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ON THE COVER:

Editor Pieta Woolley's silkie chicken Lady Whistledown. These feisty birds were hatched by Katrin Glenn on Texada Island. (She also makes Texada Big Leaf Maple Syrup, so Katrin basically has the cornerstone on qathet's best stuff.)



Learning about learning

Abbey Francis, who has spent the past year as *qathet Living's* Local Journalism Initiative Reporter, writing about salmon, reconciliation, government, and so much more, left us in August. At barely 19, she is off to BCIT to take the broadcast journalism course.

I'm excited for her future; I know she'll have a remarkable career, and make a big impact. She's sharp, insightful, hard-working, curious, motivated, funny, and can see both Indigenous and non-Indigenous Canada clearly.

Watching her grow over the past year into someone who can produce a work such as Ghost Salmon (Page 18) has given me some of the most satisfying moments in my working life. It's given me a small glimpse into why teachers work so hard for their students.

Back to school time is a unique moment to think about our lifelong roles as both teachers and students, as painting instructor Rick Cepella does in his reflections on his adult students (Page 27). And, to critically reflect on what COVID has meant for a whole generation of young learners, as Speech Language Pathologist

Lora Baker does (Page 31.)

As a terrible gardener, I'm looking forward to this year's Fall Fair (Page 6, and

insert), to be inspired by the master growers. I know growing thriving fruit and vegetables can happen here, because other people in this community are doing it. Alas.

Finally, the upcoming civic election (starting on Page 11) gives us the chance to speak and listen – to teach and learn – about what matters in our community.

What a remarkable September for education. 🐼



EDITOR'S MESSAGE

PIETA WOOLLEY



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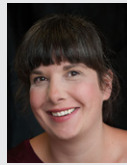
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“

I couldn't even show buyers a single house two years ago. Now I can show six houses. I used to show 12.

- Neil Frost, President of the
Sunshine Coast Real Estate Association, **Page 37.**

”

SEPTEMBER'S CONTRIBUTORS



RICHARD ARM-STRONG Richard Armstrong moved to Powell River four years ago with Valerie McRae. They love life here. Retired from Canada Post, he's actively writing and drawing. **See Richard's story about a new art show on Page 45.**



LORA BAKER is a local Mom, Speech Language Pathologist, and former French Immersion teacher, with a Masters of Science. **See Lora's story, about the effects of COVID and masks on qathet's Kids, on Page 31**



RICK CEPELLA is a visual artist and arts instructor living in Powell River (rickcepella.com). The late Gordon Smith, long time dean of Canadian painters, said he wished he could paint like Rick. **See Rick's story, To Learn, Teach, on Page 27.**



RYK TATARYN says, "It's been awesome to bring the beauty of Powell River to the eyes of others." He's a certified local drone pilot selling footage and photography. **See Ryk's photo of the dam on the Powell River on Page 18.**



JAMES TYRWHITT-DRAKE is a scientific visualization specialist from the qathet region who makes art to help people experience the beauty of the universe. **See James' tactile maps of qathet on Page 20.**

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HORSE SHOW: Fall Fair goers are invited to wander over to the Powell River Trail Riders ring to check out a variety of equine demonstrations from noon to 5pm on Saturday, September 24 and Sunday, September 25. Milan Jackson, show spokesperson, says there will be driving and reining demonstrations, gymkhana and mounted games on the Saturday. A working equitation percentage day, where riders will complete both a dressage test and an obstacle course, is scheduled for the Sunday.



PAINTED PONY: Do-Little Farms will bring Hands on Horses back to the Fall Fair. This popular event is a favourite with the little ones who get to paint their hands and put their handprints on a horse!





Fall Fair 2022 • September 24 & 25 • noon til 5 pm

Show off those mad pandemic-honed skillz

BY PIETA WOOLLEY

Apart from during WWII and the COVID-19 pandemic, the Powell River Farmers' Agricultural Institute's annual Fall Fair fundraiser has been a constant here in qathet since 1932. The last Powell River Fall Fair was in September of 2019.

During that two-year break, many of us puttered around at home sharpening our self-sufficiency skills: growing vegetables, sewing quilts, baking sourdough, canning jams, tending new-to-us chickens.

Now, here we are in nearly mask-free 2022. Armageddon didn't come, but as of later this month, the Fall Fair surely will.

Inside this issue of *qathet Living* you'll find a guide to entering dozens of categories, with the chance to win a

ribbon and bragging rights. Some categories won't surprise you, such as "savoy cabbage" or "fibre rabbits." Others might. "Lego, no kits," in the junior category. Photography on the theme of "bringing families and farmers together." Fly-tying. (We want to know how to apply to judge the cinnamon bun contest. Not to mention "Liqueur – any homemade.")

Even if you don't enter anything, make sure to drop by and enjoy what this region's most skilled and creative folks have produced this year. Listen to live music, visit friendly animals, ride the miniature train, cheer on the zucchini and potato sack racers, see the glorious fruits, vegetables, canning, baking, knitting, quilting and so much more, all for just \$5 (kids 12 and under free.) Like Blackberry Fest, it's just good to be back.

|| pieta@prliving.ca



Got a speedy zucchini?



The annual zucchini races are back! Strap a zucchini to anything that will roll down a ramp, decorate it, and show up at the fair at 2 pm Sunday. There are four age classes: 5-9, 10-12 & 13-16. Prizes for the fastest zucchini, and best looking chassis. For more information contact Bill Hopkins 604-223-2225 or on Facebook. Event sponsored by *qL* magazine.



Win a house, win a car

Celebrity status for top farmers at over 90 years of Fall Fairs

The Annual Fall Fair celebrates the excellence of locally grown products, and qathet has been celebrating for 90 years! The first Fall Fair goes back to the year 1932, when a small flower, fruit and vegetable show was held inside the Malaspina (Cranberry) School House. It was short notice and hosted at the last minute by enthusiastic Cranberry residents.

and so forth. In its first official year, 365 participants entered in the competitions and two years later by 1935, the number of entries tripled!

The Fall Fairs had many prizes, including ribbons, trophies and cash for contestants. However, they also had grand prizes for attendees such as car raffles and admissions prizes. In 1953, a prefabricated home was won for first place!

On top of the competitions, all sorts of creative exhibits were set-up by local businesses, displaying a variety of products and services. Some may also remember the annual Miss Powell River pageant, with the winner opening the Fall Fair each year.

During the Second World War, the Fall Fair went into hiatus. They resumed in 1953, and moved in 1954 to the Willingdon Beach arena. After the arena closed in the 70s, the fairs then moved to the Recreation Complex. Finally, in 1987, the Fall Fair took place in Paradise Valley at the Exhibition Grounds on McLeod Road. That same year, the society opened the first Farmers' Market as well. This is where Fall Fairs and the Farmers' Markets have been held ever since.

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

✉ jsyvigny@powellrivermuseum.ca



BLAST FROM THE PAST

JOËLLE SÉVIGNY

The event was so successful that the next year, the fair widened its scope and included the whole district from Lund to Thunder Bay, as well as Texada and Cortes Island. The result of this venture was the formation of the Powell River and District Horticultural Society (now known as the Powell River Farmers' Agricultural Institute).

The Society held its first annual fall exhibition at Dwight Hall on August 26, 1933. The Fall Fairs included a variety of competitions for fruits, vegetables, flowers, canning, eggs, honey, baking, art,

THE TIMELESS APPEAL OF A PROPER PICKLE: At the 1977 Fall Fair in the Recreation Complex, a judge makes notes about the pickles, and a family visits the squash.

Photos courtesy of the Powell River Historical Museum & Archives



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GROWING FLOWERS & GAMBLING CASH: Above, Miss Powell River 1957 Louise Beadman with Calgary Mayor Don Mackay at the Willingdon Arena during the Powell River Exhibition. Above right, gaming tables in the 1940s or 1950s. Right, Chrysanthemum Show, Women's Auxiliary 1951. *Photos courtesy of the Powell River Historical Museum & Archives*

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A different way to plan life insurance



By Colin White,
Partner, White LeBlanc Wealth Inc.
& Gina Pellegrin, *Insurance Advisor, White LeBlanc Wealth Inc.*

Life insurance can be a subject that's not much fun to chat about, but if you've been on enough trips around the sun, you've probably seen times when the importance of life insurance is clear. Financial stability at a time of loss can't bring back a loved one, but it can make moving on a little easier.

You may not care what happens once you're gone, and that's fine; people have different reasons for life insurance, and that often depends on age and stage in life. If, however, you'd like to figure out what might come next for those you're leaving behind, read on.

Let's focus on family for a minute; if you're earning an income and it's being used for things like paying the mortgage, education costs for

kids, and contributing to monthly expenses, chances are you have a need for life insurance. The big question is, "How do I figure out what insurance I need?" The short answer is you don't, at least not alone. A good insurance advisor will be able to help you figure it all out.

In most situations, your need for insurance will change as you age. As kids get older, as you pay off the mortgage, or as you accumulate funds for retirement – your need for life insurance will likely decline. Of course, you can opt to keep more insurance in place if you have other estate goals, but typically insurance needs diminish as you age.

There are different types of policies designed to meet differing needs. There are many types of life insurance policies out there, but you can often get the job done well using what are called term policies.

If you buy a 10-year term policy, you're covered for a set premium for those 10 years, and the death benefit does not change. You can also do a Term 20, Term 30, or Term 100, though you're under no obligation to keep the coverage for the entire term. Most 10- and 20-year term policies also offer a guaranteed renewal when they expire, but renewal premiums can be very high. The trade-off is that shorter-term policies are less expensive because there's less risk that a healthy 30-year-old is going to die in the next 10 years, so the cost of a Term 10 policy reflects the lower likelihood that the insurance company will have to pay out. The longer the term, the more expensive life insurance gets. For the record, the fact that, statistically speaking, dying prematurely is unlikely doesn't mean you don't need insurance! The

whole point of insurance is that we hope we don't need it, just like your car insurance and house insurance.

If your kids are around 10 years old, for example, we can safely assume (or at least you can hope) they'll gain some level of financial independence in 10 years. This means there's likely a specific amount of insurance that's needed for the next 10 years. If you have 20 years left on your mortgage, then you have some obligations for the next 20 years. If you're one of those people who "does not want to be a burden to the family," you will want to have some permanent insurance to cover final expenses, then Term 100 works for you.

One of the best ways to manage this is to put one policy together, including all of those pieces. Take out a basic Term 100 policy and then add a Term 20 policy and a Term 10 policy. For example, you can have a policy with \$50,000 in Term 100 coverage, \$250,000 in Term 20 coverage and \$300,000 in Term 10 coverage, all in one contract. As the shorter terms come up for renewal, you can cancel them and keep the longer coverage.

Like anyone, you have many financial priorities to balance, and you've got a set amount of cash to go around. A good insurance advisor will help you define your goals and then allocate your money in the best way to achieve them — and for most people, life insurance is an important part of the plan.

*Insurance products are offered through White LeBlanc Wealth Inc. Only products offered through iA Private Wealth are covered by the Canadian Investor Protection Fund.

BY PIETA WOOLLEY

On October 15, we go to the polls to elect a new School Board for School District 47, new qathet Regional District Directors, and a new Mayor and Council for the City of Powell River.

qathet Living is stepping out on a limb here by including interviews with the nominees for Mayor, because nominations don't officially close until September 9. What happens if someone declares that they're running after this issue goes to press?

Easy. They'll be included in this story's social media version, and included in the final coverage in October's issue.

That's also where you'll find out more about candidates for School Board, the regional district, and City Council.

In the meantime, here are Maggie Hathaway, Carole Ann Leishman, and Ron Woznow, answering a bevy of questions from *qathet Living* and our community elections panel: the Powell River Chamber

of Commerce; Volunteer Powell River Youth CAN; qathet Climate Alliance, Council of Canadians and the Seniors Association.

There's a forum for mayoral candidates, hosted by the Townsite Ratepayers, on September 26 at 7 pm at Dwight Hall.

Then on Monday, October 3, the Chamber of Commerce will host an All-Candidates Forum for those running for Mayor and City Council, at the Evergreen Theatre (in the Rec Complex), 7 to 9 pm.

At press time, those were the only events that had been announced. Usually, there are chances for the public to meet and hear from candidates for all three governments; keep your eyes peeled. We'll be posting them on the *qL* Facebook page.

Given how much change this region has seen in the past four years, we expect this campaign will be a vibrant period for conversation, among both those who are running, and those who will be voting.

From name change to the mill lands, transportation to crime, that conversation starts here:

The Maybe Mayors



Maggie Hathaway

Carole Ann Leishman

Ron Woznow

Your working and family life so far:	Worked for City for 14 years, Legal Aid 8 years, MLA Assistant 13 years. My children were raised in Powell River, now living outside of Powell River. I am retired. Golf in the summer, curl in the winter. Lots of time to dedicate to the role of Mayor.	I was born and raised here to great parents and a brother who was very bossy. I left the day after graduation, travelled, acted, worked, schooled, sailed, lived a life, came back, settled down, built stuff, helped to make this town a place I wanted to stay. Became a changemaker.	I have 35 years of management/executive experience with companies, foundations, federal/ provincial governments. I held Adjunct professor positions at 3 Canadian universities. I have 3 daughters, 5 grandchildren who call me G-pa. My two sisters call me "little brother". Family visit here regularly; we enjoy the beautiful beaches and trails.
Your political career so far:	Councillor for 14 years, Regional Director, Regional Hospital Board, 911 Board for 4 years, Portfolios included protective services, social action, communications. Thirteen years as assistant to MLA.	Challenging; inspiring; tonnes of work; learning and growing every day; developing relationships; having fantastic experiences; heartbreaking; uplifting; frustrating; scary; feeling helpless; alone; yet oddly fulfilling.	Served as chief-of-staff to Federal Minister of Environment; created Banff as City within National Park; President of Armour Heights Ratepayers Toronto; Founder/President of Westview Ratepayers.
Why you want to be Mayor of Powell River:	Love calling Powell River home. We need to thrive and prosper, attract new tax base, ensure housing availability; all the while being sustainable and environmentally friendly.	It's not about me "wanting to be Mayor." I'm merely stepping into a role I have grown into and have been encouraged by many people to take on.	I have a track record building teams, problem solving, delivering on initiatives - expertise to grow the city for families and future generations to live.

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	Maggie Hathaway	Carole Ann Leishman	Ron Woznow
What you think the job of mayor is, or should be:	Chief Executive Officer providing leadership, team building, organizational skills, public relations and the ability to skillfully chair the Council meetings ensuring all are heard.	Astute, compassionate, informed leadership and being a positive role model for the next generations who are yet to come. Setting the community up for success.	A mayor's job is two-fold: chief executive of city, chair of council. Requires business smarts, management, leadership - skills from practical experience building /running organizations.
What else should people know about you?	I am dedicated, committed, and love serving Powell River. When I take on a task I do it to the best of my ability. What I don't know, I find out. Strong leadership skills whilst being a team player. Lastly, no one knows I have a secret desire to be a stand up comedian.	I give my heart and soul to being an elected official. I'm always working on making things better no matter how hard it gets. I want to lead us in a good direction building on the momentum we have gained over the last few years. We will find strength together.	For the past 10 years I have been a volunteer with PR community service organizations. As Mayor I would commit to keeping taxes manageable, attracting sustainable industries/ businesses, streamlining permit process, monthly meetings with City staff/ citizens, ensure every voice is heard regarding potential name change, transparency at City Hall.
<i>From the PR Chamber of Commerce</i> Apart from the Tla'amin-Pacific Hydrogen fuel project, what is your position on the 300-acre mill site? What would you like to see there and what would you work hard to support? Industrial? Residential? Return to Tla'amin?	We need to maintain the Mill lands as industrial property. The Renewable Hydrogen Canada project is an amazing green energy project providing the return of a solid tax base and up to 200 full time jobs.	<ul style="list-style-type: none"> • Companies with environmentally sustainable business practices helping to meet carbon emission reduction targets • Providing good paying local jobs • Paying their fair share of taxes • Working collaboratively with Tla'amin Nation to benefit our entire community 	<ul style="list-style-type: none"> • Appropriate agreement negotiated with all parties • Ensure Mill decommissioning and clean up takes place • Powell River citizens NOT burdened with cost of Mill clean up • Multi use development: sustainable, non-polluting businesses, residential • Utilize deep water port and hydroelectric capabilities
<i>From the PR Chamber of Commerce</i> What is your vision for Powell River and what do you hope to accomplish during your 4 or 8 year term? (should you be fortunate enough win a 2nd term)	<ul style="list-style-type: none"> • Safe city, deal with crime. Continue war on drugs. • Establish City Housing Authority. • Implement Housing Needs Assessment. • Bring industry to Mill site. Create jobs and tax base. • Create Economic Development Committee. • Review taxation and service levels. 	Vision: A resilient community where residents thrive and are fulfilled, have affordable homes/lifestyles and quality time with friends & families; a vibrant community, walking/cycling/rolling, and is a sanctuary for everyone to get back to what matters most to them.	I envision a City: <ul style="list-style-type: none"> • Governed with integrity, transparency and cooperation • That values, involves and respects all citizens • Whose citizens respect and support their elected officials and City Hall employees • That attracts sustainable and solid businesses
<i>From Volunteer Powell River Youth CAN</i> What do you think needs to be done to improve our public transportation system?	Council meets annually with B.C. Transit to discuss ways to improve transit. The Zunga Bus pilot project has been very successful. Would like to expand the concept. Establish a third handi-dart vehicle.	Collaboration with BC Transit to implement on-demand transit 'Zunga Bus' as a permanent part of the transit service, more efficient & direct bus routes in peak times, continue to advocate for a public transit connection from here to Lower Mainland	<ul style="list-style-type: none"> • Support existing initiatives, ie. Zunga Bus, Bike Lanes • Explore 'transportation on demand' opportunities • Identify new commuter bike path routes • Involve community in strategy and planning



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5. You want to impress your out-of-town guests

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"Whenever I have free time I love to golf."

- Maggie Hathaway



"This is where you'll find Carole Ann most days, in her natural habitat."




Powell River beach day: Ron with daughter Jesse and her three sons

In their other lives

Get to know your candidates when they're off the campaign trail...

	Maggie Hathaway	Carole Ann Leishman	Ron Woznow
<p><i>From Volunteer Powell River Youth CAN</i></p> <p>What does reconciliation mean to you and how do you plan to take action on reconciliation?</p>	<p>Reconciliation is raising awareness about colonization and its effect on Indigenous people. Our Community Accord has been the framework for accomplishing this since 2003. Action is ongoing and education is expanding. We are renowned across the country for our reconciliation efforts.</p>	<ul style="list-style-type: none"> • Never stop listening, learning, always try to do better as a non-indigenous community • Better understand generational trauma and effects of colonialism • Work respectfully and collaboratively with Tla'amin Nation respecting their requests • Honour the Community Accord • Develop partnerships and opportunities 	<p>Reconciliation is a process of bringing our communities together to deepen understanding and to build strong partnerships based on respect, cooperation and trust.</p>
<p><i>From gathet Climate Alliance</i></p> <p>What immediate actions should the City take to significantly reduce community-wide emissions?</p>	<p>City's actions have been ongoing and successful. The Climate Change Committee has provided Council with a report (August 16, 2022) which includes recommendations through to 2030. This report will be included in our strategic planning.</p>	<ul style="list-style-type: none"> • Implement Bicycle Network Strategy • Include Zunga Bus On-Demand Transit in the permanent transit service, encourage BC Transit to convert the transit fleet to electric ASAP • Support Property Assessed Clean Energy program, alternative financing for building owners for energy retrofits 	<ul style="list-style-type: none"> • Utilize Clean BC Roadmap to 2030 to identify best sustainable development • Continue to support initiatives already underway • Encourage, empower citizens to take action • Work with and support City Hall's Sustainability Planner


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	Maggie Hathaway	Carole Ann Leishman	Ron Woznow
<p><i>From qathet Climate Alliance</i></p> <p>How will you communicate to local residents the significance, urgency and need for these actions in addressing the global climate emergency?</p>	<ul style="list-style-type: none"> • Provide incentives for purchasing e-bikes. • Assist homeowners and businesses to retrofit their buildings. • Host Net Zero building and retrofit seminars for homeowners and builders. • Engagement with community climate groups. 	<p>Build climate emergency actions into all strategic plans and financial budgeting</p> <p>Report out regularly about the urgency of action required with regular social media posts, radio chats, podcast interviews, a newsletter & vlog, collaborate with organizations doing this work</p>	<ul style="list-style-type: none"> • Utilize social media to highlight local programs and educate • Create online forum for community ideas, suggestions, activities • Invite citizens to meet City Hall Sustainability Planner at Mayor's monthly Coffee Meetings
<p><i>From the Senior Citizens Association Branch 49</i></p> <p>What plans do you have to fill the large hole the mill closure leaves?</p>	<p>The Mill site is currently for sale. I am hopeful the Renewable Hydrogen Canada project comes to fruition. The property should maintain its industrial zoning and tax base.</p>	<ul style="list-style-type: none"> • Work collaboratively with Tla'amin Nation on opportunities for partnerships • Work with INFILM to attract film/TV productions, possibly establish a local film production studio • Reach out to new companies to relocate here • Expand opportunities for artists, craft industries, culinary, tourism industries 	<ul style="list-style-type: none"> • Work closely with City personnel and City organizations dealing with new businesses to ensure cooperation – consistent message – proper follow up. • Improve handling of incoming business queries and opportunities • Establish and support a Community Economic Development Committee
<p><i>From the Senior Citizens Association Branch 49</i></p> <p>What plans will you put in place that will benefit our large senior population?</p>	<ul style="list-style-type: none"> • As Mayor I will establish an accessibility committee, create an accessibility plan and a public feed back tool. • Reinstitute the Seniors Together program which provides monthly social/lunch/education for seniors. 	<ul style="list-style-type: none"> • Accessibility improvements to streets, community spaces & public buildings • Attainable housing for seniors • Advocate for improved access to healthcare services • Support replacement of complex care facility with increased capacity • Support more programs like Seniors Together 	<ul style="list-style-type: none"> • Reduce City's annual tax rate • Ensure funding remains in place for senior support programs • Reinstate and support the Seniors Wellness Initiative

On October 15

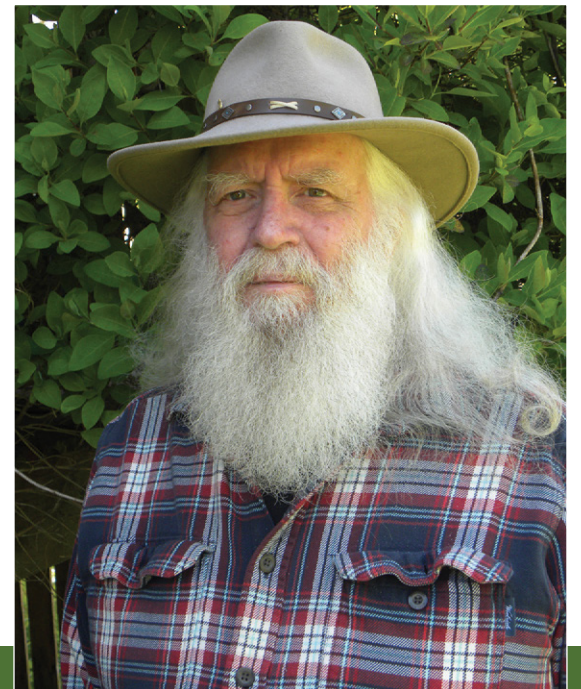
VOTE

George
DOUBT
FOR
COUNCIL

"I have enjoyed the last term representing the people of Powell River on Council and the qathet Regional District. I have learned a great deal about the City, the people, and the ways we can all work together.

