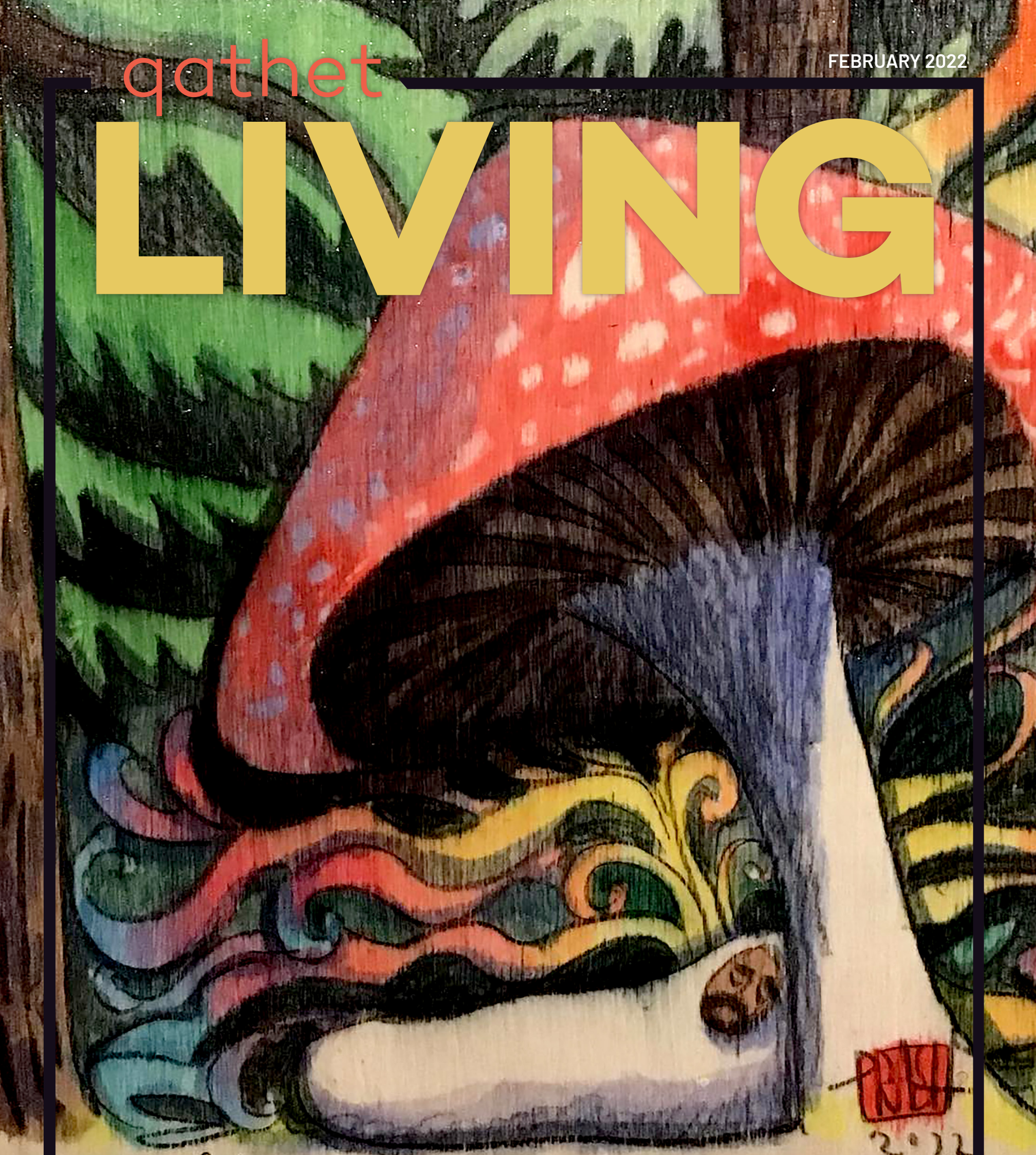


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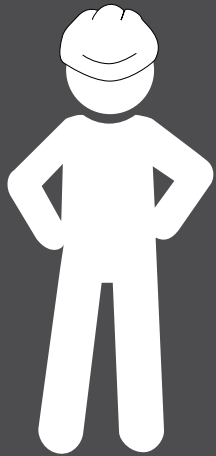
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A long winter's nap

As soon as I saw artist Prashant Miranda's work "Deep Hibernation," I fell in love with it. The image, which appears on the cover of this issue of *qathet Living* (and can be seen in person at his show at Tidal Art Centre this month, see Page 46) illuminates for me what I hope this winter represents. That as we hide in our beds either to feel cozy and warm, to hide from seasonal sadness or to heal from the Omicron variant, that the earth is dreaming of something else. Colourful vibes, healing rays, the return of sun and warmth. A time after all this.



EDITOR'S MESSAGE

PIETA WOOLLEY

This is a little woo-woo, but if you're going to go kooky after two years of pandemic, woo-woo sure beats curmudgeon (I know... as I have also been a grouch this winter).

To help push us through this dark, cold month, three very pleasant holidays happen in February. Valentine's Day and Family Day are celebrated in qL with our Love in the Kitchen fea-

ture (Page 6). And local International Students have offered the community their family recipes for Lunar New Year (Page 50) – get ready to stir up some seriously flavourful soups.

If you're planning to spend February on the couch with seed catalogues, dreaming of planting your 2022 garden, flip to Page 23 for Part 2 of qL's Weird Weather series, which is all about how local gardeners and local governments are adapting to the extreme events we've witnessed in the past few years.

Better still is if you're an Anna's hummingbird. February is mating season (Page 10), which means (if you're a male) a month of 40-metre dives and "explosive squeaks" – all for the chance to make an even smaller version of yourself.

Whether your February is about naps, seeds or explosive squeaks, I hope this issue of *qathet Living* helps you celebrate this strange season. **qL**

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ON THE COVER:

Deep Hibernation, by Tidal Art Centre's artist in residence Prashant Miranda. See this watercolour on wood panel work and more at his show starting February 22 (details on Page 46).



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“

Wordle is the sourdough of 2022

- Kim Barton-Bridges, *Page 54.*

”

FEBRUARY'S CONTRIBUTORS



JOANNA DUNBAR moved to Powell River in 2009 from Stony Plain, AB. She has volunteered at PROWLS for four years. She is a long time member of the library's memoir writing group.. *See Joanna's story about humming birds on Page 10.*



DAVID HAMILTON Moved to Powell River in 1968. He brought up two kids in a 365 square foot log house in 'downtown' Kelly Creek, and he's proud of Brandy & Jordan. *See David's story, Blow out the Light, on Page 29.*



PRASHANT MIRANDA is an artist, animator and scribe. Originally from India he now lives in qathet, residing at the Tidal Art Centre in Lund. *See Prashant's image, Deep Hibernation, on the cover.*



ROWAN DURNIN is nine (almost ten). When he's not writing articles for the magazine, he likes to play music and video games. *See Rowan's story about hot chocolate on Page 36.*



AMIRA ABOUELALLA was born in Toronto and grew up in Cairo, Egypt where her father is from. She also spent time visiting her Ojibway family in Manitoba. *See jehjeh Media's column, Learning the Language, on Page 34.*

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Thanks to Gordon Ramsey, Anthony Bourdain, and the Cake Boss, we all know how tense a kitchen can be.

A few local restaurants are helmed by couples and families who have been forged in the pressure of their own work.

How do they stick it out?

We asked Royal Zayka & The Boardwalk for their best love advice.

101 ways to keep your lover

Roy and Rayanna Blackwell own The Boardwalk Restaurant in Lund. Currently, the couple is taking a well-deserved few months off, after cooking consistently in kitchens together for 25 years.

The hottest thing in their kitchen? The fish n' chips deep fryer. And their love.

How did you two meet?

Roy & Rayanna • We met at Landmark Vancouver, a human development and growth organization. We had both just ended intense love affairs and had no desire to start another one. Getting to know each other changed our minds and here we are celebrating our 25th wedding anniversary.

Tell us about your history in working together in restaurants...

Roy & Rayanna • It is like a dance figuring out each other's steps. We each have the things we like to do and things we do not like to do. We either pick up a few of those undesired things or hire someone who likes doing that stuff. Most times this works. We both have a very championship mindset and will do what ever it takes to make it all work. Yes we have our bad days, but one will always take time out, step back and regroup, not so much for the business, but for each other.

What's the best part about working together?

Rayanna • Roy is the best parts of me and I am the best parts of Roy and together it is magic most of the time. Outside of work we each have things we love to do and generally they are different.

What's the most challenging part about working with your spouse?

Roy & Rayanna • When we do not agree, we don't usually have someone else to vent to. That leaves an awkward time to calm down and talk with each other. Things can get uncomfortable during the awkward time, both for us and the people we work with.

What are the secrets of your success in maintaining both a restaurant and a marriage? Top tips?

Roy & Rayanna • Listen twice as much as we talk, respect, and communication. Everything we are and do has a base in love and understanding.

Anything else you'd like to add?

Roy & Rayanna • We do our own thing and do not worry about what other restaurants are doing. We look to see what we could do to fill a demand in our market; with the menu, or hospitality focus, or staff satisfaction, or hours of operation. Specialties, little events in food or service, this normally comes from listening to our guests and staff. We make our focus on how to make a difference in the lives of our staff and community, so we pay well, give the chance for input from staff for hours/time off, and offer bonuses. We want to help make their life great and have them be more like partners.



Under Pressure

Valentine's Day & Family Day - in the kitchen. By Pieta Woolley



Together at last, in qathet

After working his way up in top kitchens across India and Canada, Jaspal Singh Rana and Chanda Kumari Rana are finally working together at their restaurant, Royal Zayka - with their kids.

How did you two meet?

Jaspal & Chanda • In India arranged marriages are very common. My family decided to visit my wife's family in 2001. From there our parents decided that me and my wife should get married. I had an arranged marriage in 2002.

Tell us about your history of working together as spouses and as a family in a restaurant...

Jaspal & Chanda • When I was a child, I always wanted to be a chef. I was very interested in cooking. After graduating, I did a hotel management course. At first it was very

FILMS ABOUT LOVE & FOOD

What: Both at The Patricia Theatre, the upcoming Powell River Film Festival and the Festival du Francophone de Film are screening remarkable films about love and food: *Délicieux*, and *Julia*.

Details: *Délicieux* (2021) screens at 1:30pm on Saturday, February 19. It's free, and will be available free online at www.clubbonaccueil.com until March 12. *Julia* (2021) screens March 5 at 12:30pm. See more about both events on Pages 39, 44 & 45.



"It is like a dance figuring out each other's steps. We each have the things we like to do and things we do not like to do. We either pick up a few of those undesired things or hire someone who likes doing that stuff. Most times this works."

- Roy & Rayanna Blackwell



FROM DENMAN STREET TO THE END OF THE ROAD: Top, the Boardwalk's Roy and Rayanna Blackwell at the 2008 National Tourism Awards. Right, 2010, outside Mr. Pickwick's on Denman during the 2010 Olympic Games.

difficult. I struggled a lot. To gain more experience I used to work every day and sometimes I wouldn't even get time to go home, and I would spend my night at work. I worked at a lot of five-star hotels in India. I worked at Hotel Taj in Bangalore, Metropolitan in Delhi and Rajputana in Jaipur.

To achieve my goals, I had to stay away from my family and my wife. I got an opportunity in a five-star hotel (Manhattan group in Jakarta.) I worked there for one year and finally I got more opportunities.

In 2007 I came to Canada and my first job was in Kelowna, after that, I worked a lot to get to where I am right now.

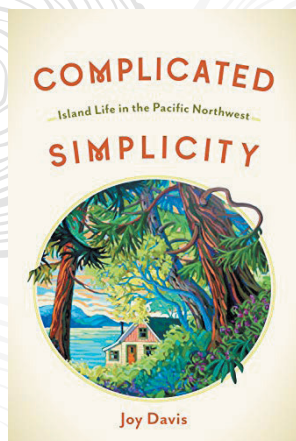
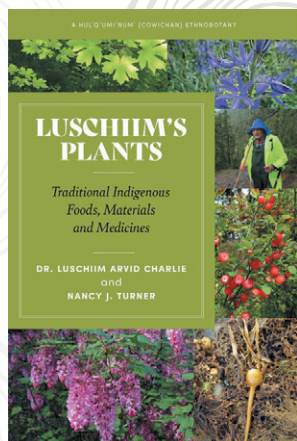
I stayed away from my family for a long time, working my way around BC. Finally, in 2015, my family immigrated to Powell River. I started working as a head chef at Royal Zayka. I worked hard at the restaurant for three years. Finally, the hard work paid off and I bought the restaurant. It is very true that it's hard to work together as a family, but in our case, we keep everything professional and respect each other's role and responsibility.

What is the best part of working together?

Jaspal & Chanda • The best part about working together is that we get to spend more time together and it helps to build a stronger relationship.

What is the most challenging part about working together?

Jaspal & Chanda • The most challenging part about working together is that sometimes our opinions don't match when we need to make a decision, but after discussing it together, we solve the problem.



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“To achieve my goals [of becoming a chef], I had to stay away from my family... Finally, in 2015, my family immigrated to Powell River... the hard work paid off and I bought the restaurant.”

- Jaspal Singh Rana

What are the secrets of your success in maintaining both a restaurant and a marriage?

Jaspal & Chanda • Behind every successful man there is a woman and for me that is my wife. One of the secrets behind this is that we always supported each other and respected each other's decisions. Also we believe in karma. Do good things and good things will come back your way.

Anything else you want to add?

Jaspal & Chanda • I am very happy that my family and my wife, and my kids also work at the restaurant. They always support me. My boy is young right now so that's why he doesn't work at the restaurant yet. I also have two daughters, both work at the restaurant. I have worked hard to get here, I have my parents' blessing and my family's support. 🍌

THE OTHER KIND OF KITCHEN FAMILY: With all the tough work and crazy times of working in a restaurant, un-related staff teams can quickly start to feel like family. At Royal Zayka, this team includes chef Vikram Rawat, Gurleen Singh, Meenakshi Rawat, Gurpreet Sidhu, Shaylene Terri Hogan and the Rana family. Previous page, the Rana family is helmed by Jaspal Singh Rana and Chanda Kumari Rana. Daughters Kirti Rana and Rakhi Rana both work in the restaurant. Soon, son Kartik Rana will join them.

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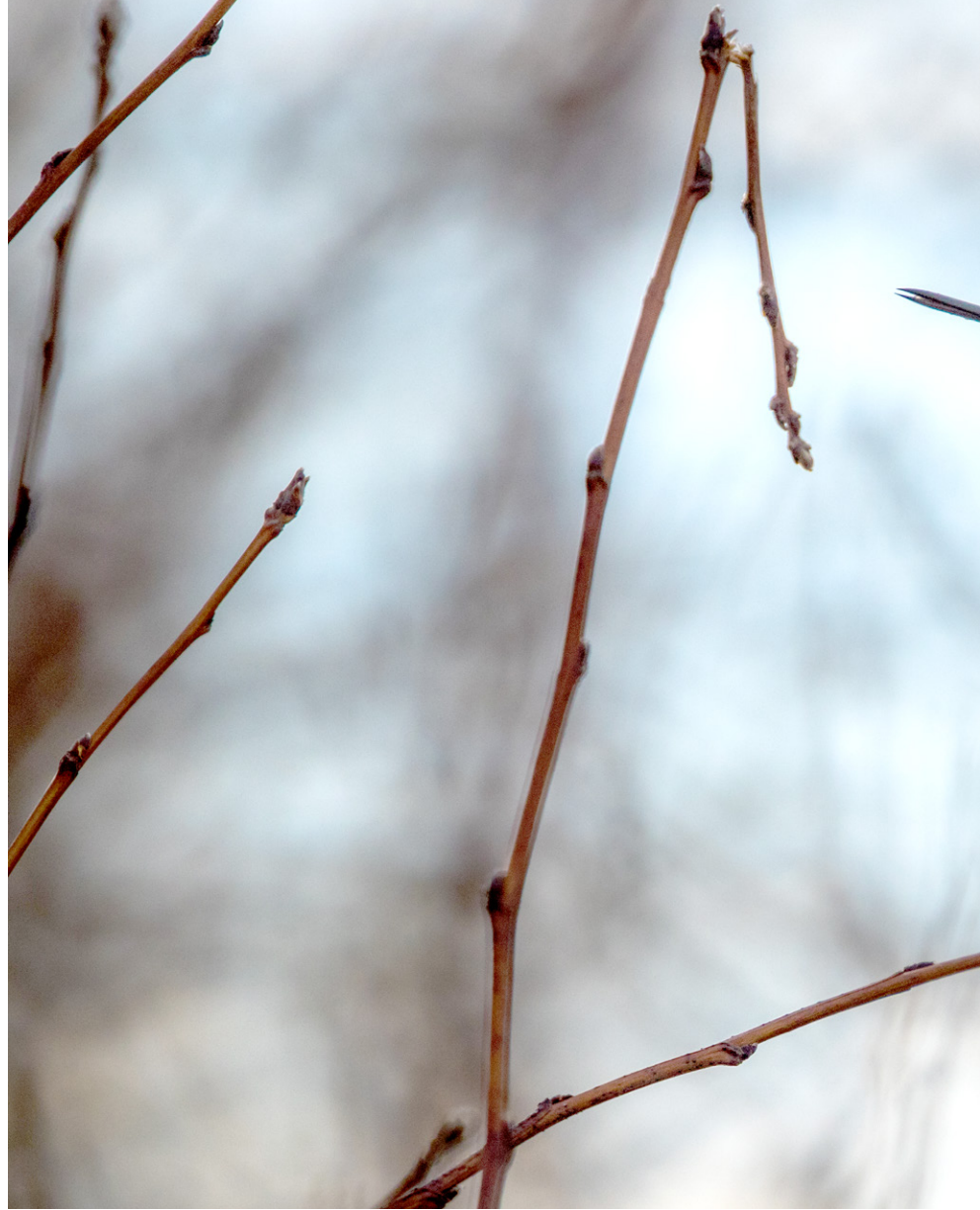
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BY JOANNA DUNBAR

The winter weather — wind, rain, snow — has been a challenge for all the wild birds and Anna's Hummingbirds, who live here year round, are no exception. With their iridescent emerald feathers and sparkling rose-pink throats, they are more like flying jewelry than birds.

Upon arrival at PROWLs in December, sometimes they needed first aid, but other times just a warm safe place to shelter and lots of specialty nectar to drink. They can drink three times their body weight daily!

A geriatric hummingbird, who had hit a window and was easily caught, would just sit and doze and eat, delighted to rest in a warm house.

Another flew into a house on its own and sat on top of an as-yet-undecorated Xmas tree. Merrilee Prior chased him around the living room to catch him and discovered he was wounded, having been caught by a cat. Back at PROWLs he received a week-long course of antibiotics.

