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MARCH 2022

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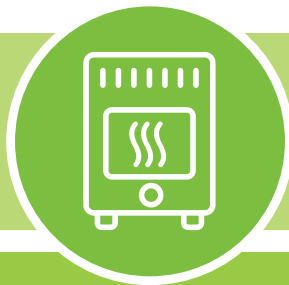
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CONTENTS
MARCH 2022

Milky Waters How to best protect local herring?	6
Boom Town Real Estate is hot hot hot	9
Fuming over gas prices? As you should be.	17
International Womens' Day Three powerful locals share their work	19
Dr. Adams runs for it Prez of the Canadian Medical Association	24
Radio: Ron Dini Still Loves You Cranberry kid takes on Nashville	26
Local Logging for Values Thichum, WFP and the Community Forest	29
Help Save the Salmon Petition from PRSS to Ottawa	31
It's the Food, Dude Part 3 of You Know You Should But...	33
Spring Break Planner Coming up March 12 to 27	49

Confronting the past with a better future

At the office the day before *qathet Living* went to press, we watched online as Russia invaded Ukraine. Bombs fell. Soldiers and tanks filled the streets of Kiev and elsewhere.

All over the world, the national and international media is reporting on the latest in this continuing, historic conflict.

We're not, of course. We publish local stories only. Still, in our interconnected world, *qathet* is not insulated from any crisis. Many now-locals emigrated because they were

escaping wars in Italy, Malta, Vietnam, Congo, Syria and of course Eastern Europe. We have Ukrainian road names like Zilinsky and Nassichuk. Five per cent of our population - more than 1,000 people - claims Ukrainian origins.

The conflict in Ukraine is also a reminder that all stories - here and there - have roots in the past. This month's magazine is full of stories that reflect on different ways *qathet* is pushing away from the

worst of the last century.

For example, after overfishing decimated the Salish Sea's herring runs starting in the 1940s, the fish are back - and Ottawa is stepping up to protect them (Page 6). Our International Women's Day spread (Page 19) demonstrates just how far women have come in the last decades (Page 36). And local experts are help-

ing us remember the value of whole, healthy foods (Page 33).

You'll find many other local stories here that are simi-

lar examples of progress: environmental, gender, Indigenous, and simply human.

Speaking of being human, with COVID restrictions lifting, we can be together again in ways we haven't in two years. At restaurants, in churches, in each others' homes, we can mingle, talk and even sing together again (wearing a mask, of course).

Being together is a welcome balm for these scary times. **L**



EDITOR'S MESSAGE

PIETA WOOLLEY

REGULAR FEATURES

Blast from the Past	25
Heart of <i>qathet</i>	36
What's Up	40
I Made the Move	41
Language with <i>jehjeh Media</i>	43
Business Affairs	44
Events Section	45
Take a Break	52
Last Word	54

ON THE COVER:

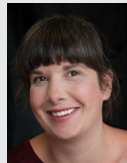
California sea lions on the log booms near the Hulks.
Photo by Abby Francis.



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When I first joined Search and Rescue I was told that I could get the donuts or stay at the base with the radio and I said no, my place is here (in the field). I guess stubbornness would be my super-power.

- Jean Daly, **Page 36.**

”

MARCH'S CONTRIBUTORS



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 43.***



TERRI CRAMB is a Health Coach, Fitness Trainer and Yoga Teacher who loves to share her passion for movement, community, and living a life that feels good for body, mind and soul. *See **Terri's** story, **It's the Food, Dude**, on **Page 34.***



RON DINI is a US nationally award-winning radio producer who was raised in Cranberry. Now retired, he and wife Gina split their time between Nashville and Palm Desert. *See **Ron's** story, **Radio: Ron Dini Still Loves You**, on **Page 26.***



CAMILLE ROCH is a registered acupuncturist at Timber Massage. Her partner Jeffery owns the dumpling, sauerkraut and other food company Dump Run Provisions. *See **Camille's** story, **It's the Food, Dude**, on **Page 34.***



RYK TATARYN is a local filmmaker, photographer and clothing designer. Find his films LOFT2 and LOFT3 on YouTube, and his images for sale at Little Hive on Marine. *See **Ryk's** photo of the **2021 herring milt** on **Page 6.***

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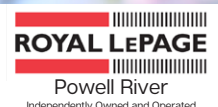
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For decades, the Salish Sea's herring nearly disappeared, starving local salmon, whales and other species.

The run miraculously came back in 2014.

Since then, Ottawa has allowed commercial boats to harvest 20 per cent of the herring run – in spite of lobbying by First Nations and environmental groups.

For 2022, DFO slashed that number in half to 10 per cent of the run – or 3,761 herring per qathet resident.

Here, some local experts wonder if other measures would be more effective at preserving this crucial species.

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

The commercial catch of Pacific herring in the Salish Sea this year was cut in half, to 7,850 tonnes, a 10 per cent harvest rate. Normally, the government allows a 20 per cent harvest rate in the Salish Sea.

Minister of Fisheries and Oceans Canada, Joyce Murray, said in a media release that her decision was made to protect and regenerate the Salish Sea's herring population because herring are crucial for the ecosystem, sea life, and are a traditional First Nation food.

Tla'amin hatchery manager Lee George says that a better approach needs to be taken.

"We need to be more conservative with the commercial fishery. Let's close it completely until our fisheries minister comes up with a solution. BC needs food security measures put into place before anything else."

In British Columbia the Salish Sea, Haida Gwaii, Prince Rupert, central coast, and the west coast of Vancouver Island are the major herring stock areas. However, the Salish Sea is the only remaining population that hasn't shut down its commercial roe fishery this year.

ROE, ROE, ROE NO BOATS: Last March, the herring spawn surrounded Lang Bay – stunning from the beach, but overwhelmingly magnificent from the air.

Drone photo by Ryk Tataryn.

His photos are available for sale at Little Hive on Marine.





www.waters



HERE FOR A GOOD TIME: California sea lions have returned to the Salish Sea for the herring buffet. Some critics say that reducing the number of pinnipeds that feed on herring will help boost numbers more than slashing the commercial catch.

Photo by Abby Francis | Local Journalism Initiative Reporter

“Our herring population is the only intact population in all of BC,” says Powell River Salmon Society president Sandy Sleath. “The other areas used to be strong, too, but are in a weak state right now.”

Sandy says there were about 20 years (1940-1960) where the Salish Sea had almost no herring, and only in the past decade have Pacific herring stocks been in a stable condition.

In a Department of Fisheries and Oceans (DFO) ‘Strait of Georgia Herring’ report from 2001, DFO reported that between 1940 and 1960 the commercial fisheries put the Pacific herring population into extreme concern. By 1967 the commercial fisheries in the Salish Sea were shut down by the federal government. Four years later commercial fisheries were re-opened with a quota system in place to manage the herring.

“Our herring stocks in the Strait of Georgia (Salish Sea) collapsed due to overfishing,” says Dawn Webb, United Fishermen and Allied Workers Union organizer. “That’s why we are so conservative in our management today, because we have rebuilt them and want to ensure a sustainable fishery for the future.”

“The roe herring fisheries will split a percentage of the commercial total allowable catch between the seine and gillnet fleets. So, about 55 per cent of the harvest goes to the seines and 45 per cent goes to the gillnets,” Dawn says. There are 12.3 tonnes per seine license and 1.9 tonnes per gillnet license. Each license has a fee; seines cost much more than gillnets because there are only 252 licenses whereas there are 1,276 gillnet licenses.

“These fees have to be paid to DFO before they can go fishing, and with this year’s low quota, it will cost around \$230 to \$360 per tonne of quota before any other expenses are even considered.

“Fishermen were paid approx \$400 per tonne for their herring last year, so you do the math. And if those license fees aren’t paid, DFO can involuntarily

What happens to all this harvested herring?

After a Salish Sea herring is caught, the eggs are taken, which are sold as an export to Japan and Europe. The fish are then sent to the food and bait fisheries where they are turned into either fish oil, bait, or pet food.

In the 1980s roe herring would be bought for \$5,000 per tonne by Japan, now one tonne of roe herring sells for around \$400.

Herring can spawn up to nine times within their life and females can lay up to 20,000 eggs.

The Heiltsuk Nation (Bella Bella) opposed the commercial roe herring catch in their waters because the fish are killed for their eggs. The Nation instead opened a ‘spawn on kelp’ commercial fishery, where no fish are killed and the eggs are spawned onto weighted kelp lines in the herring spawn areas.

DFO closed this commercial fishery for 2022, which in turn left the Nation with extreme frustration as this commercial fishery is their economic income and is a sustainable fishery where no fish are killed.

retire your license,” Dawn says.

Tla’amin’s Salish Seas Fisheries LP – the commercial fishing company – recently sent out requests for proposals to each of the three Nations (Tla’amin, Musqueam, and Tsleil-Waututh) for their 12 roe herring gill-net licenses, meaning all 12 boats are restricted to catch much less roe herring than they would normally be allowed.

“The DFO announcement affects all fishermen that end up with our leased herring licenses,” says Salish Seas Fisheries manager James Sandover.

HERRING FEST ONLINE

When: March 4 & 5

What: Conservancy Hornby Island’s 6th annual Herring Fest is hosting an online herring film night starting at 7:30pm March 4, and a ‘herring school’ on Saturday March 5 starting at 9:30am.

Where: See more at conservancyhornbyisland.org

“It will lessen the amount of fish they can catch and make it more difficult for them all.”

In recent years, WSÁNEĆ Leadership council (Tsartlip, Tsawout and Tseycum First Nations), Tla’amin Nation, Haida Nation, Nuuchah-nulth First Nations, Pacific Wild and Conservancy Hornby Island have all voiced their concerns about protecting the herring populations.

“The Salish Sea herring have only just recovered within the last few years. Because they were fished less, the sea life came back. When the herring populations were low, we hardly saw any whales, and there were not any California sea lions,” says Sandy.

“Now, there are more whales and we are seeing much more sea life in general.

“The California sea lions have appeared for the first time in our area over the last few years. They have only begun to migrate here recently, likely due to the healthy herring population. The California sea lions are a threat to the rebuilding of herring stocks and are not a native species, which is a problem.”

And Dawn agrees, “If the Minister really wanted to make some tough decisions regarding ecosystem-based management, it would make more sense to have a sustainable harvest of pinnipeds (seals and sea lions) because there is science that shows our current pinniped-prey system is unbalanced; they are actually impacting our salmon and herring stocks.”

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Three eye-popping qathet real estate stats

1. qathet's population is finally growing

The region added 1,425 people – or about 7 per cent – between 2016 and 2021, for a total of 21,496. About half of those moved into the City, and half outside it (woah, Lasqueti!)

2. The price of a home doubled over two years

In January 2020, the average price of a home in qathet was listed at \$297,755. In January 2022, the average price was listed at \$600,868.

3. You can still buy a home here for under \$400,000

It's true! Follow *qathet Living's* Facebook page for weekly Real Estate posts, featuring less expensive, luxury, lots and commercial properties. –PW

Real Estate in qathet

Boom town

Prices and population have popped.

But qathet is still BC's most affordable southern seaside hometown

Boom. No other word will do. In the two years since we first heard the word 'COVID,' qathet has transformed in ways most of us are still struggling to fully understand.

BY PIETA WOOLLEY
LOCAL JOURNALISM INITIATIVE REPORTER

The average price of a home doubled to over \$600,000. Our population is soaring. The 110-year-old mill shut. Private sector unions have been nearly obliterated in this once labour-proud town. And real estate – the sombre banker to this region's historic working class – is quite simply, wildly drunk.

Little relief is in sight.

At the City of Powell River, director of planning services Jason Gow is hoping more developers apply to build, to provide homes for everyone who needs one, and keep prices relatively afford-

	Total two-year rise between January 2020 to January 2022	January 2021 to January 2022	January 2020 to January 2021
qathet	202% increase	29.9% to \$600,868	57.7% \$297,755 to \$469,630
BC	143% increase	23% to \$1,042,169	16.1% \$728,269 to \$845,169

BCREA stats. Note that these compare Januarys – not annual averages.

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Why should we do an annual mortgage checkup?

An annual mortgage checkup is a great reason to sit down and look at your current finances and lifestyle, and address any recent or possible future lifestyle changes that may impact your finances. Does your existing mortgage product still meet your current needs and future goals?

With the holidays having come to an end and tax season around the corner, now is a great time to look at how your mortgage is working for you, or better yet, how it can help you better achieve your goals for 2022. Whether you are looking at possible home improvements, consolidating debt, selling your home, buying a vacation/investment property, coming up for renewal, considering a job change, or many other reasons, Jeremy Garth at Xeva Mortgage is happy to help. With eight years of mortgage industry experience under his belt, he can help you put together a plan for your mortgage so you can be confident that your current and future goals and needs will be met.

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Census 2021 population figures for the qathet region

	2021	2016	New folks	Percentage change
BC	5,000,879	4,648,055	352,824	+7.6%
City of Powell River	13,943	13,157	786	+6%
Tla'amin Nation	797	707	90	+13%
Area A: North of the City, Lund and Savary Island	1,250	1,105	145	+13%
Area B: South of the City, Paradise Valley to Whalen Rd.	1,664	1,541	123	+8%
Area C: Saltery Bay, Stillwater, Black Point	2,197	2,064	133	+6.5%
Area D: Texada Island	1,126	1,076	50	+5%
Area E: Lasqueti Island	498	399	99	+26%



WHAT \$1.5 MILLION WILL BUY ON LASQUETI ISLAND: 2,000-square foot studio with a dance floor, owner's cabin, three guest cabins, and a sauna. Plus much, much more. *Photo courtesy of Engel & Völkers Vancouver Island North real estate*

Everyone's moving to Lasqueti

With a population growth of a whopping 26 per cent from 2016 to 2021, Lasqueti Island is qathet's boomiest town in the 2021 Census. Maybe.

"I'm not saying it's wrong," said Andrew Fall, the Island's rep to the Regional District. "But it's not like people are in the coffee shop going 'Geez, there are a lot of people I don't recognize.'"

In 2016, according to the Census, 399 people lived on the island. By 2021, 498 did – an increase of 99 people. As Andrew points out, they're largely hidden from view, making it difficult to get an accurate Census count. Downtown is about 50 people, and the rest are often living independently (the whole island is off-grid) at the end of long driveways in the woods, similar to the more rural areas on Texada. As Lasqueti's population is tiny, new folks get noticed at the False Bay Provisions General Store, Café and Bakery and elsewhere.

Though it's the lowest-income part of

qathet, the properties for sale there currently are pricey, even by City standards. A small house on 12 acres is \$777,000. A small house on waterfront is \$1.3 million. A fantasy resort with guest cabins, a house and a vast indoor studio / dance space is \$1.5 million.

"It's a funky place," explains Andrew, noting the community attracts artists, creatives, and academic types drawn to the Desolation Sound-like beauty and self-sufficient lifestyle. The latest real estate mini-controversy is a 160-acre development that is being sold off in 10-acre cooperative parcels listed at \$225,000 each.

"That's big for Lasqueti," he said.

But overall, the island is pretty quiet, real-estate and population-wise.

Lasqueti's laid-back style means the wet rainforest occasionally reclaims properties. "Sometimes houses fall apart," said Andrew. "This is probably an anti-climactic story for you."

“For those who lost their job at the mill and are leaving town, their equity will help them buy well elsewhere; most of BC’s home prices are higher than qathet’s. For those who don’t have pensions, high house prices will fund their retirements.”

able. A spurt of private and non-profit development applications a few years ago resulted in hundreds of new units at Coastal Breeze Village (75 units), LIFT’s Supported Housing (43 units), and inclusion Homes (42 units), with LifeCycle Cranberry (24 family units, replacing eight small cabins), Sunset Homes affordable rental for seniors (34 units) and more coming soon. Since then, developer interest has slowed.

More than 100 homes and building lots are currently for sale in qathet. At Edgemoor Crescent near the hospital, 81 houses and lots are either planned or built, with 12 lots currently available and five houses under construction. The 28 modular homes at Hammil Lake Estates in Paradise Valley are on the market starting at \$349,900 for a two bedroom, two bathroom. In Grief Point, the 23 condos at Pacific Point start at \$379,000 for a one-bedroom. Plus listings are up for many more older townhouses, condos and stand-alone houses.

There’s more. The 141-unit rental building near the hospital, with apartments renting between about \$1,200 and \$1,800 a month, will likely break ground this spring. λαχλαχay ʔaye, the Elder and disability housing at Tla’amin (24 units), opens next year.

That may seem like a lot of building, but it’s not nearly enough, says Jason. Not even close. Just ask anyone who is trying to find a rental, or bidding on a home.

The City is acting on recommendations from the Housing Needs Assessment Report, developing a housing strategy, undertaking a feasibility study on lands owned by the City for the purpose of providing affordable housing, and promoting more multi-family housing near the urban core.

The May 2021 Census recorded that the region has added 1,425 people since 2016. Jason thinks the true number is higher; anecdotally, he said, many more people moved here since the Census was taken in May 2021 due to COVID and other pressures, and many folks are buying homes here with the plan to retire in the next few years. None of those people were counted in the most recent Census, which recorded 13,943 residents in the City – up six per cent from five years earlier. (Outside the City limits, qathet grew even quicker – see chart on facing page.)

Demand, in other words, is outstripping supply. In fact, new listings in qathet were down by nearly a third in January 2022 over January 2021, according



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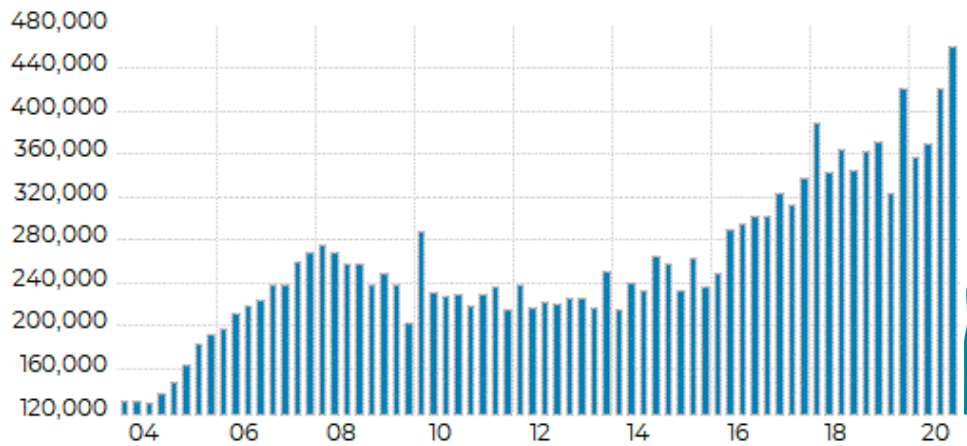
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Powell River Quarterly Residential Average Price



“That same person who bought a home in the Lower Mainland in their 30s is looking at retiring in their 60s now – and they’re sitting on a gold mine.”