"The next four years will bring many challenges and I believe that I have the clear understanding and experience to lead the City forward."

Authorized by George Doubt
george.doubt@icloud.com



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Local Elections have been set for **October 15**. After four fascinating and challenging years on the regional board, I am letting my name stand for re-election. My hope is to make a difference, to keep the electorate informed, and inspire others to get involved. I urge local residents, in both the City and the rural areas, to take an active interest in this

election, and the issues that will be raised. Our region is facing growing challenges with the mill closure, the housing crisis, inflation, food security, just to name a few. Local Government is most effective when the diverse voices of the community are heard. We need leaders who are willing to publicly discuss and debate the issues impacting our community.

Approved by Mark Gisborne | MarkG4B@gmail.com | 604-414-3694

Re-elect
MARK
GISBORNE
for Area B Director

	Maggie Hathaway	Carole Ann Leishman	Ron Woznow
<p><i>From the Council of Canadians</i> We are facing many serious and contentious issues in Power River, and the community is asking for greater involvement in the decision-making process. If elected, how would you build community collaboration, and which issues are you prepared to bring to a public forum? Please be specific.</p>	<p>Unless mandated under the Community Charter to a closed meeting (land, legal, labour) all meetings of Council are public forums. The public may attend, provide comment, ask questions on all issues. Process of holding questions until end of meeting needs review.</p>	<ul style="list-style-type: none"> • Implementing deliberative democracy • Creating citizen advisory panels, commissions, committees • Forums: Community energy trust; climate emergency; reconciliation dialogues; housing affordability; land-use planning; accessibility, active transportation; watershed/ocean/marine protection; consideration for re-locating Hwy 101; recruitment/retention of healthcare workers/GPs; creation of new childcare spaces 	<p>I would ensure everyone gets the same unbiased information about an issue and the opportunity to express their position on that issue. Issues would include the proposed name change and taxes.</p>
<p><i>From the Council of Canadians</i> Describe your model of leadership as a bumper sticker.</p>	<p>Leadership – More Listening, Less Talking!</p>	<p>“Forge new pathways bringing everyone along for the ride”</p>	<p>Transparent Accountable Inclusive</p>
<p><i>Final question from qL</i> How will you respond to Tla’amin Nation’s name change request?</p>	<ul style="list-style-type: none"> • Continue raising awareness through education whilst exploring a new name. • I would fully endorse an opinion poll. I believe in democratic process. • The process takes time. It cannot be rushed. 	<ul style="list-style-type: none"> • By supporting implementation of 11 recommendations of JWG • Begin community naming contest including all who wish to participate • Build consensus choosing a name that harms no one and is embraced by many, setting us on a good path forward together. 	<ul style="list-style-type: none"> • Everyone receives unbiased information • All citizens have an opportunity to express their position through a community survey • Abide by the people’s wishes qL <p style="text-align: right;"> pieta@prliving.ca</p>

Why should

MAGGIE HATHAWAY

be your Mayor?

For 14 years I have enjoyed serving the citizens of Powell River as a **City Councillor**. I have acquired skills and experience to lead the team as your Mayor.

I have worked for **all three levels of government** and have significant knowledge of the inner workings of federal, provincial and municipal governments. I have owned and operated a couple of **small businesses**.

In my work at **Legal Aid** I often liaised with agencies such as Work Safe BC, Social Services and the Residential Tenancy Branch. I represented individuals detained in hospital under the *Mental Health Act*. I developed a keen interest in mental health. A hand up can change a life! This work was extraordinarily rewarding.

Many years **working with MLA Nicholas Simons** taught me the skills necessary to work my way through the bureaucracy of the Provincial Government - a useful skill for a Mayor.

I am a life long learner. I have studied **business administration, law and social work** at the University level. I continue to learn through local government webinars.

Your Mayor needs the skill to **effectively run a meeting**. This requires maintaining control, observing protocol and ensuring that everyone has the opportunity to be heard. I have garnered these skills through the many Boards I have sat on. Some of those include B.C. Legal Services Board, Powell River Civil Liberties, Sunset Homes Society, Brain Injury Society, Myrtle Point Golf Course and the Source Club Society (provides services to those living with mental illness).

Authorized by Maggie Hathaway, Financial Agent, maggie.h@telus.net.



Issues:

Powell River needs a **City Housing Authority**. I envision the Authority operating affordable housing developments, while ensuring we are meeting the needs identified in the recent Housing Needs Assessment. We need to be accessing Provincial and Federal grant opportunities. We already have an established

Affordable Housing Reserve. It is difficult to accomplish much in a day when you have nowhere to sleep at night!

Ferries are an ongoing issue. Provincial Government has indicated a desire to meet and discuss concerns. Priority boarding for medical is imperative.

We are losing the war on **drugs**. The City needs to continue working with Vancouver Coastal Health, B.C. Housing and local non-profits. I have been and want to continue being a part of that team.

Community Advisory Committees have been successful. I would continue with this structure and create an **Economic Development Committee** as a Standing Committee of Council, reporting quarterly.

I support continuing education on **name change**. We are not there yet. I also support an opinion poll/referendum to ascertain the will of the people.

We need to live **within our means**.

Yes, the City *is* part of the RD

BY ISABELLE SOUTHCOTT

If you live in the City of Powell River, you live in qathet. To be more specific, you live in the qathet Regional District (qRD).

The qRD is a federation whose members include the City of Powell River and five electoral areas in the traditional territory of Tla'amin, shíshálh, Klahoose and K'ómoks First Nations.

I've had a few conversations with people recently who didn't know that the City of Powell River is part of the regional district. These were long-time residents; people who I thought would know the structure of our region. They were surprised when I told them the City of Powell River is part of the qRD and when I mentioned this at the office my colleagues said they'd had similar experiences.

The staff at City Hall also field questions from people who don't understand the difference. Questions like how many chickens are allowed on Texada or why haven't you cleaned the streets in Saltery Bay are just an example, says the City's CAO Russell Brewer. "Marine Avenue and Highway 101 are the jurisdiction of the Province via the Ministry of Transportation and Infrastructure. All the way from Saltery Bay to Lund," he said. "They are also responsible for fixing the Wildwood Bridge."

The qRD and City are separate and connected in how they exist and work together.

The qRD includes about 5,000 square kilometres of land from north of Toba Inlet to Saltery Bay, as well as Texada, Savary, and Lasqueti Islands. Unlike Texada and Savary, you can't take a ferry or water taxi to Lasqueti Island from qathet. The ferry to Lasqueti leaves from French Creek, near Nanaimo. Lasqueti is part of the Islands Trusts (Texada and Savary are not) and the Islands Trusts regulates Lasqueti's land use and planning.

The City of Powell River covers just 17.31 square kilometres and includes the once-independent communities of Westview, Cranberry Lake, Wildwood Heights, and the original Powell River townsite.

The City provides services such as the disinfection and the delivery of water; collection and treatment of sanitary sewage; roads, sidewalks and signage; collection of storm drainage; fire services, recreation facilities and a library. The qRD contributes to the annual budget of the library through an agreement based on population.

A regional district is different from a city in that it is set up to provide different services in different areas according to the needs and desires of each area's residents and property owners. In the qRD, we have five electoral areas and one municipality (the City of Powell River). Only those who receive the service pay for it. For instance, all areas (including the City) share in the cost of the qRD's general administration, regional parks, and general grants-in-aid. However, when it comes to individual area services such as the Texada Health Centre, only Texada pays, and only Lasqueti pays for the Lasqueti Marine Ramp.

The qRD also provides fire protection and land use planning (except Lasqueti) for the electoral areas of the regional district.

Both the regional district and the city's revenue is raised largely from property taxes and provincial grants.

If you own a property in the City of Powell River, about 9.3% of the taxes you pay to the City are handed over to the regional district to pay for the City's share of regional district expenses. This represents about 7% of the total taxes and user fees, says Russell. This year the Regional District's requisition from the City was about \$2.5 million – an increase of 14% from 2021.

The cost sharing of expenses is generally based on



WHAT'S IN & WHAT'S OUT: qathet Regional District includes the City, Texada, Savary and Lasqueti islands, plus a vast territory north, south and east of town. But it does not include Tla'amin Lands (in grey)

assessment of homes in the City versus the Regional District which is pretty close to 50-50.

City taxpayers pay for a portion of Regional District parks including Shelter Point and Palm Beach Park, staff, and general overhead. Although the Regional District doesn't collect taxes for the City, the Regional District pays for a portion of the operating costs of the Powell River Rec Complex – about \$180,000 a year (and has done so since 2019.) The RD also contributes to the annual budget of the library through an agreement based on population.

In 2021, the net cost for the City to operate the recreation complex and provide parks, recreation and culture services was approximately \$3.8 million. City taxpayers paid approximately \$0.95 per \$1,000, or approximately \$509 for an average home assessed at \$535,928, towards these services, in addition to individual user fees at the recreation complex.

The Powell River Airport is totally operated and funded by the City. The qathet Historical Museum and Archives is a regional service shared expense, with the City paying 70% and the qRD paying 30%. Tourism is also a shared expense. The City pays for its own garbage collection, but then pays the Regional District to dispose of it. Solid waste management (including recycling) is a Regional District expense and responsibility. The City, Regional District and Tla'amin share in funding the social planning pro-



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Authorized by Carole Ann Leishman, Financial Agent caroleann4mayor@gmail.com





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**The nitty-gritty:
how a regional district works**

Municipalities (like the City of Powell River) along with non-municipal areas also known as electoral areas (like those qathet Regional District) and some Treaty First Nations (though not Tla'amin First Nation) form regional districts. In our case, the qathet Regional District.

Based on population, the City of Powell River appoints two representatives from its elected City Council to the qathet Regional Board. Each director has one vote for all issues except when it comes to financial issues. For financial issues, the Area C director has two votes and the City, between its two representatives, has seven votes. This is based on population.

The requirement to sit and represent on a regional board, in addition to municipal duties, is a unique aspect of the local government system in B.C.

"Although sometimes challenging in practice, this reflects the key role of municipal councils in considering the most cost-effective way to provide services (directly or through the regional district) for the benefit of residents," states the Government of British Columbia's website.

gram, whereas Regional Emergency Preparedness is a regional service funded by the qRD and the City.

The City also collects taxes from residents on behalf of other authorities including the Powell River Regional Hospital District – this year's requisition was \$489,960 (last year it was \$482,774) and the school district – this year's requisition was \$6,128,703, representing approximately 18% of the taxes/user fees for the average home.

The multiple local governments aren't the only jurisdictions that overlap here, with multiple responsibilities. We all also live in the province of British Columbia, which is in the country of Canada.

📧 isabelle@prliving.ca

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RE-ELECT

Sandy McCormick

Area D (Texada) director



**Experienced
Trustworthy
Gets things done**

Sandy has a solid track record of helping people, protecting our land, and preserving our freedoms and island lifestyle.

Authorized by Jane Waterman, Financial Agent
Box 253, Van Anda BC V0N 3K0



 **Keep Powell River Amazing!**

Robin Murray
For
City Council

Authorized by Robin Murray
Info@RobinMurray4Council.ca

**VOTE
RON WOZNOW
FOR MAYOR**

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Taxes, Name Change, Job Creation, Mill Cleanup, Transparency at City Hall, Hydro Revenue from Local Dams

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Ron Woznow - A lifetime of business experience & community leadership:

- Chief of Staff, Federal Environment Ministry
- VP Environment and Research, Fletcher Challenge
- CEO, BC Hazardous Waste Corporation
- CEO, Canadian Genetic Diseases Network
- CEO, Advanced Food and Materials Network
- Chair, Health Heart Society
- Founder, Chair of The Family Food Research Foundation
- Adjunct professor at University of Toronto, UBC, Guelph University

COMMUNITY SERVICE in Powell River:

- President, PR Senior Citizens' Assoc.
- Director, Powell River Assist
- Founder, PR Wellness Challenge
- President, Westview Rate Payers Society
- Member, PR Sport Fishing Advisory Committee
- Board Director (past), PR Library
- Board Member (past) First Credit Union
- Chair (past), PR Waterfront Development Corp.

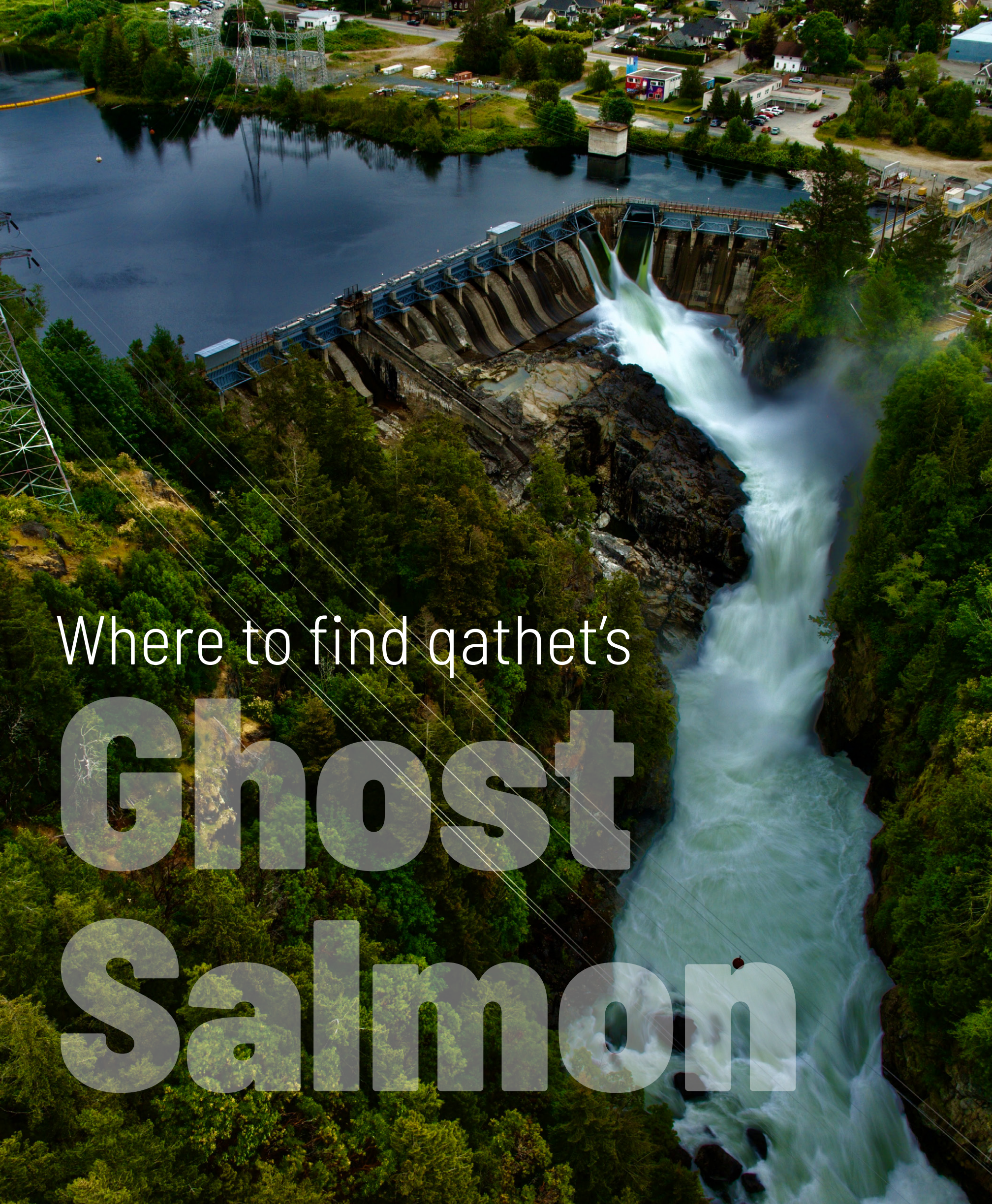
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Authorized by Ron Woznow - ronwformayor@gmail.com



Where to find qathet's

Ghost

Salmon

NATIONAL TRUTH & RECONCILIATION DAY SEPTEMBER 30

Dam building over the last century destroyed all of qathet's major salmon runs, and several small ones, too. Just a whisper remains of this region's once-majestic returns.

Local experts are re-imagining these rivers for the future. For salmon. For ecosystems. And for reconciliation.

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

Standing on the rocky banks of the Powell River, you can see zero salmon. But 100 years ago, before the mill, you would have seen thousands.

These are the ghost salmon.

Lois River, Powell River, and Theodosia River were once major spawning grounds for salmon, from the classic red sockeye to the fiery-patterned chum. These three watersheds held hundreds of thousands of spawning salmon and were the beginning of life for hundreds of thousands more. That is, before the first dam was built in 1911.

Nowadays, the Powell River is most often called Powell Lake, and serves as one of qathet's most popular recreational destinations for boating, swimming and houseboats – all thanks to the dam. However, before the dam, the river ran through Tisk^{wat}, Tla'amin Nation's original village site, and the folks who lived there depended on the river's salmon for food.

"From our oral traditions, there are stories of how productive the river was. It was one of the largest fish habitats aside from the Fraser River," says Tla'amin Nation Hegus John Hackett.

In 1910, the construction of the Powell Lake dam had started and by 1911, that dam was finished, providing hydroelectricity to the new town and paper mill.

This dam proved to be disastrous for the sockeye, coho, chum, pink salmon, sea-run cutthroat, and steelhead runs that previously spawned in the river.

"In the 1700s, Spanish explorers recorded in the Cortes journal that the Powell River had the second largest sockeye-bearing stream in the world," says Tla'amin Nation executive council member and housepost of lands and resources Erik Blaney. "There are still chum and sockeye returning to Tisk^{wat} and

trying to spawn in Powell Lake. There is also the odd chinook that returns from the Powell River Salmon Society's mill hatchery. Even though those fish are released at Lang Creek, the hatchery uses the water from Powell, which is why some chinook return there," Erik says. "Salmon have a strong sense of smell that leads them to their original stream.

"Over the years, we have counted between 1,500 to 3,500 salmon returning to Powell."

The Powell Lake dam also meant a new kokanee stock evolved. Kokanee are landlocked sockeye salmon. They are much smaller than sockeye, share similar diets, and even turn the same red colour during the kokanee's spawning season.

The biggest difference is that kokanee live in freshwater systems their whole life. Sockeye migrate from ocean to freshwater to spawn.

By 1930, the first Lois Lake dam was built and Lois (Eagle) River was blasted. Local guide and private fisheries consultant Pat Demeester says the dam on Lois Lake is the most destructive dam in qathet because there is no way to ever restore Lois' salmon populations.

"Before, salmon were able to jump the falls at Eagle River, because there was a steady incline. Since Eagle River has been blasted, that incline has been destroyed," Pat says. "There is no way for the fish to be able to jump Eagle Falls anymore."

