

qathet

JANUARY 2023

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THIS ISSUE:

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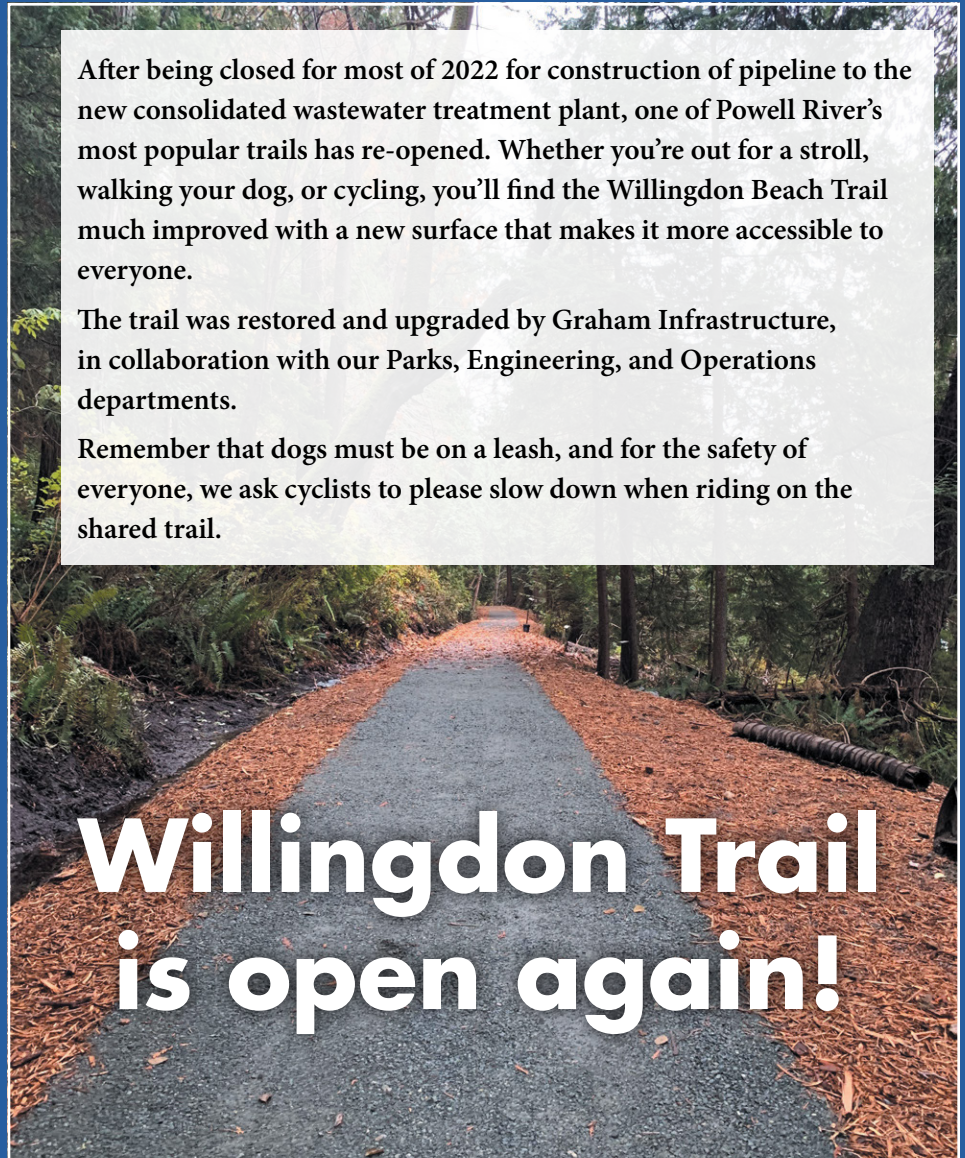
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The trail was restored and upgraded by Graham Infrastructure, in collaboration with our Parks, Engineering, and Operations departments.

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JANUARY 2023

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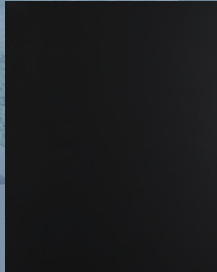
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ON THE COVER:

Former logger and logging truck driver John Mayer, photographed by Rick George, snipping his bonsai tree with fingernail clippers. John will be singing solos in February's Festival of Performing Arts - and he hopes you sign up to perform, too (deadline is January 24). See story on Page 11.



Welcome, 2023

Here is another packed issue of *qathet Living*. It's so packed, I couldn't fit in my annual, January round-up article. This one was going to be, "5 things we're looking forward to in 2023."

In short, here's what they are:

1. Returning major events, such as *Kathaumixw* and (we hope) *Log-ger Sports*.
2. Complex care housing and other supports for those who are struggling. Detox beds are coming!
3. A more predictable housing market. This has been one wild ride over the past two years - the wildest in BC.
4. A year with no (planned) elections. It's time to tuck in and get stuff done.
5. This is a category I loosely call, "Giving each other a break." After the tensions of 2021 and 2022, hopefully 2023 will offer a



EDITOR'S MESSAGE

PIETA WOOLLEY

friendlier, more neighbourly vibe. This issue of *qL* is all about the friendly neighbourhood. Our cultural and sports leaders are inviting us back to live events (Page 6) - because, as they explain, there is really nothing like the energy of being with other people and experiencing something all together. This tough money time will be a lot less tough if we can rebuild our neighbourhoods (Page 21). Major changes are coming to BC's drug policy, and local experts have shared their wisdom and their hopes for the future here (Page 29). And, as a symbol of this community rising elegantly from the ashes of COVID, this month the brand new *qathet* Symphony Orchestra makes its debut. Given who lives here, 2023 is sure to be one stellar year.



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“

It sounded like someone at the Academy [of Music] put a cat in a bag and was swinging it around their head.

– Festival of Performing Arts soloist John Hall, on his first singing lesson in 2016, **Page 11**

”

JANUARY'S CONTRIBUTORS



COLIN WHITE, CPA, CMA, CFP®, CIM® is a Portfolio Manager and Insurance Advisor with more than 30 years of experience in the financial services industry. **See Colin's story, So Where Does the Money Go?, on Page 27.**



DAVE MCKENDRICK is a retired Instrumentation Mechanic after 35 years with the local pulp and paper mill. Dave and his wife, Diane, moved here in 1967 "for a couple of years". They're still here! **See Dave's story, Memories of the Mill, on Page 15.**



SANDY DUNLOP has lived in Lund for nearly 40 years and is the editor of the *Lund Barnacle* and a member of the Lund Community Society. **See Sandy's story, The Old Lund Hall is Hallowed Ground, on Page 13.**



PIERRE GEOFFRAY was born in 1960 in France and emigrated to Canada in 1980 where he discovered birds. He moved here in 1999. He works in the trades and is a tile artist. **See Pierre's story, The Joy of Counting Crows, on Page 38.**



GARY SHILLING is the executive director of the qathet Film Society and organizer of the qathet Film Festival. **See Gary's story, Locally-shot Thriller "Exile", on Page 47**

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BY PIETA WOOLLEY

In the middle of September, actor Jeffery Renn came back to his hometown to perform *At Your Service: The Life and Yarns of Robert Service – My Glorious Youth*, at the Max Cameron Theatre. It's an internationally-touring one-man show.

But in the 400-seat theatre, just 28 people filled seats that Saturday night. Afterwards in the lobby, Max Cameron Theatre manager Jacquie Dawson said that in the three-night run, no night attracted more than 30 people.

"I normally wouldn't book a show in September," she said. "It's not a great month for audiences, but that's when he was coming through on tour."

Even by September's standards, the audience was tiny. Too small to cover the costs (other audiences at The Max have been much larger since then, however.)

Jacquie is a life-long theatre professional, with a distinguished career going back to coordinating the cultural village and performers for the 1978 Commonwealth Games in Edmonton, through managing national touring shows and music, and much more. For the past 15 years, she has been at the helm of qathet's largest presenting theatre: the Max Cameron, at Brooks Secondary School.

This winter, Jacquie is raising the alarm that audiences have shrunk so much since COVID – and realistically, over the last 10 years – that qathet may lose at least some of what we have.

Indeed, COVID blasted a crater in our collective show-going habits, here and across Canada, as we discovered the joys of the couch and Disney+, Sportsnet, and of course, Netflix. Now, coming out of COVID, we're also struggling financially with expensive groceries and fuel, sharply-higher housing costs, and debt. Plus, many of us are staying home to avoid this season's flu and respiratory virus... not to mention omicron, which is still circulating.

Performing arts audiences are down nationally by at least 40%, according to a pair of Zoom seminars this fall collaboratively prepared by several national arts agencies. However, here in qathet, it's hard to generalize. Most presenters describe audiences as "hit and miss." Very hard to predict. Sometimes,

they're sold out. Other times, they're not.

The region's big five theatres – the Max Cameron, the Patricia, the Evergreen, James Hall at the Academy of Music, and Cranberry Hall – plus the Kings at the Hap Parker Arena – are all hoping to increase the size of their audiences in 2023. Those at the top know it's going to be a fight.

Adding to the stress on the big venues are just the sheer number of events that can happen on a single night in town. Smaller venues have become popular places to see live performances and film. For example, the Forest Bistro hosted the Townsite Actors' Guild original play, *Weed Lube: a Slippery Slope* this fall (it's coming back March 2 to 4). All four performances were sold out, packing the 70-seat Marine Avenue establishment – which also served tapas and cocktails to the audience to enjoy during the show. That's something most larger venues can't do.

Locals and visitors can enjoy live music regularly at The Boardwalk Restaurant in Lund, 101 Bistro at the Lund Hotel, Wildwood Public House, Forest Bistro, Seaside Restaurant, the Carlson Community Club, the Open Air Market, the Royal Canadian Legion and elsewhere. The Patricia Theatre re-opened in October 2021 under the nonprofit management of the qathet Film Society, and may expand to be able to host more live performances as well. Royal Zayka screens Bollywood films some nights. The ARC on Alberni, Townsite Market, the Library, Tidal Art Centre, qathet Art Centre, the Loggers Memorial Amphitheatre, the Rotary Pavilion at Willingdon, the re-built Lund Gazebo, the re-built stage at Palm Beach, Townsite Brewing, and more are relatively new venues that host performances. Lang Bay Hall, the Italian Hall and the soon-to-be-upgraded Lund Community Hall are historic and still-vibrant venues. Even the new Resource Recovery Centre will feature a natural amphitheatre with concert potential. And more.

If all of qathet's 21,000 people were invested in going out and seeing something one night a week – live music, a movie, a hockey game – we could certainly support all these venues. But for all the reasons listed above and more, we haven't been. So, like everything else in 2023, our venues are vulnerable to our social and economic flux.

It would be tragic to lose them.

(Story continues on Page 8.)

Wish you were



SHE'S NEVER SEEN ANYTHING LIKE THIS: Max Cameron Theatre manager Jacquie Dawson (on stage at the Max with the members of Tiller's Folly) has been working in the performing arts field across Canada for more than 40 years. She is concerned that if audiences don't come back – in qathet and nationally – we'll start to lose what we've built. That's true here and across Canada (below).



FOR A GOOD TIME, GO OUT: Clockwise from top left, The Patricia Theatre (showing *Minions*, summer 2022), Sherman Downey at Cranberry Hall; Kathaumixw at James Hall; and *At Your Service: The Life and Yarns of Robert Service – My Glorious Youth*, with Jeffery Renn, at the Max Cameron Theatre.

Simply put, COVID gutted audiences in mid-sized and large venues here and across Canada.

If we don't collectively start coming back to our theatres and the arena, qathet could lose the defining arts and sports scene residents have been building for generations.

here



Powell River Kings at the Hap Parker

The goal is to have 1,000 people in the stands for each of the Powell River Kings Junior A hockey team's home games, says new franchise president Aaron Reid. Before COVID, the average was about 808 bums in seats. Since then, it's dropped to 668.

"Only three teams in the league are run by non-profits now," she explained, noting that Prince George and Merritt are also board-governed. "The other teams have much deeper pockets than we do, because they're owned by people with loads of cash and a passion for junior hockey," meaning they can pump money into to player development, marketing and other supports.

"It matters, because if we lose this franchise, we'll never get it back. The other teams don't want to travel here."

We have to hold on, Aaron said. In addition to the ticket sales loss, the team is also reeling from the loss of Catalyst as a major sponsor. Plus, the coming league rule that the players' billeting costs will have to be covered by the franchise, rather than the players' parents – which will total another \$11,000 a month. So this winter, she is laser-focused on getting people to games again, using, among other tools, her own social media account to promote volunteerism and sales.

Part of the problem, Aaron admits, is the team is locked in a losing streak, and some fans believe it's more fun to watch your home team win, than lose. Don't decide whether you're going to go based on stats, Aaron urges. It's all about the show, and this team's 22 players really bring it.

"When everyone in the building is yelling and cheering, it's not even about the hockey, it's about the energy," she said. "Last weekend we played the Penticton Vees. They're undefeated. But the Kings put on such a show. The performance that every one of our boys brought was just awesome. It really is all about the energy."

Like everything else, qathet's isolation means we have to work harder for the things we have. Compared to other teams in the BC Ju-

nior Hockey League, yes, we have small numbers of fans in the stands, but not for the size of our population; Penticton gets the most fans out at 2,599 on average (3,092 just before COVID), but the city is 37,000-strong; Chilliwack gets 2,064 (2,031 pre-COVID) (pop. 93,000); the Langley Rivermen attract just 405 (763 before COVID) (pop. 29,000). Of the 18 teams in the BCHL, the Merritt Centennials bring out the fewest fans: just 230 on average (pop. 7,000).

For an adult ticket, it's \$17. That buys a three-hour evening with access to food and a beer garden (or a new no-alcohol section).



