- qathet

LOCAL FARM & FOOD GUIDE FREE INSIDE!

Home Groun

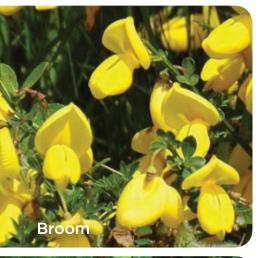
100% LOCALLY OWNED • FIERCELY INDEPENDENT • ALWAYS FREE

THE PET ISSUE • BEST OF QATHET • TELECOMMUTERS • MAMMA MIA @ BROOKS

GOT INVASIVES?









MAY IS INVASIVE PLANTS FREE DROP OFF MONTH

EVERY Wednesday, Friday & Saturday MAY 4-28 – 10am-4pm SUNSHINE DISPOSAL 4484 Franklin Ave.

Only clean invasive plant material, no other yard waste! *Please make sure to transport your load securely to avoid the spread of plant material.*

FOR MORE INFORMATION CALL 604-487-1380

AVOID CUTTING or TRANSPORTING KNOTWEED! It reproduces vegetatively through root and stem. Management options must be carefully evaluated on a site-by-site basis to avoid further spread. Contact the Regional District for more information.









4750 JOYCE AVE. 604-485-2791



BUILD YOUR DREAM DECK





Build your deck
Design the perfect landscape
Bring privacy outside
Light up your outdoors

Take advantage ofquality materials andthe expertise of ourteam to maximizeyour outdoor spaceexperience.



HUNGRY FOR MORE OUTDOOR PROJECT IDEAS? Explore ideas, trends, buying guides and more for all your outdoor project needs.



The right fluff

am really feeling Joe Hargitt's quote (on the opposite page) this month. Overestimating my abilities. Underestimating life's challenges. Messed-up feet.

Whew. Life can be a lot sometimes. Even a first-world life. Never before has stepping off the metaphorical trail and onto a patio seemed like such a good idea.

As this takes town a deep dive into the possible name change conversation and



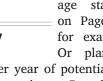
struggles with yet another round of COVID, no one could blame any of us for taking a breather.

This issue of *qathet Living* is all about those things that bring us respite and recharge our batteries.

Pets, on Pages 6 to 14 and beyond. Nominating your favourite things for Best of qathet on Page 28 (and online at gathetliving.ca). Camping, starting on Page 34. Planning a summer of fabulous festivals for you and your visitors, on Page 46. Belting out ABBA tunes with the teen cast of Mamma Mia, on Page 47 (yes, that is my fabulous son, Dave). Buying all the plants, on Page 48.

Sure, there's deeper content too. Our real estate and housing series continues with a focus on

> telecommuters and the labour shortage starting on Page 17, for example. Or planning



for another year of potential climate emergencies, on Page 51.

This issue also includes Home Grown, qL's annual agriculture and local food publication. It's so happy in there, it's the print version of Joe's seat on a patio.

Tough stuff brings life meaning. But in the midst of it all, there is wisdom in leaning into life's fluffier, sunnier moments, too.

CONTENTS

MAY 2022

qL's Annual Pet Issue Rescues, Purebreds, Portraits & More	6
Ruffling Feathers Roosters? Really?	15
The Starlink Express Real Estate Section: telecommuters	17
No housing = no workers The labour shortage fueled by hot market	25
Possible Name Change, so far A photo spread	30
VIU Job Skills Just in time for the labour shortage	32
Camping Section & Writing Contest winners	34

REGULAR FEATURES

What's Up	40
Heart of qathet	41
I Made the Move	42
Blast from the Past	43
Business Affairs	44
Events Section	45
Take a Break	52
Last Word	54

ON THE COVER:

Casanova, an English cream golden retriever owned by photographer Lauryn Beauchamp, is in pure bliss, having found a stick at Powell Lake. And yes, we all know dogs probably shouldn't chew sticks, but sometimes dogs will be dogs and who could deny that face?

Photo by Lauryn Beauchamp, @ryn<3





Publisher & Managing Editor Isabelle Southcott isabelle@prliving.ca

Sean Percv

sean@prliving.ca

Editor & Graphics

Pieta Woolley

pieta@prliving.ca

Sales & Marketing Suzi Wiebe suzi@prliving.ca

Associate Publisher & Sales Manager



Volume 17, Number 5

ISSN 1718-8601



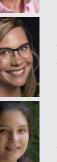
We acknowledge the financial support of the Government of Canada



7053E Glacier Street, Powell River, BC V8A 5J7 Tel 604-485-0003

No part of this publication may be reproduced without prior written consent of the publisher. While every effort has been made to ensure accuracy, the publisher cannot be held responsible for any errors or omissions that may occur. © 2021 Southcott Communications. We reserve the right to refuse any submission or advertisement.

Complete issues are available online at: qathetliving.ca



Accounts Receivable Alena Devlin

office@prliving.ca

Local Journalism Initiative Reporter **Abby Francis** abby@prliving.ca

MESSAGE **PIETA WOOLLEY**

qL is your magazine!

Give us your feedback Email your comments and Letters to the Editor to isabelle@prliving.ca.

See you online Join us on Facebook and Instagram. Visit our webpage at gathetliving.ca

Show off your community Send a subscription to an out-oftown friend. \$50 a year in Canada.

Publish your work Pitch us an article or a photo spread.

Email pieta@prliving.ca
Advertise with us

Contact sean@prliving.ca 604-485-0003 or suzi@prliving.ca 604-344-0208





I had overestimated my abilities and underestimated the challenge. On day six my feet were a mess. I left the trail and took a seat on the patio at the Shinglemill. - Joe Hargitt, **Page 36**

MAY'S CONTRIBUTORS

LAURYN BEAUCHAMP

Lauryn Beauchamp is

a Grade 9 student who

She's been doing pho-

plans to do photography

as a side job in the future.

tography for the last two

years. You can see some

of her art on Instagram

@ryn<3. See the cover

photo.



Hiking the SCT and moving to Powell River were retirement goals for **JOE HARGITT**. In 2020 he did both and today Joe and his wife Tami are living their best lives on Cranberry Lake. See Joe's prize-winning camping & hiking story on Page 35.



JOËLLE SÉVIGNY is the program and education manager at the Powell River Historical Museum & Archives. She enjoys deep diving into the archives and sharing local history. See Joelle's feature, Blast from the Past, on Page 43.



VALERIE SHUETZE has been breeding champion English Cocker Spaniels for more than 35 years. She says good breeders analyze structure and temperament and breed to improve. See Valerie's story, Predictability, on Page 11.



DOUG UNGER says the scenery and nature of the Sunshine Coast are very important to him to be part of – and to photograph. He is especially drawn to photographing people and animals. **See Doug's tips on better dog portraits, on Page 13.**



WarrenBehan.com

Providing honest advice and professional service for over 30 years

Helping you is what we do. **ROYAL LEPAGE**

ROYAL LEPAGE Powell River Independently Owned and Operated

Res

"MINNOW," BY KATE DRYDEN

don't need a kitten.

That's what I kept telling myself, over and over, as I held the tiny little kitten, the one who had fallen asleep on my shoulder after purring her heart out, the one who had a brain injury and only three legs due to her first owner's neglect.

The one who was only six weeks old, smaller than all her siblings, and twice as fierce. The kitten my coworkers at the vet hospital insisted needed to be kept in my office during the day, all while casually and repeatedly mentioning that I could totally take her home if I wanted to. The kitten they'd named Minnow because she was "little and wriggled like a fish when she walked."

I didn't need a kitten.

But after 15 years of cuddling her on my shoulder like a baby, being greeted by her cheerful meow, rescuing her from the curtains she keeps getting stuck in, trying to teach her to do....well...anything (with no success), being consoled through three breakups, accompanied on eight moves (two of them international), and a few feline "siblings" later, I've learned something.

I really did need a kitten.

"LEO," BY NADENE BUTLER

bout a month ago, I signed on to foster a dog with the hopes of fostering more in the future from the severe abuse and neglect that goes on in the dog meat trade in China.

More dogs are flown into YVR airport regularly and these dogs are the lucky few who have been saved by the angel volunteers overseas.

Leo, as we have named him, was entrusted to us so that he could settle and be assessed after which he would continue his journey to a well chosen permanent home. Within a few days, we soon realized that sending this poor soul on another journey would break his little spirit.

He has miraculously fit in with my human and fur family as if it was meant to be. He is progressing in leaps and bounds, swimming and playing as he should and learning to relax.

Even though we saved him, I honestly think he saved us too.

"STAN," BY INGRID, DYLAN & JACKSON PARSONS

e adopted Stanford in December 2019. After looking for months we found a posting from CAARE Companion Animal Advocacy & Rescue Effort in Vancouver. They were sharing pictures of a few different animals being rescued from California. Stanford was an older Shih Tzu that they had found roaming alone in a field.

We drove down to Vancouver that weekend and picked him up immediately. He had been in a car for over 20 hours and had not been groomed, but we were so happy to take him home to join our family. D'Tails in Powell River was able to fit us into their

busy schedule to clean him up and give him a new do!

We are so happy with our Rescue Dog Stanford and hope more families consider this as an option.

"CHEWIE," BY KAT RICHARDS

hewie our love was rescued from an abandoned logging camp. How could anyone with a heart leave this beautiful girl to fend for herself?

Thanks to our wonderful friend Cindy who brought her to us, she now has a loving home with 'hoomans' who love her to bits! She now has two kitties to watch over and an annoying puppy to keep her on her toes!

"ED," BY BOBBY FIELDS

t had been 14 months since I had to let Teddy – the wonder shepherd, aka Mr Happy Pants – cross the Rainbow Bridge. The worst time in a fur mama's life.

For my next dog, I wanted a loyal, proud and respected tan and black German shepherd, like The Littlest Hobo, or a police canine.

Then I got a call from Tara at the local SPCA branch on Duncan.

She said, "I got one for you!"

I "test drove" four shepherds before, and all were just not "my fur baby".

When I arrived, I was escorted out to the back entrance, where I saw this skittish, no-neck, tonguehanging-to-the-side older puppy, who wanted to run from me, and just dig holes. Heavy sigh.

But Tara assured me he was great with cats! Okay, I said. I will go home and think about it.

Just one night was all I needed.

I went back and picked up "Derek." But I called him Ed, cause he was a dead-ringer for the wackadoodle hyena in the Lion King. And the rest is a beautiful story about a girl, with a full heart again, and a delightfully dippy doggy – who was not what I was looking for, but who I fell in love with.

"ERZA," BY BECKY STEIGER

friend forwarded me a story about seven llamas in Rock Creek, BC, that had been abandoned and were in need of new homes. A rancher had noticed stray llamas with his cattle, and upon further investigation discovered their owner had turned them loose after moving, and was told to "just shoot them" if they were a problem. The rancher then contacted a horse rescue group to see if anything could be done, and it evolved from there.

This story touched my heart and I knew I could provide a great home for one, since we already owned a llama. My friend and I drove five hours from Maple Ridge to Rock Creek (east of Osoyoos) to pick up our rescue llama. We had great difficulties getting the llama to get into the trailer. After many tries of trying to catch the llama, she had to be lassoed. She made such a noise of protest the whole time. When we finally got her in the trailer she lay down and stayed that way the whole five hour drive back home.

We named her Erza and she has been a great addition to our family. She participated in 4-H fairs last summer but will not be in any Sunsetters 4-H Club events this year, as she is due to have a cria (a baby llama) in July. Erza enjoys her outings with her other three Llama friends, Stitch, Amelia, and Bleu, when they do "Traveling Llama" events.

BY CHARLIE "PUGGLE" REID

unfortunately don't have much memory of early childhood. I have lived with the Reid family for ten years. Having just been placed up for adoption in the local paper, Mom and Dad met my Foster Mom Trish. Soon I was legally adopted. It was one of the best memories in my life.

Paradise Puppies has become my home away from home. I go there almost every day. I love spending time there, and Al and Maureen are the best.

I love my family and wouldn't trade them for the world.



scued!

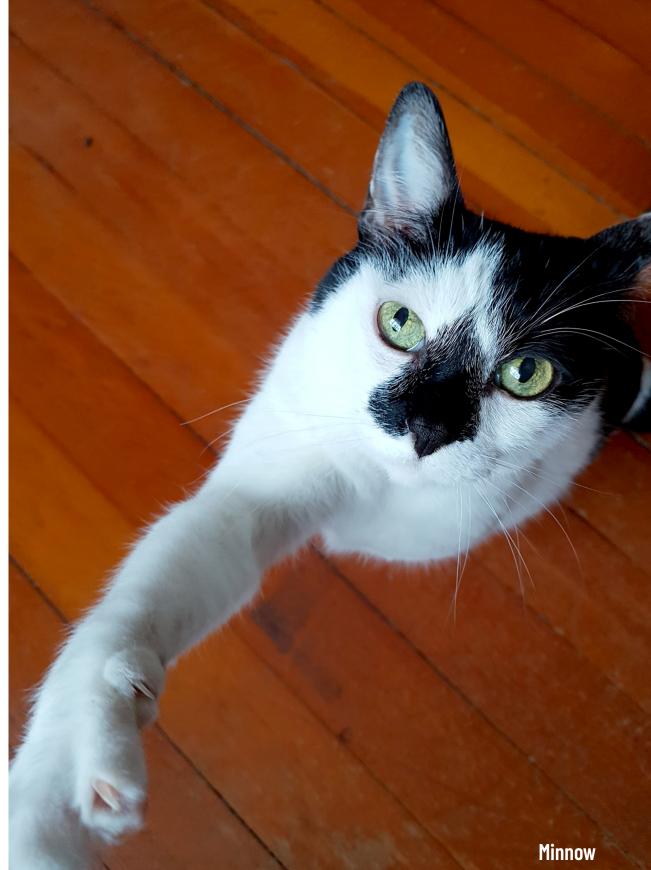
Sometimes pets are on purpose, and sometimes they fall into our lives. During COVID, many locals fell in love all over again with their rescues, who brought meaning, care and connection into their families.

In *qL*'s 2022 Pet Issue, you'll find stories about

Rescue Pets • Page 6 Perfectly Predictable Purebreds • 11 Snapping dog portraits • 13 Roosters ruffling feathers • 15 The SPCA • Page 41 Last Word • Page 54











qathet Living • May 2022 • 7

"SHADOW & SMOKY" By Liz wik & Kieran Fogarty

e met Shadow (front) and Smokey (back) one day when we went to the SPCA to see the animals after we lost our beloved black cat, Chocolate. Right off the bat these two were affectionate and adorable (still are). We decided we had to adopt this pair of brothers, they were so sweet.

Black cats are sadly the least adopted and I have no idea why as they are smart, cuddly, playful and sassy. We love our boys and look forward to many years of them bringing joy into our lives!

"LUNA BABY" BY BRITTANY STAINTON

ast year we were moving from Cranberry to the Lund area. Because I have young kids, I told my friend that I was thinking of getting a livestock guardian dog to hang around and deter big animals like bears and cougars. It was just a friendly conversation and I hadn't decided on anything yet, but a couple days later my friend messaged me to tell me she knew somebody who needed to get rid of a dog that kept running away from home.

There was nothing else wrong with the dog, they just couldn't keep chasing it all the time. Because we were moving to a large property I thought that this wouldn't be a problem for us anyway.

We have had our Luna Baby for almost a year now, and although she does definitely tend to go for a "neighbourhood stroll," we have gotten lucky that our neighbors are very understanding.

We are working with her to train her to better stay in the yard. Other than this little habit, she is the sweetest and most loving dog. She takes her job of protecting the family from things very seriously and barks at even a leaf that dares to drop too near to us.

"LILLY" BY JACQUELINE HUDDLESTON

Four years ago, a friend recommended Black Dog Rescue Society BC, an organization that rescues dogs from Texas kill shelters. The name comes from the fact that more black dogs are euthanized that any others, as people pass them by, favouring other colours.

I fell for Lilly, a small black lab picked up as a stray post-hurricane Harvey.

Having asked for a senior dog, I was also contacted about Sophie. Rescued after being neglected, she was covered in mange. After seeing her heartbreaking 'before' pictures, I decided I had room for two dogs in my home and heart. They love living here and have brought much joy and love in my life.



<image>





" KALI" BY LAURA KEW

Ali, now almost 10, came to us as a rescue from near the Broughton Islands. She arrived emaciated and traumatized after her float plane ride, long drive, and ferry journey to reach us.

She was extremely skinny, so we fed her carefully for the first few weeks. She was not house trained and had never been on a leash.

Within a month, we realized that she may be pregnant, and sure enough gave birth about six weeks later to eight healthy and rambunctious puppies.

Kali was an amazing mother. The SPCA handled their first shots and checks, and each puppy was adopted through them, ensuring all pups would be spayed and neutered.

Kali is a very loved and sweet old house dog now, enjoying a life of leisure.

"OTTO" BY SHARON RAUCH

Oⁿ a rainy day in November of 2020 I was looking online at cats for adoption. I saw a photo of a disheveled dark cat, eyes blazing, cowering in the back of his cage. His classification was "Special Needs" and his info said he'd been an outdoor cat, approximately 11 years old. I applied to adopt him and eventually travelled to Parksville to pick him up.

He had more "issues" than I expect-

ed. He was thin, had three broken teeth, was aggressively fearful needing sedation in order to be handled. Once we arrived home Otto was set up in his own room. I would lie on the floor and read to him, tossing him treats, while he glared at me from under the bed. Eventually fear gave way to curiosity and trust and he began to venture out.

It's uncanny how this once frightened old cat is now running our home like a pro. He lies beside us on the couch and loves to have his long coat brushed. He is more of a companion than we dared to wish he could be. I truly hope he feels the same way about us.

"IVY" BY MAREN BRUUN

"She's perfect for you," my friend said. This same friend had convinced me to do other things outside of my comfort zone before.

I'd never really wanted a border collie. But I was a sucker for wire-haired dogs. Three dogs aren't too many right? It wouldn't hurt to go to the shelter and look right? There was something special about this Muppet-like dog. I named her Ivy.

Every dog that we share our lives with teaches us something. Being a dog trainer I'm no different. It's taken a lot of work but Ivy is now my adventure buddy extraordinaire!





Is your business prepared? We can help.

The **Emergency Preparedness Toolkit** is a resource for Powell River businesses and organizations. Get your emergency plan in place and display this logo in-store and online; it communicates to the community that you are prepared when disaster strikes and that your business is a safe shelter. Get your toolkit at **powellriver.ca**.

BUSINESS PLANNING FUNDAMENTALS

Learn the fundamentals of effective business planning and write your business plan!

Classes take place online over 7 weeks and include ten 1-1 coaching sessions for personalized support.

TUITION: \$250 *Bursaries available*

A made-in qathet program to help bring your business to life in our community.

STARTS JUNE 13TH SIGN UP + LEARN MORE: COASTLINECOLAB.CA







Join us in celebrating our Public Works professionals for everything they do to keep Powell River running.

Always **READY** to serve and **RESILIENT** as ever

in their abilities to pick themselves up off the ground after encountering challenges.



Predictability:

A qathet-based championship breeder explains why purebreds matter

BY VALERIE SCHUETZE

hy buy a purebred dog from a reputable breeder? Might seem like a silly question, when the preponderance of dogs we see today are crossbred.

A truly reputable breeder of purebred dogs has invested a great deal of time and money to reach a point where they have a solid reputation for producing reliably consistent dogs of their chosen breed. They will know what issues may be problems in their breed, and they do genetic testing to avoid producing those problems. They x-ray hips and elbows (the X-rays are sent away to the Orthopedic Foundation for Animals in Missouri) in order to avoid producing dogs that may come down with painful arthritis because of poor hip structure. They test for hereditary blindness so that puppy owners do not have to deal with dogs going blind.

None of the testing is cheap. The amount of money invested in health testing and breeding for the best possible result costs thousands of dollars.