Similar to Powell Lake, Lois' spawning salmon included sockeye, coho, chum, pink, sea-run cutthroat, and steelhead. The Lois Lake dam, like Powell, also introduced new landlocked sockeye, now kokanee, which live as a resident fish population in the lake.

"There are pink, chum, and a small population of coho still spawning in the lower reaches of Eagle River," Pat says.

That makes two of qathet's biggest salmon spawning watersheds dammed and destroyed.

The Lois Lake dam wiped out the salmon spawns at Dodd, Ireland, Khartoum, Horseshoe, and Nanton lakes, as well as Freda Creek.

"There may be genetic sockeye that now exist as kokanee in the tail end of Khartoum," says Pat.

The only major salmon spawn left is Theodosia River, which is facing many problems of its own.

ANOTHER VIEW OF TOWNSITE / TISK^{wat}: Most of us barely know this is here: at the foot of Marine Ave, this dam was built on the Powell River in 1911 to generate power for the mill and the town. It cost what some say was the second most significant salmon run in BC, next to the Fraser River. Dams on the Theodosia and Lois rivers tell similar stories. This rare image was captured using a drone.

Photo by Ryk Tataryn

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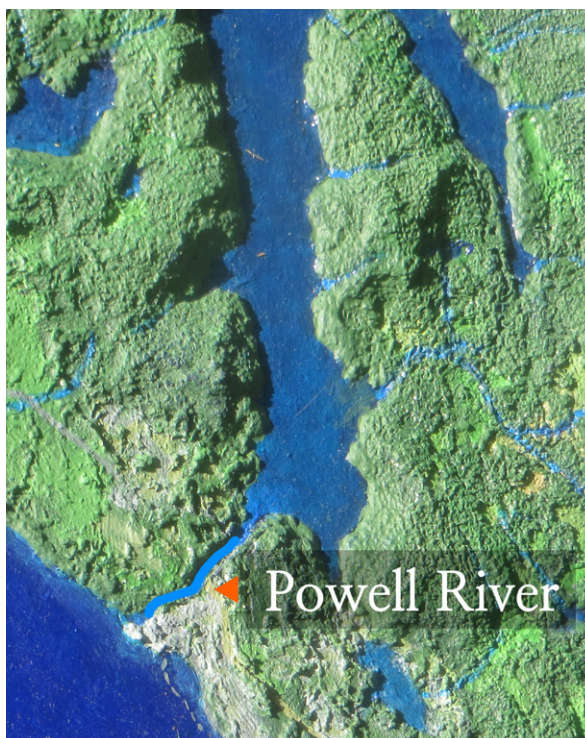
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Powell River



Lois (Eagle) River

Theodosia was dammed in 1956 and over 60% of the upper river’s water is diverted into Olsen and Powell Lakes, sending more power into the Powell Lake dam.

“Theodosia is special because it still has salmon,” Pat says. “But that water needs to be returned.”

In other words, Pat proposes the dam be removed to restore Theodosia River’s waterflow.

In 2012, Erik assisted researchers from Living Rivers – Georgia Basin/ Vancouver Island in creating the Theodosia Climate Change Report.

The research team found that before the dam on Theodosia was built, chum salmon had the biggest population, spawning in numbers of around 35,000 fish. Last year, 3,940 chum returned to Theodosia River to spawn – just 10% of the former average.

“It is very unfortunate that the establishment of hydro dams has affected two major fish habitats [Powell River and Theodosia River] in our territory,” says the Hegus. “There is a ripple effect of environmental degradation when manipulating with mother nature. Unfortunately, I believe this generation will see the extinction of one or more species of Pacific salmon forever if we don’t intervene; I’m praying it’s not too late.”

On top of the poor chum returns in 2021, Theodosia’s chinook, coho, pink, and sockeye returns were even worse.

Tla’amin counted 54 chinook, 2,657 coho, and 344 pink salmon that returned to spawn in 2021.

Zero sockeye returned to Theodosia last year.

Tla’amin Hatchery manager Lee George says that last year’s combination of disastrous events also didn’t help Theodosia’s low salmon returns.

“Last year was a poor year for returns due to climate change, the atmospheric river flooding, and a higher volume of sea lions in our area when the salmon returned to spawn,” says Lee.

The Hegus says it’s time to prioritize these species at risk of extinction.

“It should be a mandatory priority of the dam owner [Brookfield] and Department of Fisheries and Oceans to address the issue with a fish ladder or any technology we can use to enhance the migration and spawning of Pacific salmon.”

Despite all this, there is hope for Theodosia.

“It is so important to bring the sockeye and other salmon species back. Salmon are an important food source and benefit everyone in the whole region.”

- Erik Blaney

Tla’amin’s watershed protection plan includes recommendations to restore and improve Okeover River, Tla’amin River, and Theodosia River watersheds. The nation is also currently working on a marine and forestry plan, to help monitor Tla’amin’s watersheds.

Besides Theodosia, the lone remaining major salmon spawning river, there are also three medium salmon spawning streams: Lang Creek, Tla’amin River (also known as Sliammon Creek), and Okeover River.

All three of these streams have been enhanced by the Powell River Salmon Society (PRSS) and the Tla’amin Hatchery. Tla’amin and the PRSS also introduced a new salmon species, Qualicum chinook salmon, into qathet.

Lang Creek is monitored by the Powell River Salmon Society. The Lang Creek watershed includes Haslam and Duck lakes. The Salmon Society has increased salmon populations at Lang Creek, Willingdon Creek, Mouat Bay Creek, Whittal Creek, Myrtle Creek, Tla’amin River, Theodosia River, Park Creek, and Deighton Creek.

The other two medium spawns, Tla’amin River and Okeover River, are faced with many of the same issues as Theodosia, with sea lions, floods, and droughts.

“Lots of people don’t realize this, but Appleton



WHERE THE SALMON WERE: This 3D topographic map of the qathet region was created by cartographer James Tyrwhitt-Drake and his team at Tactile Terrain. James grew up in Westview – his dad was a founding member of PRPAWS. He started making tactile maps to reconnect with the region, while he was living and working in Washington DC. He now lives in Victoria.

ABOVE: Close-up images of qathet’s three major “ghost” salmon rivers: the Powell, the Lois and the Theodosia. All of them have been dammed, and all lost their salmon runs.

RIGHT: All three rivers on the map, in turquoise: the Theodosia up top, Powell in the middle, and Lois in the south. The lakes attached to these rivers have kokanee – land-locked salmon – in them. Some are ice-age, and some modern.

Photos courtesy of Tactile Terrain, tactileterrain.ca



KAMLOOPS RESIDENTIAL SCHOOL (1890-1978)

SECHLT RESIDENTIAL SCHOOL (1912-1975)

ST. MARY’S RESIDENTIAL SCHOOL (MISSION, 1861-1984)

Where Tla’amin children were sent

These three schools were funded by Ottawa and operated by the Missionary Oblates of Mary Immaculate. BC was home to 23 residential schools, run by the Catholic, Anglican, Presbyterian and United churches. These photos, which are in the public domain, are courtesy of the Deschatelets-NDC Archives. Learn more: www.nctr.ca



September 30

**National Day for Truth and Reconciliation
Orange Shirt Day**

Creek is actually a huge component to Sliammon Creek's coho run," says Pat.

Erik says that Appleton Creek also spills into Sliammon Lake.

"Appleton has a very good kokanee population, which I believe means that Sliammon Lake also has a kokanee population, and was once a historic sockeye salmon run.

"Currently, there are coho that are able to make it up the Appleton Falls. I know sockeye would be able to do the same. I'd like to get more research done on this watershed."

Sliammon Lake currently has a weir dam placed on it. A weir dam controls the flow of streams.

Erik says there are talks of replacing the weir with a new design that would make it easier for salmon to get past.

qathet's three medium salmon spawns are doing quite well, although Pat says there are some concerns.

"An issue with these systems is that the introduction of chinook has negatively impacted the other native species, like the coho and steelhead. There are only steelhead in the medium streams, and their populations are bad," says Pat. "Sometimes too much good can cause harm, and that's what's happened here. The rivers aren't in terrible shape, but they aren't great either."

As for small stream runs, or creeks, most of them are salmon-bearing; this is because most of these streams are not dammed.

Some of these streams include Myrtle Creek, Whittal Creek, Jefferd Creek, Deighton Creek, Saltery Creek, McGuffie Creek, Schonfield Creek, Plummer Creek, Willingdon Creek, Emmonds Beach creeks, Lund Creek, Craig Road's creek, and many more all along qathet's coastline.

"All these creeks share the same kind of base-run spawning salmon; chum, coho, pink, and sea-run cutthroat," says Pat.

Erik says that within the past few years, Tla'amin and DFO have started counting salmon returns at Plummer Creek.

"We have been recording between 3,000 and 4,000 salmon returning each year," Erik says. "Willingdon Creek is also neat because the Salmon Society had reintroduced chum, which had very, very good survival rates, so the returns were huge."

Over on Texada Island, coho and chum can be spotted in many different streams.

Texada Island Salmon Enhancement



BORN FREE: A wild coastal cutthroat from the Lois River watershed. Fisheries consultant and guide Pat Demeester says the dam on Lois River is the most destructive in all of qathet, because there's no way to repair the damage.

president Mark Robert says that there are rumoured salmon spawns in Lagoon Creek and Pocahontas Creek, however no fish have been spotted in either in over 20 years.

"There are currently small spawns at Rumbottle Creek, Gillies Bay Creek, Mouat Bay Creek, and Anderson Bay Creek," Mark says.

While the number of salmon returning to Texada Island creeks is unknown, Mark says there is an estimation of 100 to 300 chum and coho salmon spawning each year in Gillies Bay Creek.

Rumbottle, Mouat Bay, and Anderson Bay Creeks coho and chum populations are unknown.

"We know there are fish in these creeks, because we have found salmon in fry traps and have found them when Lafarge has done water tests," says Mark.

Texada Island Salmon Enhancement volunteers have been releasing chum fry for the past 20 years in Mouat Bay Creek through DFO. The fry are from the PRSS.

As of 2022, these are all the places in qathet where salmon are spawning or possibly spawning.

But what about all the streams and rivers where salmon historically spawned, but no longer do?

Besides the massive loss of salmon from both the Powell and Lois Lake watersheds, there are a couple of other smaller streams that lost salmon species due to dams as well.

Historically, Van Anda Creek and Cranby Creek on Texada were salmon spawns, although no coho or chum have been spotted in Van Anda Creek in over 50 years.

Some 100 years ago, the Unwin Lakes were dammed by logging companies. The dam decimated the coho, chum, and sockeye salmon populations. Because of the dam, the sockeye in Unwin evolved into kokanee.

Pat says that Myrtle Creek once had a sockeye salmon run that went into Hammil (West) Lake. "After Paradise Valley was logged, and Myrtle Creek was dammed in multiple areas by

farmers, sockeye salmon died off."

Although there are no more sockeye, Myrtle Creek does still get spawning coho, chum, pink, and sea-run cutthroat, and some of these fish make it as far up the creek as behind the airport.

While almost all of qathet's sockeye salmon populations have evolved into kokanee in dammed lakes, there are sometimes a few sockeye returning to Theodosia River, and occasionally to other streams, too.

There are still many creeks and rivers left in qathet that have yearly coho, chum, pink, chinook salmon, and sea-run cutthroat returns.

qathet's sockeye populations may have a future too.

In 2012, Erik Blaney, LGL Limited, and Acuacoustics Incorporated studied the possibility of sockeye reintroduction on Powell Lake.

While this study found Powell Lake had low pH, phosphorus, and zooplankton levels, the study group found that it is possible to reintroduce sockeye into Powell Lake. The only obstacle: how to get salmon past Powell Lake's dam.

Erik says that in the Lower Mainland, at Alouette Lake, salmon are transported over the dam by a fish cannon. The Alouette Lake salmon are caught in a fish trap below the dam, then are handled by humans who send the salmon in a tube that shoots them over the dam into the reservoir on the other side.

"I think if we were to reintroduce sockeye to Powell Lake, we would need to use a fish cannon for the first four to five years," says Erik.

"We would need to shoot over other species (such as chum, coho, and pink) to help boost Powell Lake's zooplankton. When fish die, they provide nutrients to watersheds; these nutrients feed zooplankton."

Not only did the Powell Lake study find that sockeye could be reintroduced, but based on experience from sockeye reintroduction studies done in the Coquitlam and Alouette lakes, where portions of the kokanee populations started swimming out to sea again, Erik and his team found that Powell Lake's current kokanee population could potentially be used as a genetic source for a sockeye population as well.

"We found that kokanee around one or two years old were small enough to fit past the Powell Lake dam's spillway gate trash rack," says Erik. "The ko-

How to build back salmon

Three recommendations from Tla'amin Nation's Watershed Protection Plan:

- Urge the Provincial government to enter into shared decision making with Tla'amin Nation, and to designate the Theodosia River as a Fisheries Sensitive Watershed. This would put Theodosia under management that helps guide certain activities, such as logging, which impact fish populations.
- Undertake design project to replace the Sliammon Lake weir.
- Engage recreational users to raise awareness of issues and best practices, and to help improve problematic stream crossings.

kanees would escape when Brookfield released water. Four or five years later these kokanee were returning as sockeye, although they were not able to spawn because of the dam."

Pat says there are two types of kokanee.

"There are Ice Age kokanee and sockeye-kokanee; they are pretty much two different species at this point. Ice Age kokanee are a darker colour and live in deeper water; these are sockeye salmon that were landlocked in the Ice Age era and cannot be reverted into sockeye salmon.

"The other kind of kokanee is sockeye-kokanee, which can change within two generations. Sockeye are one of the most adaptable salmon."

Reintroducing sockeye and other salmon species into watersheds isn't just taking place in qathet.

In British Columbia's Interior, the Columbia River runs into the United States. The Columbia River has been dammed for 80 years, and has 14 dams along it.

Before these dams, millions of salmon spawned in the Columbia River. In 2019, the Syilx Okanagan, Ktunaxa, and Secwepemc First Nations together with the governments of BC and Canada collaborated on a three-year reintroduction project to bring chinook and sockeye back to the Columbia River. The study is still continuing.

Not every reintroduction project is successful.

Salmon stopped spawning in Coquitlam Lake in 1914, after a dam had been built. The Kwikwetlem First Nation started the reintroduction project in 2002. The goal was to restore a

self-sustaining sockeye population. Five thousand sockeye smolts were reintroduced into Coquitlam Lake in 2017. In 2020, a single sockeye salmon and 100 coho salmon returned to spawn.

Similarly, Alouette Lake was dammed in 1926, and stopped chinook, chum, coho, pink, sockeye, sea-run cutthroat, and steelhead salmon from spawning.

In 2005 during a tracking experiment with coho, the Alouette River Management Society had BC Hydro open the dam's spillway to see if coho fry would travel through. While the coho did pass through the spillway, kokanee also made it through and headed off to sea.

In 2007 the first sockeye group returned to Alouette Lake; scientists tested the DNA of 22 of the returned fish and found that these 'sockeye' were some of the escaped kokanee from 2005. Although it started as an accident, BC Hydro, in agreement with the Alouette River Management Society, began leaving the spill gate open in the spring, letting kokanee escape each year, which return as sockeye, or, as the team reported, "sockanee." So far, the biggest sockeye return into Alouette lake was 85 fish, in 2020.

In 1954, in the Okanagan Valley, the McIntyre dam was built in the Skaha Lake, Okanagan Lake, Vaseux Lake, and Osoyoos Lake watershed, and, you guessed it, ruined the salmon runs. In 2009, the McIntyre dam was rebuilt to include a fish passage design, and now has yearly sockeye returns. In 2021, the Okanagan Nation Alliance reintroduced chinook into Skaha Lake, in hopes of seeing around 10,000 fish return in the next four or five years.

Locally, besides the reintroduction study on Powell Lake, Tla'amin Nation is also currently working on a study of the Unwin Lakes. This study started in 2020 and is currently out of its first phase and onto what comes next. Tla'amin is looking at reintroducing sockeye and coho into Unwin Lake, as well as reintroducing chum into the lower reaches of Unwin Creek.

"It is so important to bring the sockeye and other salmon species back. Salmon are an important food source and benefit everyone in the whole region," Erik says.

Standing back on the rocky bank of the Powell River, one can imagine the ghost salmon re-existing some day through the research of Tla'amin Nation and the passion qathet residents have for keeping Pacific salmon alive.

If the ghost salmon are reintroduced, hopefully, they will thrive like the salmon of the Okanagan Valley, and not like the scarce salmon of Coquitlam Lake. 🐟

Same owner, same shop, just a new name!

Chrysalis Flowers & Gifts

Powell River's only dedicated flower shop has long been known as Flowers By Cori-Lynn, but it hasn't been run by Cori-Lynn for decades.

After all the changes our community has been through lately, **Shawna Graham**, who has owned the store for 13 years, decided it was time for a name that reflected her optimism that we're coming out of it even better, just as a butterfly emerges from a chrysalis.



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Powell River
Parks, Recreation & Culture

It's been a long lobby; it just might be worth it

BY ABBY FRANCIS

LOCAL JOURNALISM INITIATIVE REPORTER

Minister of Fisheries and Oceans Canada (DFO) Joyce Murray said that the Powell River Salmon Society and other community hatcheries will be receiving more money through the \$647.1 million Pacific Salmon Strategy Initiative; she did not specify when or how much money would be given however.

"We have heard what the minister has said and now must try to hold DFO Pacific management accountable to this letter," says PRSS manager Shane Dobler.

"Government funding isn't something that is always guaranteed, even what is currently being funded by Ottawa right now. Because of this, the PRSS's fundraising efforts will always be in the forefront. In fact, our goal is to be self-sustaining eventually. That is why we launched the Salmon Preservation Foundation (SPF), the fundraising arm of the PRSS."

Those fundraisers include the annual tide guide, a winter raffle, as well as the Pathway project at Lang Creek. Last year, these fundraising efforts brought in around \$200,000, allowing the Salmon Society to hire a fourth staff member for the first time in 20 years.

"Fundraising helps pay for insurance, fuel, hydro, fish food. Everything," Shane says. "The Powell River Community Forest has also provided significant funding to the PRSS to help keep up with our infrastructure."

With the Salmon Society's production size now considerably higher than when the PRSS first started, Shane says the Society needs to get back to its original five employees. "For the last 20 years we have been operating with less than three."



FISHING FOR FUNDING: Powell River Salmon Society volunteers Laura Terry and Tom Krivanek releasing chinook at the Duck Lake hatchery. More funding has been promised... but how much? Photo by Abby Francis

Those employees are the ones working during the 10 months of the year when coho, chinook, and chum salmon are at one, two, or all three of the hatcheries.

"It's all one effort, but we can't keep doing what we're doing forever. Cost is the real thing," says Shane.

"The desired result is already happening. The focus now is the chronic underfunding and lack of DFO willingness to carry that message for our program.

"So we have gone out and found some representation. Our MP Rachel Blaney has gone to Ottawa and asked for some help, the government has provided the opportunity. Now what will DFO do with this opportunity? What is that level of government PSS funding going to be specifically for Powell River?"

North Island-Powell River MP Rachel Blaney says her team has been working with the Salmon Society since June 2019 on their initial request for increased operation funding, and like the PRSS, she's cautiously optimistic about the minister's response.

"This petition response indicates a willingness on

the part of this minister to address the serious concerns of the hatchery," says Rachel. "It is also proof that the power of community can translate to policy changes within government. I will continue to work with PRSS to follow up with the DFO minister on this matter."

Long time volunteer (the now-late) Ed Vizzutti helped out the Salmon Society for many, many years.

"I was there when we were transporting salmon by buckets, now salmon are transported by the fish pump and truck," he recalled earlier this summer. "Everything done by the Salmon Society and the volunteers has always been 100%, and the fish going out into the ocean are in very good condition. It's an excellent facility and people worldwide come to visit."

"The goal is to correct the underfunding of the organization," Shane says.

"Our Foundation will ensure that happens in the future. In the meantime, Ottawa has invested in our program and we want to ask DFO for our fair share of that investment." **PL**

ZEST

Health Fitness Wellness

qathet Living's annual health and wellness magazine/directory, ZEST, will be published October 4. If you provide health or wellness services in Powell River or the surrounding area, you can get a free listing in this magazine. You can also purchase premium listings and advertisements starting at \$50. Contact Sean Percy (sean@prliving.ca) or Suzi Wiebe (suzi@prliving.ca) or call 604-485-0003 before **September 7**.

Stories on local health topics, plus a directory of qathet's health and wellness providers - your "phone book" of local services. Get your free copy on October 4.

Contact Sean Percy before September 7 to get your **free listing** in ZEST magazine/directory. **sean@prliving.ca or 604-485-0003**



ZEST is another free community service provided by:



Investing in a Safer Future



Firefighters are exposed to known carcinogens and chemical hazards. Current decontamination facilities available after a hazardous call are inadequate, failing to meet industry standards.

In the October general election, voters will be asked if they are in favour of the City of Powell River borrowing up to \$7,500,000 to finance construction of a new fire hall/emergency services facility.