- Jason Gow, the City of Powell River’s director of planning services

BC Real Estate Association stats. Note the January 2022 number is single month, not quarterly.

to the BC Real Estate Association (BCREA). Thus the doubling of prices.

No other region in BC saw prices spike over the last two years like they did here (see table, Page 9).

For those who already own, the lack of supply is a benefit; it results in the high price of homes and the line-up of buyers. For example, for those who lost their job at the mill and are leaving town, their equity will help them buy well elsewhere; most of BC’s home prices are higher than qathet’s. For those who don’t have pensions, high house prices will fund their retirements. And for those who are inheriting a

home after a parent dies, one qathet house sale can become several relatives’ down payments.

For locals who don’t yet own, this market is an unmitigated disaster. Daniella explains that, unlike the price of homes here, local salaries have not doubled over the last two years.

“We’re at a breaking point,” she said. “Even with five per cent down, even with these very low interest rates, the carrying costs of a mortgage are pushing more families out of the market. A lot of people have been caught by surprise. They were saving, on track to buy, but not quite ready. And now this. Every-

thing just changed so quickly.”

Proving that, the number of first time homebuyers here has fallen by nearly half between 2021 and 2022, from about 13 per cent to 7 per cent of all new buys, according to BCREA. A mortgage on a \$600,000 home with five per cent down is about \$3,000 a month for 25 years – plus property taxes, insurance, and other costs.

“It’s a tight market,” said Jason, recalling the influx of wannabe new residents he saw travelling here last spring and summer. “That same person who bought a home in the Lower Mainland in their 30s



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Real Estate markets are local. The trends and needs of a real estate market are specific to that region.

Independent real estate brokerages have a unique ability to tailor their services to their communities. There is no head office in another time zone, or CEO from another province; the people who start and run independent brokerages live in the towns they serve. Of equal importance, revenues for local independent brokerages stay local.

The boutique services of a local independent brokerage are critical to a community, especially one experiencing rapid social and economic change. 460 Realty is a Vancouver Island-based company, and a multi-generational real estate family, with ownership and revenue sharing for agents and employees. This rapidly growing brand has expanded from Nanaimo to Parksville, Ladysmith, Port Hardy and North Island, Ucluelet and Tofino, Campbell River, and now Powell River.

“Bringing an independent real estate option to my hometown became my mission,” says local broker Josh Statham. “I knew 460 Realty was the right brand. It was obvious to me that their way of doing business resonates with similar coastal communities. The fact that I can call the owner any time, and we can discuss ways we’d like to improve the consumer experience, is the essence of independent real estate.”

“We have a lot of freedom and flexibility to market your home to its full potential,” adds 460 agent Bill Bailey, one of four original team members. “460 affords us the opportunity to run our businesses as we see fit, without unnecessary overhead and expenses.”

“Locals specializing in local real estate,” sums up Max Pagani, who celebrated two decades in real estate in consort with the opening of the new office. “BC, Westcoast owned, employing local residents from the ground up.”

Dustin Villeneuve, a construction project manager-turned-Realtor, says working with an independent brokerage is important.

“It enables me to have more flexibility and creative control of my business,” says Dustin. “I value the fact that independent brokerages provide consumers (and Realtors) a local option that is highly communicative to their needs.”

The phenomenon of moving to coastal communities amplifies the need to provide buyers and sellers alike with a local office that gets what coastal living is all about. Dean MacDonald has spent over three decades in the real estate business. He moved to Texada Island in 2020 and joined the 460 Realty team shortly after.

“In an industry where we’ve lost our autonomy, it’s nice to work for an independent company that can set its own policy,” Dean explains. “We lost it as an industry, but we maintain it as independent brokers and it makes it a homey, collaborative, and supportive environment.”

There’s a major trend towards independent brokerages within the Canadian Real Estate industry, and it has continued in Powell River. 460 Realty has more than doubled in its first year. Client-turned-Realtor Austyn MacKinnon knew 460 Realty was the right choice for her.

“The 460 moto ‘Agents who go the distance’ felt literal to me,” says the soon-to-be agent. “They’ve got your back, start to finish.”

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Leaving a career in luxury auto sales on Vancouver’s North Shore to relocate her young family to the Sunshine Coast, it was the relaxed and approachable feel of the office that cemented her decision to hang her license at 460 Realty.

“Open collars, not ties, and genuine smiles... I couldn’t possibly pick anyone else above 460!” she adds.

The local 460 Realty office celebrated one year in business recently, and the response to the new brokerage couldn’t have been more positive.

“Our licenses transferred in January, but our physical office space wasn’t ready until March. When we could all finally come into the office I asked everyone, ‘What do you want to do?’” says Josh. “That flexibility to make high level decisions as a group on the spot has served us well.”

“We have open and shared workspaces, and we decided not to have a sales board or designated parking,” he says. “We want people to come into a modern, bright, inviting real estate office and feel welcomed, respected and cared for, and not like just another sale or commission.”

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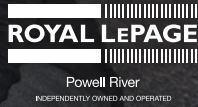
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is looking at retiring in their 60s now – and they’re sitting on a gold mine.”

Indeed, 62 per cent of qathet’s 2021 home buyers were from out of town – mostly from the Lower Mainland including Squamish, according to the latest Powell River Sunshine Coast Real Estate Board stats. But that statistic disguises a critical fact, according to Neil Frost, the president of the Board.

“Don’t let those numbers fool you,” Neil said. “There are a large number of locals trying to buy.”

If there are 10 buyers bidding on a place, he explained, nine don’t get to buy it. Bid winners tend to be from out of town because they come with more cash than most locals have. His hunch is that lots of locals are bidding, but are getting squeezed out. The association doesn’t track those numbers, yet.

You can’t fault Lower Mainlanders for looking for more affordable housing. Their median household income isn’t that much higher than qathet’s: \$71,674, compared to \$53,056. In January, Vancouver’s average listing was \$1.2 million – twice what qathet’s is (see chart on next page). To qualify for a mortgage on an average home there, theoretically you’d need a household income of at least \$216,000 a year. Of course they’re coming here.

“It’s all about the pandemic,” Neil said. “In the city, many homeowners have been making it work, but not thriving. They’re living paycheque to paycheque. The confluence of remote working due to COVID and re-evaluating their lives – even people who never thought they’d leave Vancouver are picking up and leaving.”

When asked if working in this overheated market the past couple years was fun, Neil, a born and raised

qathet Births & Deaths, ‘16 to ‘21

Year	qathet Births	qathet Deaths	Natural gain / loss
2021 (to May 31)	58	123	-65
2020	111	270	-159
2019	131	255	-124
2018	142	287	-145
2017	154	246	-92
2016 (From June 1)	74	144	-70
Totals	670 births	1,325 deaths	-655 fewer people

More people are dying here than being born – by a lot. So we depend on people moving in to keep our population steady. From 2016 to 2021, we developed a deficit of 655 people (see below). That makes the population growth in qathet even more impressive (a total gain of 2,080 humans).

In future Census 2021 releases, we’ll find out how many people moved to and from qathet during this period.

* The above numbers are all from Vital Statistics BC and available on the websites.



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“There may be no bubble to pop.”

- Neil Frost,

President, Powell River Sunshine Coast Real Estate Association

local, responded “to tell the truth, not very.”

There are 44 licensed realtors in the region, he said, and last year 539 local homes sold – the equivalent of about one sale per realtor per month.

“It’s a ride,” he said. “It can be tough on all involved. Of course with rising house prices, commissions have gone up (not as much as you might think) and some realtors have made good money over the past couple years, but I would trade that to be able to sell someone in need an awesome house for \$450,000. The reality is, this region couldn’t be a secret forever. We just have to be content with being sort of affordable next to other inflated markets.

“It’s been a very stressful couple of years, especially if you have a heart.”

Like city planners Jason and Daniella, Neil believes that the only solution to this overheated market is more housing. For example, when Coastal Breeze Village on Joyce opened in the fall of 2020, 40 local homes came up for sale, Neil recalled.

The BCREA forecasts this region’s prices will slow in 2022, growing by just 7.7 per cent and then 2.3 per cent in 2023. They’re not falling.

“There may be no bubble to pop,” said Neil.

“Some places it just goes up and up,” he said.

“BC’s housing market has the lowest level of active listings on record, and strong interest. It’s all about supply. Canada is a million houses short. Unless two million houses appear, I don’t see how prices will come down.”

BC home prices in the era of COVID-19: January 2020 to January 2022

	January 2022 residential average price	Median household income	How many years' income for a home
Greater Vancouver	\$1,274,315	\$72,662	17.5x
Fraser Valley	\$1,230,631	\$69,289	17.8x
Victoria	\$995,055	\$70,283	14x
Chilliwack	\$907,385	\$67,800	13.4x
Interior	\$785,134	na	
Vancouver Island	\$709,798	na	
Kamloops	\$631,032	\$70,347	10x
Powell River	\$600,868	\$53,056	11.3x
Kootenay	\$502,674	\$59,721	8.4x
BC Northern	\$378,242	na	

A caution: These are averages and don’t tell the whole story, of course. You can still, for example, get into a condo in downtown Vancouver for under \$400,000 – a third of the region’s “average” price.

Here in qathet, 1,885 families (out of 9,410) make over \$100,000 a year, nearly double the region’s median.

And some small regions within these

larger ones have very affordable homes for sale; South Peace River, which is part of the Interior region, is selling homes at an average of just \$298,759, less than half the region’s price. Ditto Port Hardy, where \$139,500 will get you into a three-bedroom mobile home – a fraction of Vancouver Island’s beefy average values.

In other words, real estate is more complicated than “averages” indicate.

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BY THIS TIME, 2023: A rendering of the new Elder and disability age-in-place housing project at Tla'amin, by Urban Arts Architecture Inc.

Elders housing breaking ground at Tla'amin

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

After 30 years of effort and planning, Tla'amin Nation has secured an 8.8 million dollar Federal fund for the brand new independent Elder and disability housing project, λαχλαχay ʔaye (Klah-Klah-Xay Ayeh).

"This project is really important because it will allow elders to stay in the community while aging," says public works director Richard Gage. "Currently the Nation does not have a facility like this, so having an option like this for them is really great."

λαχλαχay ʔaye is set to be complete by early 2023.

The 24-unit housing complex will be completely accessible, and four units are designed for fully wheelchair bound residents.

"If we are finding that we need more than four units with those wheelchair adaptations, we can easily change other suites to accommodate," says project manager Carmen Galligos.

Carmen and Richard say that λαχλαχay ʔaye will also include an

outdoor amenity place for people to socialize with a community garden.

In 2018, the government surveyed the community and found accessible housing was the number one concern.

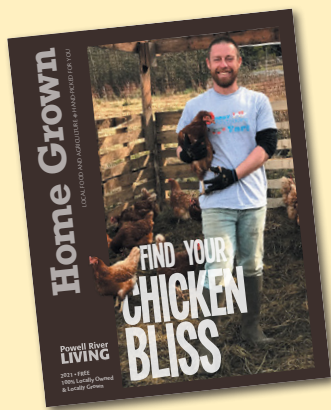
"The Klah-Klah-Xay Ayeh is a big win for Tla'amin," says Housepost of public works and Tla'amin Executive Council member Dillon Johnson.

"This project has been a priority for our Elders and community for many years. It's the largest amount of grant funding we've ever secured."

8.8 million dollars of funding from the Canadian Mortgage and Housing Corporation's Rapid Housing Initiative (CMHC) will go towards the 11 million dollar project, and the remaining 2.2 million is funded by Tla'amin.

λαχλαχay ʔaye will be built beside Tla'amin Health.

"Now that we have a solution for independent living for Elders and disabled persons in the community, we can now turn our attention to the other piece of our vision, which is to build an assisted living facility next to the Klah-Klah-Xay Ayeh," says Dillon. **PL**



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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Fuming over gas prices?

Your ire is reasonable

BY PIETA WOOLLEY | OPINION

Canada's most northern residents endure months of extreme cold and dark that make winter on the Sunshine Coast seem like Xanadu – they also enjoy some of the country's cheapest gasoline.

Since April of 2021, Nunavut's gas sells at a set \$1.09.9 a litre, from Iqaluit on the southern tip of Baffin Island, to Grise Fiord, more than 1,000 kilometres north of the Arctic Circle.

Shockingly, here in relatively-balmy qathet, gasoline prices reached a new record in February: \$1.79.9 a litre. Unlike in 2019, that price is *not* out of line with our neighbouring communities (then, qathet was often about 23 cents a litre higher).

In Comox, some gas stations hit \$1.79 in February as well. Courtenay topped out at \$1.64.9, and Sechelt reached \$1.79.9. Even Vancouver hit \$1.80 a litre – though that includes an additional 12.5 cents in regional taxes.

What's the difference? Why so cheap to bring gas across the Bering Sea, and so expensive on the

How much is gas elsewhere?

Market	Weekly average, Feb 15 2022
Canadian average	\$1.60
qathet	\$1.79.9 (highest)
Vancouver	\$1.77
Fort St. John (cheapest in BC)	\$1.52.2
Calgary	\$1.46.6
Toronto	\$1.58.2
Montreal	\$1.67.1
Halifax	\$1.58.4
Nunavut	\$1.09.9

Prices as reported at Kalibrate Global, formerly Kent Group. And, at Nunavut's PPD, and local gas stations.

Salish Sea? In Nunavut, gas is bought, transported and sold through the Petroleum Products Division of the territorial government on a break-even basis. Much like British Columbia controls the natural gas and electricity market through Fortis and BC Hydro, Nunavut regulates gasoline.



NOT A RECORD-BREAKER, YET: 7-11 was an intervenor in the Parkland proceeding at the BCUC, for the Fuel Prices Transparency Act. This photo was taken February 23.

Since 2019, the BC Utilities Commission has been investigating this province's higher-than-elsewhere gasoline pricing. I was involved as an intervenor in the Fuel Prices Transparency Act proceeding, where Parkland (AKA Chevron) complained that the corporation would really rather not release "sensitive" pricing data for public consumption.

During the proceeding, *qathet Living* represented the voice of BC's media. Parkland, Shell, 7-11, Husky and several other vast Canadian fuel corporations represented the industry. I wrote my heart out throughout 2020 and 2021, trying to convince the BCUC, over several submissions, that data transparency is very much in the public interest.

That proceeding wrapped up in February, long after it had exhausted me (but – no surprise – the lawyers for Big Gas were still going strong). A final report will come out soon – but based on its February 4 Proposed Recommendations to the BC Government (comments closed February 28), I am not holding my breath that media or citizens will be able to see much corporate fuel pricing data.

In other words, I anticipate that the "transparency" part of BC Fuel Prices Transparency Act is moot for most British Columbians. Without the balance that local, granular transparency might have promised, prices in BC will likely continue to be higher than in other provinces, and higher here in qathet than elsewhere in BC. It's a situation made more desperate because gas prices everywhere are so extraordinary right now, due in part to surging demand, a low Canadian dollar, and the potential for increased conflict between Russia and Ukraine.

So what's next?

My hope is that, without our government cracking how to effectively check the fuel corporations that supply us, the Province will seriously consider wresting control of fuel from the private market. Instead, take a page from Nunavut: buy it, ship it, and sell it for the public good... at \$109.9 a litre.

The price of fuel matters a lot – both to businesses and individuals – especially in rural areas where public transportation is so sparse.

I would be thrilled to be proved wrong on this.

If the BCUC and the Fuel Prices Transparency Act are able to check BC's gas prices and prove they're fair by, let's say this summer, I'll salute their work as I fill my tank – whatever the price – and send a selfie to the Commission's Chair and CEO, David Morton.

But my guess is, instead I'll be taking a deep breath, and shelling out \$2 a litre for regular unleaded, without knowing exactly who is making how much off me, and whether it's fair. 🍷

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Above, teens from Brooks' Trades Sampler Program built new wooden kiosks for BC Parks last year. The project gave them hands-on experience in carpentry, and added to the wider world - something everyone can feel good about.

Right, Grade 2 and 3 students at James Thomson participate in Kindness Ninjas, a Canadian program encouraging random acts of kindness.



See you soon

Across qathet, School District 47 students make a real difference in the community.

Encouraging students out into the community is the core of Tanya Larkin's job. She's a Vice-Principal at Brooks Secondary, and School District 47's Careers, Trades, and Transitions Coordinator. To her, the goal is simple: if she can get students to meet working professionals and learn from them, the students are likely to narrow in on their likes and dislikes, and develop their own interests, which would ideally guide their decisions around what to do at post-secondary.

"We want them to pursue more things, with more passion," Tanya explained.

So this spring, you'll see teens in the community (like those in the Trades Sampler Program, above) working in machine shops, in health and wellness, in tourism and recreation, and in business and entrepreneurship, learning from mentors in the community.

Helping in the community is not a one-sided benefit, of course. Students are making a real difference. For example, a group of International Students built planter boxes this winter for distribution to seniors living in care, so they'll be able to watch seedlings grow in their rooms.

In addition, the Trades Sampler Program, for students in grades 10 and 11, is a team of 16 students who take on jobs in the community, from building at-cost dog houses, sheds, or even the BC Parks kiosks above. In other words, they're making an impact.

For younger students, reaching out to the community is just as important for their own learning - and for the community. At James Thomson in Wildwood, grades 2 & 3 teacher Lindsay Guest introduced Kindness Ninjas last year. The program encourages students to dream up and execute "stealth" acts of kindness in the school, neighbourhood, and wider community.

Students have dropped off seeds at local homes; made and distributed Christmas ornaments at the Town Centre Mall; and they're currently working on a piece of art at Willingdon Beach with take-home Ziplocs of student-written letters and art. The recipients of the acts of kindness feel great, of course. But what does

A few ways SD47 connects to qathet:

Henderson: Everyone Deserves a Smile, a collaboration with the Rotary Club of Powell River, makes care bags for clients of the Community Resource Centre and Grace House.

James Thomson: The school's annual May Day celebrations are open to the community. This is a pioneering, historic, joint-celebration between Tla'amin, the community, and the school.

Kelly Creek and Texada: Both schools offer new, all-abilities accessible community playgrounds.

Brooks: Students for Change organizes the annual Jingle Jog, and other events to raise money for the Food Bank.

Local schools also support:

- The Strong Start Early Years Education Program
- Salmon fry care and release at the Lang Bay Hatchery
- Visit www.sd47.bc.ca to learn more.

this do for the students?

"It's everything," explained Lindsay. "Kindness Ninjas involves writing with meaning, with a purpose; planning and following through with a plan, which is big for this age [7 to 9]; it meets all of our core competencies, especially around social and emotional learning coming back from COVID. Thinking about how they feel and how other people feel, this is something we practice every day in the classroom."