Breeders analyze structure and temperament carefully and know their lines for generations, and although they largely breed their breed to improve it in beauty and breed type, they are aware that they must always breed with the pet owner in mind.... Good breeders are always thinking of the kind of family pet they will produce.

When you think about getting a dog, it is a financial investment, yes, but it is also a being that will likely be a part of your family for possibly 12 to



NOT JUST A FLUFFY FACE: Valerie Schuetze, above, explains that matching a dog's temperment to its forever family is critical.

15 years! You want the dog to be as healthy as possible so that you do not end up spending a great deal on vet bills.

Most people have certain desires when it comes to what characteristics they want in a dog. Different breeds have different exercise needs. Some breeds are smart and some breeds are even too smart. Some will follow you everywhere, others will simply keep an eye on you from a distance, keenly aware of your every move. Some will have stronger protective instincts, others are great farm helpers, and some are great at killing rats! There are breeds that are able to protect stock from nasty predators that will kill animals and their offspring and other dogs will protect you, at the cost of their own lives. Some dogs are very quiet and never bark, while others are hairy, and need more coat care. There are breeds that have hypoallergenic coats. Some are wonderful hunting companions and others are perfect for

police work or search and rescue.

If you are thinking of investing the money in a dog, you can go down a checklist and find a purebred dog that will "fit" your family and/or lifestyle. When you buy a well bred purebred dog, you can know fairly reliably what the dog will look like, act like and be like, based on its breed.

Are there wonderful mutts and crossbreeds out there? Yes, without a doubt ... but the predictability will not be there. It may end up like one breed in its family or it may be like one of the other breeds. It may look like one breed and have the mindset or mental function of another.

How will you know? You can't. Likely there has been no health testing either so there is added risk there as well.

There is one other thing that happens when a certain dog becomes very 'popular." It has happened repeatedly with dogs over history. Among dog breeders we call it the "kiss of death."

Everyone starts to want a certain popular dog, and people realize they can make a lot of money breeding that particular dog. They become "overbred" and indiscriminately bred. More and more issues come to the forefront as dogs that are not carefully and responsibly bred, begin to have health and temperament problems. They end up dumped or rehomed if possible and ultimately that dog gets a bad reputation and no one wants them anymore.

The process takes quite a while, but it happens almost every time popularity and "a puppy producing" mentality takes over from breeding dogs responsibly and carefully with breed knowledge, health testing and generations of knowledge in a specific breed.

One other benefit with buying a carefully bred purebred dog is that the breeder will usually guarantee the dogs she or he sells. My dogs can be returned to me at any time for any reason. If something goes wrong with a pup that I sell, despite my best intentions, I will refund the money or replace the pup. My reputation is at stake and it is important to me. I make sure everyone who buys a dog from me (and only after the home has been carefully screened) has a number of ways to contact me if they ever need help or have any questions during the lifetime of their dog.

I have bred English Cocker Spaniels for over 35 years, and am passionate about what I do. I have bred and shown many dogs to championship titles and I have sold dogs all over North America during that time. One family has had four of my dogs, and just flew





čεčεhaθεč (Welcome!)

Community Conversation: **Possible Name Change**

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

qweyqwayštəm (Let's talk!)

Upcoming Engagement Events!

Thank you to everyone who participated in April's walking tours, film discussions and interactive open houses!

What's happening in May and June.

Public meetings: We are currently organizing public meetings for people to share their different views about the possible name change. Details to come! Check the project website for more information: www.powellriver.ca/pnc.

Invite us to come to you: Reach out to invite us to your meeting. We can give a short presentation about the project, answer any questions you may have, and listen to what you and your group has to say. Email pnc@powellriver.ca to coordinate.

Human library: Borrow a human book and have a one-on-one conversation about Tla'amin citizens, reconciliation and the possible name change. Check the project website for more details and to register: www.powellriver.ca/pnc.



Project email list: Sign up for the project email update list to get the latest information about the project at: www.powellriver.ca/pnc.

We look forward to being in conversation with you!



up from Iowa to get another from my last litter! It feels good to bring that kind of joy into people's lives in the form of a great and healthy family pet.

When someone asks me about my English Cocker Spaniels, I spend time talking with them to see if I think my breed would be a good fit for them. If I think they would not suit my breed, I am familiar with many other breeds and will try to steer them towards something that might suit them better. I want people to be happy with the outcome of their dog search. My reputation depends on it.

People need to ask themselves why they want to get a dog. Do you want the same dog as your friend's? Do you want the "popular" dog "du jour"? Do you want a curly hypoallergenic coat, but with little other predictability? Or do you want a dog that is just what you have dreamed of as a companion, that looks and acts a certain way? It's worth considering those things.

A "doodle" is not a purebred dog and cannot be registered in either the Canadian or American Kennel Club or in the FCI in Europe. It is a mix, sometimes of two or three breeds and up to five different breeds.

In these "designer" dogs, different head and jaw shapes are often combined which can cause painful and dysfunctional jaw and bite structure. Most breeds have propensities for hereditary diseases, many of which can be avoided via genetic testing. Mixed breeds still have those issues, but are rarely tested for them. Because they are the current craze in dogs, many are bred simply for the money, which





PUREBRED: Valerie Schuetze has been breeding English Cocker Spaniels for more than 30 years.

is not a good thing for any kind of dog and does not bode well for the future.

At present, because of the massive numbers of designer dogs and other mixed breeds, many wonderful purebred dogs are dying out. Some are nearly extinct. Once they are gone there will be no bringing them back. These dogs have been wonderful purpose-bred dogs for generations...but now no one wants them.

As a case in point, yesterday I met a little boy who told me about his dog. It apparently has the strongest bite of any dog alive and is used specifically as a livestock protection dog. In a place like this where you can have coyotes or wolves or cougars or even bears that will kill or maim your livestock, you need a dog like the dog this little boy mentioned. The typical guardian breeds here can easily be killed by some of these types of predators. Thankfully there are people who still breed this wonderful and effective guardian dog. What happens when they are gone?

To learn more about purebreds recognized by the Canadian Kennel Club, visit ckc.ca.

Ten breeds that are "dying" in the UK at present:

Pembrokeshire Welsh Corgi Glen of Imaal Terrier Smooth Collie English Toy Terrier Bloodhound Curly Coated Retriever Irish Red and White Setter Field Spaniel Sussex Spaniel Skye Terrier Otterhound







Enhance your doggie portraits

WORDS & PHOTOS BY DOUG UNGER

t is rewarding to have beautiful images of your dog adorning your walls or computer screen.

Here are some things to consider when you are photographing your dog:

Act in a calm manner to relax the dog. A moving dog is much more difficult to get a sharp image of. Treats can help convince your dog to be still.

Find the focal point. Focus on the part of the dog that you want to portray. Usually the eyes are best for a classic portrait. The eyes show the character of your dog. Try to get the bright light source reflecting on the eyes, also referred to as the catch light.

Make sure there is enough light. If you are photographing indoors make sure you have enough light by opening curtains or by using artificial lighting.

Take the image from different points of view. Bringing yourself to eye level with your dog creates a more personal look in the image. It's common to be on your tummy to get eye level with small dogs. Placing your pet on a chair or table helps to be at the right height for eye level pictures. Getting in close helps to convey the personality of your dog.

Things that cause blurry images are motion blur and being out of focus. Faster shutter speeds and being in focus on the desired part of the dog, usually the eyes, are key to getting sharp images.

Seek out candid images. This could be an animal running or playing. Moving dogs are more challenging to get sharp images. You might have to increase the amount of light and have faster reflexes to click the shutter button at precisely the right moment.

All of these things require some practice and sometimes a lot of treats. Rewards can be a good investment in being able to have a cooperating animal for future photoshoots with your dog. As with any loved member of your family, there is no end to the amazing images you can capture with your dog.











Martin Ostensen

Stacey Fletcher Katya Buck

Local Lawyers – ready to help you resolve your family law issues.

Real Estate Commercial Law Wills & Estates Divorce Family Mediation Criminal Law ICBC Claims Civil Disputes Our goal is to provide quick, responsive services, creative solutions and sophisticated strategies for our clients



Phoenix Plaza • 604 485-6188 • villaniandco.com Due to COVID-19, all appointments at this time will be by telephone, e-mail or video, except for signing of documents.

Sexual Health Educator

What: This spring, Teacher Willow Dunlop is working full time in this new position, reviewing the curriculum, retrieving appropriate resources, and delivering sessions for all Grades 6/7 and Grade 9s.

When: The position will continue parttime in the fall.

Why it's remarkable: BC introduced the school-based SOGI 123 framework five years ago (SOGI stands for Sexual Orientation and Gender Identity), and although sexual health is in the curriculum in age-appropriate ways from Kindergarten to Grade 12, more tools and resources were being asked for to support comprehensive sexual health education, says Willow. Her background as a teacher and in curriculum development will help support educators as they deliver the complex and evolving content, in this particular time and place. "I am very, very cautious around any imposition of values," says Willow. "I respect the diversity of our community around some of these sensitive topics."

Want to learn more? Contact us. 4351 Ontario Ave • 604 485-6271 www.sd47.bc.ca

Applied Mental Health & Wellness 12

What: A new, locally-developed course teaching awareness of mental health issues in self and others, and strategies for wellness. **When:** This class was added to the course handbook for the 2022/2023 school year.

Why it's remarkable: It's no secret that the teen years are an important time when it comes to mental health. This is the time when mental disorders begin to increase dramatically and mental health literacy can have a huge impact on teens getting support. One of the young teachers behind this new class, Zacharie Pollard, says this generation has been hammered with social and political stress, plus a two-year-long pandemic. Learning about mental health and identifying strategies can help teens stay well during these times of stress and uncertainty. He and Brooks Teacher Sara Campitelli have expanded what is introduced in Physical Health Education 8-10 into its own semester-long learning journey for Grade 11 and 12 students. "There are a lot of young people impacted by poor mental health right now," he said, pointing to the enforced isolation and screen time of the COVID years. "It is helpful to teach mental health skills explicitly."

Four New Initiatives by School District 47

May is a time when educators participate in both Mental Health Week (May 2 to 8) and Anti-Racism Awareness Week (May 22 to 28). Here are four new initiatives related to mental health and anti-racism education in School District 47.

Cultural Safety and Anti-Racism Staff Training

What: Harmony Johnson (sɛ̃λakəs) will lead two optional workshops for school staff on practical steps to help students - particularly Indigenous students - feel safe and supported at school.

When: On the May 20 Professional Development day.

Why it's remarkable: Tla'amin member Harmony is a Brooks grad who is now Providence Health Care's Vice President of Indigenous Wellness and Reconciliation. Last year, she was part of BC's In Plain Sight review on racism in health care. In other words, she is a top expert in helping public bodies truly welcome Indigenous people. In 2021, when the George Floyd protests erupted in the US, and the unmarked graves were revealed at Kamloops Residential School and elsewhere, many non-Indigenous people started to understand the very different experiences of Black, Indigenous and People of Colour - and were horrified - says School District 47's Principal of Indigenous Education, Jessica Johnson. "I think people are just starting to build the stamina to take on this uncomfortable work," Jessica said. "I think people are starting to see themselves as agents of change. It can start with me and I can contribute."

English 10 First Peoples

What: English 10 that uses Indigenous literature, plays, poems, and storytelling for reading and writing assignments.

When: This semester, Brooks is offering this class as a pilot. In September, it will be offered to all English 10 students.

Why it's remarkable: In March, the BC Government announced a new graduation requirement - all students will be required to take an Indigenous focused class. BC is the first jurisdiction in Canada to require this, and here in School District 47, we were ahead on this (English 10 First Peoples fulfills this requirement). Teachers have flexibility to choose the texts and materials, and include the First Peoples Principles of Learning. Though there are currently no Indigenous English teachers with School District 47, the District's Principal of Indigenous Education, Jessica Johnson, says, "all teachers can come from a place of honouring Indigenous teachings with humility - acknowledging that they are all learners together - which is a good place to start."

feathers

BY ISABELLE SOUTHCOTT

Roosters crow. Their cock-adoodle-do-ing is part of being a rooster. They have a circadian clock that tells them when it's dawn.

The City of Powell River is one of only a few cities in Canada that allows people to keep roosters on

residential properties. Many cities allow residents to keep hens, but when it comes to their male counterparts, it's a hard "no" for most.

The reason? Noise.

Here in Powell River, you are allowed to keep roosters despite a crowing opposition. The current bylaw says you can keep one rooster on property zoned RA1, A1 or A2 that is 0.5 acres or greater.

From 1980 until 2012, when the City amended its animal control bylaw, you were not allowed to keep any poultry on regular lots in city limits.

Chickens yes; roosters no

- Vancouver allows hens but no roosters.
- Victoria allows hens but no roosters.
- Toronto allows hens but no roosters.
- Edmonton allows hens but no roosters.
- The City of Nanaimo allows chickens and ducks but no roosters, cocks, cockerels or peacocks on property under an acre.
- The Town of Comox does not permit backyard chickens in any residential zones.
- Courtenay allows hens but no roosters.

• Port Alberni allows hens but no roosters on residential properties. (When Port Alberni was considering amending its urban chicken bylaw, staff noted that the majority of municipalities do not allow roosters to be kept in urban settings because of the noise and they are not necessary for egg production.)

• In Saanich, hens are allowed for personal use but no roosters in residential zones. (Owners must also register their hens.)

• City of Parksville: Allows hens but no roosters.

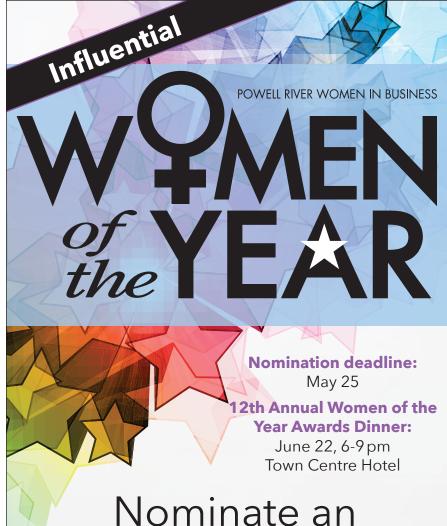
• City of Campbell River: Prohibits roosters in residential zones and hens must be kept inside their coops from sunset to 7 am.

I remember when this change came about. It wasn't long after I'd purchased my home in the Townsite. I was in on the ground floor of having hens in the backyard. We had three of them. My kids were young, and I thought chickens would be good for them. They were, but so was the dog and the cat and the fish.

Then, not long after we bought our Townsite home we discovered we had an issue with rats. After I spent a whack of cash remediating that issue, the pest control guy told me point blank that chicken feed is an attractant for rodents. Did I really want to deal with more rats after clearing up (and spending so much money) on this problem? I listened to the expert and gave my chickens away to a country home.

I like chickens. I'd kept them before moving to Townsite, when I lived on property zoned A1 in Cranberry. As anyone who can hear knows full well, hens are different than roosters. Roosters like to crow at the crack of dawn. It's their job; they're programmed to





outstanding woman

For the 2022 Awards, there are four categories:

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

Outstanding Volunteer of the Year

Note: Nominators do not have to be a member of Powell River Women in Business, nor do nominees.

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.

Powell River women in business prwomeninbusiness.com do so. Their internal clock helps them ed back in 1956, to address a dog tax. anticipate sunrise.

Roosters aren't necessary for your chickens to lay eggs but some people like to have them. When my children were young, we would get a batch of day-old chicks every now and then. There would usually be several roosters in the mix but we didn't know what was what until they were older. Even though our property was over two acres in Cranberry that cock-a-doodle-do was terribly annoying and so, as soon as the young roosters began to crow, they became dinner.

Crowing roosters, barking dogs, the sound of bagpipes. What's music to some can be crazy-making to others.

If you live next to a crowing rooster, you likely have a different take on roosters than someone who doesn't. If you aren't regularly woken from a deep slumber by a rooster, you probably don't give them a second thought, but if you do and don't want to be ... it's a different kettle of fish.

There's a reason why most cities in Canada don't allow people to keep roosters. The noise level of a rooster's crow ranges from 90 to 130 decibels. A barking dog is said to be around 90 decibels. A chainsaw is around 100 decibles. Hens clucking fall into the 60-decibel range, the same as normal human conversation. Prolonged exposure to sounds above 85 decibels can cause hearing loss, albeit temporary.

City of Powell River corporate officer Chris Jackson says the administration has been reviewing its 20-year-old animal control bylaw for more than a year.

"Bylaws should be reviewed every five to 10 years," he says. The animal control bylaw was the second bylaw created when Powell River incorporat-

Chris said the City receives complaints about the noise roosters make, but investigation and enforcement is challenging. The complainant has to do a lot of work to get a file started Complaints need to come from two households. They need to compile evidence and keep detailed noise logs before the City proceeds, as the courts require evidence to determine if a neighbourhood is being impacted by noise.

"We've had people complain, saying, 'I'm the only one in this area so no one else can complain," said Chris.

"You have the right to have roosters in some areas of the City right now," he said. "But when an area becomes more urban and densified, there needs to be an expectation that you cannot do what is characteristic and common in rural areas. People expect peace, tranquility and enjoyment of their property, but that doesn't always happen. Roosters wake at 4 am, that's what they do."

City councillor Jim Palm says the City is no place for chickens and roosters. "There's a reason why they weren't here before 2012," he said. "In my opinion, they shouldn't be allowed on small lots. If it was left up to me, I'd ban them in the city limits."

If the City of Powell River wants to ban roosters, council would need to amend the animal control bylaw-like many other jurisdictions have done, says Chris. "If rooster noise is felt to be unacceptable in urban areas, then the most effective way to eliminate that noise is to prohibit roosters. If the keeping of roosters is allowed, then there needs to be an expectation that some rooster noise will need to be tolerated." **L** isabelle@prliving.ca



604.483.NEIL (6345) ★ NEIL@PRHOMEFINDER.COM 📱



Ottawa wags its finger at BC's kooky home prices

1. Savers get rewards

In the April 7 federal budget, the PM introduced a Tax-Free First Home Savings Accounts, allowing those with disposable income to set aside up to \$40,000 tax-free to buy a home.

2. Flipping stop it

Ottawa also banned foreign buyers from purchasing in Canada for two years, and put a plan in place to mightily tax home flippers – those who sell within 12 months of buying.

0

3. Meanwhile in gathet

Average single family homes surged to \$802,075 in March – up nearly a third since 2021. You'd need a household income of about \$126,000 to afford that. Median household income here is \$53,056.–**PW**

The cure for the common curtailment

Telecommuters have long been seen as the answer to the post-resource economy. If only we had more homes to offer them.

BY PIETA WOOLLEY

Data scientist James Townend could live and work anywhere in the world. Literally anywhere. In fact, up until a couple of years ago, the UK-citizen was living with his wife in Europe. His employer, the Prince George-based Sparkgeo, has no physical office for employees to work in – everyone has always worked remotely. Courtney Ross, James' wife – a public health researcher and soon-tobe teacher who also works and learns remotely – is from North Vancouver. In 2020, it was her turn to choose where they'd settle.

"At first we tried living up in Prince George," said James. "We both had job offers. The landscape is beautiful, the people are nice, but the cold winters are hard. After one summer with the forest fires, when we couldn't go out for weeks at a time due to the air quality, we realized it wasn't for us."

So, the duo researched alternatives. Walkablity, cyclability, access to nature, a strong community – and a lack of forest fires – these were the priorities. qathet kept coming up. So James and Courtney made the move.

Their days are like a living postcard for this place. They live in Cranberry, walk to Mitchell Bros. for groceries, cycle to work at Coastline Colab (the co-working space above the Library), and ride down to Townsite Brewery for beers each Friday afternoon.

Furthermore, the couple is the quintessential example of the promise that telecommuters bring to a post-resource town. They come with their own wellpaid jobs, support the existing economy, and are stable enough to want to invest in a home.