Learn more at powellriverfirehall.ca



HELP US WRITE THE DOWNTOWN PLAN

The City of Powell River is developing a downtown plan to set the vision for Marine Avenue, Willingdon Avenue, and nearby city lands.

What makes a vibrant downtown pulsating with life, vigor and activity? It depends on its beauty, walk-ability, daytime activities, nightlife, art, and innovation.

The future of Powell River's downtown is unwritten. Share your vision.



Engage with us at participatepr.ca

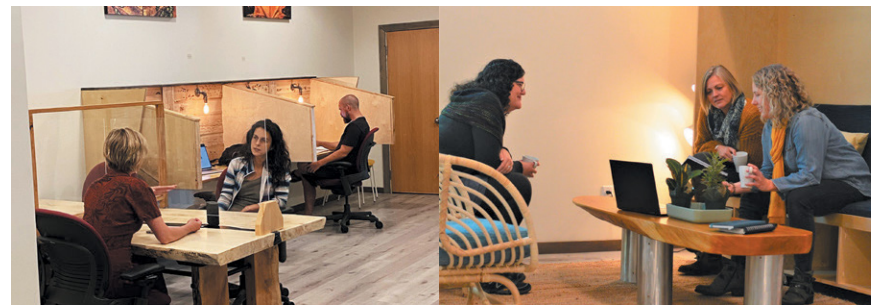


Look for the new qathet Waste Wise app available now

The custom mobile app will notify and deliver service reminders, alerts and all the information you need about solid waste and recycling making it easier than ever to stay connected and informed.



Looking for office space?



Did you know we have a not-for-profit coworking space in qathet? Coastline Colab is a quiet place where you can focus on that project, start-up idea, or just get some support and network.

Members enjoy the use of the beautiful, shared office space on a flexible schedule, access to skill-building programs, fast Wi-Fi, free coffee & tea, and A/C. Find us above the library!

Check out our membership options at: coastlinecolab.ca



SEPTEMBER 2022						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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Garbage & Recycling Day:

A B C D E



"Round for Recycling"



10-cents for ready-to-drink milk and plant-based containers

Redeemable only at Sunset Coast Bottle Depot - 7127 Duncan Street.

Containers will still be accepted in curbside recycling and at recycling depots but will not be eligible for redeemable deposits.

powellriver.ca



Dates to Remember

September 6

Back to School

September 7

Regular School Schedule

September 23

Professional Development Day:
Schools Closed

September 30

National Day for Truth and Reconciliation:
Schools Closed

October 10

Thanksgiving Day: Schools Closed

October 21

Professional Development Day:
Schools Closed

November 11

Remembrance Day: Schools Closed

December 23 to January 8

Winter Break

For Preschoolers

StrongStart

StrongStart is SD47's play-based learning program that runs September to June. Children from ages 0 to pre-Kindergarten can attend with a parent or caregiver.

- Westview Elementary StrongStart is open 3 days per week: Tuesday, Wednesday, and Friday from 9:00am-noon.

- Edgehill Elementary StrongStart is open 3 days per week: Monday, Tuesday and Thursday 9:00am-noon. The program runs in portable #3 (just up the stairs to the right of the stairs).

- Henderson Elementary StrongStart is open Monday through Friday 8:45am-11:45 am.

- Kelly Creek Elementary StrongStart is open Monday, Tuesday, Wednesday and Friday 8:30am-11:30 am and Thursday 11:30am-2:30 pm

Follow us on Instagram for updates to the StrongStart schedule: SD47strongstart

Orca Bus Schedule

"On the Road with Children's Activities" – Orca is an outdoor play-based learning program.

9:30 to 11:30am

Mondays • Timberlane Park

Wednesdays • Sunset Park

Thursdays • Willingdon Beach

Fridays • Sunset Park

Just B4 • Licensed Preschool

School District 47 will be offering licensed preschool at Westview and Henderson starting in September 2022. The Just B4 program is for children turning 5 and starting kindergarten in 2023.

Henderson spaces still available • from 12:45 – 3:15 pm (2.5 hours/day: Tue/Wed/Thurs). Program fee: \$125/month. contact: rita.john@sd47.bc.ca



Back to school Basics

Share your ideas about Indigenous Learning

In SD47, we believe Indigenous Education (INED) requires collective ownership, and this year we will have school staff championing INED at each school.

We have also created additional support for schools and staff through an **Indigenous Success Teacher** role that will focus on academic and curricular opportunities to infuse Indigenous ways of knowing and doing into elementary classrooms. We will also continue to have Indigenous student supports and cultural enrichment opportunities from our Indigenous Education team.

We are eager to hear and share the voice of the Indigenous community and will be looking for community members to participate in our *gał'əp* (the one who steers the canoe) **Indigenous Education Committee**.

Feedback and ideas can be directed to jessica.johnson@sd47.bc.ca

Did you know...

You can book SD47's Outdoor Learning Centre for your private event

Our Centre can accommodate up to 150 day guests or 60 overnight guests, and most of the facility is fully accessible for those with mobility challenges.

We host weddings, corporate retreats, family reunions, workshops and much more. www.outdoorlearningcentre.ca

For K to 12s

Back to School Excitement

September is a transitional month for students of all ages. It's back to school time, which means re-establishing regular routines in preparation for the return to class.

Back to school can always create a mix of emotions for students and families: excited to get back to routines and seeing friends and a little sad that summer is over. Feeling nervous is completely normal and talking about our feelings of nervousness can be helpful.

If you have questions or concerns regarding your child's return to school, contact the school principal. If your child has diverse abilities and you would like to know more about supports and services offered by the district, please contact the Director of Student Support Services at tawnie.gaudreau@sd47.bc.ca.

SD47 has a variety of resources and supports available to support the transition/ return to school for all ages.

- Kindergarten gradual entry
- Mental Health and Wellness Hub: www.sd47.bc.ca
- Speech and Language screening for incoming kindergarten students
- E.R.A.S.E = expect respect and safe education resources www2.gov.bc.ca/gov/content/erase
- E.A.S.E at home (Everyday Anxiety Strategies for Home) healthymindsbc.gov.bc.ca/ease-at-home-k-7/
- School counsellors are an excellent resource for families and students

Be Better on the Bus

Many students take the bus to and from school each day. Students are expected to maintain good behaviour at bus stops and on the buses at all times – the same standard of behaviour that would be expected in their classroom at school. If your child takes the bus, please review the behaviour expectations outlined on the busing application, so everyone can enjoy a pleasant journey.

Safe & Easy Drop-Offs

Some caregivers drive their children to and from school. Streets outside schools are often crowded with young children walking between cars and can become dangerous. Please ensure your child knows how to use crosswalks. If you can, please avoid adding to the congestion immediately outside schools.

Before & After School Program

Each elementary school offers before and after school care for their K to Grade 5 students, five days a week.

- Before school is \$2.50 per day
- After school is \$7.50 per day

Registration is monthly, for the upcoming month. Contact kristen.brach@sd47.bc.ca if you have questions or would like to register.

Want to learn more? Contact us.
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www.sd47.bc.ca



SCHOOL DISTRICT 47



MASTER OF COASTAL COLOURS: Vancouver Island University painting instructor Rick Cepella's piece, *Coast Range, Pemberton*

To learn, teach

Painting instructor Rick Cepella finds exhilaration in the achievements of his current VIU painting students

BACK TO SCHOOL

BY RICK CEPELLA

The art of painting inevitably comes down to a solitary individual in a conducive space, materials at hand — making — a high degree of mental and physical concentration at play.

But many of us who do this strange and wonderful thing cherish the company of other like-minded people and benefit from working together, frequently in a classroom setting.

I have been a visual artist for over four and a half decades and have taught throughout this time, working with thousands of art students at universities, art colleges, public art galleries and within the public school system. I've found myself alongside a variety

of age groups, skill sets and levels of commitment throughout this time.

My current art practice is centered around interpreting our rich natural surroundings by spending great slices of dedicated time in the field sketching, a regular studio practice, studying the great work of other artists and exhibiting my creations. I never forget that I am and will always be a student of painting.

During the last several years of teaching I have come to witness something unique, unanticipated and, for me, exhilarating. A group of local students, most of whom I've taught at Vancouver Island University in the evening program, whose willingness

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"I'm more and more the student these days and ever reminded that so-called 'inspiration' means little. It's about doing the work of painting and painting regularly with intent and the occasional company of others who are showing up, pushing things and not giving up when the inevitable slump descends."

to produce and grow has been remarkable. I've never been part of anything like this (even as a student) and am in the enviable position of being bowled over regularly by much of the work they produce and, more significantly, the progress on display.

I'm more and more the student these days and ever reminded that so-called 'inspiration' means little. It's about doing the work of painting and painting regularly with intent and the occasional company of others who are showing up, pushing things and not giving up when the inevitable slump descends.

In class, students work in acrylic paints, a really versatile medium and most use the landscape as their primary motif.

There is a strong emphasis on drawing—the foundation of all the visual arts—especially in the planning of a painting or when out of doors working directly from nature. "If you can't draw it you can't paint it" is a helpful motivator here and the level of drawing skill so evidently improves in those who accept this and practice.

Numerous requests for more drawing instruction means I'll offer such a class in the fall in addition to the usual painting session.

One of the many benefits of working within a tight nucleus of returning students is responding to their feedback and evolving the class accordingly: art videos, a steady flow of art books (thank you Powell River Public Library inter library loans), more focussed critiques and the constant exchange of ideas, influences and stories are a valued impetus to growth.

Excited (and occasionally unprintable) expletives frequently greet the sharing of new and improved work within the group as much work is reg-

ularly completed outside of class as well.

This is key, especially as these courses go during the fall and winter when indoor activities are especially welcome though some of the hardier do not completely abandon outdoor sketching during the darker months. Evening sessions begin as the days are shortening and end as they are lengthening so the group gets to witness the changing effects of light on the Salish Sea through classroom windows, a reminder that light is the ultimate subject when studying the natural world.

Science tells us that painting benefits the brain whatever your age, but, most intriguingly, the aging brain stands to benefit immensely. Problem solving is a constant and the body ever adapts to put ideas into practice.

This is not supposed to be easy as any serious practitioner can attest to. Winston Churchill, a pretty decent painter himself, suggested the key to a fulfilling life is to commit to a task that can never be perfected, but that is seductively challenging and enjoyable.

I used to visit New York city in the fall to take a deep dive into the incredible galleries and museums there. Studying the work of others is such an important part of understanding the language of painting both past and present.

Now I learn mostly in class from those who are constantly expanding their painting vocabularies. This improves me as a creator and instructor.

Among my goals as a teacher is to address requests to offer instruction to serious young artists, with an eye to weekend classes in drawing, painting, and cartooning.

My goal as a painter: to keep growing.



NEW ARTIST'S GAZE: Above, Rob Clark's *qathet Vista*. Below, *Forest Light*.

Landscapes to learn on

Rob Clark is a refugee from prairie winters who moved to Powell River about 10 years ago.

He was inspired by the stunning scenery of this area, and the wonderful work of local artists, to take up a long neglected interest in drawing and painting.

Lacking formal training in the arts, he owes his artist development to the guidance and interest of Rick Cepella through several years of his evening courses at Powell River VIU. Rob's current interests are landscapes and forest scenes, but hopes to branch out into figurative and portrait art.



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KATE'S MOSS: *New World*, by Kate Matthews. Acrylic on canvas. 2022.

Finding peace, painting the forest

Kate Matthews has lived in Powell River since 2007.

She has been drawing and painting for most of her adult life, specializing in water colours.

Beginning in 2019 Kate started taking acrylic painting classes with Rick Cepella. Under his tutelage her painting skills and techniques have stretched her creativity.

She is tremendously inspired when she walks in the forest and is surrounded by nature. Her artistic goal is to share these deep-rooted feelings of peace and serenity with the viewer. Recently, having been exposed to various abstract works, she has become energized in creating her own type of conceptual art.

At present, Kate is extremely excited to continue to expand her painting skills.



Memento Mori – Call to Artists
Submission deadline September 30

Les Ramsay – Whirligig
qathet ART Centre
September 15 to October 20

Yeonmi Kim – Sewstainability
qathet ART @ PR Public Library
July to November

Chris Roberts – Of Mice and Men and Other Things
qathet ART @ VIU
September 15 to December 15

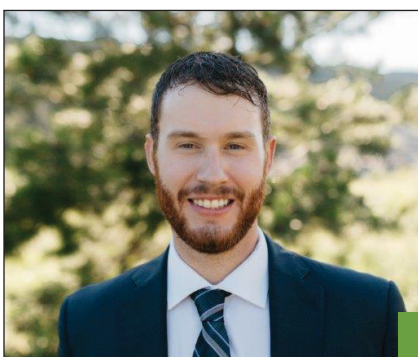
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ANOTHER REASON TO EXPLORE BEYOND LUND: Retired video game / advertising art director Ron Bignell's painting of Gilpin swamp up Sarah Point road. 25x19" acrylic on paper.

Always a student

Ron Bignell is a retired art director living at the end of the road in Lund. His career was split between the advertising world and the video game industry back in Vancouver. When a chance for early retirement came up in 2015 he bolted from the city and hasn't looked back since.

Ron tries to spend as much time outdoors as possible. A lover of our forests, he likes hiking, landscaping and creating artwork from the local landscape. He fills a lot of sketch books and now strives to work larger and looser. He explains:

Painting is really hard, I wish I never became a lazy artist 25 years ago!

What helped me get back into art (painting) was joining Rick Cepella's painting class at VIU. It must have been about six or seven years ago when I first took the class. Since the early 80's I've taken many painting classes and drawing classes so I had some skills and knew plenty, but I wasn't producing any artwork. I naively thought, "hey I'm now retired, I'll pick them lonely brushes up and become a painter again." Boy was I wrong.

Painting is hard and requires serious discipline. My lazy approach of putting paint or pencil to paper every few months was more frustrating than it was rewarding. So Rick's class became my way back to art. Show up and do the work, and make sure you do your homework.

Rick's class structure is loose and effective and I wasn't the only one who kept coming back each spring and fall. There are about half a dozen of us who keep taking the class. I think Rob and I have both lost count on the number of times we've attended.

In a typical class we'd learn about a new artist, share our recent work through an open critique, follow a demo or lesson, then get to work on our painting. Typically we'd bring in photos of our subject matter.

It's not like we're all bad artists or Rick's a poor teacher, we keep taking the class because this has become our artistic community. It's where we meet up, produce and learn and share with each other. We have become better artists through the journey.

My work took a big leap forward last fall when I started to produce bigger works on paper, of what I call The Deep Forest. I think I've finally figured out how to resolve a painting when it goes off the rails, as most paintings do.

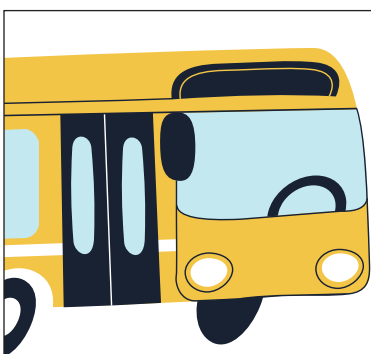
When this past spring semester was over I said to myself, "I won't be coming back, I don't need this class anymore."

But now its the middle of summer and I know I'll be back with Rick and friends this fall. **PL**



SKETCHING, PAINTING, TEACHING, EXHIBITING, LEARNING:

Rick Cepella's painting practice is about constant learning. He has taught at Okanagan School of the Arts, Selkirk College, Kootenay School of Art and Vancouver Island University, among others. His cartoon and illustration work has garnered several national and international awards and is in the permanent collection of the National Archives of Canada. He studied visual art and design at the University of British Columbia, The University of Ottawa, and Emily Carr College of Art and Design.



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WHAT EXPRESSION IS BEHIND THAT MASK?: Speech-Language Pathologist and former teacher Lora Baker, above, wore a mask during COVID, and – while fully supporting mask-wearing – has serious questions about how the pandemic and masks have affected the social language development of our youth.

Connecting to COVID cohort kids

A language development specialist with SD47 says they're still recovering

BY LORA BAKER

September 2021 was an exciting time for our family. Our oldest child was heading to kindergarten; her first grade school experience.

We were all thrilled and the anticipation was building all summer. There were typical “are we ready for this?” moments of squeezing her tighter than ever before, mixed with stoic we-believe-in-you mantras. Even with the burgeoning excitement and anticipation, I couldn't help notice that we, along with other families of COVID-cohort students, were experiencing things a little differently this year.

We had already lived through two years of COVID restrictions, rules, and regulations, including pre-schools being shut down halfway through our children's first year, virtual extra-curricular activities and even a period of closed playgrounds. In anticipation of the upcoming Kindergarten year, School District 47 did an amazing job of creatively preparing parents and students alike, with a meet-the-teacher drive through, class meetings in the garden, and mailed welcome postcards from the teacher and principal.

Fast forward through a summer of outdoor, distanced play dates to September, when masks were not mandatory for K-3 students, but they were for

school staff and for students grade four and up. Most of the students, including my daughter wore masks daily, but this still felt like a small victory. At least classes were happening in person right?

I remember picking my daughter up after the first full day of kindergarten, eager to hear and see how things went. As she walked down the steps, I couldn't get a reading, thanks to the pink Wonderwoman mask (it turned out to be covering a giant grin beneath.) The fall went fairly smoothly, with the kids and parents in the honeymoon phase of their school careers. I saw my five-year-old loving school and loving the time she got to spend with peers.

Still, things were different. I felt disconnected from the school world and the other parents. Families were unable to volunteer in the classrooms for much of the school year, but our creative teacher planned many outdoor volunteering opportunities for parents. I will have fond memories of being huddled on my knees one cold November morning in the classroom teacher's personal tent that was set up in the parking lot. Two other parent volunteers and I were working with the students, making a vegetable soup outside. The students' hands were so cold, I worried they wouldn't even feel it if a rogue vegetable peeler shaved off someone's fingerprint.

Our kids put on outdoor concerts and many extra-curricular activities had resumed. I made an effort to reach out to other parents on the sidelines of the soccer field or through a mask after flashing my vaccine passport at the hockey rink. Trying to get to

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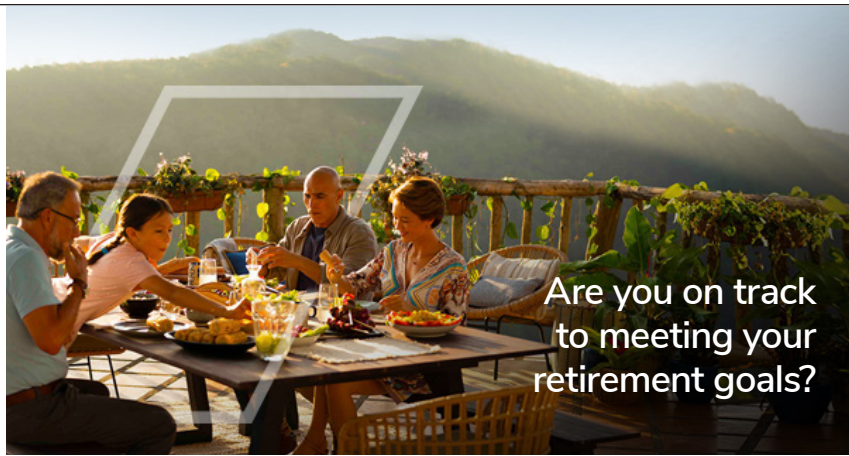


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know the other parents during COVID was challenging. I remember being so excited to meet and connect with a classmate's dad, only to realize I had been calling him Tim for four months of weekly chats through masks, and his name was actually Dan.

Right around Christmas I started to wonder, worry and ask questions. I noticed my daughter asking about things her peers were saying and describing minor, but concerning, social conflicts. As I talked to Dan and other parents, I recognized familiar patterns in their Kindergarten experiences. These "COVID kids" didn't know how to ask a group of students to join their game; they struggled to join their peers in play. They didn't know how to voice feelings of frustration, sadness or even glee. Social problem-solving was a challenge. Even making requests from teachers, adults or other students was hard.

My worry and questions were getting louder and more emphatic: did my daughter and her COVID cohort peers have delayed social language skills? Of course, I wanted to blame someone or something other than myself. COVID was an easy scapegoat—in 2022, screens, social media, widespread family financial stress, and many other emerging pressures are surely taking a toll on children. But COVID might be unique, too; I started to wonder if my daughter and her classmates were in fact suffering from the effects of masking on social interaction and social development? This isn't a far stretch considering this cohort of kids didn't see a stranger's mouth or smile for two years. Even in the 2021-2022 school year, these students didn't see their teacher's smile, frown or mouth for seven months!

This is where I have to admit that I didn't look too far to find hypotheses and answers to support my observations and concerns. You see, I am a Mom and also a Speech Language Pathologist working in schools. When the pandemic started, I was working in a children's hospital, riding waves of business-as-usual to surges of full-gown, goggles and face-shield PPE, to virtual patient appointments only. Moving to an education setting with cloth masks, plexiglass barriers and loads of cleaning products somehow felt like a breath of fresh sanitized air. Yet it didn't take long for the realization that making a connection, establishing a relationship, and working on communication skills with kids is much harder through a plexiglass barrier or mask.

