nail is fired as soon as you pull the trigger.



### 5. Turn them on

Designed to balance function with aesthetics, Pearl faucets available from **Constellation Countertops** are alluring and intuitive. Assembled from lead-free and rust proof internals, these faucets come in a variety of sizes, shapes and functions to fit in the kitchen, bar, bathroom and laundry room.

### 6. Drill and drive

Metabo HPT is the re-brand of the venerable Hitachi brand, and this compact driver drill / impact driver combo kit at **RONA** shows the company still lives up to the reputation. These tools offers tremendous power in compact, lightweight designs that are made to fit easily in tight spaces. The drill and impact driver are compatible with all Metabo HPT 18V and 36V lithium ion slide batteries, and this kit comes with two 18V batteries.

### 7. We're fans

This fan costs nothing to operate. Just set it on top of your woodstove and it circulates the air from your stove throughout your home, moving up to 200 cubic feet per minute. The Meeco's Red Devil Heat Powered Stove Fan is available at **Cadam Construction** for \$139. Anyone on your list who heats with wood will love it.



### 1. Here fishy, fishy

In addition to her own amazing soapstone sculptures, **Tug-Guhm Gallery** owner Debra Bevaart curates an amazing selection of coastal-themed art, such as Rhea Zagac's whimsical hand-formed pottery. The one pictured here, for \$48, is just one of many in the gallery.

### 2. Mark the date

Local photographer Douglas Unger's rich images feature in the Powell River, Naturally 2022 limited edition local calendar. It's available for \$20 from **Works Printing & Design**. Individual prints are also available. Call 604-485-8381 or email robert@powellriverprinting.com

### 3. Sturdy easel

This studio easel from **qathet art + wares** is constructed of oiled, stain-resistant beech wood, has a no-collapsible safety system with closing base and ratcheting canvas holder, and still offers adjustable working angles by lever handles.

### 4. Silver linings

Looking for a gift with meaning? Pyrrha jewelry - shop the iconic line of symbolic talismans in sterling silver at **Turadh Fine Art!** Pyrrha is a Vancouver based, certified carbon neutral B corporation, committed to using 100% reclaimed precious metals. Quantities are limited! Shop early for best selection.

### 5. Whale of a gift

Find this First Nations Orca 48" x 28" art piece from Jack Willoughby of Anvil Island for \$899 among the many Metal Art pieces at **Paperworks Gift Gallery**.



## Art appreciation



## What to wear

### 1. Work from home uniform

For those who love to lounge, Joe Boxer men's classic Flannel PJ Pants feature ultra-soft fabric that keeps you comfy all day long, from the couch to the kitchen to the "office." They start at \$53.95 at **Armitage Men's Wear**, with a variety of colors and patterns from which to choose.

### 2. Warm rides

Keep your favourite rider warm with Mobile Warming heated gloves. **Two Wheel Tech** has these in stock, along with vests and jackets with internal battery packs, heated grips and seat covers.

### 3. Step up

The rider on your list deserves safety and comfort, and Radial motocross boots give both, featuring premium materials and design, at a price point that any serious rider can afford. **Big O Tires/Coast Auto** has a selection of these quality boots that have replaceable outsole inserts for extended wear, steel shank for rigidity, and a low-profile toe box for unhindered shifting.

### 4. Woollies for wee ones

Based out of Kelowna, Nooks Designs makes beautiful, functional, hand-embroidered wool and leather booties (newborn to 3-4 years). Pair them with handknit, 100% New Zealand merino lambswool cardigans, finished with handmade wooden buttons (from newborn to 6-7 years) for a gorgeous gift. Also in stock from Nooks are up-cycled cashmere baby mittens and nursing pads, and merino wool, heirloom style baby blankets and knit bonnets. They're exclusively in qathet at **Seaside Aenfae Boutique** in the Townsite Public Market.

### 5. Duck feet

There are tough socks. And there are duck socks. But the legendarily warm and resilient Darn Tough socks in this memorable duck pattern are a step above at **Pagani & Son's Shoes**.



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TAKE A BREAK

# Here we come a-wassailing

Perhaps because it's Autumn, perhaps because my husband and I have been watching Edwardian Farm, or maybe because it has come up in conversation among friends lately, but wassailing has been on my mind, and along with it, the often forgotten potency of Blessing.

We might consider blessings as spoken at certain supper tables, or only given by spiritual leaders, or as dressed up lingo for giving consent to a venture such as marriage, yet it wasn't long ago that giving, asking for, or receiving blessings was a standard and important part of everyday life.