With the paper mill closed as of February, it's tempting to look to telecommuting as qathet's next major industry.

For more than a decade, small cities across BC have hustled to draw the burgeoning numbers of telecommuters to their regions, and qathet is no exception. The City of Powell River's Resident Attraction strategy, which kicked off in 2014, promoted housing affordability and an outdoor lifestyle to young families with the ability to work remotely. The strategy was re-launched

SAVARY ISLAND REAL ESTATE

"We live here" Rick Thaddeus 604.414.3947 Todd Habekost 604.223.1494



DUSTIN VILLENEUVE

Providing a fresh and honest approach to meet all of your real estate needs.

604.358.2473



dustinvilleneuve.com



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.

MORTGAGE ALLIANCE Enrich Mortgage Group ZippMortgage Jeremy Garth Mortgage Broker 604.223.9401 jeremy@zippmortgage.com zippmortgage.com in 2020, during the early pandemic months, with prdiscoveryourself.ca.

In addition, the City worked with Telus to bring in a \$17 million fibreoptic network to support high-speed internet in 2015. And, with partners, initiated the Creative Economy and Innovation Strategy in 2017, which resulted in Coastline Colab – of which the City assumed management this year.

As James and Courtney's story suggests, this really is an ultimate destination for remote-working professionals – more affordable than other cities with similar attributes, with high-speed internet available in most of the region, plus a co-working space, and now two airlines with daily flights to Vancouver: Pacific Coastal to YVR (and just a SkyTrain hop away from most destinations in Metro Vancouver) and Harbour Air, to downtown.

"We love Coastline Colab," said James, "it's a great way to meet other people if you're not going into an office every day, an outlet where you can have those social interactions which helps with mental health. It's one of the best co-working spaces I've used – the others being in Vancouver and Copenhagen. The live-edge desks, you can walk to the beach at lunchtime, and the internet is fast."

Another game-changer is Starlink, Elon Musk's low-orbit satellite broadband internet service. In under-served parts of qathet, such as Texada and Lasqueti Islands, you can drop about \$1,000 in equipment and \$160 a month in fees, for top-notch internet service from anywhere. Several cabin-owners on Powell Lake have installed the service, meaning workers can telecommute while afloat.



Since the beginning of the COVID-19 pandemic, likely hundreds if not thousands of remote workers have found their way to qathet (this is anecdotal, of course, until Census 2021 data is released later this summer). In March, 60% of buyers here were from out of the area – half from the Lower Mainland and Squamish. Most others are from Vancouver Island and the Lower Sunshine Coast. Tellingly, just eight of qathet's 101 home buyers so far this year are moving here for a job.

For the past 32 years, Warren Behan has helped people buy and sell real estate in this region. Even with the pandemic and the growth of remote work possibilities, most people who are moving here are retiring here, he said. Among those who are retiring, some are finishing their careers remotely,

460

EXPERIENCE. SERVICE. TRUST.

Kathy Grantham

Licensed Rental Property Manager

Cell: **604.208.9722** Email: **kgrantham@460pm.com** Website: **www.prpm.ca**









JAMES AND THE GIANT CHOICE: Telecommuters James Townend and his partner Courtney Ross work from Coastline Colab above the library, qathet's co-working space. They've chosen to build a home here – though both have jobs that allow them to live and work anywhere in the world.

and some are starting new projects online. But the number of folks like James and Courtney is still relatively small, Warren believes.

"It has changed during COVID," said Warren, who captains the Warren Behan Home Selling team. "For some people, they realized they could do 95% of what they do remotely, including having meetings on Zoom or Skype or Teams. Typically, the younger ones are looking for a yard for their kids, some want to be able to grow food, and fibreoptic is really important."

Being the hometown for those whose work is elsewhere is nothing new for this region, Warren pointed out. Until about 10 years ago, many oil and gas workers lived with their families in qathet, and commuted biweekly to Northern BC or Alberta by plane from Comox. That industry, like all resource industries, is cyclical, though, and the free flight packages dried up with the work.

"With oil over \$100 a barrel though that may be ramping up again."

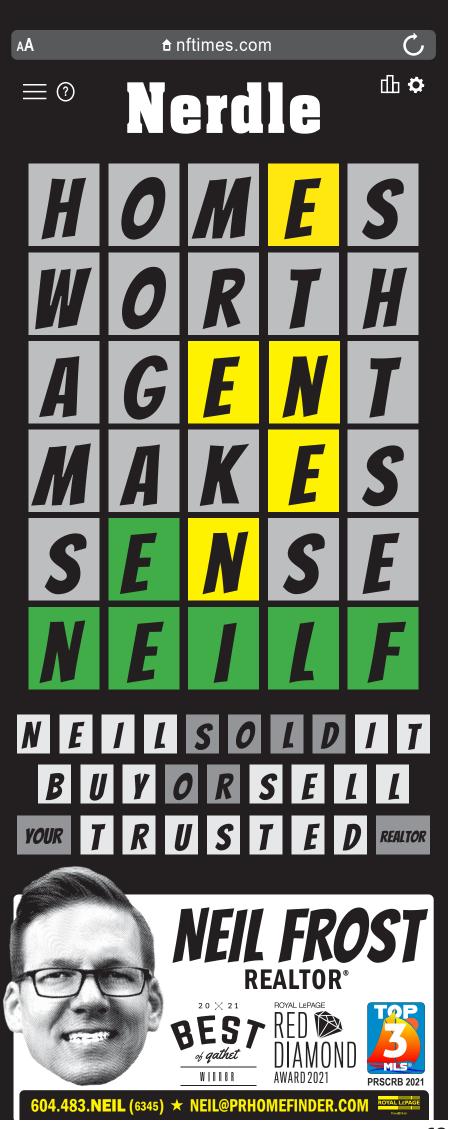
But can anyone – even with a swank job – actually find a home here? As much as this region has lots to offer telecommuters, the lack of housing supply, both for purchase and rental, is a hurdle.

Due to a lack of real estate supply, James and Courtney chose to buy a quarter acre in Cranberry and build a home on it; that's currently in process. And, due to a lack of rental supply, they're living in an Air BnB while their home is being built.

"Sometimes we miss out on people because of low inventory," said Warren, pointing out that qathet is in strong competition with other regions, which all offer similar attributes, for telecommuters. "But all communities on the coast have low inventory right now."

To attract telecommuters, this region's biggest asset is hosting visitors, he said. In April, Warren was eating dinner with his wife in a bubble tent at Costa del Sol, and met two couples from Squamish. They'd come because they'd heard so much about it from others they knew and wanted to check it out. Among his real estate clients, he said, he hears the same stories over and over about why they chose qathet:





they'd camped here, they'd first come for their kids' sports tournaments, they visited a friend of family here. They came, they saw, they moved.

"The couples said it reminded them of Squamish 25 years ago. People from Squamish love it. They say it's better than Squamish and it's much more affordable."

The Squamish effect is real, and is probably driving the telecommuting trend. In April, Glacier Media published Paul Demers' first-person article called "Squamish folks find there's something about Powell River," noting that in February, 17% of local buyers here came from the town of just 23,819 folks. He is from Squamish, of course, and recently moved to qathet. On Facebook, a new page is circulating-just for former Squamish residents who moved here.

On the surface, they're similar towns. Both communities are surrounded by forest, on the ocean, a short jaunt from Vancouver, offer mountain biking and kayaking, and both promised affordable real estate. Squamish was BC's fastest growing community in 2011, when you could still buy a single family home there for, on average, \$447,000-less than half of what a detached home was in Greater Vancouver at that time: \$1.2 million.

Now that dynamic is repeating itself-but it's Squamish versus Powell River, rather than the decade-old Vancouver versus Squamish.

In March of this year, average single family homes in Squamish sold for \$1.6 million.

In qathet, the average is almost exactly half that, at \$802,075.



LIFESTYLE IS THE NUMBER ONE REASON NEW PEOPLE COME HERE: Warren Behan guesses that about 10% of out of town buyers are planning to telecommute after they move to qathet. Mostly, though, they're shopping for a place they'll enjoy. Photo by Abby Francis, Local Journalism Initiative Reporter

It's not just prices drawing Squamish people here; it's also quality of life. For the past decades, qathet's population stalled at around 20,000 - rising just 7% in the past five years or so. But Squamish's surged. The town nearly doubled in size from 2006 to 2021, from 13,000 to 24,000 residents, putting pressure on policing, schools, and even bike trails.

From her quiet beachfront home halfway to Lund, realtor Nancy Hamilton explained that many of her clients are from Squamish, because she moved here from Squamish in 2020. These are her people.

In her experience, her telecommuting clients tend to be senior professionals who are moving in the last years of their careers, and plan to continue working remotely part-time, until they retire. This is a pre-retirement move for them, Nancy explained. Among her younger clients, many are looking for an investment property that will become their home in the future; she hasn't met many clients like James and Courtney. who are long-term career telecommuters. It's not that they don't exist; just, the numbers are hard to quantify.

Nancy has a warning for those who are looking at qathet as the new Squamish, fueled by the remote working revolution: don't become the new Squamish.

"For a long time Squamish was a best kept secret, and Vancouver and Whistler folks only knew it as a pit stop on the way to Whistler," she said. "After the mills shut down and the highway was upgraded for the Olympics, the developers came to town and the demographics started to change. Squamish became 'cool.'

"I liked a lot of the changes that happened initially; more restaurants, specialty shops and events.Unfortunately I think the city could have done a better job [planning for more residents and tourists]. Squa-





20 • May 2022 • gathetliving.ca

mish went from being "cool" to being "hip" and then I didn't like it anymore.

"You see the big growth happening around us; Cumberland became cool, Campbell River is a lot like here, and Courtenay-Comox is a zoo. Powell River should be mindful to keep what we have here. It's about embracing nature, being comfortable in our own skin, taking the time to watch the sunsets, and having time to chat with the person you meet on the street."

Probably more than anyone, Squamish evacuees know how valuable retaining that sense of friendliness and slowness is. Maren Bruun moved here from Squamish in 2021. She is a dog trainer, and owns Paw in Hand – a business that was almost entirely in-person before she moved, and went nearly totally virtual during COVID. Now, Maren runs training for clients both in-person and online – essentially, she fell into becoming a telecommuter. Many of her clients live elsewhere.

"It's more effective than you'd think," Maren said. "Since COVID, online dog training has just taken off. I wish it was called 'people training.' It's about teaching owners the skills and strategies they need to help the dog. That's why virtual works so well. It puts the emphasis on the owner rather than on me, the trainer." There's no doubt that the City's Resident Attraction program worked. Especially during COVID, and especially for those who are able to bring their own sources of income with them – telecommuters, entrepreneurs, and retirees.

But unlike when the program started in 2014, the population here is steadily growing, home prices are surging, and rental is scarce.

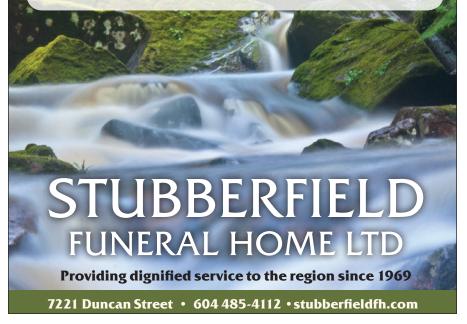
For James and Courtney, the rental situation nearly scared them off of this community. Now, her sister in Victoria has been offered a job here. She's a classroom teacher – not a job you can do online. And, James says, she can't find a place here, so she isn't planning to make the move.

"Rental is a big concern for people trying to start a life here," said James. "And there's not many things for sale. When they do come on the market, they tend to go for a lot over asking."

No one could have imagined, eight years ago when the City dreamed up the Resident Attraction strategy, that qathet would have such a tight, soaring market today. Or, that it's due in part to a global pandemic, which super-charged remote work. Certainly, though, telecommuters are an important part of qathet's future – and current housing market.

Why choose Stubberfield Funeral Home?

- Powell River's ONLY licensed funeral service.
- Stubberfield handles all your funeral needs right here in Powell River.
- Stubberfield has Powell River's ONLY crematorium.
- Reception facilities and a full chapel are conveniently located on site.
- Stubberfield is a locally-owned, independent business.
- Pat & Joanne are licensed, experienced, professional funeral directors who help you every step of the way.





qathet Living • May 2022 • 21



WHAT MAKES 460 REALTY DIFFERENT?

At 460 Realty, we've got a new way of doing business in real estate. Our breakthrough strategy combines young energy and technology with an open and honest approach, for a formula that clients, licensees and the community as a whole can get behind. Real estate is a "people business" – intensely contingent on trust, relationships and teamwork. We go to great lengths to get our clients the best service in the industry, thus empowering them to make the best decisions for themselves and their families.

Every home gets the same attention - professional photography, 3D virtual tours, floor plans and even aerial footage - and then marketed to its fullest potential to ensure a great sale.

EXPERIENCE THE DIFFERENCE FOR YOURSELF

COME VISIT US AT OUR OFFICE IN CROSSROADS VILLAGE:

#118 - 4801 JOYCE AVENUE 236-328-0236 460REALTYPR.COM



PROFESSIONAL PHOTOGRAPHY







HOME AT LAST

After too much change, a secure home

Shortly after moving to qathet in December of 2018, Nadia Punchard's husband Colin was diagnosed with terminal cancer. They scrambled to buy a home here before he passed away, so Nadia and their toddler would have a secure place to live. It took them nearly a year, but they found a home to buy in Townsite – just before the market popped.

On renting in a tight market • Before moving here from Vancouver, I moved three times in one year. We were bullied out of our affordable home that we lived in for 11 years by the late landlord's son. He wanted to be able to charge new renters a higher rent, so he used our baby to get rid of us – saying that he wasn't on the lease. He did a lot of things that we didn't like and we voiced our concerns. I think that he didn't like that.

We moved to another place and then realized we couldn't afford it. So we moved again to a house that we knew would be redeveloped within the year. At that time, my son was only one year old, and it was very stressful and very expensive. That's when we came to Powell River.

On why she chose qathet • My husband and I had spent a lot of time in this region in the years prior to moving here and fell in love with the area. We used to go camping a lot, and loved hiking and canoeing together.

After having our son and living on one income due to a lack of childcare, the Vancouver rental market had become unaffordable for us and buying a home in the city was completely out of the question. When my husband was offered a job here, we decided to make the move in December 2018.

We were lucky to find an affordable rental suite, but it was small and supposed to be only temporary until we would find a home to buy. Only three months later we got a daycare spot for our son, and I was able to find work as a financial administrator at Sunshine Coast Health Centre (a private mental health and addiction treatment facility) shortly after that.



Home at last - the series

This is the second in a series of six monthly articles, produced in collaboration with social planner Meriko Kubota (City of Powell River, qathet Regional District and Tla'amin Nation), *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

FIRST-TIME HOMEOWNER: After three disastrous Vancouver rentals, having a baby and being unable to find childcare, moving towns, switching careers, and losing her spouse to cancer, Nadia Punchard, 45, and her son have found security – with an ocean view – in beautiful Townsite.

On scrambling to buy in a hurry • We didn't have a lot of time left together, and we wanted to make sure that, once my husband was gone, our then-two-year-old son and I would have an affordable and secure home that we could call our own.

In September 2019 we made an offer on a house in Townsite. It was out of our price range, but had been on the market for a few months already, so we went for it and offered a lower price than was asked. We were lucky, the seller accepted.

Due to his deteriorating health, Colin was admitted to the hospital in early October, where we signed the documents to purchase the home a couple of weeks later.



footprint with Locally Made Windows

Reduce your carbon

years of making windows in Powell River BC



great taste in windows" ...and more

Improve your home this year with Modern Windows and Doors

Powell River 604.485.2451 **Sunshine Coast**^{*} 604.989.0341

modern.ca

windows • gutters^{*}• doors • siding garage doors^{*}• patio covers • awnings Duradek^{*}• railings • and more

"After having our son and living on one income due to a lack of childcare, buying a home in [Vancouver] was completely out of the question."

- Nadia Punchard

He passed away in mid-November, four days before my son and I moved into our new home.

On what made the jump from renting to owning possible • We had help with a sizable down payment from my family, which made it possible, so I am paying a low mortgage on the house. It is small, only two bedrooms, but it is perfect for my son and I.

On what Nadia learned as a first-time homebuyer • I felt well supported by our real estate agent, so I would say having someone who understands what you are looking for and puts an effort in finding the right place for you is really beneficial when buying a home.

I believe keeping an open mind is important as well. We looked at a variety of places in different neighbourhoods before making our first offer, including houses that were too expensive for us or locations we were not too interested in. I think this was helpful for the whole process as it gave us a better idea of what we could afford in the different areas in town.

The location ended up being more important for us than having an extra bedroom.

On the magic of Townsite • The neighbourhood actually reminds me of East Vancouver, which I miss a little bit. I like the old houses and that my house has a really nice vintage character, and I do see the ocean from my house, which is just amazing. My neighbours and the people in Townsite are really nice.

I also like that it's further away from the rest of Powell River. It is a bit quieter and you can walk to beaches on trails from there.

On the joy of owning over renting • I don't have to be worried about affording a house or moving again. I pay a fairly low mortgage, and would never be able to afford renting a place like this in the city or in Powell River. So I feel very fortunate and grateful that I have this home and I just love it. I feel like I have a home now that nobody can take away from me.



I can do what I want to do with it. Nobody gives me restrictions on how I paint my walls and what I can or cannot do in the house.

My son is now almost five. He can be loud and has his own room, and we have a nice garden.

On the other benefits of owning • Since I'm paying a mortgage towards owning the house, it's also part of my retirement planning, and will hopefully provide me with more financial security at an older age.

On changing careers to be here • In Vancouver, I worked as a dental technician in a dental laboratory in North Vancouver where I made dental prosthetics. When I had my son, the work-life balance wasn't really there. And it was also a very long commute from Vancouver to North Vancouver every day.

Here, I wanted to do something different and start a career in administration. I was hired at the Sunshine Coast Health Center in financial administration and grew a lot there. Just last year I was promoted to financial supervisor.

On finding childcare here • I have to say that I've felt really well-received in the community as a single mom. I met other moms; it's a welcoming community.

Finding childcare was a lot easier here than in Vancouver. My employer, Sunshine Coast Health Centre, opened up a daycare last year, which my son goes to now. It's really nice to have him there close by when I'm at work. I thought it was brilliant that they opened it right on site.

I'm planning to stay with the centre for many years because I really enjoy my work and the environment there.

On how to solve qathet's housing crisis • Not all zoning across the region allows for multi-family dwellings or laneway homes, and I think this could be something that should be changed so that there could be higher density in more neighborhoods with more people moving here. Allow for more houses for two to three or four families. And support co-ops.



Hot housing fuels labour shortage

BY ABBY FRANCIS | LOCAL JOURNALISM INITIATIVE REPORTER

With few –and increasingly expensive – housing options in qathet, it's little wonder a labor shortage has intensified in recent months.