Let me be clear, I am not starting a mask debate! I believe in wearing masks to prevent and slow the spread



MASKS WERE HARD: Izzy Leger was in her last leg of Kindergarten in March 2020, when COVID-19 shut schools. Mandated masking for teachers and other school staff began by the time she went to Grade 1. Kindergarteners had to wear masks at school starting in October of 2021.

"I did my best to avoid places where she would have to wear masks," recalled her mom, Melanie Leger. "She wasn't very good at it."

of the COVID virus; masks save lives. My goal here is to increase awareness and start the discussion about how we can mitigate and compensate for the negative impacts on our kids' communication skills.

Many of you likely experienced communication breakdowns while wearing a mask and felt frustration that you weren't understanding or weren't being understood. Imagine these kids who don't have the skills to repair communication breakdowns? How many nuances of communication did they miss?

Wearing masks largely impedes interpretation of facial expression, makes speech less intelligible and eliminates lip reading. Additionally, watching and mimicking mouth movement is critical when learning to articulate and pronounce speech sounds. Contrary to popular belief, we all lip read to improve comprehension, not only individuals who are deaf or hard of hearing. However, I would not be doing my profession or my clients justice if I didn't mention the massive impact mask wearing has on the deaf or hard of hearing population.

As Speech Pathologists we often talk about an individual's communication toolbox; all the tools we have for communication. Most, but not all of us have verbal speech in addition to



non-verbal communication tools like gestures, facial expressions, written language, and body language.

COVID kids aren't getting the feedback from adults' facial expressions. Smiles mean, "yes kid you're getting it" or a mouth twisted in bewilderment means something is off. Any parent or spouse can agree, non-verbal tools such as facial expressions are often a more accurate and truthful form of communication than verbal speech. My well-meaning husband's words said he liked my new haircut, but the look of shock on his face betrayed him and communicated his true feelings. If the poor guy had been wearing a mask, he might have got away with it!

Mask wearing and covered faces are just a drop in the bucket of the impending tsunami of effects COVID will have on the social skills and language skills of "COVID cohort" children. A huge concern is the limited amount of time these children spent around their peers or unfamiliar adults; people other than immediate family while practicing social distancing for two years.

Many of these children had limited extra curricular activities, limited play dates or time with peers and even missed out on gatherings with friends and extended family. Think of how many hugs, and smiles these kids have missed? Think about how many conversations they've missed? How many fewer face-to-face interactions they have had? How many fewer words they have heard?

As a former teacher and current speech language pathologist, I became very concerned when I observed the change in social language development for students in the COVID cohort. Preschool years are the primary years for speech and language development and these children clearly missed some important opportunities.

I know in our house, spending time isolated with our family with no playgrounds and no extra-curriculars led to increased screen time. It seemed inevitable when parents had to work from home and kids needed to be entertained. For most of COVID the only foreign accent my kids heard was Peppa Pig's high pitched English banter. They were definitely exposed to fewer voices with accents, the number and diversity of linguistic models they had would be devastatingly smaller when compared to kids who were preschool aged before Covid. Five years ago, five-year-old children would have potentially learned to talk to neighbours, friends' parents when

they went for a playdate, the librarian, a clerk at the store, and maybe a friendly stranger on the city bus. Most of these voices and different communication environments were eliminated or limited during the pandemic.


Furthermore, spending time mostly at home with our own family unit means parents don't get to see their child interacting or playing with peers. This impacts friendships and has also led to many parents missing red flags in their children's development when looking at age-appropriate norms. Parents who have had limited social contact may not realize their child is not saying as many words as other kids the same age. It is not surprising that many Speech Language Pathologists and counsellors have noticed a significant increase in the number of referrals in the last couple of years for Kindergarten students.

Recently, in a meeting with some very accomplished SLPs from across the country, we discussed this very topic. Researchers, experts, clinicians and parents share my concern; so much so that there is talk of adjusting the guidelines and milestones for early childhood speech and language development.

I am not writing this to add to the long list of concerns and fears parents and educators have about COVID. I'm simply looking to start the conversation and hopefully increase awareness that these cohorts of children may need a little extra support, instruction, guidance and a little bit of extra patience as they journey through school and life.

Another friend and colleague, Elaine Maxwell, an elementary school counsellor, reminded me "we are relational beings, and this is not irreversible. We can connect again and teach connection." Partnering with superb educators like these does restore my faith and give me hope that the COVID cohort can bounce back and perhaps even bond over the shared experiences or perhaps lack of experiences?!

Despite sharing concerning observations, all my colleagues share my predominately positive and hopeful outlook for the future of our children. As therapists and educators, we do what we do, because we believe in the principles of neuroplasticity and the resilience of children. "We CAN connect again and teach connection!" I believe by the time our youngest child, who has encountered the effects of COVID at different developmental stages, gets to Kindergarten in two years, these outstanding educators and innovative school districts will have the resources and supports in place to prepare and promote socially adjusted children with effective social communication and language skills. I've watched how our school teams have modified, adapted and adjusted to restrictions, constant changes and the unique needs of students during the pandemic. I have complete faith.

I bet the "Covid cohort" of children will be one of the most resilient generations we've seen. When you've waited with your parents for two hours to get into a grocery store only to find there are no samples, or discover your Kindergarten teacher has a nose piercing that was hidden under the mask for months, your skin must thicken! If nothing else, we will have a generation of the best hand washers the world has ever seen! If you are a concerned parent, educator, or citizen, reach out to a teacher, counsellor, speech language pathologist, or school administrator. Give them a thank-you, a boost or maybe even a hug. Let them know that you appreciate the support they are giving our children. 

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Friends in need, indeed

Friends of qathet (Formerly Friends of Powell River) was started in 2006 by my sister Melanie Alsager and me, Susanne Cecconi. The original goal was to ensure the basic needs for clothing were being met for all students in School District 47. At the time, neither Federal nor Provincial governments were prioritizing programs for low-income families and we had a lot of young kids and teens who were not able to dress for cold weather, properly dress for PE or get additional food assistance.

Working with teachers and other school staff, FOq gathered lists of items children needed and would find local donors to purchase the items. Volunteers delivered the new clothes and shoes to the schools where the teachers who requested them would give them to the child privately and tell them they were “from a friend” of the school. In the last six years, FOq has also raised money to purchase grocery cards and donated them to each school in the district.

How and when did you start working with FOq?

Susanne Cecconi • FOq started in 2006 when I worked at Henderson Elementary. I loved working there and it's still one of my favorite schools in this town. Despite the happy school environment, there was no denying that more than a few kids were missing basic items of clothing and many had no obvious change of clothes. Beyond the burden it puts on a child when they

don't have clothes for school, I noticed it also created genuine distress for teachers and staff. The school staff care for the students, and they are concerned when they are going through tough times at home. On one particularly tough day, I called my sister and explained the need. We talked and decided we would quietly just buy what the kids needed and give it to them. My sister had a business that provided seed money for our efforts.

What part of the work is the most satisfying?

Susanne Cecconi • Hearing and seeing the success stories of children we help. Children blossom when they get their needs met in a way that makes them feel important. It's one of the reasons we purchase them quality shoes and new clothing. We want them to know that we value them. We also really love the way people respond to us when we ask them for help. Men and women in this town have shown a humbling level of generosity and concern for children they don't even know. Local businesses have been a huge asset to this program and we rely on them as allies.

What part of the work do you find most challenging?

Susanne Cecconi • The most challenging part of the work is making sure that we fundraise enough to cover the program and that the needs of the children can be met. We operate with only volunteers and we don't have any expenses as an organization. This means 100% of what we raise goes directly into buying things for the children.



DEVOTED SISTERS: Sue Cecconi and Melanie Alsager, founders of the student-helping Friends of qathet.

What do you wish other people knew about the work you do for the FOq?

Susanne Cecconi • Many people are surprised by the number of local kids and teens who need our help. Most of the children in this area have the lives we'd want for them and we see them around town doing well. The kids we need to help are kids that are just having terrible luck in terms of family health, finances, and living conditions. We often don't see these kids because they aren't in the stores, they aren't in the restaurants, they aren't in the after-school activities and they are rarely on the ferries.

Have you been involved in charitable work before starting the Group? What got you started?

Susanne Cecconi • If you're a parent, you always feel like you're volunteering for something, but this type of initiative, something not for our own kids, was a first

for my sister and me. I think like most people, I just really didn't know how I could help fix child poverty. At first, we were worried people would get mad if we interfered and sent their child home with new shoes. A number of people suggested we'd end up clothing the entire town. Initially, we just took a chance that it would work out, and it has. Turns out parents in trouble are thankful for the help, and we have never run into anyone taking advantage of the program unnecessarily.

How has this changed your life?

Susanne Cecconi • It has changed my overall view of the massive generosity of this town. I have seen our most vulnerable children get what they need to be successful. In most cases the ask is small, but the effect it has on a child's life is significant and enduring.

Do you bring any unique skills to the organization?

Susanne Cecconi • I have worked in the local school district for the past 22 years, and other staff feel comfortable reaching out to me to ask for items for the children they care for. I have a wonderful support system within my family with my sister and niece, who help me with important decisions and ideas for the program.

What do you say to other people who might be thinking of volunteering or starting a non-profit?

Susanne Cecconi • I would say follow your heart, look to help where you know you will be excited to help out, and enjoy the journey. We have made so many friends along the way, and the kickback from the kids is the best reward.

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1. A period of steady price decline

That's what a bear market is (as opposed to a bull market). Prices have dropped nation-wide from a high in February 2022, to July, the last stats available.

2. Cheap? Ha. As if.

In qathet, home prices are still up by a quarter over last year. Canada wide—they're still up by 10%. But they are coming down for the first time in years. What interest rates will the Bank of Canada announce September 7?

3. Congratulations! We're close to average.

Canada's average home price in July: \$629,921. qathet's: \$683,994. Canada's average price dropped 20% over five months. qathet's did (maybe) over one month. Read on! –PW

Real Estate in qathet

We've peaked

For the past two years, qathet has been BC's wildest real estate market. It still is. But change is afoot.

BY PIETA WOOLLEY

The numbers are unbelievable! In just one month, the average price of a home here in qathet dropped 20%, from June to July. From \$856,943 in June, to \$683,994 in July, a loss of about \$173,000, in a single month.

Sales crashed too: from 44 homes sold in July of last year, to just 20 this July.

But the president of the Sunshine Coast Real Estate Board, Neil Frost, wasn't crying when I caught up with him at River City Coffee in late August. Instead, he was weirdly calm. Yes, you can interpret a lot from these numbers, he revealed, but not what you might assume at first glance.

First, he noted, with just 20 units sold in July, it would be foolish to make any great pronouncements based on such a small data set. All it would take to skew those numbers is a few more less-pricy mobile homes sold, or no luxury waterfront homes, and that average regional price will plummet.

Second, he said, this has been a uniquely-volatile market through the pandemic. What we're seeing now isn't a crash, but a realignment with the rest of BC.

"The frenzy is over," Neil said. "But prices are still higher than they've ever been. I'm not denying that prices will come down. They will."

"But the asking prices haven't changed—the sale price has. Bidding is out the window. You're not getting \$150,000 over asking anymore. Now, more than ever, pricing your house right at the start is important. Listen to your realtor."

While the luxury home market here is "frozen," Neil said, with those at the top of the market holding on to their money, the rest of the market is still thriving. Homes that are move-in ready have held their value. Those with rentable suites, views or large properties are still hot, Neil said. Those priced under \$400,000—which are showing up again now—are being snapped up.

Why is the frenzy over? Neil ex-



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Wild Stats: we're crashing and soaring at the same time

Single family homes here just fell 20%

The average price was \$856,943 in June, and \$683,994 in July – a decline of about \$173,000.

Still, single family homes are up by 25%

The median price was \$545,918 in July 2021, and \$683,994 this July. But they were up even more – 36%, year over year – in June.

qathet had BC's biggest COVID price spikes

From July 2020 to July 2021, this region's home prices rose by 13%. From July 2021 to 2022, they soared another 35%. No other region even came close. The closest was Vancouver Island, which gained 17% in the last year.

Coincidentally, qathet can also boast the greatest decline in sales

Down 55% July 2021 to July 2022. With a 'Months of inventory' rate (that is, if homes keep selling at the pace they're selling now, how long will it take to run out of stock?) of 8.2 months now, compared to just 2.7 months of stock a year ago.

First timers are shut out, still

Just seven of the 232 homes sold in qathet in 2022 so far went to first-time home buyers. Since the beginning of June, only one first-timer bought.

Far, far fewer homes are selling

In June and July, about half the number of homes sold, compared to 2021 – even with more than 160 homes on the market. In July, just 20 homes sold, compared to 51 last year.

Squamish seems to be over qathet

The numbers weren't tracked in 2021, so it's hard to compare. But in January to March 2022, 10 qathet homes were bought by Squamish emigres. In the next four months, just four were. In fact, in June and July, just one local home was sold to someone from Squamish.

Very few people from outside Canada buy homes here

Just two in 2022 so far, and one in all of 2021.

Shopping for cheap homes? Look north and east

The average price for a single family residential home is under half a million in three BC regions: Kootenay (\$476,823); BC Northern (\$410,742) and South Peace River (\$288,142).

Shopping for pricey homes? Look south

Greater Vancouver (\$1.2 million) and the Fraser Valley (\$1 million) offer the most expensive homes in BC, followed closely by Victoria (\$919,869).



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plained it's multi-dimensional.

Post-pandemic, Vancouver is coming back to life, he said, so Lower Mainlanders – who represented about half of sales here over the last two years – are enjoying their city more. Sports, theatre, festivals, offices, playgrounds and beaches are all open again. After two years off, this summer's Celebration of Light fireworks festival attracted about 1.4 million Vancouverites to the inner harbour. Simply put, they're not squeezed into condos in a dead, boarded-up city anymore.

In addition, most locals who were planning to sell their homes did so during last year's "frenzy," Neil explained. Some are rushing their homes onto the market in the hopes of selling at still-peak values. There are lots of listings on the market now, meaning the tight supply-and-demand scene has loosened prices.

"I couldn't even show buyers a single house two years ago, Now I can show six houses. I used to show 12."

The sharp increase in interest rates this year so far means some buyers have lost as much as \$100,000 in buying power, Neil said. With the next announcement from the Bank of Canada due September 7, and interest rates potentially increasing even more, some buyers – especially first timers or those

without much equity – are nervous.

Another group who left this market: investors who buy up cheaper properties in the hopes of re-selling for a profit. Softer prices have them looking again.

Finally, Neil said, all of these cumulative factors mean many potential buyers are just waiting for the market to simmer down even more before diving in. That chill cools the market even more.

In this market, you'd hope that more first-time buyers, or those with lower budgets, would be able to get in. Neil says we are not there yet.

"People with cash in their hands are waiting for those prices to drop. When they do, they could swoop in and outbid the first timers," he said.

However, Neil is optimistic that this region is returning to a more rationally-paced market.

If you qualify for a mortgage here, he noted, you will get in. Inventory is up over last year. And the seasonal slump that normally begins mid-summer is on again. August is, historically, when realtors go on vacation, he said. Sales dip that much.

"People will continue to buy houses here," Neil said. "People still want to live here. That isn't going away."

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As we quickly approach the Fall season (and end of the year), many Canadians and their families find that they are about to experience some form of lifestyle change. Whether it's watching your child go off to College/University, starting a new employment opportunity that requires relocation, completing those home renovations that you had planned on doing over the summer, planning your upcoming holiday vacation, or sitting down and finally looking at that mortgage renewal paperwork that is due in 30 days.

When you speak with Jeremy Garth, it's the equivalent to you walking into a "Shopping Mall of Mortgage Lenders", meaning you will be getting the best rate and product to suit your existing and future goals and needs. If you would like to chat further about what options are available to you, Jeremy Garth is happy to help. Bringing eight years of mortgage industry experience to the table, he can help you put together a plan for your mortgage so you can be confident that your current and future goals and needs will be met.



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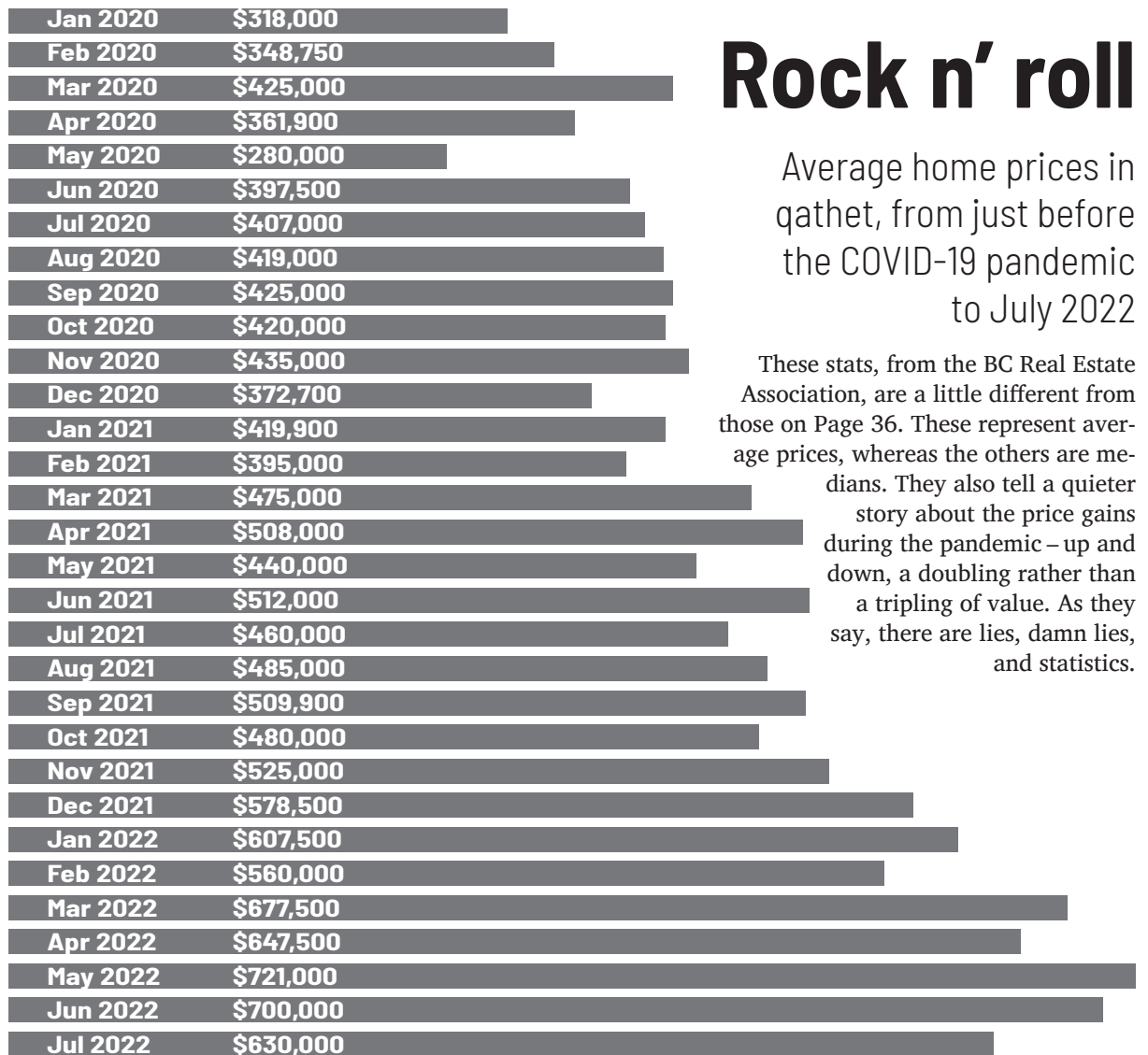
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Rock n' roll

Average home prices in qathet, from just before the COVID-19 pandemic to July 2022

These stats, from the BC Real Estate Association, are a little different from those on Page 36. These represent average prices, whereas the others are medians. They also tell a quieter story about the price gains during the pandemic – up and down, a doubling rather than a tripling of value. As they say, there are lies, damn lies, and statistics.

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Very happy trails

Rosalea Pagani rides the PNE & Paradise Valley this month



Forestry tech Rosalea Pagani and her horse Gauge were one of the 20 BC teams selected to participate and demonstrate at the first Mountain Trail event at the Pacific National Exhibition in Vancouver in early September.

In Mountain Trail you learn to work with your horse and develop your skills as a rider while navigating through natural obstacles.

Gauge, also known as “Spooks Hired Hitman,” is a six-year-old American Paint Horse gelding that Rosalea’s mom, Noelle, fell in love with and bought when he was just 12 hours old.

Rosalea and Noelle have been the only ones to train him. “Gauge has a very willing and trying at-

titude which has made him an easy horse to work with,” says Rosalea.

The duo love the challenge of Mountain Trail – particularly the precision and finesse that go into every movement. They have also competed in Western and English events at horse shows including reining, ranch riding, trail barrel racing and gymkhana.

