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APRIL 2022

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This spring, the qathet Regional District, Tla'amin Nation, and the City of Powell River are hosting **virtual information sessions, a game night, a survey, and a public workshop** to gather feedback from local residents on the impacts of climate change along our shoreline and what can be done to adapt and build resilience. Join us as we draw on our collective insights to address coastal flood and erosion risk and foster greater resilience in our region.

Are you
concerned about
sea level rise and
future flooding?



Scan me to visit
the project website

How to get involved:

Attend upcoming events

April 13, 6:30 pm: attend an online community **information session** to learn more about coastal flood and erosion risk and share what matters to you. A recording of this presentation will also be available on the website.

April 27, 6:00 pm: join us for an online **Flood Resilience Game Night** to practice complex, adaptive decision-making and have some fun!

A **public workshop** will be held in late June to get together to explore adaptation options and inform proposed strategies.

Complete the survey

We want to hear from you! Complete the survey to share your concerns, values and what matters most to you regarding coastal adaptation. The survey will be open from **April 13 to April 29, 2022**, available on the website. Paper copies are available upon request.

Visit our website to learn more, sign-up for events, find the survey link, and stay up to date:
www.qathet.ca/current_project/regional-coastal-flood-adaptation-strategy

For more information, contact the qathet Regional District planning staff at
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ON THE COVER:

Anna Honcharova and Rostik Artiushenkov, owners of Sunny Deli in the Townsite, are helping their families in Ukraine.

Photo by Abby Francis, Local Journalism Initiative Reporter



Speaking up, for good

Anna Honcharova, who appears on the cover of this month's magazine, is one of seven locals who shared their Ukrainian connections in *qathet Living* this month (Page 6).

"It's in our genes to speak up," she said. No doubt. For a century, the European country has fought for self-determination, while under often-brutal occupations and frequent wars. Speaking up there, as here, is about speaking truth with courage.

This month's magazine features many locals who are speaking out for good. They include Jesse Firempong, who is the first in a series of six locals to tell their stories in a new monthly feature about housing solutions – a collaboration between *qL* and the City's social planning department (Page 23).

Repair experts Corey Matsumoto, William Pallot and Cam Bailey speak up about disposable culture and the Right to Repair movement, to kick off *qL*'s annual Earth Month section (Page

29).

Artist Naoko Fukumaru speaks up about what it took to escape domestic abuse after moving to qathet (Page 35).

Eldon Haggarty, who spent his career lobbying for workers' rights at the mill, as a shop steward and the president of UNIFOR Local 1, speaks up about the dearth of remaining private sector unions in town, and what it's costing today's workers (Page 51).

And several business people are speaking up about how the worker shortage is putting local bars in an awkward and dangerous situation, when customers can't get a ride home by taxi or transit (Page 53).

I hope you find these stories as compelling an inspiring as we do. For a lighter opportunity to contribute to your community's conversation, the Best of qathet contest starts this month. See the form on Page 48, or go to prliving.ca/bestof



EDITOR'S MESSAGE

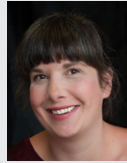
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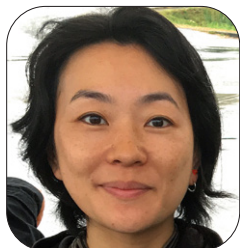
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More important than ever is it that we, in our little paradise on the west coast of Canada, make mindful choices that contribute to wellbeing and peace. May we be a community of integrity, compassion and honesty.

- Arthur Arnold, **Page 8.**

”

FEBRUARY'S CONTRIBUTORS



NAOKO FUKUMARU is a professional ceramic conservator and Kintsugi Artist who transforms brokenness into beauty, sometimes more beautiful because they were broken. **See Naoko's story, Reincarnation, on Page 35.**



FRED GUERIN is a member of qathet Climate Alliance, a retired philosophy teacher, and leads the bi-weekly Philosophers' Café. **See Fred's story, Funding the World we Need, on Page 40.**



COREY MATSUMOTO owns and operates CMG Printing providing solutions to local businesses, and PR Macs, the local Apple computer specialist on Marine Avenue. **See Corey's story, How to Resist the Upgrade Economy, on Page 34.**



ANJI SMITH'S passion is for visual storytelling. Since 1984, she has worked internationally as a professional photographer. She is currently the photographer for PR Community Forest. **See Anji's photos in That's Our Crew, on Page 43.**



KARINA INKSTER is a vegan health and fitness coach, author, and musician who will play the accordion during the Jazz Festival. **See Karina's intro to accordion music on Page 65.**

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Watching the war from Townsite

BY PIETA WOOLLEY

LOCAL JOURNALISM INITIATIVE

After work on the evening of Wednesday, February 23, Rostik Artiushenkov and Anna Honcharova relaxed at their Townsite home, deciding what to watch on Netflix.

Soon, both were stuck to their phones, watching Instagrammed images of rockets flying over Kyiv—where Anna went to university. After weeks of posturing, Russia had invaded Ukraine.

By 5 am Kyiv time, Rostik's uncle, a former soldier in the regular Ukrainian army, had re-enlisted. Now, he is using the training he has on the FGM-148 Javelin—an American anti-tank missile system—to defend his region against the Russian invasion of Zaporizhzhia.

When Anna saw the pictures on Instagram, she texted friends in Kyiv. One friend confirmed that Kyiv, Odessa, and other Ukrainian cities were under attack. Soon after that, Rostik phoned his friend who lives in Kyiv.

"It is war, my friend," he said.

"I couldn't believe it," said Rostik, in an interview with *qathet Living* at Townsite Market mid-March, outside his and Anna's store, Sunny Deli. "I thought Russia might bomb military bases. But civilians were dying. It was a full-scale invasion."

Like many other locals, the war in Ukraine is personal for Anna and Rostik; both were born and grew up there, and most of their family and school friends remain. Some have escaped to Poland and Czech Republic. Both of their elderly grandmothers are trapped and unable to make the rough train voyage out: one is staying in the isolated village in Mykolaiv region, and one on the top floor of a highrise near the bombed nuclear energy station in Zaporizhzhia.

In the natural light at the market, Rostik and Anna's under-eyes are dark and deep. No wonder.

However, one fact is worth celebrating: Anna's mother, Polina, escaped from Pervomaïsk and arrived here in qathet on March 11. She is living in Townsite—likely this region's first Ukrainian arrival since the war began.

For more than 100 years, Ukrainians have come to qathet to escape wars, famine, and religious oppression—and seeking opportunities and safety (see story on Page 14).

Why they came to qathet

Rostik left Ukraine in 2008 for school at the University of Victoria. Anna met him in Victoria a decade later, when she was there for a semester studying languages. They fell in love. Then, Rostik came to qathet for a job. Anna flew back and forth as much as she could until COVID hit.

In 2020, Anna settled here permanently on December 7—as soon as Canada's COVID rules allowed. She self-isolated for two weeks; they married at Willingdon Beach on December 28, 2020.

Together, they opened Sunny Deli in Townsite Market in the summer of 2021.

"We always wanted to be free-minded people," Rostik explained.

"It's in our genes to speak up," said Anna.

Now, more than 1,000 locals claim Ukrainian heritage, representing about five per cent of the population. Over the next several months, it's likely that this region will host more people fleeing Ukraine, given the strong connections between so many and the European country. Like Rostik and Anna, many are trying to get relatives out of Ukraine and in to Canada—through a maze of swiftly-changing visa rules.

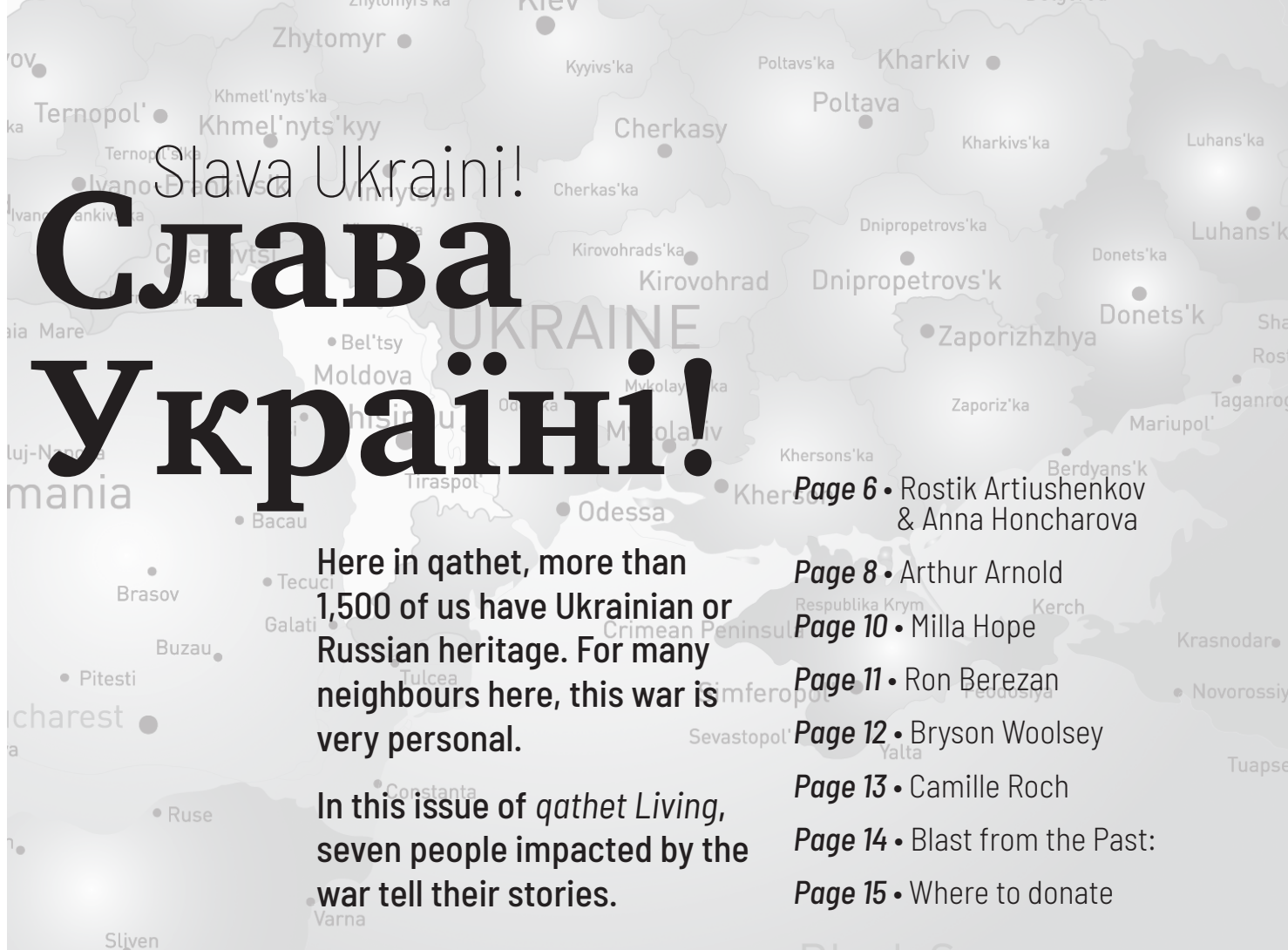
Getting out has become more challenging as the war progresses. Anna's mother, for example, had to fight her way on to a very crowded train to the Polish border. There, some passengers had to leave suitcases and pet dogs behind when they transferred trains. One young mom lost her baby in the crush.

"I tried to convince my grandma to come with my mom," said Anna. "Canada requires that if she comes on a visitor visa, she needs to pass biometrics [checking her COVID status and identity] in Warsaw. They just opened their offices to do that. But she feels it's impossible for her to make the journey to do that. On March 3, the Canadian government promised to make it simpler for relatives to come, but I think that will take some time."

Anna's aunt and niece left Kharkiv for Czech Republic while the city was under fire. They spent 12 hours at



SPEAKING UP: Rostik Artiushenkov and Anna Honcharova, owners of Sunny Deli, are helping their families in Ukraine. Anna's mother arrived from Pervomaïsk on March 11—likely this region's first Ukrainian arrival since the start of the invasion.



Slava Ukraini! Слава Україні!

Here in qathet, more than 1,500 of us have Ukrainian or Russian heritage. For many neighbours here, this war is very personal.

In this issue of *qathet Living*, seven people impacted by the war tell their stories.

Page 6 • Rostik Artiushenkov & Anna Honcharova

Page 8 • Arthur Arnold

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Page 11 • Ron Berezan

Page 12 • Bryson Woolsey

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Page 14 • Blast from the Past:

Page 15 • Where to donate

the train station, in the snow, during bombing, to get on a train.

Rostik's family remains, too. "Both of my nieces are still in my hometown of Zaporizhzhia, near Mariupol." With about the population of Vancouver, Zaporizhzhia is home to the largest nuclear power station in Europe. The city has been under attack since three days after the initial invasion. "They don't want to leave the city because they're supporting their husbands, who can't leave the country. Men can't leave. They have to stay."

At Sunny Deli, next to the European meats and cheeses, is a donation box. All proceeds will go directly to people Rostik and Anna know on the ground in Ukraine. Food, diapers and medication are some of the other expenses the couple hope to help their Ukrainian contacts buy.

Canada is doing a good job to support Ukraine, Rostik and Anna agree.

Ukraine wants to be free, to develop, to be a democratic country, explained Rostik. Though Moscow has ruled Ukraine, or parts of Ukraine, on and off throughout the 20th century (Ukraine became independent in 1991), the two countries' ambitions couldn't be more different, he said.

"There's corruption, no freedom of speech there. For me to do this interview in Russia, I'd be put in jail for 15 years. You can't express what you believe. All media is owned by Putin's group of

friends, the oligarchs. Facebook and Instagram are locked in Russia now."

"The Russian people are really good people," continued Rostik. His grandparents are from Russia—he speaks Russian—but his family is fervently Ukrainian. Anna's grandmother is also from Russia, originally. "I have nothing against the Russian people, just their political leaders."

Although the invasion shocked Rostik and Anna, anyone who has been paying attention to Russia could have predicted it, they said.

"Georgia, Crimea, Chechnya, Syria, Afghanistan, Kazakhstan—they're all connected," said Rostik. "Russia is always at war."

Anna added, "I really feel for the refugees coming out of Syria and Afghanistan. It's so much harder to go to other countries and get support."

Rostik pointed out that in 1994, three years after becoming independent from the USSR, Ukraine agreed to give up its nuclear weapons. At the time, it held the third largest nuclear arsenal in the world, with about 1,700 warheads, including intercontinental weapons.

As stated in the Budapest Memorandum signed by Ukraine at the time, "The Russian Federation, the United Kingdom of Great Britain and Northern Ireland and the United States of America reaffirm their commitment to seek immediate United Nations Security Council action to provide assistance to Ukraine, as a non-nuclear-weap-

on State party to the Treaty on the Non-Proliferation of Nuclear Weapons, if Ukraine should become a victim of an act of aggression or an object of a threat of aggression in which nuclear weapons are used."

In other words, the US and UK made a promise in 1994, which they don't seem to be keeping—not to mention Russia.

"Would Russia be attacking now if Ukraine still had nuclear weapons?" Rostik asked. "No. Russia would not attack."

Rostik has a few theories about how the war might end.

First, he said, this could be an opportunity for some of the wealthier regions in Russia to break away and gain independence from Russia. That would spread thin Putin's military, and it could help Ukraine defeat the Russian invasion.

Second—and most likely, Rostik thinks—this will be settled by a treaty where both Ukraine and Russia will make compromises.

Third, someone will execute Putin. "He has pissed off lots of people," said Rostik. "He could be in a bunker somewhere. Eventually, he will need to come out and his life will be in danger as never before. Every time he travels, his life will be in danger."

In the meantime, the couple is collecting donations, working to get their families out, and watching from their phones as the missiles fall.

“I ache for all suffering that is caused by this war.”

- Arthur Arnold

Through music, qathet connected to Moscow for a decade. No more.

BY ARTHUR ARNOLD

I am—or rather was—attached to Russia through music, first as a conducting student in 1998-2000 to participate in masterclasses with the Moscow Symphony Orchestra. In 2001 I was invited back to conduct a concert tour to the Netherlands with two concerts in the Concertgebouw Amsterdam. It was such a success that we were asked to return for another concert two weeks later. This led to my appointment as Principal Guest Conductor and eventually the position of Music Director in 2012. Last month I resigned, denouncing the war in Ukraine.

I ache for all suffering that is caused by this war, in the first place for the people of Ukraine, but also for the men and women that are forced to fight against each other. Who in their right minds chooses war?

I have met Putin once, in 2005, shook his hand and talked with him. It gave me the shivers, he was ice-cold.

I recommend reading Bill Browder's *Red Notice: A True Story of High Finance, Murder, and One Man's Fight for Justice* (2015). It gives an insight into the way Putin thinks and works and steals from his country, always increasing his power.

Putin created a perfectly organized propaganda machine, kills his opponents or throws them in prison, silences voices that speak up. A large percentage of the population believes his lies. Only something like five percent of the Russians read English. Free press is banned. *The Moscow Times*, one of the last independent newspapers, now moved their office to the Netherlands—my home country—to continue their work from Western Europe. It was too dangerous, if not impossible, to continue in Russia.

Putin causes inhumane suffering and destruction and puts his own country back half a century. Western companies that brought prosperity to Russia and provide local jobs are leaving the country.

The Russian membership of the council of Europe is cancelled, after 26 years. I have seen the development in Russia between 1998 and today, and the desire of Western countries to build unity. It's all gone.

It is more important than ever that we, in our little paradise on the west coast of Canada, make mindful choices that contribute to wellbeing and peace. May we be a community of integrity, compassion and honesty.

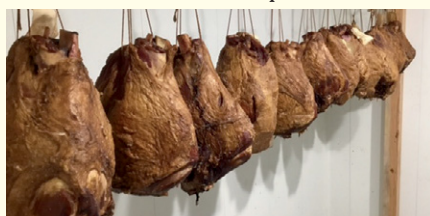


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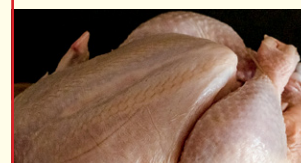
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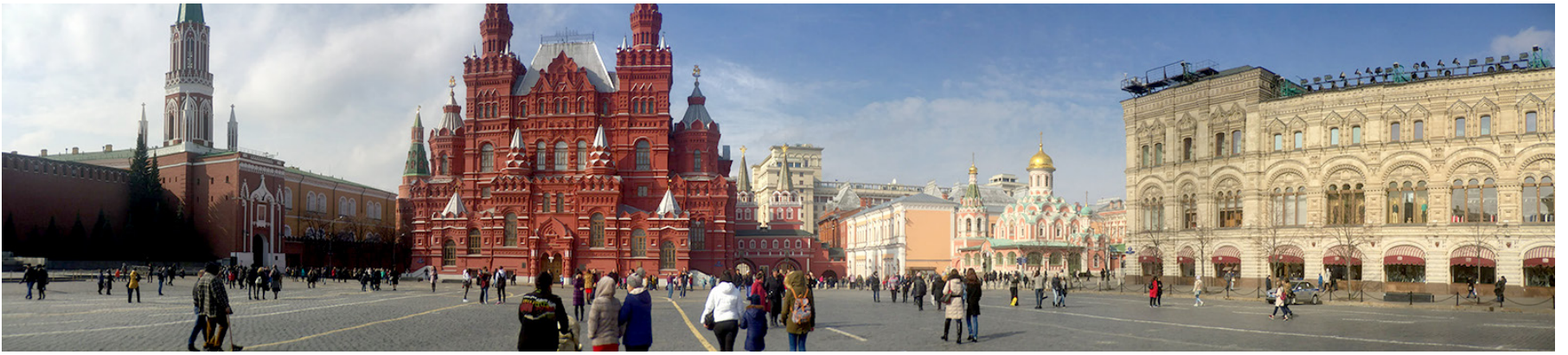
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ABANDONED BY THE ARTS: Arthur Arnold conducted the Moscow Symphony Orchestra since 2012, but resigned – along with many other musicians and dancers – in protest of Russia’s invasion of Ukraine in February. Left, Arthur hunting the Russian libraries for manuscripts of repressed Russian composer Alexander Mosolov. Top, Red Square in Moscow. Above, Novaya Opera orchestra is warming up under Arthur’s baton, for 2017’s celebration of 60 years of treaty of Rome – which set the stage for what is now the European Union. Above right, PRISMA Concerto Competition winner Shannon Fitzhenry plays for Rotary International Moscow. Right, conducting students, mostly from USA and Canada, at the end of a week-long masterclass with the Moscow Symphony Orchestra. Two are from PRISMA.

Photos courtesy of Arthur Arnold

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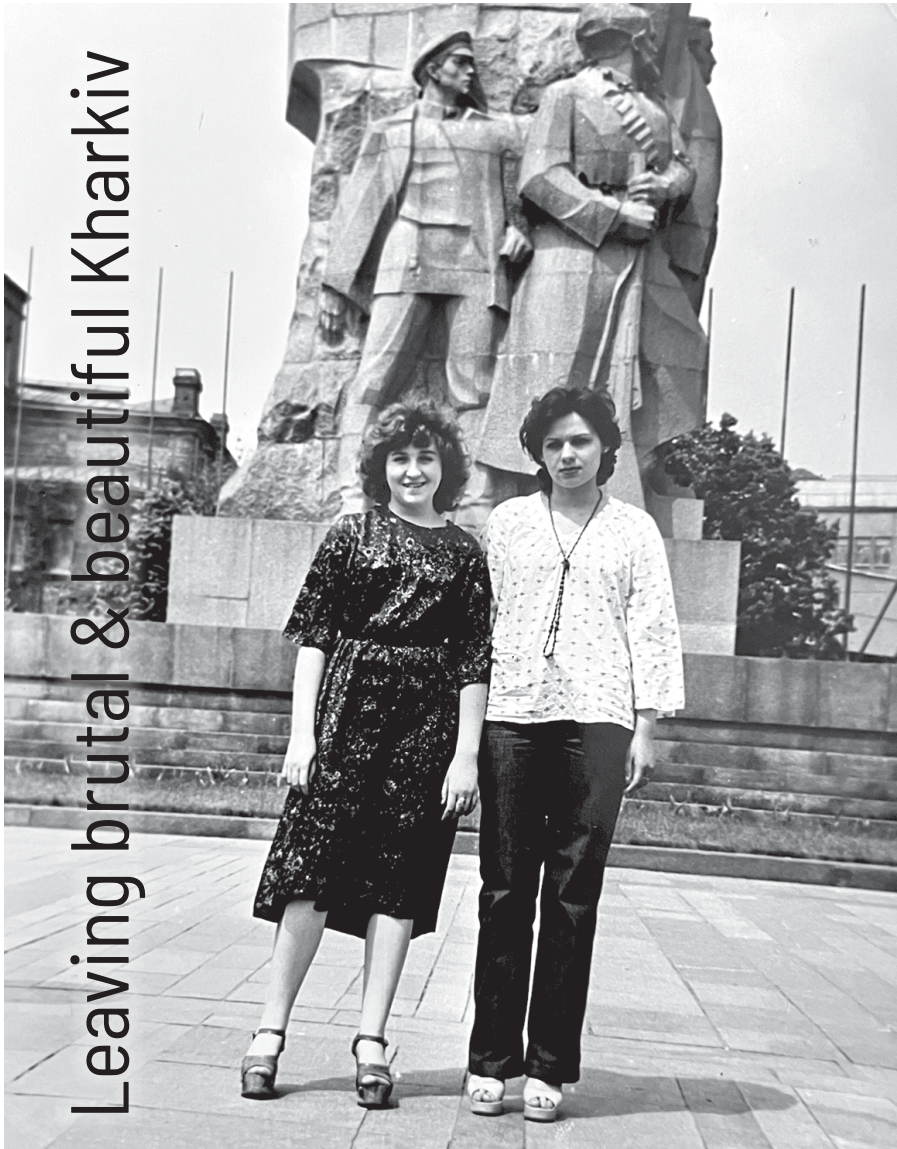
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ALWAYS AN ARTIST: Left, Milla Hope (right) in Kharkiv in 1978 on the “Square of Constitution.” The Russian patriotic monument celebrated the victory of the 1918 Red Revolution. The monument was demolished in 2014. Top, the qathet artist, designer and model wears a vyshyvanka and crafts a traditional seed bead necklace. Top right, Friends for life in 1979; both of these friends are still in Kharkiv. Above left, Milla as a student in 1980, the summer she worked constructing buildings in Kharkiv. Many of them were destroyed in March. Above right, Milla photographed in Powell River, by Andrew Bradley.

BY MILLA HOPE

I was born in the USSR, a country that doesn't exist anymore and should not be in the first place.

After the Red Blood revolution in 1917, Ukraine held the line against joining the Soviet Union but lost the battle and was forced to become one of 15 republics in the Union.

The first capital city of soviet Ukraine was my hometown Kharkiv, the second biggest city and closest to the border with the Russian republic.

In 1932, by the decision of the Soviet party, entire areas of Ukraine were entered into lists of settlements that were completely blocked by troops, the population was forbidden to travel outside these territories, all food was confiscated, and trade was completely prohibited.

Joseph Stalin believed that the peasants deliberately hid the grain. Across the country, his government began to steal products and livestock. In October, there was not enough food, and famine began in Ukraine. At first, those who died of starvation were buried, but when there were too many of them, they stopped. Corpses lay on the streets.

The Soviet authorities forbade talking about the famine: there was an unspoken order not to enter it in the “cause of death” column. Instead, they wrote that death was due to unidentified causes or from exhaustion. Almost 10 million people died during the Holodomor of 1932-1933.

My grandfather told me the story of how they were twice *raskulacheny* by Soviet authorities, who entered the house while the family having dinner.

They grabbed the only food the family had at that time – a bowl of potatoes. Even the bowl was confiscated.

During WWII, Kharkiv was one of the most destroyed cities in Europe. Despite the losses and defeats, the double occupation and the atrocities of the Nazis, the Kharkovites held on and brought the moment of victory closer with all their might.

I grew up knowing from my family stories “the true history and meaning of Soviet communism.”

From an early age, I was thinking about the way to leave that society. So I graduated from Kharkiv Polytechnic University in 1984, and worked for the company that designed electrical parts of nuclear power plants.

After the Chernobyl tragedy, we immigrated to Israel, changed our life-


style and profession, and set a new course for a better life. In 1999 we found new opportunities in Canada.

Since 2016 I've made Powell River home and enjoy the beautiful nature around that has inspired me to create and be a part of an amazing art community.

Conflict means to disagree with someone over opposite opinions.