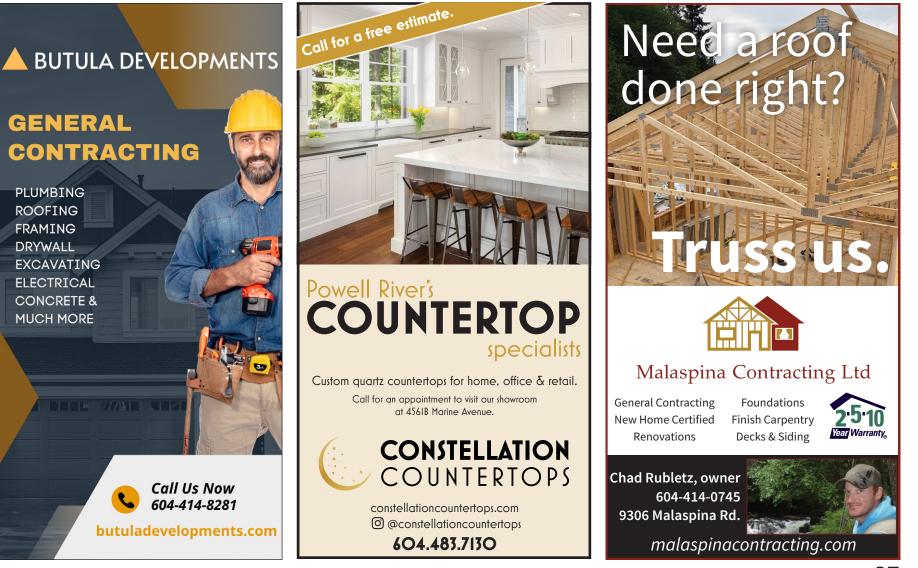
Throughout the past couple of years, businesses all around town have reported struggling to find staff. The list of job postings continues to grow. March 2022 had 181 jobs posted via Work BC. Now, with an increasing rise in rent and housing prices, businesses that once relied on recruiting new employees from Vancouver and the Lower Mainland – promising that qathet had affordable housing – are finding it more difficult to attract talent.

Owner of Westview U-Vin U-Brew, Jeremy East, says he had been planning on recruiting from Kwantlen, BCIT, and other universities like he had previously when he lived in the Lower Mainland from 2012 until 2018.

"I was a maintenance manager for three industrial companies and gave presentations on the industry to university grads. The most recent was in 2017 when I worked with J&L Beef in Surrey," Jeremy says.



HARD TO REPLACE GOOD EMPLOYEES: Westview U Vin U Brew owner Jeremy East will soon lose his main employee, and can't recruit with the promise of affordable housing anymore... or any housing.





qathet Regional Emergency Preparedness

GET READY STAY READY

Emergency Preparedness Week

May 1-7, 2022

Being prepared for an emergency is important year-round but this week we encourage you to take action!

Together with community leaders, first responders, all levels of government and local organizations, we can create community resilience and help our community members who face disruptions return to their life and work sooner.

GET READY

- Know the risks
- Make a plan
- •Get an emergency kit

STAY READY

Check out the many local Emergency Preparedness Week events happening this month throughout the region calendar of events on Page 51.

Request a free **Emergency Preparedness Workshop** for your community group or organization by calling 604-485-2260.

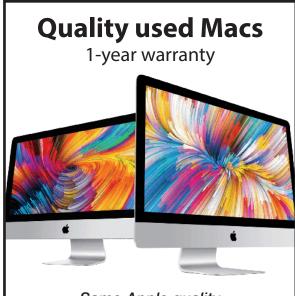
We will be testing the Community Notification System on Tuesday, May 3, at 1:15 pm Not registered yet? Visit qathet.ca





Please contact emergency@qathet.ca for more information.





Same Apple quality Same warranty Much lower price

Buy used, save hundreds!



MARINE DENTURE CLINIC FREE CONSULTATIONS NO REFERRAL NECESSARY

Direct Billing for all Insurance Plans Complete, Partial & Implant-Retained Dentures Same Day Relines & Repairs

OPEN Monday - Thursday 4670E Marine Ave 604-485-2212

www.marinedentureclinic.com

"I know many entrepreneurs in town that have been doing this. I was planning to start recruiting again as my main employee will be leaving soon. But with the housing issue in town, it is a hard sell."

Jeremy says that the recruiting process is rooted in explaining that Powell River is a great small town, very quiet, good for raising kids, and has affordable housing.

"Now, while the others are still true, our housing isn't very affordable anymore."

"You can't have someone stay in a hotel for three weeks looking for a place to rent, and it is hard to get a mortgage when you don't have a job," says Jeremy.

With the difficulties of finding professionals who will move to qathet, businesses have had to take on some employees that are under-qualified.

"This really gives business owners more work, and doubles the cost of training, because now you are paying a new employee and another for a lot more training in a job field that really needs either a higher education or more experience," Jeremy says.

Another part of the labour shortage problem is qathet's age demographics.

"We are missing those university students that grew up here. They left town to go to school and most of them just don't come back," Jeremy says.

"We are also missing those recruits from out-oftown that had been moving here after they were done with school for our housing affordability and work."

While 2021 had hundreds of job postings, before the pandemic there were just as many.

Work BC Powell River manager Brodie D'Angio says 2017 to 2019 were big years in terms of job postings.

"Naturally, we saw a large dip in 2020 of job postings as COVID hit. In 2021 we saw a bit of a recovery ... but overall 2021 was 30% down compared to the average of those three years."

"March 2021's amount of job postings were the biggest since March 2017, and March 2022 has had an even bigger increase," says Brodie. "I imagine 2022 will be a fairly large recovery year, especially if businesses are not impacted by COVID outbreaks or policies."

Brodie says while COVID and housing may play a role in the labor shortage, the impact they may have isn't certain.

"I think there are more jobs than job seekers. Employers need to be creative on who they hire, consider how they may accommodate individuals, what training looks like for new entrants into the field, and consider if wages are competitive not only within their industry, but within jobs that require similar years of experience and skill sets," says Brodie.

Some places in BC, such as Whistler and Tofino, use staff accommodations to help gain employees.

Could this be qathet's solution?

John Hewson has been in the restaurant industry since his teenage years and is currently consulting here in qathet. "I worked in London during my teen years from 1979 until 1982 and the restaurant businesses there owned other buildings nearby for staff accommodations," says John. "It was really great because it helped grow the friendship between co-workers. We lived, worked, and played together. Accommodations like that help foster team spirit."

John says he also worked and lived at the ski resort



HOME FOR A REST(AURANT): Lund-based hospitality consultant John Hewson says in other times and other places, it was common for employers to offer accommodation as part of staff benefits – especially when rentals were scarce.

in Whistler, which offers some staff accommodations too. "We (qathet) offer similar benefits here as Whistler. We have trails for mountain biking and hiking. We have lakes for kayaking and canoeing. But we need that accommodation for staff," John says.

"Employers need to think together, and as a community maybe we need to build housing for staff accommodations."

While Whistler has these accommodations to attract young, and often international, staff, John says that these accommodations were mostly bunkbed settings and there were never enough beds for all employees.

"We need to figure out the accommodation system but also keep workers happy, so they stay and grow with us," says John.

Jeremy agrees that qathet needs to have more housing for workers in its future.

"Having this combination of a fast market and high prices is really difficult. Hopefully more workforce comes to town, because it is hard to find the right people with enough education or experience for the job."

Inflation and paying more for employees mean businesses must charge more "and not everyone is happy with that," says Jeremy.

Workplaces become increasingly

stressful because of rising prices and employee shortages, says John.

"Restaurants are not an easy industry. It can be a super challenging environment, and with the pandemic most restaurants are understaffed and are doing their best. But that means longer waits for food, an increase in menu pricing, and sometimes orders do get mixed up, but we are all human beings and we need to remember that," says John.

"Expectations are very high from customers. It's important to understand what goes on behind the scenes at restaurants. Staff are there for very long hours. Before the restaurant opens, they are preparing food. They work in hot, cramped, high-pressure environments, serving through peak hour rushes, then cleaning up after service.

"And we don't know what everyone is going to order. Imagine cooking for 60 to 100 people, it is a skilled art and challenging."

John says prices of food have to rise as the living wage rises.

"Hard working human beings deserve respect and a living wage."

John says the industry values compassion and respect from patrons.

"With all the huge challenges we've faced these past few years, a simple thank you goes a long way." **L**



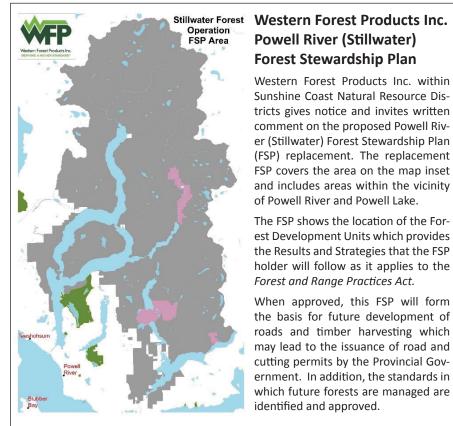
6797 CRANBERRY ST • RIVERCITYMINIEXCAVATING.COM • 604-483-6366



FOR A FREE ESTIMATE CALL RIVERCITY MINI EXCAVATING!

Hydroseeding • Retaining Walls • Drainage Excavation • Site Preparation • Trenching • Backfilling Driveways • Water, Sewer & Storm Repairs • Snow Removal





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.

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 *gathet Living* office or fill it out online at prliving.ca/bestof by May 31, 2022.

Civic Pride

Advice for Visitors

Best neighbourhood in the City of Powell River Best neighbourhood in gathet (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

Best hotel or B&B

Best festival or event (must be running in 2022)

Best campground – for relaxation

Best must-see attraction

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 Solution Solution<

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

How to Enter:

Write in your answers - serious and humorous - for your chance to win groovy prizes including a Pollen Sweater. Note: One entry per person. You must answer at least 15 categories. Last day to enter: May 30, 2022

Online:

qathetliving.ca

On paper:

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

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 Best work-out Best yoga

Who are you?

Name

Email

Phone number









Struggling together

pril kicked off the City's possible name change process, with historic walks, and several engagement sessions. More events are planned for May. See the ad on Page 12.

EXPECT THE UNEXPECTED: Top and top right, Tla'amin members drum outside City Chambers on April 5, Treaty Day, while a delegation questioning Dr. Israel Powell's actions asked to present – and was directed to the public engagement sessions. Above, Working group co-chair Stewart Alsgard speaks on a historic walking tour of Townsite, while a Freedom Convoy rolls past. Right, Qwastånayå (L. Maynard Harry) invited all historic walking tour participants to stand on Tla'amin land near tisk^wat.

Photos by Abby Francis, Local Journalism Initiative Reporter and Pieta Woolley



enamem

thenamen







THERE'S SOMETHING HAPPENING HERE: The three in-person public engagement sessions attracted small, diverse crowds. Above, some of the educational materials and engagement stations at Evergreen Theatre April 20 and at the Salish Centre on April 21. At Dwight Hall's session (below) participants were asked for feedback on Post-It notes-and this one (above) was clear. *Photos by Abby Francis, Local Journalism Initiative Reporter*



WE DO RENTALS



thunderbaysawshop.ca 604.485.5041



Rent any of these:THATCHERSLOG SPLITTERSAERATORSPOLESAWSPRESSURE WASHERSGENERATORSROTOTILLERSBRUSHCUTTERS

PRISM *L Celebrating our 10th anniversary*

Tue. June 14 – 7:30 pm Lafayette String Quartet Concert

Wed. June 15 – 7:30 pm Concerto Competition – Semifinal Round

Thu. June 16 – 7:30 pm Beethoven – String Quintet in C Major Beethoven – Octet, Op. 103 Mozart – Sinfonia concertante in Eb Major Soloists: Carla Leurs, violin & Hung-Wei Huang, viola

Fri. June 17 – 7:30 pm Boulanger – D'un matin de printemps Mozart – Piano Concerto No. 20 in D Minor *Soloist: Edwin Kim, piano* Rimsky-Korsakov – Scheherazade







Sat. June 18 – 6:00 pm (5:00 pm vendors) PRISMA on the Beach – Free Outdoor Concert

Tue. June 21 – 6:30 pm PRISMA for Kids – Children's Concert

Thu. June 23 – 7:30 pm *"Forbidden Music Regained"* Chamber Music Concert

Fri. June 24 – 7:30 pm Sat. June 25 – 1:30 pm Smetana – The Moldau from My Fatherland Concerto Competition – Final Round Bartók – Concerto for Orchestra



JUNE 13–25

Tickets & passes on sale starting May 11

1-855-5PRISMA prismafestival.com

Presenting Sponsor

CITY OF POWELL RIVER BLOCK PARTIES

Block Parties are back for 2022! Get to know your neighbours with a neighbourhood block party!

Ask us how YOU can receive a Block Party Grant!

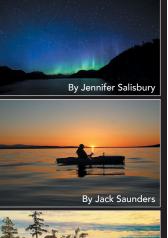
Visit powellriverprc.ca/blockparties for more information!











By Kimberly Burge

PRPL's annual Photo Competition

2022 theme: The Coast

Deadline: Wednesday June 8, 2022 at 12pm

Please see the library website for competition guidelines and prizes!

Submissions welcome from all ages.

Winners will be published in a fundraising calendar for Friends of the Library, and also in the July issue of *qathet Living* magazine.

info@prpl.ca 604-485-4796 prpl.ca

POWELL RIVER PUBLIC LIBRARY





HANDS-ON JOB FAIR: Top left, Chiara Watson getting to know the animals at Windfall Farms. Top middle, Derek Russell works the front end at Quality Foods. Top middle right, Kailee Roberts stacks fresh eggs in the dairy at Quality Foods-her favourite job. Top right, Kailee Roberts, Derek Russel, Amy Wassing, Chiara Watson, and Josie Maguire (missing Robert Burge) pick pumpkins at Windfall Farms in time for Halloween festivities. Above middle, Robert Burge, Chiara Watson, John Walls (Forest Bistro Owner), Kayla (Forest Bistro employee), Kailee Roberts, Amy Wassing, and Derek Russel (missing Josie Maguire) outside Forest Bistro on Marine. Bottom left, Amy Wassing sorts clothes at the MCC thrift shop. Above right, Robert Burge works the till at MCC, with Derek Russell. Photos courtesy of VIU.



VIU work skills program is in action – just in time for the worker shortage.

unique program designed to help students living with disabilities develop the necessary skills to foster their growth and independence, as well as gain employment skills, has returned to Vancouver Island University's (VIU's) qathet campus (Powell River) for the 2021-2022 year.

The Workplace Essential Skills and Training (WEST) program hasn't been offered in Powell River since 2016, but thanks to a grant from BC's Ministry of Advanced Education and Skills Training, the program was able to return this year. Now six students are on the cusp of finishing their first year of the two-year program.

"I looked into the program and thought it would give me a lot of new skills to progress in everyday life and prepare me for a new job," says student Josie Maguire.

"I have learned a lot of stuff, like good personal habits and work safety," adds classmate Derek Russell.

The certificate program is delivered over 38 weeks, half in-class and half in the workplace.

VIU Powell River program coordinator Jesse MacDonald explains that "the relationships our instructor has built with local inclusive employers, such as Windfall Farms, MCC Thrift Shop, Quality Foods, and Forest Bistro and Lounge has been tremendous. We've also had great support from organizations such as inclusion PR – Employment Services and Strive Living Society. Our students have already made a significant impact on the community."

Josie Maguire is planning to complete the second half of the WEST program in Nanaimo and "hopefully get a summer job at a grocery store to save up for the school year."

Chiara Watson is thinking long-term too: "I would like to get a job, maybe in the health care

field to use my Health Care Assistant certificate, or maybe in a grocery store. Eventually I want to go back to school to obtain my Education Assistant and Community Support certificate."

For those who feel like this program might be a good fit, student Amy Wassing says: "You gain new skills and achieve your goals, your family and friends will be proud. I am happy where I am now." Chiara and Josie have simple straightforward advice as well: "Do it."

If you're interested in joining the program, contact VIU's academic advising team in the first few weeks of May, to ensure enough seats are filled to run the program in the fall. For more information or to book an appointment with an advisor, call 604-485-2878 or email pr.studentaffairs@viu.ca. This Economic Recovery Skills Training Program is funded by the Government of Canada and the Province of British Columbia.

Want to do WEST this fall? Call VIU now!

Workplace Essential Skills & Training Adult Special Education Program

WEST offers students with developmental disabilities the opportunity to gain workplace skills while working in local community businesses.

www.pr.viu.ca/west If you're interested in this program, call the Powell River Campus to speak to one of our Educational Advisors at **604.485.2878** before May 31, 2022.



HAPPY MOTHER'S DAY

You love your mom and want to make her feel special this Mother's Day. We've got plenty of great Mother's Day gift ideas at the Powell River Town Centre. Come explore our variety of shops and find mom the perfect gift!

#SHOPLOCAL THIS MOTHER'S DAY



f 🖸 @ PowellRiverTownCentre POWFL

604.485.4681 • prtowncentre.com

CENTRALLY LOCATED AT JOYCE AVENUE & BARNET STREET

Husqvarna



Are you ready for spring, **Powell River? We are.**



SALES • RENTALS • SERVICE

7125 Duncan Street | 604.485.5041 | thunderbaysawshop.ca f @thunderbaysawshop.ca | Mon-Sat 9-5

WHAT'S UP... WITH CAMPING

New forest spots

On May 20, Cheri Simmons and Ciaran Wilson will open 22 sites at Creekside Crossing Campground for the first time. It's in the woods up from Lang Bay, at 3004 Weldwood Road.

The duo knew each other growing up here, and re-connected in Vancouver; they decided to move back and open this campground during COVID.

This is a campground with lush, beautifully tended grounds with the infrastructure to host rustic weddings, family reunions and other events. There are no power hook-ups, and it's outhouse-only. Creekside is dog-friendly. Some historic train trestles and stump boards remain. It's close to Eagle River and connects to a vast network of backwoods trails. You can reach the owners, creeksidecrossingcampground.ca.

Lund is the hub

A decade ago, there was a campground next to Jack's Boat Yard in Lund. Thanks to Access Point Marine Transportation & Tours, located at 9995 Finn Bay Road, the campground is back - and with a full glow-up - opening for this summer. It includes tenting and vehicle sites, showers, flush toilets and much more.

Open May through October, this business also offers a wide range of marine transport services, including a new scheduled water taxi service to Cortes Island.

Access Point also offers offers kayak tours of The Copeland Islands, launch services, onsite storage of paddlecraft and foodstuffs, paddlecraft and supply

pickup/dropoff services, and more.

This business is Indigenous-owned, and works in collaboration with many of Lund's long-time tourism outfitters. savaryislandferry.com.

Cycle a new circle route

As an avid global motorcycle and bicycle tourist, Sue Bossley was quick to connect the dots when she started working for Access Point in 2020. She is working on resources to support a the North Salish Cycle Route, a circle from Powell River to Lund, water taxi to Cortes Island, cvcle Cortes, then Quadra Island, water taxi to Campbell River and ride to Comox, then ferry back over to Powell River.

"A serious rider can do the route in one day if they start early, but most riders will take a few days to enjoy all of the activities and natural beauty of the area," she said.

Are you reserved?

For this summer, the BC Parks Reservation System has introduced some user-friendly changes. Here, this system reserves spots at Inland Lake and Saltery Bay (camping.bcparks.ca). For road tripping around BC, it's an essentail resource.

Huts are open again

After two years of closed-due-to-COVID, the 13 free huts (and one emergency shelter) on the Sunshine Coast Trail are open again as of April 12.Welcome back!

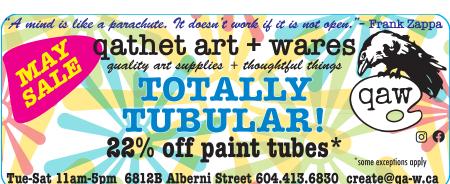
Visit sunshinecoast-trail.com. ¶



booths, and sample special menu items at the restaurants - admission is always free! lundbc.ca/shellfish-festival.html for schedule and shuttle info. This space available to non-profit organizations, courtesy City Transfer

CITY TRANSFER WWW.CITYTRANSFER.COM POWELL RIVER | SUNSHINE COAST | VANCOUVER 310-CITY (2489)

Where service and safety move volumes. Next day, damage-free delivery.



February 26 was the deadline for the annual *qL* / Library writing contest, and dozens of people sent entries on the theme of "camping."

Here are the judges' top picks. Read them by lantern-light?