"This is my hardest social-emotional year in the 11 years I've been teaching. We've had no field trips, and we can't invite the community in to the classroom. It's had a huge impact on these kids. We are so pleased to be connecting with the wider community once again."



"One of our objectives is to improve our culture of acceptance and tolerance, and promote student engagement in their learning and their community."

- Dale Lawson,
Board Chairperson



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MAKING AN IMPRESSION: When Imperial Limestone’s mill manager Sarah Bond speaks to Texada and Powell River school groups, the girls realize that women can do this job, too. Though only a handful of mine managers in Canada are women.

Three International Women’s Day stories Conquering both work & home a “wild ride” for mine manager

BY ISABELLE SOUTHCOTT

Texada Island’s Sarah Bond is a pioneer in the Canadian mining industry. As the manager of Texada Imperial Limestone, she is one of only a handful of female mine managers in Canada.

Sarah is 36 years old, married and mother to four-year-old and six-year-old boys. She also has a 15-year-old stepson and a 12-year-old stepdaughter. “Managing a household and a mine has been a wild ride, but it can be done,” she says.



Sarah didn’t plan to work in mining. With a Bachelors in Materials Engineering from McMaster University, she graduated in 2008.

“My degree had more of a focus on an odd combination of metallurgy and biomaterials research,” she says. “By happy accident I ended up in mining and have loved it ever since.”

After graduation she began working for Lafarge Canada Inc. in small sand and gravel pits in Edmonton. When Lafarge hired Sarah, they placed her in their leadership development program, a management training program that exposes employees to all different areas of the business.

Her first job was as a labourer; she also did some quality control and minor maintenance tasks at the Onoway Wash Plant. “That job involved a lot of shovelling,” she said.

She was transferred to Texada Island in 2010 to work as an operational technician for Lafarge at their Texada operation but another opening caught her eye. She moved into the Drill and Blast Supervisor role where she worked for seven years. Her long-time drill and blast crew members helped her gain a wealth of knowledge and


Imperial Limestone

Imperial Limestone supplies limestone into the Pacific North West for applications such as chicken feed, glassmaking, and cement production.

The site on Texada Island has been in operation since the 1940s.

Imperial Limestone is a community partner with the Texada Salmon Enhancement Society and other local non-profit groups.


The Texada Island site has 11 employees who are union members and three staff.



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experience in this area of the operation.

Sarah continued her journey working in several different departments as she learned more about mining; she's now worked in maintenance, quality control, land management, drill and blast, production, safety, logistics and resource management.

She's used her experience from each area she's worked in to optimize and streamline her current operation, increasing efficiencies and production.

Sarah says she is honoured to be a pioneer in her industry.

"I am very proud of that accomplishment. Being a female leader does bring a different energy to a site. I don't find that I need to be more "masculine" to lead, which is something many women feel they need to do. I would say there is a time and a place for that, but thankfully I have not needed to.

"It's also important to be there for your local community, too. I have done presentations and site tours for our local school. The kids see a woman doing

3 questions with Texada Imperial Limestone's manager, Sarah Bond

What are the biggest challenges you've faced?

Sarah • My biggest challenge is having to prove my knowledge first rather than it being assumed given my position.

What advice would you give young women wishing to do what you do?

Sarah • Don't be afraid to get your boots on the ground, it's important to learn every aspect of the business. At the same time, you do not have to hide your femininity to be successful in any industry. You can absolutely be yourself and gain respect.

What's the best thing about your job?

Sarah • My crew is amazing and the sense of family we have on site makes it a joy to come to work each day. I also really enjoy thinking outside the box to implement new technologies or install new equipment to optimize our performance. I like seeing the progress day by day as we grow. As one of the few female mine managers in Canada, I work with several advocate groups to bring more visibility and representation to women in the mining and construction industries. Safety at the site is my number one priority, and I encourage a work/life balance for all employees.

this job and they know that they can do it too!" said Sarah.

She has been involved with Mine Rescue programs and competitions and was the coach for the Lafarge Texada operation for several years.

Sarah has maintained her Level 3 First Aid certification and continues to volunteer for Texada Island's fire and rescue departments.

In 2021, Sarah Bond won the Powell River Women in Business award for Employee of the Year. 📣

Women worth watching International Women's Day

As I listened to Helen Reddy's famous song, *I am Woman*, a song released in 1972 that later became the International Women's Day anthem, I got goosebumps as I thought about how this feminist icon's passionate call to action inspired a whole generation of women across the globe.

*"I am woman, hear me roar
In numbers too big to ignore
And I know too much to go back an' pretend
'Cause I've heard it all before
And I've been down there on the floor
No one's ever gonna keep me down again"*

I turned 10 in the 70s and my thoughts hadn't yet turned to the women's liberation movement, but my mother and many like her, had. Much time has passed since *I am Woman* was released in 1971, and I can't help but feel humbled and grateful for all those who fought to liberate women.

As I scrolled through the comments beneath her song one in particular stood out. "Even I feel like a strong, independent woman after hearing this, and I am a man."

The United Nations declared 1975 as Year of the Woman and then chose *I am Woman* as its theme song. Now almost half a century later, the song still rings clear and true as March 8, International Women's Day, (IWD) approaches. IWD is a global day that celebrates the social, economic, cultural and political achievements of women. This year's theme is "Break the bias."

In past years, we've had marches, gatherings, films and events in qathet to recognize IWD, but like so many other events, nothing is planned this year due to COVID. So *qathet Living* magazine decided to interview three interesting women who are changemakers in this community and share their stories. 📣

- Isabelle Southcott

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The festival committee is thrilled to have an in-person event after holding one last year under COVID-19 restrictions, with a virtual Grand Concert.

Catch the **dance sessions** of this year's festival:
Wednesday, March 2 - 9 am, 1 pm and 7 pm
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Evergreen Theatre

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Need some ‘fire in the belly’ for reconciliation? Chastity’s got your back.

BY **ABBY FRANCIS**

LOCAL JOURNALISM INITIATIVE REPORTER

Tla’amin Nation’s Chastity Davis-Alphonse has been sharing Indigenous history and advocating for Indigenous women her whole life.

Chastity has helped over 125 communities and corporations with strategic planning around reconciliation, and how to include Indigenous peoples, since launching Chastity Davis Consulting 10 years ago.

“I had originally started working at BC Hydro with Indigenous relations, and I really loved the work I was doing; I learned so much,” says Chastity. “I realized I had the skills to take this further, so I took that leap of faith and created my own consulting company, and it was the right direction.”

Last April, Chastity launched an education website called Deyen, a Tsilhqot’in word meaning ‘person with power to transform.’ Deyen offers courses of Canadian history through the lens of an Indigenous woman.

Chastity said she realized that there is not an in-depth training course for Canadians to learn from Indigenous women.

“In my research I found that before Canada was a country, and Indigenous peoples were displaced, over 80 per cent of First Nations communities had women as leaders. It was a matriarchal society. And that inspired me to create Deyen.”

Growing up off Tla’amin lands, Chastity was one of the only Indigenous students in her school.

“There was a lot of racism and a



SHE’S GOT THE POWER TO TRANSFORM: Chastity Davis-Alphonse’s educational website is called Deyen, meaning ‘person with power to transform.’



lack of knowledge. This was through the 80s and 90s, so Indigenous peoples were not really taught about, and when we were, it was incorrect.

“They talked about us living in teepees, showed faulty images, and talked about us in a past tense, which for me

was super disorienting, because I knew that that’s who I was and I didn’t actually live like that. That made me want

to teach about who we really are.”

Chastity also wants to build on the Deyen courses this year. “I would love to shift from consulting to Deyen full-time, but the demand for consultants is very high and it is difficult to keep up with all the inquiries, so this shift will take a while.”

Deyen has been around for almost one year, and Chastity says the feedback has been great.

“The most common feedback I get

“[Some teachers in the 80s] talked about us living in teepees... and talked about us in a past tense, which for me was super disorienting... That made me want to teach about who we really are.”

- Chastity Davis-Alphonse

from people is that the course really expands their minds and gives a deeper understanding of both Indigenous women and things seen in the news.

“A lot of news stories are brought to people with no context. People don’t know why there are thousands of missing Indigenous women and girls, or understand why Tla’amin Nation wants to change the name of Powell River, or the story behind the Fairy Creek blockade.

“There is not an understanding of how we got to where we are today. My course provides that needed context. Learners told me they leave with a fire in their belly on how to play a bigger part in reconciliation.”

Chastity says that the lessons Deyen provides and the work she teaches through consulting leave her hopeful and motivated to continue teaching about Indigenous peoples.

“I feel a lot of responsibility comes with this. I am responsible for bringing people through this journey, and I have to make sure all of the content is correct, but I love it.”



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REPRESENTING HERSELF & OTHERS: Above, Artist Debra Bevaart with two of her soapstone carvings, a seal and an otter. Top left, the gallery represents dozens of West Coast artists. Far left, Debra carves in her gallery, Tug-Guhm, in the Lund Hotel. *Photos by Isabelle Southcott*

Meet the 'seal lady' of Lund

BY ISABELLE SOUTHCOTT

The smooth carved face of a seal with its big, soulful eyes looks up from beneath the surface of the water. It's an iconic west coast image and one that artist and Tug-Guhm Gallery owner Debra Bevaart has perfected through carving for more than 20 years.

The seal lady of Lund, as Debra is often called, says her fantastically popular seal face carvings were actually a "happy accident," and not something she had planned. After seeing a photograph with a seal face looking up out of the ocean, Debra was inspired to carve the face of that seal out of a piece of Brazilian soapstone she had.

"This is an iconic west coast memory for travellers here," she explained shedding some light on why her seal faces strike a chord with so many people all around the world.

For the past 25 years Debra has worked out of her gallery in Lund, carving, organizing, curating, promoting the work of other artists and helping customers who walk through the door.

Her studio, next to the front door of the gallery, shares space with a cash register, display space and packing platform.

"People like to watch me carve," she says. "They like to see the process and ask questions."

Happy Birthdays, Tug-Guhm and Debra

Tug-Guhm Art Gallery in Lund will celebrate its 25th anniversary on June 16. At the same time, gallery owner/curator/artist Debra Bevaart will celebrate her 65th birthday. The gallery, which represents 60 artists and strong imagery of the West Coast, is famous around the world for Brazilian soapstone seal heads carved on site by Debra.

Incidentally, March 22 is International Seal Day.



Part businesswoman, creator, salesperson, waitress, wildlife artist, carver, illustrator, gallery owner and curator, Debra isn't scared to get her hands dirty to do what needs to be done. She's also a woman with vision and an incredibly hard work ethic.

"I entertained the thought of being a full-time artist when I was young but working at paying the bills can get in the way of the time invested in being an artist," she told *qathet Living*.

"Turns out that sales and waitressing jobs were good people skills training needed for my future as a

gallery curator," she says.

Many artists have no idea how to sell their work, she says. "You have to be able to make that connection. Ask questions, find out what people want. I've always been good at finding gifts for people. One of my strengths is finding the perfect art piece for someone to give or for themselves."

Debra has been an artist for as long as she can remember. "I excelled in art class growing up, especially sculpting in clay," she said.

"After graduation I had no access to clay but still leaned toward the three-dimensional work. A wholesaler of Brazilian soapstone was nearby, and I was inspired. Clay, you build with, soapstone is all about reduction and after forty years of honing my skills I still love the challenges of taking away the excess to reveal the subject. And the polished smooth stone is always wonderful to see and to touch."

"I started Tug-Guhm Gallery in Lund after being offered a spot for the summer to try it out. It was a big decision to go ahead on my own, but use of the space as a studio and gallery together allowed onlookers to see the art of creating my work and my clientele grew."

Tug-Guhm is a Coast Salish word which means a vessel of light like the sun or moon, she explained. "For the last 25 years, Tug-Guhm has been shining a light on the village of Lund."



What inspired you to do the work you do and how did you end up working as an artist full time and owning your own art gallery in Lund?

Debra • It was a big decision to go ahead and out on my own. Tug-Guhm Gallery opened on June 16, 1997 on my 40th birthday. The gallery has grown and changed over the years, but has always been in the Lund Hotel. Using the gallery as a carving studio has allowed onlookers to see the art of soap stone carving and my clientele grew. I was able to put all my efforts into making a career out of my talent while being a full-time gallery curator.


What are the biggest challenges that you have faced?

Debra • The Lund Hotel, where the gallery is located, has gone through many changes over the years. It's changed owners, been renovated and the employees have changed. My biggest challenge has been keeping up with the popularity of my work which is a good challenge to have! Oh, and I wish it was summer all year long here in Lund.

What advice would you give young women wishing to do what you do?

Debra • It takes a strong work ethic to be successful. If you're an artist, try selling your work yourself. People like to meet the artist and you will get a following. Find your own niche in the field you choose and keep your passion for it strong. Do your best at what you do. One day, 20 years ago, I carved a small face of a harbour seal looking out with big eyes from the surface of the water. It was a random thing. Well, now they call me the seal lady of Lund and I sell them all over the world. I guess I found my niche.

What's the best thing about your job and how has it changed your life?

Debra • The best thing about owning my own gallery is that I'm my own boss. I enjoy helping people and I find a lot of pleasure in helping someone find just the right art piece for themselves or to give to someone else. 



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Top doc seeks topper doc role

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

Dr. Evan Adams, a public health physician from Tla'amin Nation, announced his candidacy for President-Elect of the Canadian Medical Association in early February.

"I am a big believer in EDI—equity, diversity and inclusion," says Evan. "When I worked with the First Nations Health Authority (2014-2020), we talked a lot about EDI, as well as Reconciliation, and how we could actualize those in our work environment."

Now Evan wants to use what he learned about EDI and Reconciliation to help improve the Canadian health care system, work environments, and the health of Canadians.

"My work has been at a higher level, I've been working for Indigenous peoples on both Federal and Provincial levels, with many different stakeholders."

"This position is to help serve all Canadians, but I am also concerned about the health of our people. In the past, Indigenous leaders had to work very hard just to get things as simple as clean water. I just want to do what I can now to help serve in the present."

Evan says that he wants to improve patient outcomes, governance and policy, and physician wellness.

"I want to help physicians stay at work and help improve their mental health. Workplaces need to adjust too, there is a lot of racism and neglect that have been reported, and that needs to change."

To make that change, he says, support of clinical practice, cultural safety practices in workplaces, and more integrated models of care need to happen.

"All workplaces need to be more kind, and we need to support connections between co-workers and patients. I would also like to increase the decision-making and control of physicians in the system, and increase the quality of care to all people."

Evan says that he's never been the political type.

"My dad (Leslie Adams), always talked to me about what it means to be a leader as I was growing up."

"Our view of leadership is much different than western views. He'd tell me that it was very humble work, and you have to be at the bottom of the totem pole, holding everyone up; you



PROUD MOM: Mary Jane Adams with her son Dr. Evan Adams. He is running for President of the Canadian Medical Association. Elections are in August.

have to listen to them and work with them. You can only be a leader if you are a very strong person."

Evan describes his father as a very practical man. "He always said that someone has to lead, to help lift everyone else up. He told me 'at some point, it will be you'."

With years and years of experience and training, Evan says he wants to do

his part and continue helping others.

"I am ready to be a leader."

"A few people may think I am doing this just for a fancy job title and position, but that is not why I am doing this. I don't care about that—I've had way too much attention in my life—there is work that needs doing, and I want to do it." **PL**

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Bridge a blessing both then & now

As the fourth re-incarnation of the Wildwood Bridge starts for seismic upgrades, let's take a look back at its past versions!

Before settlers arrived to the area, First Nations had various settlements located along the Upper Sunshine Coast. This means that when travelling by foot, they would have needed to cross the tiskwat River (meaning Big River). Prior to any bridge or



BLAST FROM THE PAST

JOËLLE SÉVIGNY

dam, there was a log jam where the present bridge is located, and this is where crossing was made possible.

After the dam was built in 1910-11, you could then walk across the top of it. In 1914, the government divided the Wildwood area in pre-emptions of approximately 40 acres each. There was still no bridge across the river as settlers built their homes. Lumber was taken across the river in rowboats and rafts, and then carried home.

Percy Barrett, who had a homestead on Taku Street, hauled a piano in this fashion; first crossing

the river with a raft then bringing it home with the help of a stone boat (a heavy sled pulled by a horse). Children, who went to school in the Townsite, had to cross the river every morning in rowboats.

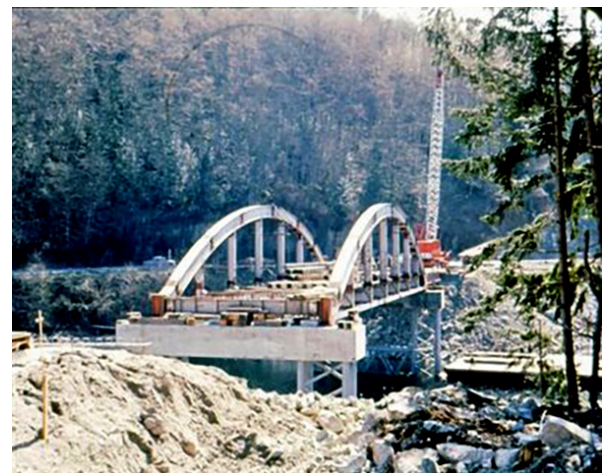
That all changed in 1915 when construction of the first Wildwood bridge began, and was completed in 1916. This first bridge crossed the river by Cedar Street. Residents of Wildwood rejoiced, however the troubles were not over: the sandy, switchback road up the hillside was treacherous. Steps were also built for pedestrians: mill workers remember climbing 361 steps everyday after work to get home!

The second Wildwood bridge was built in 1927 and was quite an improvement. It was moved further back on the river: two concrete pillars in the water are remnants of this bridge and can still be seen today.

The third Wildwood bridge was brought in from Silver Creek near Hope and opened on July 20, 1966. It was put in just beside the location of the second bridge. This bridge has now served us for over 55 years!

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

jysevigny@powellrivermuseum.ca



THIRD CROSSING: Above, the third (and current) Wildwood Bridge, built in 1965. Middle, the second Wildwood Bridge, built in 1927. Top, The first Wildwood Bridge, built in 1916 where Cedar Street ends. Photos courtesy of the Powell River Historical Museum & Archives



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If you spot a wildfire, report it as soon as possible by calling 1.800.663.5555 or *5555 on your cell phone.

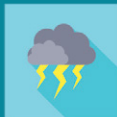
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The Powell River Paper Mill offered some locals a stepping stone to other passions. So it was for Ron Dini, who grew up in Cranberry in the 1940s and 50s, the son of Velma and Etalo Dini. They owned the building – currently the Cranberry Motor Inn – which housed a bowling alley, billiards room, and an Overwaitea grocery store. From there, he launched a career as an internationally-recognized country music DJ and songwriter. His biggest hit was 1977's Wiggle it a Little.