Ukraine today is not a matter of “conflict.” It's the Russian Federation government attacking Ukrainian soil, destroying infrastructure, killing civilians! My homeland where I grew up, the streets I walked, the buildings I watched being constructed are turning into dust today.

I asked my friends in Kharkiv if they want to leave city. They said “it's our city and we are staying with it.”



It is spring again. The earth is like a child that knows poems by heart.

- Rainer Maria Rilke

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Ancestral village “felt so familiar.”

BY RON BEREZAN

I am the grandchild of Ukrainian immigrants on my father’s side and Polish immigrants on my mother’s side. I grew up surrounded by the language at family gatherings and by stories and traditions from the “old country” even though my ancestral land seemed very far away.

My gida (grampa) never learned to speak English and made his living by making and selling natural medicines from plants that he foraged from the forests of Edmonton. My baba (gramma) was an amazing green thumb and filled the basement with preserved foods from her gardens and the kitchen with smells that were to die for.

In 2002 while working for an international NGO, I had the opportunity to travel to Ukraine for work. Knowing I would likely never have the chance again, I made sure to travel to my ancestral village of Horbkiv, an hour or so outside of the city of Lviv in western Ukraine.

From the moment the taxi dropped me off, I was smothered by hugs and welcomed into home after home filled with cousins, great aunts and uncles I

had never met before and tables covered in food and drink. The most incredible thing was how it all felt so familiar – from the smells in the homes, to big gardens out back, to the mannerisms of the people and the loud and joyful conversations – these were my people!

When I came back home to Edmonton and showed my baba my pictures, the tears streamed down her face. She died about six months later, but I was so grateful to have made that journey while she was still alive.

We are all from somewhere and to know that place is to more fully know ourselves.

As the bombs drop on Ukraine and the tanks roll through the streets, it is heart-wrenching to imagine what my relations, and all Ukrainians, are going through right now. Just as it is to apprehend the violence that communities around the world have and continue to face at the hands of other imperialist oppressive powers.

Both Ukraine and Russia have long and complex histories and the seeds of this conflict were sown long ago. The West, including Canada, shares in the

responsibility through our participation in the arms race during the Cold War that has never really ended.

The West/NATO is also guilty for using Ukraine to further its own political aims for decades while leaving the people of Ukraine to suffer the consequences. None of that justifies the barbaric invasion of Ukraine by Russia of course, but it helps to understand the broader context. It is painfully sad to see the civilian casualties mounting and equally tragic to see young Russian soldiers, some of them conscripts, losing their lives in an invasion they appeared to be largely clueless about. They too are casualties of this senseless war.

Amidst all of the devastation, it is heartening to see large numbers of Russians continuing to publicly oppose the war, even though the price they may pay for doing so is hard for us to comprehend.

So many Ukrainians with no military training at all are taking up arms in defense of their cities, their communities, their country. (All men between the age of 18-60 are in fact now prohibited from leaving the country and are being



GREEN THUMBS RUN IN THE FAMILY: Ron Berezan’s Baba, from Horbkiv.

called on to join the resistance).

Some of my relations have fled to Poland, while others, mostly men, who were working in other parts of Europe have returned to Ukraine to fight.

With millions now having fled the country, the welcome being offered so far by other nations is another sign of hope. But as these numbers continue to swell, it is hard to imagine how all of these shattered lives can ever be put back together.

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Would-be soldier's plans delayed

BY PIETA WOOLLEY

LOCAL JOURNALISM INITIATIVE

On the day Russia invaded, President Volodymyr Zelensky called for anyone to join the 'International Legion of Territorial Defense of Ukraine.' Thousands of Canadians volunteered to help resist.

Powell River's Bryson Woolsey was one of them. The 33-year-old quit his job as a cook at the hospital, and started fundraising on Facebook and GoFundMe to get there. He also appeared on Global and Chek TV, on the CBC, and in several newspaper articles in an effort to raise funds for his plans, and directly to help Ukraine.

"I applied through the Canadian embassy," Bryson recalled. "But I don't have combat or military experience, so I was denied for that."

Throughout history, foreign volunteers have played an important role globally, from the French Foreign Legion, to the Spanish Civil War, and the American War of Independence.

For Russia's war on Ukraine, both the embassy and the Department of National Defense were flooded with Canadian volunteers. However, it wasn't long

before Ottawa realized Canada could offer little support to citizens fighting in Ukraine – and the Geneva Convention may not apply to them.

Bryson quickly realized volunteering wasn't going to be as straight-forward as he had hoped. He returned the money and goods that had been donated, and reconsidered his plan.

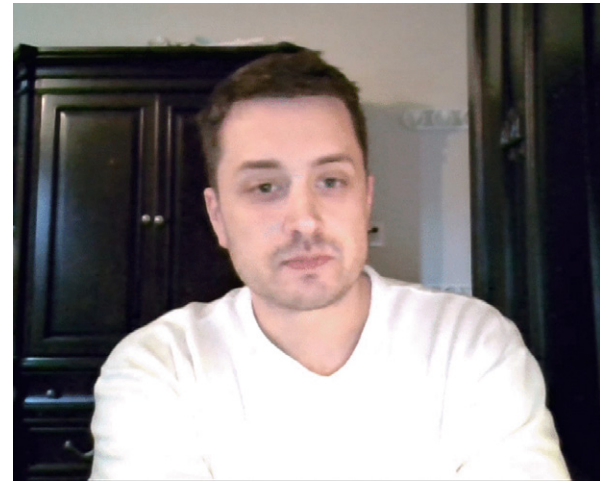
"I'm still trying to get there, but I'm not in a rush," he said. "I've learned patience. It felt like pulling teeth to try to get information about volunteering – and then sifting through what's true and what's not. I've also learned to protect myself. I've had reporters reaching out from all over the world – including one from Moscow. But I couldn't find any trace of their name. I realized I had to be really careful."

Bryson is following the war closely, and says the experience has opened his eyes to other conflicts in the world, including the Yemeni crisis. In qathet, it's easy to live in a bubble, he notes.

Though he has no ties to Ukraine, his grandmother is Dutch.

Germany occupied the Netherlands for five years during WWII. About 70 percent of Jewish citizens were killed, and in the war's last year, 30,000 people in the general population died of starvation and cold, after Germany cut off food and fuel shipments to the country. In all, more than 200,000 Dutch citizens died during the Nazi occupation. Canadian soldiers were instrumental in the country's liberation.

Bryson's ties to the Netherlands motivated him to



IN ANOTHER ERA, NO PROBLEM: Former Powell River General Hospital cook Bryson Woolsey tried to volunteer for the International Legion of Territorial Defense of Ukraine. Getting approved to go was tougher and longer than he imagined.

act for Ukraine, he said. Closer to home, he is equally motivated to use his personal experiences to contribute.

"I am going to school for addictions counseling," said Bryson, revealing that he spent much of his 20s fighting cocaine and alcohol addictions, before going for treatment and joining Alcoholics Anonymous. It was there, he said, that he started to develop spiritually and define his purpose in life: helping others.

"This whole experience has just made me want to be a little more active in the future, in supporting other people. Once I have more finances, more of a platform, I can do that more."

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Family meals and farms: Ukraine feeds us all



BY CAMILLE ROCH

My Grandma and Grandpa came from a small farming village just South of Chernivtsi Oblast near the Romanian border. Our family was united by family meals and the bountiful garden that my Grandpa grew and wanted to share with everyone.

While traveling in Ukraine in 2010, I was struck by the vast farm lands, the beautiful farmers' markets, and the delicious traditional foods.

When speaking to my auntie about Ukraine, she likes to talk about how black the soil is and the traditional foods she enjoys making.

The blue and yellow on Ukraine's flag represent the country's wide blue skies and abundant yellow wheat fields. Ukraine is known for its rich black fertile soils (chernozem) and a climate that is ideal for both winter and spring crops.

Of Ukraine's total land, around 71 per cent of it is used agriculturally. They are a leading producer of sunflower oil, and produce major grain crops like wheat, corn, barley, and rye.

Armed conflicts in Ukraine jeopardize global food security, creating intense disruption in agricultural production. Farmers forced to abandon their farms cannot attend to crops. Deterioration of land and infrastructure, and the potential extraction of the riches of its soil are other possible factors.

EASTER FEAST: Top, Camille Roch's traditional Easter meal in 2020 included cabbage rolls, dill and onion potatoes, sauerkraut, paska and babka, among much more. Left, on a trip to Ukraine in 2010, Camille snapped these photos of a meat market and tapestries, both in Lviv.

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Ukrainians settling in Kelly Creek bought land, fought discrimination

As is the case with many Canadian communities, qathet is multi-cultural and has been for a long time. From its beginning, the development of the Town of Powell River and the pulp and paper mill attracted people

to Powell River in 1911 and lived in the Townsite until 1925. Nick was a labourer for the construction of the mill and the family also took in boarders from the Ukraine.

Two of the region's streets today are named in honour of two Ukrainian families who settled parts of Kelly Creek: Zilinsky and Nassichuk. In 1899, Marco Zilinsky led a group of settlers from Voloca, Bukovina (now a region that is part of Ukraine and Romania) to Calder, Saskatchewan.

Seeking affordable land and a milder climate, Marco's son, Onufrey Zilinsky, led the group once more in 1924, to Kelly Creek. Three hundred Ukrainian men, women and children came to Kelly Creek that year. Some families left in 1925 to other parts of BC and by 1926 only a few families remained: the Zilinskys, Nassichuks, Gurlings, Barchuks, and Andonys.

In those days, crown land in Kelly Creek was sold for \$2.50 an acre. John

REFUGE FOR UKRAINIANS: At the Powell River Paper Mill, top left, Ukrainians found work. In the front row, the third and fourth from the left are George and Jim Nassichuk. Top, the land for the Holy Cross Cemetery, south of town, was donated by the Zilinsky family. Below, the Nassichuk's 50th anniversary party.



and Dora Nassichuk who followed the Zilinsky's to Canada all the way from Toporivtsi, Bukovina, purchased an 80-acre property at Kelly Creek and homesteaded there until the 1950s.

Ukrainian families arriving to Kelly Creek did not receive a warm welcome. They were faced with discrimination from employers, as well as from other loggers and mill workers. This resulted in the transformation of names: Onufrey changed his name to Fred, and Zilinsky became Zilnic.

Men eventually found work in log-

ging camps cutting shingle bolts and some like Onufrey, later found work at the paper mill.

In 1927, the Holy Cross Cemetery on Nassichuk Road, was built on land donated by the Zilinskys. Eleven of the early Ukrainian pioneers of Kelly Creek rest there today.

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

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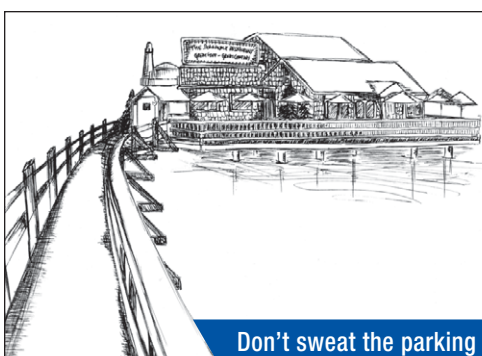
BLAST FROM THE PAST

JOËLLE SÉVIGNY

from all over the world. Employment was high and people seeking a new start often ended up here.

At the turn of the century, many families from Ukraine and neighbouring Eastern European countries were looking for a country at peace and away from European wars. Canada had much land to offer, and unlike their home countries, mandatory service in the army was not required.

Some of the first pioneer Ukrainian residents in Powell River were John "Nick" and Lena Tkachyk. They moved



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The Ukrainians who came to Canada

The first recorded Ukrainian settlers arrived in Canada in 1891 when two immigrants, Vasyl Eleniak and Ivan Pylypiw, from the Galicia province of the Austro-Hungarian Empire landed in Montreal.

Within the years that followed, tens of thousands of Ukrainians arrived in Canada. Most Ukrainian immigrants of this period were identified on government records as arriving from their respective provinces in the Austro-Hungarian Empire, as Poles, Russians, or Austrians.

The vast majority of these immigrants settled in Manitoba, Saskatchewan, and Alberta where they obtained land to farm. Others who preferred industrial occupations settled in various towns in Nova Scotia, Ontario, Quebec, Manitoba, and British Columbia.

Approximately 150,000 Ukrainian immigrants arrived between 1891 and 1914.

During the First World War, Ukrainians from Galicia were classified as enemy aliens by the Government of Canada and over 5,000 Ukrainian Canadians were interned in camps. Ukrainian language schools were closed and the

Ukrainian language press restricted.

Regardless of this, over 10,000 Ukrainian Canadians fought in the War, with many anglicizing their names to avoid discrimination.

The second large wave of immigration from Ukraine occurred after the First World War when Ukraine became a part of the Soviet Union as the Ukrainian Soviet Socialist Republic.

These refugees were welcomed by the already established Ukrainian communities. The Ukrainian Orthodox, Catholic, and Protestant churches had parishes in most Ukrainian centres and these establishments were important places for social gathering.

Over 40,000 Ukrainian Canadians fought in the Second World War. After the end of this war, there was a third wave of Ukrainian immigration to Canada. These were mostly refugees who began arriving from all over Europe in 1947.

By 1952, over 32,000 new Ukrainian immigrants had settled in Canada. Most of these immigrants settled in the industrial regions of Quebec and Ontario.

From Library and Archives Canada

Donate locally for Ukraine

Sunny Deli at Townsite Market

Owners Rostik Artiushenkov and Anna Honcharova are both from Ukraine. Donate in-store and your money will go directly to Ukrainians, with no third-party involvement.

MCC Thrift Store

Starting in 1870, many Mennonite Ukrainians came to Canada. The national Mennonite Central Committee has organized a relief effort on the ground in Ukraine. Donate in-store.

Dump Run Provisions at the Sunday Farmers' Market

Since February, Jeffery Mickelson and Camille Roch have been raising funds for the Canadian Red Cross Ukrainian Humanitarian Appeal, through their dumpling and borscht business.

Camille's family is from Ukraine, and Jeffery's family is from Latvia – which has also been under Russian occupation.

Visit them in the quonset hut Sundays 12:30 to 2:30 pm.

PR-qathet for Ukraine fundraising concert April 2

At 7pm at the Evergreen Theatre. Recommended donation: at least \$30. PRISMA, the Powell River Academy of Music and the Rotary Club of Powell River coordinated this event featuring local musicians. See prismafestival.com/ukraine.

Artique

Several local artists have donated work for a Ukraine fundraising effort. Stop by the Alberni store to purchase a piece of art.

BC Liquor Store at Town Centre Mall

The BC Liquor Distribution Branch has collected over \$530,000 for the Canadian Red Cross Ukrainian Humanitarian Appeal. Donate in store.

Marks Work Warehouse & Canadian Tire

Accepting donations in-store for the Canadian Red Cross Ukrainian Humanitarian Appeal.

Opportunity

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

As we wade into 2022 (pronounced 2020 too), it is all too easy to become distracted by circumstance. The pandemic just won't quit (but apparently, employees are more willing to quit than ever before), global tensions are on the rise with inflation, and interest rates are now a thing again.

It is tempting to play defence in the face of all of this. Unfortunately, it's become socially acceptable to not try because of COVID, government rules, financial insecurity, or any other big story of the day. Nobody blames anyone for having a tough time, and misery loves company. At the moment, you're more likely to be socially shunned for being upbeat or optimistic. It's tough to find that group, so let's try to start one.

We are living through one of the biggest societal re-sets of a generation. Our way of life has been interrupted in ways we could not have imagined. Yet, there's evidence of new patterns taking hold all around us. For example, video meetings and e-signatures, along with other digital or virtual solutions that were available before the pandemic but shunned by many, are now the norm thanks to the motivation of public health orders.

When faced with this kind of dislocation of the status quo, there is an opportunity to re-imagine all or part of what you are doing. If you turn your mind to the options popping up, you can start to have some fun again. For many industries, labour has become more of a significant sore point. Finding good people is the cornerstone of many

businesses, and it is more challenging than ever. What can you do to face this challenge? What creative options can you come up with to attract and retain the best of the talent out there? Working from home is more acceptable for clients and workers alike; can you take advantage of that? If everyone around you is short-staffed or does not have trained staff, what can you do to win in that arena? Can you change your compensation to include a bonus structure to put you ahead of the competition while motivating your staff to keep aligned with your core goals? These are considerable challenges, but the payoff for success could be a difference-maker. This scratches the surface.

Look around. Do you have a network of intelligent, positive, and energetic people with whom you can discuss these kinds of issues? The connections and people we surround ourselves with

do so much to enrich our lives, both personally and professionally. This is more important when going through disruption of this magnitude.

As a financial guy, times like this highlight the advantage of having liquid cash reserves and a financial plan. Money means options, and fortune favours the prepared. If you are in a stable financial situation, you can set yourself apart from the pack and put yourself in a position to thrive when faced with upheaval. To be clear, I am not talking about making a big bitcoin play, a big bet on the direction of interest rates, a big bet for or against the law of equity markets. Unfortunately, many commentators and companies are promoting new and aggressive speculative programs, giving the illusion of a reasonable probability of success. Always remember the key to financial success is not hitting that one big thing right

– it is about never completely blowing anything up.

The investment advisor in your life should be a source of good information and points of view. They should be spending much of their time chatting with business owners in various industries at various stages, developing a robust and fulsome perspective for you to bounce ideas off.

Build your team, get your affairs in order, and bring on the storm. Opportunity awaits.

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

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How high can real estate fly? Three facts:

1. First time buyers have dried up

In January and February of this year, just one buyer in qathet was a first-time homebuyer – out of 61 total homes bought.

2. Buddy, can you spare \$200,000?

When you compare February 2021 to February 2022, the average price of a home soared from \$510,575 to \$708,818.

3. Why are so many people moving here?

The most common reasons are “quality of life” and they’re retiring here. Just three people have bought here so far this year because they are moving for a job... out of 61 buyers.–PW

Real Estate in qathet

Smaller homes for seniors

Downsizing is trending, and qathet is rising to the challenge

BY PIETA WOOLLEY | LOCAL JOURNALISM INITIATIVE

Back in the mid-1960s, Fred and Jane Moss built a trendy, 4,000-square foot home in Westview – complete with a cathedral entrance, a sundeck with a view of the water and multiple staircases – in which to raise their four children.

That was 56 years ago. Since then, their children have left home, and they don’t need quite so much space.

“Plus Jane took a few unnecessary trips down the stairs,” Fred quipped.

In his 80s, he was still teetering on ladders to prune fruit trees – a choice that scared his relatives.

It was clearly time to downsize.

“We should have done it 10 years

earlier,” said Jane. “I didn’t have much trouble leaving it. As far as I’m concerned, it’s like selling a car. Your home is your home wherever you are.”

“I had a bit more trouble leaving,” said Fred.

The couple decided to build a rancher on their daughter and son-in-law’s Powell River property. They started building in 2019, sold their family home in 2021, and moved directly into their new home. Building during COVID cost more than they had planned – but they also got more for their home than they were expecting.

Both of them are thrilled with their new arrangement. Fred shares a garden with his daughter, so the work load is lightened. She comes to clean for them once a week. Sometimes the two couples share a bottle of wine, or help each other with chores – though they have loads of independence and space.

Downsizing is big business in qathet. Hammil Lake Estates on Padgett Road and Nootka Ridge on the eastern edge of town are both under construction right now, offering small-foot-

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DIFFERENT HOMES FOR DIFFERENT TIMES: Top, Fred and Jane Moss outside their newly-built 1,800-square-foot rancher on their daughter's property – complete with a garage for Fred's wooden toy workshop. Above, the Moss' four children and original 4,000-square foot home, built by the family 56 years ago.

INSPIRE | GUIDE | LEAD | ACHIEVE



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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We should have done it 10 years earlier... As far as I'm concerned, it's like selling a car. Your home is your home wherever you are."

- Jane Moss

builds. They can't be sold, but they can be rented out or used to house relatives – including downsizing seniors.

Although Canadian seniors are statistically the age group that moves least often, when they do, it's usually a move to a smaller place. Seniors moving out of their too-large family homes opens up appropriate stock for younger families to move in to.

In other words, downsizing is a critical trend in real estate right now for every generation.

Drive just past the Farmers' Market on Padgett, and Hammil Lake Estates rises on the left side of the agricultural valley. The dirt is red and loose on the construction site. I'm here with Josh Statham and Dustin Villeneuve, the 460 Realty agents who have taken on the sale of Trevor Kosloski's development.

Trevor is building a destination equestrian centre, Koastal Adventures Resort, plus 28 modular homes on his forest-surrounded property. Today is grey, but on a clear day, Dustin says, you can see Vancouver Island over the trees.

"I was away Monday and Tuesday, and I came back to eight emails all about Hammil Lake, and all from out of town," said Josh. "We're nearly 50 per cent sold already, which is remarkable, because qathet hasn't really done

print, single-floor newly-built homes. When they're complete, the two developments may represent as many as 300 new homes, accommodating up to 600 people. Coastal Breeze Village, on Joyce near the Recreation Complex, offers 75 independent living rentals for seniors. On Joyce near 7-11, Powell River Sunset Homes Society is near completion of its new 34-unit building. And much more.

In addition, the City of Powell River is currently streamlining its by-laws allowing for carriage homes on single-family lots, to encourage more new

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DOWN(SIZING) TOWN: Above, Nootka Ridge's first nine homes are built and bought – all constructed on site. Above right, 460 realtors Josh Statham and Dustin Villeneuve on the construction site of the future Hammil Lake Estates, nearly half of which is already sold before any houses have been constructed.

pre-builds before.”

Pre-builds, or pre-construction sales, became popular during Metro Vancouver's property rush 20 years ago. Essentially, buyers commit before the building is constructed. The advantage is, they can choose floor plans, finishes and appliances, and have their new home built to spec (the downside is, finding a place to rent here while your home is constructed is tough.)

At Hammil Lake, the homes are on 45x100 foot lots (with a \$425 a month pad rental), on concrete foundations and stick framed, and they are modular – built by Amco Modular Homes, a Nanaimo company.

While banks have been hesitant to offer financing for modular homes on pad rentals, the Royal Bank of Canada in Powell River stepped up with mortgages, and is making it work here. The development isn't just for seniors; anyone can live here and enjoy access to the equestrian centre, trails, rental

cabins and location. In total, 28 homes will be built during this development's first phase.

In comparison, you have to be at least 45 years old to buy into Nootka Ridge. Far up behind the Powell River Academy of Music, David Tietzen is developing his land, next to his former golf course, into a seniors' village featuring a club house with a gym, a park and lakes, and central outdoor meeting areas.

Eleven are sold and nine homes are already being lived in. So far, all of them are full of seniors; eight are from qathet, and one from Vancouver Island.

“Seniors know each other and take care of each other,” David said. “This is about a community. It's what we're trying to build here.”

As we walk through the 39-acre property, David's crew of five men is constructing two more homes. A \$525 a month rental fee covers sewer and

čęęħaθęč (Welcome!)

Community Conversation: Possible Name Change

Tla'amin Executive Council requested the City of Powell River consider a name change. The City and 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.

q'weyq'wayštəm
(Let's talk!)

**Upcoming
Engagement Events!**

Thank you to everyone who participated in the survey. The information you shared is informing content for a variety of engagement events we will host throughout April.

Visit the project website to learn more and sign up for the email list to get the latest project updates: www.powellriver.ca/pnc.

We look forward to being in conversation with you!



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water, and land tax. Unlike Hammil Lake, they are not modular pre-fabs, but are fully framed on-site, 1,450 square-foot rancher homes with in-floor heating.

Technically, they're spec homes, but they sell for \$499,000 as fast as he can build them. Eventually, there will be as many as 240 homes, accommodating nearly 500 people – which concerns some of his neighbours in the rural area. In areas that are serious about housing growing populations, he countered, this is what development looks like. In seniors-friendly Florida and Arizona, Nootka Ridge is a very common template.

Not all seniors looking for homes are comfortable with what's available, though.

Debbie and Josh Joslin spent the last decade in Penrose Bay Community on Okeover Inlet. They loved it there, but health dictated that it was time to move to town. Time to downsize.

The dreaded task of getting rid of stuff started months before the *For Sale* sign went up. Deciding what to do with family heirlooms was a heart-wrenching job.

The retired teachers rented a cottage north of Comox for this past winter, a chance to be close to family and see if living in Comox Valley could be an option. It turned out not to be. They love qathet. It is their community. They want to move back, Debbie says, but there are no places for them.

With half a million dollars in their pockets, they were quickly outpriced. Even in November of 2021, housing was hard to find.

"Every waking minute is spent looking for a home," Debbie reports. "Rentals are rare and often unacceptable to live in. We're just looking for a small, single level, two bedroom that is not a fixer upper. As seniors, we want to be happy, safe and comfortable. We don't want to move again."

Buying a pre-build "seems like another worry. Health is a worry enough," Debbie says.

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FINDING THE RIGHT FIT: Debbie and Josh Joslin may buy in PEI and summer here.
Photo by Sean Percy

“We didn’t see this coming. We have a huge problem with no solution in sight. We are desperate and had hoped that we would have a new home to move into by now. This was supposed to be a fun, new adventure in our lives. It has been everything but fun. We are soon to be homeless! With health problems progressing fast, we don’t know what tomorrow will bring.”

They are hoping a place will become available before they have to be out of their rented cottage May 1. If they can’t find a home they have to live in their RV, and try to find a place to put it.

The other option is to leave the coast all together and spend summers in PEI where Debbie is from and hopefully rent for the winters close to their family, on Vancouver Island.

Finding the right solution is critical, according to Fred and Jane Moss. The duo has some advice for seniors who are looking for their next home, as well as agents who are selling to seniors.

No stairs. Even if you can do them now, they say, you might not in a couple of years.

Make sure you have two bathrooms.

Make sure your new home can accommodate the things you love to do; wood-working and gardening were non-negotiables for the Mosses.

Make sure you leave yourself enough time

to pack properly and label your boxes.

And downsize sooner rather than later.

The Mosses are thrilled with their decision to build; now that they’ve been in place for a year, they have their favourite art up by qathet painter Luke Raffin. It turns out he lives right across the street – though with COVID, they haven’t met him yet.

Like every other age group, seniors’ housing needs are as diverse as seniors are: their savings and incomes, their relationships to family, and their ambition to find the right fit. Here in qathet, the market can be just as tough for seniors as it is for everyone else.

Fortunately, developers, nonprofits, local governments, and families are working together to offer a wide range of housing solutions for downsizers.