Camp cap



Adult long #1

THREE WINNERS IN THE WOODS: Read (L to R) Casey Wilson's, Kim Lewandny's and Russell O'Donnell's winning stories on the following pages. Joe Hargitt's pic is on Page 5.

There's No Place Like Your Future Home

BY JOE HARGITT

retired in Sept 2019 and with that came the opportunity, once and for all, to hike the Sunshine Coast Trail – a dream of mine for years. I first learned of the trail in the late 90's when I would come to Powell River periodically for business. Now I was 63, and up until a few weeks earlier, in good, physical condition. To prepare for this 10-day adventure I went for long walks – every day, up and down the streets and hills of our hometown, New Westminster.

I started having health issues a few weeks before my final day at work and the big hike to follow. After tests, I went to see a cardiologist, an older South African gentleman. "I plan on hiking the Sunshine Coast Trail in Powell River in a few weeks' time, can I still do that?"

The doctor looked at me with an expression that indicated that I just wasn't getting it.

"Not unless you want to risk dying." He said some other things after that,

Winners of the 2022 *qL* /Library writing contest:

Youth Long

#1 Casey Wilson The Forest, Bigfoot and Me #2 Carter McDowell Camping Attack

Youth Short

#1 **Russell O'Donnell** Camping Mania #2 **Piper Van Tol** Late Nights

Adult Long

#1 **Joe Hargitt** - There's No Place Like Your Future Home

> #2 **Terry Faubert** – Our Unforgettable Camping Adventure

> > Adult Short

#1 Kim Lewadny - A Promise Kept #2 Rita Rasmussen - Solo Camp #1

> * More stories will run in the June issue!

but the crushing of my dream and my symbolic act to commemorate my retirement was all I heard.

I drove home from his office, my mind racing and emotions high. How disappointing it was to finally find myself at a point in my life where I had the free time to do a 10-day hike on the longest hut to hut trail in Canada,



qathet Living • May 2022 • **35**



May 29th, 2:30 - 3:30pm, no intermission Adults \$25 Youth \$10



Join JUNO-nominated bilingual musician Will Stroet of Will's Jams as seen on CBC Kids, for a fun family concert. Will and his band will perform high-energy rock-pop music in English and French full of witty wordplay and sing-along choruses.



Tickets available online, at PRAM ticket office 604 485 9633 or at the Peak Newspaper office.

willsjams.com

and discover my health made it impossible. Even without having taken a single step, the 180 km Sunshine Coast Trail (SCT) was already providing me with some life lessons; I knew deep down that one should never postpone their dreams, but suddenly I had no choice.

The following year, after treatment, I was given the okay to go hiking and I immediately started on a plan to "hit the trail" in September. I wanted to make the SCT a special trip, so I invited my family to join me for the weekend before I started hiking from its northern end at Sarah Point. My wife and I and our two daughters stayed at the Beach Gardens Resort for a couple of days before I left. We are all over six feet tall and couldn't help but notice the stares when we visited the Town Centre Mall to do some shopping. We had a fun weekend and agreed that people in Powell River were extremely friendly and helpful.

The weekend was both special and eerie at the same time – the combination of smoke from forest fires that continued to burn all that summer and a weird moth infestation made the Labour Day Weekend of 2020 surreal.

The following morning we drove to Lund – on the way we saw two bear cubs beside the road, and wondered where Mama was? That sighting triggered another reminder about my bear spray. After enjoying my last tasty treat for a while – warm cinnamon buns smothered in icing at Nancy's Bakery, we headed down to the Government Wharf where we spotted a metal boat complete with a large inboard motor and a seasoned Captain to skipper us to Sarah Point.

We shared the water taxi that day with a gentleman about my age who wore a head bandanna that made him look rugged and experienced, along with his daughter who was fit, had top of-the-line equipment and her dog. Her smile and laugh put everyone at ease and when she was settled into her seat, she began to chat.

"My name is Sarah and I am travelling with my father Jack, and this is Buck, my Husky. We're all from Ontario. My father has always wanted to hike the Sunshine Coast Trail. He retired recently from his work as a physician and asked me to join him on this adventure."

I did not miss the similarities that Jack and I shared, and I knew he was a guy who could keep me motivated. The short boat ride was made longer by the poor visibility and the slow speed necessary to avoid hitting anything unseen in the water. When we arrived at Sarah Point the smoke was thick, and the tide was high.

When the ocean swells lifted the boat to where it was even with the high point of the rocks the three of us and the dog jumped out, one after the other, just as the Captain told us. We all waved goodbye as the water taxi pulled away and disappeared into the smoke.

After standing by the Sunshine Coast Trail sign at Sarah Point and taking the obligatory photos to kick off our adventure, the three of us headed out – in the wrong direction! What we thought were trail markers were not. We hiked for two hours straight uphill in the hot sun before we realized that we may have gone the wrong way. Once we accepted the fact that we had indeed screwed up royally, we laughed and backtracked – I knew then that I had met some good travelling companions.

I forgot my water on the boat and the water supply was limited between Sarah Point and Appleton Creek. My new hiking friends kindly shared what

I had allowed 10 days to hike the entire length of the SCT, but I had overestimated my abilities and underestimated the challenge.

they had with me. I made it last for two days. The first night we stayed at Sarah Point – I slept like a log and when we broke camp just after sunrise, we were greeted by the barking of sea lions as well as a pod of orca!

The three of us, and Buck, stayed together for two days before my new friends had to leave the trail early due to a personal emergency.

When I arrived at Appleton Canyon it was getting dark very quickly under the canopy of large trees. I headed down to the stream and drank the coldest and most refreshing water I can recall. While I filled my water bottles I could hear two ravens calling to each other across the forest – their unusual vocals were eerie and provided the perfect soundtrack as I pitched my tent. Before bedding down for the night, I hung my pack over a high branch 50 metres away from my tent. Over six days of hiking I never saw a bear, only a lot of bear scat. I was aware they were never far away, but I was not too concerned – I knew bears did not want to see me either and they have the better sense of smell!

I don't know if it was the smoke, COVID, the time of year, or all three, but after my hiking partners left me on day two, I never saw another soul for 48 hours. The terrain was constantly changing from thick evergreen forests to acres of alders and salal establishing themselves in the clearcuts left from logging. Always well marked, the trail was very rocky and often steep.

But my 60-pound pack was taking a toll as each day my knees got progressively more painful. To add to my difficulties, I chose the wrong footwear. My feet were sore and blistered and the beginning of each new day was another test of my resolve.

I had allowed 10 days to hike the entire length of the SCT, but I had overestimated my abilities and underestimated the challenge. On day six my feet were a mess. I left the trail and took a seat on the patio at the Shinglemill – by the time I had finished the best clubhouse sandwich and fries I had ever tasted, I decided that this was the end. I knew that the trail was going to get tougher and although the SCT had won, I was at peace with my decision to quit the trail. I paid the bill and made my way to the Town Centre Hotel where I enjoyed a hot bath and a good sleep before taking the ferry at Saltery Bay home to New Westminster the next day.

Back home in my own bed, warm and safe, I reflected on my little adventure. Two months before the hike my wife and I made the decision to move to Powell River. We purchased a home in Cranberry, and we were to take possession at the end of October. The camping in the Powell River area is second to none and now we would have access to it from our back yard! William Shakespeare said it best, "All's well that ends well."

Adult short #1 **A Promise Kept**

BY KIM LEWADNY

t started with a promise to go camping on the weekend. It ended with a happy kid and a memory we would cherish forever.

After packing up our gear in the early evening and gathering up ingredients for a camp dinner we set out on the backroads to find a lake spot we had been told about. When we arrived our disappointment sank in as we drove around the lake with no available sites to be seen. A little voice from the backseat piped up and said "Oh well, no camp spots." Her tender declaration made us even more determined to keep our promise, so we brainstormed and set off excitedly for home.

We backed the van into the backyard and had the tent set up just before sundown. We cooked up our dinner on the well-loved camp stove and enjoyed the meal on our own grass. We laughed as we brushed our teeth with water from the garden hose and had an impromptu water fight that tired us all out.

The three of us snuggled down together under the stars and fell asleep with a gracious heart that we had kept our promise.

The sheer delight of camping in our own backyard that night made us realize that you don't need a view or to travel very far to make camping memories that will last a lifetime.

Youth short #1 Camping Mania

BY RUSSELL O'DONNELL

t was a sweltering June morning and I walked into the kitchen lighted by the sun to see my parents packing. I was confused at this, so I just went up to eat breakfast. After I had eaten, I asked my parents what they were packing for, and they said that we were going to camp with four of my friends: Andon, Caleb, Carter, and Rowen. I was so excited and soon enough we were gone.

The first half of the day was just setting up the camp spot.

The next day all four of my friends and I went up to this ginormous rock in the woods we had found the first time we went camping together. We don't have company up there except for the odd hiker that comes by.

This time we were all surprised to see about 20 kids yelling and screaming on top of the rock. Whack! Rowen got hit in the head with a huge pine cone! We all retreated and headed back to my camp spot.

That night I had a plan. The next morning, I told Caleb the plan. We all ran to the rock so early that people were still sound asleep in their tents.

We got to the rock and our plan was in play. We got as many pine cones as we could and untied the rope. And then we waited all day. Our plan worked! We had the rock to ourselves! Victory!



Bettina Matzkuhn On Foot

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

Mappa Cartography Workshop May 20, 21 & 22 10 – 4pm dathetart ca

Art of the True Self Youth Art Show Submissions May 17 8:30 – 10:30am Brooks HS May 21 12 – 5pm qathet Art Centre Submissions: qathetart.ca June 1 7pm Opening Night

Friends at Easel May 5 – 20 Opening May 5 6 – 8pm Malaspina Exhibition Centre at VIU Monday – Friday 8:30 – 4:30pm artpowellriver.com

Co Erasga. Dance Passage of Rhythms Performance May 30 7pm Evergreen Theatre Workshops: qathetart.ca

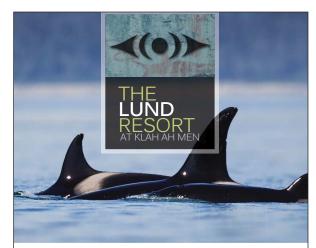
qathet Studio Tour 2022 Registration: artpowellriver.com Deadline May 15th



Peter and Helena Bird are retiring!

"Thank you for the years of support from our very loyal customers."

Derek Bachman of Ancestral Roots Farm will be taking over the shovels.



101 Bar & Grill End of the Road, Lund KLAH AH MEN meaning "our people"

REOPENING

Leaders in sustainable business in the region

Do you love delivering authentic service excellence reliably with a smile? Priority given to local and skilled talent

Experienced Servers Experienced Bartenders Front & Back of House Support Staff

Full-time & part-time & seasonal Some entry level positions Competitive wage & staff meals Staff accommodation may be available

Join Our New Chef

Help fulfill our vision for year-round services Celebrate life and local pride So many good people here

APPLY NOW

LundResort.com/careers

Our Values: Honesty, sharing, discipline, fairness, integrity, respect Where culture, spirit, land & history connects

scott.roberts@tmslp.ca

A place of rest and refuge ~ please join us

We create responsible and profitable business enterprises, and look forward to the prospect of working collaboratively towards building upon the success of the Tla'amin Nation.









Youth long #1

The forest, Bigfoot and me

BY CASEY WILSON

never expected my spring break to turn out like this. I pictured biking through shady trails, roasting smores under the stars, and maybe even taking a dip in the chilly ocean. It started that way, but it sure didn't end like that... I was at Nathan's campsite late one afternoon when it all started. Our families have always camped together, in fact, I cut one of their trips short when I was born. Anyways, Nathan and I were tossing the frisbee when suddenly, we heard a startling noise.

"What was that?" exclaimed Nathan. Everything he hears or sees is supernatural or magical to him. The other day he thought he saw a leprechaun riding a unicorn. But as I suspected, it was only a shorter person on a white stallion. So, I just rolled my eyes and picked up the Frisbee.

"It's probably just a deer or a bird," I replied. Nathan obviously didn't believe me, but it didn't bother me. I prefer to think about the logical way of things. Which is the exact opposite of Nathan. But Nathan has always been my best friend, and always will be. The next day was sunny, so we adventured down to the beach to brave the cold ocean water.

"Be careful honey!" my mom yelled as we started down the windy path.

"Yup, see you soon," I yelled back. I didn't know it at the time, but that was a lie. When Nathan and I reached the sandy shore, we set up our blanket. Nathan was just about to jump into the freezing March water. And then we heard it. That same noise as the day before. Nathan flicked his blonde hair out of his eyes and ran over to me.

"It's Bigfoot," he whispered into my ear. I couldn't believe him.

"Seriously? It's a bear, let's get out of here!" I said. But Nathan, being Nathan, was convinced. So, he crept closer until he was almost in the deep forest beside us. I considered running right then and there. But he was my friend, so I stayed.

"We come in peace!" He shouted into the woodland. Nathan put his arms high above his head in surrender. As if the supposed 'Bigfoot' would know that gesture meant he was friendly. I caught a glimpse of a tall and dark shadow looming behind a tree. Then without any warning, it sprinted into the unknown, leaving us intrigued.

"I told you. I told you! I told you it was Bigfoot!" Nathan gleefully exclaimed. He was dancing all around the sand.

A Thought For The Day

"A true appreciation for the oneness of humanity contains within it the essential concept of diversity."

~ Bahá'í Teachings

"Hold up, that was NOT Bigfoot! Bigfoot isn't even real," I stated. Nathan abruptly stopped and stared at me.

"You take that back!" he demanded.

"We have no proof," I countered.

"Do too! We both saw a large furry shadow. In the woods. What other proof do you need?"

"That could easily be a bear for all we know."

"Then prove it, Audrey!" Nathan crossed his arms, scowling. But he quickly softened his tone, trying to explain.

"Why don't we find out and settle this once and for all?" he said. "We can go exploring in the forest."

"I guess we could, but let's maybe wait until tomorrow. We should probably tell someone, and it is getting late so..." I started.

"No way, we're going now!" he exclaimed triumphantly. And so, I followed him into the woods. We trekked on, pushing prickly brambles and bushes out of our way. I kept on glancing nervously behind me, feeling guilty that we didn't tell someone. But Nathan assured me that we wouldn't be gone for long. After what felt like twenty minutes or so, the sun was beginning to set below the rugged mountains, and the forest was dark and seemingly menacing. Our parents were probably wondering where we were.

"Maybe we should turn back now, it's kind of late," I said. "We can look again tomorrow." But Nathan just shook his head in response.

"We are almost there. I can feel it!" he begged. I sighed but carried on with him. After all, I couldn't just leave him on his own in the woods. But I was still extremely nervous. The ominous wind whistling through the trees didn't help with my nerves either. Then suddenly, a clap of thunder boomed across the sky, and rain began pelting down upon us.

We frantically raced to a cave I spotted nearby, stumbling over logs and roots. All my concerns were muffled by the thunderous booming and replaced by the surges of lightning in the sky. We threw ourselves down onto the stone-cold ground, exhaustedly panting and gasping for our breath.

"Maybe, just maybe, this was a bad idea," Nathan finally said.

"I'll say."

When exhausted Nathan curled up to sleep, I realized we must have hiked longer than I thought. I sighed, picturing the worried look on my parents' faces. So, I examined our shelter for something, anything, to help us. My eyes finally rested on a dark



Nathan put his arms high above his head in surrender. As if the supposed 'Bigfoot' would know that gesture meant he was friendly.

shape in the farthest corner of the cave. It took a moment to register what it was as the shape was appearing from the darkness. But then it clicked.

"Nathan!" I whisper yelled. "There's a bear!" But he just muttered dreamily from his sleep.

"You mean Bigfoot?"

"No!" I cried. "There is an actual bear coming towards us." He finally sat up, nose to nose with an angry mamma bear. He opened his mouth

hand over it. "Don't say a word, and slowly back away," I instructed. Nathan did as he

to scream, but I quickly clamped my

was told and in no time, we reached the cave exit. The bear slowly stepped closer, probably wondering if we would hurt her babies.

Then without missing a beat, Nathan and I ran as fast as our legs could possibly carry us. Our adrenaline took us far enough away, so we sat down on a rock, panting, and grasping for our breath. The storm had settled, but it was late at night, and bitterly cold. We sat in silence for a couple of minutes, then Nathan spoke up.

"Maybe you were right, Audrey," he said. "It was probably a bear or a deer we saw. And I shouldn't have dragged you into this."

"It's okay Nathan," I replied. "Let's just try and find our way home; we have a lot of explaining to do."

And so, we wandered in the darkness. Trying to follow the sound of the waves crashing, the sound of home. After some time, we reached the familiar beach of the campground. I felt so relieved that we were finally safe and sound.

As we jogged up the trail to our families, there was a rustle in the bushes. Nathan and I spun around fast, preparing for another bear. Instead, we saw a tall creature with shaggy brown fur and ginormous feet, peering at us from behind a tree.



Going green shouldn't be a tankless job

Unless it's installing hot water on demand. Then it is...tankless.

Your energy savings: on target • Our puns: less so

Powell River's most experienced plumbing team

604-483-5192 targetinstallations.ca



16th annual Fit for a **King** Dinner & Auction

Saturday, May 14 Italian Hall

Banquet by The Convenient Chef Silent & Live Auction

Tickets \$50 each

Contact Linzie Long at lblong@telus.net by May 10

powellriverkings.com



Open at 6 am, 7 days a week 4696 Joyce Ave • 604-485-6277



SERIOUS SAWDUST: Near Tla'amin's log pond at Second Beach, carvers Karver Everson and Ivan Rosypsky rough out a memorial pole for those lost to COVID and for residential school survivors. *Photo by Abby Francis, LJI*

Carving it up

In late April, Tla'amin Nation started two new poles. One is a welcome pole, which was originally being carved for Tribal Journey 2021. The other pole is to honor those who were lost during COVID-19 and also residential school survivors.

Master carver Chief Calvin Hunt from Kwakwaka'wakw Nation and Tla'amin Nation carvers Randy Timothy Sr and Sherman Pallen, as well as Ivan Rosypsky and Drew Blaney are working on the poles.

They will likely take at least a couple of months.

\$4 million for Lund addition

The qathet Regional District has landed a \$4.2 million federal grant to build an addition to Lund's Northside Community Recreation Centre. The 6920 square foot addition of shared program space includes a half court gymnasium, stage, accessible washrooms, and reception area as well as an updated commercial kitchen within the existing building. The next step is for the qRD seek approval from the community to borrow up to \$1.1 million, as the project is expected to cost between \$4 and \$5.7 million.

m at sunshinecoastcanada.com/residents.

A helping hand

Danielle's Helping Hand Fund, run by the Powell River & District United Way, offers prompt, one-time grants to low-income individuals and families to cover emergency expenses. The fund is designed to fill gaps and provide support where no other community or government services are available. These expenses can include dental work, dentures, rental arrears, emergency travel costs, bill payments and more. For those accessing this program, these funds make a world of difference. Please consider showing your local love and donating to Danielle's Helping Hand this month. Every dollar donated stays local and supports those in need in our community! Donate online at: unitedwayofpowellriver.ca or stop by our office in the Town Centre Mall, beside Subway. Open Tuesday & Wednesday, 10 am to 2 pm.

Raise your voice on tourism

Sunshine Coast Tourism (SCT) invites residents to participate in a virtual event series to ensure diverse interests are reflected in a vibrant and inclusive strategy for tourism in the region. SCT represents the Sunshine Coast/qathet region as its primary destination marketing and management organization. To ensure responsible tourism growth and sustainability, SCT is undertaking local engagement and communications with a session for qathet Region (Powell River/Texada Island/Lund) planned for May 5 from 7-8 pm-via ZOOM. For more information and to register or access the virtual meeting link for "Resident Conversations" with Sunshine Coast Tourism.

Year of the garden

Would you like to be a Bloomin' Hero?