By this time, the snow was deep and it was bitterly cold, and the grumpy male had to wait for the weather. When he left, he was very ready to be on his way and was greeted immedi-

ately by a female who seemed to be waiting for him. His mate?

Ingenious little creatures, their survival tactics ranged from sitting on a lit porch light for warmth to flying indoors at 10 pm, all looking for food and shelter. All were welcome, and all got all the food they could eat while waiting for temperatures to rise above freezing.

The female that flew indoors was uninjured, and when released, she was well rested and zipped up to perch on a branch, fluffing her feathers. Looking all around, she felt safe and began to preen.

Hummingbirds actually have no legs to speak of, only tiny little sticks they can use to scoot sideways while perched. Unable to hop or walk, their ability to hover is unsurpassed.

Soon—in early February—the female will begin looking for a mate to build a nest and start to lay eggs. During the mating season, males sing and perform spectacular dive displays lasting about 12 seconds over their territories. Climbing 40 meters into the air, he plummets in a near-vertical dive from the top of the climb and ends with an explosive squeak within half a metre of the female. He then makes a circular arc back to the point where he began. **PL**

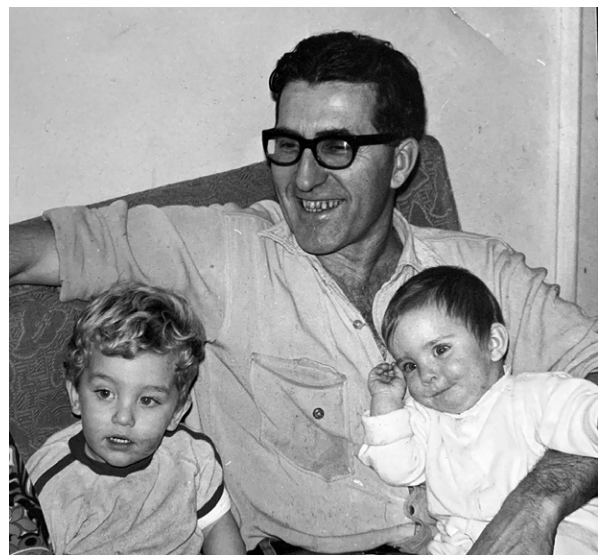


Practice your “explosive squeak”: *it's mating season*



DO THE SHUFFLE: Top, hummingbirds can't impress each other with their legs, because they barely have any. Instead, they have little sticks that shuffle, but don't walk. Top right, they can drink three times their body weight daily. Middle right, PROWLS' Merrilee Prior feeds this Anna's Hummingbird with a syringe in December - one of many the local non-profit cared for over the winter thus far. Right, mating season begins in early February. Above, one little rose-throated bird is happy to be released.

All photos by Michelle Pennell



FAMILY MAN: Lionel Desilets, who turns 100 this month, was photographed at the Remembrance Day Ceremonies in 2021 above. **Right:** One of his sons in a dory he built; Lionel and Anne on their wedding day August 9, 1947. Lionel in 1971 with his youngest children, Luke and Claire, and a more recent photo with three of his daughters Claire, Yvonne and Julie. Below, Lionel with Rita, and with his prize winning tomatoes!



qathet's most senior veteran Celebrates 100 years

The world was a different place when Lionel was born on February 8, 1922.

Born in Paradise Hills, Saskatchewan, Lionel was raised on a farm with three siblings. He attended a one-room school before moving to Edmonton to attend the Oblate College from 1938 to 1939.

In 1943, Lionel joined the Military and went overseas. He was discharged

in 1946 to return to the family farm for six months before moving to the Coal Valley Coal Mine where he worked for 90 cents an hour until April 1947.

At that point, Lionel moved to Powell River to work for MacMillan Bloedel in the sawmill as a barker operator (a job that impacted his hearing) for 94 cents an hour. He retired in 1987.

Lionel's future wife Anne was a teacher in a one-room-school in Northern Saskatchewan. When Lionel was settled at his new job, he sent Anne \$100 and asked her to come to Powell River.

On August 9, 1947 they were married by Father ID Reidy in the old St. Joseph's Catholic Church in Townsite.

Lionel and Anne had seven children, 33 grandchildren and 29 great grandchildren. The couple were married for 66 years before Anne died in 2013; she was predeceased by their oldest daughter Adrienne.

"Dad went from riding horses to school, delivering grain in horse drawn



MOVIE STAR HANDSOME: Lionel Desilets served in the Canadian Armed Forces as a radio operator from 1943 to 1946.

wagons to seeing men walk on the moon," said his oldest son Rolland. He grew his own food, butchered animals and worked at the largest single unit paper mill in the world. He witnessed a lot of changes in the last 100 years.

"Dad was a good carpenter and woodworker, he built two east coast dories, an A-frame cabin and did many home improvements," said Rolland.

When he retired, Lionel's hobbies were gardening, woodworking and selling projects at craft fairs. When he sold the house he'd had for 60 years, he had to part with his tools and took up rosary making, (these rosaries are now treasured possessions of family and friends).

Prayer and daily Mass have always been at the heart of Lionel's deep faith and love of Jesus Christ. He's been a member of the Knights of Columbus for 57 years and served as Grand Knight for one term.

In 2014 Lionel married long-time family friend Rita De Pape. Both had lost their spouses; the two families had known each other since the De Papes moved to Powell River in 1959 and both families were deeply religious.

Getting married was the natural thing to do and after seven years together they have become soulmates.

"He still plays crib every night, rides his exercise bike and goes for walks," says son Rolland. 🐾

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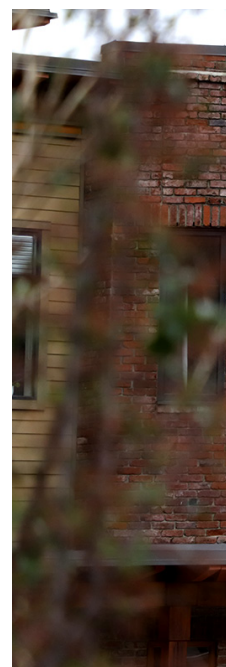
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SIGNS OF THEIR TIMES: Above, this sign was updated at the initiative of Tourism Powell River in 2016. Right, in August 2019, BC formally restored the shishalh Nation name “skelhp” to Saltery Bay. Far right, in 2018, Powell River Regional District became qathet.

Photos by Abby Francis and Pieta Woolley



BY ABBY FRANCIS | LOCAL JOURNALISM INITIATIVE REPORTER

Who’s leading the process to consider a name change for the City of Powell River?

Tla’amin Executive Council members Erik Blaney and Brandon Peters, City of Powell River councillors Cindy Elliot and Maggie Hathaway, Mayor Dave Formosa, Hegus John Hackett, plus Stewart Alsgard (former City Mayor), Harmony Johnson (vice-president, Indigenous Wellness and Reconciliation for Providence Health Care), Davis Mckenzie (principal of Toxw oxw Communications), and Lyn Adamson (previous executive director for LIFT Powell River) – these are the locals who in 2021, came together to form the City of Powell River’s name change committee, known as the Joint Working Group.

Since December, the group of 10 has met four times to plan ways to involve both communities in the name changing process, so that all citizens can share their perspectives. The timeline is undetermined.

In June of 2021, Hegus John Hackett sent the City Mayor and Council a request to change the city name and remove ‘Powell’ from the name of the City, because the name refers to Dr. Israel Powell, who had been the Superin-

tendent for Indigenous Affairs and had a hand in the creation of residential schools as well as banning potlatches.

During the meetings, the group reviewed documents on which the City and Nation had previously collaborated: the 2003 and revised 2018 Community Accord, and the 2004 Protocol Agreement on Culture, Heritage, and Economic Development.

These two documents are monumental for the Nation and the City, as they are the first municipality and First Nation in all of Canada to have created a formal relationship. The group also talked about the value of bringing in a third-party contractor to help support community engagement, as well as discuss how the Community Accord and Joint Vision will influence and shape the group’s upcoming work.

The City and Tla’amin have always found a way to maintain constructive dialogue with one another as official partners.

The Joint Working Group has already recognized the harms committed by Dr. Israel Powell against First Nations people in Canada, and that the memorialization of his name is inconsistent with the shared commitment to reconciliation.

The group also plans on meeting bi-weekly in 2022, to continue building a path forward. **PL**

What’s in a name? We’re about to find out.

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Changing values often spark changing names

The City of Powell River, Powell River General Hospital and the Powell River Historical Museum and Archives are all engaged in name-change processes right now. They are not alone.

The Queen Charlotte Islands became **Haida Gwaii** in 2010. In 1787 these islands were named after Captain George Dixon's ship, Queen Charlotte, taking the name from King George III's wife.

Last month, the Council of the Haida Nation announced the restoration of 12 other name changes of places located along the archipelago. The Haida Nation partnered with the BC Geographical Names Board and stated that their work will be complete when every name is restored.

In 1916, Berlin, Ontario became known as **Kitchener**. After the First World War, an extreme Anti-German movement pushed for a name change. Kitchener was chosen to honor Britain's secretary of state for war, General Horatio Herbert Kitchener.

In Africa, Swaziland changed its name four years ago. King Mswati III announced that as 2018 marked the 50th year independent from British rule, the country would be called the Kingdom of **eSwatini**.

Other African countries that gained independence have returned the names of their countries to their original names from before they were colonized.

Name changes of places are actually quite common and have been happening consistently all throughout history. *For a full version of this piece, please follow us on Facebook!*

A Thought For The Day

“Do not allow diversity of opinion or diversity of thought to separate you.”



~ Bahá'í Teachings

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HE'S GOT PEACE LIKE A RIVER: But Bill Vernon, a retired salmon farmer, is no stranger to navigating controversy. He is ready to lead this name change discussion.

Museum is fishing for a new name. Can you help?

BY PIETA WOOLLEY

LOCAL JOURNALISM INITIATIVE REPORTER

Bill Vernon compares leading the name change process at the Powell River Historical Museum and Archives to “playing for your hometown hockey team – you get punched in the head, but that’s part of what you do for your town.”

Hopefully it won’t come to that. Changing the name of the 60-year-old institution was first broached at the board about two years ago. Now, the public is invited to give feedback about the name in writing until February 15 (see the ad on Page 39).

Bill hopes to hear from everyone, with every kind of idea and opinion, and find a suitable name that the whole community can embrace. No, it does not have to be an Indigenous name. Yes, it has to repre-

sent the whole region.

The word “Powell” does have to go, though. For two reasons. First, the name of the Regional District changed from “Powell River” to “qathet” in 2018, so “Powell” is no longer shorthand for the entire region – and the museum represents a region much bigger than the City of Powell River’s boundaries.

Second, Tla’amin Nation has made it clear that using “Powell” references Dr. Israel Powell’s ideas and policies – including his involvement in the residential school system – and serves to honour a violent, racist era.

So Bill is sticking his neck out now to explain how he got his own mind around changing the “Powell” in the museum’s name, in an effort to include and engage as many locals as he can in openly talking through the name change process.

Bill has every reason to be attached to the name. He was born at the Powell River Hospital in Townsite; he grew up in Cranberry just up Drake Street from Mitchell Brothers grocery and in Westview not far from the university. His dad, who worked for the Powell River Paper Mill (when it was still called that) coached him in the Powell River Minor Hockey

program – where he was president. His dad worked at Powell River Parts, where Mother Nature is now. Then, they started Rainbow Paints in the Powell River Shopping Centre. When he moved to Tofino more than 30 years ago to start a salmon farm, his hometown was (and is) always Powell River.

Simply put, Bill had an ‘aha’ moment and realized nothing is lost if the name is changed.

His memories and the places he loves all still stay the same.

In fact, in his mind, Inland Lake is still Loon Lake. Lang Creek is still Wolfson Creek. He loved them then. He loves them now.

Furthermore, much is to be gained by stopping the use of the name “Powell.”

“I have talked to a lot of people about the name change, and I haven’t found anyone who could tell me a reason to keep “Powell” – or even why they were so emotionally attached to it,” he said.

“They just say, ‘I don’t want to change it,’ and they’re entitled to have that opinion. We should certainly not call each other names over this. I think we can discuss this in a way that’s progressive, thoughtful and respectful.”



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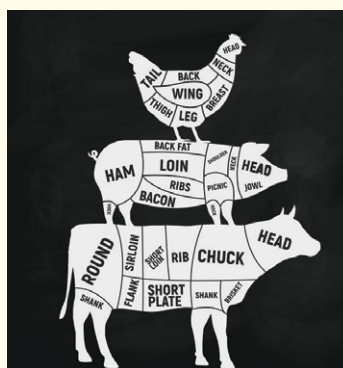
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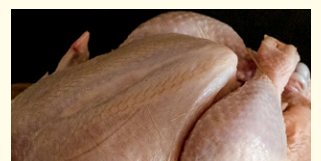
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Better museums Better history

BC is a leader in the global movement to decolonize museums, thanks in large part to Tla'amin's Siemthlut.

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

In the movement to decolonize BC's museums, one of the most accomplished professionals is a member of Tla'amin Nation: Siemthlut (Michelle Washington.)

Currently, she is the Repatriations Specialist in the Indigenous Collections and Repatriation Department at the Royal BC Museum in Victoria. You might recognize her work if you've visited the Our Living Languages exhibit at the Royal BC Museum or its travelling version, which showed at Tla'amin Governance House this fall (and in 19 other communities in BC).



MAKING THINGS RIGHT: More than a decade ago, Siemthlut (Michelle Washington) helped the Powell River Historical Museum and Archives repatriate Tla'amin Nation's artifacts (many, including these cedar baskets, are held in trust onsite). Repatriation is part of the Tla'amin Treaty – a first in BC.

Or, if you've been to the soon-to-be-renamed Powell River Museum and observed the Tla'amin artifacts that are held in trust – not in the Museum's collection. Or, if you've read the Tla'amin Treaty – the first to include repatriation as part of the BC Treaty Commission process. Behind all of these projects is Siemthlut.

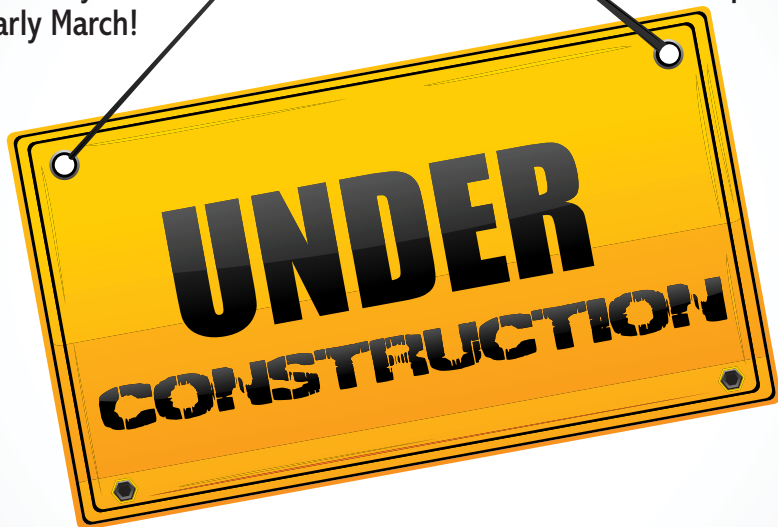
Reconciliation is the reason for changing BC's museums and heritage sites to more accurately express history, culture, relationships, and ideas she explains.

"Decolonization is a touchy subject, but a very necessary one for all Canadians to address," says Siemthlut. "We cannot move forward in this country

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until we start telling the truths of our shared history in every sector and how those things still play out in everyday life and the harm it [history] is still causing.”

Indeed, in January, the Royal BC Museum’s administration closed the third floor to decolonize the exhibits. That includes the Becoming BC exhibit – the cannery, mine, street scene, and more; the First Peoples Gallery, including the mask and totem collection and longhouse; and the ‘Our Living Languages’ exhibit. Reaction to the move has been “touchy” – with fiery comments online and many oppositional columns in provincial and national newspapers.

But decolonization has been quietly happening in museums for years. Here in qathet, Siemthlut helped the museum repatriate its Tla’amin collection more than a decade ago. That includes a substantial collection of baskets, plus collections of net weights, mauls, bailers, fish hooks and projectile points excavated by Simon Fraser University archaeological teams. The items are owned by Tla’amin Nation, but held in trust, and exhibited to the public.

Decolonization isn’t a quick process, and it’s far from over, Siemthlut says. Even as some cultural institutions set out to decolonize, old habits can get in the way.

“I witness many well-intentioned people... make every procedural change within their power, but until policies catch up to important new legislative tools (United Nations’ Declaration on the Rights of Indigenous Peoples, Truth and Reconciliation Commission’s Calls to Action, and many more) – real reconciliation is not possible,” she says.



SIEMTHLUT / MICHELLE WASHINGTON: One of BC’s top experts in decolonizing museums is a member of Tla’amin Nation.

“The danger now is from those who don’t address their own personal bias before interpreting policy decisions to their own or only their organization’s present benefit. We have to start thinking more about reciprocal benefits that are deliverable, fair and sustainable to those not holding the pen – even if it isn’t a splashy media story. It is not an easy task, but it will have long range positive or negative results.”

As for her own journey, she continues to work along with BC’s museums moving towards reconciliation. Siemthlut started out by studying public administration and Indigenous governance at the University of Victoria. One gig she had in her early twenties was data entry – at the Royal BC Museum, for the Birds of BC publication. Later, she got a job in the museum’s learning department. Her intention was to work for Tla’amin Nation – and she did move back home for about 15 years.

However, Siemthlut and her family moved back to Victoria so she and her husband, Mike Washington, could pursue more education. Her path changed to anthropology, due to the cultural work she was offered with universities and government.

“There was the posting for managing the language exhibit [at the Royal BC Museum] with a very highly regarded Indigenous organization. I knew it was meant to be as I love working with our Indigenous people who are finding so many innovative ways to use ever changing technology and techniques to transmit knowledge intergenerationally and for their citizens who are away from home.

“Cultural people and knowledgeable elders inspire me and knowledgeable elders inspire me with their humility and perseverance to keep working so hard for the generations to come.

“Ultimately, our children will tell us if we made real progress with the tools we have been given. As a Coast Salish woman who comes from strong ethical teachings, I know my ancestors are watching and that keeps me grounded to do the work that needs to be done and ensure things are left better than when I found them.”



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Gwen Enquist

Graduated as an RN from Toronto General Hospital, with a BSN from University of Toronto and a Masters of Adult Education from the University of British Columbia, Gwen worked as a community health nurse and instructor at Vancouver Island University.

Books and reading have always

been her passion, but she didn't start writing until retirement. After 15 years of writing, she has 10 self-published books and a new one to come out this summer.

"I have to credit a supportive group of friends and writers around me for the encouragement and stimulus to keep on keeping on. If you don't try, you'll never know where it could lead."