\$17 FOR A SUPER NIGHT OUT: That's what the Kings' new president, Aaron Reid, is hoping more folks choose. *Kings photo by Alicia Bass*



Here's the low-down on each of qathet's big five theatres:

1. Max Cameron Theatre

Fortunately, the Max Cameron is owned by School District 47, and most of its use is institutional, so the theatre doesn't need to justify itself financially through travelling performances. The shows that theatre manager Jacquie Dawson brings in do need to at least break even.

This year, her season includes *At Your Service*; *Tiller's Folly*: 25th anniversary concert; *Jim Byrnes & Friends*; and upcoming shows are *The Wardens* (January 19) and *Early Morning Rain: The Songs of Gordon Lightfoot* (April 25). The Max is also the venue for Brooks Theatre Department's 2023 annual production: *The Addams Family Musical*, which happens mid-May. In the past, she was able to bring in larger performances, including Ballet Victoria's 2014 touring production of *Dracula* – far too expensive a show to bring now, due to dwindling audiences, with its large company of dancers and technical crew.

"It's getting more and more expensive to bring performances here," Jacquie said, noting that she works with theatres on central Vancouver Island to block-book musicians and theatre groups. "Gas, ferry, accommodations, meals, the artists fees, management fees – it adds up. My fear is that it's not sustainable the way it's going."

The most popular shows, she says, are those featuring local talent. The Brooks Theatre Company's production usually sells out multiple nights. Also, children's shows. Both *Fred Penner* and the *Kerplunks* sold out in the spring.

Jacquie has a lot of sympathy for locals who are being hit financially right now, and she believes that's a fundamental reason why live performances of all kinds are struggling. As someone who drives to Brooks from south of town each day, she knows that higher gas prices make a huge dent in discretionary incomes.

However, she also notes it seems many locals are looking for a large scale show when they go out. Many folks, she says, travelled to Vancouver in 2022 for *Cirque du Soleil*, *Elton John*, and other large events with hotels and ferries adding to the cost. What's a mid-sized venue gotta do?

2. The Patricia Theatre

The Patricia's manager, Laura Wilson is in daily contact with a small but lively group of independent theatre operators across Canada. It's become a support group – sharing both successes and woes – while they all try to keep their theatres alive. Some are businesses; most, like *The Pat*, are non-profits.

Laura is blunt that public money is the historic building's life support right now. "Grants allowed us to pay off our mortgage. Our reality is there was half a million dollars in deferred maintenance costs to do when we [the qathet Film Society] bought it last year."

The board's vision for the theatre is a community amenity. During the day, the theatre can be rented out by groups to run their own screenings – such as *Youth & Family's Wisdom of Trauma* event in October, which filled the 250-seat theatre. Some evenings, performers such as CBC's *Grant Lawrence* or

PRISMA's *Arthur Arnold* can book it too (an addition to the stage is being planned, to encourage more live events).

For the evenings, Laura tries to guess which films will bring out the local audiences. This is risky business. First, she said, she is still trying to figure out who *The Pat's* audience is. Second, she notes, some studios that produce blockbusters want theatres to run their film for two weeks – far, far too long for a money-making run in a small centre like ours, Laura said. Other times, she'll book a film only to learn that Netflix or another streaming service is releasing it the same week.

"We need 60 people a night paying to be there to break even," Laura said, adding that the concession sales are vital. "So far in the 2021-22 fiscal year, we have an average of 42."

Streaming services have gutted movie theatres across Canada; Cinemax recently revealed that their audiences are down 30% since before COVID. But Laura said it's important to remember why you'd go out to see a show.

"When we had *Peter Rabbit 2*, and there were 75 kids in the theatre and they were all laughing at once – that's what it's all about," she said. "There's nothing better than hearing someone else crying during a sad scene, or laugh at the same time as you."

3. James Hall

Academy of Music administrator *Carrie Lanigan* often books concerts for Thursday nights and Sunday afternoon at the school's 280-seat theatre. In her experience, it's important to select datest that

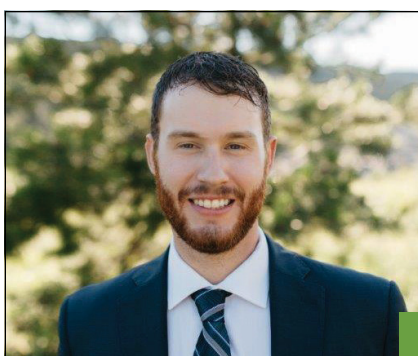


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Live performance “is the kind of magic that is experience-based and can never be repeated. Showing up to witness and feel that connection is a kind of sacred trust.”

- Annabelle Tully-Barr

are least likely to compete with other events around town. That’s why her Valentine’s event of songs by Nat King Cole is on Sunday afternoon, not Valentine’s Day itself. She’s not just fighting other events; she, like others, is battling on multiple fronts – some known, such as the aftermath of COVID, and some unknown.

Carrie reports that when BC re-opened theatres in September of 2021, the Academy’s audiences wanted masking and social distancing – even after those stopped being required. In fact, she guesses that many former audience members haven’t returned because they’re still avoiding COVID.

Realistically, though, she doesn’t entirely blame the slump in ticket sales on the pandemic. Audience numbers have been falling since 2012. She guesses it’s at least partly because there are so many events in qathet’s vibrant art scene.

The Academy’s premier Christmas Event, Carols

by Candlelight, normally sells out three performances at Dwight Hall by the end of October. This year, tickets were still available performance weekend.

A choir that sold out in Campbell River this past spring attracted a small audience here – a phenomenon other qathet theatre managers reported as well.

Fortunately, James Hall doesn’t depend on consistent ticket sales for its existence. As it is attached to a non-profit music school, James Hall’s revenue stream includes grants, fees and sponsorships, as well as ticket sales.

4. Evergreen Theatre

With 700+ seats, The Evergreen Theatre is qathet’s largest performance space. It doesn’t suffer from a lack of audiences like the other venues do for one very simple reason: it’s a rental theatre, rather than a presenting theatre. That means performers pay a flat fee to rent it, and they assume the risk, rather than the City of Powell River, which owns it (The Evergreen is located inside the Recreation Complex).

“My long-term goal is to build culture in my department,” said Tara O’Donnell, the City’s Manager of Parks and Recreation, who oversees the Complex, Dwight Hall and other indoor and outdoor venues. “But I’m always community-focused. I never want to displace locals. I don’t want to duplicate their efforts, but to support them.”

Tara is currently writing a cultural plan, which assesses the city’s cultural amenities, including performance spaces. If the City is paying to maintain the Evergreen, she wants to make sure the theatre is being used to its full potential.

5. Cranberry Hall

At the first concert back after COVID restrictions lifted, “people were so grateful to be back in community,” said Annabelle Tully-Barr, president of Cranberry Community Hall Association. “People were just buzzing.”

That energy hasn’t translated into record ticket sales. For example, Annabelle said, Newfoundland folk musician Sherman Downey put on a really great show in November of 2022, and had a modest house of 42 – just over half the audience he entertained three years ago (the capacity is 70).

Cranberry Hall is run by a volunteer society – charged with maintaining an affordable community amenity. Most of the time, it’s used by small rental groups such as AA or yoga teachers. This year, the Home Routes concerts are using the hall, to encourage their audiences to come back into a more spacious venue than private homes.

The Hall isn’t in the business of making money, but it does need to break even. A small rental house on the property helped the board eke a way through COVID. It’s a niche space, she says; an intimate venue that offers great acoustics for fans of live music.

“I hope that live performance is still relevant to this community,” said Annabelle. “It is the kind of magic that is experience-based and can never be repeated. Showing up to witness and feel that connection is a kind of sacred trust. And it feeds the performer, who is putting themselves out there, heart and soul and decades of dedication. It is a privilege I never want to willingly give up!”

📧 pieta@prliving.ca



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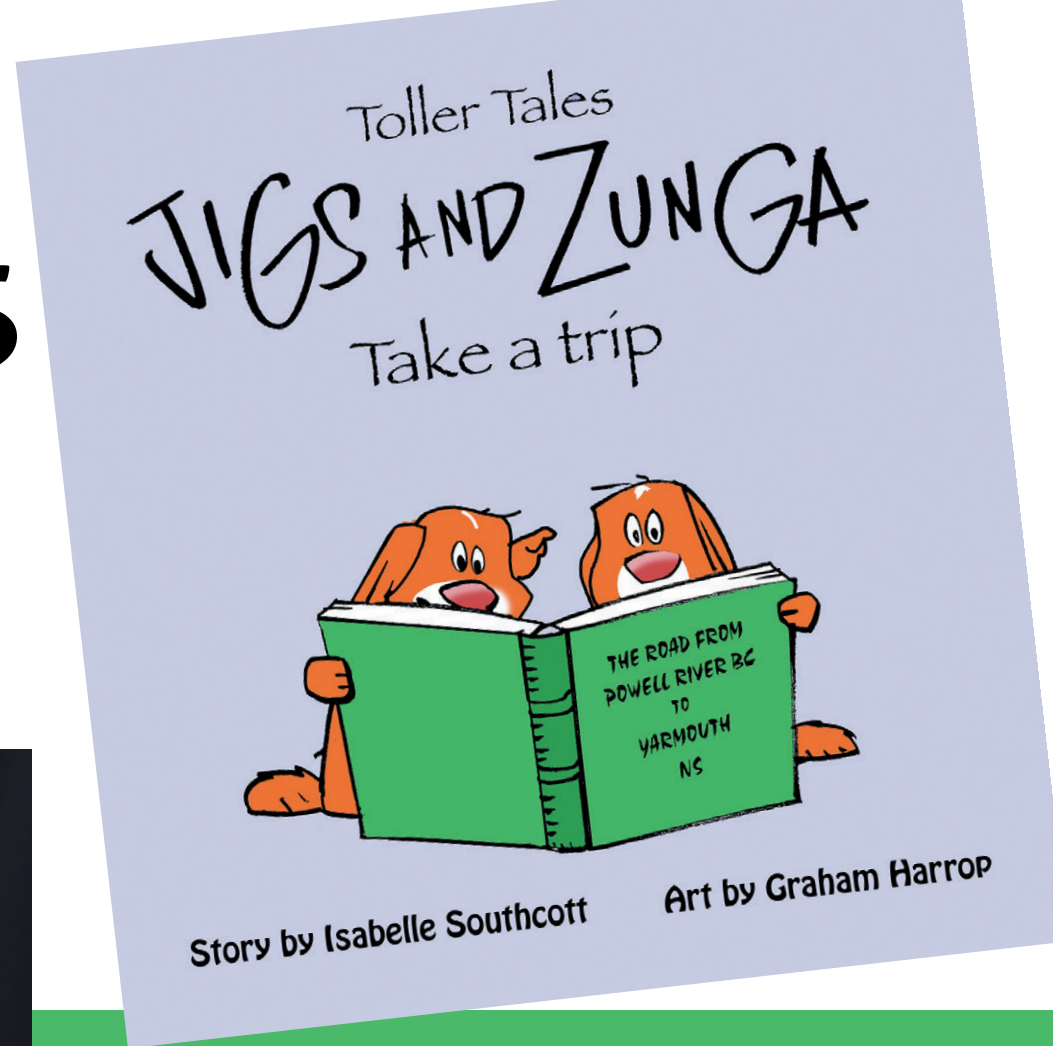
The stars of the new **TOLLER TALES** book invite you to story time at the library!



This delightful children's book follows the adventure of Jigs and Zunga, two Nova Scotia Duck Tolling retrievers, who live in Powell River, BC as they visit Yarmouth County, NS to meet their relatives and learn more about their heritage.

Author **Isabelle Southcott** moved to Powell River from Nova Scotia in 1993. She owns and writes for *qathet Living* magazine. She was introduced to Nova Scotia Duck Tolling Retrievers at the age of eight when her father brought home a little red ball of fluff called Alexander Rufus of Schubendorf. Her Tollers, Jigs and Zunga, often make guest appearances in the pages of the magazine.

Artist **Graham Harrop** grew up in Powell River. His first cartoon appeared in the *Powell River News* when he was 14 years old. His work appears in the *Vancouver Sun* and for more than two decades, his cartoon *BackBench* appeared daily in the *Globe and Mail*. He also creates the online daily comic strip *TEN CATS*.



Jigs and Zunga invite you to join them at **10:30 am** on **January 25** in the Anne Woznow Children's Reading Room at the Powell River Public Library for free Storytime! Listen to their human Isabelle Southcott read their story: *Toller Tales, Jigs and Zunga Take A Trip* and meet the dogs that inspired this story.

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THEY'VE GOT PERSONALITY, PERSONALITY: You can catch John Hall, left, and John Mayer, right, on stage this winter at the Festival of Performing Arts. Are you a performer? Register by January 24.

qathet's got talent

Locals of every age and background are invited to sing, dance, recite or play an instrument in the 79th Festival of Performing Arts

BY PIETA WOOLLEY

John Mayer spent his youth touring BC with The Deep Cove Singers. But for the last 25 years of his working life – mostly spent here behind the wheel of a logging truck – John barely sang at all.

It was his rich, bass speaking voice that gave away his talent. After chatting with his neighbours Nancy and Alex Hollman at their shared mailboxes, the musical duo asked him to join their choir, the Barbersnappers.

“I always had a pretty good voice, for volume at least!” John admits. “But Nancy gave me singing lessons. That’s what really helped me develop it. That’s what got me singing properly.”

You can hear John sing Beautiful Dreamer and Oh What a Beautiful Morning, both solos, at the 79th Festival of Performing Arts. This isn’t his first event; he has performed there with both the Barbersnappers and Chor Musica.

The festival, which is coming up starting February 23, features many children and youth performers, but fewer adults. The Rotary Club of Powell River, which organizes the festival, hopes to attract more participation from folks like John – for the benefit of the event and the community.

“I am a bit of a natural born show off so that’s part of why I like to do the festival,” said John, who studies with Megan Skidmore now. “The choir is a great group of guys. Singing is something I enjoy and it energizes me.”