Powell River has proclaimed 2022 as the Year of the Garden. In response The Powell River Garden Club is challenging everyone to "Make Powell River Bloom." Let's use the beauty of flowers to lift our spirits, welcome visitors and convey our resiliency.

The Garden Club is planning an installation of floral displays along Marine Avenue from Westview to the new park on the corner of Alberni, June 1 to August 30. We are inviting Marine Avenue business owners to join us in creating a blaze of floral colour along the street.

Anyone can become a Bloomin' Hero! Adopt A Pot; plan a block party (June 18th is National Garden Day); take on a gardening project; donate plants, soil and containers for others who need them to participate.

All Bloomin' Heroes will be entered into a draw for a Bloomin' prize! Participants will receive a poster announcing them as a Bloomin' Hero. When you see the poster look for the *qathet Living* gnome. Enter to win him by taking a selfie and posting it on the Powell River Garden Club Facebook page. You can enter each time you see him as he will be changing locations.

We are here to help you. For more information and to register as a Bloomin' Hero, email powellrivergardenclub@gmail.com - Sue Clark ¶

HEART **OF QATHET**

Much more than adoptions at the SPCA

ara Daniels joined the BC Society for the Prevention of Cruelty to Animals (BCSPCA) team in 2017 as Manager at the Powell River & District Branch, and was a volunteer for many years before that. Tara has lived in qathet for nearly 25 years and raised three children here. Tara created social programs that offer aid to low income and marginalized pet owners, and provide valuable services such as the pet food bank, low-income spay and neuter access, emergency boarding, and humane education/ outreach.

The BCSPCA protects and enhances the quality of life for domestic, farm and wild animals in BC. It is the only animal welfare organization in BC. with the authority to enforce animal cruelty laws under the *Prevention of Cruelty to Animals Act* and is the largest animal welfare organization of its kind in North America with 43 locations across BC.

How did you start working with the SPCA?

Tara • I began when I was six-years-old alongside my mother for the Alberni-Clayoquot Branch. We continued to volunteer as a foster family after relocating to the qathet region in 1996. As an adult, I kept fostering for our local branch, and became a BCSPCA employee as an Animal Care Attendant when our current facility opened in 2013.

What attracted you to this organization?

Tara • I've had a passion for animal welfare from a very young age, and was lucky enough to have a parent who really let me embrace this piece of myself by providing me with advocacy and education opportunities, wildlife rehabilitation experiences, and endless fostering moments.

What part of the work is the most satisfying?

Tara • Oh my, this is a great question! If I had to pick just one it would be an animal's official adoption day, especially the animals who came into care in very poor condition who



519 ANIMALS AT THE PR SPCA IN 2021: Tara Daniels (above, with Whiskey) is a passionate advocate – and hands-on caregiver – for qathet's vulnerable animals.

we spent weeks, sometimes months, caring for. Watching them happily walk (or be carried) out our doors embarking on their next adventure is one of the best, most satisfying moments to experience in this line of work.

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

Tara • Navigating the feral cat/kitten overpopulation within our community. We have been steadily working on several TNR (trap, neuter, release) projects the past few years. When we see large populations of feral cats/kittens spayed/neutered this is the most effective, humane way to manage these feral colonies.

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

Tara • That we do much more than adoptions! We also offer a range of outreach services to people and their pets as well as a pet food bank (including litter), low-income spay/neuter assistance programs year-round, emergency boarding at no cost to pet owners, TNR (trap, neuter,

release) planning and continued support after the fact, and financial assistance for pet owners who are unable to cover euthanasia expenses to put their beloved pet to rest. If there is a need, regardless of what it may be, please connect with us as we'll always do our best to try and help. We also take in animals whose owners are no longer able to continue to care for them for a variety of reasons – life changes, behavioural, medical needs etc., and stray animals who are either lost, injured, or abandoned.

How has BCSPCA changed your life?

Tara • The BCSPCA has given me so many opportunities to grow, endless learning experiences, and what I feel is truly a gift, to spend my days helping animals.

Do you bring any unique skills to this organization?

Tara • I bring a willingness and commitment to continuously learn, adapt, and grow. No day in-shelter is the same as the last, and the ability to adjust or change at a moment's notice is a skill that never goes unused. Compassion for both animals and people, this is a big piece. I strongly believe that working together we can further our reach to ensure everyone can access our help or services if, and when, needed. A great sense of humour in this line of work is a must, and I encourage staff and volunteers to spread laughter whenever appropriate. I mean poop scooping and washing dishes doesn't have to be a dull time!

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

Tara • I've met many wonderful people who've become great friends and learned new things. And celebrating happy animal milestone moments with each other is simply the best.

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

Tara • We need YOU. In 2020, despite the COVID-19 pandemic, we had 460 animals come through our doors. Last year, in 2021 our incoming numbers increased to 519 animals. We have volunteer positions for almost anything you can think of from reception, fostering, animal care, inshelter socializing cats/kittens, transfer driving, even recycling! Volunteers make a difference, come join us!



Powell River | Courtenay | Cumberland | Union Bay | Bowser | Bowen Island | Texada Island | Hornby Island

MADE THE MOVE

Sister's "boasting about life here" convinced them

atie, Michael and their two kids, Ernie and Penny Kennedy, had been living in Toronto, but their growing family and growing real estate prices had pushed them out of the city, leaving them looking for a change. Michael is an accountant who was working from home and Katie had given up her job to raise their children so it was the perfect opportunity to make a move.

After visiting family in Powell River, they fell in love with the small, remote town. There seemed to be endless adventures and places to explore.

They made the move across the country which had its challenges during a pandemic and are now thriving in their new life. The kids are enjoying making new friends at daycare and Katie has a new job as the office manager at Royal LePage.

Why did you choose to move to gathet?

Katie • We wanted a slower pace of life to raise our children in and more outdoor adventures to explore. Powell River was also much more affordable for a growing family than Toronto.

When? Where from?

Katie • We moved here at the end of October 2021 from Toronto, Ontario.

What surprised you once you moved here?

Katie • How welcoming everyone is! They let you go ahead of them when driving and at the grocery store. Everyone we have encountered has been so great. We were also surprised at how many people moved here from other places.



FROM 416 TO 604: Penny, Katie, Michael and Ernie Kennedy traded Toronto for gathet last fall.

What made you decide to move to gathet?

Katie • We had visited my sister and her family a few times and fell in love with the remote, small-town vibe. Life seemed so much simpler here. There was so much to explore and the weather allows you to do it year-round.

Where is your favourite place in gathet?

Katie • Willingdon Beach - there is a beach, a playground, a great trail and a great view. The perfect place to bring the kids that the adults can enjoy too.

How did you first hear about gathet?

Katie • My sister moved here nine years ago because her friend from university (now husband!) had moved here with his family. She was always boasting about life here.

What would make qathet a nicer community?

Katie • More affordable housing for people in need.

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

Katie • Bike lanes! Toronto has been restructuring their roads to safely include bikers for the past few years and I think it could be adapted here as well. Also, more multiunit buildings that are exclusively for rentals.

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

Katie • We had to wait quite a while for our stuff to arrive, but luckily we had family to live with while we waited. There were also furniture shortages due to the pandemic so furnishing our new house took some time.

If you were mayor, what would you do?

Katie • I would more clearly mark the slow zones around parks and schools. Bigger, more visible signs or pavement markings. I had a hard time noticing them when I first came.

What are gathet's best assets?

Katie • The generous and kind people and the beautiful scenery. Even stormy days are beautiful here!

What is your greatest extravagance?

Katie • I suppose that would be our house. It's by far the biggest home (and yard!) we've ever had.

Which talent or superpower would you most like to have?

Katie • I would like to be more of a DIY type of person. It seems like there are a lot of resourceful, talented people here though, that will make up for my lack of creativity.

Certified

WE'RE PROUD TO BE A B CORP. First

CREDIT UNION



4721 Joyce Avenue | 604-485-6206

Learn more at firstcu.ca

Orchard, commune, alt-ed, hostel:

Fiddlehead Farm fades back into the rainforest

ome of the best gardens and fertile land in the area is located in Wild-Wood, largely due to the generations of Italian families who laboured

fruits and vegetables the over years. One of first the

gathet was

in

farms

BLAST FROM THE PAST **JOËLLE SÉVIGNY**

and goats. Giuseppe sold this produce in Powell River, using a motor boat to get up and down the lake.

After Giuseppe passed away in 1947, the soil and planted wide varieties of the land remained vacant for some

time. In the 1960s, it was sold to Mark Vonnegut, who created а commune for youth.

He wrote about the area and his battle with schizophrenia in a book entitled The Eden Express.

The Schreiber family purchased the land in the 1970s and operated an alternate education program called Total Education, heavily focusing on environmental studies. Later, in the 80s and 90s, it became a hostel and retreat. In 1985. Linda Schreiber renamed the area to Fiddlehead Farm, after the thorny ferns that grow everywhere on the land.

Today not much remains of the farm of Giuseppe. The remnant of the retreat's meditation hut can still be found, but all other buildings were demolished when the land was sold in 2002 and subsequently logged. One of the Sunshine Coast Trail's huts was named Fiddlehead Landing, as a nod to the history of the land, and is located by the original docks that lead to the retreat.



EVOLVING SPACE: Guiseppe Gagliardi's 80 acre farm up Powell Lake supplied the town with produce. Above, in his orchard in 1920. Below, Fiddlehead as Total Education in the 1970s. Photos courtesy of the Powell River Historical Museum & Archives





owned by an Italian family, and was

actually located just before the halfway point (around 20 km) along Thah yetl, Powell Lake, across from Goat Island. It was called the Powell Lake Farm, where Giuseppe (Little Joe) Gagliardi, settled in 1914 via a crown grant.

Giuseppe was born in 1886 in the Calabria region of Italy. It is believed that he left in the early 1910s and came directly to Powell River. He was a man of small stature, measuring 4'8", but he had grand dreams and a pioneering spirit of establishing a farm in the middle of the coastal forest.

Giuseppe's pre-emption on Powell Lake consisted of 80 acres. He built a farmhouse with hand-split cedar planks measuring 10 feet long. John Minichello and his wife, as well as Joseph (Pep) Gentile and Domenic Diana. also worked at the farm with Joe. They had orchards with apples trees, sheep

Mothers Day Sale @ Fits to a T • May 3 to 7







BUSINESS AFFAIRS

SEAN PERCY

Economy Rentals sold

One of this community's longest running family-owned businesses is under new ownership. John Turner has sold Economy Rentals. John's parents started Economy Rentals in 1972 and he was immediately thrown into the store life, spending time in the shop after school and on weekends. While John heads into retirement, the new owner, Derek Jantz, has made some big changes, turning the bulk of what was the Economy Rentals shop into the showroom for his Two Wheel Tech, which he moved from its location at the southern edge of town to the Manson Avenue location. Derek says he will continue the rental business alongside the powersports sales and service business. Find them at 4500 Manson Avenue or twowheeltech.com or call 604-223-2440.

Real estate pros don new roles

After 13 years as managing broker at **Royal** LePage Powell River, one of the region's longest-serving realtors is stepping back from her management role. Dawn Adaszynski celebrates 35 years in real estate here this year, and says she's going to refocus her attention on residential sales. Katie Kennedy has been hired as the office manager at the local real estate office. Realtor Warren Behan, who owns the Royal LePage brokerage, takes over managing broker duties. You can reach Dawn at dawnadaszynski@royallepage.ca or dawnpowellriver.ca or 604-483-8258 or you can call the Royal LePage main office at 604-485-4231.

WIB banquet in person

Powell River Women in Business is once again inviting nominations from the community for outstanding business owners, home-based business owners, volunteers and employees. Winners and finalists will be recognized in person at the **Influential Women of the Year** awards banquet on June 22. After two years of holding the awards virtually, WIB's executive is excited to be able to hold the event in person once again. Tickets for the gala go on sale on May 15. To nominate an outstanding woman go to prwomeninbusiness.com before May 25.

Photo print collective

When **Russell Otterbein** moved to qathet with his wife **Kaylee** and four children last spring, they brought their business with them. **D&R Photo's Photo Print Collective** and the Otterbein family moved during COVID, and like so many other businesses, had to change their model. They went from serving just professional photographers in the Lower Mainland, to offering the same professional product to retail customers as well. "We saw an opportunity there," said Russ.

Weddings, passports and portrait photos are printed right here in qathet. "It's easy," said Russ, explaining how people can visit the photoprintcollective.com online and choose from photographic printing, collage walls, enlargements, canvas, metal prints, photo gifts and custom hand-made photo books.

The bespoke covers for the photo books and photo printing is all done locally at the shop on Manson Avenue. Customers can upload their own photos and use the auto design service or purchase custom design services through the website. If customers need help, Russ is available to help them. For more information, email hello@photoprintcollective.com or visit their website at photoprintcollective.com.

Wildwood Farm sold

Hatch-A-Bird Farm has been sold, and farmers Peter and Helena Bird are retiring. The long-time Wildwood farmers are staying in the qathet area, but leaving the farm in the hands of Derek Bachman of Ancestral Roots Farm, who will continue farming the property and selling produce, meat and products.

E-Bikes for rent or sale

Not sure if an e-bike is right for you? **Mike Chisholm** has the solution with his new **Coast E-Bikes** service that he's running out of his **Suncoast Sign & Design** shop on Marine Avenue. In addition to affordable e-bike sales (topping out at about \$3,400) and service, the shop rents out e-bikes to locals and visitors on an hourly, daily or weekly basis. Mike told *qathet Living* that many people who rent the bikes are trying them out before making a purchase. Visit coast-ebikes.square.site for info.

Rhino adds septic business

Rhino Excavating and Concrete has added a new aspect to its business. Owner Ryan Chesney purchased the assets of Ron Radon's Russ's Septic Services. With the new pump-out truck, Ryan can offer septic tank pumping as well as full septic design and install.

Ryan started with his concrete business in 2015 and soon bought a few machines. Later, he earned his Registered Onsite Wastewater Practitioner (ROWP) certification from ASTTBC. That means he is certified to install brand new septic systems and can sign off on them.

"We have five machines, big to small. People hire us when they buy a raw piece of land," says Ryan. From removing stumps, to excavating foundations, to pouring slabs and sidewalks to installing septic systems, Rhino can do it all. "They don't have to have five or six different contractors, and confusion is minimized," said Ryan.

You can contact Rhino via Facebook, call 604-483-1339 or email ryan4liberty@hotmail.com.

Designer back in business

Sonia Kelshaw is back in the working world after taking three years off to raise her young son. With a diploma in Interior Design and 20 years of experience, Sonia has the skills to help with any design project, big or small. You might remember her from her years working at West Coast Furniture or as the Kitchen Designer for RONA.

Before tackling your next home reno or new build project, get designer advice by calling Sonia at 604-413-0554. **L** | sean@prliving.ca

plant-y ways to get your hands dirty in May

1. Get some plants!

On May 7, Lang Bay Hall hosts its annual sale. May 14, the Garden Club is running a multi-destination plant sale road trip event. On May 28, head to Assumption for even more plants (see Page 48).

2. Get rid of these plants!

qathet Regional District is hoping you'll help rid the region of invasive species such as broom, morning glory and holly. Drop them off at Sunshine Disposal May 4 – 28 (see ad Page 2).

3. Don't be mellow about this yellow

As part of Emergency Preparedness Week, the RD is hosting a separate broom busting event May 14 on the Manson Extension, starting at 11 am (see Page 51). – **PW**

MAY'S BIG HOLIDAYS & CITIZEN EVENTS

Through May and June

Possible Name Change public engagement continues See ad on Page 12 and details at powellriver.ca.

May 1 to 7

Emergency Preparedness Week See all events on Page 51.

To May 24

Citizen review period for the Western Forest Products Stillwater Division Forest Stewardship Plan

The proposed FSP can be viewed at westernforest.com or call 604-485-3100. Send comments to gmatheson@westernforest.com. See ad on Page 8.

May 2 to 8

Mental Health Week See School District 47 ad on Page 14.

May 5

Spot Prawn Season starts For commercial boats. Look for sales around town.

Red Dress Day

Annual memorial for Missing and Murdered Indigenous Women and Girls. Event details TBA. See the *qL* Facebook page.

May 8 to 15

Hike for Hospice Fundraiser for the Powell River Hospice

Society. See prhospice.org for more.

May 10

Townsite Ratepayers Association 7 pm at the Anglican Church basement.

Thursday, May 12

Moose Hide Campaign 9 am to 7 pm, Tla'amin Salish Cen-

tre. Open to everyone. Learn more or register by contacting stvc@telus.net or 604-485-6965. An Indigenous-led movement of men, boys and all Canadians - standing up to end violence against women and children. See moosehidecampaign.ca

May 14 & 15

Lund Seafood Festival

It's back! See story on Page 46.

May 14

Fit for a King Dinner & Auction 16th annual fundraiser for the Kings. See ad on Page 40.

Friday, May 20 SD47 Pro Development Day Kicks off a four day weekend.

May 23

Victoria Day Stat holiday!

May 25

WIB nomination deadline Nominate an outstanding woman. See Page 44

May 22 to 28

Anti-Racism Awareness Week See School District 47 ad on Page 14.

June 3 & 4

POWELL RIVER | SUNSHINE COAST | VANCOUVER

60th anniversary celebration for Assumption Catholic School Wine & cheese Friday night, magic show & kids carnival Saturday.







Thank you to all essential service providers! STAY SAFE!!

Book the restaurant for Special Events Find us on

The Boardwalk Restaurant in beautiful, relaxed Lund

Home of the qathet region's Best Fish & Chips, as voted by readers of *Powell River Living* for 6 years in a row!

Open daily noon-8, closed Wed • 604 483-2201 • theboardwalkrestaurantpowellriverlund.com

Lund Seafood Festival organizers: heroes on the half-shell

he Seafood Fest is back May 14 & 15 after a two-year hiatus! Organizer Ann Snow said to expect a slightly smaller event this year – no cooking demos, perhaps no children's area – but next year it will be full-scale again.

The North Side Fire Department Association has taken on the event, which was previously run by the Lund Community Society. Like many events coming back after COVID, the Seafood Fest has been challneged by the gap: volunteers are hard to come by for all events, and critical people have come and gone.

But the attendees are sure to return. For anyone who remembers buying live spot prawns at the marina, listening to music on the board-

FESTIVALS: PLAN YOUR SUMMER 2022

Confirmed! These festivals are happening in 2022 - many of them did not in 2020 and 2021, due to COVID-19. Lots of new stuff, too.

tour

Texada

May 6&7 • NEW Accordion Festival May 14 & 15 • Seafood Fest in Lund

May 28 • NEW gathet Fondo road race May 30 to June 5 • Bike to Work Week June 1 to 19 • NEW Youth arts festival

at gathet Art Centre

June 13 to 25 • PRISMA

June 21 • National Indigenous **Peoples Day**

Music in the Park (last Wednesday of the month, June to August)

June 30 to September 1 • Thursday markets

July 1 • Canada Day, City-organized celebration

July 10 • Savary Fun Triathlon

July 12 to September 1 • NEW Summer art swap at gathet Art Centre

July 16 • Great Townsite Garage Sale & NEW Townsite Street Festival

walk and sampling fresh, local seafood snacks all day, this is a not-to-bemissed spring into the Summer Festivals season.

LIVE MUSIC AND ON STAGE

May 6 & 7

First Annual Accordion Festival Concerts, a master class, shop, and much more. See praccordianfest.com.

Sunday, May 8

Wildwood Sunday Social: Renelle and Dawson, 7pm, Wildwood

Pub

May 12 Big Daddy Tazz: Comedy 8 pm, Evergreen Theatre (Rec Complex). Get

tix at the Rec Complex.

May 12 - 15 Mamma Mia Musical:

Brooks 7 pm Thursday to Saturday, and 2 pm matinee on the Sunday. See story on the next page.