Common folk would wassail, or sing invocations and drink to the good health of orchards, farm animals, landowners, and even tools of the trade to invoke their vitality, drive out deleterious forces, and as an act of honouring reciprocity within their relationship.

There was a time when men leaving the homestead for an extended period would request the blessing of the lady of the house to ensure their safety, this was simply the mother or grandmother rather than nobility or dedicated clergywomen. Prayers and blessings were sewn into clothing or with each knitted knot.

Various traditions still set household items out to be blessed by passing deities on certain holy nights, such as a cloth or shawl put outside for Brigid on the eve of Imbolc to later become talismans of protection and healing.

Other beliefs receive blessings through the elements, either directly or as a means of transmission from their patron guides. Ceremonial jewellery might be cleansed in a stream or holy well, sacred items set in moonlight or buried in the earth.

I remember well the moment when I realized that I too could bless what felt important to me, or request blessings to be passed on from spiritual guides that I was in relationship with. How suddenly accessible it was, and how it brought a greater sense of palpable divinity within all things. It was a mending remedy to feeling separate from or 'other than' part of the sacred wisdom of the natural world.

My conversations of late have turned to our personal blessing practices and how we might engage even further, be it by regularly humming

our appreciation as we enter even the most mainstream workspaces or by gathering with neighbours for wassailing the trees around each other's homes.

Speaking invocations to our tools be they farm implements, laptop, or box cutter.

Fall is an excellent season to reinvigorate our devotional practices. Perhaps you will too.

*Juliette Jarvis offers sacred living programs online, devotional arts, and divination sessions. Find her at [www.3FoldBalance.com](http://www.3FoldBalance.com) and [www.SelkieSanctuary.com](http://www.SelkieSanctuary.com)*



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[www.prhospitalfoundation.com](http://www.prhospitalfoundation.com)

# TAKE A BREAK



## ACROSS

- 2) The big salmon, wind
- 5) James who just came back
- 6) Poppy field
- 10) Vet Burke
- 11) Confidence
- 13) Deliverance
- 16) Kawangware country
- 17) Ocean or woodstove Energy
- 19) Radio station hopes to fill
- 20) Put together, or a pair
- 21) Within the whole
- 22) Laundry holder, or grocery helper
- 24) Savary Sweets' signature
- 26) Book & garage sales for charity
- 28) Sale-filled Friday
- 30) John Hackett's title
- 31) Animal to remember in emergency
- 33) For horses
- 34) Home efficiency standard
- 37) Shout encouragement
- 38) Buy flower, help veteran

## DOWN

- 1) Together way
- 3) Big province, or affordable Ave
- 4) Give money
- 7) Parade star, elf boss
- 8) Restorative, or league
- 9) Delicate or easily broken
- 12) Complex winter wonderland footwear
- 13) Quiet, whiskey's source
- 14) Early childhood care trainer (acronym)
- 15) Paradise rail runner, or to teach
- 18) Island newly connected to Lund
- 23) Movember sign
- 25) PROWL-rescued chick
- 27) Sing, drink, bless
- 29) Bell-ringing campaign
- 32) Donations, and Hwy 1, offer this
- 35) Land force
- 36) Everybody deserves one



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**FRIENDLY Service TRUSTED Advice!**

## SOLUTION TO THE OCTOBER PUZZLE

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

# From here to there: I did it!

I've never thought of myself as an anxious person, so I was surprised when I began to feel increasingly worried at the thought of driving to Chilliwack on my own to attend a dog show last month.

I hadn't driven in the Lower Mainland in over four years, as I more often go to Vancouver Island these days. Although driving in the Lower Mainland has never been my favourite thing to do, I'd never lost sleep about it before.

I tried to figure out why I was feeling so jittery; why I had such a lack of confidence in my ability to drive and to find my hotel and the dog show park. I figured there were probably a few issues at play.

One, more than a few years had passed since I'd driven in heavy traffic, and I was feeling less than confident in my ability to navigate the crazy, busy traffic of the Lower Mainland. Two, I'm pushing 60, and I felt uncomfortable at the thought of doing this on my own. Who would help me if I were in an accident? Or got lost? Three, because of COVID, my world has shrunk in the past 20 months and my self-confidence has shrunk right along with it.

I realized that some of the things I used to do that pushed me in different areas of my life had gone by the wayside.