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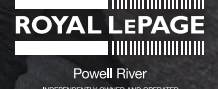
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HOME AT LAST

Two couples co-owning a property? Not so pie- in-the-sky

Home at last - the series

This is the first in a series of six monthly articles, produced in collaboration with the City of Powell River's social planner, Meriko Kubota, *qathet Living* editor Pieta Woolley, filmmaker Claudia Medina, several local nonprofits and, of course, the individuals who graciously agreed to tell their stories.

These are success stories—locals who have found housing solutions in spite of a record tight market and scarcity of affordable public or private housing.

Everyone involved in this project hopes these stories inspire locals to work towards decent, stable housing solutions for all our neighbours.

Tell your housing story at participatepr.ca (see Page 71 for more).



THE NEW LUND IS A LOT LIKE THE OLD LUND: Jesse Firempong and her crew are trying out a traditional mortgage for a non-traditional group-buy situation – for both affordability and community.

Five years ago, Jesse Firempong, 34, her partner, Charles Latimer, and another couple, decided to co-buy a three-acre property and house in Lund. Since then, they've learned oodles about negotiating mortgages, the benefits of living collectively, conflict resolution, and the potential for small groups working together to solve at least part of *qathet's* housing crisis.

On moving here: Charlie and I have lived in Lund since 2019. But we actually bought the proper-

ty in 2017. It took a couple of years to get up here.

Our jobs didn't allow us to work remotely, but we were able to negotiate a probationary period of six months where we came back to the office in Vancouver every two months at our own expense. It was pricey. But then COVID hit and no one really cared if you were in the office.

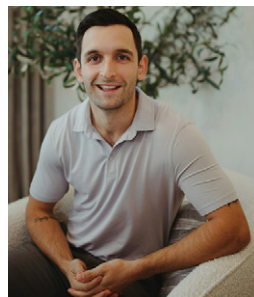
I should say, also, that if we were buying today, in 2022, I don't think we could afford it because the prices have gone up so much.



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On figuring out finances: In 2017, I was still in my first full-time job, but I didn't have a lot of savings. So the idea of owning a home wasn't even on my radar. When Charlie raised it and we talked to our friends Kathryn Colby and Jim Elliot, about co-owning a property, I still felt like it was kind of a pie-in-the-sky idea. All four of us were buying without intergenerational wealth – without help from our parents.

So we went to CCEC, a credit union in Vancouver, and talked to them. They helped us figure it out – getting our paperwork together, withdrawing from our RRSPs (they have to be paid back within 15 years), and helping us with the legal fees. The credit union was the game-changer. It seemed like they cared about who we are and what we were trying to do, and were really thinking about our circumstances.

It didn't feel like a cut and paste cookie-cutter mortgage. It felt conversational, personal and communal. They really walked us through each step of the process. As someone who doesn't have a high

I'm still wrestling with the privilege of land ownership and what it is to be a good community member, because the disparity is very real.

- Jesse Firemong

degree of financial literacy and knowledge of land ownership, I found it super helpful.

On hiccups: We all fell in love with this one property we saw. But unfortunately the old log cabin with the old wood stove didn't qualify for insurance and a mortgage and we didn't have the cash to buy it outright. So we ended up buying our current property – which is just five minutes up from the beach. It's just really mossy and beautiful and it just kind of felt right.

On letting the vision evolve: When we first moved, we all shared the two-bedroom house. Then my partner and I got married, so our co-owners renovated a storage shed on our property and turned it into a beautiful tiny home.

They lived in that for two years, and we offered to switch, but they really loved it. They embraced it. But with our families growing, more space was needed.

So we're turning the two-bedroom home into a duplex. They are two much-smaller homes, but they're really cozy.

On sort-of-communal living: It's like having a built-in support system; a bit of a safety net. There's always someone there to lend a hand, or help run errands. But we also do things separately, because it is a lot of energy to manage everything collectively – a lot of communication, a lot of collective decision making, a lot of time.

So we share tools and the shop, and manage our recycling and waste together, and that kind of thing. But then we have separate garden areas so everyone can putter at their own pace, and live the life they want to live.

Every few months we have an 'estates general,' where we have breakfast together and talk over what needs to be done. If there's a danger tree that needs to come down, or upgrades, or electrical or plumbing work, we talk about that. We all bring different skills to the table.

On conflict: We've definitely had points where we wanted to do things differently. But we are two couples, so we each have a sounding board where you can turn things around and look at them from different angles before having a conversation with a co-owner.

I think it's good to be mindful of who you are choosing as your co-owner to make sure that you have the same values and you care about the same things. The most important thing is to handle tension and conflict with openness and curiosity.

On small-town living: A thing I like about small towns is you get to hang out with people you might not meet in the city. I really valued that, having grown up in rural Ontario. You just learn to appreciate all different types of people and personalities, because that's who is in your community. You just have to get along. It gets you out of your bubble and assumptions.

On becoming a Lundie: It has a history as a hippie community, so that felt inviting. Especially as a person of colour living in a really small town, that was a consideration for me. It's just always something to negotiate, living in rural Canada. It's all about finding a good community, and people here have been amazing and I definitely feel very welcome.

On stability: For most of my life, I was someone who was very nomadic. The idea of putting down roots makes me feel like... I'd rather fly than put down roots. But I've had a change of perspective. It's having a really solid partner who I can build this awesome foundation with, and build a whole life on it.

On housing privilege: Because we have land, we were thinking about ways we can share it with people who don't have land. Like, can we have tenting platforms? Or other buildings? Seeing how many people in Lund don't have access to stable housing, both from a buying and a renting perspective, it's made me conscious about having a response to that. The responsibility that comes with home ownership is how to be a better, contributing member of my community.

There is a lot more security with home ownership. It really takes the burden off. But yeah – I'm still wrestling with the privilege of land ownership and what it is to be a good community member, because the disparity is very real.

I'm also learning about ways we can decolonize our land ownership, if that's even possible!

This interview has been edited and condensed. ¶



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Recognize Education Week this month by learning how School District 47 schools are working to realize their goals in unique ways.



Breakfast helpers set up healthy snacks for students

James Thomson

What are your school's primary goals?

1. Increase achievement in literacy. 2. Improve social emotional learning – the process of developing self-awareness, self-control and interpersonal skills – for all students.

What unique/new/successful programs ran this year?

To support social emotional learning for our students, we created a social emotional learning teaching position to help classroom teachers support students in developing their skills.

What was a proud moment for you this past year?

We were successful in applying for a grant from Breakfast Clubs of Canada and received \$45,000. We will be building a robust breakfast and lunch program over the remainder of this school year. It will also be hosted in 2022/23.

Something the community might not know about our school is...

James Thomson is a tri-lingual school. We speak English, Ayajuthem and French.

What else is great about James Thomson?

James Thomson incorporates environmental experiences into the children's daily learning experience.

~ Principal Katherine McIntosh



The Kindness Ninja program encourages random acts of kindness

Brooks

Brooks nails its goal of creating a culture of acceptance

What are your school's primary goals?

1. Increase student literacy and numeracy. 2. Improve our culture of acceptance, tolerance, mindfulness, and respect.

What was a proud moment for you this past year?

We are most proud of being able to provide a variety of opportunities for students to connect in social-emotional, academic, and recreational ways during a year that made it difficult to connect with others. We have many clubs for any student interested in getting involved in an activity, or seeking a place to meet others and belong. Each club is led by an involved Brooks staff member that allows students to have agency, and impact on the school and community.

What unique/new/successful programs ran this year?

We had a strong focus on our goals this year. For our numeracy and literacy goals we held our Grade 8 and 9 school-wide assessments, which were marked together by all of our Grade 8 and 9 teachers. This joint approach was helpful for staff to learn from each other and to identify students in need of interventions. Our senior Explore Program is the highlight of our goal around acceptance. We continue to support students in their efforts towards successful graduation in a cohort program that focuses on personalization and work readiness skills.

Something the community might not know about our school is...

Being the only high school makes Brooks a place for all. Beyond the regular classroom, there are many offerings from all areas such as band, dramatic theatre, art, and a very successful sports program.

What else is happening at Brooks?

Brooks programs include a number of other schools such as French Immersion, Brooks Offsite, Continuing Education, Coast Mountain Academy, Automotive, Carpentry, Welding, Culinary, Hairdressing, Powell River Digital Film School, and Dual Credit courses through VIU.

gathet Community Justice group presented to Brooks Grade 8 classes

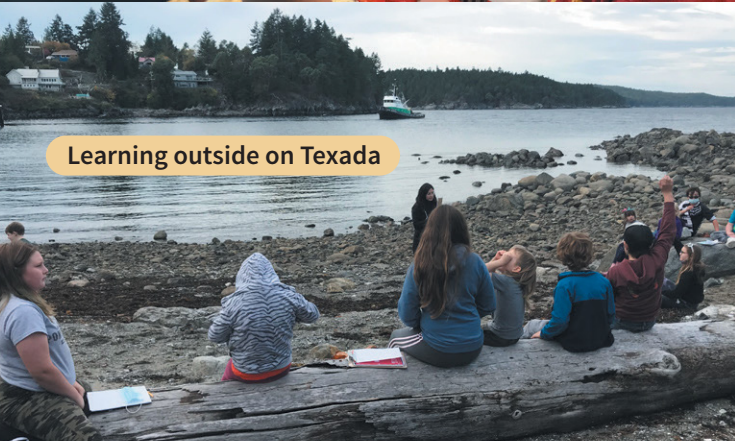


~ Principal Bill Rounis

Texada



Making healthy choices



Learning outside on Texada

What are your school's primary goals?

1. Improve the social-emotional learning of our students.
2. Increase numeracy and literacy.
3. Engage with the community in meaningful ways.

What was a proud moment for you this past year?

One goal that shines through is the social-emotional growth of our students. We have seen a tremendous change in how our students have learned to manage impulses and communicate with each other positively, as well as how our older students have stepped up as mentors for the younger students. We have accomplished this transformation by practising mindfulness techniques and meditation daily and running a program called Habits of Mind, which focuses on core competencies including self-regulation tools, developing empathy for others, and self-reflection.

What unique/new/successful programs ran this year?

We have focused on being a play/project-based school focused on bringing learning outside of the classroom. The students are engaged in making connections to the real world. A goal in this modern approach to teaching is to steer away from learning through memorization of content to an approach that clarifies what children know, do, and understand. If students can transfer learning from the school environment and make connections to the real world, they maintain life-long learning and essential understandings of the world around them.

Something the community might not know about our school is...

We are a highly technologically connected school. With our small population size, we can provide students with 1:1 tablets, laptops, and computers. Many of our curriculum resources are online, including highly engaging numeracy and literacy platforms. This, in combination with our play/project-based approach, allows us to provide a very balanced, and highly engaging, experience for all students.

What else is new?

Our school will be building an outdoor classroom space. It will be completely designed by our students. Mountain views, a seating area that looks like an amphitheatre, and a small footbridge are among other surprises to come. It should be complete by mid-May.

~ Principal Rhonda Gordon

Edgehill

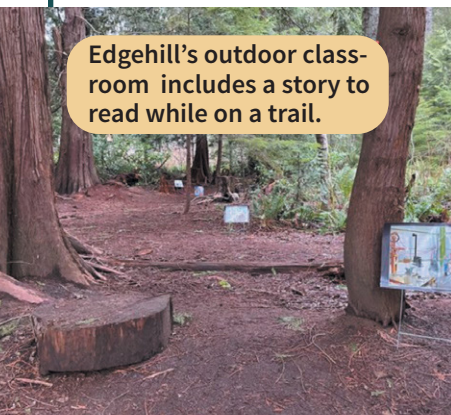
Math can be fun! To reinforce key understanding about numbers, a math support teacher helps introduce new games.

What are your school's primary goals?

1. Learner success with a focus on reading.
2. Engagement and connections via Outdoor Learning.

What was a proud moment for you this past year?

The continuation of our STARR program. Our Students Teaching Altruism Respect and Responsibility has been working in small groups during the pandemic, and has continued to help create daily, weekly, and monthly messages and activities to help show the importance of being kind and a good citizen. As we live our Honour Code: We take care of Ourselves, Others, and Our Place, we have many students taking a leadership role, including creating "good deeds commercials" for our Month in Review Assemblies. I am also proud of how many "usual things" that our school managed to maintain during the pandemic. Little things make up big memories, and our winter concert, Awesome Autumn, Reading Week, Name That Tune, school sports, fun days, and so many more things make school extra fun!



Edgehill's outdoor classroom includes a story to read while on a trail.

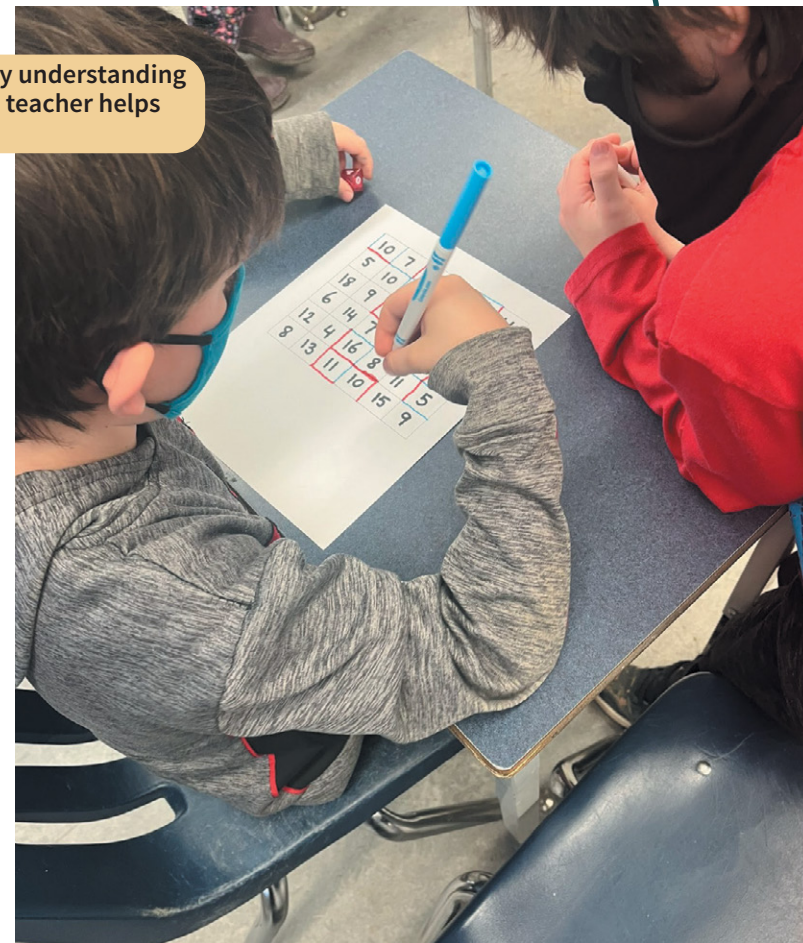
What unique/new/successful programs ran this year?

We added an extra component to our Outdoor Learning Program: an outside learning education assistant who works with classes, small groups and individuals to see how our outdoor classrooms can be used to help with self regulation, mindfulness, and traditional learning. It was great for the Board of Education to support this initiative and now it has us wondering if we can spend even more time outside! It helps create a great blend at our school as we have also added iPads in each classroom and some for classroom signout as well. A school can be both "techie" and outdoorsy!

Something the community might not know about our school is...

We have a rich reading intervention program which continues to expand! Our teachers continue to do many great activities outside of the classroom – this includes the Rippers Bike Riding Club which will restart after spring break; a Friday afternoon hockey game; and a weekly theatre troupe. These allow students to find some "extras" to take part in. Our two choirs (primary and intermediate) and our rock band make sure that music remains an important part of our school.

~ Principal Ian Landy



Kelly Creek



One School, One Book character dress-up day.

What are your school's primary goals?

1. To improve student achievement in literacy, with a primary focus on reading.
2. To support student well-being by engaging students in their learning through outdoor educational opportunities.
3. To improve communication and engagement strategies and build on our sense of community.

What was a proud moment for you this past year?

The resilient nature of our school community. Our students, staff members, and our families have navigated the last year with patience and flexibility. Our focus remained the same: how can we create the safest and best learning environment for our students within the restrictions and guidelines that were laid out. Through effective communication and collaboration, and ensuring everyone had a voice, we made it.

What unique/new/successful programs ran this year?

In support of our reading goal, we engaged in a project called One School, One Book, which is essentially a book club for students, their families, and our entire staff. Every child and every staff member received a copy of the book (Nim's Island) and a reading schedule. We asked students and families to read set numbers of pages in the evenings, and then teachers would re-read the same section the following day with their classes. Every day we had questions related to reading, and students could answer them for prizes. We had activities related to the book, including a character dress-up day. We finished off by having the entire school gather in the gym to watch the Nim's Island movie, complete with popcorn! We were thrilled with the conversations related to the book that took place throughout our school community.

Something the community might not know about our school is...

Kelly Creek is the only school in the district to be designated as a Community School. Our Kelly Creek Community School Association staff work hard to create rich and unique recreational opportunities for our students during the day and after school. Hosting events and offering programs and activities outside of school hours for our community members truly makes our school a 'south of town' hub where people can make new friends, become active, and learn new things.

~ Principal Jamie Burt

Kelly Creek students at Kelly Creek



Henderson

What are your school's primary goals?

1. Literacy.
 2. Community connections.
- We are working hard to improve our 'reading at grade level' success rate, and have a primary reading intervention teacher solely focused on assisting kids in their reading. The universal goal for grade level reading is 'by Grade 3', and that is a strong focus for us here.

What was a proud moment for you this past year?

We've had many this year! Our school teams have been so successful; you can see their confidence growing with each practice. Having full volleyball and basketball teams is a big success for us. We also had amazing entries in the speech arts category for Festival of the Performing Arts, including readers theater, duets, and solo entries. Some were invited to perform at the Grand Concert!

What unique/new/successful programs ran this year?

We had our first run of One School, One Book, with every student receiving a new copy of the book Flora and Ulysses. Each family was encouraged to read it together at home, and then we had fun activities at the school. The book was recently made into a movie, so while each class had their movie time, we came around with popcorn and licorice for everyone. It was great to see students watch their book come alive. A talking squirrel with super powers is pretty entertaining!

Something the community might not know about our school is...

Thanks to a recent grant to improve the accessibility of our playground equipment, we have one of the best playgrounds! We also have a fun mud kitchen, basketball court, outdoor ping pong and chess/checkers tables, square ball, and road hockey. A fun fact for Henderson is the time capsule located under the large front entrance sign. There's a little bit of confusion as to when exactly it is to be opened, 2084, or sooner.

What other thoughts do you have about Henderson and School District 47?

Every school has their own gems or something special happening; staff work hard to support the District's students, both academically and emotionally. Henderson really is the little school with the big heart!

~ Principal Jasmin Marshman



Henderson's fun new accessible playground equipment.



A vending machine with books is popular at Henderson.



Westview

What are your school's primary goals?

1. Literacy. We will focus on improving student achievement in reading.
2. Numeracy.
3. Social Emotional Learning. We provide opportunities for students to build social responsibility skills in the school and community.

What was a proud moment for you this past year?

There are so many. We have a tremendously hard working staff that is hugely supportive of one another. It feels fantastic every day we enter this building! For example, our friendship room is available for all students who need a break, a connection, or an opportunity to self-regulate. We are always trying to make things better. We have high standards and all of us do everything we can to do better, be better, and we are always open to better ideas and more efficient ways of making things happen. We are always focused on our ultimate goal: improving student learning and the student experience!

What unique/new/successful programs ran this year?

- Ground Pounders (our twice-a-week morning run club where we have 65 kids running and they collect swag when they reach 50 km, 100 km or 200 km.)
- Middle Years program aimed at meeting the needs of our upper intermediate learners.
- Reading program in primary that is dynamic and phenomenal, lead by our amazing reading intervention team.
- Fine Arts programming led by the amazing Mr. Carson is a finely tuned program. We have amazing band and choir students at Westview!

~ Principal Shannon Behan

FUN FACTS: We built some of our own cuisenaire rods (mathematics learning aids that provide an interactive, hands-on way to explore mathematics.) For our numeracy goal, for instance, we use cuisenaire rods to support skills such as adding, subtracting, multiplication, division, fractions, place value, counting, geometry, measurement, ratio and area, and number sense.

PIE

DID YOU KNOW that the **Partners in Education Program** runs out of the Oceanview Education Centre?

What are your school's primary goals?

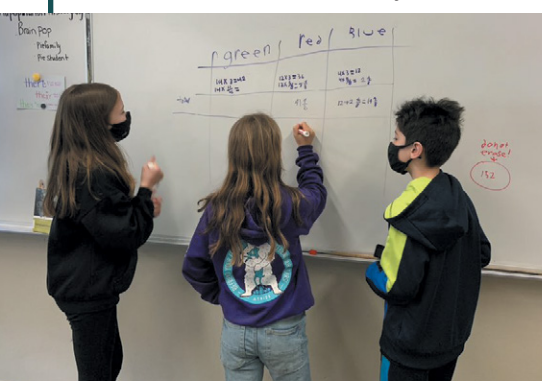
1. Student Mental Health. Teachers are all working on becoming more aware and proactive in helping students to improve their mental health.
2. Improving student achievement in Mathematics.

What was a proud moment for you this past year?

Proud moments come for us when students, who perhaps did not have a good experience in a regular 'bricks and mortar' school due to anxiety or other reasons, are able to eventually take classes in a regular classroom and blend in with the rest of the class, get their work done, and then continue on to successful school completion after the change. This year, five of the six full-time Grade 12 PIE students that are graduating with a Dogwood certificate are students with special needs.

What unique/new/successful programs ran this year?

This year, we offered two Hybrid programs where each week, students had three days of schooling from home and two days of face-to-face instruction with their classroom teacher. It has been very successful, and it is intended that PIE will offer at least two classes in that format next year.



Something the community might not know about our school is...

PIE provides instruction this year for 340 students in a mixture of full time and part time course loads. Our teaching staff that work out of the old Oceanview School (now Oceanview Education Centre) now number 15 and provide services for both regular as well as special education students.

~ Principal Don Fairbairn





ELECTRONICS GRAVEYARD:
Near-new appliances pile up at the Recycle BC centre on Duncan Street.

BUILT NOT TO LAST

According to a May 2019 poll by OpenMedia and iFix, 76 per cent of people have discarded an electronic device because repairing it was too expensive.

I am among that 76 per cent.

BY ISABELLE SOUTHCOTT

Repair or replace?
More often than not, when it comes to electronics, Canadians will throw it out rather than fix it.

If you want to keep things out of the waste stream and reduce your environmental footprint, it makes sense to repair items to extend their life. But if you can't buy parts to repair an item, manufacturers leave you with little choice: buy another or do without.

This is called *planned obsolescence*.

I'd never thought about planned obsolescence until my four-year-old washing machine broke down.

The repair man who looked at it gave me a quote on parts and labour to fix it. It would take weeks, maybe longer, for the parts to arrive and when they did it was going to cost more to fix it than it would to buy a new machine.

I gulped and did what made sense financially.

I threw out my four-year-old washing machine and bought a new one because a new machine came with a one-year warranty and cost less. I hauled my old washing machine to Augusta Recyclers to join the legion of other appliances waiting to be taken to the Lower Mainland for recycling.

I felt guilty as I left that machine in Augusta's appliance graveyard. It still looked brand-new, but I didn't think about it much more until I began doing the research for this story.

I'm angry that the manufacturer made the appliance so complicated that my sons, who are pretty good at fixing stuff, couldn't fix it.

I'm angry that the manufacturer made the cost of replacement parts so expensive that it was more expensive to repair than buy new.

And I'm angry that a machine I paid good money for, lasted only four years. Four measly years. That's not an acceptable lifespan for a washing machine.

Earth Day 2022 • April 22

qL's annual Green Issue is particularly inspiring this year, because so many excellent initiatives are under way.

We're repairing rather than tossing; cleaning up our diets and banking; planting trees and growing salmon; driving EVs and educating ourselves more than ever before.

A special thank you to qathet Climate Alliance for the excellent contributions to this section.

- Page 29* • The Appliance Doctors - repairing
- Page 35* • Kintsugi: Reincarnation - fixing what is broken
- Page 40* • Ethical investment - money where it matters
- Page 41* • Tasty climate action - recipes
- Page 42* • That's our crew - local tree planters
- Page 44* • It's Fry Day - releasing salmon
- Page 45* • Electric Vehicle Avenue - turn over a new leaf
- Page 46* • Book recommendations - climate reading



April is Poetry & Earth Month

Earth Month Poster Workshop

Hosted by the Raging Grannies for Teens (ages 12+). First Credit Union Community Room

Saturday, April 16, 1:00 – 2:30pm. Drop-in.



Poetry Slam – The Language of Trees

Great prizes on the theme of nature! Register to participate (edgar@prpl.ca), and cheer on your friends. First Credit Union Community Room

Saturday, April 23, 1:00 – 3:00pm. With the PR Museum and Archives

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William Pallot, owner of Pacific Coast Appliance & Installations, one of two repair guys in qathet, wasn't surprised when he heard my story.

"Two to five years is the average life span for a household appliance these days," says William. "They're not designing them to last."

He said I wasn't alone in discarding my four-year-old washing machine in favour of a new one when it broke down. "Because of the pandemic there was a part shortage and a global chip shortage," he said, explaining that these semiconductors help power everything from your phone to your car to your electric toothbrush to your washing machine and refrigerator.

"Machines that could have or should have been fixed have been discarded because we can't get the parts to repair them or people can't spend months waiting for parts to arrive to fix their washing machines."

Not long ago, there were 87 different appliance brand names worldwide. Today there are only a handful of manufacturers left – some have five or six brand names.

William yearns for the good ol' days when appliances were made to fix.

"Twenty years ago, you could carry two different drain pumps and they could service 400 different models. Now each model number has its own individual drain pump."

For more than a decade, Right to Repair activists have railed against manufacturers that force buyers of espresso machines or laser printers to purchase replacement pods and cartridges from the original manufacturer.

Canadian farmers can't fix their own agricultural equipment (now computerized) because if they do, they

could be infringing on the *Copyright Act*. Farmers across the United States are suing John Deere for the right to repair tractors and other farm equipment they purchase, saying the manufacturer has deliberately monopolized the market for repair and maintenance services by making crucial software and repair tools inaccessible to farmers and independent repair shops.

As computers have become part of nearly every machine, repairs by independent individuals and do-it-yourselfers have become increasingly difficult, and often impossible, to do.