May 13

Cranberry Hall Presents - Tina Jones in concert

7 pm, Cran Hall. Tickets at Eventbrite (\$20) or at the Door (\$25). A unique blend of jazz and folk, played on the banjo in the clawhammer style.

May 14

Orchestra Rehearsal with an Audience

10 am - noon at the Star Dusters Hall (previously the Rancho) at Timberlane gathet Symphony Orchestra invites everyone to be part of an audience for the final rehearsal of the season, featuring two Ukrainian pieces. Vax passport required. By donation.

David Gogo in concert 8:30 PM, Wildwood Pub.

Beach Crashers fundraising concert

2 pm, Willingdon Beach. James Thomson's Grade 7s will be singing with the Beach Crashers for their bottle drive fundraiser for their year end trip to Tofino. Bring your empties!

Sunday, May 15

Music of the Night: Concert Tour 2 pm, Evergreen Theatre. A musical

celebration of Andrew Lloyd Webber's

75th birthday. Including selections from: Phantom of the Opera, Evita, Cats, Jesus Christ Superstar.

Wednesday, May 18

PR Chorus Spring Concert

7:30 pm, Evergreen Theatre. Conducted by Walter Martella. \$20, children 12 and under free. Tickets at Armitage and from chorus members.

Sunday, May 22

Sunday Social: Evan Symons 7pm, Wildwood Pub.

Wednesday, May 25

Grant Lawrence & Friends

7 to 9 pm, Patricia Theatre. With Ashleigh Ball, Leeroy Stagger and Tyler Bartfai. \$30 in advance at The Peak, The Pat, Nancy's Bakery and on Eventbrite.

Sunday, May 29

Sunday Social with Spud & Turnip 7pm. David Spragge and Dennis Fox. Wildwood Pub.

Will Street Big Shiny Spoons concert

2:30 to 3:30 pm, Max Cameron Theatre. Adults \$25, Youth \$10. See ad on Page 36.

Monday, May 30

Co Erasga. Passage of Rhythms

7pm, Evergreen Theatre. An evening of three dynamic duets, featuring three diverse artists, showcasing three different genres - Flamenco, Bharatanatyam, and voices for the body, Passages of Rhythms is a hybrid full-length evening of cross-disciplinary and cross-cultural collaboration. See gathetart.ca for workshop info.

Tuesday, May 31

Sound Healing Workshop 2 to 3:30 pm, Evergreen Theatre. With Ronald Stelting. By donation. Register at gathetart.ca.

Intro to Modern Dance Workshop

4 to 5:30 pm, Evergreen Theatre. With Alvin Erasga Tolentino of Co. Erasga (see above). By donation. Register at gathetart.ca.

Voice & Movement Workshop 7 to 8:30 pm, Evergreen Theatre. With Gabriel Dharmoo. By donation. Register at qathetart.ca.

Proud Member of the PB Chamber of Commerce

Friday, June 3

Joel Fafard in Concert 9pm, Wildwood Pub.



gathet Pride celebration August 13 & 14 • Texada Sandcastle Weekend

August 8 to 14 • 10th Anniversary

August 6 & 7 • Texada Blues and

July 23 & 24 • Texada Artists studio

July 27 to 30 • Aerospace Camp on

July 29 to August 1 • NEW Powtown

Shakedown Music Fest

July 31 • Texada Fly-In

Roots Festival

July 30 • Texada Fly-In Fling

August 19 • Blackberry Festival Street Party

Dates TBA • Edible Garden Tour

August 27 & 28 • gathet Studio Tour September 2 to 4 • Sunshine Music

Festival

September 24 & 25 • Fall Fair

Sun to Thurs 9am to 10pm • Fri & Sat 9 am to 11 pm • Duncan & Joyce • 604 485-9343



From Grease to Greece:

Does it show again just how much we've missed you?

BY PIETA WOOLLEY

Backstage at the Max Cameron Theatre half-way through April, the teen cast of Mamma Mia vamped in the dressing rooms, trying on their costumes for the first time. Small groups burst into ABBA songs. Others ran lines. With a month to go before they hit the stage, the excitement buzzed.

This is the first big musical presented by Brooks since Grease in 2018. Launching a musical is a vast, full-year project, explained the production's director, theatre teacher Jennifer Didcott. COVID interrupted two years of possible productions. Jennifer and the cast and crew took a chance back in the fall



MY MY!: Top, these dynamos are cast B: Aurora Dyck (Donna), Star Sayer (Tanya) and Louise Cauvin (Rosie) singing Super Trouper. Above, the bachelors are David Woolley who plays Harry Bright and Pepper, Edwin Solowan (Pepper) and Max Martineau (Eddie).

MAMMA MIA, ON STAGE

When: 7 pm May 12, 13 and 14, 2 pm May 15

What: Brooks Theatre Department presents the ABBA musical extravaganza

Where: Max Cameron Theatre

Tickets: \$20 at the Brooks Secondary School office

of 2021, though, and took on Mamma Mia, rehearsing socially-distanced through COVID's third wave, Omicron, and finally, the lifting of restrictions which means they can fill the theatre to capacity.

The show tells the story of Donna and her daughter Sophie, ex-pats who run a hotel on a small Greek Island. Sophie is getting married, and surprises everyone by inviting the three men who might be her father to the wedding.

The drama is a platform for booming through ABBA's top repertoire, including Super Trouper, Dancing Queen, Lay All Your Love On Me, and of course, Mamma Mia, plus many more hits. Brooks' music teacher Steven Cramaro, choreographer Sydney Spenst and Discover Creative Arts owner Lesley Sutherland have been training the cast and band since September of 2021.

Grade 11 student Camryn Pukesh was shocked when she auditioned and landed a lead part, Sophie. "This is my first time doing anything like this," said the life-long puckster.

"I thought I'd just throw myself in and see what happens." The hardest part of working on this production, she said, is balancing it with school, hockey and her job at Rexall Pharmacy.

Many teens in the play, Camryn said, have jobs and other commitments – but they're pulling together to make Mamma Mia sing. After the past couple of years, we all need an S.O.S.





604-414-4699

*Remember last summe*r?

Heat Dome Record Temps Long drought



Danby 9,000 BTU Portable Air Conditioner, fan & dehumidifier

Get on the list before they're gone!



FILM, BOOKS & LECTURES

To May 5

The Fantastic Beasts & the Secrets of Dumbledor

7 pm nightly at the Patricia Theatre.

Mon / Wed / Sat

Kiwanis Book Sales

10 til 1 pm, 4943 Kiwanis. Fill a bag for \$5. COVID-19 rules still apply - masks and proof of vax. Fundraiser for Ukraine.

May 6 to 10

Dog

7pm nightly, The Patricia. Rated PG. Dog is a buddy comedy that follows the misadventures of two former Army Rangers paired against their will on the road trip of a lifetime. An entertaining and ultimately emotionally effective offering.

May 11 & 12

Everything Everywhere All At Once

7pm, The Patricia. Rated PG. Cinematheque series. A ridiculously entertaining, huge-hearted action-fantasy-comedy, a joyous ode to the multifaceted wonder of life itself. Everything Everywhere All At Once will leave you breathless, confused, entertained, amazed, touched and maybe even a bit enlightened. Michelle Yeoh is a force to be reckoned with.

Friday, May 13

The Science and Spirit of Seaweed

4 pm, Zoom. Amanda Swinimer presents the story of her decades-long journey among the seaweeds and kelp forests on our coast, explaining how seaweed helps to heal both people and the planet as food and medicine. To register, email mmerlino@prpl.ca

May 13 to 17

The Northman

7 pm nightly, The Patricia. Rated 14A. A bloody revenge epic and breathtaking

visual marvel authentic period setting and gritty gorgeous depiction of a legendary revenge story. Intense, brutal, and captivating. Powerful cast.

May 18 & 19

The Outfit

7 pm nightly, The Patricia. Rated 14A. Cinematheque series. From the Academy Award-winning writer of The Imitation Game (Graham Moore) comes The Outfit, a gripping and masterful thriller in which an expert tailor (Academy Award winner Mark Rylance) must outwit a dangerous group of mobsters in order to survive a fateful night.

Friday, May 20

Coastal Wildfires - Hazards and Preparation

5 pm, Library. Join Fire Smart Coordinator Marc Albert and Evacuation Planning Assistant Jesse MacDonald for a look at the factors that influenced the severity of a recent major coastal wildfire and what can be done to reduce our own risk at home. To register, email mmerlino@prpl.ca

May 20 to 24

The Bad Guys

7 pm nightly and 1:30 Sunday Matinee May 22. At the Patricia. Rated G. A crackerjack criminal crew of animal outlaws are about to attempt their most challenging con yet-becoming model citizens! Fastpaced, funny, and full of colorful visual appeal, The Bad Guys is good news for the whole family!

Tuesday, May 31

Living with Multiple Sclerosis

7 pm, at the Library. Susan Simmons will tell the inspiring story of her journey with MS - from struggling to walk to becoming an ultra marathon swimmer who successfully swam across the Straight of Juan de Fuca. To register, email mmerlino@prpl.ca





Thousands of candles can be lit from a single candle, Happiness never decreases by being shared. Gautam Buddha



Townsite Public Market, Lower Floor • 11 to 5 Tue to Sat owlandbearpr@gmail.com • 604-413-4064

EVENTS FOR PLANT PEOPLE

May 4 to 28

Invasive Species Drop Off

10 am to 4 pm, Sunshine Disposal. Wednesdays, Fridays and Saturdays. See ad on Page 2.

May 4 to 18

Drop-In Open Studio with Rosa Ouintana Lillo

Wed-Sun, 2 to 5 pm + Fri, 7 to 9 pm. Come to the Crucible Gallery at Townsite Market to play, experiment, and sequester carbon by making art and ink: everyone is invited to participate and contribute to the installation-in-progress. All mate rials and supplies are provided. Wheelchair-accessible!

Wednesday, May 4

Painting Coastal Landscapes

4 pm, Zoom, Join landscape painter Jov Davis for a virtual hands on workshop on laying out, sketching, underpainting and choosing the colour palate for landscape paintings of our coast. To register email mmerlino@prpl.ca

Saturday, May 7

Lang Bay Hall Plant & Craft Sale Noon to 2 pm at Lang Bay Hall. Raffle, light refreshments by donation, and more.

Thursday, May 12

50 Years of Forestry: Progress and Change with Rod Tysdal

6:30 pm at the qathet Museum. Rod Tysdal will share his perspective on changes in forestry operations through the years, focusing on Silviculture Advances, Land Tenures (including our Community Forest), & Forest Certification. \$5. Or attend online via zoom (link will be sent to you). powellrivermuseum.ca/speakerseries.html

SPORTS & OUTDOORS

Thursdays through June

Free drop-in skateboard lessons with Townskate 5:30 to 7:30 pm, outside Brooks.

May 5 to 18

Beach Rope Collection Parties

9 am every Tues and Thurs. Meet in front of Crucible Gallery, then travel (we'll be on bicycles) to nearby beaches to look for rope to make art and clean up the beaches! With Crucible's Artist in Residence Rosa Quintana Lillo. See more in the arts section.

May 6

Haywire Bay campground opens for the season See gathet.ca for more.

May 8 to 15

Hike for Hospice Fundraiser for the Powell River Hospice Society. See prhospice.org for more.

Friday, May 13

The Science and Spirit of Seaweed

4 pm, Zoom. Amanda Świnimer presents the story of her decades-long journey among the seaweeds and kelp on our coast, explaining how seaweed helps to heal both people and the planet. To register, email mmerlino@prpl.ca

Saturday, May 14

Garden Club Plant Sale Tour

10 to 2 pm. Locations are (North to South) 2008 Ralph Rd; 6896 Klahanie Dr; 6413 Sutherland Rd; 5848 Ash Ave (Patricia Theatre); 4680 Cook Ave; 4310 Westview Ave; 3994 Marine Ave; 3784 Gordon Ave; 3130 Butler Rd, off Bradford Rd; 2309 Zilinski Rd (Eternal Seed); and 10989 Dunlop Rd, off Phillips Rd. The money from the addresses on Cook Ave, The Patricia Theatre, Marine Ave and Dunlop will all be going towards bringing a Refugee Family to PR, through gathet Refugee Sponsorship.

Friday, May 20

Coastal Wildfires - Hazards and Preparation

5 pm, Library. Join Fire Smart Coordinator Marc Albert and Evacuation Planning Assistant Jesse MacDonald for a look at the factors that influenced the severity of a recent major coastal wildfire and what can be done to reduce our own risk at home. To Register mmerlino@prpl.ca

Saturday, May 28

Assumption Plant Sale

12 noon to 3 pm in Assumption school gym. Catholic Women's League.

Sunday, May 29

Herb Walk

1pm, with medical herbalist Todd Caldecott. Cost is \$15. Register at dogwoodbotanical.com/workshops.

Tuesday, May 10

Move for Health Day

See powellriverprc.com for more.

May 20

Putters opens seven days a week 11 am to dusk.

May 28

First annual gathet Fondo

7am, starts at Tinsel-Jackson Farms (Joyce and Richmond Street in Powell River, BC). Road race organized by Club Fat Ass. 120K, 60K or Roll-Your-Own distances. Non-sponsored or sanctioned. Free for club members or sign up at clubfatass.com/join/

May 30 to June 5

Go By Bike BC week

Grand prize: Cycling adventure for two in the Netherlands. gobybikebc.ca.

June 11

PR Sports Hall of Fame Banquet See ad on Page 39. \$60. Hap Parker Arena.



VISUAL ARTS TO SEE & DO

To May 14

HOMELESS ART/ist CONTRACT on WHIRLD LOVE

Noon to 7pm daily at Tidal Art Centre. Robert Scott McMillan.

To May 15

Here Comes the Sun art show

Magpie's Diner. This was Beth Jankola's last show. The 86-year-old passed away in April. Beth graduated with a BFA from Emily Carr when she was in her late 50s, and had an extensive career showing her work in galleries in Vancouver and the Sunshine Coast. Prior to that she was a well-known Canadian poet and graphic artist. bethjankola.com.

To May 21

Bettina Matzkuhn, On Foot

qathet Art Centre. Tues, Thurs & Sat 12-5 pm.

May 4

Painting Coastal Landscapes

4 pm, Zoom. Join landscape painter Joy Davis for a virtual hands on workshop on laying out, sketching, underpainting and choosing the colour palate for landscape paintings of our coast. To register, email mmerlino@prpl.ca

May 4 to 18

Drop-In Open Studio with Rosa Quintana Lillo

Wed-Sun, 2 to 5 pm + Fri, 7 to 9 pm. Come to the Crucible Gallery at Townsite Market to play, experiment, and sequester carbon by making art and ink: everyone is invited to participate and contribute to the installation-in-progress. All materials and supplies provided. Wheelchair accessible!

May 5 to 20

Friends at Easel group show

Malaspina Exhibition Centre at VIU, Monday- Friday 8:30 - 4:30 pm. Opening party May 5, 6-8 pm. artpowellriver.com

May 5 to 18

Beach Rope Collection Parties

9 am every Tues and Thurs. Meet in front of Crucible Gallery, then travel (we'll be on bicycles) to nearby beaches to look for rope to make art and clean up the beaches! With Crucible's Artist in Residence Rosa Quintana Lillo.

Tuesday, May 10

Raise your Voice community art project session

Noon til 2, qathet Art Centre. With Naoko Fukumaru. See qathetart.ca.

May 15

Deadline to register for the qathet Studio Tour 2022 artpowellriver.com

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 or digital format. Questions? email qathetyouthartshow@gmail.com

May 20, 21 & 22

Mappa Cartography Workshop 10-4pm, qathet Art Centre. qathetart.ca

May 22

Grand Opening Party for the

Carbon Sink Art Show Starting at 7 pm, Crucible Gallery. Artist in residence Rosa Quintana Lillo.

May 25 to 29

Carbon Sink Art Show with Rosa Quintana Lillo

12 to 5 pm daily. Crucible Gallery, Townsite Market. May's Artist in Residence.

May 27

Artifact Series: Get Creative with historical still life

7 pm, qathet Museum. Theme for this session is: Island Life – choose an object to draw from a selection of historical items from Savary Island. \$10. Registration recommended. info@powellrivermuseum.ca

June 1 to 19

Art of the True Self – Youth Art Show

June 1, 7 pm Opening Night. Pride Month.

Monday, June 6

Deadline for the PR Film Fest Youth 5 Minute Film Contest

prfilmfestival.ca/5-minute-film-contest

Wednesday, June 8

Deadline for the Library's Photo Competition

There are two categories – for photographers 18+ and for photographers under 18. Theme is The Coast. See ad Page 32. For prizes and competition rules, visit prpl.ca



We're looking for a customer service representative and/or a brewer to join our fun-loving team. Are you sick of working nights or rotating schedules? We have a fun, clean and inviting atmosphere to work in, and best of all, only day shift. 7030 G



7030 Glacier St | 604.485.0345 | jeremy@prbrews.ca



PLAYING WITH PIGMENTS: At Townsite Market's Crucible Gallery, artist in residence Rosa Quintana Lillo is running a series of eco-art making, seeing and experiencing events and shows throughout May.





Rachel Blaney, MP 4697 Marine Ave 604 489 2286 Rachel.Blaney@parl.bc.ca

YOUR POWELL RIVER REPRESENTATIVES

Nicholas Simons, MLA #109 - 4675 Marine Ave 604 485 1249 Nicholas.Simons.MLA@leg.bc.ca



Top 5 reasons to get a Pollen Sweater for Mom

- 1. After all the stress you put her through, she has earned comfortable.
- 2. Available in more than 25 colours, including her favourite.
- 3. Pollen Sweaters are machine-washable, so the grime from cooking, cleaning, fixing, driving, and generally being awesome will wash out.
- 4. Would make her 50-90% more beautiful. If that were possible.
- 5. She deserves the best.

(Mother's Day is May 8. Don't forget.)

For more fun, and fabulous wool sweaters and toques, wool and bamboo ponchos, and books, find us above Nancy's Bakery in Lund.





Made in Lund, BC, Canada since 1986 Open 10-4 Tues-Sat throughout May **604 483-4401 • pollensweaters.com**

WHAT'S UP: EVENTS

Back to the Beach with PRISMA!

The PRISMA Festival & Academy is celebrating its 10th anniversary next month with an exciting lineup of live classical music experiences spanning June 13 to 25.

Tickets and passes will be available on the PRIS-MA website starting May 11. Additionally, the new PRISMA office (former Coles book store location in the Town Centre) will be open for walk-up sales from noon to 4 pm on Tuesdays and Thursdays until the start of the festival.

This year's PRISMA Festival Orchestra, once again led by maestro Arthur Arnold, will be comprised of high-level music students from 18 different countries. In the span of a few days, they will go from being complete strangers to close colleagues, performing five concerts together and making connections to last a lifetime.

Symphonic repertoire includes Bartok's Concerto for Orchestra, Rimsky-Korsakov's Scheherazade, and Mozart's Piano Concerto No. 20 in D Minor featuring soloist Edwin Kim.

There's also a belated 250th birthday celebration for Ludwig van Beethoven on June 16, PRISMA on the Beach on June 18, a kids' concert on June 21, an exploration of "Forbidden Music Regained" on June 23, and the popular Sail to the Symphony matinée on June 25.

As always, principal players from some of the world's top orchestras will be on hand to offer masterclasses and private lessons, in addition to giving their own thrilling chamber music performances for local and visiting audiences.

PRISMA will welcome five new guest artists in 2022, alongside 18 returning favourites. The Lafayette String Quartet, who last travelled to Powell River in 2021 to record a digital concert, will be this year's Artists in Residence and are set to take the stage on June 14.

For a full schedule of concerts and featured musicians, please visit prismafestival.com.

- Andy Rice

Snap the coast to win!