Gwen's top writing tips

1. Take opportunities to educate yourself: i.e. courses online and in person, podcasts, books, writing groups, writers' conferences
2. Associate with other writers who will encourage and support your efforts.



Pat Buckna

This Powell River writer and author published his family memoir, *Only Children*, in 2019.

Pat is the South Coast regional representative for the Federation of BC Writers as well as a songwriter and composer.

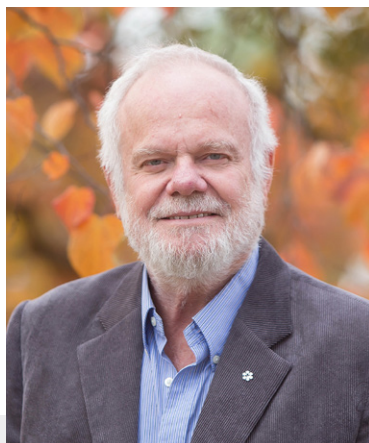
Pat worked as a journalist

and photographer for a weekly newspaper, graduated from The Writer's Studio at Simon Fraser University, and is a long-time member of Powell River Library's Memoir group.

He's currently completing his second memoir, tentatively titled *Fleeting Glimpses & Lasting Impressions*.

Pat's top writing tips:

1. Readers love well-written stories. Something happens or happened and has one or more impacts. The impact can be positive or negative but someone or something is affected by what happened. A story often has five basic but important elements: character(s), setting, plot, a conflict, and a resolution.
2. Make sure every word in your story counts. If a word doesn't add to the story in some way, remove it. Don't leave out important details. Each sentence should add to the ones before it.



Karl Siegler

Karl is the former publisher at Talonbooks and adjunct professor at SFU; three-time President of the Association of Canadian Publishers; co-founder of the SFU Centre for Studies in Publishing; served as Vice President and Policy Committee chair at the Canadian Conference of the Arts, and more.

In 2015 he was awarded the Order of Canada for his long term contributions to literary publishing.

A resident of Powell River since 2000, his passion to help build effective cooperative community organizations remains unabated. He is a Director at FCU, a member of the PRAM and PRISMA, and a member and past president of the Powell River Rod & Gun Club.

Karl's top writing tips

1. Writing is a craft, like any other, best learned by imitating the style[s] of what you are reading.
2. Write about what you know of others and the world, the way your favorite authors would.

qL + Library Writing Contest

Meet your Judges

By 4pm on February 26, send us a story about camping here in qathet, and you could win cash and have your piece published!

Like to write short? We have a category for under 250 words. Need more space to get it all out? We have a category of up to 1,500 words.

Make us laugh, cry, and feel your tenting and trailering, too-hot, too-wet, kids' and animals' adventure, which was surely full of joy and pain.

Maybe your camp story will become a classic qathet campfire story. See ad on Page 31.



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To learn more and find a Return-It location near you, visit return-it.ca/milk2022 or scan the code below.

These items will still be accepted in curbside recycling and at recycling depots, but will not be eligible for a deposit there



Your local Return-It depot is at 7127 Duncan Street

The recycling regulation has some exemptions including infant formula, meal replacements, concentrates, and products like whipping cream and drinkable yogurt. Containers exempt from the regulation won't carry a deposit. “Ready-to-drink” milk and plant-based beverages with a best before date prior to February 1, 2022, are exempt from the deposit system. No deposit was paid and therefore no deposit will be refunded.



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Let's Talk Trash

WHAT IS WASTE?

Weird Weather Part II

Panic globally. Act locally.

Climate change is a worldwide crisis. But dealing with it as it happens? That's all local, baby. You and your govvs.

BY PIETA WOOLLEY

LOCAL JOURNALISM INITIATIVE REPORTER

Growing up, no one Anastasia Lukyanova knew drove a car. They didn't need to. Her family lived in a sixth-floor apartment in a ten-floor highrise, in Ufa, Russia – a dense, mid-sized city of about a million, sandwiched between two rivers.

Within a five minute walk of home, she recalled, are four grocery stores. Buses stop outside her family home at least every five minutes. The storied Trans-Siberian Railway stops in her



ANA LUKYANOVA: The City of Powell River's Sustainability Planner hopes to mitigate – or reduce – climate change.

hometown, offering affordable, frequent trips as far away as St. Petersburg and Beijing.

In other words, each citizen's transportation emissions are minuscule compared to here, where she is the

City of Powell River's sustainability planner. Her position was initially funded by Ottawa, but is now part of the City's commitment to environmental responsibility – which has been entrenched since the City adopted the Sustainability Charter in 2007.

Here in qathet, about 70 percent of local CO2 emissions, which cause climate change, come from transportation – mostly private vehicles. Ana is quick to point out that it's not the fault of individuals. Since the 1950s, qathet has been built for car-dependence, rather than walkability or public transit.

The job of local governments, she said, is to make eco-alternatives “practical and appetizing.”

“2021 was a big deal,” Ana said. “Climate change is a complex system and you can't predict the type of

How to beat weird weather

Mitigate: Stop our contributions to climate change; primarily, reducing our CO2 emissions.

Adapt: Changing our infrastructure and ways of doing things so the impact of climate change is reduced.

change, the year it will happen or the severity. But we saw it happen in 2021 here in BC. Okay, I guess. This is the timeline we're dealing with.

“Climate change can be seen as an opportunity to reduce our emissions, and make a community we can be proud of.”

But Ana isn't optimistic about beating climate change by biking or busing more. Quite the opposite. As a

mathematician and engineer, she has a scientist's brain on the numbers, and they are not promising for halting or reversing change quickly enough to avoid catastrophe.

Locally, though, through sustainability planning, she can do her part, however limited, to help qathet mitigate climate change, even as we're in the midst of it, she said. Some of her projects include a heat pump rebate, the Zunga bus pilot, electric vehicle charging stations, reduced energy use at the Recreation Complex, cycling infrastructure and more.

For the past year, qathet has faced season after season of weird weather: the heat dome, drought, water spouts, flooding, record snowfall, king tides coinciding with storm surges, and more. Frequently in recent years, qathet has also spent summers under a blanket of yellow smoke from fires in the Interior and the Western US – though thankfully that was not part of 2021's line-up.

Some citizens are understandably feeling terror and panic about what the abrupt change represents. Others are understandably reassuring themselves that weird weather is nothing new, and the threat is overblown.

Meanwhile, local governments are reacting to weird weather in three ways: attempting to mitigate it by trying to reduce emissions, like Ana does; urging citizens to protect themselves and their properties as new threats emerge; and cleaning up after it when it wrecks civic infrastructure, such as the seawalk during King Tide week in early January.

Ryan Thoms calls our culture “flat footed” in our slow, hobbled reaction to the new weather we've witnessed.

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“It’s a cumulative fatigue that happens, that there’s too many of these things all at once... We can’t live in a state of emergency all the time... but climate change is real and we will see more of these extremes.

- Ryan Thoms, Manager of Emergency Services

“There is plenty of good proactive work happening by all the local authorities who are addressing climate change as a priority, but there is still lots of important work to keep doing by both governments and residents,” says Ryan.

He is the Manager of Emergency Services for qathet Regional District. He’s responsible for helping the whole region develop emergency plans for new threats: wild fires, sea level rise and worse – the changes we haven’t imagined yet.

“Some of the extremes are eye-widening, but they’re pretty consistent with climate change predictions that have been around for a long time,” said Ryan. “If you’ve been paying attention, you shouldn’t be surprised. We have more energy in the system, so we’re having heavier storm cycles. The question now is, how do you adapt to it? What can you do to minimize impacts?”

For the past 10 years, Ryan has focused on preparing qathet for fires, through the FireSmart program. This year, the program will kick off a little early to reflect last year’s early, hot and dry fire season. He was pleased that buildings such as the Recreation Complex, Library and Texada Legion were able to open their doors to citizens who needed relief from the heat during the worst of June’s record setting days. “It’s really hard on people, especially if they have underlying health issues,” Ryan said.

What else is hard on people? Feeling overwhelmed. “For 2022, I’m wishing the pandemic moves on,” he said. “It’s a cumulative fatigue that happens, that there’s too many of these things all at once, and we do need to adapt to some of these changes, but we can’t live in a state of emergency all the time. We’ve been really lucky here. And I am hoping for a nice calm year. But climate change is real and we will see more of these extremes.

“So we’ll keep pushing preparedness, and evacuation plans. That’s our part of the job. Everyone appreciates the seriousness of this. The importance of it. It’s not just crazy weather. The question is, what can we learn from what we’ve seen so far? And then prepare for it. These things don’t need to be emergencies if we adapt.”

Weird weather over the last decade – and especially the last year – has been a motivator for both adaptation to and mitigation of climate change. Even if some of these more ecologically-minded steps don’t halt warming, Ana points out, that can be very good for our communities.

“It breaks my heart that people here are isolated in their senior years because of transportation problems, and the stories of younger people having to choose between paying rent and buying gas for their vehicle. As governments, our focus should be on making better decisions both practical and appetizing.” In other words, keep calm and carry on doing our absolute best to adapt and mitigate. 🐾

Five ways to get ready for 2022’s weather

Laura Roddan, qathet Regional District’s Director of Planning, explains that a main role of local governments is to encourage citizens to prepare for hazards.

Getting your property ready for weird weather or climate change? That’s up to you. With the RD’s help. Here’s how:

1. FireSmart

Avoid damage to your home by applying FireSmart principals to your property. You can book the coordinator, Marc Albert, for a visit, and he will give you a work plan and offer subsidies for making changes.

2. Sea Level Rise

If you own waterfront property, you had a front-seat view for January’s king tides and storm surge combination, which damaged the seawalk and tossed logs too close to homes on some beaches. The Green Shores for Homes offers property owners advice on staving off tide-related property damage. You can also learn more about potential risks on qathet.ca, in the Sea Level Rise Coastal Flood Mapping Project.

3. Drain your ditches

Some local roads saw flooding during 2021’s atmospheric rivers in November. Laura reminds property owners that ensuring their ditches and culverts are clear so that water can drain properly is the responsibility of individuals, not local governments.

4. Manage your contribution to climate change

Local governments are responsible for providing both garbage and transportation services. Over the past decade, citizen opportunities for active transportation – such as walking and biking – and recycling and compost have grown considerably, and continue to evolve.

5. Get involved in flood prevention

In 2022, the Regional District will lead a public engagement process to learn more from citizens. It’s called the qathet Coastal Flood Adaptation Strategy. Watch for more in the coming months.

Learn more by going to qathet.ca and viewing the Adapting to Climate Change videos.



START WITH YOUR SOIL: February is the perfect time to start getting your garden ready for planting, say Mother Nature nursery manager Cathy Ickringill and owner Ron Pfister, seen here in the fertilizer room at the garden centre.

Did 2021's heat dome kill your plants? Plan your 2022 garden for weird weather

BY PIETA WOOLLEY
LOCAL JOURNALISM INITIATIVE REPORTER

Even though she lives on a shallow well, Cathy Ickringill kept her garden going strong last summer. It flourished through the record-setting June heat dome and even the drought that followed.

It helps, of course, that Cathy is the nursery manager at Mother Nature – so she knows a thing or two about gardening in weird weather. One key, she said, is shade cloth. The black, see-through fabric is suspended above the outdoor nursery at the gardening store, partially covering the plants. This year, the store will add more, to protect the whole nursery.

“I mulch to keep the water in, just with lawn clippings,” she said. “The three secrets for surviving heat like we saw are mulch, shade and water. Most people are light waterers, and give their plants 10 minutes or so every day. Plants’ roots then stay at the top of the soil, and can dry out. I believe in deep watering, so I put myself on a schedule: Tuesday, Thursday and Sunday, and at least half an hour so the roots go deep.”

Apart from mulch, shade and water, Cathy suggests getting to know your soil now and getting it ready for planting season by amending and fertilizing. In a few weeks some early cool weather crops will be ready for their first planting..

Consider pushing your vegetable growing into the fall, when the weather has been more consistent.

“Once the temperature goes down, Mother Nature does the gardening for you,” said Cathy.

“Don’t put that in the article,” Mother Nature owner Ron Pfister laughed. “Someone might expect us to come by and water!”

What she means, of course, is the fall is less stressful for some plants (and the original Mother Nature waters them herself) – so the store brings in plant starts in July. “We call it ‘The Canadian Refrigerator,’” said Cathy. “You can just leave your veggies in the soil until you’re ready to eat them.”

Ron points out that people garden in very hot and dry locales such as California and Phoenix and with our growing seasons getting hotter we need to do a little extra to help our plants acclimatize.

“It looks like the weather might continue this way. The key is to help plants acclimatize to it,” he said.

Don't fear trial and error: it's what gardening is all about

BY JONATHAN VAN WILTENBURG

How would I adapt my gardening practices going forward in respect to our changing climate, and events like the heat dome? I am not totally sure I will change too much.

I always see the weather as being quite fickle, and so for me gardening is always a very dynamic process. I am constantly watching the weather and changing up my tactics from year to year. As the old saying goes “the only real constant is change itself,” and there is no better place to see this than in the garden.

However, what I will promote is resiliency in your garden, and by that I mean the ability for you and your garden to deal with adversity. Planting the right plant in the right place, water well and deeply, focus on creating good rich soil, learn how to deal with extreme weather events (including drought, heat, cold, rain and wind), use a lot of mulch, make additions of organic matter, be proactive on the pests and disease, choose disease-resistant cultivars, choose

plants/seeds thoughtfully, save seed, plant with diversity in mind, use natives where possible, have a good grasp of timing, practice crop rotations, keep notes, and make ongoing plans. To me this sounds like a laundry list of smart, thoughtful gardening techniques. I would aim to do all these things even if our climate did not seem so bizarre!

Making a resilient garden is a lot to juggle, and it is definitely no easy feat! It can take years to develop and fine tune. My suggestion would be that if you haven't mastered all that was listed above, I would start there.

If you can manage to get all that right, both you and your garden will be far better able to deal with whatever mother nature sends your way. Remember, gardening involves a lot of trial and error. I know it can be frustrating, but isn't that sort of the fun of it too? Happy Gardening!

Jonathan writes qathet Living's gardening column. He starts up again in April.



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Gardening During Climate Chaos

BY KEVIN WILSON

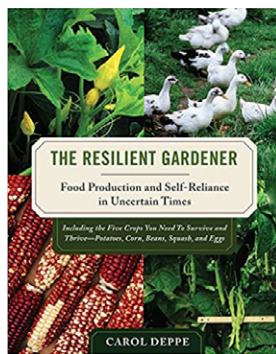
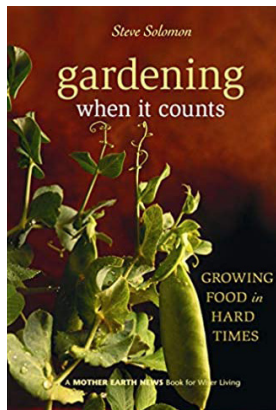
Build a living soil (using local resources) which holds water and nutrients to buffer your garden against both drought and flood.

Diversify plants, and varieties of each plant. Grow some things every year that like heat and cool. Push the season at each end, but don't rely on success.

Arrange your garden for a diversity of micro-climates.

Share plants and seeds with neighbours close by, and people far away in similar climates.

Think ahead and consider possible scenarios – climate and otherwise! What happens if you break both ankles and can't care for the garden? Plan so that some things can survive STUN – Sheer Total Utter Neglect.



If there's a drought (no City water), how will you adapt the garden? If a volcano gives us "a year without a summer", what can still give you a crop? If you have to move suddenly, can you take your plants/soil/compost with you? (I've moved my compost more than once).

If you lose your income, what can you still grow? If "heat domes" become the norm, what varieties and plants will come through? Can you group plants together that need protection from torrential rain or hail?

Kevin Wilson is a long time gardener and seed saver in the UK and BC, and grows an organic annual vegetable garden, fruit and pollinator gardens, with his husband Alfred in a rather chilly spot in Cranberry. He wants you all to save seeds from your gardens and trade with him!



GARDENING IN JAMMIES IS SO 2020: Kevin Wilson's Cranberry garden thrives under his very green thumbs. His two book recommendations are available at the Powell River Public Library: *Gardening When it Counts: Growing Food in Hard Times* (2006) and *The Resilient Gardener: Food Production and Self-Reliance in Uncertain Times* (2010).

"Gardening is good for the planet and great for the gardener"

BY LIZ QUIGLEY

Last summer's extraordinary drought and elevated temperatures were a challenge for gardeners and farmers alike. Home gardens took a beating after about the first two weeks of heat.

With water restrictions in place for City residences and wells running dry for many rural homes, it soon became clear that some plants did not like the heat dome any more than the sweating gardeners did.

The unique soil conditions particular to each site also played a big part in how well both ornamental and veggie gardens tolerated the drought. The gardens with more organic matter in the soil made it easier for the soil to hold what little water was available and the plants, although stressed, were able to pull through with little sustained damage. Gardens planted in sandy soil were really struggling after only a few weeks of drought and many plants quickly declined.

The lesson learned is to enhance your soil with

Three things gardeners can do to ensure a positive experience in the garden

1. Enrich your soil annually, fertilize throughout the growing season
2. Plant the right plant in the right place
3. Purchase top quality seeds and plants from your local garden centre

plenty of organic matter so over time your garden will have a strong base to help sustain strong root growth under long periods of elevated temperatures and restricted water availability.

Looking ahead to this gardening season and many more, for existing gardens mulch the beds with products such as Sea Soil, for new plantings amend your soil and choose the right plant for the right place.

Help cool your garden by planting deciduous trees that will provide shade. They will also cool your house and help reduce your cooling costs.

Don't plant extensive lawn areas that require a ridiculous amount of water to maintain, or just don't worry about them being golden yellow all summer.

We can not control weather patterns, but we can learn to adapt and change our habits to help reduce the effects on climate. Gardening and creating and preserving green space is one of the best ways to reduce our carbon footprint.

Gardening is good for the planet and great for the gardener. It greatly reduces stress and we all need that in these very difficult times. Whether you have a large home garden or a few containers on the patio, getting outside, getting your face in the sun and watching your plants thrive is priceless.

Liz Quigley is the manager at Springtime Garden Centre in Cranberry.