Gauge will be among the horses at the Powell River Trail Riders Club Horse Show on September 24 and 25. They will be demonstrating Reining and Ranch riding on the 24th, said Rosalea. On the 25th there will be a Working Equitation Percentage Day, where riders will complete a dressage test, as well as an obstacle course. 🐾



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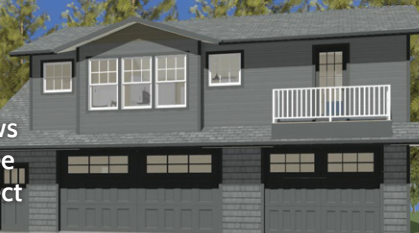
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- Malala Yousafzai



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I MADE THE MOVE

Dog-centric designers choose chatty qathet

I'm Toby Jaxon and this is my husband Vid and our 14-year-old red heeler, Ginja, and 'Tazz', who we've just picked up in Alberta at my uncle's farm.

Vid (short for David) is a recently retired electrician/technical designer. I am an artist, but in college I trained as a draftsman and eventually an AutoCAD instructor. I have worked across the country at architectural and engineering firms in Prince George, Edmonton and Toronto but my love of the West Coast eventually took me to Vancouver where I pursued a more creative career in commercial interior design.

We moved to Squamish in the mid 90s and I started a small firm that specializes in design, art, commissioned landscapes, dog portraits, and curating, and I instruct large-format painting classes.

Why did you choose to move to qathet?

Toby Jaxon • Moving to qathet was an easy choice. It's all about the lifestyle. We have a large lot where we can grow fruit/veggies, we own an affordable home in a safe neighbourhood and spend time taking advantage of the local lush landscape, abundant freshwater and ocean access.

When? Where from?

Toby Jaxon • We moved last summer, mid 2021 and mid pandemic, from Squamish. And yes, there seems to be quite a few 'Squamigrants' here now which helps to make us feel at home in this new region.

What surprised you once you moved?

Toby Jaxon • We have been pleasantly surprised at how friendly everyone is – it is so refreshing to be living in an area that has a slower pace where people smile, say "Hi" and even stop to chat.

What made you decide to move to qathet?

Toby Jaxon • For Vid it was the climate and for me it was the culture, but we both love exploring the beach, paddling,



TECHNICAL, CREATIVE, AND INNOVATIVE: Vid, Toby, Ginja and Tazz are having FOMO here because there's so much to do.



hiking and biking. In qathet there's an abundance of it all! Vid got to the point where physically he needed to retire. I am continuing to work remotely as the curator of the Foyer Gallery in the Squamish Public Library and then I go back to Squamish every few months – enjoying the scenic ferry travel as perks to my commute. As well, I get to regularly visit friends and our adult son, Parker.

Where is your favourite place in qathet?

Toby Jaxon • It's hard to pick just one because we both have a huge love of nature. Our property has a big backyard with a fish pond so we do a lot of puttering with daily walks to Cranberry Lake, but we are also happy to paddle over to Savary or hike up to Tin Hat. I'm working on a new painting series that features arbutus trees. I have no lack of inspiration!

How did you first hear about qathet?

Toby Jaxon • Back in the late eighties my parents retired to a waterfront property in Selma Park just south of Sechelt. I was working in Toronto at that time, but came to the coast on holidays and eventually moved to Vancouver and bought property on Keats Island. Over the years Vid and I have been lucky to be invited to join in on many sailing and kayaking trips around the Gulf Islands and Desolation Sound.

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

Toby Jaxon • It's pretty hard to move mountains but maybe a closer ski resort?

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

Toby Jaxon • The biggest challenges that we continue to face are that there are too many things to do. Especially me, I have a bit of FOMO (fear of missing out) so I want to do everything. I am realizing that I need to start to slow down and the Sunshine Coast does have a magical way of making you do that!

If you were mayor, what would you do?

Toby Jaxon • Neither Vid nor I would want that job, but I would look at how the district can be more effective and efficient and get on that road maintenance! I've heard a bit of chatter from long-time locals that there are a lot of potholes that need repairing?!

What is your greatest extravagance?

Toby Jaxon • For the first time we splurged on professional movers and hired 'Ellis Moving and Storage' to transport our belongings to this place of paradise!

Which superpower would you most like to have?

Toby Jaxon • I feel like I already have super-human spatial awareness but I'd love to have the ability to just wiggle my nose (like Samantha on Bewitched – and yes, I'm dating myself) and then our house would be immaculate! ...and then I could clean up climate change, world hunger and global conflict. 🐾

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Use the orthography below to write in how to pronounce each letter. Also see Dr. Elsie Paul's more precise descriptions at bit.ly/3cc8iU4.



ʔAYʔAJUΘƏM? YOU GOT THIS

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gənaχ^w True / Truth

hoθošt ʔak^w ʔi Moving Forward
in life

ščət Right Now

hε how šɫn Moving Forward

Hoš tɯm qaθət We will all
go Together

ʔayʔajuθəm orthography

ʔəʔamɛn | k'ómoks | χ^wɛmaʔk^wu | & λohos

This orthography is based on the International Phonetic Alphabet (IPA). This guide offers a simplified version of the sounds; for an authentic accent, listen at firstvoices.com.

Most letters you'll see in ʔayʔajuθəm are familiar. Pronounce them as you normally would, with the exception of the vowels and "y," which are always pronounced:

a	ah
e	ay as in May
i	ee
o	oh
u	oo
y	y as in yell

ɛ	eh
ɪ	ih
ʊ	oo as in look
ə	uh
č	ch
č̣	popping c
ǰ	dg
ḳ	popping k
k ^w	kw
ḳ ^w	rounded, popping k
ɬ	Breathy L sound
p̣	popping p
q̣	popping q

q ^w	rounded q
q̣ ^w	rounded, popping q
š	sh
ṭ	popping t
t ^θ	t-th
ṭ ^θ	Popping t-th
θ	th
x ^w	wh (like in who)
χ	Hhhh
χ ^w	Hhhh ^w
λ	tl
λ̣	popping tl
ʔ	glottal stop: uh oh

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Bean there

Erika Espinosa is making a new start in qathet by kickstarting your day with a shot of java. Erika ran the Bean Buggy coffee truck in Vancouver, serving the film industry and farmers' markets. Last year she and her partner visited Powell River, staying at the Old Courthouse Inn, and fell in love with the area, so moved here and fired up the **Bean Buggy** June 1. In addition to a variety of specialty coffees, espressos and teas, her selection of freshly blended smoothies and lemonade are proving popular this summer. She's also famous for her Mexican hot chocolate. The on-wheels coffee shop can be found at the Thursday Night Market, weekend Farmers' Market, at fairs and festivals, and various other locations. Visit the beanbuggy.com or call 778-855-2965.

New port for electricians

Long-time electrician Henri Newport has passed the wire strippers to his son. **Raymund Newport** is the new manager of the (slightly) renamed **Newport Electrical**, which this spring moved across the street to a new office and shop at 202-7373 Duncan Street, beside Western Forest Products. Visit newportelectric.ca or call 604-485-0045.

Texada Transfer keeps trucking

Texada Transfer changed hands in July. The new owners, **Mike Manchon** and **Tracy Nisbit**, also own Coquitlam based **Sprinter Delivery**, said manager **Bill Ronald**. With locations in Gibsons and Sechelt, **Sprinter Delivery** services the Sunshine Coast and Lower Mainland.

"It was a natural expansion for them," said Mike, "as Texada Transfer handles bigger freight."

It's business as usual as nothing's changed except the ownership and manager. Same employees, same location and same phone number.

"We're still at 7460 Highway 101 and can be reached at 604-485-7683."

Son-father team dig in

Matt Boese recently launched a new business, **Matt Boese Enterprises**.

"It's a family-run business," says Matt, who was born and grew up here. "My dad Doug works for me."

Matt has been operating heavy machinery for several years and worked in the logging industry prior to launching his own business.

Matt Boese Enterprises offers trucking and excavation services to homeowners, contractors and developers in qathet.

"We also provide land clearing, foundations, retaining walls, driveway, and lawn preparation for new builds and existing residential services such as replacement driveways, pool digging and yard grading as well as addressing water drainage issues."

For more information call Matt at 604-483-8092, or email matt@mattboeseenterprises.com

Speaking of new

Registered Speech-Language Pathologist **Chris Lightfoot** has moved to qathet from Prince Rupert, where he worked with the school district. Here he has launched a business called **Lightfoot Speech and Language**.

Chris says his aim is to help clients overcome a variety of communication challenges. For more info visit lightfootslp.ca, call or text 604-786-3686 or email LightfootSLP@gmail.com. Chris typically provides services in person with clients in their homes, and also offers video conferencing. Chris' wife Chelsea Keays grew up in Lund, so their move reunites them with family, friends and community.

Proud Puppy

Professional dog trainer **Robyn Andexser** has moved to qathet, and is creating a new business, **Proud Puppy Dog Training**.

Robyn was owner and lead of Best Paw Forward Dog Training in Nanaimo, which she sold in February before making the move here.

Proud Puppy provides in-home puppy lessons, training walks and phone consultations, along with a variety of dog training and first aid classes. Robyn is a Certified Dog Trainer, and a Dogsafe Canine First Aid Instructor.

You can reach Robyn at 250-739-4900 or email isyourdogsafe@gmail.com




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Sewstainability

by qathet's Yeonmi Kim

Artist's Talk, Tour and Environmental Q&A


Monday, September 19th at 4pm
First Credit Union Community Room

Let'sTalkTrash.ca
WHAT IS WASTE?



Join local artist Yeonmi Kim and the Let's Talk Trash team to learn about creative uses for recycled materials and Yeonmi's journey of living and working with plastic in her series, Sewstainability. The exhibit is on display in the library through November.

The "Art in the Library" initiative is in collaboration with qathet ART.



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RESIDENTIAL SCHOOLS REMEMBERED:

September is bookended by two events that recognize residential schools. On September 2, the whole community is invited to the unveiling of two new totem poles at the Tla'amin waterfront, one a welcome pole, and one is a memorial for survivors of residential schools and those lost during COVID. September 30 is National Truth and Reconciliation Day. Events are TBA.

Photo by Abby Francis



September in qathet

BIG MOMENTS IN OUR COMMUNITY

Friday, September 2

Totem Pole Unveiling

Noon, Tla'amin Waterfront. The community is invited to the unveiling of a welcome pole and a memorial pole. Please wear orange. A meal will be served afterwards with traditional drumming and singing.

September 2 to 10

Celebrate Literacy Week at Town Centre Mall

See events on Page 48 and ad on the back page.

September 2 to 4

Sunshine Music Festival

sunshinemusicfest.ca

Monday, September 5

Labour Day

Stat holiday

Tuesday, September 6

Back to School

Friday, September 9

Nominations close for SD47, Powell River City Council and Mayor, and Regional District directors

See ad on Page 55.

Stories start on Page 11.

September 11

Meet mayoral candidate Ron Woznow

1 to 5 pm, 6792 Cranberry Street. See his ad on Page 17.

Sunday, September 18

Terry Fox Run

Starting at the Rec Complex.

Thursday, September 22

Equinox: First Day of Fall

Friday, September 23

PR Kings First Home Game of the Season & Player Meet & Greet

7 pm Kings vs. Nanaimo Clippers. See story on Page 50.

Friday, September 23

SD47 Pro-D Day

September 24 & 25

Fall Fair

Noon til 5 pm each day, Paradise Exhibition Grounds. \$5 entry, children 12 and under free. See story, Page 6, and insert.

September 26

Rosh Hashana

Jewish New Year.

September 26

Mayoral all-candidates forum

4 to 6 pm at Dwight Hall, hosted by Town-site Ratepayers

September 30

National Truth and Reconciliation Day

Schools closed. Federal stat. NOT a provincial stat. Events TBA.

Monday, October 3

All-candidates forum for Mayor and Council

7 to 9 pm, Evergreen Theatre. Chamber of Commerce-led event.

October 15

General Voting Day for qathet Regional District Directors, Powell River Mayor and City Council, and SD47 Trustees.

See ad on Page 55.



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VISUAL ART

Through September

qathet ART Exhibitions Proposals Intake OPEN

Now accepting proposals for 2024/25 programming at all of our exhibition locations – the qathet Art Centre, PR Public Library and Vancouver Island University. Visit qathetart.ca for more information.

Transmutation

Crucible Gallery. Opening is September 9. With artists Valerie McRae “Experimental Imperfections,” mixed media and fabric), Richard Armstrong (“Imagining New Worlds,” visual art) and Kate Matthews (“My journey from forest serenity to disturbed emotionalism,” paint and installation).

Memento Mori – Lost and Endangered species exhibitions call to artists

A qathet region wide exhibition from November – January 2023 at qathet Art Centre. Submissions due September 30,

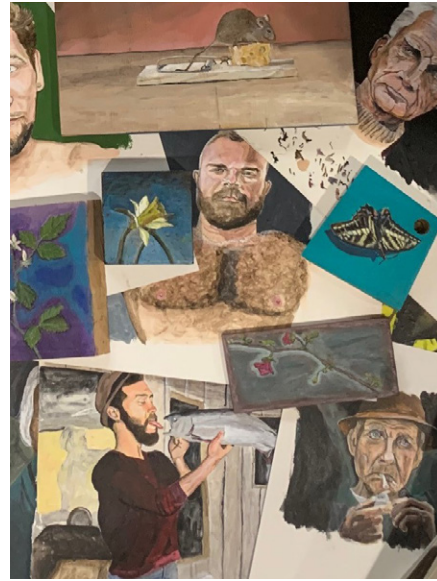


WHOA THERE: Whirligig is Vancouver-based Metis artist Les Ramsay’s show at qathet Art Centre above the library. His work is in major collections across Canada.

2022. Artwork must be made from found, natural, repurposed and recycled materials. Visit qathetart.ca for

To November

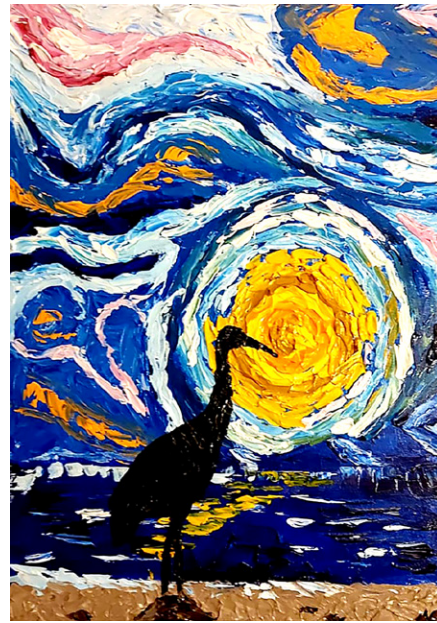
qathet ART at PR Public Library: Sewstainability – Yeonmi Kim Exhibition



BACK TO SCHOOL: qathet artist Chris Roberts exhibits his painting in his show “Of Mice and Men and Other Things,” at VIU Powell River Campus. Opening is September 15.

September 1 to 15 Arts, Culture & Heritage grant intake

Applications for Fall grant funding for community groups and organizations are now open. Visit qathetart.ca for more information on the application and submission process.



A CULTURED BRUNCH: *Heron Sunset*, by Cowboy Blaire Hobbes. Blaire is exhibiting paintings at Maggie’s Diner September 16 to December 14.

Friday, September 2

Totem Pole Unveiling

Noon, Tla’amin Waterfront. The community is invited to the unveiling of a welcome pole and a memorial pole. Please wear orange. A meal will be served afterwards with traditional drumming and singing.

September 15 to October 20

qathet ART Centre:

Whirligig – Les Ramsay exhibition
Viewing hours Tuesdays, Thursdays, & Saturdays – 12 to 5 pm

September 15 – December 15

qathet ART at VIU: Of Mice and Men and Other Things – Chris Roberts Exhibition

Opening reception Sept 15 at 6 pm, VIU

September 16 to December 14

Cowboy Blaire Hobbes Arts Show: Discovering the Palette

Maggie’s Diner. See ad on Page 17.



September 19

Yeonmi Kim and Let’s Talk Trash – Artist Talk on Art and the Environment

4 pm, Library. This talk will be about the journey of living and working with plastic through Sewstainability. Located at the PRPL Community Room with tour of the artwork throughout the library.

Memento Mori: Lost and Endangered Species

This is a call to artists to participate in a group exhibition at qathet Art Centre from November, 2022 to February 2023. Please submit artwork made from recycled, found and natural material around lost and endangered species by September 30, 2022 by filling out the registration form at qathetart.ca.

qathet ART will be working with artists in all media and look forward to presenting Memento Mori to the public.

qathet ART & CULTURE Directory

A new website is underway for qathet ART. As part of this new site they will be creating a directory of artists and arts and culture groups and businesses of the qathet region.

If you would like to be included in this directory please visit qathetart.ca to find out more and send in your information.


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FILMS AT THE PAT

September 1

Grease

7 pm & 1:30 Matinee. One of the greatest musicals and quint-essential end of summer, back-to-school movies of all time.

September 2-6

Where the Crawdads Sing

Nightly 7 pm Mystery thriller drama based on bestselling novel of the same name.

September 7 & 8

Phantom of the Open

7 pm both nights, plus a 1:30 pm matinee Thursday at The Patricia. Cinematheque series. Amateur golfer Maurice Flitcroft achieves his late-in-life goal of participating in the British Open Golf Championship, much to the ire of the staid golfing community. **Short: Wake.** A woman looks out across a lake, where each drop of water contains a memory of a pioneer in women's sports, preserved forever.

September 9-13

Nope

Nightly 7 pm Horror mystery thriller sci-fi. A truly original film by Jordan Peele

September 14 & 15

My Old School

7 pm both nights, plus a 1:30 pm Thursday matinee at The Patricia. Cinematheque series. In 1993, a boy named Brandon Lee enrolls at the Bearsden Academy secondary school in Glasgow, Scotland. Over time, it is revealed that Brandon Lee is not who he seems.

September 16-20

E.T. The Extra Terrestrial

Nightly 7 pm, & matinee Sunday Sept. 18. Spielberg's cinematic masterpiece. A classic for the whole family.

September 21 & 22

Memoria

7 pm both nights, plus a 1:30 pm Thursday matinee at The Patricia. Cinematheque series. A Scottish woman, after hearing a loud 'bang' at daybreak, begins experiencing a mysterious sensory syndrome while traversing the jungles of Colombia.

September 23-27

Bodies, Bodies, Bodies

Nightly 7 pm Horror comedy drama mystery thriller! Uncommonly well done whodunnit!

September 28 & 29

Official Competition

7 pm both nights, plus a 1:30 pm Thursday matinee at The Patricia. Cinematheque series. A wealthy businessman hires a neurotic director to produce his crowning achievement, a brilliant art film. Penélope Cruz and Antonio Banderas star as two egomaniacs commissioned by a millionaire to make a movie together in this sharp comedy skewering wealth, art, and pride. **Short: Affairs of the Art**

September 30

Vancouver International Film Festival launches

October 5 & 6

Hallelujah

7 pm both nights, plus a 1:30 pm matinee at The Patricia. Cinematheque series. A definitive exploration of singer-songwriter Leonard Cohen as seen through the prism of his internationally renowned hymn, "Hallelujah." **Short: I'm Your Man.** Set to Leonard Cohen's song I'm Your Man, this animated film offers a playful meditation on romance and the clichés that go with it.

Painting takes artists and viewers from pain through transformation

BY RICHARD ARMSTRONG

Life is a struggle. Broken bones, shattered marriages, career challenges are all events that involve transformation.

These pivotal times in our lives have led us, each in our own unique way, to transmute, or to change our outlook on life.

Valerie McRae has had to let go of the unending quest for quilt making perfection, where every stitch has to be "just so." She has embraced her inner child and now lets the needles fly at will, trusting her inner vision to enable her to transform her "designer quilt mindset" into something much more fun and relaxed. With new materials and collaborative input from others, her Trial of Experimental Imperfection is well under way.

Fracturing her elbow has given new meaning to the expression, The Show Must Go On. With gritted teeth and ample determination Valerie will have new work ready for the Sept 9 opening.

Kate Matthews "Broken Heart Series" portrays the pain of hopes dashed, a partnership derailed; pain that anyone who has experienced loss of love can relate to.

But, Kate had used the crucible of this emotionally fraught time to transform her work into deeply evocative forest scenes that are full of peace, tranquility and light. She has left her dark place behind and is excited for her future. Like the forest itself, Kate is growing in multiple ways and continues on her creative journey by taking painting classes and keeping her mind open to new ways of expressing herself.



MUTATING WITH MOXIE: Richard Armstrong, Kate Matthews, and Valerie McRae are showing art at Crucible Gallery this month, in Transmutation.

Richard Armstrong, after multiple concussions, has Imagined New Worlds and mapped his way back to coherent art creation. Neural plasticity visualized takes all kinds of different forms. Reconstructing his reality takes neural energy that is transferred onto the canvas and the page as he has been spending lots of time writing a science fiction novel, scenes of which will be included in the show.

This trio of friends and fellow artists share a common bond as we have all reacted to the major tramas of our lives by using visual art. Through our choices of fabric, paint and mixed media we have attempted to make sense of the forces confronting us. By doing so we have all transmuted into something other than what we once were. **PL**

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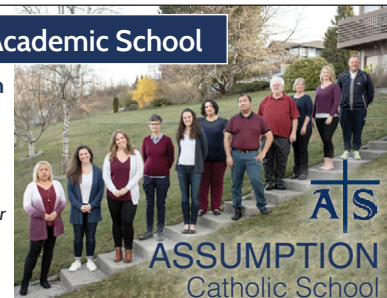
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A Thought For The Day

“The great and fundamental teachings of Baha’u’llah are the oneness of God and the unity of mankind.”