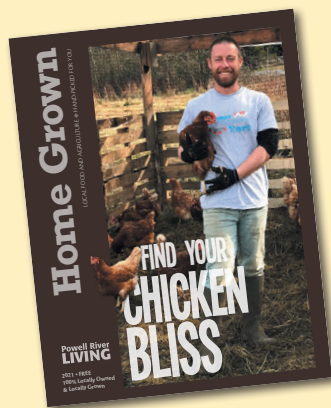
Many manufacturers use proprietary repair tools, software and diagnostics to prevent third parties from performing repairs. This forces people to pay dealer rates for repairs they could do themselves or have an independent repair shop perform. (Apple was one of these manufacturers. However, last year, Apple reversed its position on some of its products to allow people to fix their own iPhones and Macs.)

In the last 20 plus years, companies have used the American *Digital Millennium Copyright Act* to prevent individuals and third-party repair shops from fixing their broken products.

Modern devices include proprietary screws available only from the manufacturer, or batteries glued to other parts. Add in manuals that go only to authorized dealers, and it's increasingly difficult for consumers or third-party repair shops to fix products.

This problem extends beyond consumer electronics.

During the COVID-19 pandemic, some doctors and research groups said restrictions against fixing ventilators jammed up hospitals in desperate need of functioning machines.



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.

- Want to get on qathet's food map?
- Want to get the word out about your farm, products or services?

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or Suzi at
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Manufacturers want us to buy more. They want to drive products *through* our household and not simply *to* our household.

In 2020, people worldwide bought 1.4 billion smartphones – 200 million of them from Apple. More than 80 per cent of these iPhones were sold as upgrades – not to first time buyers.

Planned obsolescence dates back to the 1920s when lightbulb manufacturers got together and agreed to purposefully limit the life spans of the lightbulbs they produced. Ever since, many companies have been locked into this business model as a way to grow their companies by selling more products.

Planned obsolescence is often why our software slows.

The United Nations says e-waste is one of the fastest growing waste streams in the world: 53.6 million tonnes in 2019 – an increase of 21 per cent in just five years.

A survey of 2,200 Canadians commissioned by Equiterre in 2018 (as part of a study to get a better understanding of obsolescence in Canada) found that 44 per cent kept their electronic devices for less than three years and 61 per cent kept their devices for less than five years. More than four-fifths of respondents said they thought home appliances and electronics were designed to have a short life span.

When electronics break and can't be fixed, people do exactly what manufacturers want them to, they buy more.

When someone talks about a “throwaway society,” today, it sounds like they're criticizing the world we live in. But in the 1950s the term “throwaway society” had a positive connotation. In 1955, *Life Magazine* published an article called “Throwaway Living” that suggested disposable housewares would give housewives back time which would have been spent on cleaning diapers, dishes, towels, and ashtrays!

Cam Bailey fixes sewing machines. He's been following the Right to Repair movement. In Ottawa last year, Liberal MP Brian May introduced a Private Member's Bill to challenge digital locks – also known as TPMs – that impede users from being able to make

“Two to five years is the average life span for a household appliance these days. They're not designing them to last.”

- William Pallot

Where to recycle your electronics

The Return It Depot on Duncan Street collects electronics for recycling, said Tai Uhlmann, a member of qathet Regional District's Let's Talk Trash Educational Team.

The district's recycling depots collect cell phones through Call2Recycle and small appliances through Electrocycle.

“Call 2 Recycle has a flow chart that shows the majority of sorters and processors are within North America,” Tai said.

According to the BC government website, electronics collected in BC for recycling are sent to five primary approved recyclers in North America where they are broken down. Batteries and mercury are removed. Through a variety of refining and smelting processes, the materials reclaimed from end-of-life electronics are used as raw materials in the manufacturing of new products.

The qRD conducted two waste composition studies in 2021 and electronics composed less than one per cent of the waste stream, so it was pretty low.

“That implies that most of the electronics are being discarded into recycling programs or perhaps have been put on Swap and Shop or a thrift store for reuse,” said Tai.



REPAIR MAN: William Pallot, owner of Pacific Coast Appliance & Installations, cleans up after fixing a broken washing machine.

diagnosis and repairs under Canada's *Copyright Act*. The bill is called C272 – *An Act to Amend the Copyright Act (diagnosis, maintenance and repair)*. It has passed two readings in the House of Commons, but has been stuck in committee since last summer.

Cam grew up in an isolated town in the Northwest Territories. His dad, a journeyman electrician by trade, was the town's default handyman and had Cam “pulling wires” by the age of four. “The only way to get stuff in was to fly it in and that was expensive, so you learned how to fix stuff.”

Cam was fascinated by how things were put together and didn't like throwing stuff away before trying to fix it. So, when his ex was having problems with her Serger, they took it to the dealer on Vancouver Island to get fixed. It cost \$90 just to get



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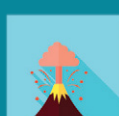
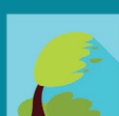
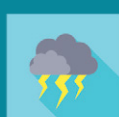
In an emergency situation, the best response may be to stay indoors to avoid hazards such as an accidental chemical release, wildfire smoke, severe weather or public disturbances.

How do I Shelter-in-Place when advised or ordered?

- Seek shelter indoors immediately.
- Close and lock all doors and windows.
- Turn off heating, cooling, and ventilation systems.
- Listen to or watch the local media for official news and instructions.
- If directed to seal a room, cover doors, windows, and air vents with plastic sheeting and wide tape.
- Do not exit until officials advise it is safe to do so.

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THE ECCENTRIC CAM: Cam Bailey fixes sewing machines and enjoys tinkering. He says he never throws something out without first trying to fix it. His collection of parts for the Eccentric Cam sewing machine repair business takes up a large piece of his basement. *Photos by Isabelle Southcott*

“The only way to get stuff in was to fly it in and that was expensive, so you learned how to fix stuff.”

- Cam Bailey

rethreaded. Then and there, Cam decided it was time for him to learn how to do it himself.

“I went to the US and took a course on how to fix them,” he told *qathet Living*. “I believe I’m the only one here who fixes sewing machines now.”

Like everything else, sewing machines have changed. Instead of turning a dial to set the controls, you push a button that tells the computer what you want to do.

Cam is curious. He likes to tinker; he likes to fix things and understands how electrical circuits work. He watches the *Makeful* channel on TV and enjoys “The Repair Shop” TV series because experts from all over the world take things that don’t work and fix them.

He enjoys being able to fix something for someone. “Maybe that’s an extension of me being a paramedic,” he quipped.

He shares a story of how a woman brought in her \$3,500 Janome sewing machine she’d had for just over a year. She’d taken it to the dealer who told her it couldn’t be fixed. Before throwing it out, she decided to take it to Cam, who figured out it was the stop/start button that wasn’t working. For \$90, Cam was able to put in a new micro switch and fix the machine.



The Right to Repair movement is about consumer independence over devices they purchase including when, how and with whom they make repairs.

As it now stands, many Original Equipment Manufacturers (OEMs) use their control of the devices they sell to make it difficult, or even impossible, for individuals to repair their own devices at a fair cost. The Right to Repair movement wants OEMs to provide tools, software and instruction manuals so consumers can perform their own diagnostics and repairs, instead of maintaining a monopoly on servicing - and often not even providing that service.

Right to Repair is also advocating for OEMs to provide access to replacement parts for the general public and small businesses that offer independent repair services.

Buying new equipment instead of fixing old devices is bad for the environment as it increases technological e-waste.

Shorter life spans of today’s electronics encourage users to buy new products more often, and throw

away their old devices.

Most e-waste is shipped to lower-income countries, more minerals are mined from the earth for new equipment, and the cycle continues.

In the US, Repair.org members, iFixit and others have won exemptions to US copyright law to allow bypassing digital locks in some devices for repair purposes. But copyright legislation in Canada doesn't allow case-by-case exemptions. MP Brian May's bill wants to change that by issuing a blanket repair exception right in the *Copyright Act*.

And it appears that the general public is in favour of the right to repair their own electronic devices.

A poll generated by OpenMedia and iFixit surveying Canadians' opinion on the right to repair resulted in 75 percent of people supporting Right to Repair legislation.

Kieran Fogarty is one of qathet's makers. He began fixing computers when he was 11 but these days he works on virtual reality video games, owns a 3D printer and is the driving force behind a Creator Space and hosting Repair Cafés in qathet—like others do in Gibsons, Vancouver, Victoria and elsewhere in BC.

Kieran didn't always believe in planned obsolescence. He said he changed his mind after witnessing the deliberate slowing of iPhones as they got older to encourage people to buy new ones. (Apple argued it was to increase battery life of older phones, but did spend more than \$600 million to settle class action lawsuits over "battery-gate.")

Kieran's talents and his 3D printer are a blessing for many who can't find replacement parts for items they wish to repair because he can make them.

"I made a thumb switch for a motorcycle out of plastic for a guy who couldn't just buy the switch," he said.

He's created many replacement parts with his printer for others, including Cam Bailey. "Kieran did some 3D printing of parts that are no longer available," said Cam.

Kieran blames consumerism for the dissolution of many independent repair shops. Although he doesn't work as a computer repair guy these days, he still helps seniors and others who need a hand with broken computers.

"A lot of people don't need a \$2,000 computer when all they do is go on Facebook and send emails."

It used to be easier to take things apart and fix them.

"Screws were bigger. You could pull out a component and fix it. All the bits are so tiny now. A computer chip is

like a spell to turn on a device. Every time you hit a button, that chip will translate it into a function that used to be represented by a series of different wires in a box," explained Kieran.

He says Europeans have fought for the Right To Repair and created Fix It or Repair Cafés.

He'd like to launch a Creator Space in qathet but needs to find a space to make it happen.

He imagines holding Repair Cafés as fundraisers for the Creator Space. People could bring in their electronic devices and someone would try to fix them.

The Kiwanis Club of Powell River wanted to provide a fix it/repair service for their seniors. They envisioned "seniors helping seniors repairing items and getting together for a coffee or story at their woodworking shop."

They put out a notice last fall and had only two responses. They have a shop space but the program stalled because of COVID.

If you're looking to dump your electronics, that's easy. Here in qathet people can drop off their electronics at the Recycling Depot near RONA, at the Return It Depot on Duncan Street and Augusta Recycling.

A TED Talk released in July of 2021 by Gay Gordon-Byrne, a self-declared repair geek who is the driving force behind the Right to Repair movement, says repair is central to our sustainability goals if we want any control over our e-waste problem.

In 2013, the US Environmental Protection Agency estimated that the average US household already owned 28-digitally driven gizmos and gadgets. Multiply that by 123 million households in the US and there were 3.5 billion pieces of e-waste almost a decade ago.

By the time a laptop, a refrigerator or an electric toothbrush even gets in our hands, most of the environmental damage has been done. With all the costs of mining, and smelting, and transportation, fixing more and throwing away less makes sense.

It allows a secondary market for the product we want to resell, which makes it more accessible to others who couldn't afford new.

In the end it comes down to us: the consumers and manufacturers.

If we buy "smart" fridges that text us when we are out of milk, manufacturers will keep making them.

But if we don't continually replace our electronics for the next latest and greatest model and there is no market for them, they won't make them.



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How to resist the upgrade economy

FAR FROM THE TREE: The owner of PR Macs, Corey Matsumoto, doesn't think much of the limited repair options for Apple devices.

COREY MATSUMOTO | OWNER PR MACS

As an Apple computer technician, I'm well-aware of how poorly Apple products rank on the repairability and upgradability scales. Popular device repair website ifixit.com rates Apple laptops a solid one out of 10, and aside from the \$7,500 Mac Pro, none of the devices or computers in Apple's 2022 lineup are upgradable in any way once they leave the factory.

This is a dystopian future come true for most of us, but for Apple it's the perfect world. Run out of storage space on your 10-month-old \$2000 laptop? No prob, just sell it at a depreciated price and buy a more expensive model with better specs! Macbook keyboard not working properly? No prob, Apple will

replace the entire top case since it is one unrepairable assembly (you did buy the AppleCare extended warranty, right?).

This can't possibly be the tech future we ordered. Luckily, the Right to Repair (RTR) movement is attempting to force tech companies to improve the repairability and upgradability of electronic devices.

Until genuine RTR bills gain traction there are ways we can resist big tech's profit-driving game plan. Acknowledge and resist marketing that tries to convince you that you need the latest and greatest computer or device. Gamify your tech budget by calculating the monthly cost of ownership for those expensive devices and see how low you can get it before upgrading (you might be surprised how well

this little mind trick can work to rewire your mind to prioritize longevity). Most importantly, buy used electronics when possible to get the functionality you need without newer (and often superfluous) bells and whistles.

When it finally comes time to change up your tech, ensure old devices are recycled properly and not tossed into the dump. The bottle depot on Duncan Street accepts electronic devices like computers and small household appliances, but if your device still functions you may want to donate it to one of the second-hand shops. For any Apple computers or devices, bring them down to PR Macs where they will be refurbished and donated to the local food bank for redistribution to families in need. 🍌

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REINCARNATION



NEW LIFE: Broken sea urchin shell from Okeover Inlet, repaired with gold and blackberry thorns. This piece was shown by artist Naoko Fukumaru during a demonstration for the Yoko Ono exhibit at the Vancouver Art Gallery this past winter.

Broken objects are brought back to usefulness and into new beauty, in the hands of a skilled Kintsugi artist. With care, broken people can be transformed, too.

BY NAOKO FUKUMARU

I was born in Kyoto, Japan, to a third-generation antique auction house family. My father regularly rescued and brought back home damaged, abandoned ceramics from his auction house. Every day, my mother served food on beautiful antique plates that were cracked or chipped, my baby food from imperfect old Imari porcelain. Growing up surrounded by fine arts and antiques, I began to experiment with broken objects at an early age, a passion I built into a career.

I was originally supposed to be an antique deal-

er helping my father's auction house. When I was 18 years old my father sent me from Japan to England with empty suitcases and money to buy antiques. After a few weeks I traveled home with luggage filled with antiques, but could not sell them because I loved them too much. Realizing I was too attached to antiques to be a dealer I returned back to England to study professional conservation and restoration of ceramics at West Dean College.

During my time at West Dean my father discreet-

ly told me his auction company was started by my great-grandfather collecting unwanted broken objects door to door by wheelbarrow, which he restored and sold. My father didn't share this story with others, he was embarrassed about his garbageman grandfather. Unlike my father, I was overjoyed and proud to learn about my great-grandfather and our shared link, something of him resurfacing in me generations later. Here I was, in restoration school, instinctively I had already chosen to be a restorer



without knowing my great-grandfather's story. I too love salvaging and adapting broken unwanted items, sometimes I even use a wheelbarrow.

I specifically love damaged ceramics. And bringing them back to life with my care, transforming the unwanted with my love. This is an incredibly healing process for me. Connecting to my childhood, where love in the form of food was served to me on damaged plates since I was a baby. I have not separated from broken ceramics since I was born and feel I am returning the favour of love to the damaged ceramics I restore.

I graduated from West Dean College, England in 2000, with a master's degree in Ceramics and Glass Conservation and Restoration which led to me working for more than two decades as a professional ceramic and glass conservator at the Detroit Institute of Arts Museum, Metropolitan Museum of Art in New York, and other institutions in the USA, Europe, Egypt, and Japan.

I have been involved in major restoration, conservation, and fabrication projects including *The Last Supper* by Leonard da Vinci, *The Tomb of Tutankhamun* in Egypt, Caravaggio and Veronese paintings, *The Thinker* by Rodin, *The Detroit Industry Murals* by Diego Rivera, Yoko Ono, and Anish Kapoor.

Working with international museums and cultural heritage honed my restoration skills to expert levels and brought me experiences around the world.

In 2018 my life and family was in upheaval. Relocating from Italy to Powell River I dreamed that everything will become better in a new place. My marriage had serious issues. I tried my best to find solutions for 21 years, even so,



THE LUND BARNACLE: Blue ceramic with barnacles: Naoko excavated/rescued hundreds of fragments from the rejection pile of an important early BC studio potter Heinz Laffin (95 years old) in Hornby Island in 2020. She restored a non-complete broken vase with Kintsugi and combined it with barnacles that she collected from Lund. "I discovered from listening to Heinz's story that he got inspired by beautiful sea life during his career on Hornby Island and I wanted to combine sea life and his work."

the situation was getting worse.

I was afraid to change my life, to become a single mother, afraid to leave a long-time relationship even with ongoing domestic violence. I kept pretending I was all right when my home

was the most uncomfortable and unsafe place, the opposite of the family I dreamed of. Moving to Powell River didn't solve our broken relationship, but it did give me the strength to face it.

I kept pretending I was all right when my home was the most uncomfortable and unsafe place, the opposite of the family I dreamed of.

Meeting honest friends, joining a caring community, and spending time in beautiful nature changed me completely. Especially two artist friends, who suffer from depression, made me realize I am not alone, that we can work together to help each other.

Sometimes external help is necessary to lift us from our longtime struggles. We share difficulties, not only happy times. We encourage and help each other overcome obstacles in an evolution towards becoming our better fuller selves.

Through them I also discovered the meaning of art in my own life. I had been in the art world my entire life but had not before witnessed such strong artistic obsession and the degree of creative passion my Powell River friends have. And they embraced me to be a true artist, something I never thought myself as, until now.

Together these two dear friends and I will be presenting a three person art exhibition called "Transformation"

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Kintsugi highlights damages instead of hiding them and celebrates beauty in imperfection and impermanence... I probably would not have been attracted to Kintsugi if I had a happy life and was not broken.

at the Sunshine Coast Art Council in Sechelt this summer.

Through the art-making process we face and work through our problems and connect deeply. Sometimes my friends' depressions are real obstacles to their art making and helping them through their challenging times has brought me strength to face my own issues.

Through helping and doing things for others we often gain something for ourselves.

To revitalize and awaken ourselves we jump in the ocean, in the lakes, and in Eagle River even during winter. We swim with geese, fish, frogs; sometimes the lake water covered with moths like fallen ashes or the night ocean water glowing magical with swirling bio-luminescence. The sunsets, bon-

fire birthdays, canoe trips, oyster and wild mushroom feasts. Immersed in beautiful nature with friends opens me to this magnificent world around us and helps me put my problems into manageable perspective as my internal negativity clears away and I am able to remember the good parts of myself and my life, and my future opens up to me. I feel myself transforming.

My first year in Powell River was a processing time. There is no steady work as a ceramic restorer in our small town so to support my family I worked as a support worker for people with mental and physical disabilities.

It was extremely hard work. I worked full-time graveyard shift, midnight to 8 am. Often, I did the next shift as well, making a 16 hour day. Some weeks I was working 60 hours.

I loved taking care of people and have learned about caring communities by doing patient outreach by taking clients throughout Powell River. My new experience as a support worker reinforced the importance of people from all walks of life in our community and how to help others by directly improving their quality of life.

I gained special communication skills with nonverbal people by spending time creating art, going for walks, picnics, singing songs, dancing, visiting farms, and shopping with them. I established an amazing relationship with each of them without spoken communication.

It was a valuable experience for me. At the same time, I was questioning my ceramic restoration and art, "Am I okay giving these parts of myself?" I repeatedly asked this same question while still processing the heavy baggage of my abusive marriage I'd been



HIDING BROKEN PARTS: Naoko was photographed during the museum restoration process (not Kintsugi) of this South Italian Funerary Vase when she was working as an assistant object conservator at The Detroit Institute of Arts Museum in 2005. *Baltimore Painter, South Italian Funerary Vase, 320 and 310 BCE. Courtesy of Detroit Institute of Arts, Conservation Department Imaging Lab.*

Karima Essa

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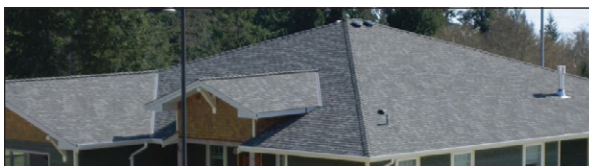


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carrying for so long. It is challenging to simultaneously be a wife, a mother of two young daughters, an artist, and a ceramic restorer; but I didn't want to give any of them up, except one.

I decided to give up being a wife, which opened a large space for other parts of myself. My experience as a support worker gave me the strength, a clear idea, great knowledge about the community, people, communication, and made me ready for my new challenge.

A year after I arrived in Canada, I evacuated to the women's shelter. That was the end of my 21 year relationship. It was a harsh ending and I started struggling with trauma, grief, anxiety, and mental difficulties. I felt undone and torn apart.

During this endless darkness, I received a mysterious email from a local potter in Lund stating, "I am sorry that I missed your Kintsugi workshop in Townsite and I want you to put me on the list for the next workshop."

It was mysterious because I didn't give a workshop and had never done Kintsugi before. But I didn't want to simply say 'No' and close this door.

Kintsugi is a 500-year-old traditional Japanese method of restoring ceramics with Urushi natural lacquer dusted with powdered gold.

Kintsugi highlights damages instead of hiding them and celebrates beauty in imperfection and impermanence. The opposite approach of Western hidden restoration which I studied and practiced for 25 years.

I had not practiced Kintsugi before but I knew with my years of restoration experience I could learn it and provide the workshop. I ordered books from Japan and immersed myself in mastering the old traditional techniques, materials, and philosophy behind this ancient Japanese art.

At the same time I wanted to know more about this mysterious message and began to investigate. The local potter told me that the owner of the art centre in Lund mentioned my Kintsugi workshop to her. I visited the art centre the next day and thanked the owner for her beautiful mistake and asked for an art residency to practice Kintsugi, saying that it must be at her art centre, nowhere else.

She accepted me and I stayed for nine months. At the end of my residency I offered a Kintsugi workshop to the community, in attendance were people who originally wanted to take the imaginary workshop one year before.

This is how I became a Kintsugi artist. I was so broken and at the lowest point in my life when I received the curious email. I probably would not have been attracted to Kintsugi if I had a happy life and was not broken. I restore the broken ceramics with Kintsugi and have learned to accept, heal, and overcome my own wounds.

The art of Kintsugi allows us to accept the fragility and imperfections of everyday objects by highlighting these qualities with gold; but it also teaches us to accept ourselves, our suffering, and our flaws as integral elements that make each person unique. Like cracks in ceramics, our challenges, difficulties, and history should be celebrated as important aspects of life and identity.

Our healing can be a beautiful part of who we are. With Kintsugi we witness transformations from brokenness to beauty, sometimes more beautiful because they were broken.



Through Kintsugi I communicate with each object I lovingly repair. I restore the object and also its spirit, which sometimes helps restore the people and histories associated with it.

There are often incredible stories and dramas linked to the pieces I restore. Sometimes I metamorphose from a Kintsugi artist into a ceramic therapist transforming trauma into beauty with Kintsugi.

Ceramics are very close to our life, we use and touch them every day so they can sometimes be like friends or family. When loved ceramics break, people are very sad and regret the accident. Some are angry with their dogs, cats, friends, or family who broke it, creating conflict between them.

There can be many lingering emotions associated with a damaged piece.

I spend several months restoring each ceramic with care and love. When the owners are reunited with Kintsugi restored ceramics, they are amazed at how the damage transformed into beauty. Many tell me "Wow, this is more beautiful than when it was complete. I am happy that the ceramic got broken".

To me this is extraordinary. I never heard this compliment in all my 25 years doing hidden restoration. The owners are still amazed by my work of making the damage invisible but no one told me they were happy the ceramic got broken until Kintsugi.

Because Kintsugi does not hide damages we can accept our mistakes and imperfections. People can overcome their traumas and sufferings when they realize they can find beauty in imperfection. Kintsugi teaches us how to forgive ourselves and others and how to make a better world by applying the Kintsugi philosophy to everyday life.

One of my clients brought me a shattered plate. I asked him to share its story, that knowing the history helps me restore the spirit of the plate. 24 years ago in Argentina he was an eight-year-old boy playing soccer with his brother in the living room when he accidentally hit his mother's wedding plate with the ball.

The fragments he gave me were wrapped in newspaper dated June 18, 1997, the day he broke the plate which his mother still kept and brought with



KINTSUGI IS HAVING A MOMENT: Above, Richmond Art Gallery, 2021—an instillation representing Naoko's ongoing collaboration with Early British Columbia Studio Potters. These are fragments from the old kiln site of Slug Pottery at Roberts Creek. "I challenge our current disposable world by transforming the damaged and discarded into things loved," said Naoko.

Above right, Naoko at the Vancouver Art Gallery giving a Kintsugi demonstration at the Yoko Ono: Growing Freedom exhibit (On until May 1). Naoko's last workshop there is April 24 at 2 pm.

her when the family immigrated to a new culture in Canada. Both brothers, now grown up, wanted to give their mother a surprise gift; her broken wedding plate restored with Kintsugi.

The sadness, regret, and anger from the broken plate now transformed to beauty and embraced as an important part of the family's history. Kintsugi not only repaired the wedding plate itself but helped to mend old hurts and regrets for the boys' family and became a symbol celebrating their love and connection and of overcoming the challenges of moving to a new country.

I want to open people to the Kintsugi philosophy and to help heal other people's and my own inner brokenness, as well as the world. With my art, we experience reformation, transformation, and rejuvenation that recognizes, reflects, and inspires our healing journeys as we find ways to embrace imperfection.

I transform the damaged and discarded into things loved. Kintsugi also teaches us the importance of wellness—Kansha—which is the act of expressing gratitude for the good and the bad. Everything happens for a reason, and there is no difficult situation that comes our way without a purpose. That purpose is for us to become better, resilient, and more grateful individuals.

I would not have re-found my life if I did not move to Powell River. This self-renewal also rekindled in



me a new relationship with Japan, my birth country I left 25 years ago. Growing up in Japan I felt rejected and disconnected, not fitting into the conservative Japanese culture. I was too different from others. I needed to leave Japan to find myself and to grow.

Even so, the shame of not finding my place within my birth culture has followed me all these years around the world until Kintsugi found me in Powell River. Kintsugi reconnected me and Japan.

Instead of shame I now proudly represent an ancient Japanese art form to people outside of Japan and in doing so help heal the world through the philosophy of Kintsugi. It feels like fate when I look at the meaning of my name. My first name "Naoko": Nao = cure, heal, fix, restore; and "ko" = child or woman. My last name "Fukumaru": "Fuku" = good fortune and "maru" = circle. I am a woman who restores good fortune to the world.

My art practice harnesses my life experiences, my history of skills, and the philosophy of Kintsugi in ways that go beyond the traditional Japanese approach of restoring only Asian ceramics with seams of homogeneous gold. With skill and love I create traditionally based, yet contemporary, Kintsugi art forms.

My work respects the traditional materials and aesthetics of Kintsugi, but also uses creative innovations to expand conventional Kintsugi ideas towards all cultures and eras while pushing the boundaries of techniques and materials with an approach uninhibited, instinctive, and inspirational.