BY RON DINI

When I first heard country music playing on the radio station CFCP Courtenay, I knew that's where I wanted to go and learn to be a DJ. It was 1958; I was 21 years old, and had been working on a jackhammer for three years at the Powell River paper mill.

Soon enough, every Friday after work, I'd board a float plane and fly across the water to spend the weekend hanging around the radio station, learning to read the news, do commercials and play records. I booked and promoted Nashville country artists on Vancouver Island: Johnny Cash, Marty Robbins, Lit-

tle Jimmy Dickens and more.

I began sending out tapes of Tall Timber Jamboree, my radio show on CFCP. Seattle's KAYO responded, and I spent five years there as music director. Then, a call came from WJRZ, the first New York City radio station to program country music. Five years later, they switched to rock n' roll, so my family moved to the heart of country music: Nashville, Tennessee. A week later, I began announcing on WSIX – one of the first country-format radio stations anywhere to broadcast on the FM dial.

I worked there for 18 years. I took a few years off to record my songs for the album Printers Alley in Nashville (1979), and start entertaining, touring with my wife Gina, across the US and Canada. We appeared on radio and TV, continuously promoting my album and songs.

Gina spent many years working in prestigious restaurants as a food and beverage director, including the Sheraton and the Nashville-based Loews / Vanderbilt hotel chains. She also played professional softball for Capitol Records in New Jersey.

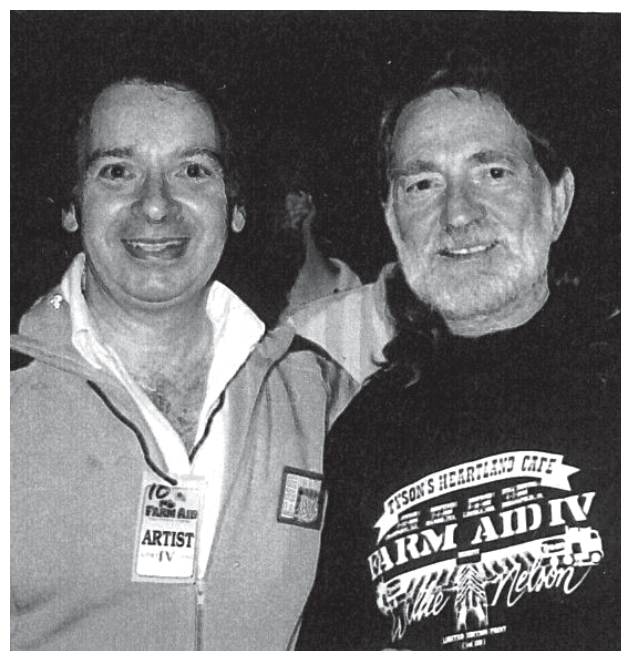
We all still live in Nashville. **PL**



Radio

Ron Dini still loves you

He started on a jackhammer at the Powell River mill, but fell in love with spinning discs from Nashville to Tokyo and beyond. Meet this Cranberry-raised country music songwriter and radio producer.



DINI, DOLLY, JOHNNY & WILLIE: Top, Cranberry kid Ron Dini grew up around music. His cousin Dick Biasutti—Ron's first music mentor—introduced him to the guitar, and his dad Etalo Dini to the accordion. Then-mayor Stewart Alsgard dedicated a street in Cranberry to Ron's parents, Velma and Etalo Dini: Dini Lane. Left, after working at the mill, he started announcing on the radio station in Courtenay in 1961. Above, interviewing Dolly Parton, Johnny Cash and Willie Nelson. Below, Gina Dini, Ron's wife, worked as a cocktail waitress all across Canada and the USA.



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Community Conversation: Possible Name Change

Tla'amin Executive Council requested the City of Powell River consider a name change. The City and Tla'amin Nation have formed a Joint Working Group, based on the Community Accord, to conduct public engagement about this request.

The next few months will be an opportunity for dialogue, thought exchange and learning. We understand many of you are curious about a possible name change and what that might mean for our community.

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MAKING A SPLASH: Wayne Noble works the yellow skidder, pushing the logs off the truck into the water. This log dump site by the Hulks beach has been recently acquired by Tla'amin Nation's Thichum Forest Products. *Photo by Abby Francis*

Dividends, firewood, local fibre Tla'amin harvests for the future & cultural values

BY **ABBY FRANCIS**
LOCAL JOURNALISM INITIATIVE REPORTER







One of Tla'amin Nation's biggest economic income sources is from its forestry company, Thichum Forest Products.

The industry is renewable-resource based, meaning all trees are used, and forests are managed and planned for the future.

Recently Thichum (meaning 'deep into the woods') has created a new program to benefit both Tla'amin and the environment.

"We are starting a new firewood program for the Nation," explains Adam Culos, Thichum's general forestry manager. We take the cut trees which are rotten or are not in a condition to be sold, and bring them to the firewood lot where they will be turned into firewood which will be incorporated back into the Nation and the local community.

"Normally, those trees would just be burnt or left on the site, but we have found a way to repurpose them," says Adam. "We will work closely with Drew Blaney and the cultural team to ensure we utilize our forests to provide the community with resources for

	Area of land logged in 2021	Cubic metres of timber harvested
Thichum Forest Products	60 hectares 	105,000 m ³ 
PR Community Forest	38.1 hectares 	35,000 m ³ 
Western Forest Products TFL 39 Block 1	441 hectares 	412,889 m ³ 

cultural purposes – including red cedar bark"

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“Our forests are healthy, and we believe in building better forests 210 years or seven generations from now.”

- Adam Culos, Thichum

they can reuse the bark from the trees that will be sold.

“We really are more concentrated on our values than strictly the bottom line we generate. Thichum is a huge source of funding for the Nation, but we realize the importance of social, cultural and environmental responsibilities. An example of this is our firewood program.

“The firewood business will help employ Nation members, minimize waste in the forests and support a social need for Nation members.”

The Nation is also working on an Integrated Resource Management Plan (IRMP) in 2022 with Tla’amin members on how to manage forestry and maximize the resources they have.

“I think it is really important to have the community involved, so that they know what we are doing, that they are not just seeing logging truck loads, but seeing the amount of replanting that is done, and where those logs go and what they turn into,” says Adam.

The Nation has placed restrictions on logging old growth trees, no more than 250 are to be cut until the IRMP is finished, which is scheduled to be complete in 18 months.

“Thichum will not be harvesting any old growth until the IRMP is done,” Adam says.

Thichum was established in 2007 and has been bringing in funds for healthy living dividends (\$500 per Nation member) or money to build new economic development ever since. Forestry is under the branch of Tla’amin Management Services LP and is the only industry to annually put its earnings into the Nation.

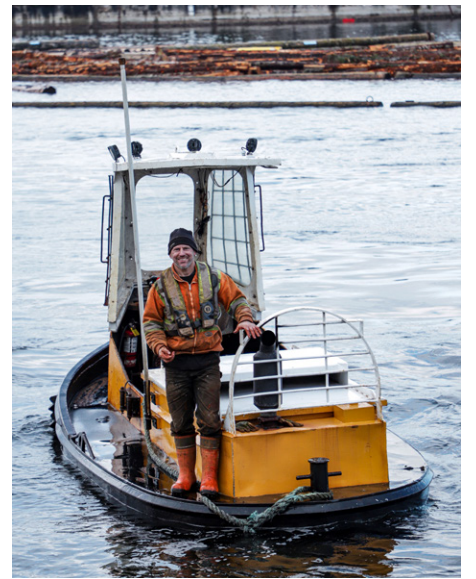
The logs and fiber are sold to various different mills in Canada, as well as being sold to locals. “Thichum Forest Products focuses on a ‘quadruple bottom line’, this means we believe that social, cultural, environmental and economics all share the same value,” says Adam.

“We are really set on building our staff capacity and the overall value delivered to our community members.”

Thichum Forest Products has taken over the ownership and management of their log dump. Previously, this site was managed by another company, Tla’amin Lake Contracting, which was a partnership

ON THE JOB: Top, Wayne Noble (Right) trains new employee Kyle McGee (Left) how to operate the skidder at the log dump site. Below left, logging at the Haslam Block 2 site, these logs are in the process of being sorted into piles. Below right, Arch Kenmuir operates the boom boat, which pushes logs into a boom for the tugboat to take away.

All photos by Abby Francis, LJI



Western and Tla’amin team up

On February 15, Thichum Forest Products and Western Forest Products announced they have negotiated a timber harvesting services contract in Tree Farm License 39 block one, which is managed by Western.

The three year contract will provide an additional 100,000 cubic meters of land that Thichum will help harvest.

The contract builds on the renewable agreement Tla’amin and Western both signed last summer and will increase the harvesting capacity for both companies.

“This agreement is one of many initiatives Western and Tla’amin are working on to start 2022,” said Hegus John Hackett.

between that Nation and Goat Lake Forest Products, created in 2007. Both companies still work together, with Thichum now managing the site operations.

“This is an example of how Thichum is building

internal capacity while providing meaningful, long-term employment,” Adam says.

Reforestation, road building, harvesting, and brush cutting are all other jobs Thichum Forest Products manages. Right now, Thichum is working with two different harvest blocks, which are both 40,000 cubic meters.

Yearly, 80,000 cubic meters are logged through Tla’amin’s Community Forest Agreement, an additional 25,000 cubic meters are logged through Treaty Settlement Lands.

“The Community Forest Agreement is outside of the Treaty Settlement Lands so it was not affected by the Final Agreement Treaty,” says Adam.

“Our harvested areas are surveyed 12-18 months prior to actual harvesting. This gives us the opportunity to assess and balance the many values that are associated with our forests” says Adam. “Our biggest priority is the future. Our forests are healthy, and we believe in building better forests 210 years or seven generations from now.

“We manage the forests of tomorrow, not today. And I really believe that Thichum Forest Products can change the view of what the forestry industry can do.”

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Will you help save local salmon?



WILD THING: Wild salmon are having a harder time with climate change than hatchery salmon. Both are in need of human support to rebuild their stocks. *Photo by Abby Francis, Local Journalism Initiative Reporter*

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

As the Fraser river flooded valleys in the Lower Mainland, salmon flooded the streets.

In the midst of the atmospheric storms last fall, salmon streams along the Fraser river submerged roads in Vancouver, leaving creeks destroyed with

trash, mud, and branches. Both wild and hatchery salmon were seen all over the news, swimming on roads alongside cars, stranded on fields, and trapped in puddles of muddy water.

Almost every salmon stock in the Fraser River has been in an endangered state for years, the impact of the floods and landslides have further damaged the salmon's habitats.

Powell River Salmon Society president Sandy Sleath explains that even though people came together to scoop fish back into streams, we won't

Powell River Salmon Society hopes you'll sign this Petition

The Salmon Society has organized a petition for North Island-Powell River MP Rachel Blaney to take to Ottawa. This petition asks for money from the \$647 million that was announced by the federal government last year.

That money was to go towards helping restore the pacific salmon. However, community hatchery enhancement programs such as the Powell River Salmon Society have not been told anything about receiving that money.

The salmon society has been doing enhancement work in qathet since the early 1980s without any increase of funding from the government.

Supporters sign in-person at Marine Traders, Powell River Outdoors, Lang Bay Store, Black Point Store, Valley Building Supplies, and the Top of the Hill store.

Or sign online at petitions.ourcommons.ca/en/Petition/Details?Petition=e-3831

know the scale of this event for a few years.

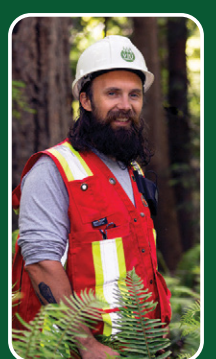
"I know hatchery workers from the Fraser who had been doing rescues on the fish for weeks, and even communities had been coming together helping rescue the fish," says Sandy.

Tla'amin hatchery manager Lee George says that climate change is playing a part in the Province's decreasing salmon populations, and the ever-changing intense weather BC has been met with.

"Climate change contributes to warmer water temperatures which in turn affect all river systems in BC. When temperatures rise, so do the water temperatures in those river systems," Lee says. "This dilutes the oxygen content in the water. The salmon can't acclimate themselves to the temperature, so they die off before spawning rather than after.

"Chinook take a big hit during this time in Tla'amin, since they are usually second to enter the streams. But this is why we are presently encounter-

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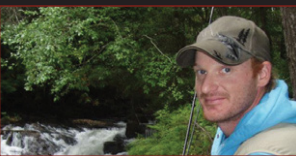
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“Salmon are very fragile from their egg to fry stages.”

- Sandy Sleath, PRSS president

ing low returns for sockeye and chinook in BC.”

Here in qathet, the weird weather of last year did its damage to salmon enhancement efforts, too.

Sandy says the streams the Salmon Society monitors had issues with rising water when the downpours hit last fall.

“The high waters mixed with debris of logs and leaves started to clog our fence,” says Sandy.

“The crew worked 24-hour shifts to clear anything that blocked the fencing. We ended up with a damaged fence that needed repairs, but I’ve never seen the creek flood that bad before.”

As for landslides, Sandy says that the Salmon Society’s watershed is located in a canyon, so erosion doesn’t impact the watershed as much as other systems in BC.

“However, when that heavy rain hit, it happened right during our salmon collection period.”

The collection period is when the salmon are returning to Lang Creek from the ocean to spawn in the fall, the fence at the hatchery will then divert the salmon either up the river—or into a channel that goes into the Salmon Society’s building where they will then do egg takes.

As for the summer drought and heat waves, Sandy says the hatchery fish were not really impacted other than the water being a bit warmer.

“The wild fish would have faced more problems, because they live in a natural setting. Salmon are very fragile from their egg to fry stages. Our fish are hatchery fish, they are in different facilities at different stages of their life, the water is fairly regulated for them so they wouldn’t really be impacted.”

After the eggs hatch, the tiny salmon are placed at the Duck Lake facility in the spring where they grow from fry to smolts. Smolts are released into Lang Creek.

The other salmon enhancement centre, Tla’amin Salmon Hatchery, faced similar weather-related issues.

“Last season the Tla’amin salmon hatchery encountered the atmospheric rains all at once. The salmon return to their spawning grounds each year to lay their eggs. If we get the heavy rainfalls that in turn cause flooding in the river system, that washes away the spawned eggs, diluting the overall survival of salmon fry each year,” says Lee.

The Tla’amin hatchery staff have been seeing a heavy sway of climate change affecting their watersheds for a long time.

“We have noticed climate change over the years here at the hatchery facility. We encountered very low salmon returns in the Theodosia River this past season with as few as 3,000 chum salmon and low numbers of coho and chinook returns as well. Oke-over Creek was hit the hardest, with fewer than 500 adult chum showing up in the creek.”

The fall floods weren’t alone in their impacts; the summer droughts were just as bad.

“The hatchery itself suffered a few setbacks due to low water flows in the late summer around the time



Way, way more California and Steller Sea Lions hanging out

Steller sea lions are currently protected as a ‘Special Concern’ by the federal government. In the early 1900s the mammals were over-hunted and by 1970 there was believed to be only 30 per cent left of their historic population.

The government then announced the species as endangered. It wasn’t until 2003 when they received the status as a special concern species. When the population was revisited in 2013, they kept that status. In 2018 DFO released a report on trends in abundance of the Steller sea lions in BC.

This trend showed that in 1980 there were about 10,000 Steller sea lions, and in 2018 there were at least 40,000.

The other type of sea lion in BC is the California sea lion; these are most commonly seen hanging around the mill. These sea lions have started returning to qathet in large numbers each winter.

In 1970 there was an estimated population of 50,000 California sea lions. Today that number is well over 300,000, with a growing 3,000 to 4,000 spending their winters in the Salish Sea. (See Page 8.)

the chinook salmon were returning,” Lee says.

“The summer caused low water flows in the river, this in turn causes the returning chinook salmon to wait for the rains to come, but also leaves the salmon vulnerable to predators, namely the sea lions.

“The hatchery is located in close proximity to the mill where the sea lions reside,” says Lee.

“They feed day and night in the fronting waters of the Tla’amin River, keeping the salmon from entering the stream to spawn so they (sea lions) can continue to feed. This in turn has caused low returns to the river system over the last decade.”

YOU KNOW YOU SHOULD BUT =

It's the food, dude

BY ISABELLE SOUTHCOTT

If you're older (like me) you probably have a pretty good idea of what you need to eat and how much to maintain a healthy weight. If you're like me (and apparently 42.3 per cent of Canadians are according to the latest Agrifoods Analytics Lab survey out of Dalhousie University in Halifax) you may have gained weight "unintentionally" during the pandemic. When I first discovered this, I was secretly happy to learn I wasn't alone, but the reality of that extra weight stopped me in my tracks and made me think long and hard about why and how.

Looking back, I can see how it happened. I was worried about my own health and that of my loved ones when COVID first hit. There was so much we didn't know and as I stressed and worried about the unknown, I turned to comfort foods. Before I knew it, I was watching more TV, sitting on my butt, eating more food – think sweet, salty, high in calories junk food – and was less active than ever before. And



GREEN MACHINE: Health coach Terri Cramb practices what she preaches: taking care of her body.

You know you should but...

This is the third in a series about taking care of yourself and those you love. It's also about why it is so difficult to make real changes, even healthy ones.

soon, I was also 15 pounds heavier.

Food is sooo accessible these days! And I'm not talking about lettuce and fruit as I don't see cars lining up at drive-thru that offer this kind of fare. We also don't move to get places like people used to. My parents didn't drive and weren't driven everywhere when they were growing up, they had bicycles, or they took the bus. They weren't surrounded

by tempting fast food outlets selling French fries and sweet treats. They ate when it was mealtime. Food wasn't for comfort, it wasn't a distraction, it wasn't something to do after supper. They didn't drink alcohol to relieve stress, they drank water and not sugary drinks when they were thirsty.

In addition to societal changes around food, I also realize that my almost 60-year-old self doesn't re-



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quire as many calories as my 20-year-old self needed because my metabolism is slower. And if I want to slow down sarcopenia (age-related muscle loss), a natural part of aging, I need to lift weights or use resistance bands. I also need to adjust the type of food I eat and the quantity.

So I did. I also cut out a whole lot of sugar and all alcohol.

Two months later, I'm exercising an hour every day and have dropped ten pounds. I feel better about myself and my weight. Although I'm not where I want to be yet, I'm happy with the direction I'm heading.

But that's me and I'm no expert, so I figured I'd see what a couple others have to say on the matter.

Terri Cramb

Certified Health Coach, Fitness Trainer and Yoga Teacher, who's spent the past 25 years sharing her love of movement, community, and a commitment to living a life that feels good for her body, mind, heart, and soul.