~ Bahá'í Teachings

POWELL RIVER ACADEMY OF MUSIC
Concert Series 2022-2023

MATHIEU-CHUA DUO
 VIOLIN & PIANO
 Friday, October 14, 2022 | \$25 | 7:30 PM

MAY LING KWOK
 PIANO
 Saturday, November 5, 2022 | \$25 | 2pm

EDWARD NORMAN
 ORGAN ACCOMPANIMENT TO A SILENT FILM
 Sunday, January 29, 2023 | \$25 | 2pm

SONGS OF NAT KING COLE
 MILES BLACK, PIANO, DON STEWART, VOCALS &
 WALTER MARTELLA, TRUMPET/PIANO
 Sunday, February 12, 2023 | \$25 | 2pm

MEAGAN & AMY
 VIOLIN & PIANO
 Monday, April 24, 2023 | \$25 | 7:30pm

KATHAUMIXW EXTRAVAGANZA
 Saturday, June 3, 2023 | \$20 | 7pm

All events at James Hall, at the Powell River Academy of Music.
 Carols by Candlelight tickets on sale September 20.

SAVE with the six-Concert Package \$121 or purchase individual concert tickets at the Academy Box Office, online, or at the door.
 Students 18 & under free with a student ticket voucher.

Buy Online PowellRiverAcademy.org
 Academy of Music Box Office
 7280 Kemano Street Tel 604.485.9633
 Monday-Thursday 9:30 AM – 4:30 PM

LIVE MUSIC & MUSICIANS

Thursday September 1

Pat Buckna in concert at the Boardwalk Restaurant

5 to 8 pm, in Lund.
 boardwalkrestaurantpowellriverlund.com

September 3 & 4

Sunshine Music Festival

www.sunshinemusicfest.ca

Saturday September 3

Literacy Week at Town Centre Mall

11-2 • music by Ron Campbell and gang. See ad on the back page.

Roger Langmaid in concert at the Boardwalk Restaurant

5 to 8 pm, in Lund.
 boardwalkrestaurantpowellriverlund.com

Sunday September 4

KP Duty in concert at the Boardwalk Restaurant

5 to 8 pm, in Lund.
 boardwalkrestaurantpowellriverlund.com

September 6 to 9

Registration Week at Academy of Music

Private lessons, choirs, preschool music, theatre and dance. Classes begin September 12. 604-485-9633.

Thursday September 8

Pat Buckna in concert at the Boardwalk Restaurant

5 to 8 pm, in Lund.
 boardwalkrestaurantpowellriverlund.com

Saturday, September 10

gathet Symphony Orchestra Open House

10 am til noon, Stardusters Hall at Timberlane. This is for all levels. Bring your instruments as this will be the

first practice of a new term for the orchestra. Contact gathetsymphonyorchestra@yahoo.com for more information and to obtain the link to the music. This is a beginner/intermediate orchestra, but music for advanced players can be provided. String instruments, flutes, clarinets, French horns, oboes all welcome.

Saturday, September 10

Harmony Vespers with Walter Martella and Janice Gunn

4 pm, Powell River United Church.

Literacy Week at Town Centre Mall

11-2 • music by Howard Huntley

Sunday, September 11

James Gordon at Sunday Social

7 pm, Wildwood Public House

Thursdays, September 15 & 22

Community Band Open Rehearsals

6 pm for beginners, 7:30 for regular band. Brooks.

September 24 & 25

Fall Fair

Noon til 5 each day; live music on the bandstand.

Sunday, September 29

The Cranberry Community Hall Association AGM & Open Mic

6:30 PM. Our monthly Open Mic will follow.

Saturday, October 1

Wunderbread

7 pm Dwight Hall. Fundraiser for Rotary Club of Powell River. 50/50, cash bar, silent auction. \$35 each, discount on a table of 8. Tickets at The Peak office or from Rotary members.

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Crashing the music fest

Beach Crashers met in Tofino when they were all caught in the same riptide. They worked together to make it back to shore alive, using some pigtails, a rotisserie chicken motor, and one pocket sized surfboard.

They sang as they swam ashore and the force of their harmonies called upon a group of porpoise passing by. Altogether, bonded with their true love of Nature, they arrived near Mackenzie Beach where they manifested an audition for their first show. They used an old guitar and a cardboard box and a bit of magic led them onto the stage.

The energy of the people dancing on tables was too much to ignore so they went picking for mirror balls and attached one to their rotisserie chicken motor. The magic was completed. Ever since they've been on a roll in their minivan, riding on the pop pop music.

The band is currently made up of four members. Max Paquette plays drums, guitar, and sings. He is a dad and teacher who refurbishes old school busses and has a soft spot for disco balls. Cam Twyford plays keys, bass, guitar, and sings. He is also a father who spends his time playing music, skateboarding, swimming in the river, writing po-



CRASH HERE: The Beach Crashers are one of the local bands playing Lang Bay at this year's Sunshine Music Fest September 3 & 4 (sunshinemusicfest.ca). You can also catch songwriter and guitarist Roger Langmaid, plus *Transience*, with Ben Bouchard, Lukah Bouchard, Walter Martella, Hugh Prichard, and Andreas David. Many more bands and musicians are coming for the annual Labour Day weekend fest.

etry, and occasionally shaving. Davis Steele plays guitar, bass, and sings. He is a music teacher who spends his down time thrifting for cool hats. Paia Guimond, the band's lead singer and player of the ukulele, is a full time mom with a cleaning business called Pixie Dust At Your Service. She is also an aerialist and a circus performer. A recent circus injury has led Paia to put down her Ukulele until she can make a full recovery. **PL**



STRINGS (PLUS BRASS, WOODWINDS AND PERCUSSION) ATTACHED: Check out the Community Band's open rehearsals at Brooks September 15 & 22.

Play with the Community Band

BY ANN TROUSDELL

The Powell River Community Band is an independent, self-supporting organization, consisting of woodwind, brass and percussion players with a passion for playing together. While most band members pay an annual fee, the band financially supports students and others in need, which gives everyone an opportunity to join the band.

Late in 2021 a somewhat reduced number of us began rehearsals again under strict Covid rules. With limited performance opportunities we invited family and friends to a rehearsal concert at the Evergreen Theatre in March 2022, which was very well received. Then on June 11 in the Rotary Pavilion at Willingdon Beach, the Band performed a free open-air concert.

The continuing bad weather in June almost cancelled our performance which was originally planned for the Loggers' Bowl. We moved the concert to the protective cover of the Pavilion at the last minute. Much to our surprise we discovered that our sound, when directed into the centre of the Pavilion, was exemplary!! Before the start of the actual concert we treated our audience to a selection of favourite Jazz and Pop tunes played by a smaller group of Community Band members.

The Community Band has a long, interesting history dating back to 1913, when Powell River had a community band called the 'greatest band in the world.' There are pictures of this band at the qathet Museum and in the Brooks Secondary School hallway.

It was in 1996 that Walter Martella began his illustrious 18 years of conducting the Community Band. At that time rehearsals were held in portable classrooms outside the Music Academy. Roy Carson became conductor of

How to join

Any adult or student playing a brass, woodwind instrument or percussion, with basic band experience, is invited to check us out. You might want to consider joining the band in September! Our practices are held on Thursday evenings at Brooks School in the band room. We will have open rehearsals Sept 15 and 22.

For more information, contact christien.kaaij@gmail.com

the band in 2014, and has taken us to yet another performance level. He is also a highly trained Powell River born and raised musician and educator who commits extraordinary amounts of his time and energy to the mentoring of students and fellow musicians alike.

In 2021, the band welcomed Steven Cramaro as conductor of the beginners' band, enabling the organization to welcome even the most novice players to join. Not only do we welcome young students but also adults who now want to play that old instrument again!

The objective of the band is to operate and maintain a community-based concert band and associated ensembles in the qathet region, and to encourage and provide opportunities for adults and students to develop and express their musical talent.

We are committed to holding at least three public concerts each year to showcase the concert band and ensembles. One of those concerts is often part of an out-of-town excursion!

At the beginning of each year we have an intensive retreat; one full day of playing to get in shape for our fall/winter concert. This year it will take place on September 24th on Texada Island. **PL**

BOOKS & BRAINS

September 2 to 10

Celebrate Literacy Week at Town Centre Mall

In collaboration with LIFT's Literacy program. Come to the mall for a celebration, including music, a participatory mural by local artist Sabrina Upton (in the old Ardenes space), gift bags, readings, music and so much more.

Saturday, Sept 3

10 am- 2 pm • Bobby Fields live radio remote kickoff
11-2 • music by Ron Campbell and gang
11 am • Karina Inkster on her book *Vegan Vitality*
11 am • Ernalee Shannon on her book *SuperHero*

Thursday, Sept 8

11 am • Karina Inkster on her book *Resistance Band Workout for Seniors*

Saturday, Sept 10

1 pm • Ernalee Shannon on her book *Savary Island*
11-2 • music by Howard Huntley

Starting September 8

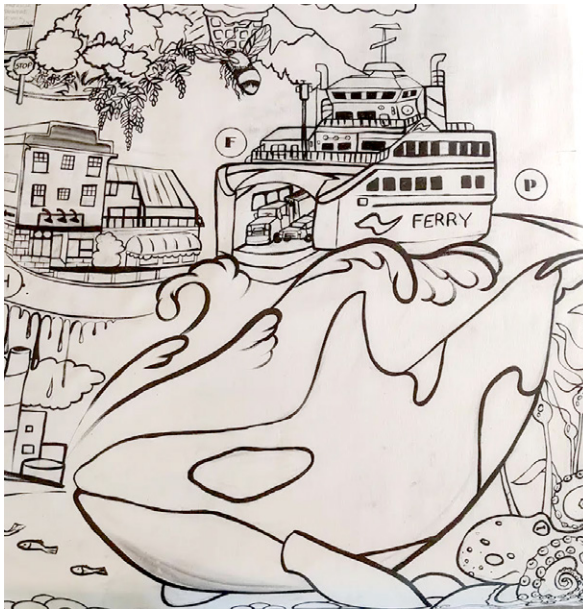
Individual Writing Support and Manuscript Review

Tue 6-8 pm, Thu & Sat 11 am-1 pm. Writer in Residence Gabrielle Prendergast is offering ongoing feedback and advice to help you on your writing journey to local aspiring writers at all stages of a writing project – whether you have a complete project or are just starting out. For info mmerlino@prpl.ca

Saturday, September 10

Gabrielle Prendergast kicks off her Writer in Residence program

2 pm, Library. Award winning author Gabrielle Prendergast will present her numerous books for children and teens, including the fantasy novel *The Crossword* and her



award winning middle grade trilogy *The Farie Woods*. For info mmerlino@prpl.ca

September 15

Birding in Belize & AGM

7 pm, Legion. "Die-hard birder" Neil Hughes speaks at the Malaspina Naturalists Club. This is a members-only event, but joining is easy: malanat.ca.

September 15 to 17

At Your Service: Robert Service 7:30 pm, Max Cameron Theatre. With former Powell Riverite Jeff Renn.

Saturday, September 17

Kiwanis Giant Closing out Book Sale

4943 Kiwanis Ave. Doors open at 10 and close at 1 pm. Fill a Bag for \$5. Money raised goes to RCMP Officer Phillippe

PAINT A MURAL, GET A LITERACY GIFT BAG: As part of Literacy Week at Town Centre Mall, there are 250 gift bags (below) that will be given to families who come by to help paint a new interactive mural commissioned from local artist Sabrina Upton. The 20-foot-long mural of the qathet area, (see detail, left) is in the old Ardenes space across from the Post Office. Want to participate? Register at prtowncentre@gmail.com.



Caza's Cops for Cancer ride and Camp Good Time.

Screenwriting foundations workshop

2 pm, Library. Gabrielle Prendergast – screenwriter of the family adventure film *Hildergarde* will introduce screenwriting, covering topics such as format, conventions, structure, and the realities of a screenwriting career. For

information contact Mark at mmerlino@prpl.ca

Wednesday, September 21

Peace & Nonviolence: what's our role

3 pm, Library. Event in honour of the International Day of Peace. Short presentation by Jan Slakov, president of Conscience Canada.

Saturday, October 1

Young Adult fiction writing workshop

Award-winning YA author Gabrielle Prendergast invites writers and readers to learn about Young Adult (YA) Fiction by exploring many of the common misconceptions surrounding this popular (and lucrative) part of the book industry.

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DO SI DO INTO FALL: Locals enjoyed free 'twilight' square dancing by the water in August (above) and it continues Tuesday and Thursday nights at Timberlane's Starduster's Hall through September (see below) *Photo courtesy of Patti Coburn*

FITNESS, OUTDOORS & FUN

Tuesdays and Thursdays

Free square dancing

7 to 9 pm, Stardusters Hall. Drop in. Ages 12+. westcoastsquaredance.com.

September 10 to 15

Tin Hat Hut and area off limits

Construction crew will be making enhancements to the site.

September 12 to 17

Fall Fitness Free try-it week

Free fitness classes all week at the Rec Complex. See powellriverprc.ca for more.

Sunday, September 18

Terry Fox Run

Starting at the Rec Complex. Registration begins at 8:30 am, the run / walk begins at 10 am. Register and donate online at terryfox.org/run. As usual, there will be a 3.5 km and a 10 km route.

Tuesday, September 20

Meet the Kings Skate

4 to 5:30 pm, Rec Complex. Wear your green and gold or special jersey!

Friday, September 23

PR Kings First Home Game of the Season & Player Meet & Greet

7 pm Kings vs. Nanaimo Clippers

Saturday, September 24

Kings vs. Nanaimo Clippers

5 pm, Hap Parker Arena

Friday, September 23

Pro-D Free Skate at the Complex

10 to 11:30, stick & puck; 12 & under shinny 11:45 to 1. Everyone Welcome 1:15 to 3:15 pm.

HEALTHY LIVING

September 12 to 17

Fall Fitness Free try-it week

Free fitness classes all week at the Rec Complex. See powellriverprc.ca for more.

Wednesday, September 21

Personalized Nutrition using cell well being hair testing

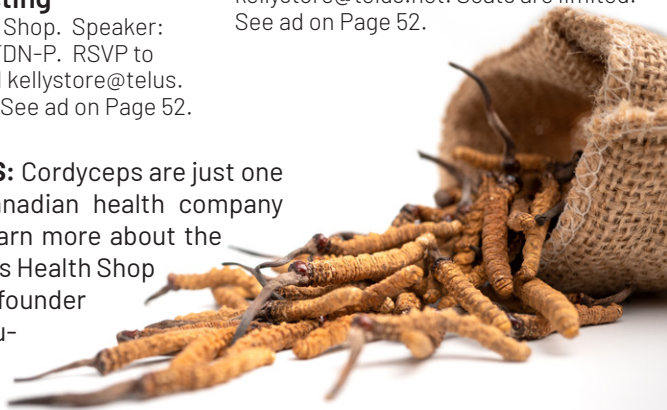
6:30 pm, Kelly's Health Shop. Speaker: Breanne Percy INHC, FDN-P. RSVP to 604-485-5550 or email kellystore@telus.net. Seats are limited. See ad on Page 52.

Wednesday, September 28

Shrooms Every Day! Unlocking ancient wisdom to solve modern problems

6:30 pm, Kelly's Health Shop. Speaker: Jason Watkin Purica Founder, CEO & Chief Formulator. RSVP 604-485-5550 or email kellystore@telus.net. Seats are limited. See ad on Page 52.

MMMMMUSHROOMS: Cordyceps are just one mushroom that Canadian health company Purica markets. Learn more about the September 28 Kelly's Health Shop speaker and Purica founder Jason Watkin at purica.com.



Better Men

Make Better Communities



The "Men Choose Respect" program includes a 1-to-1 intake. Men meet together for 9 weeks.

For men who want to stop their use of abuse in their personal relationships and choose safety, equality and respect with their partner.

New groups starting soon

For more information or to apply, contact Martyn Woolley.
604-223-5876 • prghm@telus.net



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WHAT'S UP



Gardeners, artists, philanthropists rally for bees

The Pollinator Garden is now in its second year with a boat at the Seawalk and a spot in Cranberry outside the Liquor Store.

"The spot in Cranberry is failing a bit as the wonderful caretaker is injured so it's not as easy for us to get to and water it," said Lesley Pihl.

There's a new pollinator garden at Duncan and Manson that was offered by Mike Kaban, Parks Supervisor for the City of Powell River. "We planted many different native perennial plants and are very happy with the results. We had some excellent plant donations from people in the community. People stop to say how much they like seeing flowers on their walk or bike ride and thank us for planting and watering, it is fun to hear after all the work we have done!"

Lesley said they were awarded funds from First Credit Union's Community Impact Fund to make a pollinator sign for Duncan and Manson. "We used some of the money for plants and a hose and then I commissioned Catnip to make the sign."

"There are many bees buzzing on the plants and we are finding that it is inspiring others to plant their own native flowers and wild flowers to encourage the bees to thrive. Of course, we are also educating people on the harm of pesticides on bees and all winged creatures. We promote the usage of natural methods of fertilizer and be mindful of being stewards to our environment. Bees pollinate over one third of everything we eat and play a vital role in sustaining the planet's ecosystem."

Need billets fit for a King

The Powell River Kings Hockey Club have an exciting season planned beginning with a busy September! The club kicks off the month with a public skate on September 20 from 4 to 5 pm at the Rec Complex followed by their first home opener on

September 23rd. Brook's Interact Rotary Club will be hosting a tail gate party at that game as well.

Powell River's Nic Porchetta is the only local player this season, said Corinne Williams, the Kings Director of Marketing.

The team will be wearing orange hockey jerseys to practice on September 30 in honour of the National Day for Truth and Reconciliation.

The Kings dressing room is being completely re-done thanks to Community Forest as well as Westward Coastal Homes.

"We are still in need of billet families," says Corinne. "Families receive monthly grocery cards as well as season tickets."

"Our team could not operate without the community support so it is important we give back. We are hoping to connect with any non-profit groups in order to bring more awareness to them.

If you are new to town, please contact the Kings office as they will provide tickets to the first Kings game.



Read to Zucci

Jacque Dawson and her dog Zucci, a Havanese/Shih Tzu cross, are volunteers with the St. John Ambulance Therapy Dog's "Paws 4 Stories," program and last summer, volunteered for the K-3 reading program at Westview Elementary School.

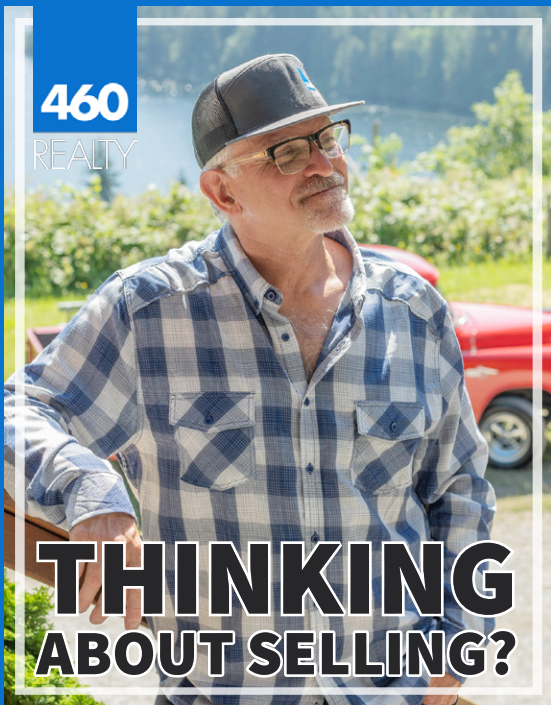
Here, therapy dog Zucci, reads with Oliviana McMillan. Both programs help young readers become more confident while reading out loud. "When a child sits and reads with a calm, gentle and friendly Therapy Dog, they instantly relax," says Deb Maitland, unit facilitator for the St. John Ambulance Therapy Dog Program.

"They tend to read more fluently and for a longer period of time," says Deb. Both reading programs create a fun, positive atmosphere that is conducive to learning which in turn contributes to increased reading confidence and the fostering of a life-long love of books.

A film event all fall

The Cinematheque series at the Patricia Theatre is back starting this month!

This curated series of films offers the chance to view films that are not easily available, are in limit-



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ed release, and deserve the big screen.

We've programmed a range of films that are sure to please. Some will tickle your funny bone—who can resist a British comedy? Some will make you cry—in a good way. And others will get you thinking—how can we make the world a better place to live? Many are paired thematically with short films from the National Film Board.

Stay tuned for news on some special enticements to expand your movie going experience.

~ Peg Campbell

Does your writing practice need a kick? PRPL's WIR is here to help

The Powell River Public Library first Writer in Residence (WIR) program, which launches September 6 and runs until November 4th, features award-winning young adult and children's author, Gabrielle Prendergast. Gabrielle is known for titles such as *The Crosswood* (2022), *Zero Repeat Forever* (2017), *Pandas on the Eastside* (2016) and *The Faeire Woods* trilogy. Gabrielle describes herself as approachable with a passion for inspiring emerging writers, and has previous experience as a Writer in Residence.