In 2020 I initiated a Kintsugi collaboration with Early British Columbia Studio Potters. This project aims to bring new life and attention to the works of Early BC Studio Potters and acknowledge the artistic contributions of potters over their lifetimes and their significance to the studio pottery movement in Canada. I work with potters over the age of 80 to restore, adapt, and reinvent broken, misshapen, and cracked pots in ways that highlight the materiality of these works and the histories of potters in BC.

My collaborations with Early BC Studio Potters are not typical because many Early BC Studio Potters are aging, have health issues, even passed away, and some are unable to make new works. Their active physical making is not necessary to create art

together, instead I offer new ways of expression to these artists.

Through listening to their stories, showing them my creations, and getting their opinions and inspiration I use their previously made damaged ceramics to create new art. For some I have dug up pottery fragments from their old rejects piles, hauling the excavated shards to my car in a wheelbarrow just like my great-grandfather did.

This ongoing collaboration brings me great joy and discovery by sharing stories and time with artists from different generations and cultures.

During the summer of 2021, at Richmond Art Gallery, I created the largest Kintsugi exhibition in North American history. Over 200 traditional and boundary pushing Kintsugi works were presented. Included were ceramics, but also Kintsugi applied to local Powell River regional materials such as sea urchins from Okeover Inlet, barnacles from Divers Rock, blackberry thorns from Lund, rock crab shells from Thunder Bay, mushrooms from the old forest, a rock from Gibsons beach, and an egg from Save-On-Foods.

More than 2000 people visited this show hosted during the pandemic. At the gallery some visitors cried tears seeing my artworks; witnessing the transformation of imperfection and brokenness to beauty helped them release their internal emotional pressure.

Everyone in life experiences trauma, grief, and mental difficulties; we have so much pressure from pretending to be okay. I told these viewers that everything in this show was broken or imperfect, that is why these objects could be presented.

We have to be proud to be ourselves even if we are different from others or imperfect or broken as long as we don't hurt ourselves, others, communities, and nature. The connections I had with people, created through sharing my artwork, are amazing. I gained deep satisfaction, it was very meaningful and healed me even more than simply selling my art. I realized I finally became a real artist.

My internal growth is still ongoing. My current collaboration project with Yoko Ono's "Growing Freedom" exhibition at Vancouver Art Gallery encouraged me to apply anti-violence messages in my art, empowering me after personally suffering from nearly two decades of abuse and domestic violence.

In this spirit of creating violence awareness and change I have begun building a long-term community art project "Raise Your Voice" to help women and children who experienced violence using Kintsugi wellness.

Through art we can express our brokenness, pain, frustration, the necessity for public awareness, change in society, and the possibility of strength, self acceptance, healing and growth.

I want to say "thank you" to this beautiful loving community. I still suffer from trauma, anxiety, post-separation abuse, and grief; but through Kintsugi light has started entering through my cracks; I can now see hope, connection, self acceptance, new strength and an opening future.

I will never abandon my life again. This special community has shown me that we can overcome anything by helping each other. I will continue sharing myself through my art, returning the favour, providing love, and encouraging a better life by connecting fragments, spirits, ourselves, others, and the world. 🐼

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'Ethical Investment' beyond the portfolio: Funding the world we need

BY FRED GUERIN

In the present day, global financial markets have a profound impact on climate change and the state of the environment.

As a consequence, many environmentally conscious individuals are advocating for more ethical and socially responsible ways of investing. Typically, social or ethical investment is defined as a set of approaches that include social or ethical goals or constraints and are associated with a number of activities, such as community investment, investment in sustainable development initiatives, and ethical mutual funds.

In 2018 the kinds of investment strategies that took a company's environmental, social, and governance factors into consideration were over \$30 trillion worldwide.

From a more philosophical perspective, we need to question the implicit assumption here that 'ethical investment' is in fact ethical. Of course, there are many different theories of ethics, but what all of these latter have in common is that they are framed not wholly in terms of self-interest or individual profit, but always in terms of how we ought to treat others.

In the context of environmental ethics and climate change, the 'other' is, in fact, the planet as a whole—the earth that provides the very conditions of possibility for life itself.

If ethical investing is, indeed, ethical, then it is something we ought to do. Where the environment and climate change are concerned, we can only determine what we ought to do when we are certain that the financial sector functions within a broader ethical framework that puts the health and well-being of living beings and the planet ahead of individuals or company's profits.

So, for example, you may obviously not want your money to enrich oil and gas companies. But from a broader ethical perspective neither would you want your money to go to financiers who masquerade as responsible investors yet do not disclose investments in old-growth logging, mining of rare minerals that destroy the environment or indigenous lands, weapons of war, the exploitation of third-world, child and migrant labourers, and so on.

Ethical investment principles such as integrity, accountability, non-deceptive advertising, the full and complete disclosure of all pertinent information may all be vital, but in the end, what we really want to know is whether ethical investment actually benefits society and the environment.

If it does not then perhaps what we need is a new ethical investment paradigm—one that is not grounded in the current system of investing money

for the sake of short-term financial rewards or individual material gain, but one that encourages us towards socially responsible long-term stewardship of the environment, affirmation of basic human rights, and upholding the UN Declaration on the Rights of Indigenous Peoples.

So, what would such a stewardship investment paradigm look like? Aside from obvious ethical principles of integrity, accountability, non-deceptive advertising, and transparency, it would involve a code of environmental ethics which would obligate investment firms and banks to consider the present and long-term effects that investments have on people and the environment by ensuring that investments preserve and enhance the quality of Indigenous lands and the natural environment, including

water, air, wildlife, soil, flora, and fauna; by divesting from all fossil fuels and investing in renewable energy resources; by divesting from factory farming (and alerting investors to the environmental and financial risks of factory farming such as disease outbreak, extreme weather, water pollution, methane emissions, misuse of antibiotics); by promoting investment in clean meat and more sustainable local and cooperative farming; by divesting from companies that have deplorable human and labour rights records and instead rewarding responsible employers who treat employees with dignity and pay fair wages and benefits.

In all of these cases, the first principle of an environmental code of investment ethics is that investments do no direct or indirect harm to either the environment or human and non-human beings. At a very local level, in Powell River we have the example of the Blueberry Commons, an environmental approach that re-imagines the farm along organic principles as a place of learning and cultivating both the land and stewardship of the environment. Projects and cooperatives such as these are where we should be investing for the sake of an environmentally sound future.

Of course, putting such a code of ethics in place would require further elaboration and research as well as government regulation of the financial sector. What is crucial is that adopting an investment code of ethics that takes the environment and human rights into account does not mean investors will not realize a profit, but it does mean that individual profit will never be at the expense of what we might call the common wealth and health of all.

The 'bottom line' here is that the only thing that prevents us from re-imagining and putting into place a financial investment system that actually protects and enhances the environment and human rights is uncritically accepting the very questionable assumption that rewarding environmentally unsustainable practices is in the long-term interest of either human beings or the beautiful blue planet that enables and sustains all that lives and breathes.



Cooking up some tasty climate action

BY ELENA MARTIN

Qathet Climate Alliance started an educational community cookbook project as a local climate action in 2020. This cookbook is a collection of the favourite plant-based recipes of your fellow community members and friends of the qathet region and provides background knowledge about the impact of

our daily food choices on our climate.

With the community cookbook, we want to raise awareness that we as consumers have the power to choose with our fork to support a healthier planet.

The science behind the cookbook is based on Powell River's ecoCity Footprint report and the Planetary Health Diet which both suggest an urgent need to drastically decrease our animal consumption to reduce our community's carbon food footprint.

Seeing our daily food choices as daily action opportunities to reduce our community's carbon emissions can simply be achieved by eating more plants. Therefore, the cookbook's approach is to fill up our plate with plant foods while leaving room for individual choices to eat small amounts of meat, poultry, fish, seafood and dairy. This kind of diet is also known as Flexitarian Diet.

The community cookbook *qathet Cooks Together - Planet Friendly Recipes* got awarded a grant from the qathet Regional District. The book launch will take place in Earth Month.



Find *qathet Cooks Together* at:

- Kelly's Health Shop
- The Nutcracker Market
- Tla'amin Convenience Store
- Powell River Visitor Centre
- Townsite Fruit & Veg
- Blueberry Commons Farm Cooperative
- Terra Nostra Farm
- Lift Family Place
- The Nook at the Library

The book costs \$15 to cover printing costs and to buy food plants which we will plant within the community (locations to be determined).

The cover features a CSA box from Terra Nostra Farm.



Seaweed Soup with Mushrooms

Submitted to *qathet Cooks Together* by Haktae Kim

"This is good for your digestion and cleaning your blood. We usually feed this to new mothers after they deliver their babies. The recipe is from my mother."

- | | |
|--------------------------------|---|
| 2 cups dried seaweed | pinch of salt |
| 2 cups fresh mushrooms, sliced | 1 L vegetable broth or water |
| ½ cup spring onion, sliced | optional: 1-3 tps Bragg's Natural Soy Sauce alternative |
| 1 tsp ground garlic | |
| 1 tsp toasted sesame oil | |

- Place the dried seaweed in cold water for 1 hour to rehydrate.
- Heat a pot, then pour in the toasted sesame oil.
- Fry the spring onion and mushrooms with the ground garlic until they are light brown.
- Remove the seaweed from the water, add it to the mushroom mixture and fry for 2 min.
- Add water or vegetable broth to the pot and bring it to a boil.
- Add soy sauce or salt if desired and serve with white rice.

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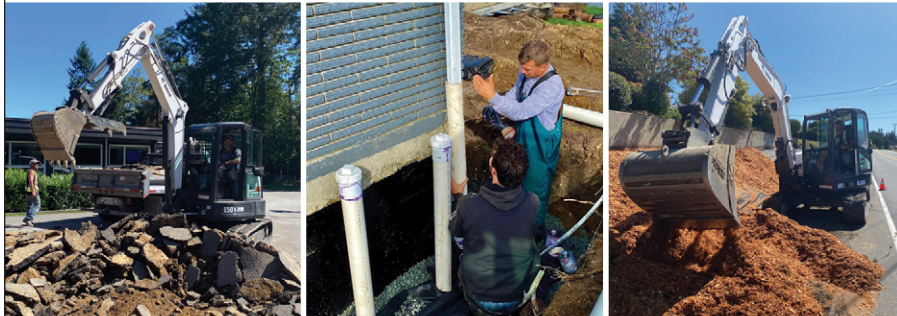
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BY CHRIS LAING

This was the first year ever that Powell River Community Forest was able to support a fully local planting crew.

This year's community forest planting program was the first job/contract for a new local company **Heartwood Silviculture**, which was started by a new Powell River local, Chris Young.

With all the new people moving to Powell River, Chris was able to pull together a fully Powell River-based planting crew, consisting of five local planters: Kiernan Anderson, Devon McKeon, Alexandra Strachan, Gabriel Shea and Christopher Young.

This year they planted 44 hectares out on the Powell River community forest with 33,280 Douglas Fir, 13,660 Western Red Cedar, and 4,500 Western White Pine trees, along with a small tea bag of fertilizer for each tree to help them grow.

Our planting program started a little earlier this year than normal to get a jump on the growing season and to allow for some of the local planters to join other larger planting contractors. The early start did mean that the planters had to work around some frozen ground (due to freezing overnight temps back in late February.) However, as the weather started to warm up, we were able to get all the trees planted within a two-week period.

Another local company, Swanson Trucking (owned by Shawn Swanson), provided a reefer truck for the two-week duration of the planting program and also picked up our trees from the nursery in Campbell River.

Rosalea Pagani supervised the planting program for PRCF. She works for my company (Results Based Forest Management) and manages PRCF's silviculture program. She comes from Powell River and has come full circle, starting as a coordinator of the Brooks Summer Student Program, then recipient of three PRCF scholarships, and now a Forester in Training (FIT) working towards her Registered Professional Forester (RPF) designation.



BY CHRIS YOUNG

I started Heartwood in an effort to create a local option for silviculture workers. It's been a long tradition here that companies show up with their own employees and export the wages and profit from silviculture jobs – no one's fault, clients here have never had an option. Now they do. The PRCF has been incredibly sup-

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SEEDING CHANGE: Left, Devon McKeeon of Heartwood Silviculture. Top, Christopher Young, owner of Heartwood. Top right, Rosalea Pagani, planting supervisor for the PRCF, with her dog, Cowboy. Above: Alexandra Strachan, planting trees in PRCF Block 254. Right, Christopher Young and his dog Toka, next to a full bag of trees, ready to plant. Below, tree planter fashion.

Photos by Anji Smith

portive and it's great to feel met when discussing the importance of keeping this money in the community.

I've been doing this job on and off for 15 years and most of the planters have similar amounts of experience. We love the work and are more than happy to do it from home a few weeks a year.

I'm from Alberta originally but a lot of my family is south island, in Sooke.

I started working forestry in qathet eight years ago and decided to call it home three years ago.

It's a huge step in the right direction to see the PRCF taking initiative to keep the profit from these jobs in the community.

I hope some of the larger forestry operations follow suit in the years to come.





It's Fry Day

On March 10, the Powell River Salmon Society held their annual 'Fry Day' at the Alex Dobler Salmon Center.

This year, the salmon society teamed up with PROWLs to help educate on how salmon benefit other animals such as bears, eagles, and orcas.

Three classes from James Thompson helped release about 100 chinook fry into Lang Creek – the same salmon they raised in their classrooms from eggs the past few months.

Salmon society volunteer Cindy Addison had a station with a microscope to show the kids different parts of a salmon fry and had three mini-tanks with coho, chum, and chinook fry at different stages of life.

Technician Tesarla Johnson and Dawn Schulz helped the students release the fry into the creek.

"I am unbelievably grateful to everyone that helped make Fry Day happen this year," says Tesarla.

"We take great pride in doing our part to foster the next generation of salmon champions.

"It takes a community to raise a child and a community to support salmon enhancement initiatives. It is our responsibility and great pleasure to merge the two with events like Fry Day as part of our education program event series."



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SHE BOUGHT AT THE RIGHT TIME: Patti Rudiak has owned electric vehicles for seven years. Since gas soared over \$2 a litre, some buyers are waiting over a year for a new EV.

Locals rock down to electric avenue

BY PATTI RUDIAK

In the spring of 2010 I worked on the set of a commercial for the Nissan Leaf.

You may remember it: The polar bear leaves the arctic and walks into the city to hug the man who just bought an electric car. When I peeked into the window of the Leaf on the set I didn't know then that I would own one five years later.

In 2014 when I moved to Powell River I knew I would own one soon, as part of my plan was to live simply with little to no dependence on fossil fuels.

I thought I would be the first EV (electric vehicle) in town, but alas there were already a few when I bought my Leaf the following year. Then slowly a few more: Nissan, Kia, BMW, Mitsubishi, an electric motorcycle, then a Tesla. For a few years we all knew each other, had meet ups and we waved as we passed on the road. Even a Facebook group was created to share information about electric vehicles. (qathet EV Network).

I am happy to see there are many more EVs in town now and I don't know all of the owners. That is okay, I think it's better for the planet. More people are discovering how much fun they are to drive and how little maintenance there is.

Electric vehicles are quiet and they don't smell. You can run the car on the ferry and in the line up with the heat and radio on with no emissions to destroy air quality. It does not pull much from the

battery when not moving.

I owned the Leaf for five years and other than flipping tires with the seasons, I changed the cabin air filter and had the brakes (just) looked at, (no work). Due to the regenerative energy captured while driving an electric vehicle brakes pads are not worn down as fast as they are in an ICE (internal combustion engine) vehicle.

The Leaf is a great car and there are certainly more of them in town and more Teslas, Kias, Chevys (Bolt), and Hyundais.

That me in the photo; I now drive one of the many Kona EV's in town and the range allows me to drive to Whistler, Port Hardy or Victoria on one charge.

It was already good for the planet, fun to drive, low maintenance and good range, but now with the price of gas these days, I am even happier to be driving electric.

Most EV owners (me too) charge up at home, adding the cost to their hydro bill. There are solar panels on my roof so never mind the price of gas – my car runs on sunshine in the summer! Sure it's expensive to upgrade, but in Powell River where the sun shines so intensely at times, I cannot understand why all the new houses are not being built with solar panels on the roof! But I guess that is another topic for discussion.

For all the work and backroad adventures there are many truck owners in this town and it will only be a couple more years before options exist for them.

I know if I won the lottery tomorrow, I would have my money down for a Rivian R1T the next day.



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Book recommendations: Not light fare, but critical to make change

BY JACK ANDERSON

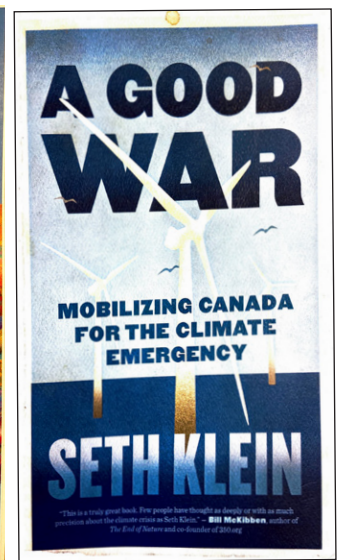
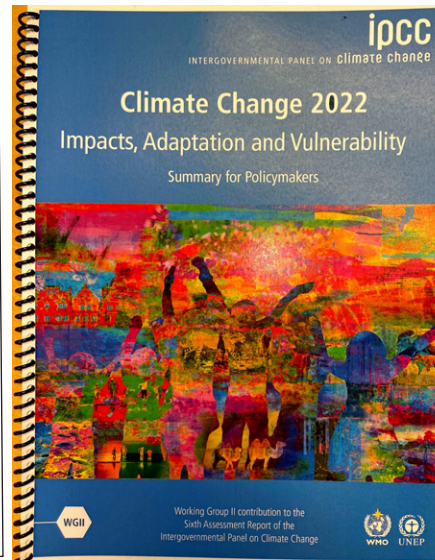
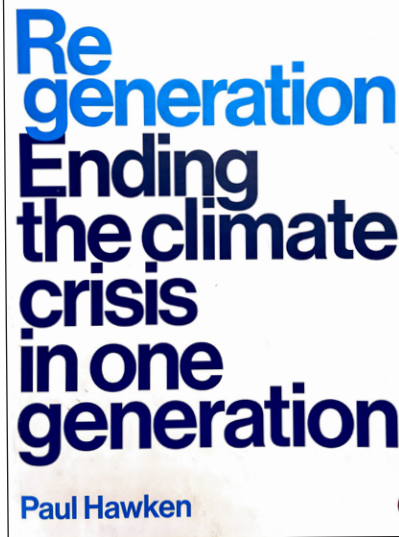
If you are interested in the big picture in the context of the climate emergency, the three books pictured here are my recommendation.

One is actually not a book but a report, 35 pages total. It is the summary of the latest Assessment Report (AR6) from the Intergovernmental Panel on Climate Change, the IPCC. You can easily find it online or if you feel you could benefit from having a hard copy you can buy one from Corey at CMG Printing on Marine Avenue for under \$20. You will want a colour copy so that you can interpret the graphs and charts.

I realize this isn't what most people are looking for in summer reading.

But if you feel like expanding your knowledge a bit and being better informed on this very serious topic, this selection is a good place to go.

The Paul Hawken book, *Regeneration: Ending the Climate Crisis in One Generation* (2021), is probably the most enjoyable, inspiring and hopeful. It talks about all the win-win actions that can help get us to our goal of a liveable planet. Things like regen-



erative agriculture and agroforestry, ocean farming and renewable technology. These are all the things we must do to save ourselves after we eliminate fossil fuels and only after. You get that message from all three books, mostly clearly from AR6.

The third book is the best book on how we can get there: *A Good War: Mobilizing Canada for the Climate Emergency* (2020). If your level of hope is low, this might be the one that convinces you that all is not lost. Seth Klein makes the case for total mobilization of our economy, along the lines of what MacKenzie King did when Canada declared war on Germany in 1939. Canada met that existential threat head on. We went from an insignificant



manufacturing country to fourth in the world in two years. The production of planes, ships, and other armaments was amazing, phenomenal really.

It took an overall shift in society to do that. And he makes the point that when we started there was no real expectation that the allies would be victorious, because Germany at that time was so far advanced militarily and had already captured several countries and was on the move.

The climate crisis is a similar threat and maybe even more advanced.

The urgency of climate change is seldom expressed fully, neither are the real solutions. Both are expressed extremely well in these documents. **PL**

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7th annual Best of
qathet contest

Name That City



Each year, *qathet Living* staff switch up some categories of our annual “Best of qathet” contest. The last couple of years have included COVID-related categories; this year, they’re nearly all gone (hooray!)

Instead, we’ve included a category called “Best alternate name for the City of Powell River.”

Unless you’ve been living under a rock, you’ll know that in May of 2021, Tla’amin Nation Hegus John Hackett sent a letter to Powell River City Council asking for the word “Powell” to be axed

from the name of the municipality.

“If the City believes in reconciliation,” the Hegus wrote in a June 21 follow-up letter, “it must disassociate our homelands with the name of Israel Powell, a man who was instrumental in carrying out the residential school policy and is credited with outlawing the potlatch. This legacy has been devastating to our people, inflicting severe generational trauma and causing irreversible loss to our culture and language.”

In late 2021, the City appointed a joint working group to set the name-change process in motion. Steps include an anonymous survey to ask whether locals think the name should be changed (which closed on March 28), some public engagement events (see the ad on Page 20) and then a separate process to decide a new name – if we get there.

So far, ‘heated’ is how we’d characterize the casual public conversation.

Here at *qathet Living* – where we are

not in charge of anything – we have the freedom to skip over the discord and ahead to the fun.

We don’t know if the City will officially change its name.

But surely we can beat “Powtown,” “The Riv,” and “Powell Rumour” as alternate monikers.

So let’s hear your suggestions for another name for this City – the hometown for 13,943 residents, Indigenous, born here, and newbies – with 110 years of history over its four distinct neighbourhoods. Maybe someone will send in something great – a name that makes us all go “aha! Eureka!”

While you’re thinking about that, be sure to share your insider knowledge with Best of qathet, to help us celebrate this region’s best stuff – from beaches, to burgers; from Facebookers to festivals. You might win a Pollen sweater or other fab swag.

Flip over the page for the paper ballot, or go to qathetliving.ca to submit your votes and enter the contest. - PW

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qathet Living's 7th annual

Best of qathet Contest

Share your insider knowledge of why this place is so great for a chance to win a Pollen Sweater and other amazing prizes!

Drop this form off at the *qathet Living* office or fill it out online at prliving.ca/bestof by May 31, 2022.



Civic Pride

Best neighbourhood in the City of Powell River

Best neighbourhood in qathet (but outside the City)

Best alternate name for the City of Powell River

Best activist group

Best local non-profit

Best unofficial regional motto

Best community leader

Best disturber

Best attempt at reconciliation

Best kept secret

Best dressed person

Best dressed yard - garden or art

Best dressed storefront

Best dressed pet

Best thing to come out of COVID

Best reason your family & friends come to visit you here

Advice for Visitors

Best must-see attraction

Best festival or event (must be running in 2022)

Best hotel or B&B

Best campground - for relaxation

Best campground - for a good time

Best local product to take camping

Best beach

Best hike (under an hour)

Best trail to cycle for beginners

Best trail for the fearless rider

Best thing to do with kids

Best souvenir - paid

Best souvenir - free

Best realtor

Best reason to move here

Best reason to stay away

Groceries & Home Products

Best grocery store for atmosphere

Best price on groceries

Best line-up experience

Best produce

Best butcher

Best bakery item (store and item)

Best dessert (store and item)

Best grocery store solution for a busy night

Best small grocery / specialty food store

Best convenience store

Best liquor store

Best farm gate

Best booth at the Farmers' Markets for produce

Best booth at the Farmers' Markets for prepared food

Best local seafood seller

Best pet food source

Best locally-made soaps or body care products

22

ST
qathet

Arts

Best new-ish book by a local author

Best visual artist

Best local band / musician

Best crafter or artisan

Best craft event

Best piece of public art

Best art gallery

Best Instagram or Facebook photographer

Best place to watch live music

Virtual Life

Best local Facebook page for a reasonable conversation

Best local Facebook page for outrageous debate

Best Facebooker - for entertainment

Best Facebooker - for politics

Best local Instagram account

Best thing you've found on Swap n' Shop

Food & Restaurants

Best take-out / delivery

Best coffee / espresso bar

Best coffee scene

Best meal for under \$10

Best pizza

Best fish & chips

Best salad

Best burger

Best steak

Best appetizer

Best cocktail

Best dessert

Best vegetarian or vegan

Best restaurant for a birthday / anniversary splurge

Best kid-friendly restaurant

Best restaurant for atmosphere

Best patio

Best place to drink

Best place to recover from a hangover

Retail & Service

Best gas station

Best gardening store

Best clothing

Best thrift store: drop-off experience

Best thrift store: shopping experience

Best financial institution

Best insurance

Best mechanic

Best sports and / or outdoors store

Best customer service

Best massage clinic

Best pharmacy

Best marijuana or vape

Best salon

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Best yoga

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Drop this form at the qL office,
7053E Glacier Street (near Paparazzi Pizza)



Paddling for Life offers a work-out for body & soul

Lorraine Matheson was diagnosed with breast cancer in 1994. This long-time survivor is one of the founding members and past president of Paddling for Life. She continues to be an active member and supports current president Sharlene Tate and the rest of the executive.

How and when did you start working with Powell River Paddling for Life?

Lorraine • Breast cancer survivors began meeting as an exercise group once a week around 1999 under the guidance of Terri Beck, who volunteered her time and energy to work with us, on our road to recovery. We heard about dragon boat racing and so three of us went over to Comox to meet a team and find out more about the sport. We came back totally enthused and excited to start our own team.

As one of the founding members of Paddling For Life, we purchased our first boat in 2002 with the help of a loan from the late Harold Long. We fund raised and managed to pay him back in two years. The community support was just incredible!

We were originally a breast cancer boat, which is why we started Paddling For Life. Now we have support paddlers as well—it takes 20 paddlers plus a steers person and a drummer and breast cancer survivors were becoming scarce. Now supporters are very important to our Society—without them, the Society would not exist.

What attracted you to this organization?

Lorraine • Being a survivor and wanting to stay fit and have the opportunity to meet with other survivors was the main reason for starting Paddling For Life Society.

What part of the work is the most satisfying?

Lorraine • I actually do not consider it work, but meeting with other survivors, the chance to stay fit and be outdoors and the camaraderie during practice nights and festivals. We moan and groan through practices, but I always feel better for it.

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

Lorraine • Actually, keeping up with my individual fitness is quite challenging and to be honest, because we are survivors we have learned to be strong. When you put a large group of 'strong' people in a situation, differences are bound to happen and we then learn to listen and compromise.