At the other extreme, John Hall didn’t sing at all until about 2016. “The only time you’d hear me is if I had

FESTIVAL OF PERFORMING ARTS

When: February 23 to March 3 – but the registration deadline is January 24

What: This Rotary Club-run festival is a chance for local performers to practice their art, and be adjudicated by professionals. The top acts go on to perform at the Grand Concert March 3, and may be recommended to represent the region at Provincials this spring.

Learn more and register:
events.solarislive.com/prfestival

a two-four and we were around the fire,” he quipped.

The veterinarian (and former owner of Powell River Veterinary Hospital) had a stroke in 2010; singing was part of his recovery. At the Academy of Music, Megan started giving him lessons. It sounded, he recalled, “like someone at the Academy put a cat in a bag and was swinging it around their head.”

“It starts small, like anything,” John said, promising that he did improve. “Megan said ‘I’d like you to be in the recital at end of year.’”

Soon enough he was singing with Chor Musica, and singing in the Festival.

This year, you can see John singing Moon River and When I Fall in Love.

Before he sang, John volunteered on the Festival committee when Rotary took it over in 2003. At the time, he recalls, many more adults and seniors took part – something he would like to revive.

|| pieta@prliving.ca

Warm up with your neighbours at the **Townsite Public Market** this January



Unique stores and kiosks with products and services to warm your body and soul



The market is open 7 Days a week. Individual store hours vary. Visit, call, or check Facebook pages or websites for details.

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| Beauty | ...and so much more! |

townsitemarket.com

Swanky opera house razzle-dazzled-up this mining island

In 1898, Texada Island was booming. Mining operations had been underway since the 1880s and as a result, had attracted many settlers. Van Anda, split into two back then with what was known as Texada City, was particularly thriving, with three hotels and saloons, a business district, and a twice



BLAST FROM THE PAST

JOËLLE SÉVIGNY

weekly sailing by Union Steamships. It had a weekly newspaper called the *Coast Miner*, one of the first papers on the coast north of Vancouver. The town also boasted an opera house, which is rumored to be the first opera house built north of San Francisco.

In the late 19th century, most towns in BC constructed an “opera house”, and although they were often called opera houses, they had little to do with opera. These establishments provided the community with a space for gatherings and for various performances. The opera house in Van Anda was built in the dense woods on what is now the site of the current school. Constructed by volunteers in the 1890s, residents contributed what they could to erect the building. It was built with verandahs on each side, a big stage, a kitchen, and a large dance floor.



CAPTION KICKER: Above, Van Anda’s opera house, which acted as a community hall at the turn of the century. Left, now the Texada Island Museum, the Marble Bay Hotel is pictured here in the 1910s in what was then Texada City.

Photo courtesy of the qathet Historical Museum & Archives

In the January 15th, 1900 issue of *The Coast Miner*, “The Bachelors’ Dance” is advertised as being an important social event to be attend by all at the Marble Bay Opera House, with “its splendid floor in its best shape.” The opera house hosted a variety of dances, social gatherings, concerts and theatre productions. Orchestras and bands from Vancouver would also have braved the all-day journey, traveling up the Strait, to perform in the mining town of Van Anda.

The community had never obtained a deed to the property and the land as well as the building, was lawfully owned by the Marble Bay Company. When the Marble Bay Mine was sold to Tacoma Steel in 1902, the opera house went with it. In 1907, the Tacoma Steel Company donated the building to the

Columbia Coast Mission who converted it into a hospital, which ran until 1920, called The Columbia Hospital. The dance floor became two public hospital wards with ten beds each, a private ward, and an operating room. At that time, there were no facilities in Powell River yet. The hospital was much needed for the miners, loggers, and settlers located not only on Texada, but in the inlets and islands to the North.

Without the opera house, dances on Texada continued in the hotels, and were often organized spontaneously. They were so popular that residents from Stillwater and Myrtle Point came over to the island just to attend!

Blast from the Past is written monthly by qathet Museum and Archives Programs & Education Manager Joëlle Sévigny.

📧 programs@qathetmuseum.ca

Honouring the Journey

All Powell River Hospice Society programs and services are free and confidential

prhospice.org
604-223-7309

We will be offering a grief support group beginning in mid-January.
For inquiries please email programs@prhospice.org or call 604-223-7309

The Powell River Hospice Society offers one-on-one support for bereaved individuals, palliative patients, and caregivers of palliative patients.

We are looking for volunteers! Come make a difference in your community.

Training starts January 17 and runs 8 weeks.

Contact Sarah Joy at 604-223-7309 or coordinator@prhospice.org



The old Lund Hall is hallowed ground; time for a new gathering place

BY SANDY DUNLOP

Memories of the old Lund Hall linger happily in the mind of anyone who lived in Lund before the rotting building was condemned in the early '90s and demolished in 2016.

Construction on this legendary building began in 1928-31, presumably not long after Fred Thulin, the owner of the Lund Hotel, offered the property to the community.

Every nail and board was hammered into place by volunteers eager for a community centre in which to gather and have fun. Since its official opening in 1932, pretty much everything that happened in Lund for the next sixty years happened there. A whole lot of fun for a whole lot of people.

The Lund School Christmas concerts were a social highlight for the region, with attendance by folks from up and down the coast, whether or not they had children in Lund School. The wedding receptions and countless dances on the maple sprung floor




ORIGIN STORY: Many memorable acts including the Lund Theatre Troupe (above and below) trod the floorboards at the Lund Community Hall starting in 1932. Now the Lund Community Society is hoping Area A will vote for an expansion (see next page).
Photos courtesy of the Lund Community Society

had musicians coming to perform from near and far (last dance was 1989).

The Halloween dances were particularly memorable because the homemade costumes were astounding. Imagine Louis Meilleur as a slug, with a tapered tail dragging along the floor, unwinding Saran Wrap as it passed. The annual Father's Day prawn feasts were legendary. The first Christmas Craft Fair started there in 1982. The Lund Theatre Troupe performed numerous plays to packed audiences. There was a Preschool, a hot lunch program, PE classes, game nights, and many more events.

The old Hall was a key community feature for all those years, bringing the community together in ways that enriched and nourished. It is sorely missed and the impact on Lund is deep. It's hard to come together without a central gathering place. **PL**






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7:30pm

All seats \$25



Early Morning Rain

Early Morning Rain: the songs of Gordon Lightfoot is a wander through the wonderfully crafted songs of one of Canada's greatest songwriters, presented by the John McLachlan duo.

Tuesday,
April 25
7:30 pm

All seats \$25



TICKETS AVAILABLE at The Peak 4493F Marine Ave or Online at MaxCameronTheatre.ca or cash only at the door at the Max Cameron Theatre located at Brooks Secondary (5400 Marine Ave). For info call 604-483-3900

A new gathering space for qathet's Northsiders

BY JESSE FIREMPONG

In 2023, the Northside Community Recreation Centre could get a new lease on life. Plans are afoot to expand the centre by 6,920 square feet of multi-use space, including a half-court gym/hall, stage, and accessible washrooms.

The centre, which serves most of Area A, would also get a commercial kitchen and serve as an emergency reception area, should disaster strike.

The proposal is backed by a \$4.2 million grant from the federal and provincial governments, which the qathet Regional District (qRD) must decide to "match" with \$1.1 million, to be borrowed from BC's Municipal Finance Authority by April 2023 (a mortgage).

In other words, the centre would cost us just a fraction of the true price

tag. Public engagement on the plan begins this January.

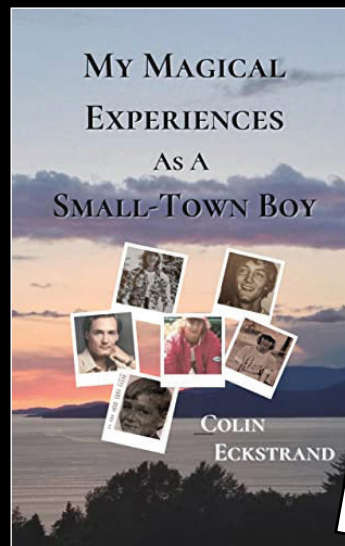
It's an exciting proposition for Northsiders (qRD Area A, north of Wildwood). We're a mixed rural population of seniors, young families and remote living, craving year-round connection space. Plus, qathet's poverty reduction strategy shows that Area A reports fewer people "thriving" than much of the region. In a post-pandemic world where our social connections can't be taken for granted, this new space to gather, hold events and run much-needed programs is a wise, multigenerational investment for the whole community.

LundCommunity.com is the Lund Community Society website sharing information and inviting your opinion on how you might use this new space. 🗣️



10 key facts about the New Northside Community Recreation Centre Addition

- Located in Lund serving all qathet Area A "Northsiders" (north of Wildwood)
- The qRD \$1.1 million "mortgage" impacts property taxes for all Area A except Savary and Tishsum (estimated \$9 per \$100,000 of property taxes, so \$500,000 assessed home pays \$45 a year.)
- We must agree to the qRD funding by March 2023 to proceed. Detailed planning with full community engagement then follows.
- The qRD has secured a \$4.2 million federal/provincial grant specifically for this project and expires in April, it cannot be used for other needs. So if we do not support the \$1.1 million borrowing, the result is no Community Centre upgrades for many years.
- The current Old Lund School serves as the NCRC and requires these upgrades.
- The Lund Community Society (LCS) board and building committee encourages your support of this project and your consideration of how the new addition might serve us all.
- LundCommunity.com includes a page dedicated to the project under the NCRC tab, where you'll find information and a survey link to share your thoughts, hopes, wishes, and concerns.
- The LCS has distributed information flyers to Area A mailboxes that accept unaddressed mail and you may have seen posters.
- qRD outreach for the funding decision begins in January so work can begin by mid April 2023 to confirm the \$4.2 million grant.
- Expected completion is approximately two years from now.



My Magical Experiences as a Small-Town Boy

Saturday, January 21, 2 to 3pm
First Credit Union Community Room

Colin Eckstrand will share his entertaining and insightful new memoir about his life as an athletic youth, growing up in Powell River.



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

Family Literacy Week

January 22 to 29

Celebrate with us! Events TBA

MEMORIES OF THE MILL

“I learned to blend technical detail with excitement and adventure.”

BY DAVE MCKENDRICK

In 1967, the Powell River mill was undergoing a huge expansion which included a new Kraft Pulp Mill. I was just starting as a third year apprentice Instrument Mechanic. Dave Hodgson (Journeyman Instrument Mechanic) arrived in August. There was a sort of ‘old boys’ hierarchy in the instrument shop which was set on its ear by this expansion.

Suddenly, many more instrument mechanics were needed and the requirement was mainly being filled with young journeymen from Britain. Overnight, half the shop was twenty-somethings with strange accents and different perspectives on things.

Most of the new guys went to work in the new ‘expansion’ areas. Dave Hodgson went to the Kraft Pulp Mill which was still under construction. Most of the old guard carried on in the established, more stable parts of the mill. As an apprentice, I was put into their territory.

The work was interesting enough, the guys were friendly, but the routine seemed slow and a bit dull. Oh well, it would all work out. Then I was placed for a couple of weeks with Dave H. checking out instrument loops to take over from construction crews and get ready for start up.

This was plunging into a different world. The instrumentation was new – more like what I’d seen at BCIT. Things were moving at a lively pace with Dave and the construction guys.

I loved it. Dave started to go after our Superintendent, telling him that new, young guys – like the apprentice (me) — shouldn’t be shut away in the dusty corners.

We should be in the thick of the new stuff, learning the instruments and the process as we’d be needed in the future. Well, the boss was very reluctant, “That’s not the way things are done,”

and similar excuses.

Dave kept showing up in the boss’ office, insisting that I be involved in the up-coming Kraft Mill startup. Finally, he relented and assigned Dave H. and me to the startup night shift. Almost like he was saying, “That’ll teach ya.”

In February of 1968, the startup began. Dave and I worked 8 pm to 8 am, 7 days a week.

Working with Dave in the craziness of the Kraft startup, I found what I was looking for in my career – and then some! Dave was sharp about the new instrumentation and working through the application to this new process. With Dave, I learned to blend technical detail with excitement and adventure.

New problems were tackled with enthusiasm and humour and, often, bits of Beatles songs. This was what I’d “signed up for.” I’m forever grateful to Dave for taking me under his wing in this.

Through that startup, there were many instances of things going awry in scary ways. We’d grab our tools and charge out into the night, not sure what we’d find. We’d be laughing and singing and our hearts racing.

Often there were power failures. Just when things were settling down and we thought maybe we could grab a coffee, the background roar of pumps and pulp flowing in pipes would start to fade, the lights would go out and the mill would be black and silent.

The control room was dimly lit with emergency lighting and people were poking around with flashlights. Dave would take note of things on the control panel and then we’d pick up our tools and flashlights to go and check in the field. This was a new process to us and full of unknowns. In the silence, we would hear water (or something) dripping. We couldn’t see where it was and didn’t know if it might be corrosive, caustic or what?

We were checking to see that



“WE ARE MEN OF HONOUR! WE ARE INSTRUMENT MEN!”: Above, the Kraft control room, 1986. Right, kraft mill chip digester, 2001. Photos courtesy of the qathet Historical Society.

valves had shut off properly and that transmitters weren’t getting plugged up – stuff like that. We were never sure if we’d run into something dripping that would run down our backs and start burning our skin off.

Rather than getting twisted up with it, Dave would start belting out, “He-e-e-y, Bungalow Bill, What did ya kill, —” and so on. We’d go poking our way among the pumps, tanks and digesters in the dark, laughing and singing. We must’ve been crazy, but I loved it!

One night when things were fairly quiet, we were going to have a coffee, but found ourselves short of a cup. Dave asked the control room operators if we could borrow one of theirs and promised to return it thoroughly washed.

The guy grudgingly said okay, but “You guys probably won’t bring it back – nobody ever – grump, grump...”

Dave pulled himself up to his considerable height and bellowed, “We are Instrument Men! We are men of honour! Do not question our integrity!”