The intention of a Writer in Residence program is for the community to have access to an expert in the field through one-on-one consultations and writing-focused workshops. Gabrielle's workshops will include Screenwriting foundations, Editing & Publishing, How to Write Children's Picture Books, and an exploration of the Young Adult genre. She will also be discussing her work, challenging writers to participate in November's "National Novel Writing Month" (NaNoWriMo), as well as interacting with the library's current writing groups and SD47 schools. Gabrielle will be working on her novel-in-progress called *The Anxious Exile* of Sara Salt during her stay.

Everyone is invited to attend the Keynote Talk and Reading on Saturday, September 10th at 2 pm to learn more about Gabrielle and the program. If you are hoping for a one-on-one session, book your consultation and submit your poetry or prose asap. Registration forms are available at the library or via the website: prpl.ca/writer-in-residence-2022.

~ Natalie Porter

Routes finds a home in Cranberry

Cranberry Hall is excited to announce that they have been selected as a HOME ROUTES/CHEMIN CHEZ NOUS destination for the 2022/2023 music season. In the past Home Routes booked travelling musicians into private homes. Reinventing after the pandemic, Home Routes now book into small, intimate halls and venues for their routes.

"What this means", says President Annabelle Tully-Barr, "is that Home Routes will be sending us musical artists on a set "track" that they have already set up. This way, travelling and touring artists can simply plug into a pre-established route that has been designed with care and with a series of venues all lined up! Three shows are set for this fall, three more next spring. It is so exciting! And, bonus, it takes a bit of stress off of our volunteer board of directors to find and place a number of musical shows for our community."

Cranberry Hall, "where you come to hear the music," has become a beloved spot for musicians

MARKETS & RUMMAGE

Saturdays and Sundays To September 18

PR Farmers' Market

10:30 to 12:30 Saturdays, 12:30 to 2:30 Sundays, at the Farmers' Market. 4365 McLeod Road—just off Padgett.

Saturdays

32 Lakes Market

9 to 3 pm, beside 32 Lakes on Marine. Gathered Farm and local artisans.

Sundays

Texada Island Farmer's Market

Noon til 1:30 pm, Gillies Bay ball field. Through October 2 or 9.

Mini Train at the Farmer's Market

12:30 to 2:30 Sundays, at the PR Farmers' Market. Miniature train rides.

Wednesdays

Uptown Midweek Market

4:30 to 6:30 pm, outside the CRC on Joyce Avenue.

September 1

Last Thursday Night Market of the year

6 to 9 pm, Westview Terminal Pier.

Saturday, September 17

Kiwanis Giant Closing out Book Sale

4943 Kiwanis Ave. Doors open at 10 and close at 1 pm. Fill a Bag for \$5 DVD are 4 for \$1. Money raised goes to Cops for Cancer and Camp Good Time.

Saturday, September 24

Assumption Church Rummage Sale

10 til noon, Assumption Gym. Catholic Women's League.

September 24 & 25

Fall Fair

Noon til 5 pm each day, Paradise Exhibition Grounds. \$5 entry, children 12 and under free. See story, Page 6, and insert.

Sundays starting October 2

PR Farmers Market

12:30 to 2:30 in the quonset hut. 4365 McLeod Road—just off Padgett.

to play. Artists will often reach out directly to the hall in order to secure dates. And in years past, under past president Pat Buckna's extensive experience, the number of musicians who know about the hall has grown.

"For those in our community who are new, (and I hear there are a LOT of YOU), or don't know our sweet hall at 6828 Cranberry Street, reach out and become a member! We are on Facebook as Cranberry Community Hall. Or send an email to info@cranhall.org to ask about membership. Once a member, you get updates in a monthly newsletter letting you know who is coming to play. Low pressure and only \$5 per calendar year".

There is opportunity for community folks to be more involved in the music scene, other than being an excellent audience member. Home Routes encourages a Community Organizational Committee, to help make artists welcome, add experiences, offer billeting in homes for overnight stays or even support with home cooked meals.

"We welcome anyone interested to reach out! The more the merrier!" Annabelle can also be reached by cell at 604-223-3265. 📞

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Wednesday, September 21st 6:30pm

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Speaker: **Breanne Percy** INHC, FDN-P

Wednesday, September 28th 6:30pm

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ancient wisdom to solve modern
problems**

Speaker: **Jason Watkin**, Purica Founder, CEO
& Chief Formulator

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Sunday 10 am to 4 pm

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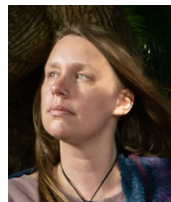
TAKE A BREAK

How to read tea leaves

Tasseomancy is the art of using tea leaves, coffee grounds or wine sediment as a method of divination, and something I love about it is how widespread and accessible this very social practice is. Throughout European, Middle Eastern, and Asian countries are so very many cultures with long tasseomancy histories, unique nuances, and differing methodologies, but they all involve looking into the bottom of our drinking vessel with an inquiry in

mind and interpreting what we see. There may be an elaborate ritual or ceremony, or a jovial, off the cuff, even slightly tipsy spontaneous invitation.

The way I was taught, was to drink my tea almost entirely, leaving behind any loose tea with just barely enough liquid to swirl them in. If an inquiry hadn't already been set while steeping and drinking, it is set at this point. Next, we turn our cup 3 full rotations clockwise, then with one swift motion, tip the cup completely upside down onto a saucer or absorbent cloth. Whatever is left in the cup is what we read. Letting our imagination help us find shapes, impressions, or symbols both made of the tea leaves themselves or of the white space around them, paves the way for making our unique personal associations and interpretations. It can take a little time, looking at it from all sorts of angles, and sometimes a friend may see something we don't, but even a shapeless blob can still represent "something" especially when



RETURN TO REVERENCE

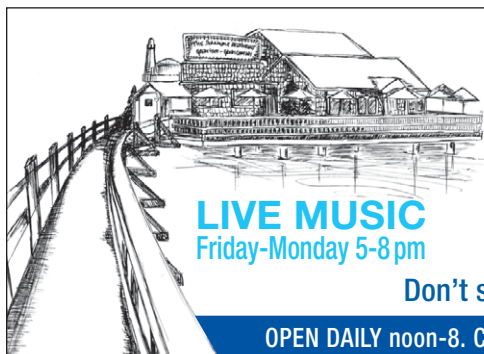
JULIETTE JARVIS

a handle-less cup, the present moment is along the rim and the future moves downward toward the bottom. In both cases, the bottom could be seen as giving an overall message.

With any form of divination, asking the right question is almost more important than the answer. "Should I date this person?" is a lot different than, "Will I be happy and feel loved dating this person?" Even quantifiers like "Is it in my highest good?" can lead us through unwelcome tumultuous experiences. Holding ethical integrity within our practice also means we never read for another without direct, expressed consent. Sorry, "my higher self asked their higher self" isn't direct permission.

I'm off to put the kettle on. How about you? ☞

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



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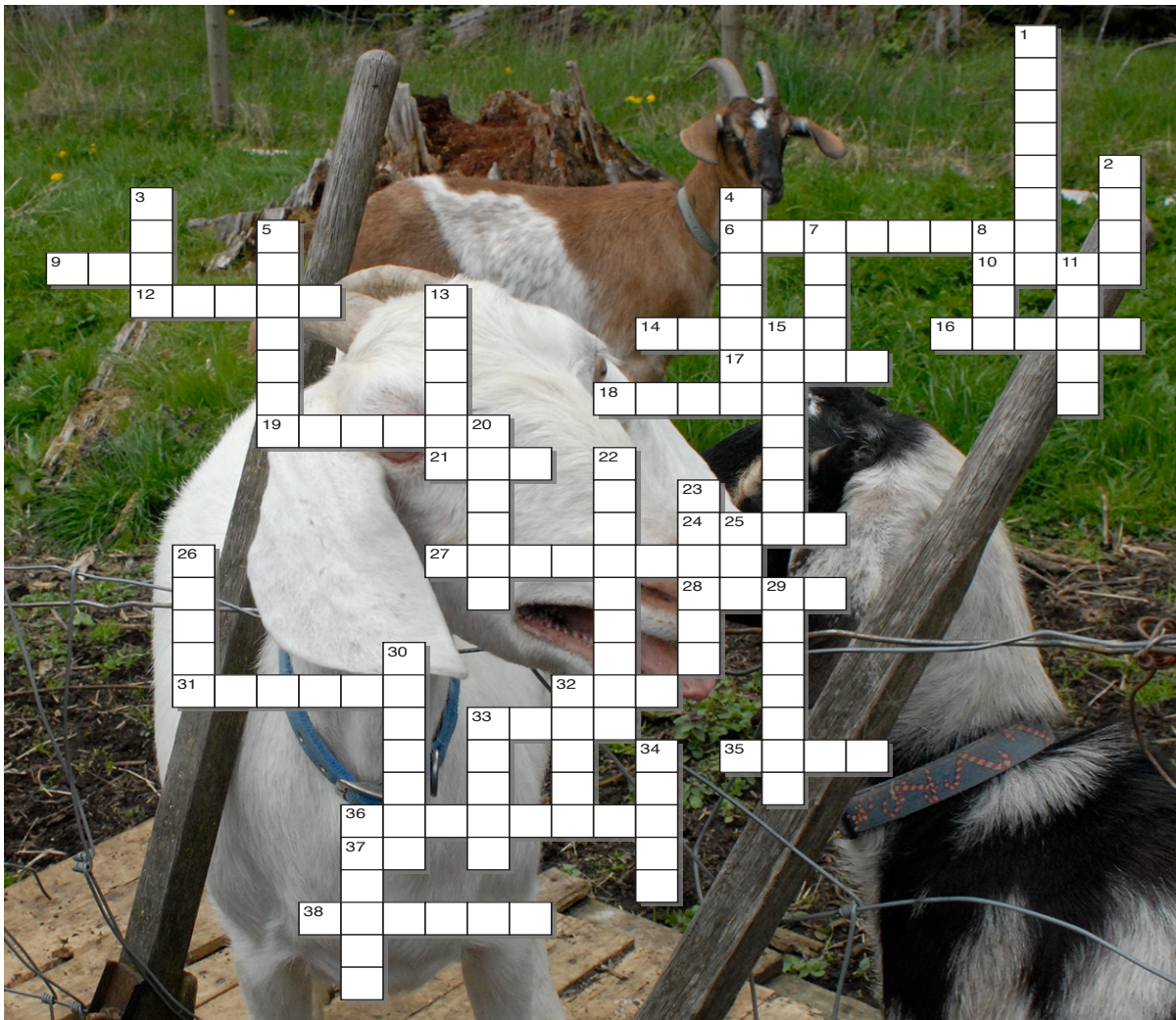


Back to Cool

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TAKE A BREAK



Across

- 6) Creek flowing into Sliammon Lk
- 9) Local university
- 10) Painting teacher Cepella
- 12) City's top title
- 14) Bean buggy barista
- 16) Locals name for river in 17
- 17) Lane, was super for salmon
- 18) Spawning ground
- 19) Wine fruit
- 21) Simply Bronze or sun's result
- 24) Phantom of the ___: golf movie
- 27) Marine, Willingdon, things will be great
- 28) Pollinators
- 31) Cover chicken
- 32) Beaver or engineer's work
- 33) Greatest livestock of all time
- 35) Animal to be painted
- 36) Beach waves, band
- 37) Spielberg flick at Pat
- 38) Trucking co, island

Down

- 1) Fall fair racers
- 2) Salmon, or magenta
- 3) Salmon, or friend
- 4) Touchy feely map
- 5) Back together, FF theme
- 7) Fall fair organizer (acr)
- 8) Bus and porpoise
- 11) Coastline's office space
- 13) RD & mag name
- 15) Landlocked sockeye
- 20) Silver fish
- 22) Searun trout
- 23) Blaire Hobbs persona
- 25) Rosalea & rollercoasters
- 26) COVID covers
- 29) First day of fall, spring
- 30) Old new electrical family
- 32) Stardusters' skill
- 33) Apparition
- 34) ____Wise app for garbage
- 36) Stalks with a heart

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SOLUTION TO AUGUST PUZZLE

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G L Z G F Q Y E L E P H A N T P L N B E Y E T N V
D W I L M K V A N X I E T Y R G W F C A H N F T H
H U U M A M O K C Z K U E B W O O T U N P D J A O
O N B X A S W U R Z G R A I T X D E B A E J L U
P P L B Y T Q M Y Z E D A W X B A H L U R R Y A S
C S A I U E E U X M I J O S O W I T D H G S R S I
D A C K B U G Y E O Q P B O X V J A D F O O H U N
U L K U F I V O I T F A E T Q H H Q A H H N T R C
Z M B V O A A P D S I Q M N C N R Z P G T Q H I E
R O E E H M O B W A J D A I A R O E G C R U N O E
D N R V M U W F S I G Q N T M E Y L L K O M O D S
P V R I B V V L A D F T T A P R A T D N D P Y E U
S W Y B K S A E N P E C S W I E M S K E R R R N O
C T W R H V K A Y N Y O E K N T G A X S O I A I H
I U U N I H L T I R Y B R S G S Y C N N L D N H D
V C G T J E B A M G O B E I M Y Y D P E D E I S L
I G S T P A R P G Q A N T T R O N N J T N G L N E
C E U O R K B U Z J E R N H K Y X A H S A U U I
F V C J U B B N E C Z C I V A Y B S O O L M C S F

How do you know that the last time you see someone will be the last? How do you know how many hikes you have left with a friend before you'll be hiking alone?

You don't.

I guess that's both a good thing and a bad thing, but the lesson I've learned from this is to make every moment count.

A good friend of mine passed away last month. A friend who wasn't supposed to die just yet.



LAST WORD

ISABELLE SOUTHCOTT

The last time I saw Rebecca Kirk was a week and a half before she passed away. She and her granddaughter Jamie came over to my house to meet the litter of puppies I had. As always, she was full of life and spoke of future plans. We talked about the hikes we would do this fall. Her long hair had been cut short a month earlier and she wore her new style with elegance and grace – but that was Becky. I can't remember a time in the more than 25 years I've known her that she didn't look elegant.

Becky and I met a few times a month for coffee at Quality Foods. We were often joined by Deb Calderon and the three of us would discuss the local news, hot gossip and what was going on in our own lives. Most weekends during the fall and winter months were spent hiking the local trails. Our hikes weren't long, an hour and a half or two, and Becky was in charge of where we'd go. She was the planner, the organizer. She'd usually bake cookies for a little pick me up during our rest stop. My dogs quivered with excitement when her white Jeep pulled into the driveway because they knew Becky spelled adventure.

I first met Becky when I was covering court for the *Powell River News* back in the nineties. Maggie Hathaway, who worked for Legal Aid at the time, had nicknamed me "The Dreaded Reporter" and pointed me out to her clients.



SWEET MEMORIES: Back in 2020, *qL* publisher Isabelle Southcott (left) hiked Sweetwater Trail with her friends Regina Sadilkova (middle) and the now-late Rebecca Kirk (right). Always healthy and still young, Becky's death in August was a shock.

One last hike

The *Powell River News* covered courts and I spent an entire day finding out who was charged with what and what the verdicts were. If you had an impaired or shoplifting charge, your name appeared in the newspaper. If you were found guilty, I'd report what happened and to whom.

Becky worked for the RCMP Victim Services and because of this, our paths frequently crossed. I respected her and as I got to know her, our friendship grew.

Becky knew me when I was single, when I was married, when I became a mom, and when I got divorced and became single again. There's something

about knowing someone and having that someone know you through the different ages and stages of your life that is irreplaceable. Knowing someone's history, their family, their triumphs, and their struggles is a gift that only happens over time, through long conversations, deep friendship, and trust. Becky knew me the way only a long-time friend can know someone and accepted and loved me as I am. As I did her.

Grief comes in waves. There's shock, denial, anger, and acceptance. At least that's the way it is for me. I think of Becky on my morning walks with the dogs and remember how she loved

to breathe in the smell of the woods. When I was doing my Haslam Lake walk a few mornings after she died, the lyrics from an old Stan Rogers song popped into my head as I stared at the sky. "There's God in the trees, I'm weak in the knees, the sky is a painful blue."

And so, I asked God why? Why her, why now?

It's ironic because when I think about it, God helped us become friends. Although we'd known each other through work, we began sitting together at the Baptist Church soon after I got divorced. I'd bring my youngest and she'd have her grandkids. We'd go for coffee after the service was over just to talk. I don't think I ever told her just how much she helped me through such a dark and difficult time in my life and just how important she was to me.

It's funny what you remember about someone. It's the essence of that person, all the little things, but it's these little things that make up the whole person.

Becky was a private person. I didn't know she'd had a few health challenges and so when her son called to tell me that she'd become violently ill and had died, I was in shock. I didn't believe she was dead. I didn't want to believe she was dead. But she was and is.

What I wouldn't give for one last hike with Becky.

Instead, I hike alone with the dogs and think of her. One moment, I'm happy, the next my heart is in my throat and I'm crying. I see her everywhere I look. She is on the path ahead of me, her backpack bouncing a bit with every step. We stop at the lake and share some of those yummy bush cookies she always packs whenever we go hiking together. She's smiling because she is in the woods, moving along the path. I am grateful that I was able to share part of the journey with her, although I thought we would have many more hikes together.

Memento mori. Death is inevitable, we all have to die. Death is always there; it's both a bitter kiss and a tender embrace, we all must choose to live every day. So now I say goodbye.

Rest in peace my friend.

Isabelle@prliving.ca



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VOTING IN THE ELECTION

Local governments in British Columbia conduct elections every four years, on the third Saturday in October. The next general local elections will be held on October 15, 2022.

Advance Voting

Advance voting for qathet Regional District Electoral Areas will be held from 8:00 am to 8:00 pm on Wednesday, October 5, 2022. Advanced voting will take place at the qathet Regional District Boardroom, #103 – 4675 Marine Avenue, Powell River, BC; The Texada Senior's Centre, 5035 Gillies Bay Rd, Gillies Bay, BC; and The Lasqueti Community Hall.

Who Can Vote?

Electors must meet the following criteria:

- 18 years of age or older on voting day;
- Canadian Citizen;
- Have lived in BC for at least six months before they register to vote;
- Not be disqualified under the Local Government Act, or any other enactment, from voting.

All electors will be required to produce two (2) pieces of identification (at least one with a signature). Picture identification is not necessary. The documentation must prove both residency and identity. Please visit qathet.ca/election-2022 to view the accepted forms of identification.

Non-Resident Property Owners

If you have owned property in the Electoral Area for at least 30 days but live elsewhere, you may be eligible to vote as a non-resident property elector. Only one person is eligible to vote as the non-resident property elector for that property. If the property has more than one registered owner, the designated voter must have written consent of the majority of owners and provide that documentation when attending a voting place authorizing them to vote. Please visit qathet.ca/election-2022 to download qathet Regional District Form No. 7-3: **Non-Resident Property Owner Consent Form**. The written consent form must be completed and signed prior to voting day.

Non-Resident Property Electors may not vote more than once within a voting jurisdiction regardless of the number of properties owned. Non-resident property electors are encouraged to contact the qathet Regional District prior to voting day.

Mail Ballot Voting

To request a mail ballot package, you must submit a completed Application to Vote by Mail to the qathet Regional District main office, located at #202-4675 Marine Avenue, Powell River, BC, as early as possible in advance of General Voting Day, Saturday, October 15, 2022.

Eligible electors can apply to vote by mail until October 12, 2022 at 4:00 pm. Applications can be obtained by contacting the Administrative Services department at 604-485-2260, by emailing vote@qathet.ca or by downloading the form from qathet.ca/election-2022.

Once your Application to Vote by Mail is approved, the Mail Ballot Package with instructions will be issued to you.

Please note: For Applications to Vote by Mail received after September 23, 2022, time will not permit issuing the Mail Ballot Package via mail, and the voter must arrange to pick up a Mail Ballot Package from the qathet Regional District main office, located at #202-4675 Marine Avenue, Powell River, BC.

Voters are responsible for returning the completed Mail Ballot Package to the qathet Regional District main office. It is the elector's responsibility to deliver or post the mail ballot in sufficient time for delivery to the qathet Regional District. To be counted, your Mail Ballot Package must be received by the Chief Election Officer no later than 8:00 pm on General Voting Day, Saturday, October 15, 2022.

Join the Regional District Election Team

Would you like to work during the election on October 15, 2022 or during Advance Voting on October 5, 2022 in your community? Election Officials work 7:30 am until polls close and until ballots are counted on General Election Day, October 15, 2022, and must attend a brief training session in late September. The qathet Regional District provides payment for work on voting days, a meal allowance, ferry costs where applicable, and training pay.

Contact Information

Chief Election Officer, Michelle Jones & Deputy Election Officer, Esme Sturton
#202-4675 Marine Avenue, Powell River, BC V8A 2L2
Phone: 604-485-2260 Email: vote@qathet.ca

NOMINATION PERIOD

The Nomination Period for candidates started at 9:00 am, Tuesday, August 30, 2022, and ends at 4:00 pm, Friday, September 9, 2022. Nomination packages are available online at qathet.ca/election-2022.

Please visit our website at qathet.ca/election-2022 for more details on the upcoming election.



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