You can't outrun your fork.

No matter how hard you work, you can't outrun or out-exercise a bad diet. And by diet I mean nutrition plan.

In addition to moving your body daily, take a look at how you are fueling your system. I'm not a perfect eater, I go sideways on a regular basis, but most of the time I eat nutrient dense foods that make me feel so much better physically, mentally, and emotionally.

It wasn't always this way, for most of my life I struggled with my nutrition. I am a recovering sugar addict, I've done my fair share of secret-eating, I've experienced shame and guilt around my eating habits, and the food made me feel pretty cruddy and caused all sorts of health problems.

Ten years ago, I cleaned up my eating and the health issues either went away completely or reduced significantly.

You see, the food you eat acts as medicine to maintain your body's overall health and well-being. It affects your brain function, immune system, mood, and essentially every system in your body. It's the fuel that you put in your vehicle, and it has a huge impact on how you feel and function in your day.

A healthy eating plan is critical to good health and it's why it's one of the key pillars in The Feel-Good Method, a methodology that takes a broader, more holistic approach to health.

You already know what you 'should' be doing with your nutrition.... increase your veggies, water and whole foods, and limit sugar, alcohol, and processed foods. Knowledge is a good place to start but it doesn't get you very far. The hard part is HOW you're going to do it.

Camille Nadia Roch

Registered acupuncturist
with Timber Massage & Wellness

We are in a pandemic. You know you shouldn't, but gyms have been closed, schools shut, binge eating, and drinking are up and many of us have been living with chronic stress. I don't believe anyone wakes up in the morning thinking 'I'm

going to be unhealthy today,' but making healthy choices seems to be harder than ever.

Popular diets don't consider a person's individuality. We all have unique constitutions, body types and lifestyles. What works for some may not work for others. We are surrounded by foods that are processed, made from refined ingredients, and added sugars. These foods are often highly palatable and inexpensive but have no nutritional value. It is important to focus on the quality of foods you are eating. If the foods you are buying come with an ingredient list, what the heck is on that list?

In Traditional Chinese Medicine what we eat syncs up with the seasons. Throughout the year, nature provides us with the appropriate foods to align and balance our bodies with the changing energies of each season.

Springtime invokes thoughts of spring cleaning. We mirror this in our diets as we move from rich heavy foods generally consumed in winter to lighter meals. Vegetables such as asparagus, purple sprouting broccoli, peas, mint, parsley, spring onions and leafy green vegetables help increase our energy as we prepare for the long days ahead.

In the summer, our Qi and blood are very active as it is a time of growth. It's a good time to nourish this energy, think summer harvest with brightly coloured foods such as watermelon, berries, stone fruits, tomatoes, cucumber, dill, spinach, zucchini, lettuces, and beans.

In the fall, we start to pull inwards, things begin to slow down, and we start to prepare for winter. Seasonally, we will be eating root vegetables, such as pumpkin, squash, apples, pears, plum as well as

Terri Cramb's top 5 tips for creating new eating habits:

EXPECT RESISTANCE. When you set out to make changes, you are going to be met with resistance. Resistance wants to keep you exactly where you are because it's safe and comfortable there, it's what you know. Change can be hard and uncomfortable, keep returning to what's most important to you and keep anchoring in your why.

CREATE THE TIME TO DO THE WORK. It's as simple and as hard as that. Where you put your time and energy is where you will see the results. It can't happen unless you make the time for it.

THINK SMALLER. Remember that big, life-changing goals aren't accomplished in a single day. The way to accomplish big goals, the ones that will transform your life, is by consistently taking ONE SMALL STEP AT A TIME in the direction of your goal.

TAKE IMPERFECT ACTION. The words you speak are a great place to start, but it's the actions that you take which move you towards where you said you were going. It doesn't have to be perfect.... There is no right or wrong way of doing this.

IT'S A PRACTICE. The more you do something, the more natural it becomes. And THEN it gets easy. Not tomorrow, probably not next week, but it happens. Rinse and repeat.



FIND WHAT WORKS FOR YOU: Registered acupuncturist and TCM practitioner Camille Nadia Roch eats seasonally and locally as much as possible. Here, she's enjoying some Dump Run Provisions – her family's business – sauerkraut with avocado and eggs. Find Dump Run at the Sunday farmer's market off Padgett starting at 12:30 pm.

adding more sour foods such as sourdough breads, sauerkraut, olives, pickles, adzuki beans, vinegar, cheese, and yogurt.

The winter months are quiet and introspective, the weather is cooler, and we want to warm our body

core. We look to eat foods that are higher in calories, especially those high in proteins like meat and eggs or foods like nuts, seeds, avocados, and coconut if you are a vegetarian. Use lots of spices and warming foods like borscht, stews, broths with grains such as

Gyms have been closed, schools shut, binge eating and drinking are up and many of us have been living with chronic stress. I don't believe anyone wakes up in the morning thinking 'I'm going to be unhealthy today,' but making healthy choices seems to be harder than ever.

- Camille Nadia Roch

rye, amaranth, quinoa and veggies like beets, carrots, leeks, cabbage, brussels sprouts, turnips, parsnips, potatoes, and kale.

Eat seasonally and locally whenever possible, check ingredients, keep well hydrated, reduce stress, get enough sleep, and move every day without overdoing it. And don't forget to consciously chew your food! 🗣️



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She found her crew

Powell River Search and Rescue (SAR) is a crew of highly trained volunteers that respond to local and mutual aid calls for help when someone is hurt or lost.

Jean Daly has been president for the last year and a half and has set a goal this year to raise \$70,000 to purchase new Gortex coats for the team members to replace the 20-year-old coats they are wearing that leak, don't fit and are extremely heavy and awkward.

When did you start working with SAR?

Jean • I began volunteering for SAR in 1998. Besides me, there were only two other women, and a bunch of men. Today, women make up half of the membership and serve on the Board of Directors.

What attracted you to this organization?

Jean • I wanted to volunteer for an organization that fit with my own personal beliefs. I wanted to be physically active.

What part of the work is the most satisfying?

Jean • I like the actual problem solving. I'm not a search manager, but I like to figure out where the Search Teams should go and I enjoy the physical and mental job of actually searching for someone. When you find someone who is injured or lost they're so happy and relieved you came out to look and found them. It's so rewarding. Our call volume has doubled since 2020. Last year we had 44 ECC tasks, some were

multiple day searches. Our back country, prior to COVID, was being heavily used by Europeans visiting the area looking for the true wilderness experience. And since COVID, it is people from the Lower Mainland and Vancouver Island coming here looking for new adventures.

What's the most challenging part?

Jean • When you can't find the person. And being president of the organization.

What do you wish other people knew about SAR?

Jean • I wish people knew how dedicated and highly trained we are and that we never stop training. Because our training is the same throughout BC, our members have gone to Vancouver Island, Pemberton, Squamish, Campbell River and Comox to help out with multiple day searches. Our members have been called out to a search at 10pm on a week night, searched all night, gone home at 3 or 4 am, and gone to their (paid) job in the morning. There they put in a full day of work and then re-join the search after they finish work. Members drop everything when they are needed - dinners, birthdays, anniversaries, everything - to go look for that injured or missing person. It requires a lot of support and understanding from the SAR member's family to do this volunteer work.

What got you started?

Jean • My momma raised me right! My parents volunteered and always seemed to get so much from their volunteer work



SEARCH & RESCUE, ANYONE? SAR is looking for volunteers - and raising funds right now. Can you help? Check their Facebook page. Left, 24-year ground-breaking volunteer and president Jean Daly, with Soda.

that I followed their example. Besides Search and Rescue, I've been involved in my union, and helped with groups that my children were involved in such as the swim club, Beavers and Scouts.

How has SAR changed your life?

Jean • So many positive ways, from the people I've met to the tight friendships we've formed. I've learned valuable life-saving skills, wilderness survival, navigational and organizational skills as well as driving skills that transfer into everyday life and my job. (I no longer fight with my husband when we go camping because I can park the trailer better than he can). It's also been good for my physical well-being.

Do you bring any unique skills to this organization?


Jean • Twenty-four years ago, I brought the willingness to forge forward and insist that women could and should be allowed to do the things we could and wanted to do. I



insisted that women should be involved in searches and I didn't accept no for an answer. When I first joined Search and Rescue I was told that I could get the donuts or stay at the base with the radio and I said no, my place is here (in the field). I guess stubbornness would

be my super-power.

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

Jean • Attend our open house and check out the Facebook page! We are located at 6791 Drake Street across from Mitchell Brothers. We are hoping to hold an open house this month - sometime in March. You don't have to be super physically active to join. We need people behind the scenes supporting the field teams with radios, logistics, organizing and caring for the gear and putting it away as well as sitting on the board. We are always looking for members and offer training that matches with your skill set and interests. 



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BY JONATHAN GORDON

BYDAND BUSINESS & TAX

COVID economic interventions allowed for extra support for those whose employment or business circumstances were impacted by the pandemic, but with this support came extra paperwork during tax season that can be complicated this year!

The good news is that getting help with your taxes and forms is easier this year with a full return to in-person services (still with masks and social distancing, of course). It's surprisingly affordable, easy to access and helps Canadians avoid unfortunate surprises. Staff trained in tax preparation can help with all your questions and make sure you get the tax credits you deserve.

This year's CRB (Canada Recovery Benefit) is different than last year's CERB (Canada Emergency Response Benefit). The Canada Emergency Response Benefit (CERB) was an important and necessary temporary response to support Canadians who stopped working because of COVID-19. The CERB covered three broad circumstances where individuals would have had to stop working as a result of the COVID-19 pandemic, including:

- their job not being available
- being sick, quarantined, or in self-isolation, or
- having to care for a child or other family member requiring supervised care whose normal care facility was closed due to COVID or was sick with COVID-19.

Starting September 27, 2020, the Government transitioned most Canadians who still could not work to a simplified Employment Insurance program.

For those who were not eligible to receive EI regular benefits, such as the self-employed, or those experiencing a reduction in income of at least 50 per cent due to COVID-19, the Government introduced the Canada Recovery Benefit. This temporary benefit provided up to 54 weeks of income support between September 27, 2020 and October 23, 2021.

The first 42 weeks were paid at \$500 per week (taxable), and the remaining 12 weeks were paid at \$300 per week (taxable). All new Canada Recovery Benefit recipients on or after July 18, 2021 also received a rate of \$300 per week.

The Government also introduced the temporary Canada Recovery Sickness Benefit and the Canada Recovery Caregiving Benefit. These three recovery benefits were intended to ensure Canadians continued to have access to support similar to the CERB.

Each of these will have different slips to submit with your tax return. You should expect to receive



slips from the Government for any money you received. For example, T4E Slips from EI, or a T4A for CRB benefits and others directly from the Canada Revenue Agency (CRA). Gather them all up for when you file your taxes.

For those who received COVID benefits such as CRB in 2021, you will likely have a bit of a tax bill to pay so taking note of any deductions you're entitled to will be important. The Canada Revenue Agency did take a little bit of tax off of your income this year, but most likely not enough to completely cover your tax bill.

So, if you normally got a refund in previous years and had to go on government subsidies, you may not get a refund this year.

For people who worked from home at least part time, you should take advantage of a few things. Firstly, calculate how many days you were working from home this year. There is a COVID tax benefit of \$2 per day for the number of days you were working from home to a maximum of \$500.

Secondly, assess any expenses you had to incur to carry out working from home. These could include office furniture, office supplies and other things you had to buy that weren't provided by your employer. You can use some of these as a tax deduction for employment expenses. Finally, calculate the total area of your home, then the area you used as a home office. You may be able to use this proportion as another tax deduction where you can deduct a portion of your: electricity, heat, water, utilities portion of your condominium fees, home Internet access fees, maintenance and minor repair costs, rent paid for a house or apartment where you live.

It's been a difficult couple of years. Most of us stayed put this year with such limited opportunities to travel. That was certainly my story this year. But I re-discovered the amazing place we get to call home. We are so fortunate to live in this part of the world with trees and water and open space. We could still have campfires and walks in the forest and summer sunsets. We could still fish and swim and skip rocks on the beach. And all this without spending much money.

It's true that the cost of living is rising – especially as we face the coming years of recovery from this pandemic.

So yes, make every dollar count, make sure you get all your deductions, but I hope we all remember the important things we learned through the pandemic: that qathet is an amazing place, that having time with family and friends is worth more than money, that ordinary life can be turned upside down in a moment. Make the best of all the wonderful low cost outdoor adventures right here at home.

Local tax heroes help you tackle the wacky COVID era

Were you one of the thousands of locals who received CERB, CEB, worked from home, had to quarantine in a hotel, or earned more than expected in 2021?

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What are some ways COVID is impacting this year's taxes?

Susanna • There are no extensions this year. The filing deadline for regular filers is May 2, 2022 as April 30th lands on a weekend. Expect to receive slips for any money collected from any government programs such as CRB. This should be a T4A slip. The \$500 some Old Age Security collectors received in August 2021 is taxable and they will receive a T4A slip for this amount as well. If you did travel and you had to quarantine in a hotel, the government is NOT allowing you to use it as a medical expense. There is a tax deduction for those who worked from home.

There is a Canadian Worker Lockdown Benefit you can apply for. It applies to those that were unable to work due to government lockdown, for example gym employees.

For people who worked from home at least part time, what should they consider before filing?

Susanna • If you worked from home due to COVID-19 for more than 50 per cent of the time for at least four consecutive weeks in the year you may be eligible for a deduction on your taxes. The simplified method gives you a deduction of \$2 per day for a max of \$500. You do not need to have a form signed by your employer to claim this credit. There is another more detailed credit you could claim instead but you would need your employer to verify that you did work from home due to COVID-19 and supply copies of all your home office receipts.

For those who received COVID benefits such as CRB in 2021, what should they keep in mind?

Susanna • CRB is taxable. This amount could be forced to be paid back if you earned more than \$38,000 from other income sources during 2021.

What are some 'learnings' that you had about money during COVID – or things you think that we as a society should have learned?

Susanna • It's been interesting times for accountants during COVID. Most of us have



I've learned that saving for a rainy day can also mean saving for a hurricane.

- Susanna East

not had a COVID vacation and we have been working steadily to make sure our clients remain compliant with their tax filings. We have had to learn new programs and become experts overnight. I think that COVID has taught me how adaptable my profession has to be and that the rules we use today may not always be the rules we use tomorrow. As rules change we have to shift our planning techniques and adapt to the new environment. I've also learned that saving for a rainy day can also mean saving for a hurricane.

Anything we didn't ask about, but you'd like to tell qL readers?

Susanna • There are no new tax credits, but some of the current tax credits have been enhanced.

Eligible educator school supply credit was increased to 25 per cent from 15 per cent for a maximum of \$1,000 in eligible expenditures.

Be aware of the Enhanced Canada Workers Benefit tax credit.

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WHO'S THE BEST?

Watch for the voting form in the April issue!



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 of qathet

We do not believe COVID will have a significant impact on taxes this year. The 2019 tax season in April 2020 was awful. Half our staff were working from home and clients were staying away. There was a lot of uncertainty around the pandemic and CRA guidelines.

Our tax season generally ends April 30 but in 2020 we were doing a significant number of returns in June.

The 2020 season in April 2021 returned more to normal as people adjusted to the "New Norm" and the filing deadlines returned to normal. We were pretty much complete April 30 and happy to be back to our old routine.

"When you have to dish out a large amount of money, it may be worth watching prices for a bit before deciding on a time to purchase."

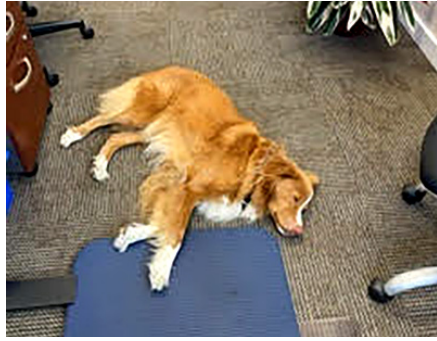
- Steve Beck

This year should be the same as we have an April 30 filing deadline.

The biggest impact is work from home expenses.

As long as you worked from home for at least half the time, out of a four week period, you can claim a \$2/day deduction for each day work was done at home. This doesn't require any forms from your employer.

If your work from home expenses are much larger, your employer can fill out a T2200s, which just needs a couple boxes ticked and signed. Then you claim the actual total of expenses paid for during the year related to working from home. This method replaces the



\$2/day method. You can find a list of specific expenses you can claim in this method here: bit.ly/3h87SNW

People who received COVID benefits should keep in mind that most of them are taxable income and will require reporting on their returns. In most cases they will receive a T4A or T4E from the CRA. What some people may not know is some of the benefits, CERB and CRB are subject to clawback if their taxable income exceeds \$38,000. For every \$1 of income over \$38,000 the clawback is \$0.50 on the \$1.

Something COVID helped remind us: Prepare for the unexpected.

The pandemic has thrown a lot at us. Trying to plan for every unexpected event is impossible, but you can take a few steps:

- Saving up where you can to try to make a cushion to deal with unexpected expenses. Not everyone is able to save up, so then the key is budgeting and sticking to it to make sure the essentials are covered.

- Look for local sources of what you need. The pandemic has hit supply chains around the world. The shorter the distance your products have to travel to get to you, the less likely they can be interrupted.

- Plan ahead for big purchases. Some products have had huge swings in their prices. If you need lumber to build a new fence in the spring or need to pick up a used car, the prices have changed frequently, and usually have gone up. But some products may bounce around in price, so when you have to dish out a large amount of money, it may be worth watching prices for a bit before deciding on a time to purchase.

Remember "Be Kind, Be Calm and Be Safe." 🐾

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WHAT'S UP

Community Conversation: Possible Name Change kicks off March 1

After much planning, the Possible Name Change Joint Working Group, a collaborative Community Accord committee of City of Powell River and Tla'amin Nation elected officials and residents, is kicking off public engagement about the request from Tla'amin Nation for the City of Powell River to consider a name change.

The concerns about the name "Powell" stem from Israel Powell's time as Superintendent of Indian Affairs for British Columbia from 1872 to 1899, where he pursued policies meant to assimilate Indigenous Peoples into Canadian society.

This included the implementation of residential schools, banning of the potlatch, and removing ceremonial objects from communities. The impacts of these policies, such as loss of land, language, culture, and family ties for Tla'amin people, are still felt today.

The first engagement activities are the launch of a website and a survey (powellriver.ca/pnc). Paper copies of the survey will be available at the library, recreation complex, and City Hall. The survey is open from March 1 to March 18.

We know you care deeply about the City of Powell River and we look forward to hearing from you and sharing information about this process.