The operators were looking at each other like, “What the hell was that?”

We took the cup and returned it clean as promised.



All together, we worked that 8 to 8 night shift for 28 days straight. When the shift finally ended it was quite a change going back to life with my young family. Diane was glad it was over.

As Dave and I got closer to the end of these shifts, the pressure of sudden problems became less and we’d have some slack time. In the early hours of morning, we’d go up onto the platform on top of the digester to watch the first daylight appear over the hills at Wildwood and Cranberry Lake.

That was beautiful.

We’d look out across the Straits which were reflecting the first light of the day.

Seagulls wheeled and soared around the buildings, just below our platform. A new day had begun. ◀



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“Relationship comes first. Learning happens after there is trust and the child knows you believe in them.”

– French Immersion teacher, Kelly Gallagher

Pourquoi French Immersion?

Confidence • Culture • Opportunity • Cognitive Skills • Language

School District 47’s French Immersion program is at James Thomson Elementary in Wildwood. Kindergarten applications open January 30 to February 24.



French Immersion Team

The SD47 French Immersion program has an expert team of teachers, administrators, and support staff, with many decades of experience combined. Many of their teachers were born into Francophone families, so bring an enriched knowledge of French culture to students. The administration team has a strong French immersion support lens, with Caroline Brennan speaking fluent French and Italian and Bill Rounis understanding French and speaking fluent Greek. The entire team understands what it takes to learn and support students in developing a second language.

Back row: Caroline Brennan (Vice-Principal), Christina Neill (Education Assistant), Jeannine Deschamps (French Intervention Teacher), Laura Moloney (Teacher), Jenni Hillier (Teacher), Claudine Vernan (Teacher), Bill Rounis (Principal), Front row: Geneviève Tremblay (Education Assistant), Maxime Paquette (Teacher), Manon Landry (Teacher), Denise Little (Teacher)

Missing: Kelly Gallagher (Teacher) and Simona Taronna (Education Assistant)



The multilingual superpower

Research has shown that people who speak more than one language have improved problem-solving and critical-thinking skills; a better ability to concentrate and multi-task; and excellent concentration and listening skills.

Also, experts have shown that being bilingual or multilingual helps to prevent mental aging and cognitive decline. Many other benefits of exposing ourselves – and our brains – to another language can easily be found online. Come February, parents in the qathet region who are enrolling their child in Kindergarten will be able to set a path for their child that promises to deliver many of these gains.

James Thomson Elementary is a culturally rich, community orientated school, and home to School District 47’s only Early French Immersion program. French Immersion is an educational program that provides students, whose first language is not French, the opportunity to become bilingual.

This is achieved by instruction of BC Ministry of Education curriculum in French from Grades K-3, with English Language Arts beginning in Grade 4 and gradually increasing. The French Immersion program functions as an integrated learning stream, so students still participate in all school-based activities, field trips, and events.

Also, given the breadth of programming, community engagement, and resources that School District 47 offers across the region, students will have a plethora of opportunities within reach in addition to learning a new language.

“As teachers, we are very fortunate to have this precious time with students and we do our very best to create a rich and memorable learning experience.”

– French Immersion teacher, Maxime Paquette



Every child can thrive in immersion

We sat down with the French Immersion education team and were surrounded by a group of highly experienced professionals with warm “family” camaraderie, whose passion for helping to grow young children to their fullest potential was palpable.

How does the French Immersion program help shape students?

We find that students in our French Immersion program have a great sense of pride for the language and enhanced confidence. Students are not just learning another language, they are exposed to an entirely new culture, which enhances cultural understanding and social development.

Also, research demonstrates that students who successfully complete a French Immersion program attain functional bilingualism while doing as well as, or better than, their monolingual peers in the content areas of curriculum, including English Language Arts.

Does French need to be spoken at home?

No, the French Immersion program is meant for everyone. It is incredible to see how students grasp the language at such a young age. Students start the program in Kindergarten, with little to no French language base, and by Grade 3 all instruction and student communication is done in French.

In addition to the dedicated teaching and support teams, James Thomson has strong service-learning programs within the school, including “buddy reading” programs between primary and intermediate levels for additional support.

Plus, all parent communication with the school and district is provided in English.

How can French Immersion help students later in life?

This program will open doors for your child. Upon graduation from the program in Grade 12, students receive a Dual Dogwood and will be able to take post-secondary French language courses which will ideally result in greater career advancement opportunities where a range of levels of French is required for employment. (e.g. Federal government, RCMP, multi-national companies, etc.)

Advice for parents / guardians thinking about registering their child?

There is a strong correlation between parent/guardian involvement and student success. You need to be invested in your student’s educational journey, by encouraging learning and showing interest. Sit with your child and experience them reading French books, watching a French film, or listening to French music.

Choosing French Immersion for your child is a great way to explore their potential, while providing them with a valuable advantage in today’s increasingly globalized economy.

Applications open soon

Apply to enroll your child in the Kindergarten French Immersion Program between January 30 and February 24, 2023.

Once the application process closes on February 25th, the available spaces will be filled using the following procedure:

- Siblings of students who are already enrolled in the French immersion program will have priority.
- Remaining spaces available in the program will be filled by a random lottery draw.
- Should an opening occur once all the available seats have been allocated, it will be offered to parents on the waitlist in priority order.

More information can be found on www.sd47.bc.ca
Ministry of Education: bit.ly/3jjlomj



4351 Ontario Ave • 604 485-6271
www.sd47.bc.ca



Facts about James Thomson Elementary

- The school is celebrating its 100th birthday next year! The first Wildwood school opened in 1923.
- Considered an Eco-Immersion school, James Thomson has vast outdoor learning spaces with instruction being done outside as much as possible.
- The French Immersion program started at James Thomson 12 years ago, with the first cohort of students graduating in 2022.
- It is the only trilingual elementary school in the district. The instruction of ᑭᓄᓄᓄᓄᓄᓄᓄᓄ, the language of the Tla'amin Nation, is a vital component of the James Thomson community.
- Bussing is available for James Thomson students from Saltery Bay to Lund.

**“Teaching is not our job, it’s our calling.
It’s a privilege to work with children every day”**

- French Immersion teacher, Manon Landry

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ʔAYʔAJUΘƏM?
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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.

.....
_____ č̣i ye ʔa na Listen

.....
_____ č̣ɪm č̣ɪm Cold

.....
_____ gəx no mo toɸ Dreamt

.....
_____ hɛ hɛw ɸəx Too bad

.....
_____ non pe ga nəm To think

ʔayʔajuθəm orthography

ɸəʔamɛn | kómoks | xʷɛmaɸkʷu | & 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
č̣	ch
č̣̣	popping c
ǰ	dg
ᵏ̣	popping k
kʷ	kw
ᵏ̣ʷ	rounded, popping k
ɬ	Breathy L sound
ᵑ̣	popping p
ᵑ̣̣	popping q

qʷ	rounded q
ᵑ̣ʷ	rounded, popping q
ṣ̌	sh
ɸ̣	popping t
tʰ	t-th
ɸ̣ʰ	Popping t-th
θ	th
xʷ	wh (like in who)
χ	Hhhh
χʷ	Hhhhwh
λ	tl
λ̣	popping tl
ʔ	glottal stop: uh oh

Men who choose respect make healthier 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 Rob and Tammy.
604-223-5876

menchooserespectprogram@gmail.com



www.qathetSAFE.ca

RECESSION BUSTING 2023

Soup's on

You already know the situation: prices are up, wages are stagnant, debt is gargantuan, interest rates are climbing, you blew your budget under the tree (again), housing OMG, some economists are predicting a big bad 2023 recession, and more.

If you've been leading a full life, you've learned how to squeeze through the inevitable lean times.

Instead of offering advice, we're going to toast this time with a bundle of features about how all of us are going to get through this, with some joy, together.



TRY A LITTLE TENDERNESS: Rayana and Roy Blackwell own The Boardwalk Restaurant in Lund. The couple have offered a delicious soup recipe featuring many ingredients from the sea and garden – or the grocery store – one you can eat by yourself or share with your friends and neighbours. It's on the next page.

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Potato soup to feed a crowd

BY RAYANA AND ROY BLACKWELL |

THE BOARDWALK RESTAURANT

An easy and delicious creamy potato soup recipe that can be made in just one pot! Loaded with bacon and creamy potato goodness,

Serves 6 people

Ingredients

6 strips (uncooked) bacon cut into small pieces

3 Tablespoons butter unsalted or salted will work

1 medium yellow onion chopped (about 1.5 cup/200g)

3 large garlic cloves minced

1/3 cup potato starch (42g)

2 1/2 lbs gold potatoes peeled and diced into pieces no larger than 1" (this was about 6 large potatoes for me/1.15kg)

4 cups chicken broth (945ml)

2 cups milk (475ml)

2/3 cup heavy cream (155ml)

1 1/2 teaspoon salt

1 teaspoon ground pepper

1/4 - 1/2 teaspoon ancho chili powder



GOOD SOUP MAKES GOOD NEIGHBOURS: A neighbourhood soup night starts with one person making food, and inviting folks over (BYO bowl and spoon) to meet each other. So says Rebecca Wulkan who has been building up neighbourhoods all over BC and Alberta (see next page.)

2/3 cup sour cream (160g)

Shredded cheddar cheese, chives, and additional sour cream and bacon for topping optional

Instructions:

Place bacon pieces in a large Dutch Oven or soup pot over medium heat and cook until bacon is crisp and browned.

Remove bacon pieces and set aside, leaving the fat in the pot.

Add butter and chopped onion and cook over medium heat until onions are tender (3-5 minutes).

Add garlic and cook until fragrant (about 30 seconds).

Sprinkle the starch over the ingredients in the pot and stir until smooth (use whisk if needed).

Add diced potatoes to the pot along with chicken broth, milk, heavy cream, salt, pepper, and ancho chili powder. Stir well.

Bring to a boil and cook until potatoes are tender when pierced with a fork (about 10 minutes).

Reduce heat to simmer and remove approximately half of the soup to a blender (be careful, it will be hot!) and purée until smooth (half is about 5 cups of soup, but just eyeballing the amount will be fine. Alternatively you can use an immersion blender.)

Return the puréed soup to the pot and add sour cream and reserved bacon pieces, stir well.

Allow soup to simmer for 15 minutes before serving.

Top with additional sour cream, bacon, cheddar cheese, or chives. Enjoy!

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We'll get by with a little help from our friends

In good times and in bad, life is better with tighter communities. Building them takes time, skills and some chutzpah.

BY PIETA WOOLLEY

David and Rebecca Wulkan aren't going to idealize church congregations, even though I've kind of asked them to.

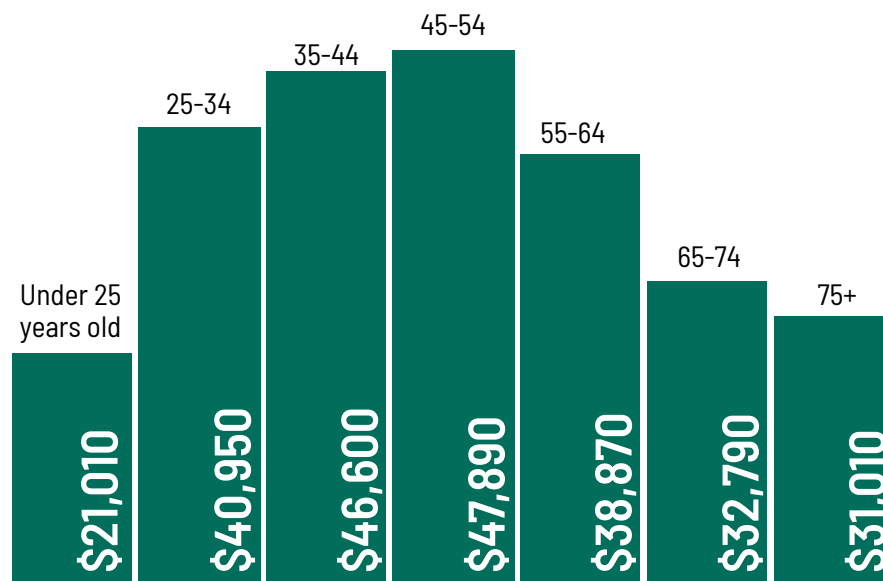
The Pastoral team for Powell River Reformed Church knows better than that. But man, a tight crew sure sounds ideal—especially for a financial reckoning like the one we're in right now.

"It's a given in church that, if there's a crisis moment, there is someone to step in," said Rebecca. "Bringing meals, paying a bill, looking after kids,

or taking people to Vancouver Island for a medical appointment—it's rare that I'd look outside of my church for any of these things."

Congregations (of all faiths) are the some of the last formal, multi-generational communities that are skilled at taking care of their members. They casserole when someone is born or dies. They potluck consistently, eroding isolation. Members call each other when jobs are lost, marriages get rough, when loneliness or grief sets in, or children act out.

But most of us don't have a congregation. Just one third of qathet identifies as "Christian," or any religion, according to the latest Census. Far fewer show up for regular worship.



Median individual incomes in qathet, by age, 2020

RECESSION? NOT OUR BIGGEST PROBLEM: Incomes here are lower than overall for BC—a situation that was more tenable when the cost of living here was more affordable. These stats (and those on the pages that follow) are the latest detailed income numbers available from Statistics Canada.



"... You have to make yourself be vulnerable and authentic. That is how community grows. It's the risk you take."

- David Wulkan

SOCIALLY COHESIVE: Pastor David Wulkan and Rebecca Wulkan are skilled community-builders inside the church they lead: Powell River Reformed, on Padgett Road—as well as sparking connections in secular neighbourhoods.