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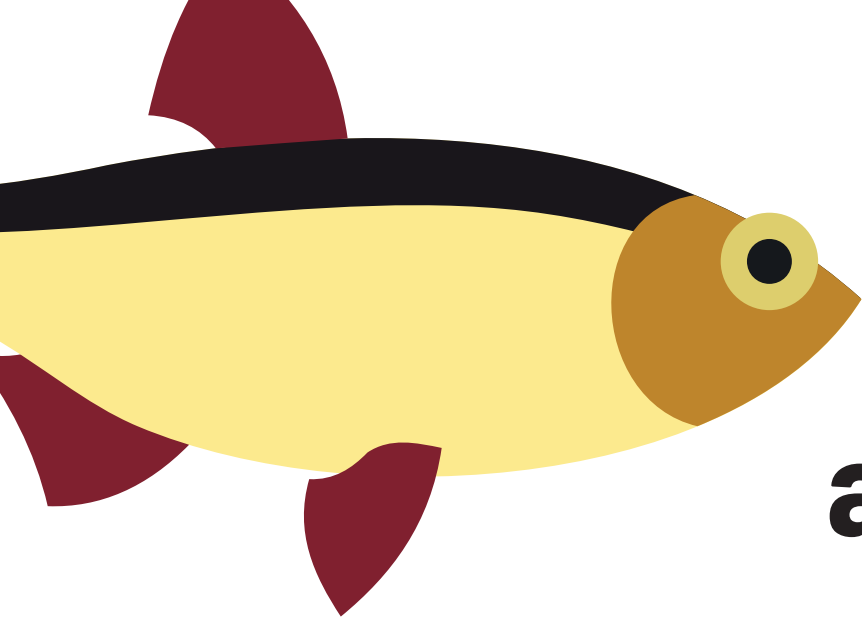
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Local commercial fishing biz wins achievement award

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

In the fall of 2021, Tla'amin, Musqueam, and Tsleil-Waututh Nations won the BC Indigenous Business Partnership of the year award last fall for their shared commercial fishery company, Salish Seas Fisheries LP.

The awards are held each year by the BC Achievement Foundation to recognize Indigenous business accomplishments.

Salish Seas Fisheries started back in 2009. The three Nations came together and submitted an application to the Pacific Integrated Commercial Fisheries Initiative (PICFI), a program funded through the federal government. Traditionally, the three Nations fish on the Salish Sea - always for food, and now also as a commercial fishing venture.

The PICFI helps First Nations access the commercial fishing industry, providing funds to those eligible to purchase a fishing boat as well as introducing training programs.

The Salish Seas Fisheries LP is managed by Inlailawatash, a First Na-

tions-owned company specializing in resource management. Inlailawatash has helped the Salish Seas gain a variety of different commercial fishing licenses.

"Most of the licenses we own are leased out," says Salish Seas manager James Sandover (from the Musqueam Nation).

Out of 23 different licenses owned for halibut, sablefish, crab, prawn, herring, and salmon, 20 of them are leased out.

The company will put out requests for proposals (RFP) to each of the three Nations' memberships. If a lease does not get taken by a Nation member, the company opens the lease up to RFPs by the public. Any fisherman with a lease is allowed to sell any of the fish or shellfish they catch.

"Most of our fishermen have relationships with producers in the fishing industry," James says.

All commercial fishing boats must follow a set of environmental standards and regulations that are in the *Canadian Fishing Act*. The regulations manage how equipment is used, how

Licenses owned by Salish Seas Fisheries LP

Halibut • 40,000 lbs of quota

Sablefish • 20,000 lbs of quota

Prawn • Three licenses, two are leased and one is fished on their boat

Crab • one crab license, is leased

Herring • 12 different herring licenses all of which are leased

Salmon • five salmon licenses are leased.

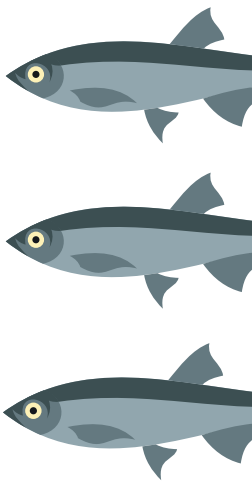
The revenues Salish Seas makes flow back into the company to help cover expenses and purchase more fishing assets.

"A percentage of the net income is paid out annually to the three nations. Since Salish Seas started there has been over \$800,000 in dividends paid to all three nations," James says.

"Since I've been with Salish Seas [2018], I'd say over 95 percent of all our licenses were fished by Nation members. In the rare cases they were not, it was only because there was no member that was able to fish it.

"The thing I'd say Salish Seas prides itself the most on is giving our own Nation members the opportunity to commercially fish and we've been succeeding in that."

The BC Achievement Foundation made a short documentary about Salish Seas Fisheries LP. Find it here: bit.ly/3IA2vTm.



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A CHUM YOU CAN EAT: This female spawning chum is coming through the Tla'amin Nation hatchery. It may be captured for eggs, and then given to a community member as part of the food fish program. *Photo by Abby Francis*

Food fishery flounders: low returns

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

Each year since the Tla'amin salmon hatchery was built in 1977, members of the Nation have received an allotment of food fish.

The food fish program uses salmon that pass through the hatchery, explains Tla'amin hatchery technician Scott Galligos.

The amount of food fish Tla'amin receives is determined by Tla'amin's final agreement treaty with the Department of Fisheries and Oceans Canada, and is based on percentage, fish type, and population.

"Usually, around 900 salmon are taken for the community to use from our river, however, that number changes depending on the salmon returns. The salmon are taken from gillnets in the oceanfront, caught from the river, and are also taken after egg takes are complete," says Scott.

"Nation members tend to prefer ocean salmon to river salmon, you can really taste the difference. Most of the food fish now is taken from the egg-takes which means the fish that die are used to help feed the community, they are not wasted."

The food fish program also includes the community smokehouse's use. Members who don't live in Tla'amin have food fish allotments, too, so the program reaches and benefit all members of the Nation.

Tla'amin's fish allotments were negotiated through the Final Agreement Act treaty.

These allotments are for salmon, other fish, and shellfish. The allotment amounts are mostly based off the Canadian "total allowable catch," which is determined by the federal Minister of Fisheries,

Oceans, and the Canadian Coast Guard (currently Joyce Murray). This decision depends on the species abundance that year. The fish allotments are fished from all over the coast, from the Fraser Valley to out front of Tla'amin.

Scott explains that the amount of food fish Tla'amin is able to get has been diminishing due to lower salmon returns.

"We've noticed a lot of things changing with the salmon. The peak returns have been in October, rather than November, which is their peak historically. This year we've noticed almost all of the chum were returning green instead of their spawning colors. Normally, we see very few fish returning green, it was a very weird occurrence," says Scott.

'Green' is the term used to call salmon that are still silver from being in the ocean, being green means they are not ready to spawn yet. This puts the salmon enhancement process back, as the fish have to wait in the river until their spawning colors start to show.

"The salmon populations are going down for a variety of reasons. The known reasons are overfishing, habitat destruction, and climate change. We know how many fish we release into the river each year, we just cannot pin-point what happens to them once they are out there in the ocean," Scott says.

Scott had previously written reports for the Nation on the river's changing water temperature and levels. "I haven't done reports on our river in years now, but when I had, I noticed the temperature would rise by 1.5 degrees every year, sometimes it would be 1.5 degrees lower, but it had been overall getting warmer," says Scott. **PL**



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YOU KNOW YOU SHOULD BUT...

Want to actually exercise every day?

Know your "Why"

BY ISABELLE SOUTHCOTT

It's February, and before you know it Valentine's Day will arrive, and you know that means? Yeah, temptation. Chocolates, wine, and the like. What will you do? What will I do? Will I be able to resist my Achilles heel, or will I scarf down an entire box of chocolates and feel incredibly guilty afterwards for blowing the healthy eating plan and strict exercise regime I've maintained since January? That's the six-million-dollar question isn't it?

You and I both know we should exercise regularly. If you're older, you probably have a pretty good idea of what you like and what works for you, but if you're like millions of people around the world, you don't do it as often as you should.

Why do you think that is?

I'm the first one to admit that I fall off the wagon regularly, but eventually I always make my way back on. It would be far easier if I could just stay the course and make it part of my daily habit—like brushing my teeth.

I have a friend who is one of those people who exercises daily. She has done so for the 20-plus years I've known her. But Shannon is an exception. If we were all like Shannon, our wonderful trainers would be unemployed, so I guess it's good that there are a lot more people like me in the world who need someone to help them stay on track.

BY MELISSA SLOOS | CO-OWNER COAST FITNESS

Consistency and commitment to anything in life can be challenging and it's no different when it comes to exercise. We all know we need to exercise, but why do some of us avoid it, or not exercise enough?

When it comes to motivation, there are two types: intrinsic and extrinsic.

Intrinsic motivation is doing an activity for its inherent satisfaction rather than for some separable consequence. When intrinsically motivated, a person is moved to act for the fun or challenge rather than because of external products, pressures, or rewards.

Extrinsic motivation is doing an activity for external reasons, pressures, or rewards.

I see intrinsic motivation as better for continued consistency since it drives us even when we aren't seeing our extrinsically motivated results. For example, if your goal is to deadlift your bodyweight, it will take time and training to get there. We are wired for immediate rewards over delayed gratification. We are also geared to comfort and homeostasis (active-

ly maintaining stable physiological conditions) over challenge and discomfort. If we don't have a clear goal, that has some intrinsic motivation, backed by a plan, it will be challenging to get there without giving up, because you won't see immediate results.

As well, your goals change as you achieve them, or you do continuous maintenance work. This means you either need to set new goals or continue to work out at your current level to maintain what you have.

Fitness is not a 'get there and you can stop' kind of thing. Once you're there you need to work to keep what you created, and that is a whole other challenge. If you make exercise a habit, like brushing your teeth, then you'll likely never miss a session again.

We also need to honestly recognize that our lives and goals change over time. We have children, we change jobs, we move to different cities. All of these things can destabilize our lives, so we should have some forgiveness for ourselves if we're having trouble generating a new routine.

Make exercise a habit that you can pick back up wherever you are or whatever happens in your life.



Melissa Sloos (above) and Nichole Strickland are co-owners of Coast Fitness. They and Cherie Seidler, a registered nutritionist and fitness trainer with the VK Wellness Initiative, have shared their thoughts on the importance of exercise and commitment.



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

If you're into technology, free apps like HabitShare can help you stay on track and motivated.

Many of us spend a lot of time caring for others, and we don't give ourselves time, space, or permission to take care of our own bodies or needs. We're doing ourselves a disservice. You only get one body.

The best advice I can give is to know your 'why'. You need to search for and establish your intrinsic motivation. You then need to back up your motivation with a plan and goals. Be patient. Little achievable steps towards goals are like small immediate rewards that can promote your continued success.

Exercise frequency, time and type depend completely on you and your goals. Choose what you

love, determine what you want and be honest about it. For most of us, a couple lifting days, a couple mobility days, and a couple cardio days would equal a great program.

Remember the body adapts to the stresses we put it under. If you only run, that is what your body will be good at. If you only lift weights, that is what your body will be good at, usually to the exclusion of other activities. I prefer to be a generalist – being good at everything rather than great at just one thing. This creates a body capable of handling most of life's stresses.

Now that you have all the tools to stay motivated and exercise, how can you stay safe? Remember

to focus on form first before increasing weight or difficulty. Build a strong foundation upon which to expand your skills and abilities. Training in many different ranges and angles will also help prevent injury.

Fitness doesn't need to be fancy. Get outside and walk, jog, or run on the track or trails. Ride your bike. Do virtual fitness classes. Depending on your goals, you may not need to be in a gym or studio setting. Start small, try lots, and build your understanding of yourself, what you like, and what you want out of exercise. Cultivate a healthful relationship with exercise, and it will reward you for a lifetime.



BY NICHOLE STRICKLAND
CO-OWNER COAST FITNESS

One of the main reasons people quit working out is because they want fast results, but they lack a solid system to keep them accountable. Or they go too hard too quick, get burnt out and become sore.

Whatever it is you are working out for, from weight loss to toning or for health reasons, it is going to take time. Find a good routine and focus on what you can do each week. Be consistent.

I'm a believer in just moving every day, whether it is 20 minutes or 60

minutes. Some people enjoy two-a-day workouts where they train up to an hour at 6 am and then do another 30 minutes later in the day. The important thing is to make sure to include some mobility/stretching, and to have a rest day. If you really feel like you want to move on that rest day, make it a nice walk.

I love it all: strength training and cardio. Strength training is vital for our whole body right to our bones. Mobility is essential to help prepare our bodies for training, it improves our range of motion, and reduces the risk of injury.

BY CHERIE SEIDLER | REGISTERED
NUTRITIONIST AND FITNESS TRAINER
WITH THE VK WELLNESS INITIATIVE

It's important to remember that you don't HAVE to work out, you GET to work out.

Consider this, our bodies are designed to move with ease, without aches and pains all the time. As we age, this becomes more of a challenge. Joints start to seize up as there is less fluid between your joints to allow for that movement."

Use it or lose it.

Does this mean you have to pump the heaviest weights you can find? That you have to train like an Olympic athlete? The answer is no.

What you must do is use your body in a way that allows for movement in all planes of motion to keep it strong and useful. However, finding a program that suits your lifestyle is where people can fail. If you don't find something you enjoy, you will stop.

If you can go into an exercise program with these thoughts in your head

instead of "I have to exercise," and realize that what you are doing for your mind and body far outweighs any reason not to do it, it will give you a fighting chance to get to your end goal, to live a long and healthy strong life... not to be skinny.

So, how do we create a positive training program?

- Change your mindset from HAVE TO to GET TO exercise.
- Choose what you like to do (weights, yoga, dance, sports, cycling, hiking – the choices are endless.)
- Put it in your calendar like your doctor's appointment – you are important too!
- Challenge and support your bestie. Work out together.
- Find an instructor online (be careful) or a studio that you love and make a schedule around those classes.
- Do not hesitate! If today is the day just do it – you will feel amazing!

No matter what you choose to do, at the end of the day, you deserve an hour to just do you...take care of you....and remember, you are worth it.

Round it out with cardio to help our cardiovascular health, regulate weight, plus it can help boost your mood.

People love to see results. With the program groups I run we do an evaluation on day one and participants do a specific workout where they keep track of weights used, repetitions done and the time it was done in. Then we repeat this at the end of six weeks.

Participants see the results and want to keep going. My personal training clients love seeing how they improve as well.

If you set a goal and work towards something, you will be more motivated on days that are hard for you. Celebrate the small wins – like doing 25 days of fitness in a month – and reward yourself for reaching that goal. 🏆



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Blow out the lights in the motor shop

BY DAVID O. HAMILTON

This is an edited version of David O. Hamilton's remarks, on his retirement from the Catalyst Tisk[®] at mill in 2010. Even those who have already left the mill are saying goodbye all over again.

I say “blow out the lights,” because when my Polish grandfather first got electricity at Quesnel, he would tell my mother as the family went to bed, “blow out the lights,” as a result of the kerosene lamp era.

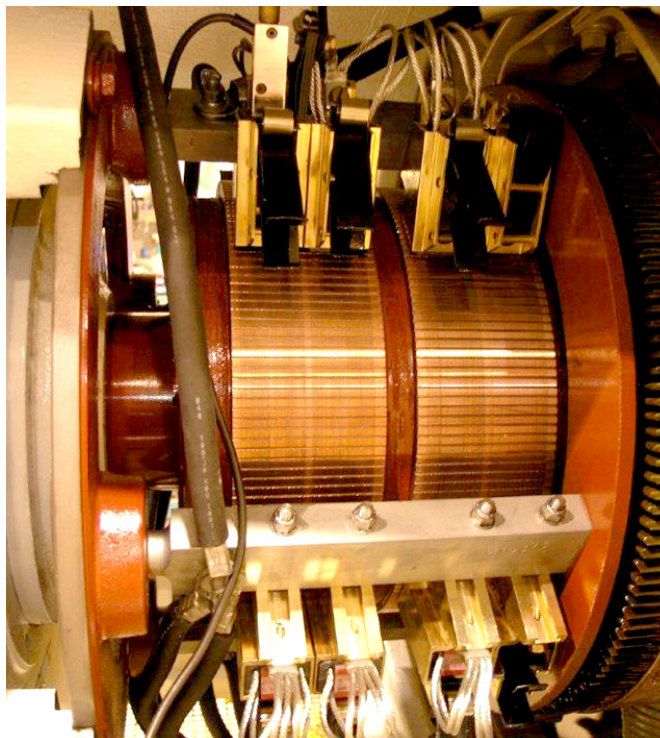
Yes, I'm thankful for electricity. I like to tell all new visitors that we invented electricity at Powell River.

I started in the Mill in 1972 when I was in high school. Many of my friends did the same. We worked weekends and Stat holidays until we graduated.

We were called ‘29 Day Wonders’ because we got laid off every 29 days and paid out our holiday pay. We had to get 30 days in to get into the Union. At that time there were almost 2,600 employees at the Powell River mill, of which 2,233 were unionized workers.

I began my apprenticeship April 1, 1974. The Mill was a fascinating place at that time. No.1 & 2 Paper Machines had been shut down in 1971, hence I didn't see them running; however I did work on No. 3 & 4 Paper Machines. Many of us electricians recall the ‘boards’ with the beautiful Brown-Boveri ‘faceplate regulators’.

The frequency converter always fascinated me as



WHO RUNS THE WORLD: The engine of the mill: the motor shop guys. Above, a large DC Communicator. Above top right, the author of this article David Hamilton (left) with Chuck Metzner in the motor shop. Right, Ted Wrubleski.



Photos courtesy of David O Hamilton

Mill workers past & present: Do you have a story or photos to share?

A major commemorative project is in the works. It is being coordinated by the City of Powell River, with the Powell River Public Library and the Powell River Museum & Archives. The project is still in early stages, but please watch for details in the March issue of *qathet Living*.

well. It's comprised of two synchronous generators coupled together, one machine wound at 10 poles for 50 Hz, and the other wound at 12 poles for 60 Hz. They both then turn at 600 RPM and you can ‘push’ power in either direction.

Dennis Edmondson used an interesting analogy. He would say: “we have all the water in Lois lake on this side of the converter,” (the 50 Hz end), “and all the water in the province of British Columbia on this side of the converter,” (the 60 Hz end).

It's often forgotten that the converter is our largest electric motor that we start in the Mill. It's 28,300 horsepower!

Some of my fondest experiences were during the seven and a half years that I spent as a substation operator. The generation and power distribution area of the mill always commands respect when working around high voltage. There were some interesting ‘blow-ups’ with yard disconnects and substation

breakers that always seemed to be occurring.

We have a total of seven water wheel generators between Powell and Lois River. Our water wheels, except one, all turn clockwise for the northern hemisphere. They are designed this way due to the ‘Coriolis effect.’ This is the natural movement that water takes due to the earth's rotational force. However, No. 5 generator rotates counter-clockwise because it was designed for the southern hemisphere...I believe New Zealand is where it was destined before we purchased it.

I once asked a visiting Electrical Engineer if we had reduced electrical output due to the fact that we were opposing nature, however he assured me that this force was too negligible to be of any consequence.

Lois River has the powerhouse and originally two 18 MVA generators. The first was built in 1930 and was fed from the wood crib dam until the Scanlon dam was built in 1941. The Scanlon dam is a ‘variable radius’ arch dam. The Scanlon was raised 20 feet in 1948 to bring Lois River No. 2 generator on line.