What do you wish other people knew about the work Paddling for Life does?

Lorraine • I think the camaraderie is important and also helping others meet the challenge of a Breast Cancer Diagnosis. Newly diagnosed people are able to contact us for any wisdom or information that we may be able to impart to them. Sometimes 'been there, done that' is really important in our recovery. Our team is a proud member



NOT JUST SURVIVING, THRIVING: Lorraine Matheson and her crew of breast cancer survivors and supporters.

of the Adopt-A-Highway program and you may see us out on the highway picking up litter.

Had you been involved in charitable or caring work before?

Lorraine • Not really other than coaching high school teams.

How has Paddling for Life changed your life?

Lorraine • Again, I cannot emphasize the importance of maintaining a sense of fitness, especially as years tend to creep up. Meeting new people is always a benefit as team members bring new paddlers from all walks of life to practices. Also, it is great to meet with other paddlers and challenge myself during festivals. Paddling has given me a positive spin to my diagnosis. There

are nights that I just don't feel like going to a practice, but a commitment is a commitment to the team and once on the water that lethargy disappears.

Do you bring any unique skills to this organization?

Lorraine • I guess as a former school teacher it is important for me to understand that all members/paddlers have different abilities and capabilities and this needs to be recognized at our practices, festivals and meetings.

Have there been benefits from volunteering with this agency that you didn't expect?

Lorraine • Absolutely there have been many benefits from Paddling for Life! I have met and paddled with women from all over the world and I've also been lucky enough to have travelled all over the world attending breast cancer festivals. Some of these friendships are ongoing today. You know the old saying—out of lemons make lemonade!

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

Lorraine • Please come and join us and give us a try—you don't need to be able to swim, we have a couple of gals who are non-swimmers.

In the past Paddling For Life has offered a trial of two practices before we ask that you become a member. Paddling For Life supplies life jackets and paddles—all you need to bring is your enthusiasm and a bottle of water to practices. We practice Tuesday and Thursday evenings from about mid-April to mid-Sept. Our membership fee is just \$50 for the season—potentially five months of paddling in the fresh air and with awesome company! 🐬

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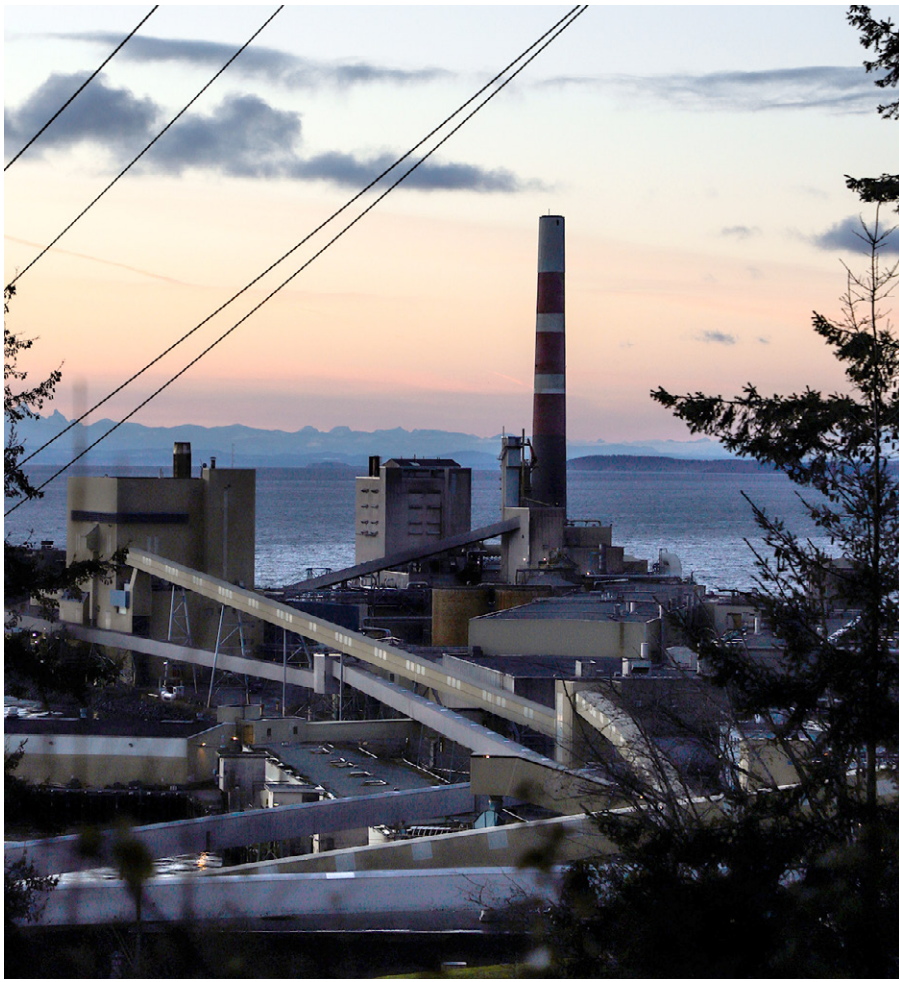
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SOLIDARITY FOREVER: The loss of the mill also means the loss of qathet's biggest, strongest and most historic union membership – plus the salaries, benefits and pensions that go with it.

Prices way up, private sector union density way down

BY PIETA WOOLLEY
LOCAL JOURNALISM INITIATIVE

Since he was 18 years old, Eldon Haggarty has been part of UNIFOR Local 1. He started as a shop steward, and ended as union president in February, when both his career and the 110-year-old mill halted.

“We were Local 1 for a reason,” Eldon said in an interview with *qathet Living* over coffee. “Because we were the first. The first mill on the West Coast to produce paper. We set all kinds of world records. Local 1 has been a part of that from the beginning. Now it’s just going to disappear. All our plaques in the halls at the mill, the photographs and memorabilia. The union is being forgotten about so fast. It’s being erased.”

Private sector unions are a pillar of this region’s proud story. For a century, they kept wages here fair, fought for safe working conditions, and negotiated with management when times got tough.

Now, with the end of the mill, the largest local non-government unionized workplaces have nearly disappeared.

Just before the pandemic broke out, Western Forest Products and the union representing its workers, United Steelworkers Local 1-1937, had a very visible eight-month stand off before a contract was finally signed. On Texada, labour disputes between the United Steelworkers Local 816 and Lafarge limestone mine have resulted in lockouts.

While public sector unions here remain strong – teachers, nurses, municipal workers, firefighters and

Local price increases over the past decade

	2012	2022	% increase
Canada inflation rate (Bank of Canada)	\$1	\$1.20.4	20.4%
Buying a home in qathet	\$223,504	\$708,818 (February 2022)	317%
Renting a two-bedroom home in qathet (CMHC numbers)	\$671	\$883 (though we couldn't find any two-bedroom renting for under \$1,500)	32% (for new renters, though, at least 123%)
Gas, regular unleaded, one litre, March to March	\$1.40 (approx)	\$2.09	49%
Property taxes, including all fees and charges, on an average house, City of Powell River	\$3,075	\$4,240 (2021, as 2022 is not yet available)	36%
Tuition at VIU including fees – two semesters / 30 credits	\$4,231.75	\$5,369.43	27%
Dorm and food services package at VIU – two semesters	\$3,408 (lowest package) \$3,888 (highest package)	\$4,400 (lowest package) \$7,700 (highest package)	29% lowest, 98% highest
BC Ferries fares, no discount, two adults and two children under 12, Powell River to Comox	\$80.75	\$83.55	3.5%
BC Ferries fares, with Experience Card, two adults and two children under 12, PR to Comox	\$67.80	\$70.75	4.4%
FortisBC Natural Gas – average annual residential usage	\$890	\$1,249.32	40%

Wallet feeling a little light?

If you drive a car, live indoors or eat, you’ve probably noticed that prices are soaring this year. Your paycheque or pension likely isn’t keeping up.

Even union wages, which often rise with inflation or close to it, can’t touch the gargantuan increases in the price of buying a home here in qathet – which has doubled over the past two years.

Or renting. This is where the statistics start to get funky. The Canadian Mortgage and Housing Corporation keeps records of average rent prices for every place in Canada – but they’re based on *all* rents, not *new* rents. That is, the stats include people who have maintained the same skookum deal since 2005, and are renting a three-bedroom home for

\$800 a month. Plus the family shelling out \$2,300 for the top floor of a house they rented last month.

Some groceries, too, are skyrocketing this spring.

I didn’t include grocery prices in the above chart because they’re not fixed. That is, if stewing beef rises in price by nearly 50 percent over five years – as it did from 2017 to 2022, according to the Canadian Price Index basket of goods – you don’t have to buy stewing beef. You can choose to eat other iron-rich foods.

Ironically, the cost we all love to hate the most – BC Ferries – has increased so modestly over the past decade, it hasn’t even kept up with inflation. Does that make you hate paying those fares less?

–PW

Influential

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- Outstanding Home-Based Business Owner of the Year
- Outstanding Volunteer of the Year

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To nominate a woman, visit our website at prwomeninbusiness.com and fill in the online form.

Awards Dinner

We look forward to celebrating the accomplishments of the amazing and awesome women in our community again this year. Tickets for the awards dinner will be available on the website starting May 15.



prwomeninbusiness.com

“All our plaques in the halls at the mill, the photographs and memorabilia. The union is being forgotten about so fast.”

- Eldon Haggarty

more – private sector unions seem to be in trouble. The wages and stability that unions can bring are also fading, according to Eldon.

“Young people don’t organize,” said Eldon. “They are busy with families. I get it. But you have to ask yourself where you want to be 20 years from now.”

Wages and job stability matter more than ever, because the cost of living is soaring in qathet (see chart on the previous page.)

The last time Statistics Canada collected income records for this area was 2018. At that time, median family income was \$49,400 – a full \$10,000 less than the BC average. For working young people under 25, it’s \$19,786. For those in their child-rearing

years, \$44,440. And for seniors 65 to 74, \$48,810. These are household incomes – not individual earnings.

With the hollowing-out of private sector unions here – especially the loss of the mill – it’s likely that Census data will show local incomes have declined since 2018.

The trend is national.

Public sector unions – representing government workers – cover about 77 percent of employees, a number that grew slightly from 2001 to 2021, according to Statistics Canada. Private sector union membership, on the other hand, fell by nearly a quarter in the past 20 years, to just 15 percent.

The “essential workers” on some front line jobs have the lowest union membership of all. Just one in 20 accommodation and food service workers are protected by unions.

In forestry, fishing and mining, union membership fell from 26 percent in 2001 to 18 percent in 2022.

Eldon says he could see the end of his unionized job coming for decades – even as he fought to keep the

mill alive. He started work at the mill in 1987. Through the 1990s, the company shut paper machines 6, 7 and 8. In 2001, the kraft mill closed. In 2020, the mill curtailed for a year, due to a malware attack, American trade tariffs and a lack of fibre. It reopened in March of 2021, while COVID was hammering the paper industry.

On November 2, the BC Government announced the Old Growth Deferral Strategy. As an avid hiker, Eldon knows how valuable and rare remaining old growth is in BC, but as union president, he also knew that was the death knell for the mill. Hemlock chips – the fibre left over from cutting lumber – was what paper was made from at the mill. BC’s silviculture program doesn’t



MORE OF WHAT HE LOVES: UNIFOR Local 1 president Eldon Haggarty in an ice cave in qathet’s back country. At 54, he left the mill about four years earlier than he was hoping.

plant hemlock.

Less than a month later, mill manager Krista Cuddy gathered her crew and announced that Paper Excellence had decided to indefinitely curtail the Catalyst Tiskwat mill.

“She was a fantastic manager. I can’t say enough,” said Eldon, who had worked with Krista to keep the mill running and keep jobs, as the market got tougher and tougher. It’s how a union and management should collaborate, Eldon said. “It tore her apart to see this happen.”

Now, Eldon’s final role is in helping younger members of Local 1 take their next steps, and fighting to make sure older members are included in the Province’s bridging programs for workers who have been impacted by the Old Growth Deferral Strategy.

“I never believed I’d make it to retirement,” said Eldon, who is 54, and whose full pension would have been available to him at 60. He was right. The era of the large private sector union seems to be over.

📧 | pieta@prliving.ca

Dude, where's my car?

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

On a chilly March afternoon, the Forest Bistro & Lounge's tables sit empty and the chairs turned up – something that changes quickly when the room opens at 4 pm.

Owners Jessica Lefort and John Walls lead me inside the former Westview Hotel building. Walking into the bar and lounge, the light shines through the ocean-front windows and bounces off the wooden floor and bottles behind the bar, lighting the otherwise dark room. As coffee brews, boats sail outside the window.

The couple jokes around a bit before John sits down and shares the problems his business and clients face each night at closing time.

"If you're planning on going out to a bar you've got to call a taxi almost three hours ahead and they still might tell you they're booked up for the night. And they do not offer service past 11 pm," says John.

"We understand the COVID restrictions impacting taxis to a degree. but the lack of service is affecting the whole community and is a safety concern. We work closely with the cabs, we want to have that relationship. Forest Bistro is the bar that closes last, and it is a difficult situation when you have people that need to use that service for a safe ride home and



they can't access it because it's closed."

Getting his customers home safe is John's responsibility. All bars in BC have to follow a Duty of Care. This act means that bars are responsible for the people they serve from the time they buy a drink to the time they get home.

In qathet, Forest Bistro is the only bar open until 2 am five days a week. But many other liquor-primary establishments are open late. On weekends, Wildwood Public House is open until midnight; Cranberry Bar's hours vary from about 9 pm to 1 am; Townsite Brewing is open until 9 pm every night; TC's Pub stays open til 10 pm daily; Strikers Bar & Grill is open until half-past-midnight on weekends, and the Shinglemill Pub & Bistro is open until 9 pm daily.

In other words, finding a safe ride home in the dark can be tough for customers – but even tougher for businesses.

"Having no taxi available for a ride home has become a big deterrent, and affects all the bars and restaurants in town," says John. "Everyone is excited to get back to normal, but without cab rides home, people stop coming out, they choose to stay home, which is a loss of business to us all, including the taxis. We need safe options for rides."

"If you're planning on going out to a bar you've got to call a taxi almost three hours ahead and they still might tell you they're booked up for the night. And they do not offer service past 11 pm."

- John Walls, Forest Bistro

What happened to qathet's taxi service?

The man who bought the company in June of 2021, Herb Rehfeldt, knew running cab companies during COVID was a tough business, too. He current-

"Art is the proper task of life" - Friedrich Nietzsche

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ly owns taxis in Sechelt, under his company name Coast Taxi. Before that, he ran a well-respected cab company in Tofino and Ucluelet for many years.

“The Powell River company does not have enough drivers to cover night shifts, we are trying desperately to find more drivers,” says Herb.

He explained that when COVID hit in March of 2020, the city’s cabs lost their drivers; few people were willing to drive during a pandemic.

“We are currently operating from 7 am to 11 pm, but I am slowly moving towards being able to have longer hours,” says Herb. “We have recently started staying open until 2 am on Fridays and Saturdays.

“I want to bring back the taxi service to its former glory, but your business is only as good as it’s employees and there are not enough of them.”

In spite of the dearth of drivers and dispatchers, Herb is committed to investing in this community, because he knows services are needed. He has recently acquired additional licenses for a limousine service, 24-seat passenger bus, tour bus, and shuttle service. Once Herb is able to get enough employees, he is certain qathet can sustain a dependable, 24-hour taxi service.

Herb’s isn’t the only transportation service struggling with staffing shortages.

The City’s Zunga Bus has recently stopped its services completely because there were not enough drivers. “Postings have been out, but there are not many people applying for the jobs,” says project lead and city sustainability planner Ana Lukyanova.

Ana said the issue could be because there are too few people with the license to drive a bus.

“Hopefully we will be able to start it back up

again. There is a job posting out right now.

“The Zunga Bus is a pilot project set to end in April but we are hoping City Council will extend that date,” Ana says.

When the bus was in operation, the hours were from 11 am until 6:30 pm, seven days a week within the Westview area.

In the meantime, Strikers bartender Vicky Osu-aldini says that the taxi situation is very frustrating. She says that most Strikers customers are responsible and phone friends and family for rides.

“A lot of the younger adults are the ones that often already have a ride home. They call their parents or family, which as a parent is super great to see because I remember doing that for my own children,” Vicky says.

“Vancouver is really great because there are transit routes, cabs, and sky trains that can take you to and from several bars and bring you back home. But we don’t have that, and shuttles could be the answer but not every bar can afford that cost.”

Indeed, the last BC Transit bus to Townsite and Wildwood stops running just after 11 pm Friday and Saturday nights. The Grief Point bus stops by about 10:30 pm. Upper Westview is done by 10 pm. And if you’re trying to get north or south of town or to Texada, you’ll have to leave in the afternoon.

Both Forest Bistro and Strikers employees have had to resort to driving some clients home after they close up—a major risk both bars are reluctant to take. If one of the employees were in an accident while driving a client home, the bar would get shut down.

Impaired Driving arrests in qathet

January through March, 2022

23 impaired driving incidents
(only 4 happened after 11 pm)

January through March, 2021


31 impaired driving incidents

Staff Sergeant Rod Wiebe says the decrease in impaired driving arrests in 2022 over 2021 may have to do with RCMP staffing shortages.

“For us, there are measures in place to make sure people don’t try to drive home after drinking, If we really think someone is going to drive themselves home, as a last resort, we will have to phone the police, and they will take that person home,” says John. “But for house parties, where there are none of those measures in place, some people choose to drive.”

John notes that this situation is absolutely connected to COVID. “Before the pandemic hit, taxi service in town was not like this.... There were some delays, but taxis got the bar cleared.”

Like everything else impacted by COVID, Herb says it will take time to fully return to Coast Taxi’s normal operations.

“I want to help Powell River people and I see myself and my company as a community service. We will get there eventually.”  abby@prliving.ca

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YOU KNOW YOU SHOULD BUT...

Spirituality

BY ISABELLE SOUTHCOTT

When I am able to still my mind, to breathe deeply and put aside my to-do list for a time, my breathing slows, my body relaxes, and my mind stops running on the hamster wheel inside my head.

A few weeks ago, I took the dogs out for a late-night walk before bed. It was a mild evening, still damp from an earlier rain shower, and as I stood in the darkness I heard a song like no other. It sounded more like a symphony, as the frogs of Cranberry Lake filled the night with a glorious welcome to spring. As I stood there and listened, I closed my eyes and breathed in the damp night air; a feeling of peace and contentment washed over me. I was happy, I was relaxed, and I praised God for the day.

Taking time to appreciate the world helps keep me in check. When I don't sit quietly with my thoughts and spend time reflecting on the day, or life, I become anxious. I need to check in with my emotions and I need to make sure I'm on the right path as I strive to become the kind of person I want to be.

Life is busy, too busy, for all of us. We need to rest. Sometimes, I need to unplug and spend a day alone to recharge my batteries, so I can experience the wonder once again.

There's a war raging in Europe, we're stressed and exhausted from two years of COVID, we have financial worries, health problems, and family issues, but there is hope.

For some, spirituality is the way to

End of the series

This is the fourth and final part in Publisher Isabelle Southcott's "You Know You Should But..." series. Over the past months, she has examined why we know we should manage our screen time, fitness, food choices and spiritual development—but we often let these things slide.

find meaning, comfort, inner peace and hope. Some find it through religion, and others find spirituality through nature, music, art, or their values.

Regardless of how you find it, it seems like the body, mind and spirit are connected and when one is out of sync, it affects the others.

I know I should take time every single day to sit and think and be, but I don't always do it. It's no different for me than eating a well-balanced diet or getting enough exercise, it's something I need to do, but I don't always do it.

Here, three very different locals weigh in on the question of spirituality.

Andrew Dow

Owner of Elements Movement in Townsite, certified Integral Master Coach. He teaches fitness and yoga at Elements Movement.

In the evenings, once my daughters are asleep, I enter into the stillness of meditation. The quiet of the late night is my practice ground, where I develop my capabilities to wake up and show up to the fullness of life.

I sit with my madness.

I sit with my heart's questions.

And when I manage to get out of my



THE DOW OF ANDREW: One of qathet's most esteemed yoga teachers, Andrew Dow describes his spirituality as "the practice of coming home."

own way, I sit with the whispers of something mysterious yet so familiar. The reminders of home.

Now, I wish I could say this ritual is smooth, peaceful, like a poet's favourite garden.

The truth is most nights I'm accompanied by a persuasive voice within, tempting me to abort. Pulls of resistance from my body drawing me away. All this before the practice even begins. Even through all the years of practice, the inner resistance, the saboteur, gets slyer and sneakier, yet not once have I regretted committing to an evening of practice.

I often forget about this spiritual home, even though it's closer than my own skin.

I am indebted to all that reminds me when I have forgotten. The simple reminders of nature; of loved ones, the dark nights, this sweet breath.

Whatever your path may be, I wish that in the times of forgetting, that the rough lessons bring you gentle clarity. When the unexpected angels invite you home, that they keep the porch light lit for you.

May your journey of coming home bring you faith, joy and understanding.

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“We are not human beings having a spiritual experience; we are spiritual beings having a human experience.”

Pierre Teilhard de Chardin was a 19th century French philosopher, paleontologist, and Jesuit priest who thought deeply on the meaning of our existence and relationship with the Divine. What does it mean to be spiritual beings having a human experience and how does this relate to developing and nurturing our spirituality in our everyday lives? We are already spiritual beings designed to “discover, explore, and enjoy what it means to be human in all its complexities and challenges.”

Christian spirituality embodies an

understanding that we have the Divine breath, the Spirit within and we existed in spiritual form before we were born into this physical world.

The Divine breath or Holy Spirit is always near, always available and is found in stillness. In my own spiritual journey when I become quiet, when my thoughts no longer control me, then I experience an inner sense of wholeness, of well-being. This requires a discipline of setting aside a daily quiet time accompanied by spiritual readings and asking the Spirit to create in me “a clean heart and put a right spirit within me.”

Rumi the 13th century Persian poet pens that since “consciousness is the inmost nature and essence of the soul the more aware you are the more spiritual you are.”

I have chosen to express my innate

spirituality within a Christian framework and to be part of an affirming faith community where I am able to work out what that same Spirit is working in me—love, joy, peace, patience, kindness, gentleness, goodness, faithfulness and self-control.

We can read about various spiritual paths, but to really begin to comprehend their importance one must actually practise the truths.

Developing a spiritual practice takes time and commitment and moves each person toward that most noble and elusive of goals—to “know thyself.” Cultivating and nurturing spirituality produces rich results; the most important is peace. Shalom.

The Bahá’í of Powell River.

This spiritual assembly is located in Powell River and meets regularly.

Spirituality is a journey of the soul longing for truth, beauty, goodness, and justice. Our moral compass is based on the revealed laws of God and the example of the Exemplar, ‘Abdu’l-Baha, son of Baha’u’llah, the Prophet-Founder of the Bahá’í.

What we find attractive and inspiring about Bahá’í is the understanding that there can be no peace or well-being

for the world unless and until its unity is firmly established; that we are all one human family, that the prophets and messengers are all manifestations of one spirit; that each human being is created noble and precious as a mine of gems, and that by living a life of service, of purpose and meaning, we can choose to contribute to the ongoing evolution of the whole.

The administrative order of the Faith consists of two arms, the appointed and the elected. Conflict, contention, prejudice, proselytizing and backbiting are all forbidden so elections take place in a prayerful atmosphere with no nominations, no campaigning, no leaders, no clergy, no hierarchy.

Why some people don’t investigate Bahá’í may be because they are in the process of finding a way that suits their needs.

Others may be distrustful of “organized religions” because historically they have been the cause of disunity and conflict.

Some people are satisfied with their own spiritual practice and are not open to anything different.

Others cannot obey rules that are unacceptable to them, and obviously there are countless other reasons for rejecting a claim of Divine intervention. ☞

Remember the feeling of singing together • praying together • celebrating together • grieving together
worshiping together • giving together • reflecting together
gardening together • reading together • working for good

2022 Holy Week + Easter Services

St. David & St. Paul Anglican Church



Rev. Faun Harriman

April 9 **Palm/Passion Sunday**
10am • Holy Eucharist

April 13 **Maunder Thursday**
7pm

April 14 **Good Friday**
10am • Stations of the Cross

April 15 **Easter Vigil**
8pm

April 16 **Easter Sunday**
10am • Holy Eucharist

Everyone Welcome

Come as you are, with children or without, in jeans or more dressed up, single, married or partnered, from an Anglican background, other backgrounds, or no church affiliation.

604-483-4230 • www.stdavidandstpaul.com



Celebrate Easter with Faith Lutheran Church



9:30am
Sunday, April 17
PR United Church
6932 Crofton Street
Find us on Facebook

Come home
for Holy Week
St. Gerard's • Sacred Heart • Assumption



**Holy Week
at Assumption Westview:**
Holy Thursday, April 14
7pm • Mass of the Lord's Supper
Good Friday, April 15
3pm • The Passion of the Lord
7pm • Stations of the Cross
Holy Saturday, April 16
9pm • Solemn Easter Vigil

**Easter Sunday
Masses:**
8am
St Gerard's
Wildwood
10am
Assumption
Noon
Sacred Heart
Tla'amin

Father Patrick Tepoorten • 604-485-5300



POWELL RIVER
UNITED CHURCH

EASTER WORSHIP SERVICES

In-Person and Online at: www.PowellRiverUnitedChurch.org

All Are Welcome
6932 Crofton St.

April 10 **Palm Sunday 11am** Communion
April 15 **Good Friday 2:30pm** In-person only, joint service with Faith Lutheran
April 17 **Easter Sunday 11am**

Serve with
Love

I MADE THE MOVE

Location broker lured by this locale

Valerie Hodgson made the move to qathet when she purchased a 102-year-old fixer-upper home in Townsite in November 2021. Born and raised in North Vancouver, she comes to the region after spending the past six years “commuting” between Johannesburg, South Africa and Vancouver every three months. She is a self-employed groups and conventions venue broker. Two years ago, COVID-19 put a stop to both her travel and the conventions industry.

Stumbling almost by accident on Townsite last summer, she found the neighbourhood she would soon call home. Valerie is now all settled into her work-in-progress home in Townsite with three rescue cats (mom and babies) from Texada Island.

Why did you choose to move to qathet?

Valerie • I fell in love with qathet the minute I got off the ferry from Comox. I was taking the Circle Route back to the Lower Mainland after visiting friends on Vancouver Island last spring. I was looking for a new place to call home and checking out houses there after years of condo living. I was also considering Gibsons / Pender Harbour, until I happened upon Powell River and specifically, Townsite. The history of the mill and the company town that it built and the fact that it's still here is so impressive to me, and I wanted to be a part of it the minute I saw it.