The Powell River Public Library is pleased to announce the 2022 'The Coast' Photo Competition. Submit your best photo showcasing coastal waters (the ocean, lake or river) found in this region.

Photo submissions should be emailed to mmerlino@prpl.ca. Winners' shots will appear in the Friends of the Library calendar, and in the July issue of *qathet Living* magazine.

There are two categories for photographers 18 + and photographers under 18. The submission deadline is June 8, 2022. For prizes and competition rules please visit prpl.ca/files/2022/04/2022-The-Coast-Photo-Competition-Guidelines.pdf

Mini road trip for plants

The Powell River Garden Club will have a plant sale tour on May 14 from 10 am to 2 pm. With 11 destinations offering a wide variety of plants, the plant sale tour will go from Lund to Zilinsky Road. Each location will have selections from members with tables loaded with vegetables, annuals, perennials, shrubs and trees. Two locations will have Club tables raising funds for the Garden Club, and four locations are fundraising for charities. Sale locations are: 2008 Ralph Rd; 6896 Klahanie Dr; 6413 Sutherland Rd; 5848 Ash Ave (Patricia Theatre); 4680 Cook Ave; 4310 Westview Ave; 3994 Marine Ave; 3784 Gordon Ave; 3130 Butler Rd, off Bradford Rd; 10989 Zilinsky Rd (Eternal Seed) and Dunlop Rd, off Phillips Rd.

Assumption school turns 60

Assumption School is celebrating its 60th year! We will honour this with a celebration week at the end of May/early June. We would like to invite alumni and qathet community members to celebrate with us. On Friday, June 3 we will host a Wine and Cheese evening. On Saturday, June 4 we will have a magic show and carnival. Children will receive 20 free tickets to the carnival. Tickets for all of these events will be on sale soon. Please follow our Facebook page for more information. *- Angela Bennett*



Moose Hide Campaign Day

Now that COVID-19 restrictions are slowly being lifted, community gatherings can take place. This has prompted me to begin offering community events once again.

At this time, I would like to introduce The Moose Hide Campaign.

This event is to bring awareness and education to help end violence against women and children with Campaign Day being May 12.

Watch for a kiosk table set up in some of your different locations with all the information to explain the campaign and when the official day will be.

A Moose Hide pin will be distributed as well in support of this campaign. For further information or to request a Moose Hide pin, contact Frank Osawamick at the Health Centre at 604-483-3009 ext 113.

I am also planning to start a Men's Group with different activities to promote involvement with each other after this period through the pandemic. I hope to support community members get back on track by building ways to reduce stress and empower change through connection with others and the environment for our individual mental health.

Whatever 2022 brings, get ready & stay ready

BY PIETA WOOLLEY | pieta@prliving.ca

n spring of 2017, Jessie MacDonald was working as a grant writer in Bella Coola – then the summer's wildfires struck. That was the year the skies turned yellow here in qathet, and anyone with breathing trouble had to stay indoors. In the region on the Central Coast, though, the fires were genuinely terrifying. The only road out was shut; tourism bookings plummeted; store shelves emptied as the fires edged closer to town.

By fall of that year she was reassigned as the region's recovery manager – a skillset she now brings to her role as the qathet Regional District's Evacuation Planning Assistant and to her graduate work in emergency planning at Royal Roads University.

"Anxiety and fear had a huge impact during the wildfire season of 2017," she recalled, explaining that her passion is helping communities recover from emergencies. "Being prepared is absolutely key."

Here, she offers five tips for making the most of Emergency Preparedness Week 2022:

1. Get to know your neighbours

The people around you are going to be your team when disaster strikes. In fact, Jessie explained, until the 1950s, governments weren't involved in emergencies very much – that was a community thing. While governments are now involved in disaster preparedness, mitigation, response and recovery, your neighbours on the ground are the ones who will see you through those first hours and days, with food, water, heat, care for injuries, care for pets and livestock and potentially much more.

So, plan a block party (see the ad on Page 32 for how the City can help with this – anywhere in the region) or potluck. Or contact the qRD to make a "Get Ready, Stay Ready" presentation at a community meeting.

2. Evaluate your neighbourhood

Think seriously about what your unique dangers might be. Is your home at risk of storm surges? In an area susceptible to bush fires? Are there industrial chemicals stored nearby? The qRD has some excellent resources evaluating this region's geographical risks and evacuation plans, at qathet.ca or in print at the qRD's main office on Marine Avenue.

In emergency preparedness language, "know your hazards, make a plan, get prepared."

At the same time, evaluate your assets. Do you keep a pantry stocked, gas in your car, water stored? Do you have enough pet and livestock food to last? Who in your neighbourhood has medical training, fire training? Who in your neighbourhood may need extra help? Jessie notes that the elderly, women and marginalized people tend to fare worse in emergencies.

Then share your findings with your neighbours.

3. Check your home and business insurance

When the Sumas Prairie flooded last summer, Jessie pointed out, many landowners were shocked to discover that their insurance policies would not cover the damage and losses. This isn't rare. Read the fine print so you can sleep at night.

4. Get Ready, Stay Ready: invite the qRD to talk emergency preparedness at your community or club meeting

Together with the local Red Cross, the qathet Regional Preparedness program has created a "Get Ready, Stay Ready" workshop for local groups – both those who may need help, and those who want to pitch in with help and expertise when the time comes.

5. Sign up for the qRD's Community Notification System

Register at qathet.ca to get immediate notifications about emergencies, evacuation orders and shelter-inplace orders by phone, text and email. This system will be tested during Emergency Preparedness Week, so now is a perfect time to sign up.

PREPARE FOR EMERGENCIES

Tuesday, May 3

Community Notification System Testing

1:15 PM. All residents and visitors of the qathet region are encouraged to register at qathet.ca to receive important emergency alerts by voice, text, and email. Note: If you have registered for the system prior to April 2021, please register again for this new system.

May 1 to 7

Get Ready Stay Ready - Thrift Shop

Budget-friendly emergency preparedness. Grab-and-Go Bag and household preparedness kit items will be on display and for purchase to help you prepare. MCC Thrift Shop at 7050 Field St open 10 am - 3 pm, Tuesday - Saturday Salvation Army Thrift Store @ 1-7030 Alberni St open 9 am - 5 pm, Tuesday - Saturday.

Wednesday, May 4

Senior Fire Safety and Household Preparedness

12:30 pm, Gerry Grey Place. With Trish Greenwood, Powell River Fire Rescue coordinator/public educator.

Saturday, May 7

Open House - Malaspina Volunteer

Fire Department 11 am to 3 pm. Malaspina VFD #1 Hall – 9999 HWY 101. Free hot dogs and drinks! Fire extinguisher training

Sunday, May 8

offered on site.

Open House – Northside Volunteer Fire Department

11 am to 3 pm. Northside VFD #2 Hall – 9574 Roots Way. Come out to see the new training facility. Free hot dogs and drinks! Fire extinguisher training offered on site.

Saturday, May 14

Broom Buster Event

11 am to 1 pm, Manson Extension. For full details visit the Powell River Fire Rescue Facebook page.

Sunday, May 15

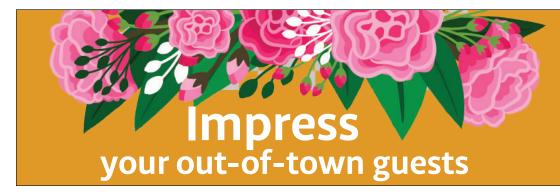
Texada Island – FireSmart Chipper Day at Gillies Bay

Noon to 3:30 pm. Gillies Bay Fire Hall #1 Gillies Bay Volunteer Fire Department.

Friday, May 20

Coastal Wildfires - Hazards and Preparation

5 to 6 pm, First Credit Union Community Room, Powell River Public Library. Join Fire Smart Coordinator Marc Albert and Evacuation Planning Assistant Jesse MacDonald for a look at the factors that influenced the severity of a recent major coastal wildfire and what can be done to reduce our own risk at home. To register, email mmerlino@prpl.ca



Art Clothes Gifts & Jewelry Groceries Bakery Deli Toys Housewares Climbing Knitting Supplies Coffee & Treats Ausic & Art Classes uch more!

...and so much more! townsitemarket.com





Lund Water Taxi 604-483-9749

4571 Marine Ave **604-485-2771** fleminglaw.ca

Daily runs to Savary Island • Charters serving Savary Island & surrounding areas, including Sunshine Coast Trail • Phone for reservations • Phone hours 8 am - 5 pm

TAKE A BREAK Stuck? Try embodied decision making

Think to a time when you have had difficulty choosing between two options, in a "this" or "that" type of situation. Not so much at the level of what to make for supper, but life path choices such as which career to study for, or between a perceived responsibility and dream pursuit.

Perhaps that time is right now even. We may feel such a tension arise that we become immobilized and truly challenged.

Our minds and hearts and guts seem at odds with each other. Maybe neither, or both, of the options feel authentically right and so we ping pong back and forth.

If we introduce a third option, a stability of sorts can be attained. The tension

becomes distributed in a balanced way, much like a triangle or three-legged stool. Often this option is a compromising blend of the original two, but may be something wild and previously unconsidered.

Trusted help may be enlisted to think outside of the box we were in, but boldly seeking that third option can bring strong feelings of spaciousness to then step into my favourite decision making method. We can do this as a solo experience, but having trusted observers to this process adds a wealth of information we might miss on our own.

The first step is to ensure we have three firm, clear options. The next step is to find three things we can

RETURN TO REVERENCE JULIETTE JARVIS



stand on, a piece of tape on the floor or a pillow perhaps. Designate one choice for each item and stand before them. After a cleansing breath and a moment to "get into our

body," step onto the first option and feel as if you have fully stepped into that choice. Made and done.

Notice now any emotions welling up and let them inform you. Take stock of physical tension in your body and your posture. Is your jaw clenched? Arms wrapped around yourself? Face grimacing?

Now step back and shake it all off before "making" your second choice. Notice again and note any changes that occur. This is where compassionate witnesses can be helpful. Often they can see our stance and energy

change better than we can.

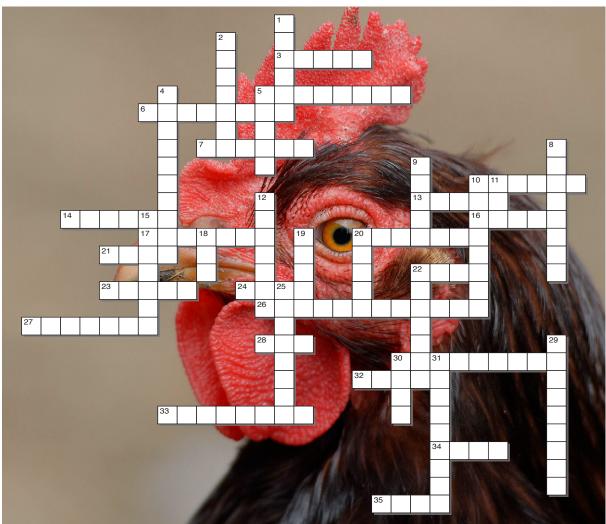
One of the three options will bring greater ease to our body with feelings of freedom, strength, or excitement while the others feel heavy, oppressive, or downright painful.

We tend to rely heavily on our minds to make decisions, but our wise bodies have lots to tell us too. Give this practice a try next time you are stuck and feel it out!

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



TAKE **A BREAK**





Perimeter Tiles / Drainage

Landscape Preparation

Certified Onsite

Wastewater Systems

Excavating &

Site Services

Rock Walls

Find us on 📑

Across

3) Hot news, cold treat 5) Not a mutt 6) Plant soakings 7) Summer symphony festival 10) Sept long weekend in short supply 13) Older septic business 14) Roasted but you drink it 16) Sweeper, or yellow plant 17) Temporary outdoor living 20) When it's not just us chickens 21) Farmers' market big attraction 22) To plant, or plant originator 23) Raised, cultivated, nurtured 24) More than a house 26) Home worker 27) JF and Katie and Michael 28) Local campus 30) Mule deer, Texada farm 32) Bee boss 33) Elon's other communication device 34) Bee sound 35) Animal helpers

Down

1) Save 2) Elon's purchase, bird sound 4) Fern's edible frond 5) 4th estate, or apple squisher 8) new qathet residents likely last location 9) Peter, Helena, and the bees 10) Tea or dog or NFLD 11) Ground only for growing 12) Sasq, yeti 15) It's the Rentals, stupid 18) Furry companion 19) Green-brown eyes, Wildwood nuts 20) Newer septic business 22) Walk without picking up feet 25) Pole line, or pot producer 29) Common u-pick fruit 30) Endure, yield, or bruin 31) Pat's farmers gate

Andrew McCully Massage Therapy

"I have been dealing with several chronic issues from a decade of playing professional sports. Andrew's extensive knowledge and skillful touch have made it possible for me to remain active and pain-free." ~ *Dr. Marina L.*

5757 Maple Ave • 778-882-6864

Specializing in systemic deep tissue and myofascial massage therapy **Now accepting new clients** 15 years' experience

andrewmccullyrmt@gmail.com www.andrewmccully.com



Serving the Sunshine Coast since 1991 Office: 604-487-0466 • Cell: 604-208-2010

TO APRIL'S

PIDDXRCBHOTIPYYMVUFEGZO , (Q А Т Н Е Т) S О Н М В Q О Z V В L D N D U B S Y D M H G A A F D R E X O O CQFMZPNRYBUJCADCNQUW υJ G VARRVPLOPPFUWOACIJNT D Ν O D R A R R J G H I H O Q Q S S R ΝO S MFFKWTTOEEVERHGOL MPI JEAKFI G P S J P D B M B J E U CΙ Ρ Ζ HSHE NTERSMOOAEDTIDEIIS NE A I S G T G Q E N G R E O V F S Q T AK CGRR TDEEHIRBNZETNWQRT M J I B K U H S U D E Q R H S U L M D W N S Y E O E Y ΒН ≺н YCAIEITJUIBGAVNT wим CHANSOLHRIEZONUPCMSHC G ZASFWUCUJNJZEUUSGEAR E I G OCAVT/CRQNILCVYRIIDZLR RU H P B K I D Y H H D T A X I D D I C V M E А S PPT/V/CPO/S/HHBMWT/A/R/UNNONMCT RMWLICWNVQRUWCR DEYQNTI ΕN KYIWUWUHEFFIGAAXMTNIYDL USEEDSLZREZTPHSIBBFAVF

Unconditional love.

It's one of the many reasons why so many of us have pets.

My dogs are always happy to see me. I can't remember a time when I've come home at the end of the day and not been greeted by wagging tails, excited yips and squirmy bodies throwing themselves against me.

They make me smile.

Pets

fill our

hurting

hearts

We've lost so much in the last couple of years because of the pandemic. We stopped hugging friends we saw in the street or grocery store, we stopped going to church, we stopped hanging out, and we stopped travelling and entertaining because of COVID. So much of what we used to do wasn't safe. So much was off limits.

But pets were not. And the joy they brought us became more important than

ever. As we isolated and separated from society, people depended on their pets. The number of pets purchased

during the pandemic is staggering. According to a survey released in June of 2021, 3.7 million Canadians (10% of the population) adopted, purchased, or fostered a cat or dog during the pandemic. And like anything else when demand outstrips supply, prices go up. (In some cases, people are paying a couple of thousand dollars more for a purebred dog than they were pre-pandemic).

But for those of us who love our pets, they're worth every cent we spend on them.

Why? Because for many they're a member of our family.

I have kids and I have fur kids. My kids are grown and gone; my Nova Scotia Duck Tolling Retrievers fill the void they've left. We all need to be needed and pets need their people. When the alarm goes off at 6 am, Zunga jumps off my bed and Princess Jigs comes trotting out of her own bedroom (which used to be my son Alex's room) and heads for the door. Once they've gone hurry up (pee), it's time for breakfast. And then a walk. I don't begin to get ready for my day until I've tended to their needs.

Jigs makes me move. When I got Jigs, I wanted a dog like my old boy Hunter. I wanted a couch potato cuddler, but that's not what I got with Jigs. I got the dog I needed, not the dog I wanted. Jigs is relentless. She wants to run, walk, and play ball and would do so all day. But she can also settle down when it's time. Although I didn't know it when I got her, I needed an adventurous canine soul in my life. I needed Jigs.

Zunga is my love bug. Like my children they are totally different; Jigs loves to play games and Zunga loves to cuddle.

Watching my dogs play makes me smile. Not only are Jigs and Zunga good for my mental health; they're good for my physical health. Because of them we walk every morning and do a longer hike on the weekends. They take me to places I'd never go on my

LAST

WORD

ISABELLE SOUTHCOTT

own. (I don't think I'd drive to a beach or lake on a drizzly spring day and throw sticks in the water without a dog to bring them back.)

And it's not only dogs who are good for us, but also other pets, like cats, mice, chickens, rabbits and more. According to research, social interaction with your dog increases the feel-good chemical oxytocin, which lifts your spirits, lowers stress levels and alleviates depression. There's an entire research group, (the Human Animal Bond Research Institute) dedicated to proving it.

And now that many COVID restrictions have been lifted, our pets can help bring us closer to our community again. A few months ago, Jigs and I joined a new disc dog league – a sport that has dogs chase flying discs. I just finished puppy classes with fivemonth-old Zunga and now I'm doing Rally Obedience with both my dogs – and a new group of humans.

Our pets need us, and we need them. Like any relationship, it's a two-way street. If you look after them, they'll look after you and love you forever.

Electrical Upgrades Renovations New Construction Audio/Video Installs Generator Connections Car Charging Stations

604.414.3929 FoxtrotElectricalSolutions.ca



FOXTROT ELECTRICAL SOLUTIONS LTD.

Connect a generator to your home

With a standby generator, your family will feel safe and secure during power outages. We can connect your existing generator, or install a new Cummins, guaranteed one of the quietest, most efficient, and most reliable generators available.



FREE CONSULTATIONS

Book your appointment online today!



604-578-8135 · 5-4313 Alberta Avenue vkwellness.ca

Do you provide health services in qathet?

Contact Sean Percy before September 7 to get your free listing in *ZEST* magazine/directory.

sean@prliving.ca or 604-485-0003







Daily flight options

35 minute non-stop flight between Powell River & Vancouver

Book Today: www.pacificcoastal.com 1-800-663-2872



POWELL RIVER REGIONAL HOSPITAL DISTRICT

NAME CHANGE

WE WANT TO HEAR FROM YOU!

The Powell River Regional Hospital District is seeking public feedback regarding changing its name to qathet Regional Hospital District.

Members of the public who live or own property within the Powell River Regional Hospital District boundaries are invited to submit feedback on the proposed name change. Please ensure all feedback submitted includes your full name and mailing address. Anonymous submissions will not be accepted or considered.

You may send your feedback in the following ways:

BY MAIL OR IN PERSON:	Regional Hospital District Board of Directors #202-4675 Marine Ave Powell River, BC V0N 2L2
BY EMAIL:	administration@gathet.ca
BY FAX:	604-485-2216

The deadline for receiving feedback is June 15, 2022. Please ensure all feedback is received by the deadline in order to be included for consideration.

Personal information provided along with feedback is collected pursuant to section 26 of the *Freedom of Information and Protection of Privacy Act* for the purpose of enabling members of the public to provide feedback on the proposed name change and to enable the consideration of that feedback. Any personal information you provide in your feedback, as well as all content of feedback will become part of the public record, be made available for public inspection, be published on a public agenda, and forwarded to the Province of BC.

To view the project timeline, staff reports and other background information, please visit qathet.ca/hospital-district-name-change/ or contact the qathet Regional District Administration Department at 604-485-2260 or administration@qathet.ca.







JOSH STATHAM

PERSONAL REAL ESTATE CORPORATION

* PRSCREB MLS data 2020 & 2021

604.223.5674 JOSHSTATHAM.COM