This spring there will be a variety of public activities to continue sharing information about the history and identity of this place, and to be in conversation. All residents are encouraged to approach this conversation with curiosity and kindness. You may disagree with your neighbour, but you may also both love this town.

There has already been a lot of discussion about the name change proposal. Here are some key facts.

City Council is the decision-making body. Council will consider recommendations from the Joint Working Group, relations with Tla'amin Nation,



From the Olympics to the Hap Parker, girls and women are fierce on ice

For the first time ever, International students are playing hockey with the Powell River girls development program. Pictured here are Isabel Haeusler and Klara Lossau, both 16 and from Germany. Louise Cauvin, from France, was ill on the day of the photo.

All three are new to the game—it's part of their full Canadian experience. Once a week they join the swiftly-growing program at the Complex. Currently, there are 27 girls in the U7/U9 program and another 29 in U11-18.

February was of course a magnificent month for Canada and for women's hockey, when the Olympic team took gold in China.

"We all rushed home from our Wednesday practice that night to watch and cheer!" recalls coach Julie Venselaar. "It's always so important for girls to see themselves represented at high levels of play, but especially critical when you play a sport that is traditionally

male dominated."

Closer to home, the U13 team played in (and hosted) their first tournament in February, thanks to loosening COVID restrictions.

"Powell River Queens U13 team came in second place, losing the gold medal game in an incredibly exciting seven round shoot out to the Richmond Ravens, who were undefeated in the tournament," said Julie.

"All the visiting teams have reported that they had an amazing time and can't wait to come back. All Powell River teams and girls played unbelievably well and exceeded their coaches' expectations!

"Two U13 team members made the tournament All Star team: Harper Berukoff on defense and goalie, Bella Peters.

In the last weekend of February, after qL's press time, the U13 team traveled to Port Hardy to play two games against the Tri Port Wild.

and public input to decide how the City will proceed or not with a name change. There is no new name being proposed at this time. Right now the focus is not about choosing a new name. The options for a new name are not only Powell River or t'iskwat; the possibilities are open.

Write to the Mayor and Council with your viewpoint at: info@powellriver.ca or drop it at City Hall. Include your name and address.

- Russell Brewer

New reservation system

BC Parks will launch their camping reservations on a new booking system for the 2022 season.

In the qathet Regional District, both Inland Lake and Saltery Bay Parks are part of this new camping reservation system that will hopefully make it easier for visitors to BC Parks to book camping sites.

"BC Parks welcomes close to three million campers to BC Parks every year, any way visitors can access the reservation system in a more user-friendly way is a win for Parks and visitors who come to experience our great BC outdoors," says Tracey Ellis, Executive Director of Tourism Powell River. Key features of the new reservation service include: a new booking platform and user friendly interface with more flexible search options and the ability to pre-fill account details and set booking preferences.

The new camping reservation services will be available at www.bcparks.ca on March 15 with reservations launching March 21.

Sports Hall of Fame

Powell River's Sports Hall of fame has ten new inductees for 2022.

A ceremony has been scheduled for June to honour the new inductees who include: Brad Bombardir, athlete; Marion Borden, pioneer; Tristen Chernove, athlete; Scott Glaspey, builder; Larry Gouthro Sr., builder; Doug Ladret, athlete; Larry Louie, pioneer; Debbie Massullo, athlete; Jessie Newman, athlete and the 1997 Powell River Regals hockey team. 🏒

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| MADE THE MOVE

Like Squamish, before the bustle

Maren and Espen Bruun with their three dogs Ivy, Opal and Trixie moved to qathet last August. Maren is a highly credentialed dog trainer and coach with more than 20 years of experience, and was a team member of the Super Dogs at the PNE. Find her online at Paw In Hand, pawinhand.com.

Espen grew up in Squamish and enjoyed working (and skiing) at Whistler Blackcomb for 32 years as a partsperson in the maintenance shop. He also drove a concrete truck.

When did you move here?

Maren • We moved here in August 2021 from Squamish. We both absolutely loved it there. We were interconnected with the community and its history. It was hard to think about moving away.

Why did you choose to move here?

Maren • It was a combination of things. Time of life, and two grown daughters moving away from home. Squamish was also getting so busy! We are both avid mountain bikers. Maren was a founding member of SORCA (Squamish Off Road Cycling Association), but the activity around our house was getting a bit much. With retirement looming closer we were worried about our lack of a nest egg. We had a virtual lump of coal in the nest. Selling our home in Squamish could make our financial future a bit rosier. Our realtor friend Nancy Hamilton had recently moved to Powell River from Squamish and she invited us to come for a visit the very next weekend. Powell River has so many of the things we loved about Squamish... before it got so busy!

What surprised you once you moved?

Espen • I was somewhat apprehensive at first about moving here because of the remote location. I was worried



DOGS & DAYHIKES: Maren and Espen Bruun sold in Squamish for more-affordable Townsite.

about feeling stuck and “trapped” by the ferries as I love my road trips. I’m not feeling that way at all now.

Where is your favourite place here?

Espen • The first alpine hike and peak that we did together was Mt. Freda. It was a glorious, memorable day!

Maren • I did Emma Lake as a day hike with a new friend. I want to go back for an overnighter and explore more! We have frequented the Shingle Mill, Townsite Brewing, and the Wildwood Pub quite often already! The Townsite Market is a gem, especially Sunny Deli!

How did you first hear about qathet?

Espen • I grew up in BC so I always knew about qathet. My family would often visit Nelson Island and Egmont.

Maren • When I first moved to BC with my family in the 80s we drove through Powell River while looking for a place to live. Over the years we’ve camped at Inland lake, Okeover Arm Provincial Park and on Texada Island with our children.

What would make a nicer community?

Maren • I wish that the invasive plant species were not as prolific. But I do love the yummy blackberries.

What aspect of your previous community would benefit qathet?

Espen • Maybe build a gondola up Gallagher Hill similar to the Sea to Sky Gondola? Kidding! Honestly, we love qathet the way it is!

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

Maren • Other than moving during the heat dome, we’ve been very fortunate and not faced any challenges of note!

If you were mayor, what would you do?

Maren and Espen • We can’t imagine being a mayor or political leader of any kind. What a difficult job. How about start with a few more garbage cans around for dog poop bags. That’s simple right?

What are qathet’s best assets?

Maren and Espen • The outdoors! Water! 32 Lakes! The coffee shop by that name is pretty fabulous too. Other water as well ... the drinking water is superb. The ocean, sunsets, open sky, stars, intercommunity connected trails. The history of a close-knit community and many long-time families, arts and culture. It’s so laid-back and peaceful and quiet. You can drive without white knuckles and the people everywhere are so welcoming!

What is your greatest extravagance?

Maren • How many collars and leashes and toys do normal people own?

Espen • It used to be outdoor sports gear! Mountain biking, road riding, backpacking, and skiing. I always wanted the latest technology. But now, Powell River serenity has tempered my desire. Except for some PRCA socks and maybe a few treats from TAWS.

Which superpower would you most like to have?

Maren • The fountain of youth. Two of our three dogs are over 15 years old and are deaf or blind and anxious. I would take them for a nice long walk on the trails and then lead them for a long drink. Maybe I’d take a sip too.

Espen • I don’t have to think about this answer at all. To be able to fly, especially over the wilderness between Powell River and Squamish. 🐾

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First CREDIT UNION



Goshawks need old forests

BY JOANNA DUNBAR

Found lying on a trail near the Inland Lake road, this young injured northern goshawk dug her talons into her rescuer's arm while being wrapped in his shirt and carried out.

At the Powell River Orphaned Wildlife Society, Merrilee Prior determined it had a badly broken wing near the shoulder and quickly arranged a flight with Pacific Coastal Airlines to OWL, the raptor specialists in Delta. Once at OWL, the veterinary staff wasn't sure surgery would be successful given the amount of damage.

They carefully straightened and wrapped her wing, then put her in their intensive care room while they tried to find an orthopedic veterinarian to set and pin the wing. No one was available, however, and the days stretched into weeks.

When they checked the wing, to their surprise, it was solid and straight beyond all their hopes.

After more time in a cage that allowed her some limited movement, they started serious rehab with physical therapy.

From there, it was to larger cages, ending in a large flight cage where she demonstrated the strength and agility

needed for return to the wild.

After four long months, she returned to Powell River, again via Pacific Coastal Airlines, keen to be released back in her forest.

Taken out to where she had been found, she needed no encouragement to make her break for freedom. A couple of steps and she lifted off and flew up to a small cedar standing alone. After carefully surveying her surroundings, she flew away into the mature forest nearby. What a triumph!

As spring now approaches, she will need to establish her own territory, as her mother has claimed this area. Miracle bird, we wish her well!

West Coast northern goshawks are "a species of conservation concern," as they rely on mature and old forests to forage and breed, according to the BC Ministry of the Environment.

They are accomplished hunters, and can capture mammals such as snowshoe hares, more than twice their weight. Gliding quickly and silently, they alternate short flights with brief stops at elevated perches as they search for birds and small mammals in the forest.

If detected, these fierce, reckless hunters fly at high speeds in pursuit of their fleeing prey, maneuvering



HAPPY TO BE HOME: This Inland Lake northern goshawk spent nearly four months recovering from a broken wing and shoulder. *Photos by Michelle Pennell.*

through the forest using their long tail as a rudder, crashing through bush to grab their quarry in crushingly strong talons. If you find a pile of feathers on the forest floor, it may indicate a low "plucking perch" near a goshawk nest. They will even occasionally stalk prey on foot.

Goshawks often build nests near breaks in the canopy. Choosing the largest trees in a stand for nest sites, they place the nest next to the trunk

on a large horizontal branch or in a primary or secondary crotch.

They may build and maintain up to eight alternate nests within their nesting area even while only using one. They may use the same nest year after year possibly switching to a new nest if a brood fails.

Well known for their fierce defense of their nest, they commonly attack people and other animals that approach too closely. **PL**

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tłtwšem ʔayʔajuθəm

Learning the language

As the frogs begin singing and we get back outside onto the land this month, we can continue practising ʔayʔajuθəm by learning the original names of the places where we walk.

There are over 400 original names in the ʔayʔajuθəm speaking territory, which include all four sister nations: Homalco, Klahoose, K' moks, and Tla'amin First Nations.

These names were recovered and shared during a project called: ʔəms gʔe: (Our Land) Traditional Place Names of the Tla'amin Nation. By (re) connecting with and (re) learning these names, we are not only acknowledging the original stewards of this territory but also the ʔayʔajuθəm qaymıxʷ today on whose land we live, work, and play. Prac-

tising ʔayʔajuθəm names will help you experience the interconnectedness of the language and the land.

You can find video postcards at jehjeh Media's YouTube channel to hear how to pronounce them. Continue your explorations with the visual map of the territory and see over 400 original place names at: powellriver.ca/pages/photo-history-of-powell-river



qʷε qʷi qʷay translates to "little sandy beach" (Gibsons Beach) and Tla'amin Elders tell us that our ancestors used to go here to gather cedar roots.

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 qaymıxʷ (people) who are committed to ensuring ʔayʔajuθəm remains a living, growing, language. Learn more at jehjehmedia.ca

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5. A handsome new sweater will put a spring in your step, which you'll need to "spring forward" on March 13 after losing that hour.

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Pot plant proceeds

Work has resumed on the cannabis cultivation facility in the old mill offices in Townsite. In October, Meridian 125 W acquired the assets formerly held by TILT's Sante Veritas Therapeutics for \$900,000. The deal settled outstanding liens against the building by local contractors, and puts the project back on track, said Thomas Ligocki, CEO of Meridian 125 W. The company also purchased the land and building from the City. There remains about \$1 million worth of work to do on the building before they're ready to start growing cannabis, and that will happen within a few months, as construction is underway. He's hopeful they could bring product to market as early as this fall. Thomas says Meridian will submit license applications in the next month and expects it will take about three months to address the inevitable conditions in the licenses before they can start growing and testing. Meridian expects to employ about 60 people when it's operational, he said. Meridian is different from "cannabis market hot shots that treated this project as one of many. We are Powell River and Powell River is us," said Thomas. The plant will grow "craft cannabis" in a sustained and controlled hydroponic operation.

Even better fit

Guadalupe Dufour has changed the name of her sewing and dress shop. It is now **Perfect Fit for Brides & Grads**. It better represents the shift she has made to do fewer repair and alterations, and doing more creative work as well as selling dresses. "My goal from the start was to provide high quality sewing, custom garments and designs for women who find it difficult to fit off the rack, and need a quality garment," says Guadalupe. "When I decided to go back to designing new garments and selling them, I couldn't keep up with the demand. So I started to bring in a small number of high-quality dresses from good suppliers." Now, the Perfect Fit for Brides & Grads shop stocks a good number of reputable dress brands in all sizes from petites to pluses. "I keep a well-edited collection fresh for grads, brides and even the bridal party. It's so rewarding to help my clients find that perfect dress, and to make sure it fits perfectly." Before heading out of town, why not check out the Perfect Fit collection? Not only may you be surprised to see what's available, but it also makes fittings much easier when they can be done here in town. Call or text Guadalupe at 604-483-1800 to arrange your private viewing.

Tla'amin gets Select-ive

The Tla'amin Nation is the new owner of **Select Sand and Gravel**. The company provides more than 100,000 tonnes of sand and gravel a year to the qathet region construction industry and will be a cornerstone of Tla'amin Nation's 100-million-dollar infrastructure and housing strategy. "Owning the

largest sand and gravel supplier on the Sunshine Coast will help control costs as we transform the Nation's housing stock and infrastructure over the next decade," said Hegus **John Hackett**. Current employees will be retained, and former owner **Dan Stephens**, who established the company in 2009, is staying with Select Sand & Gravel for several months to ensure a smooth transition for staff and existing clients.

New gym

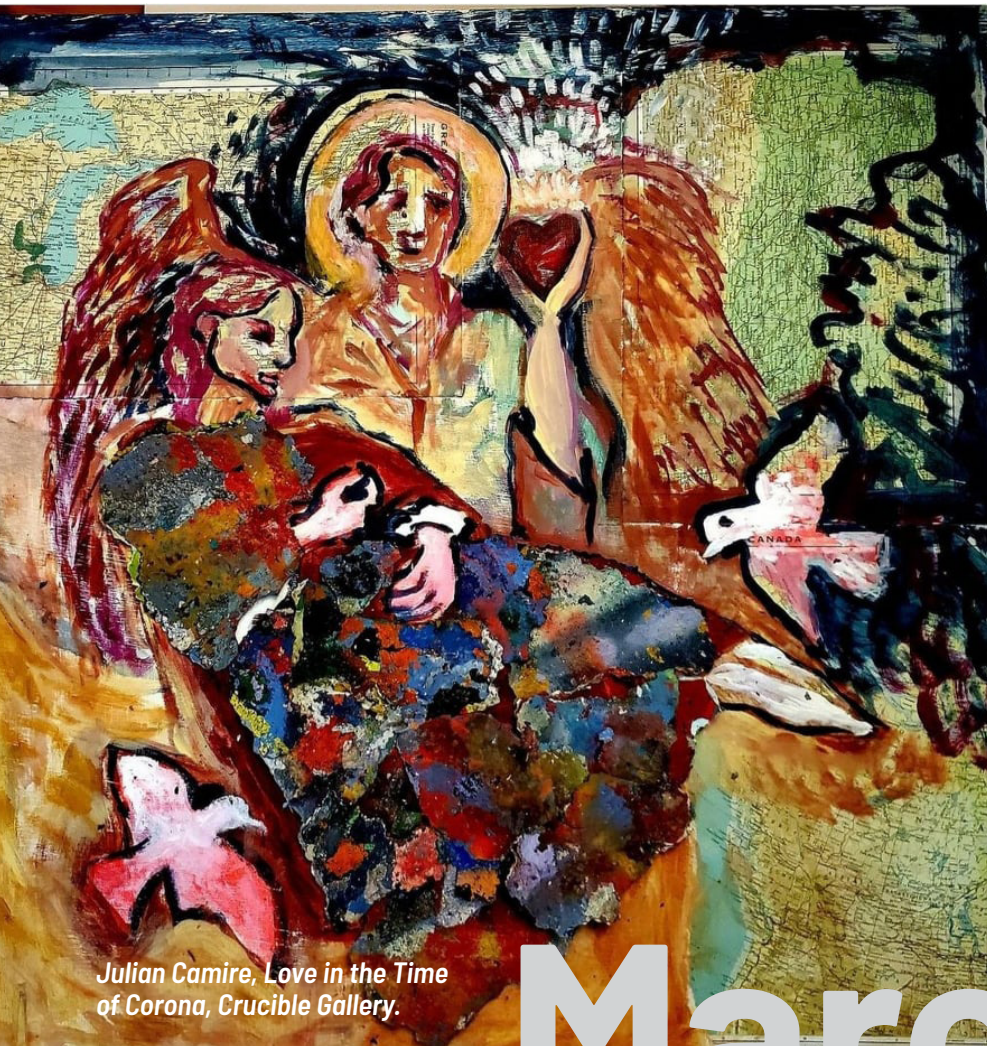
101 Strength is a new 24-hour membership exclusive gym, offering personal training and group fitness classes. Owner and trainer **Stephanie Collins** opened it at 101-7373 Duncan Street (part of the old Avid Fitness space) "because I missed working out with like-minded people. I have a great community base started of clients and former Avid members, and know it has the potential to grow," Stephanie says. 101 Strength offers the "community feeling that is found in unique gyms." It's particularly well-suited to serve "those who find gyms intimidating, those who are tired of navigating crowded gyms and just want to train," she says. Learn more at 101strength.com or follow @101strength on Instagram, or contact Stephanie at 604-414-8002 or mytrainersteph@gmail.com

Saunas to go

You can now get a classic wood-heated sauna delivered to you for a weekend or a week, with a new business, **Sunshine Coast Saunas**, launched by the **Barfoot family**. The cedar sauna has sharp lines and metal cladding giving it a Scandinavian flair. It has two bench seats and a floor-to-ceiling window to soak in the view. The sauna luxuriously seats four and comfortably seats 5 (or 6 if you are really comfy with everyone). The sauna pipes up to action (60°C) in about 15-20 minutes –just enough time to change up, hydrate and slip in! Each rental comes equipped with a bucket and ladle, instructions, fire extinguisher and enough wood for two hours of sauna time a day, said **Ryan Barfoot**. Visit sunshinecoastsaunas.com for pricing and info, or call or text 604-414-4734.