What surprised you once you moved here?

Valerie • Honestly, the amazing high quality and sheer variety of the goods and services available at local shops and restaurants! Buying local is not a burden here; it's a pleasure! The collaborative effort between small business owners is also impressive. It means I can drop something off for a seamstress at a local gift store where I can also buy fresh homemade pirogies. And I can buy paint and get my cellphone fixed at an equipment rental place. I'm also



ACTUALLY, IT'S NOT JUST LOCATION, LOCATION, LOCATION: It's the sublime people that drew her here, says Valerie Hodgson.

a regular at the Sunday farmers' market for fresh eggs, produce and beeswax candles. All this, and I can still whip down to Canadian Tire or Shopper's if I can't find something local.

What made you decide to move to qathet?

Valerie • I had made a few trips up to qathet to get a feel for the place and look at houses for sale, but I truly knew that it was going to be “home” when I visited the Rec Centre to do some lane swimming. Everyone was so nice and welcoming and helpful.

Where is your favourite place in qathet?

Valerie • So far, my favourite place has been the Willingdon Beach Trail. I can walk from Townsite through the old golf course to the beach trail, have a quick lunch and look in the shops there on Marine Avenue and walk home again through the Millennium Park trails.

How did you first hear about qathet?

Valerie • I've always known qathet/Powell River was “up here” and not on the Island. But I have to admit, I had never stepped foot on the Upper Sunshine Coast before last year. To me it was a place that friends passed through to get to Lund and Savary Island or up to Desolation Sound.

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

Valerie • North Van has really embraced urban walking trails and bike paths, not just in the parks but in the city as well. North Van has a 7 km “Green Necklace” that encircles the town and it's accessible to all. I think something like that would be very popular here.

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

Valerie • Joining Facebook! This is definitely a Facebook town in terms of all the great buy/sell/swap groups, notices boards and for finding the best contractors through a very strong referral network. I had effectively avoided social media for so long, but I'm now very grateful for this network.

If you were mayor, what would you do?

Valerie • I would fill all the potholes(!) and extend a bike/walking trail all along Marine Avenue from Willingdon Beach to Townsite and Powell Lake.

What are qathet's best assets?

Valerie • Hands down the people I've met so far are qathet's best asset. From my neighbours who brought a welcome basket when I first arrived and have already had me to dinner, to the wonderful person I connected with on Facebook to feed my cats when I'm out of town, the staff in all the shops and restaurants, the members of the local church here in Townsite, the fantastic staff at the Rec Centre including the Pilates instructors who give classes there and all of the fantastic contractors I've met so far, I've been truly blessed with the welcome I've had to the region.

What is your greatest extravagance?

Valerie • My new wood-burning stove! I've never had a fireplace before, so I made sure to do it right with a good quality EPA unit and now I can't get enough of it. I'll almost miss the cold when the summer comes!

Which superpower would you most like to have?

Valerie • Hmmm ... I'd love to be able to turn back time and change a few things for myself personally and the world, but then I might have never found qathet. Happy to NOT have a superpower if that would be the case. 🐱

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Caitlin, Social Impact Specialist

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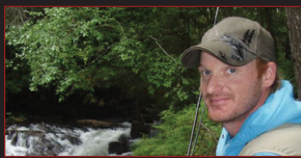
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qathet ART Centre
qathetART.ca

Bettina Matzkuhn - On Foot

April 14 – May 21
Tuesdays, Thursdays & Saturdays 12 – 5pm

Artist Talk April 14 7pm
Workshop May 20, 21 & 22

ArtRaven Family Flamenco!

April 23 1–3pm

Project Flamenco Performance

April 23 7pm

After School Art Program

April 7 – June 9 Thursdays 3:30 – 5pm

Malaspina Exhibition Centre
Vancouver Island University
artpowellriver.com

Carol-Anne & Kerri Almquist

From Darkness to Light
March 18 – April 29
Monday to Friday 8:30 – 4:30pm



BUSINESS AFFAIRS

SEAN PERCY

New business cleans up

Telsyn Fitzgibbon started working construction straight out of high school, but when his last construction job ended, he answered an itch to start his own business. On the advice of his uncle, Shawn Swanson, who did pressure washing before he started running freight, Telsyn bought himself an industrial pressure washer from Thunder Bay Saw Shop, and launched **Fitzgibbon Pressure Washing & Acid Wash**. His machine has a 20-inch surface cleaner attachment that Telsyn says is “like a lawnmower blade with pressure washer heads.” Another big motivator to stepping out on his own was the death this summer of his father, Chris Fitzgibbon, who was also an entrepreneur as the owner of the Unique Frootique. “This would make him happy,” said Telsyn. In addition to pressure washing driveways, patios and decks, he also washes pavers and re-installs the polymeric sand between the stones. For large industrial vehicles, he provides acid washing. He also offers window cleaning and small garden bed services. He hopes to soon offer soft washing for roofs and houses. Call 604-578-0561 or search Facebook for Telsyn Fitzgibbon.

Rent 4 fun

Want all the toys, but don't want to buy, store or maintain them? **Just 4 Fun Rentals** has the solution – rent them! The new company is owned by **Shannon and Brian Stasiewich**, who recently moved to qathet on their return to Canada after living most recently in Costa Rica. Their inventory of fun includes beach or back yard games, inflatable movie screens and projectors, e-bikes, sauna tents and portable hot tubs perfect for taking up to the float cabin, and even hard-sided hot tubs. They hope to expand into boats and personal watercraft rentals. They deliver the 4-6 person hot tubs, but most other toys can be picked up, as they're designed to be portable for taking to the beach or a party. Check the website at j4funrentals.com or call 778-581-6744.

More massage for qathet

A new massage clinic has opened in Westview, with the arrival of **qathet Registered Massage Therapy** at 4313 Alberta Avenue, below Assumption School. Registered massage therapists and business partners **Kristin Parker** and **Mackenzie Alsager** are working out of the cozy space, which is wheelchair accessible and has lots of light. Kristin has focused for 14 years on myofascial, sports injury and chronic pain management. She has a special interest in treating hip pain as well as neck and head pain and is comfortable in the uncommon realms of post-surgical scar tissue. Mackenzie has been an RMT since 2013 and ran her own practice in Ucluelet, before moving to qathet to create Gathered Farm with her partner Alex McNaughton. Mackenzie has a focus in pre and post natal massage, and has worked successfully with chronic lower back pain, TMJ, head-

aches and plantar fasciitis. Both RMTs work to create a safe space for LGBTQ+. The clinic direct bills to WSBC, Pacific Blue Cross and Telus Health, which encompasses most other extended health providers.

Pop-ups take over Spring Roll

What used to be **Johnny Wonton and the Spring Roll Lady** will have a host of new flavours as it morphs into a pop-up kitchen. Owner **Michele Bush** says staffing challenges have prevented her from running the restaurant full time, so she instead is offering her kitchen to various pop-up restaurants and food retailers who need an occasional commercial kitchen. Michele will continue offering catering and in-restaurant set menu dinners for six to eight people (something she can do herself). The kitchen/restaurant is ideal for people who want to give a restaurant a try without the full commitment, said Michele. The kitchen rents for \$25/hour. Call Michele at 604-907-1495 or email mbushwoman@gmail.com.

Donair shop pops up first

One of the above-mentioned kitchen's largest clients will be the **Donair Bear** by new local residents **Kathy and James Albert**, who moved here from Edmonton. Starting mid-month, they will operate 11-6 four or five days a week out of the Marine Avenue location. If it goes well, they hope to try to steal away their son, Kris Albert, a cook who works at Magpie's Diner.

Finn Bay kayak camping and launch

The ever-expanding group of companies under the **Access Point Marine** umbrella continues to grow in the Klah Ah Men (Lund) area. Owner **Kelli Turner** announced he would be opening a kayak camping and launch centre this summer at Finn Bay. “We are well underway in preparing the site for brand new tenting platforms, washrooms, and a boat launch to our beach.” The company offers fishing, sightseeing and kayaking tours (including daily trips to the Copeland Islands), bike services for the North Salish Cycle Route, and water taxi services to Savary, Cortes and Sara Point for the start of the Sunshine Coast Trail. Kelli has also recently launched **Waterways Environmental**, with a fleet of vessels specializing in speedy spill response, recovery of sunken vessels, shoreline cleanup, wildlife monitoring and training for spill response and first aid.

Salish Sea Spirits in local production

The distillery behind **Salish Sea Spirits** is now actually on the Salish Sea, at Beach Gardens Resort, and the first bottles come off the production line early this month. **Lora Goodwin**, who ran the still when it was Kootenay Country Craft Distillery, has moved to qathet and is working for the new owners, **Seaboard Hotels Ltd**. Seaboard manager **Jack Barr** says there are plans to add a tasting room and a host of other products, but for now gin and vodka will be available both at the Beach Gardens and at beer and wine stores up and down the coast. The still produced Salish Sea branded gin when it was still in Slocan, but this is the first production since moving here. The product is gluten free, with the alcohol distilled from honey. | sean@prliving.ca



April in qathet

On Foot: Bettina Matzkuhn • qathet Art Centre April 14 to May 21

Embroidery itself is a miniature trail, a pathway performed by the fingers rather than the feet.

In her work about pathways, Bettina Matzkuhn creates map-like imagery that describes her travels over lush or barren ground. This theme led her to examine her relationship with the land she encounters while hiking.

Each place – its flora, fauna, and geology – is a unique

community. Matzkuhn dwells on the character of place through nuances of colour and texture.

“Take nothing but photographs, leave nothing but footprints” is the adage for going into the backcountry.

Matzkuhn embroidered a spool of cloth with footprints which she unfurled over a hiking season, photographing them in the backcountry. They

skirt patches of flowers, jump over creeks, and wade into lakes. She rolled them back up to take them home, while thinking how the human footprint is affecting the landscape.

As an avid hiker, she has seen changes in familiar landscapes: receding glaciers, fires and erosion. Some works evoke the presence of these changes, sensing danger, and an estrangement from nature. Others remember and celebrate specific trails.

APRIL'S BIG DATES

Throughout April

Public engagement of the City's Possible Name Change Process
See ad on Page 20.

April 2

Ukraine benefit concert
7pm, suggested minimum donation \$30, Evergreen Theatre. A collaboration between PRISMA, the Powell River Academy of Music and the Rotary Club of Powell River. Proof of vaccination required. Tax receipts available for larger donations. See prismafestival.com for more details.

April 3

Ramadan Starts

April 6

Tartan Day

April 9

Vimy Ridge Day

April 10

Palm Sunday

April 13

Spring Business Networking Social
7 to 8:30 pm, ARC Community Centre. See ad on Page 71.

Coastal Flood Adaptation info session

6:30 pm, online. See ad on Page 2.

April 15 to 18

Easter weekend
SD47 schools closed for the Easter holiday. Good Friday, Holy Saturday, Easter Sunday, Easter Monday stat.

April 22

Orthodox Good Friday

April 22

Earth Day
See Pages 29 to 46.

April 23

Last Day of Passover

April 24

Orthodox Easter

April 27

Flood Resilience Game Night
6pm, online. See ad on Page 2.

April 30- May 1

Art from the Attic fundraiser for the Sunshine Gogos and Powell

River Hospice Society

10 til 4 Saturday and 10 til 2 Sunday, Carlson Club. See story on Page 64 and ad on Page 41.

April 30

Tax filing deadline for most individuals

May 8

Mother's Day

April 13 to 29

Flood resilience survey
Go to qathet.ca, or see the ad on Page 2.

May 7 & 8

Jasper Mohan Dive & Dinner
Fun-filled fundraising weekend supporting Canuck Place programs. See ad on Page 64.



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Giving back to Valentine Mountain

How might we give back to Valentine Mountain, a great treasure in qathet that gives so much beauty, inspiration, joy?

One simple way is to lovingly remove the invasive English Ivy that is encroaching on trees on the east side of the mountain. A relatively small effort now can keep the park from being taken over as has happened in so many other areas.

Knowing we are one among many such community initiatives (kudos to those pulling Scotch Broom, for exam-

ple), we invite you to come join one of the monthly Valentine Mountain Ivy Pull Parties.

They are 60–90 minutes long on a weekend afternoon, and you can linger for tea and cookies to celebrate afterwards. The work is kid-friendly and kind of addictive, like peeling paint.

For more info on the April Ivy Pull and beyond, email Kate at kate@emergecollab.com.

(If you are inspired to do your own, please remove and burn all the ivy that you pull. Even a small piece can root and start another plant, so one can unwittingly make things worse when trying to help.)

- Kate Sutherland

City of Powell River declares 2022 the Year of the Garden

The Canadian Council of Garden Clubs has asked all local garden clubs across Canada to join them in celebrating all forms of horticulture this year. In accordance with the CCGC request, The Powell River Garden Club asked Mayor Formosa to declare 2022 to be Powell River's Year of the Garden. He was pleased to grant this request.

- Liane Arnstein

Fir seedlings by donation for Earth Week

Malaspina Land Conservancy Society would like to announce our 3rd annual fir seedling give away that will begin April 14th, coinciding with Earth Week for planting. This event started with a fundraiser at Little Hut Curry where we honored Ted Crossley, a past board member who passed away.

Ted often spoke about trees, and nurtured the trees on his own property, finding solace within their presence.

We will have an event page on Facebook called "Fir Seedlings Annual Event for Earth Week" for people to give their name, address, phone number and amount of trees wanted. You can also send requests to lthorsell@yahoo.com.

As we have been unable to have a dinner fundraiser for two years we are requesting donations this year to cover costs. The donations, of any amount, can go to info@malaspinaland.ca and



any donations over \$20 can be given a tax receipt. We can also pick up donations if needed during our fir seedling drop off.

We look forward to sharing these fir seedlings with you; we are grateful that so many people have become involved over the past few years!

This will bring the grand total to 5,500 trees planted by community members for future generations.

- Lesley Thorsell

Coming alive again! Meetings & plant sales

The Powell River Garden Club meetings will once again be held at the Seniors Centre in Cranberry. This will be the first time in two

years that we are meeting face-to-face and we have dearly missed the social aspect of our club.

Our Garden Visits committee is planning some upcoming garden visits in local gardens, farms and retailers. Challenges brought about by COVID, climate change and now the war in Ukraine are revealing the importance of becoming more self-sufficient either by individual home gardens or local farms.

To join the Garden Club, find us on Facebook or visit our website: powellrivergardenclubblog.blogspot.com or you can send us an email at powellrivergardenclub@gmail.com.

Mark your calendars for the May 14 plant sale – which will be in five locations across town (see the listing, right) and watch for other plant sales and garden activities coming soon.

- Liane Arnstein

PLANTS, FOOD & EARTH DAY



Saturdays, then Wednesdays

Uptown Market

At the CRC on Joyce. Saturdays 10 til noon until April 16, then Wednesdays 4:30 to 6:30 starting May 4.

Sundays, then weekends

Farmers' Market

12:30 to 2:30 Sundays in the quonset hut at the Paradise Exhibition Park off Padgett Road to April 17. Then Saturdays and Sundays outside starting April 23.

Thursday, April 7

qathet's Forests: Yesterday, Today and Tomorrow

6:30 pm, PR Museum. Museum speaker series.

April 10

The Boardwalk Restaurant re-opens

See ad on Page 14.

April 14

3rd annual Fir Seedling giveaway

For Earth Week. See story, at left.

Saturday, April 16

Earth Month Poster Workshop

1 to 2:30 pm, Library. Hosted by the Raging Grannies for Teens (ages 12+). First Credit Union Community Room. Drop in.

Spring Market

11 am-2 pm, Springtime Garden Centre. Shop locally-made goods in the greenhouse.

Earth Month Poster Workshop for teens 12+

1 to 2:30, drop-in at the Library.

Thursday, April 21

Earth Day celebrations in Film

Free at the Pat! Sponsored by Let's Talk Trash. 12 noon **Seed** Few things on Earth are as miraculous and vital as seeds – worshipped and treasured since the dawn of humankind. This documentary follows passionate seed keepers who are

protecting a 12,000 year-old food legacy. **The Hidden Life of Trees**, 100min. In German filmmakers Jörg Adolph and Jan Haft's documentary, renowned forester and writer Peter Wohlleben branches off his bestselling book, guiding us through his ideas and understanding of how trees work.

Friday, April 22

Earth Day

See Pages 29 to 46.

Saturday, April 23

Poetry Slam

– The Language of Trees

1 to 3 pm, Library. The Slam is back with great prizes on the theme of nature! Register to participate and cheer on your friends. First Credit Union Community Room. In collaboration with the Powell River Museum and Archives

Open Air Farmers Market returns to its full summer glory

Saturdays (10 to noon) and Sundays (12:30 to 2:30) each weekend, outside, with miniature train rides on Sundays.

Giant Rummage / Garage / Bake sale

10 am to 1 pm, Assumption School Gym. Everyone welcome.

Saturday, May 7

Lang Bay Hall Plant & Craft Sale

Noon to 3 pm. Looking for South of Town crafters: for more info call Carol at 604-487-1259.

Saturday May 14

Garden Club Plant Sale Tour

10 to 2 pm. Five locations at Klahanie Drive, Wildwood, Westview, Myrtle Creek area, and Zilinsky Road. At each of these locations we are hoping for a number of sellers and at one or two locations, a Garden Club table where members can donate plants for the sale. For more information on how you can take part, please contact Sharon Schultz at sshultz74@gmail.com.

OUTSIDE & ACTIVE

Through April

Valentine Mountain Ivy Pulls
See story, previous page.

April 24

Duck Lake XC
Rise of the Butter Snake
9:30 am. For info visit
islandcupseries.com/cross-country

Marathon Shuffle

Sign up for the wait list at sunshine-coast-trail.com/events/registration/ and see current status of the wait list and ask questions on the Marathon Shuffle Facebook page.

May 7 & 8

Dive & Dinner POSTPONED
Postponed until later in summer.
Date TBA.

Tuesday, May 10

Move for Health Day
See powellriverprc.com for more.

May 6

Haywire Bay campground opens for the season
See qathet.ca for more

Coming up in June

Powell River Cycling Association Poker Ride

FILM & EDUCATION

April 1-5

Uncharted
7 pm nightly at the Patricia Theatre.

April 6 & 7

Flee
7 pm nightly at the Patricia Theatre. Noon matinee Thursday. patriciatheatre.com

Thursday, April 7

Qathet's forests: Yesterday, Today and Tomorrow
6:30 pm, PR Museum. Museum speaker series.

April 8-14

The Lost City
7 pm nightly at the Patricia Theatre. Noon matinee Thursday. patriciatheatre.com

Saturday, April 9

Kick the Clutter, Get Organized Workshop
2 pm at the Library Professional organizer and motivational speaker Ranka Burzan offers an inspirational, fun and informative workshop about how to live and work in an organized space. To Register mmerlino@prpl.ca

Wednesday, April 20

Free: National Canadian Film Day
Free film screenings at the Patricia Theatre, with a focus on Indigenous films. Donations accepted in support of Tla'amin Health. All donors are entered into the draw for a pair of return tickets compliments of Pacific Coastal Airlines. 12noon **Falls Around Her**, 100min. Anishinaabe director Darlene Naponse's film stars Tantoo Cardinal as an exhausted, world

famous musician disrupted by fans during her quiet retreat back home, finding happiness through her family, old friends and some unexpected new romance. Rated PG. 7 pm **Wildhood**, 107min. This LGNTQ2 feature from Bretten Hannam follows a two-spirit Mi'kmaw teenager on a remarkable journey of self discovery set against the gorgeous backdrop of the Annapolis Valley. Rated PG

Thursday, April 21

Earth Day celebrations in Film
Free at the Pat! Sponsored by Let's Talk Trash. 12 noon **Seed** Few things on Earth are as miraculous and vital as seeds — worshipped and treasured since the dawn of humankind. This documentary follows passionate seed keepers who are protecting a 12,000 year-old food legacy. **The Hidden Life of Trees**, 100min. In German filmmakers Jörg Adolph and Jan Haft's documentary, renowned forester and writer Peter Wohlleben branches off of his bestselling book, guiding us through his ideas and understanding of how trees work.

Friday, April 22

One Inch from Disaster: True Tales from the Wilds of BC
4 pm via Zoom. Storyteller Kelly Ricketts presents his lively and hilarious memoir of his adventures and close calls logging, mining, horse wrangling, boxing and performing music in rural BC. To Register mmerlino@prpl.ca

April 29 - May 5

The Fantastic Beasts & the Secrets of Dumbledore
7 pm nightly at the Patricia Theatre.

HOLY WEEK & EASTER

Note: See all church ads on Page 56.

Sunday, April 10

Palm Sunday
Powell River United Church
11 am Communion

Thursday, April 14

Maundy Thursday
Assumption Westview
7 pm Mass of the Lord's Supper

St. David & St. Paul Anglican
7 pm Service

Friday, April 15

Good Friday
Powell River United Church
2:30 pm In-person only, joint service with Faith Lutheran.

St. David & St. Paul Anglican
10 am Stations of the Cross

Assumption Westview
3 pm The Passion of the Lord
7 pm Stations of the Cross

Saturday, April 16

Holy Saturday
Assumption Westview
9 pm Solemn Easter Vigil

St. David & St. Paul Anglican
8 pm Vigil

Sunday, April 17

Easter Sunday
Faith Lutheran
9:30 am (at the United Church)

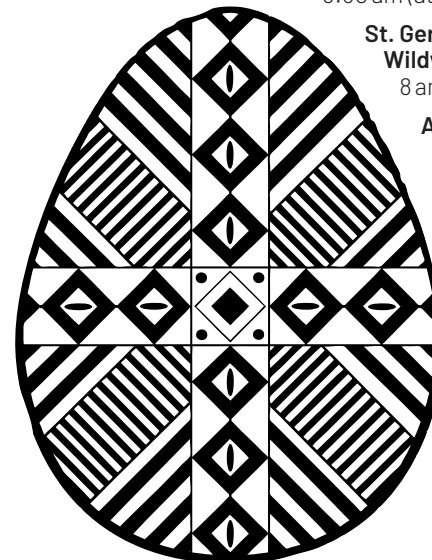
St. Gerard's Wildwood
8 am Mass

Assumption Westview
10 am Mass

Sacred Heart, Tla'amin
noon Mass

St. David & St. Paul Anglican
10 am Holy Eucharist

Powell River United Church
11 am Service.



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Fir Seedling Giveaway

Malaspina Land Conservancy Society's third annual fir seedling giveaway begins April 14th, coinciding with Earth Week for planting. Go to Fir Seedling Annual Event for Earth Week on Facebook, or send your name, address, phone number and amount of trees wanted to lthorsell@yahoo.com. Donations offset costs of trees.

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



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VISUAL ART TO SEE & DIY

To April 29

Carol-Anne & Kerri Almquist: From Darkness to Light

Malaspina Exhibition Centre at VIU. artpowellriver.ca

Tuesdays

Life drawing drop-in

7 to 9 pm, qathet Art Centre.
See qathetart.ca for more.

Starting April 7

After-school art program

3:30 to 5 pm, qathet Art Centre. See ad on Page 58.

April 14 – May 21

Bettina Matzkuhn – On Foot 21

Tuesdays, Thursdays & Saturdays 12–5 pm qathet Art Centre. Workshop the weekend of May 20 to 22. See ad on Page 58.

April 14

Bettina Matzkuhn Artist Talk

7 pm qathet Art Centre.

Saturday, April 16xq

Earth Month Poster Workshop for teens 12+

1 to 2:30, drop-in at the Library.

Friday, April 22

ArtiFact Art Session

2 to 5 pm, workshop collaboration between qathet Art Centre and the Museum and Archives. Located at the Powell River Museum. See qathetart.ca for more.

Mondays starting April 25

Paint! Exploring techniques in paint

5:30 to 8:30 pm, qathet Art Centre.
See qathetart.ca for more.

April 30– May 1

Art from the Attic fundraiser for the Sunshine Gogos and Powell River Hospice Society

10 til 4 Saturday and 10 til 2 Sunday, Carlson Club.
See story on Page 64 and ad on Page 41.

May 5 – June 20

Friends at Easel: Group Exhibition

Malaspina Exhibition Centre at VIU. Opening Reception Thurs. May 5, 6–8 pm. artpowellriver.ca

Tuesday, May 10

Raise your Voice

community art project session

Noon til 2, qathet Art Centre. With Naoko Fukumaru.
See Page 58. See qathetart.ca for more.

May 17

Deadline for Youth “Representing Your True Self” art show.

The Brooks Gender and Sexuality Alliance and qathet ART are putting a call out to artists age 12–29 to coincide with International Day Against Homophobia, Biphobia and Transphobia. The artwork will be shown briefly at Brooks and then for Pride month in June at qathet Art Centre. Artwork can be 2D, 3D, performance (including sculpture, fibre art, costume design, etc.) or digital format. Questions? email qathetyouthartshow@gmail.com

Townsite Jazz Festival April 7 to 9

Big galas are back, baby

BY ANDY RICE

It may not be bigger than ever, but the 2022 Townsite Jazz Festival is shaping up to be better than ever. See the full schedule in the music listings, at right.

“It’s really worked in our favour to have intimate venues,” said Paul Cummings, who has partnered with the Wildwood Public House and Shinglemill Pub & Bistro for this year’s smaller-capacity shows, rather than creating pop-up jazz clubs within the Rodmay Heritage Hotel or other historic spaces as he has in the past.

“With food and beverage establishments, they run the room and we run the music side of things and it’s just such a win-win, especially during COVID,” he added.

Larger-capacity shows, including a student ensemble showcase and a Gala Dance event, will take place at the Max Cameron Theatre and Dwight Hall respectively.

“Our Dwight Hall concerts in 2018 and 2019 were the best I’ve seen with regards to audience participation and the social aspect,” said Cummings. “I’m expecting nothing less this time around.”

Mazacote Latin Band will headline the Gala Dance, with individual and table seating available. Townsite Brewing will run a cash bar on-site, with all proceeds going to the festival.

“Even though we don’t have the full Ash Avenue Amble happening on the Saturday afternoon this year, there’s still plenty of live jazz to be seen,” said Cummings.

Paring the schedule down due to the pandemic has

The Townsite Jazz Festival’s 2022 festival lineup includes an eclectic mix of artists hailing from coastal British Columbia:

Mazacote

Mazacote is a hard-hitting world Latin party band playing brass-soaked tropical dance beats. Inspired by the sounds of Colombia, Mozambique and Nicaragua, they weave driving rhythms and heavy grooves with a socially conscious message.

Triology

Featuring award-winning Vancouver musicians Miles Black (piano), Jodi Proznick (bass) and Bill Coon (guitar), Triology is fashioned after the great early jazz trios of Nat King Cole and Oscar Peterson.