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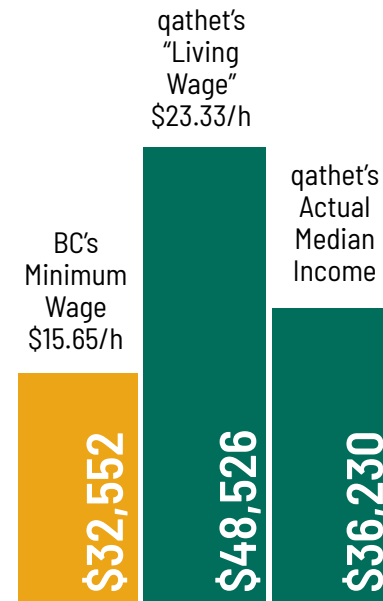
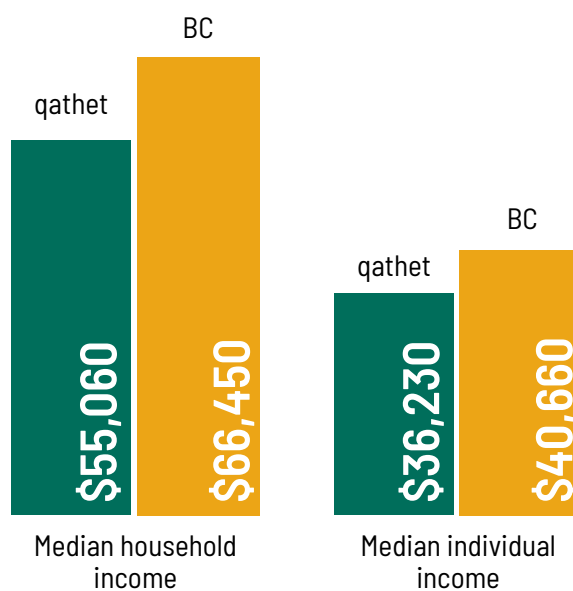
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Could you live on \$55,060 a year?

Half of qathet lives below this income, and half above. Incomes are a helpful social indicator, but they don't tell a full story. \$55,060 is a whole different lifestyle if you're a retired couple without major medical issues who owns a house, versus if you're a family of four with a kid in daycare and two student loans to pay off – plus \$2,200 a month in rent.

A ways to go

In late 2022, Lift Community Services partnered with the Living Wage for Families campaign to calculate qathet's "Living Wage," a standard amount that will cover the costs of a two-parent household, with both parents working full-time. The living wage here is \$23.33 an hour – or \$97,052 for the family. Most of us don't approach that amount – the median household income here is just \$55,060.

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In secular qathet, some people have organically developed tight-knit, helpful communities that function with the social supports of a non-religious congregation. Many of us, however, have not. And the isolation, loneliness and lack of people to rely on when things are tough are very real.

To survive this current economic tornado, I asked David and Rebecca how non-religious qathet can replicate the close, reciprocal care relationships that you'd find in a church.

Christian communities work for a couple of key reasons, they explained. They start with a shared story and purpose that shapes their identity, and they are others-focused – members live out Jesus' command to love your neighbour as yourself. Members are intentional about looking after each other. It's not just "nice," it's what members sign up for.

There's just this one challenge: real, practical community is really, really hard to pull off.

"People are messy," said David, who is Pastor to about 60 folks, who meet at a church on Padgett Road. "It's why forgiveness is a big part of what we do. It's because we mess up this call to care for each other so consistently."

Without the theological call to forgive, is there hope for the rest of us?

Yes. Everywhere the Wulkans have lived across BC and Alberta, they've built communities in their neighbourhoods, as well. Before delving into the programming ideas, David would like to highlight one disappearing skill that is a foundation of community: "saying 'what is so.'"

"Saying 'what is so' is just expressing what I am experiencing and how I feel about it," he said. "It's hard, because you have to make yourself be vulnerable and authentic. But that is how community grows. It's the risk you take." Take your day-to-day conver-

sations deeper than small-talk, the duo urges. And watch what happens.

Keep in mind that building community is about small acts, rather than big acts, David says.

"We're always being told to change the world, or to be the hero of your own life. I don't have to do any of that. So much of the world is truly outside my control – government, financial markets, fear-mongering. The real joy is to just sit at a table, have tea and a meaningful conversation. To just be there for people. It won't solve the financial crisis, but if you can be with other people, you foster hope."

Neighbourhoods are a great starting place for community, because neighbours don't have to earn their place in the fold – they're already there, said Rebecca. Block parties, carolling, long-weekend barbecues, soup nights (bring your own bowl), front yard sharing gardens, tool libraries, tiny book libraries, cookie exchanges – these are all simple and inexpensive ways to get people connecting.

"It all begins with looking outside of the self and towards others," said Rebecca.

It's worth it, David promises. Of all the things that happen in a 20+ year marriage, for example, it's the people around them who got them through.

Similarly, at qathet's Bahai Community, Vicki Pierobon describes the adherents as her family. That means they love each other and support each other in very practical ways – as well as meeting for a feast every 19 days, and another nine holidays throughout the year.

Giving money is a central spiritual tradition among Baha'is, Vicki says.

"We say money is the solution to the world's problems. We give 19% of our money (after all our basics are paid) as the 'Right of God.' So that money is al-

Households	Individuals
Q1 • \$28,227	Q1 • \$20,190
Q2 • \$45,555	Q2 • \$30,216
Q3 • \$66,782	Q3 • \$43,216
Q4 • \$103,629	Q4 • \$62,560

Meet the top 25 percenters

qathet's median incomes mask how unequal we actually are. The top-earning quarter of both households and individuals live on double what the bottom half does.

ways there for those who don't have enough."

Only those who have \$2,500 or more in savings are required to give—and they do so locally and through the national Baha'i organization, which funds projects in Canada and international development efforts, such as humanitarian aid for the war in Ukraine. So, giving is a privilege.

"If there are have and have-nots, the world doesn't flow as it should.... It's very comfortable to know that someone has your back."

The reason why community is so hard outside of a religion, Vicki believes, is non-Indigenous North America's origins. Most of our ancestors left their home countries and their home communities behind, due to wars, poverty, or politics. Unless they intentionally re-built communities here, that way of being was broken. We atomized into individuality, Vicki says. Learning how to be with each other again, and how to use money justly, are tied together, she said.

In non-religious qathet, there is certainly a recognition that when people lack real community, it is harmful to our mental and physical health. That is why Vancouver Coastal Health has expanded their Healthy Public Policy team that supports all determinants of health, including social cohesion.

Meriko Kubota is on this expanded team and is responsible for supporting the health of our community. She is the Senior Policy Lead with the Healthy Public Policy Unit, supporting determinants of health and the development of healthy public policy here in qathet. (Most recently she was the Regional Social Planner with the City of Powell River, qathet Regional District and Tla'amin Nation).

For most of her working life, Meriko has been in the business of creating better communities. But this isn't just a job for her. It's personal.

Financial stress is real, she says. Food and fuel costs, holiday gifting pressures, the onslaught of bills: counseling can be helpful in dealing with the emotional cost of a financial crisis, but nothing beats community for the practical side.

"Community is everything in supporting people in good times and in bad," she said, noting that COVID

"I don't think our culture is very good at teaching us that it is okay to ask for help, and how to ask for support."

- Meriko Kubota

interrupted social connections, which has left us more vulnerable to this financial time.

"Indigenous communities demonstrate this and model this for us as they value relations. The technical term for the importance of community in supporting individuals is 'social cohesion,' which is a fancy word for summing up how strong the relationships you hold are and what your sense of belonging is in a community."

Do you enjoy the benefits of social cohesion? If you do, you have access to spaces where you're welcome to gather with people (coffee shops, the library) and "people you can rely on for information, knowledge, mentorship, and receive physical and emotional support from without necessarily paying for it." Family may play this role, but so can a chosen group of family-like friends and neighbours.

Usually, individuals can't make community happen without a little public help. The City's neighbourhood block party grants, for example, "are a gateway to often allowing neighbours to meet one another and then many other connection points can come after that including, importantly, during emergencies where we will check on each other." Drop-in programs; support groups for new immigrants, seniors and others; and public gathering places all help people meet and care for each other.

Many of us are indeed rusty in the skills we need to make these connections on our own. Meriko has a few suggestions for individuals hoping to create community for ourselves.

First, ask for help. "I don't think our culture is very good at teaching us that it is okay to ask for help, and how to ask for support," she said. That is doubly true when you're sick – when help may be most needed.

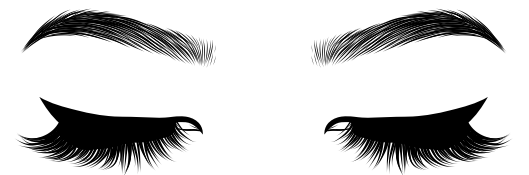
Second, remember that it's possible to be in community with people who don't think like you. "We can live next to a neighbour who has differing political views or even beliefs, and yet we can check in on each other and share food."

Third, don't treat money like a taboo topic. Talk about it with people you trust. They're likely going through similar challenges.

Fourth, take the initiative and communicate with other people. Ask a neighbour how they are, or how you might be able to support them. Tell them about yourself.

And fifth, don't hesitate to offer practical help such as food, money or child minding.

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WHERE WABI SABI REIGNS: At Eunoia Fibre Studio in Townsite Mall, co-owner Shaunalee Yates breathes new life into old garments.

An opportunity to honour our clothing

Drop by Eunoia Fibre Studio one evening this winter, and you'll find Shaunalee Yates in her element. For practical, political and spiritual reasons – plus pure joy – she and one of her partners, Diana Roxburgh, lead groups of motivated wardrobe upcyclers in regular, two-hour workshops, reviving their treasured garments into new uses. An antique family tablecloth with a gravy stain becomes a unique embroidered shirt. Moths have eaten holes into a favourite wool coat; it's needle-felted into fabulousness again.

"I feel like I'm trying to save the planet one 'clo' [singular of 'clothes'] at a time," Shaunalee says.

"I will share everything I know with anyone who wants to learn it."

This challenging financial time is a window for Shaunalee's vision to gain a foothold. Instead of being sad that we can't afford the inexpensive but not environmentally friendly garments that fast fashion tempts us with, having less money to purchase allows us the opportunity to move away from the disposable society model. To re-learn sewing, felting, darning, and designing techniques. And, most importantly, to do so in community, for fun.

In Japan, Shaunalee said, the philosophy of Wabi Sabi is well-understood. There's joy in honouring of the visible history of an object, the mended, repaired, imperfect or even overly loved.

Here, she said, locals have begun to wear their self-repaired clothing with pride, revealing patches instead of concealing them. Visible mending is trending. This is political fashion: confronting capitalism's demand for continuous consumption with creative, thrifty, DIY repair jobs.

Upcycling, she said, is also about the planet. Natural fibres can be composted. Linen lasts for up to 5,000 years – truly! Shaunalee is haunted by images of Chile's Atacama Desert, where vast mountains of clothing – manufactured in Asia, mostly, under poor environmental and human conditions – will live forever. According to Al Jazeera, about 39,000 tonnes of it pile on each year.

In Dauphin, Manitoba, Shaunalee grew up "frugal" and learned her skills as a teenager from her maternal grandmother. She also had a glamorous aunt who worked as a designer in the US, and brought her fancy fabrics to play with.

"As a teenager if I hadn't been given these skills I wouldn't have had much to wear," she recalled. Because clothing is made so cheaply now, vast numbers of us don't even know how to sew on a button, or darn a sock.

This financially-cool time has a silver lining, she said, if it encourages us to re-learn skills and embrace slow fashion. ♻️

They'll come to your emotional rescue

Money makes lots of us feel uneasy. Financial planners can help you with your heart as well as your wallet.

BY PIETA WOOLLEY

First Credit Union's Wealth Management department has literally just ordered more Kleenex.

It's not because clients' circumstances are so awful, but because talking about money can get emotional. Especially now.

No matter what their clients say or how many tears flow, just the act of talking about money is good. So says Randall Smisko, a life insurance agent, and Katryna Lawry, a wealth management specialist, who have been with FCU for 15 and 19 years, respectively.

"What's different now is that people are carrying larger debt loads for longer," says Randall. "People in the middle-income range are having a harder time. They're carrying larger mortgages, companies are often not offering pensions, and they're not saving for retirement. So people may have to work a lot longer than their parents did."

Katryna added, "Life is getting more expensive. Housing, kids' sports, groceries, fuel. Higher interest rates are a new pain some people are going to feel. The question is how to fit everything in."

Thus, the Kleenex. Money is where people's values meet their reality, and there is real stigma in how much you earn and owe. When debt gets overwhelming, as it has for many, many Canadians this year, people might feel shame, or a sense of doom—even though these are society-wide challenges, rather than isolated problems. Both Randall and Katryna report that their job is counselling, as much as financial advice.

But there is real advice to be had, even (or especially) for those who feel like they're drowning right now.

First, don't hide from your finances. Know what you owe, who you owe it to, what the interest rates are, and whether you have the best products for managing it, they advise. Talking to a



THEY'VE SEEN IT ALL BEFORE: At First Credit Union, Randall Smisko, a life insurance agent, and Katryna Lawry, a wealth management specialist, have helped hundreds of locals through tough financial times.

financial advisor can really, really help with this, they say. "It sounds painful, but if you know what it is, you can tackle it," says Katryna.

Second, re-learn the lost art of budgeting, and be in it for the long game. That's the dull but effective way to build wealth and overcome debt.

Third, understand that everyone is on your team. No creditor wants to take away your car or home. They want to make it work for you. But again, the key is talking it out with your lenders, rather than hiding from it.

Ultimately, both Randall and Katryna say that whether or not a recession comes in 2023, it's important to remember that people always make it through. **PL**

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5

ways to stop heat loss

They're easy to do and won't break the bank

BY ISABELLE SOUTHCOTT

If you're tired of watching your hard-earned money go to heating bills, check out these tips on how to reduce heat loss in your home, from RONA assistant manager Trevor Spreeuw.