There were times when we as Substation Operators had to man the powerhouse around the clock when the Unitel control from Powell River to Lois River over the 66 KV transmission line was haywire. Of course when we got a chance, sometime after the ‘witching hour,’ we turned out the lights and assumed the ‘horizontal mode.’

One night after Ron Bekkema had chased a wasp

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Artist Talk - Sat, Feb 26 at 1pm

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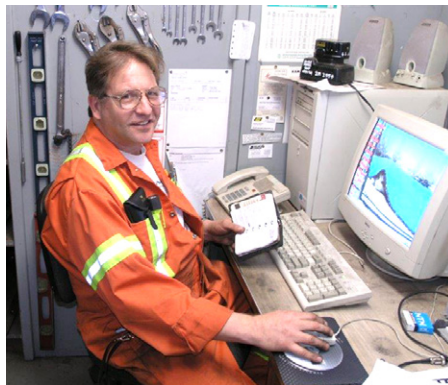
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We engraved our names into the thick black mud that was on the inside of the penstock. Many other names had been there for years... These men were characters of their own era.

- David O. Hamilton



PAPER KINGS & QUEENS: Top left, Diane Louke-Mill, scheduling. Left, Tom Ahola, motor shop. And right, Ron Bekkema, motor shop. Photos courtesy of David O. Hamilton

around earlier in the evening, guess what happened? With the lights out, that wasp crawled inside his coverall leg and stung him when he was in La La land. It was a rude awakening!

Part of our job was to check the links, levers, and shear pins down in the water wheel area. Ron bent down with his flashlight and there was a water snake with his head raised up, looking at him. He took it outside after putting on some rubber 'Marigold' gloves.

Pat Bennett was at the powerhouse after some maintenance work. There were some concerns that something was trapped in the 'Johnston Valve' the day before. Some time after the generator was started up, a large chunk of roller chain that had come from the head gate at the dam went through the generator wickets and was being ground up by the water wheel. It instantly snapped all the shear pins; however the generator stayed on line being fed as a motor from Powell River. Pat wanted to make a run for it, but after hiding behind a concrete pillar, he had the presence of mind to 'trip' the generator breaker. He described the sound as a giant 'pepper mill' as the generator ground to a stop.

It was decided that a penstock inspection was absolutely necessary. A number of us entered the 'North Portal' and walked inside the steel penstock and then into the 5,800 foot tunnel through solid rock. I vividly recall seeing the shaft of light over a mile away that was our exit through the 'South Portal' and it seemed that you never got any closer as you walked. It can be an eerie feeling as you walk inside the penstock - in four inches of water because the head gate seal has a chunk blown out. The whole lake is behind you, wanting to come down.

We engraved our names into the thick black mud that was on the inside of the penstock. Many other names had been there for years, such as Wayne Culos and Nick Heiler. These men were characters of their own era.

For the last eight years before I retired, I was blessed with working in the motor shop, primarily motor records. The guys I worked with were always a pleasure to be around.

Ted Wrubleski was one of my mentors and I still call him at home occasionally to get some advice from him. I think I promised him a bottle of Tequila for all his suggestions. Guess I'll have to come good for that now that I have time to visit him without being in a hurry.

I have to admit that I do have concerns about the 'knowledge base' that is disappearing with respect to electric motors, especially DC motors... however that is beyond my control.

When I was an apprentice in 1974, I wanted to someday be the best electrician in the mill. That never really happened. However I'm content to say that I was able to excel in some areas. Try to keep one thing in mind - we all have our "sphere of influence" we're all important. Just do the best you can and satisfy your conscience at the end of the day.

What am I going to do now? I'm going to do what all old men do. I'm going to work in the garden...as long as I'm not in the 'horizontal mode', that is!

Oh yes, I almost forgot. Mamma has been waiting 29 years for her bathtub to get hooked up. I'll have to get the transmission out of it first...thank goodness I married a patient woman!

I'm not going to travel...I never did before... "Down Town Kelly Creek" is just fine for me. PL



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Mr. Spud and hostess with the mostest stay social at Seniors Centre

The Seniors Citizens' Association of BC Branch 49 (the Seniors Centre in Cranberry) is a registered charity whose goal is to provide opportunities for anyone over the age of 50 to participate in a wide range of activities: carpet bowling, card games, horseshoes, quilting, darts and exercise (gym, tai chi, sit and stretch, dance.)

The Centre holds monthly luncheons, dinners and has a frozen food program. The motto "seniors helping seniors" is key as volunteers make it run.

Fred and Jane Moss joined the Centre in 2008. Prior to joining they both had over 30 years of volunteer experience with other community organizations. Fred with the Lions Club and Jane with the Hospital Auxiliary. They are both respected for their ability to make positive things happen and make new members feel at home.

When did you start working with the Seniors Association?

Fred & Jane • We started volunteering at the Centre in 2008.

What attracted you to this organization?

Fred & Jane • In 2008 friends invited us to join them at the Centre for one of the

monthly dinners. This was followed up with an introduction to carpet bowling. The friendly social atmosphere sold us and we became members.

What part of the work is the most satisfying?

Fred & Jane • We have enjoyed all of our volunteer work. We were good friends with Gene Jamieson who quickly got us involved in preparing lunches and dinners.

(Ron Woznow, who is the Association's treasurer and conducted this interview, adds that "Fred was a regular volunteer for the summer BBQs and became known as 'Mr. Spud' because of his expertise in peeling potatoes for the monthly dinners. Jane was the perfect kitchen volunteer - she would do any job required from prep work to serving the luncheons.")

Both of us found a lot of satisfaction in making opportunities for seniors to socialize rather than stay isolated - something that COVID has reminded us is very important for our health.

What part of the work do you find the most challenging?

Fred & Jane • I (Fred) was on the board of directors for four years and being a doer found lengthy board discussions a challenge. I prefer to make things.



STILL VOLUNTEERING: Fred and Jane Moss volunteer with the Seniors Citizens' Association of BC Branch 49, an organization that provides social activities and meals for seniors.

What do you wish other people knew about the work the Seniors Association does?

Fred & Jane • The Centre provides an opportunity for new friendships and fellowship for seniors who want to get out and socialize either as a couple or single. Many of the members have lost a partner and understand the importance of making new friends. The Centre is also open to new ideas having recently started two new dance classes.

How has the Seniors Association changed your life?

Fred & Jane • The new friendships formed at the Centre have been a constant pleasant experience. It has given us a reason to get out and do things like Monday night cards.


Had you been involved in charitable or caring work before?

Fred & Jane • Prior to joining we had over 30 years of volunteer experience with other community organizations. Both of us had seen the positive impact volunteers have on the community.

Do you bring any unique skills to this organization?

Fred • I had a 30-year career at the City, finishing as manager of the Parks Department and Airport. I also am a woodworker. My wooden games can be found at the Gerry Gray Centre, and toys around town.

What would you say to other people who might be thinking about volunteering?

Fred & Jane • Give it a try. You will have a lot of fun and "many hands make light work." 

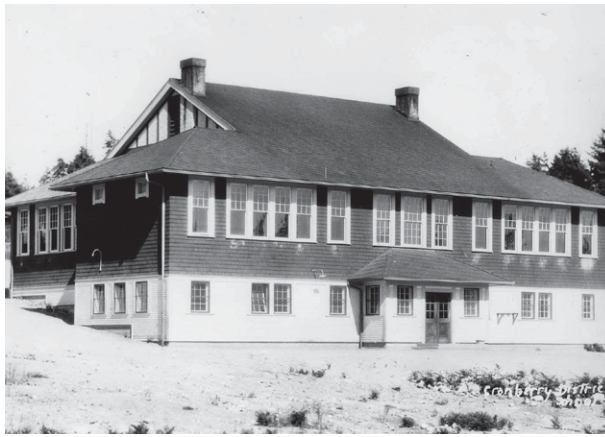
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Cran school frozen in time

One of the last remaining heritage schools within the City of Powell River is the Cranberry Lake School. Originally called the Malaspina School, it was built with four classrooms and opened in September 1930.

At the time, this came as a relief to many parents living in the Cranberry Lake District, since prior to the Malaspina School, children Grades 1 to 6 had to walk to Henderson School in the Townsite.

Today, the still standing Cranberry School exemplifies the Arts and Craft movement in our region. Current owner, Martin Skadsheim who purchased the property back in 2006, has been keeping the structure alive. Throughout his renovations and preservation efforts, he has safeguarded much of the original materials and is working towards returning the original layout of the school.

You can still find the original blackboards, doors, windows, school desks, even the original rack to hang the children's baseball bats in the entrance to the schoolyard!

After the Second World War, population increases meant schools were also seeing more student enrolments. In the 1950s, an extension was added to

the north side of the Cranberry School and further expanded in the 1960s. This addition included five more classrooms, offices, staff rooms, a library and a gym-auditorium. The gym today still sports its beautiful wooden beams as well as the original stage.

Much of the structure inside the Cranberry School and original joists have been reinforced. After many years of work, any rotten wood has also been replaced.

Although the four-room school looks a little rough around the edges from the exterior, the interior shows that its bones are alive and well.

Martin says "the building is being saved for an unknown future purpose, that is dependent on what the community needs."

Adaptive re-use of this heritage building would be a way to preserve a piece of Cranberry's history while employing sustainable building practices.

✉ | joyseigny@powellrivermuseum.ca

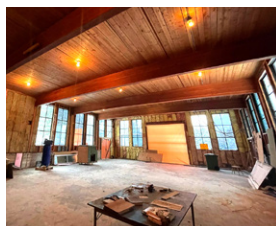
Blast from the Past is written monthly by Powell River Historical Museum and Archives public engagement coordinator Joëlle Sévigny.



BLAST FROM THE PAST

JOËLLE SÉVIGNY

MISSING YOUR BAT?: Top, Malaspina (Cranberry Lake) School as it is today, and as it was when it was built in 1930. Below, much remains of the original. Photo courtesy of the Powell River Historical Museum & Archives



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títwšem ʔayʔajuθəm

Learning the language

Hoč q^waq^wθəm (hoch qw-ah-qw-thuhm)
 I'm going to tell you a story...

ʔayʔajuθəm qaymɪx^w passed on ʔəms taʔow (uhms tah ow) - our history, culture, values, laws, and legends-through storytelling. Our legends and stories help us to better understand our teachings. They provide insight into the gifts all beings have, as well as lessons on morality and humility.

Each Nation on Turtle Island has a "main character," or someone who re-occurs in many legends. For Klahoose,

Homalco, Tla'amin and Comox, ours is qayχ (qayX). qayχ is a mink - the word for mink in our language is məs (muss), and this məs is named qayχ! He is definitely a character!

qayχ's role in our culture is to teach us life lessons.

In 2022, jehjeh Media's team will produce three Mink legends as audio plays, thanks to a grant from First Peoples Cultural Council Indigenous Arts Program.



NIŠ TE QAYχ! This is qayχ! These felt characters are parts of kits funded by Success by Six twenty years ago. They are being used in our language classes today. The figures are based on books written by community members many years ago. The team at jehjeh Media is often humbled by the amazing work of our ancestors and predecessors. We recognize those whose work led to ours and celebrate those continuing the efforts!

jehjeh Media is a branch of Taxumajehjeh, whose focus is creating and producing multimedia that shares and normalizes ʔayʔajuθəm in creative, engaging ways. jehjeh Media is a team of qaymɪx^w (people) who are committed to ensuring ʔayʔajuθəm remains a living, growing, language. Learn more at jehjehmedia.ca

Happy Family Day from your Powell River Town Centre!
PLEASE NOTE that we will be closed Monday, February 21st to observe the Family Day Holiday.

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I MADE THE MOVE

Neil MacKinnon and I (Austyn) met the traditional way – a dating site – and got married shortly after. On our first date we both made it clear we wanted a dog, a house, kids, and an adventurous life of camping, road trips and trying fun food wherever we go. Simple enough.

Neil came up with a creative way to buy a house in North Van on a budget – by buying it with another couple and separating the two floors so it was like two separate homes. One year later with our son on the way Neil was rear ended and our lives changed forever. Priorities gained or lost importance based on his pain levels.

The first half of 2021 was spent dreaming of the next chapter. Then we came to Powell River for Canada Day weekend and felt happier in two days than we'd felt in the last two years in the city.

Why did you choose to move here?

Austyn • My husband's grandparents retired to a cottage on Klahanie Drive. His parents now vacation there several months of the year, his sister got married there and we kept feeling this pull, which made so much sense to have people who already visited this beautiful spot. We bought our house here in August and moved up at the end of October.

What surprised you about qathet once you moved here?

Austyn • How incredibly patient and kind everyone is – drivers here wave you into traffic whereas in the city you have to fight for a spot in every lane.



AN ACCIDENT CLARIFIED WHAT THEY VALUE MOST: Neil, Aylin, Nash and Austyn MacKinnon moved here from Lynn Valley in the fall. Missing: Rolo the dog.

Solutions-savvy family finds ease in qathet's "patient and kind" lifestyle

What made you decide to move?

Austyn • Every time we visited we felt calm, happy and at home here and never wanted to leave. We realized happiness does not include terror any time our kids want to bike in their own cul de sac, not to mention the insane effort to afford a middle class life in North Van, so we seriously asked ourselves why we kept boarding the ferry back there. We decided the time to move had come.

Where is your favourite place here?

Austyn • I would have to choose the beach by Tla'amin Playground. We love walking the soft sand, inspecting all the shells and wading in the stunning waters while staring at the endless sky.

What would make this a nicer community?

Austyn • I'm not sure anything could, at this point. Some progressive changes are for the better, but keeping things as slow paced and small town as possible with no high rises and only one Starbucks feels so refreshing. I hope we can retain that over many years to come (though I do confess, I miss White Spot).

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

Austyn • Every single aspect of changing our lives added up to a lot. Leaving my career in the automotive industry for something new that would fit into this community, finding new people we can trust to take

care of our children... The hardest part was trying to decipher the right neighborhood to live in without being here to check things out in person.

If you were mayor, what would you do?

Austyn • Quit that job immediately! Neil might like that though, since he used to work for the City of Port Moody, and quite enjoys improving logistics and quality of life for everyone.

What are qathet's best assets?

Austyn • Keeping it small and keeping it real. Small business, small town, real people and real life. You can tell it's about the life we get to live here instead of who has the nicest clothes, most expensive watch, car or house. I appreciate this vibe so much.

What is your greatest extravagance?

Neil • Austyn's car. It's a Volvo.

Austyn • It's six years old and I got a great deal. Having previously worked for this brand, I believe in it. It makes me feel safe driving our children anywhere in any weather, so to me that is essential rather than extravagant.

Which talent or superpower would you most like to have?

Austyn • I would love the ability to heal people. I recently lost a friend my own age to brain cancer. I have watched people I love suffer with lifelong chronic pain. I've seen so many people's happiness stolen from them by a single moment in time that changed everything through injury, it's heartbreaking and I wish there was something I could do about it. 🙏

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WHAT'S UP

Tla'amin to change election law

The Tla'amin Nation Government will be making a change to the election law to be more consistent with the culture's teachings about loss, grieving and conducting business.

This term the Nation suffered the loss of two respected legislators, Tyrone Wilson, and Vern Pielle. Under the current law the Nation must hold a nomination meeting within two weeks of the passing of their elected leadership. This usually means holding a nomination meeting the week after the funeral service.

Consensus amongst Tla'amin leadership is that this is too fast and not consistent with their Ta-ow, so they propose that the timeline be extended. Under the proposed change to election law, the nomination meeting would now take place six weeks after losing a respected leader.

Nominees set

Leonard Harry and April Treakle are the only candidates finalized for the April 2 Tla'amin Nation by-election. Two other nominees withdrew their names.

Northside firefighters get new training facility

The Northside Volunteer Fire Department installed a live fire training facility adjacent to the recently constructed fire hall in Lund.

The new live fire training facility is made of steel containers with interiors configured to allow firefighters to simulate a home's interior for practicing fire suppression and rescue scenarios.

All firefighters need access to live fire training to achieve the required competencies to safely perform their fire response services. In the past firefighters had to travel outside of the community to receive live fire training.

Banff Mountain Film Fest moved to April

Due to the rapid increase in COVID, Jim Palm, Banff Mountain Film Festival organizer met with Max Cameron Theatre manager Jacquie Dawson, and moved the event to Friday, April 1 and Saturday, April 2.

"All pertinent details are the same as advertised originally except the dates, with doors and show times remaining the same. Hopefully, that will allow our event to proceed as originally planned with the safety of all in attendance as our top priority."

Initial announcements in the *PEAK* and *qathet Living* magazine referred to three showings at 50 percent capacity, which was our first fall back attempt to reschedule. However, with the numbers rising dramatically, it is best to give this three months to hopefully play itself out and we can get back to a safe and familiar format, said Jim.

"Sorry for the confusion, but it is far better to be safe than sorry," added Jim.

Milk and Plant-Based beverages join Return-It program

Ready-to-drink milk and plant-based beverages (like oat, soy, coconut, or almond) are now part of the Return-It deposit system. Starting February 1, these beverage containers will have a 10 cent deposit charged upon purchase and this will be refunded when the empty container is returned to the SunCoast Bottle Depot at 7127 Duncan Street for recycling.

There are some exemptions like infant formula, meal replacements and products like whipping cream and drinkable yogurt.

Be sure to rinse out the containers, keep the caps on, and push the straws in so they get recycled, too. Then take them to SunCoast Bottle Depot for your deposit or donate them to someone interested in doing this for you.



Rowan the Red serves up 'shmallow smorgasbord

BY ROWAN DURNIN

I've always wanted to start a business, but I can't really do that because I'm just a young lad of almost ten.

I've had so many business ideas but those are for when I grow up. Then it came to me. At first I had the idea to start a lemonade stand, but then I realized that it was too cold to do that, so I started a hot chocolate stand. So now I'm selling hot chocolate every Saturday at the Uptown Winter Market (outside the LIFT Community Resource Centre on Joyce Avenue) from 10 to noon.

You might want to come, because it's not just me selling hot chocolate, it's also lots of other vendors selling stuff here.

But I don't make the hot chocolate. I just sell it. (Mom makes it.) But I still have to pay her. But also, she has a secret recipe that she won't tell me.