I hadn't attended a group fitness class in a very long time, I hadn't competed in any running events in years, and I hadn't gone anywhere besides Vancouver Island since I can't remember when. I also hadn't been involved in Toastmasters and competed in any speech competitions (always a good way to step out of your comfort zone) for several years. Come to think of it, the only way outside of work that I've challenged myself recently is

by being at the end of my dog's leash while navigating Rally Obedience courses and competing in dock diving this summer.

This lack of growth was sowing seeds of doubt.

I know that anxiety is a normal reaction to uncertainty and we build confidence when we set goals and achieve them. What I didn't know was that when we lack confidence, we lose trust in our own judgment and abilities.

I finally understood why I was feeling so anxious; I didn't trust myself.

I'd lost my confidence.

It was time to find it again.

Once I understood why I was feeling anxious over my upcoming trip, I felt better prepared to deal with it. After all what could happen?

"You could get lost," the little voice inside my head said.

"I could, but then I could find my way again," I replied.

"You could be in an accident," the voice continued.

"Yes," I said. "That's why I have vehicle insurance."

I looked at my route map, programmed it in on my GPS, checked the ferry schedule, gassed up, packed, got the dog ready and took a deep breath. I was ready.

The drive was long but it wasn't nearly as dreadful as I thought it would be. It was dark and a bit rainy. I didn't arrive until 11 pm and I'm pretty sure I white-knuckled the steering wheel the whole way there, but once I got going it was really no big deal. I realized that I'd blown it way out of proportion by worrying about it and making it seem much more difficult than it actually was.

The interesting thing about this drive was, once I arrived and breathed a sigh of relief, I felt incredibly proud of myself for having done this on my own. It may seem silly but that one trip helped me regain something I'd lost—my confidence. Accomplishing something I was nervous about doing, and being able to put a big check beside it because I did it, has helped me trust *me* once again!

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




LAST  
WORD

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The annual Powell River Chamber of Commerce  
**Business Awards gala and dinner**  
is set for **February 12, 2022.**  
Watch for more details coming soon!

  
**CHAMBER OF COMMERCE**

*Save the date!*

# Let's Talk Land Use

*Are you concerned about land use and development in your neighbourhood?*

*Should the Regional District do more to manage land use and development in your area?*

*qathet Regional District is hosting public information meetings and an online survey to gather feedback from community members in Electoral Areas A, B and C.*

## HOW CAN YOU GET INVOLVED?

### Attend a Public Meeting

You are invited to attend a public meeting to learn about and discuss options for regulating land use.

Public meetings will be hosted in each of the Electoral Areas, listed below.

Background information is available online: [www.qathet.ca/land-use](http://www.qathet.ca/land-use).

### Answer the Online Survey

An online survey will be available at: [www.qathet.ca/land-use](http://www.qathet.ca/land-use).

Paper copies are available upon request. Please call the qRD Planning staff at 604-485-2260 or email [planning@qathet.ca](mailto:planning@qathet.ca) to get your copy.

The survey will be open from November 18<sup>th</sup> to December 1<sup>st</sup>, 2021.



**AREA C**  
*South of Town,  
including Black Point  
& Saltery Bay*

Lang Bay Hall  
11090 Highway 101

**MONDAY, Nov 15<sup>th</sup>**  
4:30 to 8:30pm Drop-in  
Presentations 5 & 7pm

**AREA B**  
*Southeast of Town,  
including Paradise  
Valley & Myrtle Rocks*

Myrtle Point Golf Club  
2865 McCausland Rd

**TUESDAY, Nov 16<sup>th</sup>**  
4:30 to 8:30pm Drop-in  
Presentations 5 & 7pm

**AREA A**  
*North of Town,  
including Lund &  
Savary Island*

Northside Community  
Recreation Centre  
9654 Larson Bay Rd

**WEDNESDAY, Nov 17<sup>th</sup>**  
4:30 to 8:30pm Drop-in  
Presentations 5 & 7pm

# Lest We Forget



POWELL RIVER  
TOWN CENTRE

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If he break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

Remembrance Day is a day for us to  
remember those who gave their lives  
fighting, so that we can live ours so  
freely today.

We remember, so we don't forget.  
Lest we forget.

--

Our Annual Remembrance Day Display  
is setup in unit #30, across from Subway  
for anyone who would like to come see it  
and pay their respects.

# BLACK FRIDAY

**Sales Event!**

*at participating merchants*

**FRIDAY, NOVEMBER 26th &  
SATURDAY, NOVEMBER 27th**

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