(We know that improving the insulation of your home is the main way to battle heat loss through floors, walls, windows and roofs, but here are a few other quick, inexpensive ways that also help and may benefit those renting a home).



2. Insulating Window Film

Pick up a package of insulating window film and apply it to your windows or patio door. Old and inefficient windows can cause the cold winter air to permeate your home and increase your heating bills substantially. Window insulation film works by reflecting and dispersing the heat, provides extra insulation, retains natural light and provides year-round energy savings as it allows for better heating in the winter and better cooling in the summer.

This is a quick and easy way to reduce the amount of heat lost through windows—especially single pane windows, says Trevor. Simply purchase a package of insulating film—package sizes and prices vary depending on the size of windows but start at \$15—and apply using a hair dryer and scissors to cut film to desired size.

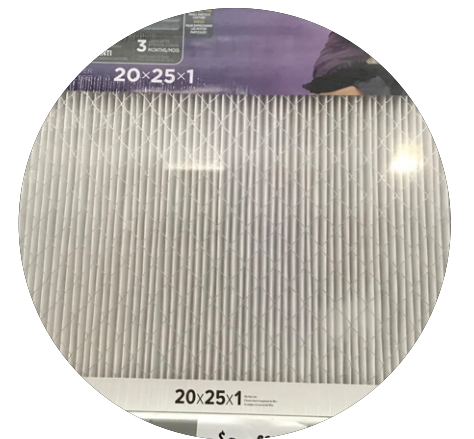


3. Seal Doors & Windows

Rubber window seal fits snugly around your windows and doors and allows you to secure both against drafts. It's self-adhesive and seals doors and windows to reduce noise and drafts. It's quick and easy to install. Price ranges from \$12 to \$20.

fective and easy to use. Reflectix is a bubble wrap product with a reflective foil side that creates a dead air space when applied. It's great for crawl spaces, ducts, walls and more. "It's also amazing for around the hot water tank," says Trevor explaining how the heat reflects off the foil and keeps the hotwater tank hot for a longer period of time using less energy. It costs under \$2 a lineal foot for the biggest roll.

"You can put this right over existing insulation and it will act as a vapor barrier if you seal it properly," says Trevor noting that a stapler and sheathing tape (construction tape) are also needed.



5. Furnace Filter

Change the filter in your furnace twice a year. Having a clean filter helps your furnace do its job properly. If your furnace is working overtime because your filter is dirty it is using more energy and costing you more money. Filters range in price from \$10 to \$40.



1. Caulk

Feel a draft around your baseboards? There's an inexpensive way to stop that air coming in, says Trevor. Grab a tube of Alex Plus Acrylic Latex Caulk Plus Silicone to seal the leak and reduce heat loss. Caulk is an inexpensive and effective way to reduce drafts especially in older homes. Caulking is great for sealing drafts that come through the cracks of your baseboards as it creates a waterproof seal that is paintable. "It's widely used, and easy to work with." ALEX PLUS sells for \$3.19 a tube.



4. Reflectix

This is an easy-to-use thermal insulating material that's both cost-ef-

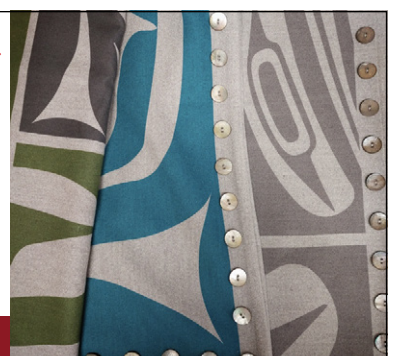


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So Where Does the Money Go?

Lower interest rates were great for new home owners and borrowers – but they weren't so hot for elders who rely on pensions and investments.

BY COLIN WHITE | PORTFOLIO MANAGER, WLWP WEALTH PLANNERS & IA PRIVATE WEALTH

Higher interest rates are hitting hard for those on the borrowing side of life, typically the younger generation. From their point of view, it is money out of their pocket going to the bank or financial institution from which they are getting their loan. So the inquiring mind wants to know, “Do they get to keep all the money?”

It would seem evil if some wicked empire arbitrarily got to increase interest rates and keep the money for themselves, and indeed that would be evil. The key to understanding this is to zoom out and see it from all sides.

Every day trillions of dollars trade hands in the form of bonds and other debt instruments. Countries, companies, not-for-profit organizations, pensions, and individual investors have needs for guarantees, which change over time. This trading happens in an open market. There is no price set; the price is what the players in the market are willing to pay. What they are willing to pay is influenced by many things, but part of it is their expectations for the future; oth-

er parts include the actions of the central banks.

The central banks only control the overnight lending rate. This influences the market because if I can get a 4% rate on a daily interest basis, it will take a higher return for me to lock my money up for a year. If a client came to me and wanted to set money aside, I would look at the overnight rate and consider if there is a higher rate if we lock the money up for a more extended period. For each person, the reward for locking money up would need to satisfy their situation, so there is no single percentage that everyone would take. The higher the rate, the more likely people would choose to lock up their money.

Why does this matter? Borrowing rates are tied to savings rates. If an institution needs to pay someone 5% to get them to lock their money up, they need to lend it out for more than that to make a profit. Every lending institution has a cost of capital, and they need to lend money out at a rate higher than that to make a profit.

The other wonder of the world is how the system self-levels. Housing prices have been very strong for the last number of years. These higher interest rates

“It would seem evil if some wicked empire arbitrarily got to increase interest rates and keep the money for themselves, and indeed that would be evil.”

- Colin White

have brought those prices down. Where the market works perfectly, the monthly payment with a higher purchase price and lower interest rate is the same as the lower purchase price with a higher interest rate, with the bonus of needing a lower down payment amount.

For the longest time, borrowers have had a great ride with extraordinarily low interest rates. At the same time, pension funds and retirees have struggled with very low investment rates. In this current climate, it is easier for pension funds and individual investors to achieve their investment goals.

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



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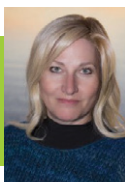


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BREAKFAST WITH FIVE SANTAS (IN DISGUISE): Rotarians were up at 7 am last month preparing pancakes and sausages for the annual Breakfast With Santa in partnership with the City of Powell River.



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Rotary Awareness Month

Rotary invests money and time to serve

Looking back on 2022, Rotary Club of Powell River president Ross Cooper reflected on highlights of the year and looks forward to 2023.

“After meeting via Zoom during the major part of the COVID 19 pandemic, which curtailed many of our activities, last year started to appear a little more normal for our members.”

He hailed two Ukrainian fundraisers as top international projects. Rotarians supported PRISMA’s Arthur Arnold and his vision for a concert in April. The one-night event raised just over \$17,000 which was funneled through Rotary Foundation Canada to its Disaster Assistance Fund to Ukraine.

A Ukrainian dinner the following month raised an additional \$9,000. The local Rotary club was acknowledged for its outstanding contributions to the foundation by District 5040 which includes clubs on the Sunshine Coast and from the lower mainland to Prince Rupert.

“We also continued to support Sunshine Coast Rotary Club Mother’s School in the slums of Bangladesh, provided funds to a Mangrove Restoration Project and loaned money through KIVA as well as some other international projects,” said Ross.

Rotary puts a focus on local projects as well as international ones, he said.

“Our biggest community service project this year

was a Wunderbread dance and silent auction that raised \$9,000 which was donated to Grace House/ Powell River Transition Society (now qathet Safe.) The funds were used to set up a program, that has been very successful in another community, to assist men who want to move on from abusive behaviour.”

Last month, Rotary donated \$3,000 to Powell River Action Food Bank and \$2,000 to Christmas Cheer Fund.

“Rotary’s motto is Service Above Self and is shown in financial help and investment of time,” said Ross. “Our club participates in Adopt a Highway, helps staff the gates at the Fall Fair and cooks, serves and cleans up at Breakfast With Santa as a partner with the City of Powell River.”

It took 117 years for Rotary International to elect a female president, long after women had joined to contribute to its success. Jennifer Jones is also a Canadian which makes her achievement even more important to the local club that has benefited from its female membership for more than two decades.

“Jennifer’s theme is Imagine Rotary and that is what we have been doing,” Ross said.

“We’ve been asking our community members what they Imagine Rotary doing here and we welcome people to join us.”



IN BETTER TIMES: Darlana Trealor with her son Sean and daughter Courtney.

Safe supply is the moral answer

DARLANA TREALOR | OVERDOSE PREVENTION SITE WORKER (LIFT) AND MOTHER OF A CHILD WHO DIED FROM FENTANYL POISONING

Safe supply – that is how to get out of the current crisis that involves crime, overdoses, and drug poisoning deaths, states Darlana Trealor. In 2016, Darlana lost her adult son Sean to fentanyl. He was Powell River’s third confirmed fentanyl death – the beginning of what was to become a regional hot spot for overdoses in BC.

“Government has the key to this,” she said. “They’re just allowing our kids to die.”

Currently in Powell River, Darlana explained, people who are addicted to opioids can get replacement therapies prescribed to them through their doctors such as hydromorphone. They can also get on the iOAT program – injectable opioid agonist treatment; qathet was one of the first regions in BC outside of a major centre to have this treatment available. Also, as of January 31, BC is becoming the first ju-

isdiction in Canada to decriminalize small amounts of some drugs.

But it’s not enough, says Darlana. There are still too many hoops for people to jump through, often, too little is prescribed, and there’s still too much stigma preventing people with addictions from getting the help they need. Instead, she said, a safe supply of real drugs, not alternatives – a regulated, affordable, available supply of opioids – would cut both crime and deaths.

The public needs to understand that lots of regular folks are addicted to opioids, says Darlana. Adults often start using to help chronic pain – and doctors were widely prescribing Oxycontin until recently. This summer, BC reached a settlement in its class action lawsuit against Purdue – the manufacturer of OxyContin – for deceptive marketing practices that helped inflame the addictions crisis.

“When people are supported, crime will go down. Safe, regulated supply will save lives,” Darlana says. “The drug supply is toxic.”

QATHET’S WISDOM ON THE OPIOID CRISIS

BC’s radical change on drug policy: what local experts think

BY PIETA WOOLLEY

As of January 31, BC becomes the first jurisdiction in Canada to try decriminalizing the possession of some currently-illicit drugs: small amounts of heroin, fentanyl, crack, crystal meth and ecstasy.

The federal exemption will last for three years.

It’s a high-stakes pilot project, aimed to reduce the harms that can accompany using these drugs.

This fall, BC and Canada announced several new initiatives, restructuring laws and supports for people who are marginalized by addictions and mental health. The announcements include more social housing, an investment in help for chronic pain, more mental health collaboration with police, new treatment beds, introducing repeat offender management teams, Indigenous justice centres, and more.

Some of the changes stem from this fall’s two watershed government reports: *A Rapid Investigation into Repeat Offending and Random Stranger Violence in British Columbia* (released October 1), and *Closing Gaps, Reducing Barriers:*

Expanding The Response To The Toxic Drug And Overdose Crisis (released November 1).

qathet has one of the highest drug-related mortality rates in the province – and also, a record of innovative, progressive supports. This region had VCH’s first overdose prevention site outside of Vancouver, a multi-agency, collaborative Community Action Team, a 43-unit supported housing building, and injectable Opioid Agonist Treatment is available here. The region is also home to one private drug, alcohol and trauma treatment centre for men and women – the only one of its kind in Canada, as well as a non-profit addictions treatment centre for men. And much more.

Soon, the region will also have complex care housing and, for the first time, detox beds.

Of course, with the diversity of local experiences on the front-lines of the crisis, there is a diversity of thought about the direction this province is taking.

|| pieta@prliving.ca

qathet Living asked several locals what they think of the new direction – and what they’d like to see here to better support people who use drugs.

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Aim for recovery

BY DOUG LOVE

Being the parent of a deceased child of drug addiction makes me no wiser on the subject at hand although like very many others, I can see some of the obvious issues out there.

When the government announced additional funding via CERB for the COVID-19 pandemic a couple years back, I immediately saw the red flags start to fly. I do know that giving people with addiction problems excess funds is like throwing gas on a fire and it showed almost immediately as the overdose fatality toll rose quickly, sadly surpassing previous drug related death records by large numbers.

And before the chants of 'good riddance' come booming through, please try to keep in mind that those people are not just statistics but sons and daughters of parents that still do love them, despite how much they hate the lives they are living. They are not proud of them, many are embarrassed and disgusted by their actions. They

hate seeing them like this, but deep down inside they remember the 'child that once was' and they just keep hopping that *one day*...

It is obvious that the system is failing everyone, not just the addicts that need help. Crime is rising, more addicts are appearing, more accidental deaths are occurring and there is no visible end in sight.

It would certainly appear that the current government assistance programs (while perhaps helping somewhat) certainly aren't causing any noticeable decline in the problem and need a revamping.

I feel that we need multi-level steps to help addicts out of their situations. More detox beds, quicker access to different levels of help.

Shoving someone into a three-month recovery program and then tossing them out onto the street afterwards with no support is like filling a bucket that has a hole in it with water and wondering what happened when

you see it is empty. Holes in the system cause problems, we know that. There needs to be access to multi-level continuous support for people that want and need it. Not just financial, but mental and physical help as well, the latter two perhaps even more so.

When someone cleans up, they are out there alone. The clean/healthy people are still leery (rightly so) and not comfortable in being with the 'clean addict' yet and the 'unhealthy' friends are thrilled to welcome them back with open arms into the hell they just climbed out of. With that kind of magnet pulling on you, you really need some strength to hold on, many can't do it. Without follow-up structure, the odds of success are overwhelmingly sad. Remember when you quit smoking? How many tries did it take you before you beat it?

Bottom line—it's a mess and needs some serious attention from all channels before it gets worse, because it will.

It's a sad and challenging time we are living in and if we all try to focus on making it better in some little way or another, perhaps we can get things to change. I know I try my best each day to be who I should be... even when it's difficult, because it's the right thing to do.