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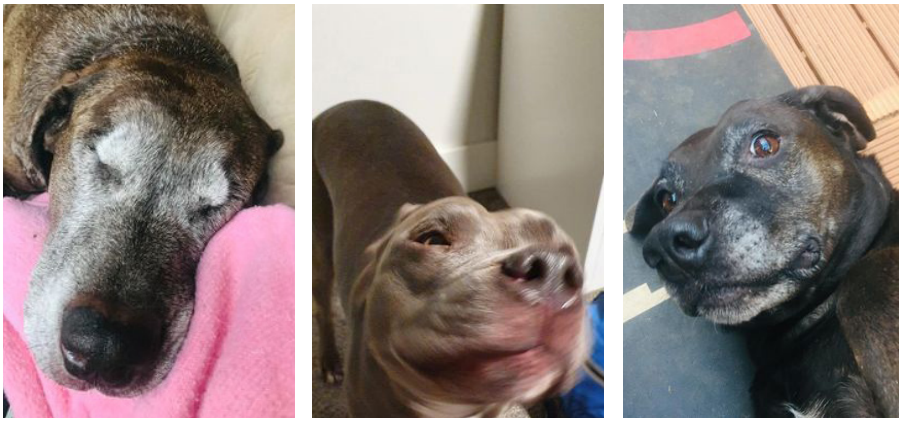
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Swim to Texada to raise money for SPCA

Local resident Gerda Wever is planning a Texada Island crossing in July. She is currently training and recruiting her support crew, which has been easy with the enthusiastic and supportive reactions she has received so far.

"I am lucky to have so much support and enthusiasm from my open water swim group, the PowTown Popsicles, from the community at the swimming pool, and from the community at large," said Gerda, owner of The Write Room.

Her exact route is yet to be announced, but she is leaning toward leaving from Donkersley Beach and

arriving at Erickson Beach on Texada for an approximate 12 km crossing. She may be joined by Susan Simmons, a well-known Victoria based marathon swimmer who lives with Multiple Sclerosis.

Aside from enjoying a good challenge, Gerda plans on raising funds for rescue animals, which she is just as passionate about as she is about swimming.

Her fundraising campaign is done through an open team with the Champions for Animals campaign at the BC SPCA.

To find out more about Gerda's "Team Texada" fundraiser please visit: champions.sPCA.bc.ca/participant/2630098/2522/32098



FOR A GOOD CAUSE: Top, Gerda Wever loves her three rescue dogs. Middle and above, she is training for a swim to Texada in July.

Swimming photos by Shelly Duke Rysdale

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In May, *qathet Living* will publish the 12th annual edition of

Home Grown

qathet's ONLY magazine dedicated to agriculture and local food

More than a grower's or diner's guide, *Home Grown* also takes you **behind the scenes** to see who is creating food, where and why. We'll look at how you can grow your own, and share maps and instructions to help you find **where to get locally-produced food**.

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TUB TIME: Local commercial prawners are pretty thrilled with the Department of Fisheries and Oceans decision to back off on frozen-at-sea tubbing.

Photo courtesy of Double Odds Fishing

BC prawn fishers celebrate

“Finally, some common sense in DFO, said Rachel Blaney, North Island-Powell River MP after learning Fisheries and Oceans Canada will allow “tubbing” to continue with some changes.” I am so glad to see this.”

Last month Fisheries and Oceans Canada announced it will allow the practices of “tubbing,” freezing spot prawns in tubs of ocean water while at sea – to continue with minimal change. It’s a reversal of DFO’s announcement a year ago when it served notice it was making tubbing illegal.

Rachel said the West Coast Prawn Harvesters Council and Pacific Prawn

Fishermen’s Association worked hard to resolve this issue. “So many folks wrote me letters and emails. Great work!” she said.

DFO’s change of heart means prawners will be able to continue a practice that’s been taking place for 50 years. The BC prawn fishery has relied on small boat fishers freezing just-caught spot prawns in tubs to preserve them for transport to local markets.

Instead of outlawing the practice, the new 2023 regulations will limit the packaged volume of tubbed prawns to 710 millilitres or less.

It will also require that all packaging material be transparent.

Powell River
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women in business

We have a great line-up of events this year! We are looking forward to having as many “in person” as possible. Check our website for updates!

- February 16 - Business Connections & Resources
- March 16 - Employee Advocacy: Know Your Rights
- April 27 - Hanging Baskets @ Mother Nature
- May 18 - Financial Self Defense
- June 15 - Business Women of the Year Awards
- July - Backyard BBQ
- August - Backyard BBQ
- September 7 - AGM (Awesome General Meeting)
- October 22 - Artisan & Entrepreneurial Show
- November 16 - Business Finances: Get In the Know
- December - Christmas Social

(Our events traditionally are from 6pm - 8pm)

www.prwomeninbusiness.com

Refugee Film Fundraiser

February 27 at 1:30 pm at Patricia Theatre

Tickets by donation at the door. qathet Refugee Sponsorship presents three short NFB films: *Question Period*; *19 Days* and *Angel Peacock*. A panel discussion follows. Proceeds go towards bringing a refugee family to qathet.

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

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TRAIL MARKERS FOR MISSING INDIGENOUS WOMEN: These red dress tags, above, were made by Tla'amin Health's kinship coordinator Cyndi Pallen and Stop the Violence coordinator Annette Minnitti for the MMIWG walk on February 14 (see below). The red dresses are a symbol for Canada's missing and murdered Indigenous women. "As part of our culture we add cedar to honour our teachings as prayer protection and clearing energy to support all families impacted and all of us raising awareness," said Cyndi. They are also making red dress pins for walkers. (Red Dress Day is May 5.) The existing dress marker to the left was on Tla'amin Lands in January.

Photos by Cyndi Pallen and Abby Francis

MMIWG walk and film

A walk in honour of Missing and Murdered Indigenous women, girls, men and two-spirited people will be held on February 14 and will coincide with the annual Women's Memorial March held on Vancouver on the same day.

Three designated walks are planned to avoid possible congestion. You can walk at the Recreation Complex, and the Seawalk starting at the parking lot, or starting at the Townsite at the old hospital parking lot.

Registration will go by your first name in the alphabet with staggered starts every five minutes beginning at 11:15 am. COVID 19 protocol will be followed, walkers are asked to walk in pairs, wear a mask and no gathering will be allowed. Wear a red t-shirt or something red in support of this event.

A ceremony will be held at Willingdon Beach from 1:45 to 3 pm. A MMIWG film will be held at the Patricia Theatre at 3:30 pm.



City expands curbside organics collection

The City of Powell River received funding for the organic collection program by the Province's Clean BC Organic Infrastructure and Collection Program. The expansion of organics curbside collection to the existing food and yard waste collection pilot program will serve an additional 5,300 residential homes in the city. The estimated project total is \$920,000 with the government grant of \$346,667.

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Powell River Museum moves forward with name change process

On October 18, 2021, the Board of Directors of the Powell River Historical Museum and Archives (PRHMA) passed a motion to move forward with a name change. The Museum acknowledges the harms of the past and is committed to improving relationships in the spirit of reconciliation with First Nations. Adjusting the name of our local museum to be more inclusive would be a positive step in this process.

The readjustment will also reflect more accurately the broad geographic range that the Museum serves. This includes the traditional territory of the Tla'amin, shíshálh, Klahoose, Homalco, and K'ómoks First Nations, the City of Powell River and the qathet Regional District.

With support from local community partnerships and best practices developed by the Canadian Museums Association, the Powell River Museum is committed to ensuring the history of the region is told from all perspectives. A representative from Tla'amin Nation has been invited to be a member of the PRHMA Board of Directors and the Museum is committed to collaborating with all Indigenous peoples of the region.

The Province of British Columbia has established the legal process for changing a museum's name in British Columbia through the BC Registries. A vote by the Museum's membership is required by Special Resolution at an AGM or Special Meeting. Membership forms are available at the Museum or online.

Ideas about the name change process are welcome. Please submit written comments no later than February 15, 2022. All correspondence will be part of the public record.



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SEAN PERCY

New CEO at inclusion

inclusion Powell River is promoting from within after longtime CEO, **Lilla Tipton**, announced she will be retiring from the organization this spring. The board of directors has given the CEO position to **Corinna Curtis**, who is currently the Director of Adult and Residential Services for the organization. Lilla will be stepping down as CEO effective April 1. Her last day with inclusion Powell River will be June 30. Lilla joined the nonprofit in 1996, and took on the role of CEO in 2001. She has played a critical role in the growth and diversification of the organization over the past 25 years, said inclusion board president, David Morris. "We cannot thank Lilla enough for her leadership, expertise, dedication, and innumerable contributions to the organization over the years," he said.

Incoming CEO Corinna will step into the role on April 1. Corinna joined inclusion in 2018 and has held the position of Director of Adult and Residential Services for the past three years. As a registered nurse and former manager of acute services at Powell River General Hospital, Corinna brings over 10 years of leadership in person-centred care and advocacy. "We are very excited for Corinna to bring her management expertise, passion for person-centred care, and progressive vision to the CEO role," says David. "We are both saddened to see Lilla go, and excited for this next chapter."

Float plane to downtown

Starting next month, you can fly from Powell Lake to downtown Vancouver. **Harbour Air** is launching the direct flight service with two return flights daily, starting March 7. The schedule leaves Vancouver at 8:20 am and then leaves the Shinglemill at 9:25 am. The afternoon flight leaves Vancouver at 4:10 pm and departs Powell Lake at 5:15 pm. Special introductory fares start at \$99 for travel until March 31.

"Harbour Air was built on offering a safe, fast and convenient way to get around the coast," said **Greg McDougall**, founder and CEO of Harbour Air. "By introducing this new flight we are excited that we will save our guests multiple ferry trips and hours of travel time."

Harbour Air's plans prompted the City to revamp the airplane floats at Powell Lake. In December, the city put out a request for quotes to construct the needed floats. Approximately \$125,000 from the Canada community-building fund (the gas tax) will pay for the new floats. The City collects \$12 for each person who departs the seaplane base.

To book a flight, call 1-800-665-0212 or go to harbourair.com.

Screen shot

Shaun Smith came to qathet on his journey towards becoming a home inspector, but COVID had other plans. The pandemic cut short his practicum through Douglas College. During this past summer's heat dome, he turned his hand to fabricating small window screens for homeowners and his work caught the eye of former qathet resident **Russ McKinnon**, who is the distributor for Phantom Screens – Vancouver Island. **Dave Antle** recently retired as the local rep for selling and servicing Phantom Screens in qathet, so Shaun's company, **River City Screens**, was offered the dealership for qathet (Powell River, Texada, Savary and Hernando Islands).

Over the years, there have been more than 300 homes in the area enjoying retractable screen products from **Phantom Screens – Vancouver Island**.

Shaun says the need for the service is clear. Since he started driving his decade van around, "I've been pulled over quite a bit," he said.

"After COVID-19, I had to re-invent myself. If it wasn't for people of Powell River, I don't know how this would have turned out."

River City Screens sells retractable screens for doors and windows, along with motorized screens for patios, porches and more. They also maintain and service products already installed. For more information, visit www.phantomscreen.ca or call 1-888-PHANTOM (742-6866). To contact Shaun directly call 604-578-1016 or e-mail rivercityscreens@gmail.com.

Hospital food just got better

Base Camp is now running the hospital cafeteria. Heidi Jackson is managing Base Camp, which is owned by Steve Brooks and Colin McRae. It's open to the public 8:30 to 2:30 Monday to Friday. Take the elevator on the main floor to the basement.

Get your pup outside

Don't have time to take your dog for the adventurous hikes it wants? **Kennedy Niles** has launched **Wilder Pups** for exactly that purpose. Prior to moving to qathet, Kennedy worked as a dog walker in Port Alberni.

"Being out with the dogs every day made me want to branch out and start on my own, putting a focus on safety, training and enrichment," Kennedy said. "I'm dedicated to canine enrichment, giving dogs outlets to do things that are innate to their being, and keeping them safe while we do it. I love being able to get dogs out into nature!"

She has a modified van for transporting dogs, and offers pick up and drop off. "Our dogs deserve to go and do something fun during the day, and I'm more than happy to facilitate that for them! Since safety is my top priority, I use GPS trackers on all the dogs when they're in my care. I also keep my groups small, with 4-5 dogs so I can give each pup individual attention and training. Contact Wilder Pups at 250-317-7259, email info@wilderpups.ca, find Wilderpups Dog Hiking on Facebook, or follow @wilderpups.pr on Instagram.

You'll be hooked

Cutthroat Country Guiding is casting for customers! This small local company will be offering fly fishing and fly-tying lessons as well as custom guided fly fishing trips tailored to your needs. Owners **Patrick 'Pat' Guertin** and **Patches Demeester** are longtime local flyfishers with a passion for wild cutthroat trout, but will also guide clients on trips to pursue rainbow trout, bull trout and steelhead. Future plans call for the opening of a dedicated fly shop in the Black Point area. To book your guided fishing trip contact Cutthroat Country Guiding at cutthroatcountryguiding@gmail.com or find them online at facebook.com/ccguiding

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SAD-busting proofs the light is returning, really

1. Brighter mornings

In February, we gain 45 minutes of sunlight in the evening (the sun sets at 5:13 pm February 1 and at 5:59 pm on the 28th.)

2. Later Evenings

In February, we gain 48 minutes of sunlight in the morning (the sun rises at 7:50 am on February 1st and 7:02 am on the 28th.)

3. Daylight Savings

Daylight savings is coming March 13, which will super-boost our sunlight by another hour. –PW

February in qathet

Saturdays

Uptown Market

10 am to noon, outside the CRC on Joyce.

Sundays

Farmers' Market

12:30 to 2:30, Paradise Exhibition Park. See ad on Page 44.

February 1

Kindergarten info virtual meeting

6 pm, online. Ecole Cote du Soleil. See ad on Page 37.

February 2

Groundhog Day

Suggested activity: watch Groundhog Day with Bill Murray, or look for Vancouver Island marmots.

February 1 to 15

Lunar New Year

The Year of the Tiger celebrations end with the lantern festival on the 15th.

February 9

Statistics Canada's first release of 2021 Census data

It will tell us if the City of Powell River and the Areas of the RD grew or shrunk in population between 2016 and 2021.

February 12 to 14

Valentine's Day Weekend

Try specials on the weekend at the Shinglemill (Page 46) and Dinner with Friends (Page 19).

February 14

Walk in honour of Missing and Murdered Indigenous Women, Girls, Men and Two-Spirited

11:15 staggered walk starting at the Rec Complex to Willingdon Beach. 1:45 pm

ceremony at Willingdon Beach. 3:30 pm free screening of *Lifting Our Spirits* at The Patricia Theatre. See Page 39 for more.

February 15

Deadline to submit comments about the Museum's name change process

See ad on Page 39.

February 16, ongoing

Kiwanis Book Sales & Donations return

10 am - 1 pm, Mon. We'd. & Sat. Book to shop or donate by appointment only. 604-483-1440. Vaccine passport required.

February 18

SD47 Pro-D Day

Part of Family Day Long Weekend.

February 21

Family Day Stat

Enjoy your family.

Upcoming:

March 1

RRSP Deadline

See ads for First Credit Union (Pages 32 and 35), White LeBlanc Wealth Planners (Page 3), Bydand (Page 10) and Investors Group (Page 38).

March 12 to 27

Spring Break

See the *Active Living Guide* for special swimming and other programs at the Recreation Complex (Page 43).

April 1

Application deadline for Spring 2022 Community Forest grants

See ad on Page 18.

And many more events through Page 46. Please double check what's happening before you go, due to COVID's evolving challenges.



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The Fred came back

Favourite children's entertainer Fred Penner (who sang The Cat Came Back, of course) is coming to the Max Cameron Theatre March 6. And so is live music and theatre. Though capacities are still limited due to COVID, many local venues are taking a chance and booking performances through 2022.



SPORTS AND FITNESS

Wednesday, February 2

Kings vs. Cowichan Valley Capitals

7 pm, Hap Parker.

February 4 to 20

Beijing Winter Olympics

Cheer on Canada's 211 athletes at the games. Competition begins on February 2; the opening ceremonies take place on the 4th at starting at 4 am PST.

February 11-13, 2022

Mixed Bonspiel

Curling Club.

Saturday, February 12

Kings vs. Nanaimo Clippers

7 pm, Hap Parker.

Sunday, February 13

Superbowl 2022

Who's playing? Unknown. But the half-time show is Dr. Dre, Snoop Dogg, Eminem, Mary J. Blige and Kendrick Lamar.

Kings vs. Cowichan Valley Capitals

1:30 pm, Hap Parker.

Friday, February 18

Kings vs. Langley Rivermen

7 pm, Hap Parker.

Saturday, February 19

Kings vs. Langley Rivermen

7 pm, Hap Parker.

February 18 to 20

2022 Dairy Queen Cup

Under 13 Female Tournament

Hap Parker. Check to see COVID rules.

Monday, February 21

Free Family Day swim & skate plus prizes

2 to 4 pm, Rec Complex.

Friday, February 25

Rock the Rink

7 to 9:30 pm, Rec Complex. All ages skate, regular admission.

Friday, March 4

Kings vs. Victoria Grizzlies

7 pm, Hap Parker.

Saturday, March 5

Kings vs. Victoria Grizzlies

7 pm, Hap Parker.

LIVE MUSIC & ON STAGE

February 6

Wildwood Sunday Social presents: Jer D'Onofrio

7 pm, Wildwood Pub.

February 13

Songs of Love

2 pm at James Hall. Dr. Moira Hopfe-Ostensen on piano with Walter Martella on piano, trumpet and accordion. \$25. Tickets at the Academy of Music or powellriveracademy.org

Friday, February 18

Jazz Fest Preview Party

5-8 pm, Wildwood Public House, if not cancelled. townsitejazz@gmail.com

February 23 to March 5

78th Powell River Festival of the Performing Arts

Detailed schedule available February 21.

February 26

LTDA Fundraising Dance Show

Evergreen Theatre at 1 & 7 pm. \$20 tickets at the Peak or at the door. 50% capacity.

March 5

Wildwood: Tremblers of Sevens

9 pm, Wildwood Pub.

Festival of Performing Arts Grand Concert

7 pm, Evergreen Theatre.

March 6

Fred Penner in concert

2:30 pm, Max Cameron Theatre. See ad on Page 22.

March 27

The Kerplunks in concert

2:30 pm, Max Cameron Theatre. See ad on Page 22.

Upcoming May 6-7

May 6-7 Accordion Fest

Academy of Music, and the Legion. Tickets on sale at the Academy website (powellriveracademy.org/pracc.shtml)

May 29 Will Street: Big Shiny Spoons

2:30 pm, Max Cameron Theatre. See ad on Page 22.

Take advantage of money season

March 1 is the deadline to contribute to your Registered Retirement Savings Plan for the 2020 tax year.

Pre-tax money placed into an RRSP grows tax-free until withdrawal at which time it is taxed at the marginal rate.

Your 2020 RRSP contribution is \$27,230 or 18% of your 2019 earned income. This includes any applicable pension adjustments plus any unused contribution room carried forward from the previous year.

Wealth management planners say an important part of your wealth plan-

ning strategy is maximizing the value of your registered plans by making annual contributions to your Registered Retirement Savings Plan, Registered Education Savings Plan and Tax-Free Savings Account (TFSA).

The current TFSA annual contribution limit is \$6,000 and any unused contribution room from previous years carries forward to future years. You can also gift funds to your spouse or adult child to allow them to contribute to their own TFSA.

When it comes to RESP's, there is a maximum \$50,000 lifetime contribution limit per beneficiary.