Dwyer/Proznick Quintet

Canadian jazz superstars from Vancouver and Vancouver Island collide for a rare and exciting collaboration on old standards and new originals. This supergroup is comprised of Phil Dwyer (saxophone), Jodi Proznick (bass), Miles Black (piano), Bill Coon (guitar) and Hans Verhoeven (drums).

The “You Are My Sunshine” (*nygi ʔətʰ χαλανən*) Project

The Student Ensembles concert at 7:30 pm on Friday, April 8 will include the unveiling of a very special collaboration between the **Townsite Jazz Festival Society, School District 47 and Jehjeh Media.**

Earlier this year, the popular song, “You Are My Sunshine” was arranged by Paul Cummings in the swing style and translated by Koosen Pielle into *ʔayʔajʉθəm* (Ay-A-Ju-Thum), the ancestral language of the Tla’amin, Klahoose, Homalco & K’omoks peoples.

Together, Cummings and Pielle have been visiting schools throughout the district to teach the music and lyrics to over 220 K-12 students. Powell River Digital Film School instructor Tony Papa has been documenting the preparation process, and a live audience will get to hear it for the very first time during this year’s Townsite Jazz Festival.

allowed for a renewed focus on education, mentorship and opportunities for students. Oak Bay High School in Victoria and Carson Graham Secondary School in North Vancouver will send students to participate, alongside those from Brooks.

Tickets are \$20 per concert and are selling extremely fast on Eventbrite. Additional info about events and artists can be found at townsitejazz.com.

Pierre Komen Quartet

Whether you know him from Wunderbread, the Colin James Band, Dave Gogo and the Persuaders, or countless studio/live sessions, there’s a good chance you’ve heard Pierre Komen before! The group consists of Komen (saxophone/vocals), James Darling (Organ/Piano), Nathan McKay (Keytar) and Phil Wippen (Drums).

Miles Black & Walter Martella

Multi-instrumentalists Miles Black and Walter Martella are combining forces for a musical rematch. From original tunes to swingin’ standards, anything can happen! Especially with no fewer than four instruments to choose from...

Student Ensembles

High school ensembles from Brooks Secondary (Powell River), Carson Graham Secondary (North Vancouver) and Oak Bay Secondary (Oak Bay) will open for the pros at nightly concerts. Make sure to arrive a little early to enjoy a set from one of these fantastic student opening acts!



Mazacote • Townsite Jazz

LIVE MUSIC, DANCE & ON STAGE

April 1

Comedy Night: Simon King and Special Guests

7:30 pm, Carlson Club. \$18 members, \$20 for guests. Purchase your tickets in advance at the Club.

April 2

PR-qathet for Ukraine benefit concert

7 pm, suggested minimum donation \$30, Evergreen Theatre. A collaboration between PRISMA, the Powell River Academy of Music and the Rotary Club of Powell River. Proof of vaccination required. Tax receipts available for larger donations. See prismafestival.com for more details.

April 7 to 9

Townsite Jazz Festival

See left. Info and tickets at townsitjazz.com.

Thursday, April 7

7:30 pm, Wildwood Pub
• Pierre Komen Quartet

Friday, April 8

5:30 pm, Shinglemill Pub • Triology

7:30 pm, Max Cameron
• Student ensemble with Walter Martella

9:30 pm • Wildwood Pub • Mazacote

Saturday, April 9

Noon, Wildwood Pub • Jazz Lunch with Miles Black and Walter Martella

5:30 pm, Shinglemill Pub
• Dwyer/Proznick Quintet

7:30 pm Dwight Hall
• Gala Dance with Mazacote

April 10

Eve Danielle, soprano and Ryrie Avenant, Piano

2 pm, James Hall. \$20. See ad on Page 68.

Graham Strang Sunday Social

Wildwood Pub

Wednesday, April 13

Luke Wallace Concert

7:30 pm, Cranberry Hall. Luke's music is a platform for the voices of communities fighting to protect the systems that help them thrive. Since 2012, Luke has been relentlessly touring the west coast of North America with the mission of using music to inspire audiences into action focused on social and environmental justice. Tickets: \$20 (plus service charge) in advance from Eventbrite or \$25 at the door.

April 21

Sunshine Music Fest AGM

This fest is hoping to rebuild its board and volunteer base post-COVID. Interested? Reach out: zemyna63@gmail.com.

Friday, April 22

Academy Cabaret

7:30 pm, James Hall. Doors at 7 pm, \$25. Advanced sales only. See ad on Page 68

Saturday, April 23

Poetry Slam

- The Language of Trees

1 to 3 pm, Library. The Slam is back with great prizes on the theme of nature! Register to participate and cheer on your friends. First Credit Union Community Room. In collaboration with the Powell River Museum and Archives

Project Flamenco performance

7 pm, qathet Art Centre. See ad on Page 58.

ArtRaven Family Flamenco

1 to 3 pm, qathet Art Centre. See ad on Page 58.

Bollywood Dance Workshop

See story on Page 66 and ad on Page 37, Ages 16+, \$30. maxcamerontheatre.ca

Sunday, April 24

Cranberry Hall Coffee House

7:30 pm, Cran Hall. Bring the songs, poems, or performances you've been sharpening over the long break. Artist sign up at 7 pm with performances starting at 7:30! Bring your talents or come to enjoy the show.

KP Duty Sunday Social

7 pm, Wildwood Pub

Saturday, April 30

Louisiana Hayride Show

7:30 pm, Evergreen Theatre. Tickets at the Rec Complex. See ad on Page 64.

May 2

Martyn Joseph Sunday Social

7 pm, Wildwood Pub

May 8

Renelle and Dawson Sunday Social

7 pm, Wildwood Pub

May 12

Big Daddy Tazz:

An evening of laughs

8 pm, Evergreen Theatre (Rec Complex). Get tix at the Rec Complex

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Stillwater Forest
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FSP Area

Western Forest Products Inc. Powell River (Stillwater) Forest Stewardship Plan

Western Forest Products Inc. within Sunshine Coast Natural Resource Districts gives notice and invites written comment on the proposed Powell River (Stillwater) Forest Stewardship Plan (FSP) replacement. The replacement FSP covers the area on the map inset and includes areas within the vicinity of Powell River and Powell Lake.

The FSP shows the location of the Forest Development Units which provides the Results and Strategies that the FSP holder will follow as it applies to the *Forest and Range Practices Act*.

When approved, this FSP will form the basis for future development of roads and timber harvesting which may lead to the issuance of road and cutting permits by the Provincial Government. In addition, the standards in which future forests are managed are identified and approved.

The proposed FSP can be viewed online at:

westernforest.com/sustainability/environmental-stewardship/planning-and-practices/
or by appointment from **March 25th, 2022** to **May 24th, 2022**
Leave a message at 604-485-3100 for appointment.

Please send your comments to the attention of Geoffrey Matheson at gmatheson@westernforest.com.

To ensure consideration prior to final submission of the FSP, comments must be in writing and received no later than **May 24th, 2022**.



Two helps for hospice

Art from the Attic • April 30 and May 1

This joint fundraiser for the Powell River Hospice Society and the Sunshine Gogos – Grandmothers to Grandmothers Campaign, is back on!

Showcasing pieces by artists near and far, this event has something for everyone and every pocketbook. Silent auction, bin pricing, and make-us-an-offer, means you can spruce up and beautify your surroundings: new artworks for your home, the walls of your condo, the exterior of your house. (Yes! It's a thing!)

Join the fun: Saturday, April 30, 10 to 4 and Sunday, May 1, 10 to 2 at the Carlson Club.

Multiple COVID delays and then a robbery which decimated the collection (...not to worry, we've rebuilt...) posed significant setbacks for Hos-

pice and Gogos volunteers. Now that we can go forward, our excitement is building.

We are grateful to the community for donations which include numerous works by local artists; prints by some well-known artists like Maude Lewis, Fredrick Varley, Georgia O'Keeffe, Roy Henry Vickers and William Kurelek; rare Suzhou embroidery; sculptures; and glassworks.

We invite you to spend generously in return for supporting the work of two very important charities: Hospice Society capital campaign for "Hospice House" and the Sunshine Gogos in support of African grandmothers affected by the AIDS pandemic.

- *Malerie Meeker*

Hike for Hospice • May 8 to 15

From Mother's Day May 8th through May 15th you can Hike where and when you like in support of the Hospice Society's operations, and you can easily register and keep track of your efforts on the Society's website.

All donations to this major yearly fundraiser are dedicated to delivering programs and supports to those who are dying and to those who are grieving the loss of their loved ones.

"This is a marvelous opportunity for community supporters to serve a good cause and get some fresh air and exercise at the same time," says Cathy Fisher, president of the Society.

The Powell River Hospice Society is

a community-based, non-profit organization that offers social, emotional and spiritual support to those at end of life. The Society also supports family and friends in grief and bereavement, and is committed to providing education and advocacy throughout the community.

This registered charity provides these services free of charge to everyone in Tla'amin Nation and qathet Regional District, including Powell River and Texada Island.

For more information about participating or to make a donation, go to prhospice.org.

- *Rod Paynter*

★ Back For You in 2022! ★

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NEW! Buddy Holly Tribute

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Saturday, April 30 • 7:30pm
Evergreen Theatre, 5001 Joyce Avenue
Tickets: Recreation Complex
Phone: 604-485-2891
Online: www.showpass.com \$50
Show Info & Complete Tour Schedule at: www.HAYRIDESHOW.COM | Check Us Out!

Three great pieces of accordion music you'll hear at the first annual Accordion Fest.

BY WALTER MARTELLA AND KARINA INKSTER

La Valse d'Amélie, by Yann Tiersen

The soundtrack to the film *Amélie*, by composer Yann Tiersen, is the reason Karina decided to pick up the accordion in 2013. His simple but hauntingly beautiful melodies are most often composed for piano or accordion, but other instruments make appearances, too. Tiersen includes toy instruments in his scores, including the melodica (a small keyboard played by blowing air through a mouthpiece), and the toy piano (a miniature piano that uses round metal rods, rather than strings, to produce sound.)

In *La Valse d'Amélie*, Walter and Karina on accordions are joined by Jessica Colasanto on both melodica and toy piano, which Karina purchased specifically to perform music by Tiersen.

Libertango, by Astor Piazzolla

Born in Argentina in 1920, Astor Piazzolla is considered the father of nuevo tango. This genre revolutionized the traditional tango by including elements of jazz and classical music. Piazzolla was a visionary composer and a virtuoso bandoneon (a relative of the accordion) player.

The *Libertango* is arguably Piazzolla's most well-known piece. Our arrangement includes Terry Martyniuk on cajón, a box-shaped percussion instrument originally from Peru, used extensively in flamenco and tango music. For three years, Karina dreamed of adding cajón to the tango music she'd been playing – with Walter on accordion, trumpet,



Photo by John C. Watson

SQUEEZE THIS IN

When: May 6 & 7

What: Concerts, a master class, a beginner workshop, and a store. Bring your accordion for assessment and repair, or shop for a new instrument.

Where: Tickets and info at praccordionfest.com or call the Academy of Music 604-485-9633. Weekend pass \$45. Individual events, prices vary.

or piano. We finally found Terry to fit the bill; he's been performing with us since November, 2021.

Blue, by Richard Galliano

Richard Galliano is a French accordionist of Italian heritage. He is a prolific recording and touring artist, having performed with many of the world's greatest musicians (including Astor Piazzolla). "Blue" is one

of our "true jazz" pieces, incorporating chord changes and improvisation techniques common in North American jazz.

Walter, also of Italian heritage, started playing accordion at the age of seven. After many years of focusing on trumpet and piano, music by Galliano re-inspired Walter to start incorporating the accordion (along with piano and trumpet) into jazz performances, including at the Townsite Jazz Festival. **AL**



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WHAT'S UP?



What happens on the hayride, stays on the hayride

After a two year break due to COVID restrictions, the cast and crew of the Louisiana Hayride Show are back and on stage at the Evergreen Theatre Saturday, April 30.

You'll hear the best classic country and rockabilly hits from the 50s, 60s and 70s as the show pays tribute to the historical radio program, The Louisiana Hayride. You will love the songs and you'll love the fascinating information.

New this year is a tribute to Buddy Holly; you'll be singing along to his great songs such as Peggy Sue and That'll Be the Day!

Fan favourites Roy Orbison, Patsy Cline, Elvis Presley, Loretta Lynn and Conway Twitty, Crystal Gayle, Lefty Frizzell, and Shania Twain are all back and you'll be singing along to their hits such as Pretty Woman, Crazy, Hound Dog, Louisiana Woman/Mississippi Man, If You've Got the Money, Honey I'm Home and so much more!

For complete show and tour info visit the website at HayrideShow.com.

Democracy Now

Recent events, both domestic and international, have us thinking about our democracy. We are becoming critically aware that a vibrant democracy requires an informed and involved electorate.

The Council of Canadians Powell River invites you to participate in a three-part initiative designed to deepen understanding, increase involvement, and help clarify our needs as a community leading up to the October election.

Reclaiming Democracy: One Page at a Time will present conversation starters to address elements of democracy, including citizen involvement, transparency, equitable inclusion, shifts in power, fake news, and leadership in a changing world.

Hey, I've Got a Question will solicit questions from the community for candidates for Mayor, Council, School Trustee, and Regional Board. Responses will be publicized.

The Times They Are A-Changing invites all candidates to share their vision of an engaged democracy under their leadership.

Given the serious issues we face and the fragility of our democracy, it is vitally important that we start talking to one another as though it matters, because it does. All voices matter so share widely.

Join us online April 5 on Facebook: Council of Canadians Powell River, and check out councilofcanadianspowellriver@gmail.com.

- Maureen Mason

PR Special Olympics are back

PR Special Olympics empowers and enriches the lives of both athletes and volunteers.

The challenges over the last two years have reminded us how important our programs are to the well-being of both athletes and volunteers. They have been waiting patiently for so long for some of our programs to start.

Last spring, we were able to provide golf in the spring, as Special Olympics British Columbia sponsored very successful challenge games involving over 1,000 athletes from all over the province. The athletes had 49 days of home challenges, including workout sessions and wellness activities. Here we had a small group of athletes who met outside and participated in various activities that gained them points for their region.

This past fall, we were able to start up curling and swimming, but with a smaller group of athletes and volunteers.

This spring, we plan to start golf and bocce. We are hoping to make these sports bigger, including all our bowlers, who have missed bowling for over two years.

Our challenge now, is that we need more volunteers to help make this possible. We have already delayed Club Fit and softball because we do not have enough volunteers to help with the sports programs or to participate in one of our committee roles. The committee members we do have are working hard to keep our programs going.

If you may be interested in joining us, please contact Margaret Peters at margpeters@telus.net.

- Margaret Peters

Dance like Bollywood is watching

In this three-hour workshop April 23, you'll learn that ALL bodies can dance like a Bollywood Star!

In her trademark charming and humorous style, Karima Essa will teach the basic elements of Bollywood dance, including neck and head movements, facial expressions and foot and hand movements, while also using props such as scarves and Dandiya sticks.

A three-time Canadian National Dance champion, Karima is Vancouver's very own Bollywood star. In 2014, her love for Bollywood took her to the screens in Mumbai, India, as a two-time finalist on Omni TV's reality show, Bollywood Star. For more info about Karima, visit pebblestarartists.com/karima-essa.

Ahead of the curve, as always

The BC Ministry of Education has implemented a new graduation requirement for all high school students: courses about Indigenous cultures and histories.

The new requirement, which is expected to take effect in the 2023-24 school year, aligns with recommendations from the School District 47's Equity in Action team.

Beginning next year, English First Peoples 10 will be introduced as part of every student's graduation program here in qathet – a year ahead of the provincial mandate.

BC is the first Canadian province to implement this type of requirement.



títwšem ʔayʔajuθəm Learning the language

təm k^waθ nan? (tum kw-ath nun) What is your name?

Traditional place names in our land often reflect the nature of the landscape. Across Turtle Island, names were used to describe a location according to its inherent characteristics or what a place represented to the community. For example, ʔaʔamen (Klah-ah-men), Lund, means a place of refuge. Indigenous given names tell us about the land, and its relationship to the people: this is reflected in the language. Based on the names alone, we learn about what makes each place unique geographically and in rela-

tionship to other places and people. Perhaps more importantly, these places and their names hold the collective memories and stories of a people. The history in Canada of naming places after people is ultimately a reminder of the end of Indigenous sovereignty altogether, and of a dark history including injustice and discrimination. There are also current realities of being dispossessed of our land under legal policies such as the *Indian Act*. We have an opportunity for direct action toward decolonization: (re)naming a place could be viewed as a reciprocal agreement between the people and the land they must steward, that holds us accountable to each other.



ʔAʔAMEN (Klah-ah-men) is the name for Lund, which means a place of refuge. Learning to pronounce new words and letters takes practice. Don't be scared to try out loud!

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

Lips go public as masks disappear

BY HOLLY BARNES

After two years of hiding our faces, I can't help but feel a little naked walking around mask free! Throughout the day I catch myself wondering if I have something in my teeth, or if my makeup could use a touch up?

It's nice to be footloose and mask free! But not everyone is ready for the big unveiling.


If you're not quite ready to show off your face just yet, sticking to basic makeup is a good way to not draw attention to yourself, or wearing a hat or a toque is a great way to stay somewhat incognito – or just keep wearing your mask!

Ready to show the world your beau-

tiful face? Here are some tips to help show it off!

If you're looking to enhance your lips, you might try a plumping lip gloss to give fullness to your lips, or if you're thinking of something a little more permanent, try lip fillers! They are a great way of filling out your lips and smoothing fine lines and wrinkles.

Try using highlighter just above your cupid's bow, before applying lipstick. This will help to define your pout. Use a matte lipstick to keep your lipstick fresh and smudge-free all day.

Don't forget about your teeth! Teeth whitening is a nice bright way to reintroduce your face to the world. And a smile is always your best accessory! 



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EVE DANIELL, soprano
with **RYKIE AVENANT**, piano

Sunday, April 10 at 2 pm
James Hall • \$20

ACADEMY CABARET

Friday, April 22 at 7:30 pm
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\$25 • Advanced sales only
Reserved seating at round tables



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A Thought For The Day

“Blessed is he who mingleth
with all men in a spirit of
utmost kindness
and love.”



~ Bahá'í Teachings

Got a farm? Sell local food?

Contact Sean Percy before April 8 to get
your **free listing** in *Home Grown* magazine
sean@prliving.ca or 604-485-0003

Home Grown is another free community service provided by:



TAKE A BREAK

Not every seed should grow

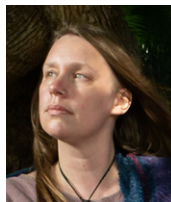
Throughout spring there is plenty of encouragement to plant seeds of intention, start new projects, and grow our dreams toward becoming manifest.

As the life force of the natural world increases around us, we can work with this energy as a supportive quality, much like riding the slip stream or swimming with the current rather than against it. We tend to feel it, too.

The added sunlight lifts our mood, the warmer weather encourages us to spend more time outside, the returning colour of trees, grasses, and new flowers inspires and invigorates. We may find ourselves busy planting not only in our gardens but in life itself too. Perhaps planning for summer adventures, signing up for a class, starting building projects, taking on new responsibilities, or otherwise progressing toward that which has been calling us.

What I really would like to touch on, however, is our ability to thin the crop, so-to-speak, and the wisdom found within those seeds that don't germinate. The duds.

Gardeners and farmers alike know to keep things to a manageable size or risk overwhelm or disaster. We may do well to follow suit. In a society driven by production and busyness, it's easy to forget to check in with ourselves for a pace that feels restorative and give attention to growing dreams and ideas that feel most viable.



RETURN
TO REVERENCE

JULIETTE JARVIS



Not being afraid to pluck out the projects that make us feel crowded gives space for those tender shoots that we keep so they flourish and expand more freely. Easily said, maybe, but more easily done when we can trust there will be other times to pick up what we leave off and what we till back into the metaphorical compost feeds our drive to see things through for a great harvest later.

Coming up in my conversations recently are those ideas, projects, relationships, or endeavours that are duds. They

don't grow into anything beautiful, they maybe rot on the vine, get eaten by something invading our lives, get forgotten, or are purposefully popped between our fingers. We might consciously choose some of these starts to stop, or they may die on their own, and it can bring up all sorts of resistance, fear, or unwanted tape loops in our mind as well.

Giving ourselves permission to cull what we need to, and maybe even creating ceremony for it, may help us keep from burnout while dedicating our resources more effectively.

What in life might you halt this growth season?

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



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TAKE A BREAK

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

Can you find these words from this issue in the puzzle above?

- | | | |
|--------------|-----------|--------------|
| ACCORDION | GIDA | RENT |
| BEST | HAYRIDE | REPAIR |
| CHUM | INFLATION | SALMON |
| CLIMATE | KINTSUGI | SEED |
| DISCRIMINATE | KYIV | SILVICULTURE |
| DOWNSIZE | LOUISIANA | SUNSHINE |
| ELECTRIC | MORTGAGE | SYMPHONY |
| EVENTS | PARADIGM | TAXI |
| FERTILIZER | PROPERTY | TREES |
| FRY | QATHET | UKRAINE |



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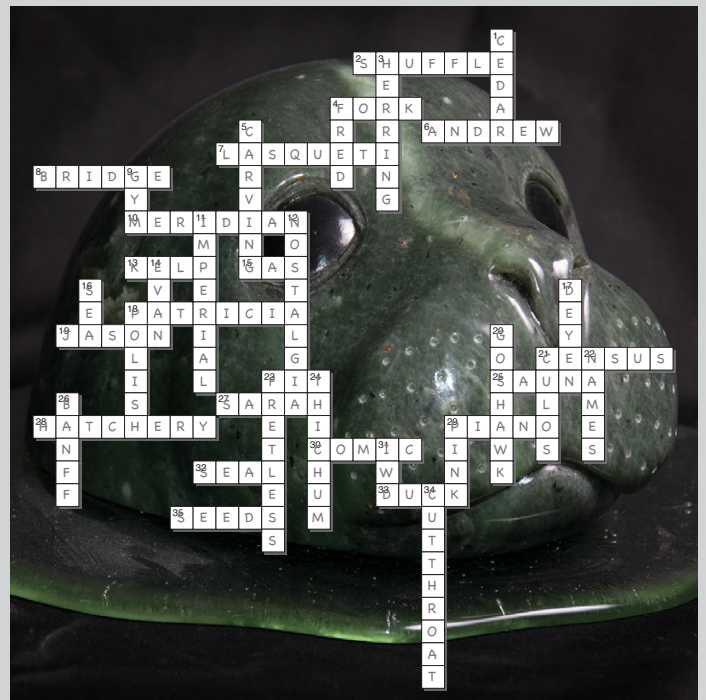
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SOLUTION TO MARCH PUZZLE





TOGETHER AT LAST: qL reporter Abby Francis, back row, second from left, celebrates her Pèpère's 90th.

Family reunion

When I was growing up, my whole family would get together about twice a year to have a huge potluck-style dinner, one in the summer and one around Christmas time.

And when I say whole family, I mean whole family.

We would rent the Cranberry Hall or the Legion and completely fill either building.

Everyone loved these dinners because it brought the family together, relatives from across Canada and the US came up to participate.

We'd play bingo, lawn games, have dances, and end up with, surprisingly, way too much food.

Those are the kinds of things that make the Paquette family dinners so great.

In 2019, we had to cancel the annual Christmas dinner because my great-grandpa (we call him 'Pèpère') wasn't doing so great.

The next three years we had to cancel the dinners, too, but this time because of COVID.

To me, that made the holidays a little less exciting. The dinners were what began the holiday season; without them, it felt like something was missing, like decaf coffee.

Last month, Pèpère turned 90 years old, and with COVID restrictions lifting, capacities back at 100 per cent, my great-aunts threw a family dinner for his birthday.

Everyone there was double vaxxed and had to have their COVID passport. Some chose to wear masks, while others didn't, and my aunts made and served all of the food.

It was a little different, and some people couldn't make it, but it was so great to see relatives I hadn't seen in quite a while. There was a Frisbee game for

the kids where they had to try to get the Frisbee in a bucket.

It was super weird to see how much they have all grown. I remember them as being little kids and now most of them are as tall as me.

When my great-grandparents arrived, it brought tears to Pèpère's eyes, which ended up bringing tears to many others' eyes.

As the night carried on, and the bar handed out drinks, the room filled with French-English conversation and laughter, a lot of laughter.

Dinner was a roast, potatoes, salad, and vegetables and the aunts did an awesome job. I didn't know they made salad bowls that big.

Afterward, before we had cake, Pèpère stood up and

made a speech in French, and I wish I was able to understand more of it. I took French in school all the way up until Grade 12, but my last two years of high school were cut short because of COVID and I don't remember very much of the language. Maybe one day I'll re-learn it.

I think the thing I will remember the most from the night was my sister, Layla, sitting across from me at my family's table. She had been given a digital camera for Christmas and she brought it that night.

She filmed Pèpère walking into the building, she took photos of all the different people, and when I caught her taking a photo of me and my boyfriend, she quickly put the camera down and smiled innocently.

As someone who never leaves the house without her camera, it was really sweet to see my sister picking up on my hobby.

It was nice to see my family again. I can't wait for Christmas. abby@prliving.ca



**LAST
WORD**

ABBY FRANCIS



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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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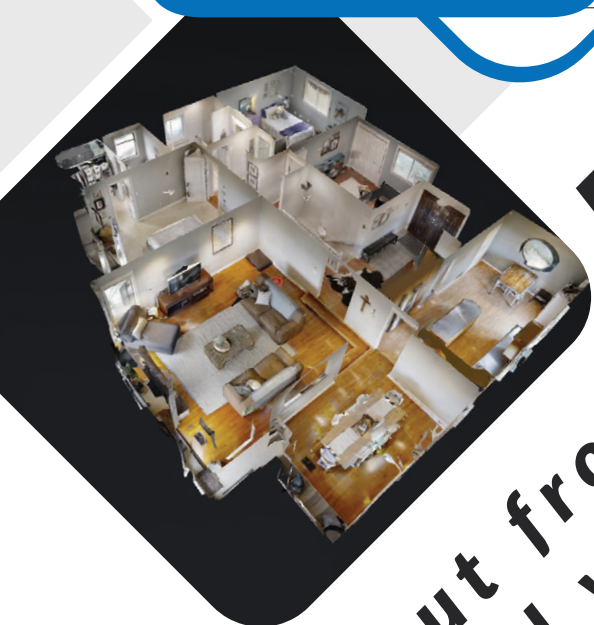


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