"Before the chants of 'good riddance' come booming through, please try to keep in mind that those people are not just statistics but sons and daughters of parents that still do love them, despite how much they hate the lives they are living."

- Doug Love



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QATHET'S WISDOM ON THE OPIOID CRISIS

There is a plan to fix this crisis; qCAT is ready to help

BY KATE HODGSON | COMMUNITY HEALTH SERVICES MANAGER FOR LIFT, ACTING COORDINATOR FOR QATHET COMMUNITY ACTION TEAM, IN CONSULTATION WITH QCAT PARTNERS.

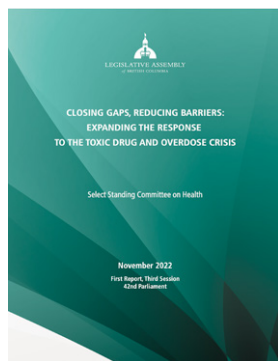
What do you think of the recommendations in the "Closing Gaps, Reducing Barriers" report (right) that just came out?

Kate and the qCAT • This is an important report that was developed to inform provincial and municipal governments, among other stakeholders, in how to best support people with substance use disorders. The recommendations provided in the report are reflective of the best evidence that we have currently to address substance use that causes harm.

The report was developed with key values based on the human rights of people who use drugs; these include urgency, equity, comprehensiveness, connection, coordination, standardization, accountability and the inclusion of people who use drugs (PWUD).

The qathet Community Action Team (qCAT) upholds the report and is willing to act as a facilitator of all community stakeholders, including local government, health authorities and professional associations to develop a revised plan based on the recommendations in this report, with a particular focus on harm reduction, safe supply,

treatment and recovery, the specific needs of Indigenous people and youth, and decriminalization.



It seems like we've had reports and recommendations coming out for at least five years, all recommending the same steps. How confident are you that this government will take action that will significantly impact the lives of people who live with addictions to opioids?

Kate and the qCAT • Government plays a critical role in policy development and some legislative changes that promote access to services for people who use drugs.

To date, the province has played an active role in supporting policy e.g., pharmaceutical alternatives policy for prescribing safe supply and making the necessary legislative changes needed to expand the prescribing workforce e.g., Order of the

Provincial Health Officer for Registered Nurse / Registered Psychiatric Nurse prescribing. The province has also taken an active role in policy development related to decriminalization.

Barriers for individuals with opioid use disorder or chronic pain are increased due to inaccessibility of services. Barriers to life-saving medications or safe supply continue to be an issue across BC, particularly in rural regions. In addition, the bottle neck of applications to treatment centres creates lengthy wait times. Having no safe housing for people to live in while awaiting treatment places people at risk of dire social and medical consequences.

Stigma among healthcare providers and within other social institutions continues to prevent people from accessing harm reduction services and substance use treatment.

A multi-level approach is required to improve mortality outcomes for people with substance use disorder, which includes provincial and municipal-level governments, health-systems and local frontline healthcare and service providers.

What do you wish more people understood about the crime / addiction / poverty / housing reality in qathet?

Kate and the qCAT • Crime and substance use are not interconnected. Research shows that it is social and economic marginalization that perpetuates crime, not substance use. (See the next page for a full explanation on this.)

Community-wide stigma prevents people from seeking support and recovery resources, and the language people use to refer to PWUD matters.

Healing from substance use is based on relationships and connection to community, healing relies on all community members to support PWUD through chal-

Barriers to life-saving medications or safe supply continue to be an issue across BC, particularly in rural regions. In addition, the bottle neck of applications to treatment centres creates lengthy wait times. Having no safe housing for people to live in while awaiting treatment places people at risk of dire social and medical consequences.

lenging life events. In particular, healthcare providers need to approach PWUD or appear to use drugs with a stigma-free, trauma-informed and non-judgmental attitude. All interactions between PWUD and healthcare providers are opportunities for change, and the concerns of PWUD often do not present as issues directly and clearly related to the effects of substance use.

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QATHET'S WISDOM ON THE OPIOID CRISIS

Bad laws are responsible for this

BY KATE HODGSON

Editor's note: We felt we had to follow up with the qathet Community Action Team about this paragraph, which was in their submission on the previous page:

"Crime and substance use are not interconnected. Research shows that it is social and economic marginalization of people who use substances that perpetuates crime."

We asked for clarification because, in our November issue, we just shared the stories of two men in recovery from addictions, who said clearly that their criminal life was because of their drug use.

Here's the response from CAT member Kate Hodgson

Thank-you for seeking clarification on the above statement [which was in the article on the previous page]. The statement in question boils down to the effects of drug prohibition (a system where all drugs are illegal and only obtained through an unregulated and uncontrolled market).

After reviewing qL's previous issues, I can appreciate the participants'

criminalized experience as people who use substances during a time of explicit drug prohibition; this is a tragic reality of living in a system that perpetuates an enforcement approach to substance use.

It can be challenging for the public to imagine a status quo other than drug prohibition.

Unregulated drug markets drive the high costs of illegal drugs, which ties drug use to violence and criminal behavior, particularly theft and probation order breaches.

Provincial Health Officer Dr. Bonnie Henry authored an informative document in 2019 titled *Stopping The Harm: Decriminalization Of People Who Use Drugs In BC*, where a public health approach to substance use is highlighted and in it clearly outlines the impact drug prohibition has had on increasing crime rates, creating a lucrative illegal drug market, increasing incarceration rates among people who use drugs, and the economic costs of preventable offenses.

Substance use itself is not inherently harmful nor does it lead to increased

crime. This is evident from research conducted at Insite, North America's first safe consumption site, where analyses demonstrate that despite supported substance use in an impoverished neighborhood (DTES), crime did not increase, but rather it decreased. This is due to improving the social structural conditions for people who are using substances (e.g., a safe place to use drugs without the risk of police enforcement).

Other research has demonstrated that people who are treated with medications that replace illegal drugs, at no cost, reduces criminal activity.

A large study published in *The Lancet*, a well respected medical journal, showed when people are engaged on opioid agonist treatment (a medication that pharmacologically prevents withdrawal symptoms and replaces the need for illegal opioids) there is a reduction in overall crime rates. This suggests that it is not substances themselves, but the cost of illegal substances that drives criminal activity.

Under the current enforcement-based approach, some people are also more likely to be stopped by police to either be searched, or assessed for

"Substance use itself is not inherently harmful."

- Kate Hodgson

criminal-based activities. People who are unhoused and use drugs in public places out of necessity are particularly targeted, which leads to increased rates of probation breaches among this population.

Data shows that racialized individuals are also more likely to be stopped, or screened by police and is supported by the over-representation of minorities in Canadian prison systems. Research has also demonstrated that the effects of over-policing people who use drugs increased the risk of overdose and death.

As you can appreciate, drug policy in Canada is a complex phenomenon that has several intersecting social factors and is difficult to describe in a few paragraphs.



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Governments and nonprofits must restore order for all

Not everyone who has an addiction or is involved in drug dealing or theft wants out.

So says Mayor Ron Woznow, who has been on the boards of drug treatment centres dating back to the 1970s.

“You really need to work with individuals to find out who would like to change,” he said. “For those who would, they need substantial support – treatment for up to a year and a job at the other end.”

Ron is concerned that in Powell River, some of the services available to those who are struggling with their illicit drug use are not effective at helping individuals with addictions and are having a significant negative impact on the community.

Part of government’s role is to help manage the behaviour of those who are living with addiction, he said. And yes, that can mean policing, when their behaviour is criminal, such as theft. But it also means providing skilled front-line workers and clear rules for clients in supportive housing or other programs.

“The key is to have experienced staff who understand the challenges in running an operation that serves people who are struggling,” the Mayor said.

“To do it by half is not good. All of the components need to be done well. For example, LIFT was given the operational procedures to use by BC Housing [for the supportive housing building on Joyce]. They are using an operating procedure which, in my opinion, is dysfunctional and I have explained this to the previous Minister of Housing and the Attorney General.

“I base that on having heard from the neighbours that they are afraid to live in their own home and from residents of supportive housing that are afraid to go home at night.”

Ron suggests that a neighbourhood watch program can minimize the impact of criminal activity on a neighbourhood and he is pleased that the



HARM REDUCTION FOR NEIGHBOURHOODS: Mayor Ron Woznow says it’s reasonable for everyone to expect safety – whether you use drugs or not – and that comes with some basic rules for behaviour.

RCMP is restarting this program. The program may be particularly helpful while the provincial and federal governments reform policy to both help people who are suffering (such as new housing and treatment programs), and the neighbourhoods that are bearing the resulting crime (such as revisiting Bill C-75).

He also questions the idea that the current crime wave should be entirely-blamed on drug addiction. Some people have learned to make their living by stealing, he said. And the federal and provincial justice departments have to address this rather than ignore it.

“I think we’ve all seen examples – a hockey or soccer team – where one coach can take the same group of individuals and can turn them into a championship team. What does each member require to develop? It’s the same in a centre – leadership needs to understand each individual.”

“We shouldn’t compromise the potential good of the [supportive housing] building because of concerns about harm.”



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QATHET'S WISDOM ON THE OPIOID CRISIS

Everyone here will benefit when drugs are no longer a crime: study

BY PIETA WOOLLEY

Local citizens who use fentanyl, crystal meth and cocaine feel like they are constantly under watch by police and the community – a situation that adds to stigma and possibly, harm and death. So says a new research paper published in December in the online *Harm Reduction Journal*.

The "Goldfish Bowl": a qualitative study of the effects of heightened surveillance on people who use drugs in a rural and coastal Canadian setting is a collaborative work by three authors who work with people who use drugs here in qathet, and researchers from the BC Centre on Substance Use and UBC.

Locals who contributed to the paper include Ashley Van Zwietering (qathet Community Action Team), Ellery Cleveland (qCAT and LIFT) and Dan Snell (qCat, LIFT, and SUSTAIN.)

Few studies document the experiences of people who use drugs (PWUD) outside of large cities, the paper notes; this study adds to a very small pool of research.

The authors interviewed 27 of this region's PWUD – about half live in the supported housing building on Joyce. They were hoping to "characterize the unique features of the qathet region as they related to drug use and health and well-being," and to "examine the impact of social, structural and environmental contexts on the day-to-day lives of PWUD." In 2021, the study noted, the overdose epidemic here claimed lives at twice the Provincial average.

The study contains several quotes from those interviewed which illuminate the perceived experience of PWUD. They include:

"Like there were no homeless people in this town my entire life here until like five years ago. And then all of a sudden there's 50 of us-plus living on the street."

"The drug supply has become almost unbearably toxic here."

"This town, the entire town knows who I am,

There's no privacy in a small town. I go into a store, and I'm asked to leave because I'm a drug dealer. Or I get dirty looks all throughout this town. It's because of my addiction that they're judging me."

"City police are way different than RCMP rookies. Yeah, the old Staff Sergeant retired last year so we've got a new one and the RCMP up here are pricks, actually."

"[The RCMP] will throw you to the ground and like beat people."

"The cops are patrolling the [f\$#!ng] ferry terminals... see who's driving what and who's going where, why. You got to roll down your window and tell them why you're getting on the ferry."

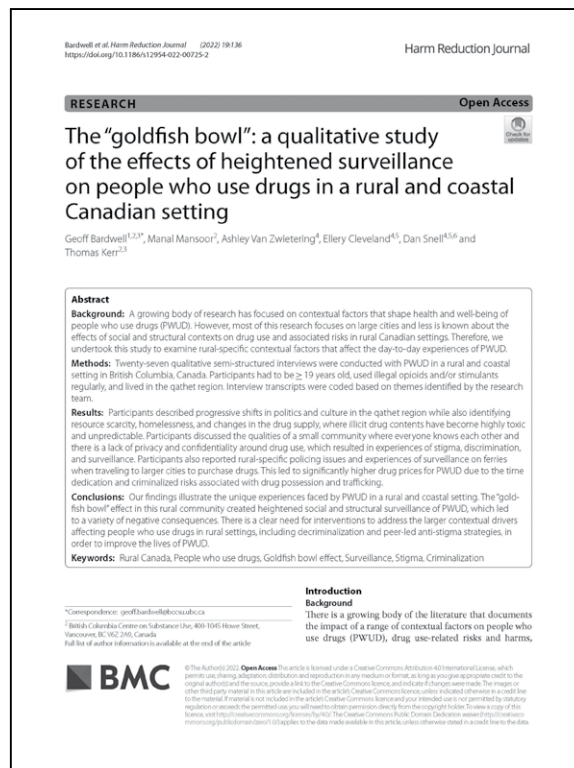
"We call the ferries the gauntlet because the ferry workers think they're frickin' border security and they'll call the cops on anybody."

In the discussion section, the authors note that "Participants from our study did not simply just experience stigma through rumours and gossip from others in the community; they also described the coinciding judgment and surveillance in pharmacy and public settings, which led some to limit their public outings.... Studies on experiences of stigma in healthcare settings have shown how these can result in healthcare delays and avoidance leading to negative health outcomes."

The authors call for education and awareness campaigns; and workshops that include both PWUD and the public "which are built on a premise that a lack of contact between groups fuels fear and discomfort and bringing different groups together would provide opportunities for connection."

Finally, the authors critique the criminalization of drugs – that is, making drug use a crime.

Providing PWUD with a government-funded safer supply of drugs would reduce overdoses, they argue, as well as "alleviate financial stressors" and end the "need for PWUD to engage in criminalized activities to support their use."



THE GOLDFISH BOWL: An article about how people who use drugs in qathet describe their perception of being constantly monitored was recently published in the *Harm Reduction Journal*. Download a copy at bit.ly/3jC774k

By the numbers:

The local RCMP are not out to get you for drug possession

But they will charge you if you're stealing stuff or if you're drunk or high behind the wheel. So how much impact will the new laws have here?

BY PIETA WOOLLEY

The "Goldfish Bowl" article (previous page) describes the local RCMP as engaging in violence, surveillance and harassment against qathet's People Who Use Drugs (PWUD), and that the local RCMP are more likely to charge for drug possession than their urban counterparts.