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TREE TIME: February and March offer several tree-related events, including a Zoom seminar on local old growth via the Library on February 5; a Timber Supply Review public engagement session on February 17; a Zoom event with Quw'utsun elder Luschiim about local plant medicine on February 11 (see below for all these) and the film *The Hidden Life of Trees*, which closes the Powell River Film Festival March 13.

Photo by Andrew Bryant

FLEX YOUR BRAIN

Saturday, February 5

Old Growth Trees in the qathet Region

2 pm via Zoom. Learn about old growth forests in our region from Erica Cawley, Janet May and Dr Andrew Bryant from the qathet Climate Alliance. To register mmerlino@prpl.ca

Thursdays, starting February 10

Drawn Together

3:45-4:30 pm at the Library. Kids 8-12, join visual artist Luke Ramsey after school for 45 minutes of drawing together. Virtual sessions are interactive with prompts and exercises and plenty of space to share. Via Zoom. Registration required. prpl.ca/event/drawn-together/

Friday, February 11

Luschiim's Plants: Traditional Indigenous Foods, Materials and Medicines

4 pm via Zoom. Quw'utsun elder Luschiim, Dr. Arvid Charlie and ethnobotanist Nancy Turner present their new book documenting Luschiim's own personal experiences and observations about local plants. To register mmerlino@prpl.ca

Tuesday, February 16

Business Connections & Resources

6 to 8 pm. Join Women in Business for the first seminar of the year. Check the website to see if it's in-person or online: prwomeninbusiness.com, and see ad on Page 38.

Wednesday, February 17

Timber Supply Review (TSR) Public Information Session

7 pm, online. The public is invited to join in as part of the process for determining the AAC for the Timber Supply Area in the

Sunshine Coast Natural Resource District. Email for a link to join: engageSunshineCoastForestDistrict@gov.bc.ca Find the data package to review by going to the Sunshine Coast TSA website.

Saturday, February 19

Award-winning BC poet and author Gary Geddes

2 pm via Zoom. Gary Geddes presents his latest book *The Ventriloquist* - featuring his Letter of the Master of Horse, War & Other Measures, The Terracotta Army, and Hong Kong Poems. To register mmerlino@prpl.ca

Tuesday, February 22

Far-Out Storytime

Willingdon Beach, organized by the Library. Preschool Storytime visits outdoor locations with Family Place in the qathet Regional District. Contact familyplace@liftcommunityservices.org to register.

Thursday, February 24

Garden Storywalk

10:30-11 am. Join Sonia at the VCH Hospital Garden the last Thursday of the month for a storywalk, plus songs and activities in the gazebo. Registration required. prpl.ca/event/garden-storywalks/

Saturday, February 26

Complicated Simplicity: Island Life in the Pacific Northwest

2 pm via Zoom. BC based author and artist Joy Davis will present her latest book, which is infused with her insightful island-inspired reflections. To register mmerlino@prpl.ca

Townsite Ratepayers

Info booth at Townsite Mall 10-4.

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BY GARY SHILLING

"A good film, short or long, should show me something about our (inner and outer) world which I didn't know. As well, it should concern me, hit me emotionally – films work via emotions. A good film becomes a great film if it manages to additionally build up its own filmic universe, of an original and poetical beauty."

So says Klaus Eder, General Secretary of the International Federation of Film Critics.

Good films are at the core of a film festival, but just one ingredient in the making of a great film festival – and I'll put it first in the list of ... **Top 10 reasons to come to the Powell River Film Festival:**

1. Good Films

Individually, the feature films presented at PRFF are each a testimony of artistic vision delivered by a collaboration of dedicated professionals. As a grouping the festival has an arc of its own, guiding the patron through a series of films that represent a slice of current zeitgeist. The cinematic journey is supplemented by a curated selection of shorts that add context and perspective to each feature.

2. Great Parties

PRFF has an opening and closing party. Although the exuberance of these parties is tempered by health restrictions, this year's celebrations include musical performances by maestro Arthur Arnold, and local jazz favorite, Retro. The events are licensed,



THIS WAS SOME POWERFUL ENERGY: Closing night at the 2018 Powell River Film Festival – a standing ovation for *Kayak to Klemtu*, starring Tla'amin Nation's own Ta'Kaiya Blaney. We're not back to this unmasked closeness yet, but you can't beat the feeling of seeing a film in a theatre – even at half capacity.

Fest promises much more than the silver screen

and we're working on a tasting menu that avoids crowding while tantalizing the taste-buds.

3. Lively Discussion

The tagline to PRFF is "Engaging Cinema. Engaging Minds." An important aspect of engagement is discussion. Assembling in a movie theatre and immersing in cinema is a catalyst for this. PRFF helps facilitate discussion through panel discussions after films, special guest Q&As, and Morning-After Film Cafés.

4. Historic Patricia Theatre

There's no place like it! It's as old as Powell River, and an important part of our history here. The theatre has been around since the days of vaudeville and silent film. Now owned by the Powell River Film Society, this important community asset needs to be experienced to be appreciated.

5. Special Guests

Drawing on cultural contributors in our community, and the added attraction of guests from out of town, provides a depth of insight. The response that ensues delivers value that extends beyond the price of admission and the cinematic experience. We're updating our website as guests confirm attendance.

6. Accessibility

Film continues to be one of the best values in entertainment. The theatre has wheel-chair accessible seating at the rear and front of the theatre. Passenger drop-off is available at the curb and volunteers can assist in helping our audience into the theatre.

7. Popcorn

Originally the fare of street vendors in the 1800s, popcorn became a staple of the movie theatre around the same time as 'talkies' arrived – in the 1930s. The popcorn at the Patricia is second-to-none, and our on-site popcorn con-

noisseurs are working to make it even better. Eating popcorn is one of the healthiest snack habits you can have. It's filled with fiber, has more antioxidants than some fruits and vegetables, and may even help fight cancer (take this with a grain of salt and some nutritional yeast).

8. Community

Sitting home alone on the couch to watch a film just isn't the same as being in the theatre. Your seat may be more comfortable, and maybe you just bought a new big-screen TV to get through the pandemic – but – there is no substitute for the emotional connection that results from a group response to a critical moment in a film. A local filmmaker presenting at PRFF described it as the "village well". Our community includes not only the folks who come to the theatre, but the businesses that sponsor our films, and the local funders who appreciate and support our vision.

9. Thoughtful Reflection

With all the media we consume in an average day, much of it is forgotten. The films selected for PRFF do the heavy lifting required to deliver messages that have resonance. They may require a little extra effort to fully experience and appreciate their art, but the rewards resonate over time, with images and sounds replaying in one's mind, and conversations about filmic moments continuing after the festival ends.

10. Light and Sound

The historic Patricia Theatre has an awesome state-of-the-art digital projection system that's coupled with superior sound. Depending on where you seat yourself in the theatre, it's an all-enveloping experience. I personally recommend the front row – the screen fills your peripheral vision, the sound is awesome, and you get to stretch out your legs.

Check out all the films, view the trailers, and links to reviews at prfilmfestival.ca 🎬

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FILMS, FILM EVENTS & FESTIVALS

February 1

Spider-man: No Way Home
7 pm, The Patricia

February 2&3

The French Dispatch
7 pm each night, The Patricia. Cinematheque Film Series Selection

February 14

Lifting Our Spirits: Missing and Murdered Indigenous Women and Girls film screening
3:30 pm at The Patricia, following the walk and ceremony. See more on Page 39.

Harold & Maude 50th anniversary screening with special guest
7 pm at The Pat. See story, below.

February 19

Festivale du Film Francophone
Free screening of *Poly* at 11 am and *Délicieux* at 1:30. Both films will be available free online from February 19 to March 12, at clubbonaccueil.com.

Harold and Maude: 50th Anniversary Valentine's Day Screening

In the 50 years since the release of *Harold and Maude*, it's gone from commercial flop to cult super-star. If you were around when the film was released, it's impossible to hear Cat/Yusef Stevens sing without thinking of the film.

The Powell River Film Society is presenting the film on Monday, February 14 at 7 pm for a special 50th anniversary celebration of the film, with special guest, Heidi Greco. She is a poet, editor, critic and film lover, and author of the book *Glorious Birds: A Celebratory Homage to Harold and Maude*.

In a recent interview, Heidi was

Sunday, February 27

Refugee film fundraiser
1:30 pm, Patricia. Tickets by donation at the door. qathet Refugee Sponsorship presents three short NFB films on what it means to be a refugee in Canada: *Question Period*; *19 Days* and *Angel Peacock*. A panel discussion follows. Proceeds go towards bringing a refugee family to qathet.

March 4 to 13

21st Annual Powell River Film Festival (March 4-13)
See story, left, and line-up, right.

Watch for these films possibly coming up at The Patricia:

Licorice Pizza

Cyrano

The Duke

Fantastic Beasts

Downton Abbey

asked why she chose to write a book about the film.

Her response is one that many of us can relate to: "Over the years since I first saw it — first-run at a cinema in a mall, no less — it's a film I've gone back to over-and-over again until it's almost become a part of me. For a while I think I may have relied on it as a small cure for my occasional bouts of depression."

Heidi will read from her book before the film, and as an added treat, Cottage Creek Bakery is donating free mini-cupcakes.

— Gary Shilling



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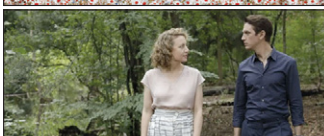




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PRFF POWELL RIVER FILM FESTIVAL

MARCH 4 – 13, 2022

The 2022 edition of the Powell River Film Festival returns to the historic Patricia Theatre.

	<p>House of Gucci <i>House of Gucci</i> is a reckless spiral of betrayal, decadence and revenge. March 4 – 7 pm party (Film @ 8) March 9 – 12:30 pm</p>
	<p>Julia <i>Julia</i> uses fresh, simple ingredients to create a sumptuous documentary feast. March 5 – 12:30 pm</p>
	<p>C'mon C'mon The terror, inadequacy, panic, exhaustion, and the love, gratitude, hope and hilarity of caring for a child. March 5 – 7:00 pm March 12 – 12:30 pm</p>
	<p>Beans A Mohawk tween learns painful lessons about her people's place in Canadian society. March 6 – 12:30 pm</p>
	<p>Dawn, Her Dad and the Tractor A young trans woman returns home to keep a promise to her mom to repair her relationship with her estranged Dad. March 6 – 7:00 pm</p>
	<p>I'm Your Man <i>I'm Your Man</i> is a playful romance about relationships, love, and what it means to be human in the modern age. March 7 – 7:00 pm</p>
	<p>What Do We See When We Look at the Sky? <i>What Do We See When We Look at the Sky</i> is an ode to love that finds magic in the mundane. March 8 – 7:00 pm</p>
	<p>Night Raiders Strikes grim parallels with the present – a disturbing reminder that the horrors of the past are often still with us. March 9 – 7:00 pm</p>
	<p>Kimmapiiyipittsini: The Meaning of Empathy An intimate portrait of the Kainai First Nation community and the impact of the substance use and overdose epidemic. March 10 – 12:30 pm</p>
	<p>Last Night in Soho <i>Last Night in Soho</i> is a warning against idealizing an era just as ripe with rot and degradation as the present. March 10 – 7:00 pm</p>
	<p>Run Woman Run A single mom learns how to reclaim her dreams, and honour her life, all thanks to an unlikely coach. March 11 – 12:30 pm</p>
	<p>Parallel Mothers <i>Parallel Mothers</i> is a rare ode to motherhood that acknowledges mothers as women first, and mothers second. March 11 – 7:00 pm</p>
	<p>Drive My Car <i>Drive My Car</i> sneaks up on you, pulling you in with visuals that are as straightforward as the narrative is complex. March 12 – 7:00 pm</p>
	<p>The Hidden Life of Trees An entry into the secret world where trees communicate with each other and work together for mutual benefit. March 13 – 12:30 pm party (Film @ 1:30 pm)</p>

Passes, tickets, trailers and more information: prfilmfestival.ca



OUT OF THEIR STUDIOS: All three of these local artists are showing new works this month. Above right, Roy Schneider has hung *Life Cycles* at VIU. Above left, Prashant Miranda is launching *Pacific Magiq* at Tidal Arts Centre February 2. Right, Colleen Heslin's *Collecting and Purging* starts February 3, with an artist talk planned for February 26.

ART SHOWS & EVENTS

To late February

Roy Schneider: Life Cycles
8:30 am-4:30 pm weekdays, Malaspina Exhibition Centre at Vancouver Island University - #100, 7085 Nootka St. artpowellriver.com Based on the concept of regeneration. Roy presents paintings of a living, decomposing and regenerative healthy forest. While the official opening is postponed, the exhibition is now on.

February 3 to March 12

Collecting & Purging - Colleen Heslin
The Art Centre Public Gallery. Tuesday, Thursday & Saturday - noon to 5 pm. Known for her innovative large minimal, textile-based paintings, Colleen Heslin's new solo exhibition *Collecting and Purging* considers histories of art and craft along

with social aspects of gender and labor. Mediums cross over between fiber, painting and sculpture, including dye, sewn fabric, rope and metal. Heslin plays with expectations and perceptions of the medium of painting.

February 3 and beyond

ArtRaven Family Creativity Kits
Free art kit packages for ages 0-5. Pick up Tues, Thurs, Sat 12-5 pm at The Art Centre Public Gallery.

February 12 to 17

Stone's Throw
Art show featuring the work of qathet artists Vanessa Sparrow (fibre artist) & Evelyn Russell (printmaker). At Amplitude Arts (lower Rodmay Hotel). 2:30 - 5 pm.

February 19

Freedom Sessions Part 1: Restoration

Amplitude Arts. Join Expressive Arts Therapist, Emily Sky Fiddy, MA, RTC, in the first of a series of workshops designed to unlock your creative core, support foundational consciousness through self love, awakening past grief and isolation, and take stock of spiritual accountability for clarity ahead. Cost \$45 includes art supplies and refreshments. Register by email at info@amplitudearts.ca

February 22 to March 15

Pacifiq Magiq with Prashant Miranda

Tidal Art Centre, Lund. Open 3 to 7 pm.

Saturday, February 26

Colleen Heslin artist talk
1 pm. The Art Centre Public Gallery.

Wednesday, February 23

PRCAC Members AGM
7 pm, ZOOM. Special Resolution: vote to change the societies name to qathet Art Council. Board positions available - email artscouncilpr@gmail.com with your expression of interest by February 9.

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MAIL BAG

We welcome feedback from our readers. Letters may be edited for length. Email your comments to isabelle@prliving.ca, or mail an old-school letter in the post to *qathet Living*, 7053E Glacier St, Powell River, BC V8A 5J7.

Pulp fiction and the MacBlo merger

To the editor,

I enjoyed reading your excellent articles on the company history (qL January 2022).

You may be interested in some information around the 1960 merger with MacMillan Bloedel. I learned this from my father, Jack Fisher who was M&B research director from 1953 until the merger.

M&B owned a pulp and paper mill in Alberni and an export kraft mill in Nanaimo. These were run primarily to use lumber mill waste wood.

The two who negotiated the merger had little interest in pulp and paper. HR MacMillan was a forester and JV Clyne a judge. They accepted Powell River's claim to be the world leader in pulp and paper technology. They failed to involve the person who ran their mills and could have told them that this was not 100 per cent correct.

Mills like Alberni that used the relatively new kraft pulp were running much better on paper machines and printing presses. Powell River was desperately resisting the need to build a Kraft mill due to its many issues. They had bet a lot on developing a new pulp (Ultra High-Yield Sulfite or UHYS) that could compete, but were not successful.

Although I have no firsthand experience, I was told the papermakers called it "Ultimate Horrible Yucky Stuff".

When this and other technical issues were discovered, it was not pretty. After a brief and bloody period, the newly minted 7th company "MacMillan Bloedel and Powell River" was renamed M&B.

Best Regards,

*Dave Fisher
Catalyst PR Technical Manager, Retired*



Keep those post-Mill ideas flowing

To the editor,

I appreciate the What's Next article and the Hydrogen fuel article (qL January 2022).

I think *qathet Living* magazine is a great place to keep ideas flowing for the general public to get a sense of what the future of Powell River may become. Who knows maybe great developments will come out of these ideas.

I may like to add my thoughts regarding future developments at the mill site.

Perhaps manufacturing heat pumps and all weather panels (not quite ready yet but has great potential for our climate).

Maybe some students may like to try converting an older car to electric. Younger students might be keen to build solar hot water systems to sell using re-

cycled aluminum cans and clear plastic bottles, or build a solar dehydrator and rent it out for people to dehydrate their fruit and veggies to raise money for their schools to install heat pumps.

Lots of great ideas circulating.

Thanks for making the space to create.

- Nina Whiteside

Please look up

Dear editor:

I'm a grandparent with two darling grandchildren, whom I love very much. And I believe climate change is the most pressing issue of our time. We

are in a climate emergency.

In 2021, extreme weather fuelled by the climate crisis made headlines around the world — heat domes, forest fires, floods, droughts. This was also discussed in your article titled *Weird Weather: Part 1* in the January 2022 edition of *qathet Living*.

Climatologists expect more records to be broken and more destructive impacts from climate disruption in 2022.

Over the holidays, millions of people watched *Don't Look Up*, a feature film that communicates the dangers of ignoring dire scientific warnings. People are ready and calling for ambitious climate action.

All levels of government must prevent tax dollars from creating incentives for climate pollution, by phasing out all subsidies and public financing for oil, gas and coal.

It is vitally important to respect Indigenous rights and leadership in all aspects of climate action.

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The UN and climate scientists issued a “code red for humanity,” warning that this is our last chance to implement the transformational changes necessary to keep warming below 1.5 C to avoid the most dangerous impacts of climate chaos.

The climate emergency is upon us, but solutions are available. Let's set the targets according to the best available science and implement a plan to make sure we hit them.

Sincerely,

- Elisabeth Hart

For a safe and kind qathet,
reject tinfoil hat thinking

To the editor,

Sharon Justinen (qL Letters, January) calls for kindness and understanding in discussing COVID. Who could object?

But let's not open the media floodgates to extremist conspiracy theories about vaccines. We live in a world of intersecting crises, including ongoing climate disruption and future pandemics. Scientific research, informed critical thinking, and evidence-based policies are essential to finding our collective way forward.

Vaccine hesitancy is sometimes understandable. Some people may have individual medical concerns. African Americans and Indigenous Canadians have had horrific experiences with non-consensual medical experiments.

But the idea that vaccinations are part of a pre-planned Nazi-like global experiment parallels climate change rejectionism, Stop the (US election) Steal, QAnon, 9/11 truthers, Sandy Hook hoaxers, Flat Earthism, Holocaust denial, and others.

Such narratives and their communities of believers have many common features, says SFU communication professor Gary McCarron—for instance, a self-image as resistance fighters against sinister tyrannical forces, who are assumed to wield absurdly massive and secretive power. Or the systematic dismissal of evidence that contradicts the narrative.