Credit Union top employer

First Credit Union was recognized last month by MediaCorp Canada Inc., organizers of the annual Canada's Top 100 Employers competition. "Being honoured as a top employer in BC recognizes the significant benefits and supports that First Credit Union offers, but it is our employees who make this company an incredible place to work with their commitment to our members, the communities we serve and each other," says Linda Bowyer, CEO of First Credit Union. First Credit Union stood out as a top employer based on a supportive work atmosphere, responsive health, financial and family benefits, as well as opportunities for training and skills development, and community involvement. "As a financial cooperative, we are a people-centred organization," says Charlene Reinisch, VP of Human Resources and Governance. "We are grateful to receive recognition for having a culture of extraordinary employee experience, inclusivity and caring for each other." **CL**



Julian Camire, *Love in the Time of Corona*, Crucible Gallery.

ART TO SEE AND MAKE

To March 12

Collecting & Purging

Colleen Heslin painting show at qathet Art Centre above the Library. Tuesday, Thursday & Saturday – noon to 5 pm.

To March 15

Pacifiq Magiq

with Prashant Miranda Tidal Art Centre, Lund. Open 3 to 7 pm.

To March 11

Roy Schneider "Life Cycles"

8:30 to 4:30 pm, at VIU.

March 1 to 31

Love in The Time of Corona, multi-media by Julian Camire

10 am - 7 pm Mondays - Saturdays, Crucible Gallery, Townsite Market.

Friday, March 4

Art opening: Love in the Time of Corona

5 pm - 11 pm, Crucible Gallery, Townsite Market. See left.

Thursday, March 10

Meet & Greet with Roy Schneider "Life Cycles"

6 to 9 pm at VIU. Vaccine card required.

Saturday, March 12

Make Paint: ArtRaven family

1 to 3 pm, qathet Art Centre above the Library. Free!

Wed March 16 & Sun March 20

Paint a Free "Mini" Day

12:30 to 2:30 pm, High Tide Games. Try your hand at painting a tiny plastic lizard-man and take it home when you're done. First-Come First-Serve, Ages 14+.

Friday Mar 18 to April 29

Kerri & Carol-Anne Almqvist: Journey from Darkness to Light

Malaspina Exhibition Centre at VIU Powell River. Opening reception 3:30 to 7:30 pm, on March 18. Open weekdays through April 29, 8:30 am to 4:30 pm.

April 30 and Sunday, May 1

Art in the Attic Fundraiser

10 til 4 each day, Carlson Club. Fundraiser for the PR Hospice Society and the Sunshine GoGos. See April's issue for more.

March in qathet

March 2022

National Nutrition Month

See story on Page 33.

Tuesday, March 1

Shrove Tuesday

Here comes Lent. Make buttery pancakes.

RRSP Deadline

St. David's Day

Welsh national holiday. Make raisin-y St. David's Day cakes.

City's possible name change survey kicks off online

powellriver.ca/pnc. See more on Page 40

Wednesday, March 2

Ash Wednesday

First day of Lent.

Monday, March 7

Harbour Air

Starts flying twice daily from Powell Lake to Vancouver's Coal Harbour

Tuesday, March 8

International Women's Day

See stories starting on Page 19. 2022 theme: Break the Bias.

March 12 to 27

Spring Break

See *qathet Living's* special round-up of events on Page 49.

Sunday, March 13

Daylight Savings Time starts

At 2 am. Sun sets at 7:20 pm.

Saturday, March 14

qathet Pride Society AGM

6 pm at The Old Courthouse Inn. All are welcome.

Commonwealth Day

The 54 member countries of the Commonwealth celebrate 2022 with a focus on service.

Thursday, March 17

Purim

It's hamantaschen time.

St. Patrick's Day

Ireland's national holiday.

Friday, March 18

Two year anniversary of BC's first two-week State of Emergency declaration for COVID-19

Sunday, March 20

March Equinox

First day of spring. Starting at about 8:30 am.

Monday, March 21

International Day for the Elimination of Racial Discrimination

United Nations day initiated following lethal violence against anti-apartheid protestors in South Africa.

Thursday, March 31

International Transgender Day of Visibility

Friday, April 1

Application deadline for Spring 2022 Community Forest grants

Details at prcommunityforest.ca

Sunday, April 3

Ramadan Starts

May 7-8

Jasper Mohan Dive & Dinner

Fundraiser for Canuck Place. Dive the Mermaid and meet the artist. Register at canuckplace.org/jasper-mohan-dive-and-dinner

Tuesday, May 31

Deadline for Community Forest Scholarship applications

See Page 31 for more.



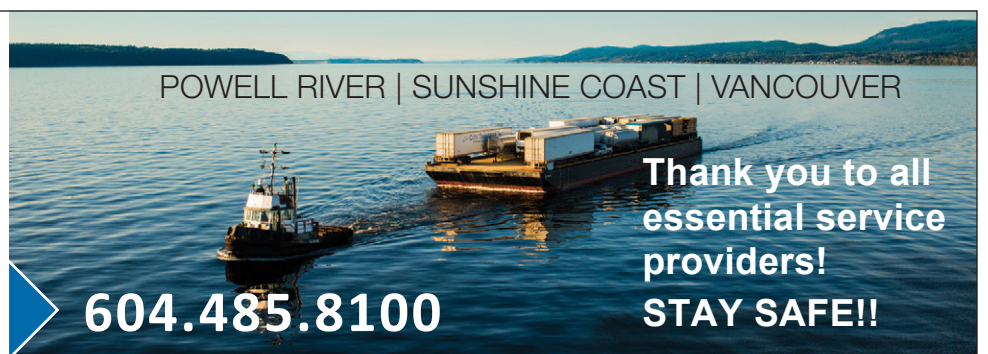
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FILM EVENTS

To March 19

Festival du Film Francophone: online

See Délicieux and Poly free at clubbonac-
cueil.com

Friday, March 4

Herringfest film night

Online, 7 to 9 pm. Part of the 6th annual Conservancy Hornby Island's Herringfest. Films include SITKA TRIBE HERRING PROTECTORS FILM, Dance of the Herring AND Why is the Salish Sea So Rich with Life? We are the Herring, THE PRICE OF FISH: New Zealand organization Rescue Fish explores how to solve depleted fish stocks

and address environmental damage and Before the Beauty is Gone. www.conservancyhornbyisland.org/herringfest2022

April 1 & 2

Banff Mountain Film Festival

6 pm reception, 7 pm films. \$30 at Taws. See ad on Page 35.

Other possible upcoming films at the Patricia Theatre include:

Licorice Pizza
Cyrano
The Duke
Fantastic Beasts
Downton Abbey

FILM FEST

March 4 to 13

21st Annual Powell River Film Festival

See story on Page 48 and ad on Page 51.

House of Gucci

House of Gucci is a reckless spiral of betrayal, decadence and revenge. March 4-7 pm party (Film @ 8) | March 9-12:30 pm

Julia

Julia uses fresh, simple ingredients to create a sumptuous documentary feast. March 5-12:30 pm

C'mon C'mon

The terror, inadequacy, panic, exhaustion, and the love, gratitude, hope and hilarity of caring for a child. March 5-7 pm | March 12-12:30 pm

Beans

A Mohawk tween learns painful lessons about her people's place in Canadian society. March 6-12:30 pm

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 pm

I'm Your Man

I'm Your Man is a playful romance about relationships, love, and what it means to be human in the modern age. March 7-7 pm

What Do We See When We Look at the Sky?

What Do We See When we Look at the Sky is an ode to love that finds magic in the

mundane. March 8-7 pm

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 pm

Kimmapiiyipitssini: 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

Last Night in Soho

Last Night in Soho is a warning against idealizing an era just as ripe with rot and degradation as the present. March 10-7 pm

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

Parallel Mothers

Parallel Mothers is a rare ode to motherhood that acknowledges mothers as women first, and mothers second. March 11-7 pm

Drive My Car

Drive My Car sneaks up on you, pulling you in with visuals that are as straightforward as the narrative is complex. March 12-7 pm

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)

The Fretless

March 31 at The Max



The Fretless are a Juno Award-winning string quartet that have been making international waves since their debut album in 2012.

While their music pays deep tribute to traditional fiddle and folk music, they daringly push the genre into new territory with their richly layered, imaginative, and uniquely percussive sound.

Their performances are always inti-

mate and electrifying. Their formidable virtuosity comes out both in their playing and in their compositions.

If you like anything to do with string instruments, this is not a concert to be missed. Their latest album, Open House, a series of collaborations with diverse vocalists, was released October 2021.

- John Kastelic, qathet's newest professional violist

LIVE ON STAGE

March 2 & 3

Festival of Performing Arts Dance Sessions

See ad on Page 20.

Thursday, March 3

Musica Intima

7:30, PR Academy of Music.

Saturday March 5

Wildwood: Tremblers of Sevens

9 pm, Wildwood Pub.

Festival of Performing Arts Grand Concert

7 pm, Evergreen Theatre. Ad on Page 20.

Sunday, March 6

Fred Penner in concert

2:30 pm, Max Cameron Theatre. See ad on Page 52.

Sunday Social with Dennis Bouwman

7 pm, Wildwood Public House.

Friday, March 11

Townsite Jazz Festival 2022

Preview Party featuring the Steve Kaldestad Trio 5 to 8 pm, Wildwood Pub. Tickets at eventbrite.ca. Questions? townsitejazz@gmail.com

Sunday March 20

Metallica Tribute: Master of Justice

8 pm doors, 9 pm first set. \$20 in advance \$25 at the door Masterofjustice.com

Tyler Bartfai Returns

7 pm, Wildwood Public House.

Sunday, March 27

The Kerplunks in concert

2:30 pm, Max Cameron Theatre. See ad on Page 52.

Thursday, March 31

The Fretless in concert

7:30 pm, Max Cameron Theatre. \$25. See above and ad on Page 23.

Upcoming

April 7 to 9

Townsite Jazz Festival

Details coming soon to townsitejazz.com

Sunday, April 10

Eve Daniell, soprano and Rykie Avenant, piano

2 pm James Hall. See ad on Page 53.

Saturday, April 30

Louisiana Hayride Show

7:30, Evergreen Theatre. Tickets at www.HayrideShow.com

May 6-7

Accordion Fest

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

Sunday, May 29

Will Street: Big Shiny Spoons

2:30 pm, Max Cameron Theatre. See ad on Page 52.

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ON YOUR HOME SCREENS

Saturday, March 5

Herringfest Herring School
9:30 am to 12:45 pm, online.
conservancyhornbyisland.org/
herringfest2022

March 5 to 13

Seedy Saturday online edition
prfarmers.ca/pr-seedysat

Thursday, March 31

**Portal to the Past: Capitaine
Rosalie & La première guerre
mondiale**
Online with the Museum and the Library.
See powellrivermuseum.ca.

Mondays March 7, 14, 21 and 28

**Matriarch Speaks:
messages of hope from elders**
7:30 pm, matriarchspeaks.org. Everyone
welcome. See ad on Page 52.

Friday, March 18

Tech Savvy – Identity Theft
3 pm, Zoom (library). Learn more about the
risks of identity theft and some strate-
gies to protect yourself from fraudsters.
For information or to register, contact
mmerlino@prpl.ca

Saturday, March 19

**The story of BC's underwater
technology**
2 pm, Zoom. Join maritime historian
Vickie Jensen for a fascinating talk about
her new book Deep, Dark and Dangerous
on the little-known world of underwa-
ter work. Via Zoom. To register, email
mmerlino@prpl.ca

LOCAL FOOD, FISH & PLANTS

Sundays

Farmers' Market
12:30 to 2:30 pm, in the quonset hut off
Padgett. See ad on Page 43.

Saturdays

Uptown Market
10 til noon at the CRC on Joyce.

March 5 to 13

Seedy Saturday online edition
prfarmers.ca/pr-seedysat

March 5, 6 & 12, 13

**Seeds & Plants days at the
Farmers Markets**
Both markets are hosting Seedy Saturday
sales. See above for times and locations.

Thursday, March 10

**qathet's Forests: Yesterday,
Today and Tomorrow**
6:30 pm, at the Museum.
First in the Spring speaker series.

Sunday, March 20

**Blueberry Commons
property tour**
1 to 2:30 pm. To register, email
info@blueberrycommons.ca

Friday, April 1

**Powell Lake and Tributaries
reopen for fishing**
The closure allows the Cutthroat Trout
to spawn. Inland Lake and Goat Lake
included.

SPORTS, GAMES & FITNESS

Tuesday, March 1

**Registration opens for the
Marathon Shuffle**
Annual Sunshine Coast Trail hike / run
April 24. See more on Page 50.

Mondays in March

Curated Board Game Night
6 pm High Tide Games.

Sundays in March

**All Day Magic: the Gathering and
Commander Night**
High Tide Games. Come play Magic ALL
DAY! Drop-in play from 12-6 pm followed
by Commander starting at 6 pm.

Wednesdays in March

Magic: The Gathering
6 pm High Tide Games.
See more on Facebook.

Wednesday, March 2

Kings vs. Cowichan Valley
7 pm Hap Parker

Friday, March 4

Kings vs. Victoria Grizzlies
7 pm Hap Parker

Saturday, March 5

Kings vs. Victoria Grizzlies
7 pm Hap Parker

Saturday, March 12

Kings vs. Coquitlam
7 pm Hap Parker

Sunday, March 13

Kings vs. Coquitlam
1:30 pm Hap Parker

Monday, March 14

Registration opens at Complex
See powellriverprc.ca for spring programs.

Sunday, April 24

Cedar Cup XC
See tawsbikegarage.com for more details.
Marathon Shuffle
See Page 50 for more details.



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PRFF's Hidden Gems



Night Raiders

Director Danis Goulet's film is a first for New Zealand-Canada Indigenous co-operation. Goulet has described the film as inspired in part by Alfonso Cuarón's 2006 film *Children of Men*, as well as by the military response to the Dakota Access Pipeline protests on the Standing Rock Indian Reservation in 2016. It is an allegory for the Indian residential school system.

Executive Produced by Taika Waititi (*JoJo Rabbit*), the film has been nominated for a number of Canadian Screen Awards, including Best Film, Best Director, Best Sound Mixing, and Best Supporting Actress. Best Actress nominee Elle-Máiyá Tailfeathers will join us for a Zoom Q&A after that film.



Drive My Car

Ryusuke Hamaguchi's *Drive My Car* has already made history: the Haruki Murakami adaptation is the first Japanese film ever to be nominated for Best Picture at the Academy Awards.

Drive My Car is up for four honors at the 2022 Oscars: Best Picture, Best Director, Best International Feature Film, and Best Adapted Screenplay.

The National Society of Film Critics named it Best Film of 2021, beating out Celine Sciamma's *Petit Maman*, which finished second, and Jane Campion's *The Power of the Dog*, which finished third. Los Angeles Film Critics Association gave it Best Picture and Best Screenplay.



I'm Your Man

I'm Your Man, a sci-fi rom-com from director Maria Schrader, featuring Downton Abbey star Dan Stevens as a German-speaking romance robot, won the Lola in Gold for best film at the 2021 German Film Prize, Germany's top film awards.

In addition, Maria Schrader was awarded best director, and shared best screenplay with co-writer Jan Schoomburg. Maren Eggert won best actress.

Screening in honour of International Women's Day, the film is a playful romance about relationships, love, and what it means to be human in the modern age.

BY GARY SHILLING

The 21st annual Powell River Film Festival returns to the Historic Patricia Theatre under the new ownership of the Powell River Film Society. Recent Health Authority announcements have eased restrictions at the theatre. The Society's careful response to the announcement is to increase capacity to 60%. This will give patrons ample space within the theatre, and has enabled us to release more tickets to previously sold-out screenings.

As always, the Festival brings the best International, Canadian, and BC films to the Patricia. Here are a few films that might not be on your radar.

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SPRING BREAK

SATURDAY, MARCH 12 TO SUNDAY, MARCH 27

Spring Break Camps

The Art Centre Spring Break Art Camp

Ages 8-12, \$195 per week

9 am to 3 pm

Week 1 - March 14 to 18

Week 2 - March 21 to 25

theartcentrepr.ca

Artists Annie Simms and Annie Robinson will guide explorations in painting and multidisciplinary creativity inspired by nature to develop each campers' language of expression.

Recreation Complex Spring Break Swim Camp

Ages 3 to 12, \$25

5 x 30-minute lessons

powellriverprc.ca

Discover Creative Arts Spring Break creative arts camp

Grades 1 to 7, \$200 per week

9 to 3 pm, Monday to Friday

Week 1 - March 14 to 18

Week 2 - March 21 to 25

www.discovercreativearts.com

Artistic Director - Lesley Sutherland

Teaching Artists: Amber Friedman, Clara Moon Song, Marina Lagacé

PR Library Spring Break Comic Camps

Ages 10 to 12 and 11+

March 14 -18 and 21-25 on Zoom

The library's popular Spring Break Comic Camp is back, this year with graphic novelist Cole Pauls. A Kids Camp (ages 8-10) will run from 10:30 am-11:30 am. And a Tween and Teen Camp (ages 11+) will run from 1:30- 3 pm. Registration is required and space is limited. Registrants will be invited to pick up a package of Comic Camp supplies at the library service desk.

prpl.ca/event/spring-break-comic-camp-for-kids-with-cole-pauls/



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Magic & Board Games at High Tide
Games • Tennis in Townsite • Bike
Park • Playgrounds • Museums
& Galleries • Beaches • Trails
Farmers' Markets • Bike Inland Lake

Events kids & teens might like:

To March 19

Festival du Film Francophone: online
See family film Poly free at clubbonaccueil.com

Saturday, March 12

Kings vs. Coquitlam
7pm Hap Parker

Make Paint: ArtRaven family program
1 to 3pm, qathet Art Centre above the Library. Free!

Sunday, March 13

Kings vs. Coquitlam
1:30pm Hap Parker

March 12 & 13

Seeds & Plants days at the Farmers' Markets
Both markets are hosting Seedy Saturday sales the first weekend of Spring Break. See Page 47 for times and locations and Page 50 for more info.

Monday, March 14

Rec Complex registration opens for Spring
See powellriverprc.ca for more.

Wed March 16 & Sun March 20

Paint a Free Mini Day
12:30 to 2:30 pm, High Tide Games.
Try your hand at painting a tiny plastic lizardman and take it home when you're done.
Limited space, first-come first-served, ages 14+.

Sunday, March 27

The Kerplunks in concert
2:30 pm, Max Cameron Theatre. See ad on Page 52.



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At the Malaspina Exhibition Centre

at VIU 7085 Nootka St #100
artpowellriver.com

Malaspina Art Society presents ongoing exhibition:
Roy Schneider: "Life Cycles"
Mon-Fri 8:30am-4:30pm until March 11
Meet and greet with artist Roy Schneider present:
Thursday, March 10, 6-9pm

New exhibition:

**Carol-Anne Almquist and Kerri Almquist:
"From Darkness to Light"**

Opening Friday,
March 18, 3:30-7 pm

Mon-Fri, 8:30am-4:30pm
until April 29.

A collaborative exhibition by a mother and daughter on mental illness, hope and recovery.



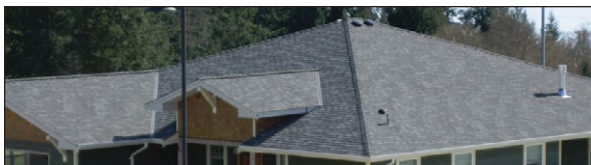
At the qathet Art Centre

215 - 6975 Alberni Street
theartcentrepr.ca

Colleen Heslin: Collecting and Purging
until March 12
Tues, Thurs, Sat 12-5pm

ArtRaven Family
March 12, 1-3pm Make Paint!
(free family program)

Spring Break Art Camp ages 8-12
Register online at theartcentrepr.ca, limited space
March 14-18 • 9am-3pm
March 21-25 • 9am-3pm



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My my!

Six Spring events guaranteed to revive even the most glazed-eyed COVID zombies

Seedy Saturday • March 5 to 13

Seedy Saturday will be largely virtual combined with a bit of smaller scale in-person opportunities.

Online we will have some very interesting web sessions. There is also an online seed swap page set up by Kevin Wilson where people can swap any extra seeds they have. Both can be accessed through the Powell River Seedy Saturday Facebook page.

As for in-person events, we will have seed and plant days on both weekends. March 5 and 12 at the Saturday market on Joyce Ave and Sundays at the Open Air market in the Valley. All seeds and plants grown must be vendor produced. Contact Rose Fleury, Juhli Jobi or me for info and to arrange to sell items.

As well, a traveling seed swap is being set up and will be present both weekends at the market. To swap your extra seed it must be packaged into individual packages with the name of the seed and variety (eg. Bean, Golden Wax) along with the year grown. For swapping, only, people are permitted to swap seed they have purchased and have extra of. If you would like to submit your seeds early just call Ellen de Casmaker at 604-487-1304. Credit is given for each package to use to swap for other seeds coming in.

Having been a seed vendor at events in Ottawa, Toronto, Kingston, Montreal, Guelph, Comox, Nanaimo, Roberts Creek and Powell River, I can say that we have some of the most enthusiastic gardeners and seed savers I have run into. Many of us are getting on, however, and it is time for younger savers to become involved.

It's a great way to move towards a fairly simple means of self-sufficiency, even if you do only save a few types of seed a year. That is why we always have introductory sessions as part of the event.

If you are interested in becoming involved as part of the organizing committee or to volunteer on the day of the event, please call Ellen de Casmaker at 604-487-1304.

- Ellen de Casmaker

Townsite Jazz Festival • April 7 to 9

It's back! Look forward to in-person concerts at the Shinglemill, Wildwood Pub, Dwight Hall and Max Cameron Theatre.

The weekend will feature a Gala Dance, with Latin band Mazacote at Dwight Hall on the Sunday at 7:30 pm. All ages; cash bar.

All tickets are \$20; find them online via Eventbrite

and townsitjazz.com.

There's no 'Ash Avenue Amble' this year to keep things a bit simpler for organizers and volunteers.

- Andy Rice

Cedar Cup Cross Country Race • April 24

Island Cup Series (Vancouver Island Mountain Bike Series) is coming to Powell River for a Cross Country Race. The series attracts all ages and abilities, and has categories for beginner, intermediate and expert riders. The Cedar Cup is a throwback to a race that was held in Powell River in 1998, around the Farmers Market trails. From what I understand, the race was only held one time. A trophy was made for the winners, which is missing. We're trying to track it down for our event.

- Justin Bailey

Marathon Shuffle • April 24

For the first time since 2019, the Marathon Shuffle is back. But it's small! Just 100 people or so can join, due to COVID concerns. So if you want to run or hike the 29-kilometre route April 24, register ASAP at sunshinecoast-trail.com.

"We're starting from scratch again," said Ean Jackson, the event's front man this year, noting that the momentum, volunteers and sponsors will need to be rebuilt.

Ean moved to qathet 10 months ago from North Vancouver. If you recognize his name, it's because he was the first person to run the whole 184-km SCT back in 2004 (and starred in a film about it), and has won the Marathon Shuffle twice of his eight entries. Plus, now that he lives here, he has run every street, lane, parking lot and trail in the City "and can prove it." The entrepreneur and business teacher turns 65 this year.

Over the last several years the Marathon Shuffle happened, many more people wanted to participate than the event could comfortably accommodate. Runners, especially, are drawn to the challenging and beautiful course. It's a great problem to have, said Ean, and there's an easy solution: start more free events like this in qathet.

Back in North Van, Ean is the instigator of several free outdoor events and clubs, and he has brought that energy with him up the coast. Though he isn't promising anything specific yet, watch for more from this energetic soon-to-be senior.

- Pieta Woolley

Mamma Mia • May 12 to 15

It has been an absolute pleasure to be able to return to Brooks Secondary School and work on a large scale production like Mamma Mia. I wanted to focus on the joy and connectedness a musical can bring as well as highlight the talents of our hard working youth, many making their debut in our rich and varied performing arts community.

Brooks Theatre Company will present Mamma Mia over four shows at 7 pm May 12 to 15, including a 2 pm matinee on the Sunday.

This production has been on hold for two years and I am in awe of the energy, commitment, patience and passion these students have put in to make it happen. The cast members have worked closely with an amazing team from SD47 and the wider community.

Sydney Spent is back with us once more after her work with us on Grease. Steven Cramaro is a former Brooks Student, now our junior band teacher at Brooks, and is our music Director. Lesley Sutherland, our fabulous vocal coach, is also founder of the Black Bird Creative.

There have been many moments where we have cheered on the return of live performance, waited with bated breath as Omicron hit our community and stalled rehearsals. All the changes, twists and turns have only brought this cast closer together. The resilience and growth mindset of these actors is nothing short of inspiring.

- Jennifer Didcott



THANK YOU FOR THE MUSIC: Kathaumixw's artistic director Walter Martella and chairman Steven Cramaro are rolling out a much smaller version of the biannual festival this year, due to COVID's enduring impact.

Kathaumixw • June 4

Just as so many events are coming back, qathet's premier biannual festival, Kathaumixw, has been paused again. The international choral festival – which was expecting choirs to arrive this July from Philipines, Sudan, Slovenia, Sierra Leone, the USA and across Canada – will return July 4 to 8, 2023 instead.

“COVID is more difficult almost everywhere else,” explained artistic director Walter Martella, noting how lucky we've been on the Sunshine Coast. Many choirs elsewhere haven't been able to practice at all in two years. Plus, the costs associated with testing when borders are crossed, and the potential for escalating costs if choir members test positive and have to isolate in another country, were enough to

put a chill on the event.

Instead, on June 4, Walter and Kathaumixw chairman Steven Cramaro will present a Celebration of Kathaumixw event: one matinee and one evening performance. Much like this past December's Celebration of Carols by Candlelight, the event is a smaller, COVID-era production.

“You'll see the highlight of what might have been,” said Walter. “It represents the gala opening and closing ceremonies. All the things that make Kathaumixw great.”

The Academy of Music's Chamber Choir, Chor Musica, and the childrens' choirs will perform, plus PR Chorus and perhaps others by invitation. Expect to hear the traditional Hymn to Freedom and more.

- Pieta Woolley

<p>21ST ANNUAL PRFF POWELL RIVER FILM FESTIVAL MAR 4-13</p>	<p>ENGAGING CINEMA ENGAGING MINDS</p> <p>Limited seating at the <i>Patricia Theatre</i> Operated by the Powell River Film Society</p>	<p>Big Thanks to Our Sponsors Funders, Volunteers, and Patrons</p>	<p>Tickets available online and at the door before each screening</p> <p>Visit prfilmfestival.ca for film program and online purchases</p>
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TAKE IT TO THE
MAX

A Thought For The Day

“Trustworthiness is the greatest portal leading unto the tranquility and security of the people.”



~ Bahá'í Teachings

TAKE A BREAK

Wisdom Finding with Divination

Most of us have wished for a little extra guidance. Perhaps when faced with a life changing decision or wanting insights into a situation, a thought comes along the lines of, “Grandma would have known what to do” or it might sound like, “What would the herb/spirit guide/tree/stones that I work with say?”

History is full of traditions for gleaning wisdom and advice, everything from trance journeys and solving problems in dreams to watching for omens, sitting with elders, and pouring over sacred texts. Divination has played a large part and it wasn't long ago that divinatory practices were commonplace, often passed through families or nuanced within communities.

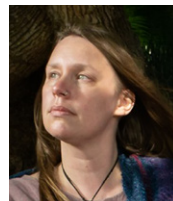
For those of us who don't tend toward these ways, a few methods aren't too far from mind, think of holding a ring on a thread over a pregnant belly to determine the sex, or finding underground water by dousing with a Y shaped stick. Ordinary items were used and pendulous techniques lend themselves well to personalization.

Whether seasoned or new to pendulum use, there are three things to consider: the tool we use, Yes/No signs, and our question. The choice of pendulum has an affect on our inquiries, we might use our grandmother's ring when asking for her perspective, a stone for ancient land wisdom, or a carved pen-

dant from a medicinal tree. Something practical and meaningful. As long as it isn't too heavy and can be hung from a thread or light chain, we can dangle it over our palm, embody how beautiful the word “Yes” makes us feel, and ask to be shown what Yes looks like. Same for a well empowered, boundary setting “No”.

Establishing clear signals is vital, typically it will swing in lines or around in circles. Being certain we are asking what we intend to is almost more important than the answer, and with a binary system of inquiry, we may need to run a series of questions in a process of elimination.

Think of how your questions may be interpreted differently than expected. Asking “Should I ___?” or “Is it in my highest good to ___?” may elicit a Yes response to the hardest experience of our lives because we learn something from it, when we might actually mean, “Will I be happy if



RETURN TO REVERENCE

JULIETTE JARVIS



I ___?” or “Will I feel supported/loved/respected in relationship with ___?”

For more, you are welcome to find my Divination Techniques workshop online at www.3foldbalance.com.

Juliette Jarvis offers sacred living programs online, devotional arts, and divination sessions. Find her at 3FoldBalance.com and SelkieSanctuary.com



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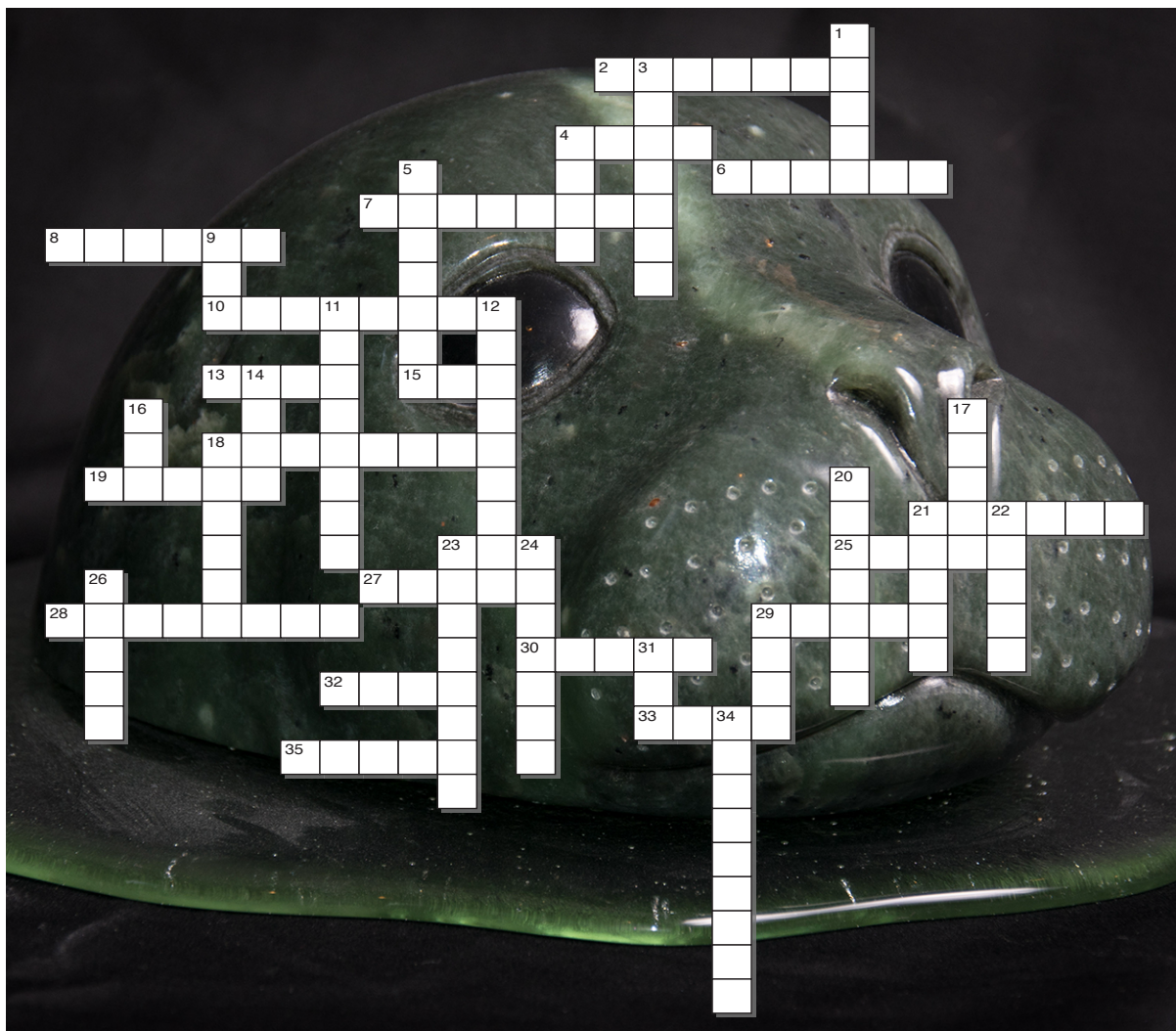
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TAKE A BREAK



Across

- 2) Marathon or board
- 4) You can't outrun your ____
- 6) Islander Fall
- 7) RD's fastest-growing region
- 8) Access to Wildwood
- 10) Pot growers 125 W
- 13) Roe attaches to this
- 15) Prices for this not very transparent
- 18) PR Film Fest's home
- 19) City's Gow
- 21) Official count
- 23) Guadalupe makes dresses do this perfectly
- 25) Barfoot's hot new biz
- 27) Islander Bond
- 28) Place for helping salmon
- 29) Percy Barrett's musical load
- 30) Funny person or graphic
- 32) Pinniped of Debra's fame
- 33) Lake is quakers for salmon
- 35) Growers' Saturday currency

Down

- 1) Basket bark tree
- 3) Salmon food
- 4) Penner at the Max
- 5) Tug-Guhm owner's craft
- 9) Stephanie's 101 place
- 11) Limestone, or stormtrooper
- 12) Longing for the past
- 14) Tla'amin doc Adams
- 16) Pinniped; ____ lion
- 17) Website transforming history
- 18) A carving's finish, or Slavic
- 20) PROWL rescue
- 21) Tla'amin forestry's Adam
- 22) Roses would be as sweet, but important for places
- 23) No guitar-playing band at Max
- 24) Tla'amin forest co
- 26) Mountain film fest's home
- 29) Kindness day colour
- 31) UN's day for women (acronym)
- 34) Lake fishing closure protects these

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SOLUTION TO FEBRUARY PUZZLE



Planning for
no regrets:



is a very



Does it bring me joy? Does it make me happy?

As I prepare to embark on the last one third of my life, I find myself asking these two questions more often because the time I have left is passing far too quickly.

I also don't want to look back on my life and think if only I'd done this or that.

A lot has changed in the last few years. I'm older and hopefully wiser. My children, now young adults, don't need me in the same way they once did, and I can shift my focus from their needs and wants to my own.

I'm not checking out; I'm just changing gears. I'm letting go of some things so there's room for me to experience something different. I'm looking at being reassigned by life and my story, but in the way I want.

This month I will turn 60. If I follow in the same genetic footsteps of my mum and dad, who are 92 and 93 years of age, I will be entering the last one-third of my life. If I don't, well, I guess I began writing the final chapters of my life some time ago.

Age can make you look inwards. I remember taking a hard look at my life as I neared my 40th birth-

day. Now, as I try to figure out my next 30 years, I feel like I'm staring down *The Beginning of The End*.

How do I want to set myself up? What do I *really* want? What are my plans? Goals? Where do I want to live? What do I hope to achieve before I reach what my 92-year-old father refers to as my 'best before date'?

The first two-thirds of my journey have been interesting and fulfilling. Lots of good bits, learning, challenges, love, and broken hearts. That's life, isn't it?

With more time behind me than ahead of me, I have one last chance to do what I really want to do if I want to live with no regrets. It's time to stop sweating the small stuff.

I feel nostalgic when I see lovely young women at the other end of the age spectrum. Their hair is brown or blonde or maybe even red; it's glossy, healthy, and free of gray. Their skin is unwrinkled.

No crow's feet, no laughter lines, and no muffin tops from having had babies.

Instead of being envious, though, I remember what one of my best friends used to say: "I was

hot once - now it's their turn." She is right. We all have a turn; there is a season for everyone and everything. I don't believe that 60 is the new 40 and that age is merely a number on your driver's license. I do believe my priorities have changed and so have I.

What appealed to me in my 20s - late night-parties, skydiving, marathons, backpacking across Europe - doesn't interest me now. I've been there, done that.

The world has changed since I was born in 1962 and I've changed along with it. A person who turned 60 in 1970 could expect to retire at age 64 and live to age 70.8. Someone who turned 60 in 2010, on the other hand, could very easily work throughout their entire 60's and expect to live to at least 78.7 years old. With advances in medicine, lower rates of smoking and generally healthier lifestyles, our active and productive years can expand well into our 70's and beyond. How we choose to use this "extra" time is up to us.

I've lived half my life on the east coast and half on the west coast. Because of this, I feel pulled in both directions. East and West. Sunrise and Sunset. But Canada, always Canada.

When I think about my next chapter, I see Nova Scotia Duck Tolling Retrievers and *East West Duck Tollers*, my kennel name, in my mind. Those who know me, know how passionate I am about this rare Canadian breed of dog that has been part of my life since I was a child. I see pudgy puppies, family, grandchildren, friends, writing, travel, adventure and two homes - British Columbia and Nova Scotia - in my future.

I also see joy and happiness. Some of the things I did in the past didn't bring me joy and happiness but I did them out of a sense of duty, I did them because I thought I should. Those days are behind me, my sixties will be *my* time - my time for joy and happiness.

My map is still incomplete. Like me, it's a work in progress, but it does have some major signposts along the way and opportunities for new, unexpected adventures to get me where I'm going as I prepare to join the 60s and begin my last one third. **PL**



LAST
WORD

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pg 52
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pg 14
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pg 16
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