“Conspiracism” has become a distinct way of interpreting the world. There are many reasons it's gone viral, including generalized anxiety; growing distrust of science, expertise and (perhaps more justifiably) corporate and political elites; social media's “echo chamber” design and vulnerability to propaganda campaigns. (For one antidote, check the nonpartisan propwatch.org website.)

Conspiracy narratives are dangerous not only when people act on them—like the storming of the US Capitol last year—but when they harden into communities that resist recognizing and addressing the world's real problems and structural injustices.

Rather than go down conspiracism's rabbit-holes, let's celebrate the hard-pressed front-line health care workers taking care even of the unvaccinated, who are vastly more likely to experience hospitalization, critical care and death. Kudos also to journalists and teachers educating Canadians about science, public health, risk analysis and statistical probability. Finally, gratitude to the vast majority of vaccinated mask-wearing qathet residents whose responsible actions support everybody's freedom from disease—a basis for real liberty.

- Robert Hackett **qL**



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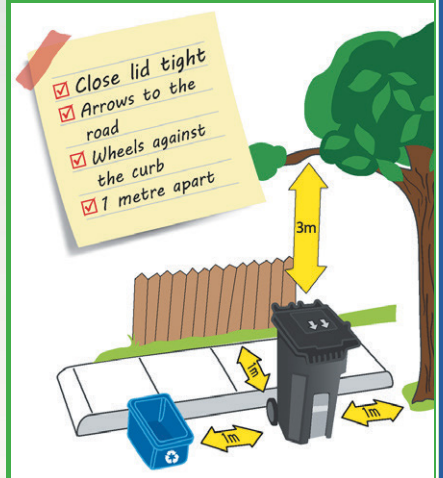


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Happy Lunar New Year!

Hot pot • Taiwan

BY LIZ CHANG

This is really common in Asia. It is special because it has meaning for families who gather around the hot pot in Chinese New Year. It also symbolizes reunion - bringing the family from all the places, back to where they were at first.

Ingredients

Soup base
Sliced meat (Beef, pork, chicken, lamb)
Sea food (fish ball, shrimp, clams)
Vegetable (mushroom, cabbage, daikon)
Soy products (tofu...)
Rice, noodle, udon...

Instructions

1. Wash all the vegetables and prepare all the ingredients on the plate
2. Heat up the water and put soup base inside
3. After the water is boiling you can put the ingredients in
4. Wait until it's cooked

Mochi - Rice Cake • Japan

BY JUMPEI, MASAKI, MIZUTO

Ingredients

Sticky rice
Kinako (soy bean flour)
Usu
Kine
Soy sauce

Instructions

1. The day before you make Mochi, you must wash the sticky rice, Usu and Kine.
2. Steam the sticky rice
3. Usu and Kine should keep warm so put hot water in the Usu and put Kine in it.
4. After you steam the sticky rice, you can start a Mochitsuki.
5. Put the sticky rice in the Usu, and stir the Kine constantly.
6. When the mochi becomes very sticky, you can eat it.
7. You can eat just the mochi but this taste is boring. You can dip it in soy sauce or coat it with Kinako.

Far away from home for the biggest festival of the year February 1 to 15, these School District 47 International Students shared the recipes they would normally enjoy with their families this month.



Toshikoshi Soba – New Year's Eve Soup • Japan

BY HARUTO, BANRI

The special meaning is to live longer and longer.

Ingredients

Soba noodle
Dashi
Japanese leek
Kamaboko

Instructions

1. Heat water until boiling
2. Put soba in boiled water and boil for several minutes
3. Heat dashi
4. Cut Japanese leek and Kamaboko
5. Put boiled soba in dashi
6. Put boiled soba and dashi in bowl
7. Put cut Japanese leek and Kamaboko in bowl
8. It's finished

Ozoni – New Year's Soup • Japan

BY MARIN, RINKO, SAKURA

Ingredients

Rice cake
4 cups Water
1 tbsp Soy sauce
2 tbsp Sake
2 tsp Milin
1 tbsp Hondashi
½ tsp Salt
Vegetables (300g Japanese Radish, 60g Carrot, 200g Japanese Spinach, Mushroom)

Boiled Fish Paste

½ (100g) Chicken

Instructions

1. Bake rice cake
2. Cut vegetables
3. Boil Japanese spinach with salt
4. Put water, Hondashi, Sake, and vegetables
5. Simmer until vegetables become soft
6. Put chickens and simmer until chickens become soft
7. Put soy sauce, milin, and salt

FROM ALL OVER EAST ASIA, CELEBRATING LUNAR NEW YEAR IN QATHET: Back row, Masaki Iwamoto, Banri Kimura, Solmin Cho, Liz Chang, Sakura Ito. Front row: (left to right) Haruto Suzuki, Jumpei Sakoda.

Photo by Abby Francis

Tteokguk – Rice Cake Soup South Korea

BY SOLMIN CHO

Ingredients

1 pound store-bought sliced tteok rice cakes or homemade rice cakes (store-bought or homemade, if they are frozen, soak them in cold water for 30 minutes and drain before using)

7 cups water

½ pound beef (flank steak or brisket), chopped into small pieces

3 to 4 garlic cloves, minced

1 dae-pa large green onion (or 3 green onions), washed and sliced thinly and diagonally.

2 teaspoons vegetable oil

2 eggs

1 tablespoon fish sauce (or soup soy sauce to your taste)

1 teaspoon toasted sesame oil


½ teaspoon ground black pepper

1 sheet of dried seaweed paper (gim aka nori)

1 red pepper (optional), chopped

salt

Instructions

1. Bring the water to a boil in a heavy pot over high heat and add the beef and garlic and cook for 5 minutes.
2. Turn the heat down to medium, cover, and cook for 20 to 25 minutes until the beef is tender and has infused the water with flavor.
3. Roast both sides of a sheet of gim until it's bright green and very crispy. Put it in a plastic bag and crush it by hand. Set aside.
4. Separate the egg yolks from the whites of two eggs, putting yolks and whites into separate bowls. Add pinch of salt to each and mix with a fork. Remove the stringy chalaza from the yolks.
5. Add the cooking oil to a heated non-stick pan. Swirl the oil around so it covers the pan, and then wipe off the excess with a kitchen towel, leaving a thin oily layer on the pan.
6. Turn off the heat. Pour the egg yolk mixture into the pan and tilt it so it spreads evenly and thinly. Let it cook on the hot pan for about 1 minute. Flip it over and let it sit on the pan for another minute, then take it off, slice it into thin strips and set it aside.
7. Add the rice cake slices to the boiling soup along with fish sauce and kosher salt. Stir it with a ladle. Cover and let it cook for 7 to 8 minutes until all the rice cakes are floated and are softened throughout. Pour the egg whites by little by little into the soup and cook for 30 seconds.
8. Add sesame oil, ground black pepper, and chopped green onion. Stir the soup. Remove from the heat and ladle the rice cake soup into individual serving. 



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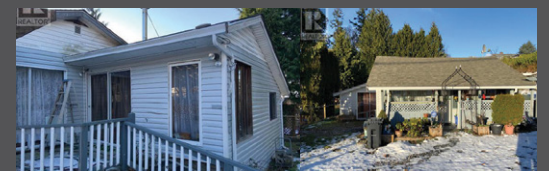
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TAKE A BREAK

Loving a living home

Our homes tend to have their own quirks, mysteries, and feel to them. They may periodically creak or settle with changing weather, a certain door might stick during damp seasons, perhaps a tap persistently drips or a cupboard never seems to stay closed.

Some feel easily cozy while others hold their formality well. They have a smell of their own, even when empty of inhabitants. Our furnishings too, have their own essence. A sofa full of family and friend memories, a grandmother's lamp, childhood keepsakes on the shelf. An end table picked up on a road trip with a beloved, or a dresser we are proud of restoring.

There are interactions with us, too, if we notice, like the doorknob that tends to snag our shirt only when we are already frustrated or a closet door that likes to open by itself... after the lights are off. Sometimes it's a towel that keeps falling off its hook or a painting getting tricky by tilting just so we will touch it and right it again and again.

In many cultures there are customs built into daily life to recognize house spirits, everything from waiting a moment before announcing intention to pick up fallen food from the floor to putting out a saucer of cream, or keeping a dedicated shrine.

But what about our home in its entirety itself? A few years back, Marie Kondo brought a lesser

known practice into mainstream awareness when she was filmed meeting and greeting people's homes for whom she was about to work with. While her practice stems from Shinto traditions, talking with our home as a living entity has a quietly widespread practice, particularly with animists, cunning folk, or simply arising naturally maybe even un-noticed by people who simply love their homes.

We see houses with consciousness and personality, sometimes with the ability to move, in stories both old and new. There are prayers and blessings for everything from portals to hearths to roofs and all manner of talismans to hang for safeguarding and good fortune.

Engaging directly with our home brings us into greater relationship with it and makes us feel closer to our living space.

It is easy to begin with simply saying, "Hello House!" when returning from errands, or "See you soon! Keep everything safe!" if leaving for a holiday. House work becomes an act of care when we wash floors with loving intention. Instead of being



RETURN TO REVERENCE

JULIETTE JARVIS

annoyed when that doorknob grabs our shirt, perhaps it's reaching out to invite us to slow down a little. Tender chatter while making repairs or letting it know major renos are being planned can actually make for smoother undertakings, much like consulting the land spirits before construction work has been proven to do.

If you haven't already, perhaps you might casually tell your home how much you appreciate it today.

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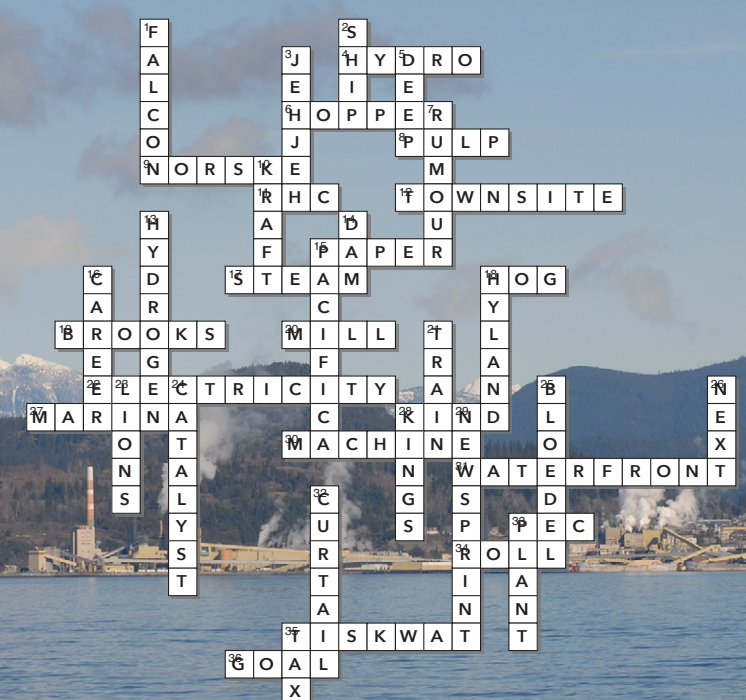
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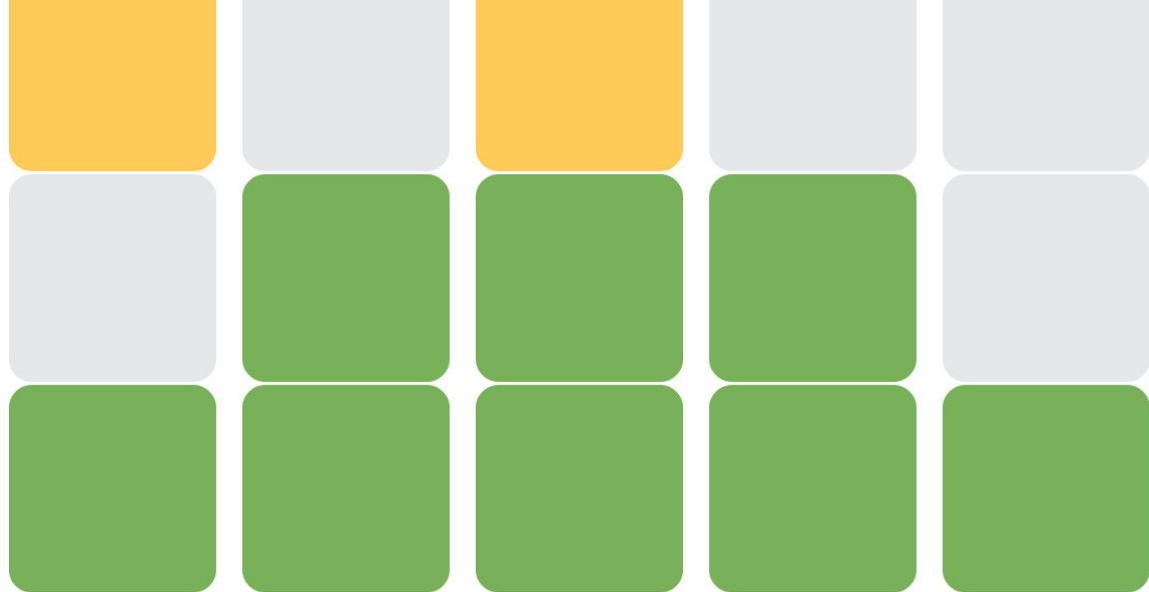
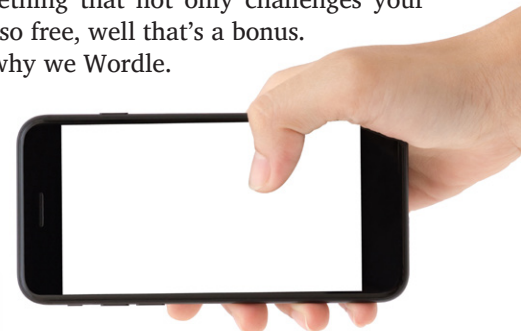



SOLUTION TO THE JANUARY PUZZLE





What we did on our pandemic 'holiday'



What's up with Wordle? A couple weeks ago I'd never heard of this insanely popular game, but then, all of a sudden, all these Wordle pictures and scores started popping up on my Facebook page. Intelligent people, busy people, people I respect, were boasting about their Wordle scores and challenging their friends (and spouses) to "beat that!"

After witnessing three such conversations on friends' feeds, I Googled Wordle only to learn that Trevor Noah jumped on the Wordle bandwagon on The Daily Show in mid-January.

What is Wordle? It's a web-based puzzle that has you guessing a five-letter word. You only get six attempts to guess that word. Everyone gets the same word and a new word drops at midnight each day.

According to a story in the New York Times in early January, the word game went from dozens of players to hundreds of thousands within a few months. On November 1, 2021, 90 people played. By January 18 of this year—just two months later—more than two million people played.

Even celebs like Jimmy Fallon play Wordle.

Why? I wondered. What is it about Wordle that makes it so addictive?

Wordle isn't just a word game one person plays alone. It's a conversation starter and a chance to show off on social media. That's why it's going viral.

"Don't knock it until you try it," said one of my Facebook friends. So I found the link for the web-based game – powerlanguage.co.uk/wordle/ – and played.

Wordle is fun and I can see how it can be addictive but I also wondered why now? It's not like we're at the beginning of a pandemic, locked down in our homes. Our pre-pandemic life is still a distant memory but most of us are going about our daily business albeit in a different way.

Maybe we are looking for another distraction. Maybe we need something else to fill time that we can do safely and together.

I decided to hop on Facebook and ask my qathet peeps about Wordle. Forty-four friends weighed in, here's what they had to say.

"Wordle is the sourdough of 2022," says Kim Bar-

ton-Bridges. "Love it," says Lisa Lundell Lewis. "We have an all ages family group playing then sharing on iMessage," said Michael Stewart.

Pat Buckna is another player. "It's fast and challenging yet a simple word game that requires some deduction to make selections from unused letters for next guesses. It appeals to a word-nerd like me!" he says.

Robert Hill asked his Wordle people if they are the kind of people who

mull it over, pull a piece of paper out and guess, even waiting all day to guess? Or are they like he is and ram through it within four minutes?

I wonder if games like Wordle and streaming services Netflix and Amazon and Apple would have gained such a foothold in a pre-pandemic world? I think not.

Our lives have changed. BC (Before COVID), I'd attend in person meetings, social events, movies, coffee dates, lunch dates, and get-togethers. I'd visit friends in their homes, and they'd come to mine. My spare time wasn't spent in front of a screen. I lived more of my life in real time.

The other night I was having a phone visit with a friend and as we caught up with each other, we talked about the latest movies and series we'd watched on Netflix, Apple and Amazon Prime.

Half way through the conversation I caught myself thinking, "This is so lame."

When we escape too often, we stop living our own lives – we merely fill our time.

Before COVID, we spent our time differently but bit by bit many of us changed.

It didn't happen overnight and it's not all bad. Think about the home renovations and baking you got done. Those extra COVID pounds you gained, and new exercise programs you tried. Oh, and the gardening! Your yard has never looked better. And if you're like 3.7 million Canadians, that cat or dog you brought home during the pandemic has added hours of joy and entertainment to your household.

Finding things to do separately isn't easy so when you find something that not only challenges your brain but is also free, well that's a bonus.

And that's why we Wordle.



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“We have hosted International Students three times since 2019 and the experience has changed our family forever.

“Every student brings a new energy to our home and we are compelled to get out and make the most of our time with them, showing them the very best of our amazing community.

“Even though they stay for only 10 months, they will always be part of our family. We can’t speak highly enough about the experience we have had as a homestay family.

“And, about COVID: we are avid travellers and enjoy experiencing different cultures; hosting through the pandemic has brought the world to us, when we haven’t been able to travel the world!”

- Jennifer Kennedy & Family

Homestay Families are...

Local families that provide an enriched home experience for teen students from Asia, Europe and Latin America. Families that participate in the program report that it enriches their own lives for years to come. Many students think of their homestay as their “Canadian Parents.”

- Homestays receive \$900 per month, per student, tax-free
- Many homes host multiple students
- * COVID protocols are in place and keep everyone safe
- SD47 is currently in need of more homestay host families

Contact District Principal of International Education Shannon Behan for more information: shannon.behan@sd47.bc.ca or 0604-485-5660. Learn more at sd47.bc.ca/intl/program

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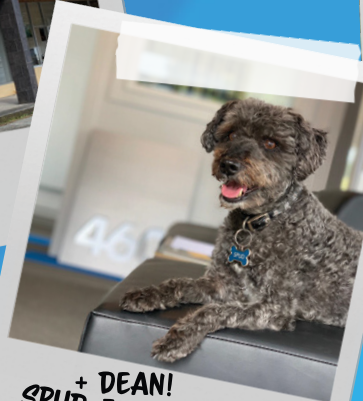
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