The article also notes that the new federal exemption for possession in BC (2.5 grams) won't have much of an impact in qathet, because people buy larger quantities of drugs for personal use due to the problem of getting them here via BC Ferries—so the problems of criminalization and police harassment will continue.

I asked Rod Wiebe, who has been RCMP Staff Sergeant here since 2014, how many people his detachment has arrested for possession in the past year. The simple answer is none.

"We have not charged anyone for straight possession last year," he said. "Any straight possession charges were a result of an accused pleading trafficking charges down to possession. The only aggressive enforcement we do is in relation to property crime offenders and drug trafficking."

Here are the local drug possession charges for the last three years:

• In 2020, 19 files (which often have multiple charges) included a charge for possession of a drug or controlled substance. Of those, eight files used officer discretion (which means, the officer chose to not pursue charges) and no charges were forwarded, seven were forwarded for charges for other offences, but not the possession offence and four were rec-

"Most, if not all, files originate from another offence being committed, so while police investigate that matter, drugs are located."
- Rod Wiebe



ommending charges for possession. Of the four submitted for possession charges, two included other offences and two were for a person serving weekends in jail bringing drugs to the detachment.

• In 2021, 31 files included a charge for possession of a drug or controlled substance. Of those, 17 files used officer discretion and no charges were recommended, 10 were forwarded for charges for other offences, but not the possession offence, and two were recommending charges for possession. Of those charged with straight possession, one was originally charged with possession for the purpose of trafficking which was later reduced to straight possession and the other was a prolific offender.

• In 2022, 11 files included a charge for possession of a drug or controlled substance. Of those, eight files used officer discretion and no charges were recommended, and three resulted in other processes not related to drug possession, two resulted in Administrative Driving Sanctions for driving while impaired by a drug, and one resulted in a traffic ticket.

"Most, if not all, files originate from another offence being committed, so while police investigate that matter, drugs are located," said Rod. "I can't stress this point enough: it is another matter that brings the person to our attention and results in charges for that offence and then a subsequent drug seizure. The most common offences leading to drug seizures are impaired driving and property offences."

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QATHET'S WISDOM ON THE OPIOID CRISIS

Recovery:

you have to see it to
believe in its power

*Miklat House's Lola Amundsen on how
the men who seek treatment at Miklat
House change her life.*

A couple of years ago, I went
through a dark period in my life.
In 2019, I lost my mom and in
2020, I lost my dad.

I'd worked as an office manager and
a medical office assistant for Dr. du
Toit for many, many years but felt I
needed a change. (Lola has also man-
aged a recovery home for women).

Rob Fitzpatrick invited me for tea, as
he knew I had many years of office and
medical experience, and he asked if I'd
help him at Miklat House.

He offered me a job and it began.

The first shift, the men at Miklat
had my heart. Prior to admission, the
men start contacting me by phone and
I hear their sorrow and their sadness
and their cry for help. And we talk for
weeks prior to being able to get them
into our facility.

These men are your fathers, hus-
bands and sons, that have an addic-
tion and are desperately seeking help.
When they are finally given a bed in
our three-month residential program,
I personally greet them at the door
with a huge hug and a big smile. When
they enter, every single guy in Miklat
comes over and greets them with a
hand shake or a hug and lifts them
up by saying: "It's going to be okay,
man," or, "I've been there, you can do
it. We're all here for you."

The shame on the new client enter-
ing into Miklat is evident: the tears,
the regret; it breaks your heart. They
have lost so much weight, they may
not have shoes or a coat, they haven't
shaved for a very long time and usual-
ly, they have not had a decent home-
cooked meal in forever.

But, give our new guy just one week,
one week of good home-cooked meals
and for some clients, a warm bed with
actual blankets; give this man a whole
lot of love and hugs and within one
week, a new guy emerges. His skin
clears up, he is smiling, he has put on
a few pounds. Maybe he phones his
mom for the first time in forever.

Family usually phone me to ask
how their son or father or husband or



When they enter,
every single guy
in Miklat comes
over and greets
them with a hand
shake or a hug
and lifts them
up by saying: "It's
going to be okay,
man" or, "I've
been there, you
can do it. We're
all here for you."

brother is doing and when I say, "Fan-
tastic! He is attending all the counsel-
ling, sleeping in a big warm bed, hik-
ing, taking part in yoga and starting to
understand that he matters and that he
is important and he has made so many
friends..." they are sobbing on the oth-
er end of the phone because they never
thought he would get there.

You can only imagine, if they choose
to go to church with me, how proud I
am to be standing beside this beautiful
man, dressed in his Sunday best, sing-
ing and giving thanks. There are no
words to show how proud I am of ev-
ery single one of these men that come
to get help, and become a part of our
Miklat family. ~ Lola Amundsen

More treatment is a welcome change

BY PIETA WOOLLEY

In the short term, Rob Fitzpatrick says, a safe supply will solve the chronic offender crisis. In the long term, he believes, only treatment will end the cycle.

“If people are not craving drugs,” Rob, who is the director of operations at Miklat Recovery House said, “they won’t go out and commit crimes, and can stabilize and start to think about lives, work, and seek recovery.”

If you haven’t been addicted to opioids, Rob explained, you can’t understand how intense those cravings are. People are “committing crimes out of necessity,” he said, “because more drugs is the only thing that will stop the craving. Ten or 15 years ago, the drugs weren’t so strong. People weren’t as desperate. That’s why you see more crime now: it’s the strength of the drugs, of the cravings.”

Those who come down from regular opioid use feel very sick for a week, Rob said. At the climax, “it’s like the worst flu you’ve ever had. And then cravings for months after. Severe. Terrible. It’s absolutely the worst feeling in the world. Your whole body tickles. Vomiting, severe temperature.”

Currently, the non-profit Miklat House, located in Cranberry, and secondary treatment in Townsite, is the only program in town available to serve most locals (the Sunshine Coast Health Centre is much more expensive).



Rob Fitzpatrick’s five other solutions:

1. Streamline the process of getting people into treatment with universal application forms. This should include a central database for submitting and approving applications, and to show empty bed counts.
2. Address stigma in the healthcare field among doctors and nurses.
3. Harm reduction services throughout BC should have dedicated case workers who refer clients to treatment. There is a gap between harm reduction and recovery. You don’t see any resources about treatment at most safe use sites.
4. Treatment services inside of provincial jails and pre-trial jails should be robust and offered to every inmate. Most inmates are addicted and the only reason the majority are there is due to addiction and mental health.
5. Detox and aftercare: medical detox beds should be included in every community hospital, with appropriately trained staff. Aftercare funding from the province for treatment centres (Miklat currently covers the cost for alumni meetings, weekly phone calls, programming and counselling.)

IN THE FIRST PERSON: At a sold-out 200-seat fundraising gala for Miklat Recovery Society December 17 at Evangel Pentecostal Church, Rob Fitzpatrick told his own story – and credited both harm reduction and treatment for his survival, and recovery. Several men spoke at the dinner, telling the crowd what recovery has meant to their lives, and the lives of the people who love them.

For people on social assistance, the Province pays about \$34 a day for their treatment at Miklat – about half what it costs to deliver the service, Rob notes. The rest is made up in fees charged to other clients, and fundraising.

Rob is thrilled that the new premier, David Eby, has promised to put much more funding into treatment alongside harm reduction services. About 80% of BC’s population can’t afford treatment, and wait lists can be months long. Miklat has a five month long waiting list now. His hope is that Miklat will start to receive more funds soon, and the program can expand from 12 beds to 24, or more.

Alberta has been funding a recovery-first system since 2019. While the full scope of programs is still being rolled out, the number of toxic drug deaths in that province is declining.

“Their model is more effective,” Rob said. “I appreciate the harm reduction side, but we need to spend more on treatment. Seeing Alberta’s numbers going down seems to me like they’re doing something right.”

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The joy of counting crows:

Fewer birds, more species, and a skilled community of birders mark the 2022 Christmas Bird Count

BY PIERRE GEOFFRAY

The 18th Powell River Christmas Bird Count took place on Saturday, December 17. At first light on that day, about 20 dedicated people of various aged and background, sharing a common and keen interest in birds and a curiosity about the local natural history, set out to track, identify and count every bird they encountered from dawn to dusk within a 20-kilometre circle centered in Westview.

With 88 species reported, this year had the biggest number of species for any local count in history, but well within the range of expectations. We previously had 87 species a couple of times and 86 another.

The numbers of birds have been gradually and spectacularly dropping around the globe and Powell River has not been exempt from that tragic trend the last few winters. Curiously enough, the number of species reported in the area has increased while the number of individuals has plummeted dramatically.

This might be due in part to a better coverage of the area by more skilled birders.

In other part, the erratic changes that affect bird populations probably mirror the random patterns of weather observed elsewhere globally. As an example of those changes, older locals might be familiar with the big group of Surf Scoters that used to winter in front of the Seawalk: their numbers went from 300 or 400 only 15 years ago to below 60 individuals in the last few winters.

This year, the number of Juncos was quite spectacular, as well as the numbers of crows with 450 individuals reported in one group near Brew Bay.

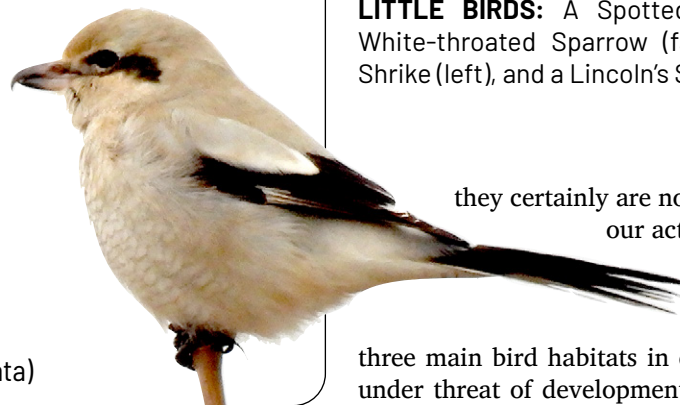
There was a surprising number of 'unusual' species reported during the count: one Tundra Swan and one late Yellow-rumped Warbler in Cranberry, one Gadwall in Brew Bay, one Eurasian Widgeon, one California Gull and one Northern Shrike at the Wildwood sewage pond, another Shrike and two Lincoln's Sparrows at the Wildwood Bluffs, and three Ancient Murrelet at Tla'min. An American Goldfinch was spotted at the Old Golf Course with the first group of Siskins this winter, and two different White-throated Sparrows: an unusual species to be found in such numbers here.

There were relatively low numbers of finches as well and it was a bit of a surprise since the trees around the area are full of cones that should provide ample food supply for species notorious for their er-

qathet's 15 most-seen birds

As counted during the qathet Christmas Bird Count in December 2022

- 1,107 **Dark-eyed Junco** (*Junco hyemalis*)
- 607 **American Crow** (*Corvus brachyrhynchos*)
- 346 **European Starling** (*Sturnus vulgaris*)
- 283 **Song Sparrow** (*Melospiza melodia*)
- 237 **Glaucous-winged Gull** (*Larus glaucescens*)
- 194 **Short-billed Gull** (*Larus brachyrhynchus*)
- 163 **Iceland Gull** (*Larus glaucoides thayeri*)
- 149 **American Wigeon** (*Mareca americana*)
- 123 **Bufflehead** (*Bucephala albeola*)
- 115 **Rock Pigeon** (*Columba livia* / Feral Pigeon)
- 102 **Common Raven** (*Corvus corax*)
- 101 **Common Murre** (*Uria aalge*)
- 98 **Chestnut-backed Chickadee** (*Poecile rufescens*)
- 95 **Canada Goose** (*Branta canadensis*)
- 94 **Surf Scoter** (*Melanitta perspicillata*)



LITTLE BIRDS: A Spotted Towhee (above), a White-throated Sparrow (far right), a Northern Shrike (left), and a Lincoln's Sparrow (right),
Photos by Pierre Geoffray

they certainly are not limited nor caused by our actions locally alone.

It should nevertheless be a reason for concern that our three main bird habitats in qathet are all currently under threat of development: the Wildwood Bluffs, (one of the last remnants of Coastal Douglas Fir Forest, privately owned ARL, where heavy equipment has been causing reckless destruction with no apparent reasons for four years), the Old Golf Course (thousands of sparrows used to winter there, very important stop for migration: waterfront sewage treatment plant), Brew Bay (one of only two estuaries in qathet, all estuaries are highly sensitive ecosystems crucial for bird and fish alike in one or many stages of their cycle).

Those areas are vital for the survival of birds, either as a wintering place sustaining important populations of birds coming to the mild climate of the coast during the cold weather, or as a staging place where migrants can safely stop on their way to and from their southern wintering grounds, or as a good habitat for so many of our breeders.

atic opportunistic invasions when the food resources are plentiful.

Other common species, such as kinglets or chickadees, have diminished drastically compared with the high counts of 10 years ago.

The CBC, which takes place every year around the same (December 15th) date allows us to check and compare numbers locally. It is not an exact science and it works better when studying trends on a larger scale like the whole of North America. But it is a window in time to be looked at cautiously, and if paired with local bird expertise, it can inform about the abundance of birds present in the middle of winter in one given area.

The causes of the global decline are complex and

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We all love having nature around. It is one of this region's main attractions. It has drawn an increasing number of people to call Powell River home and it might paradoxically become the cause of destruction – unless there starts to be a willingness to protect some of the critical and endangered habitats that we are so used to taking for granted.

I have never felt the call to be nature's advocate in the past, being more interested in witnessing and recording its beauties for myself. I must say I do not know where and how to start... I don't even know if I am willing to give it a try.

It seems so daunting and it is so much easier to think myself powerless. What I know is, there is a new sadness that has come from watching nature vanish around us.

Going birding, the activity that brings me the most joy, has seen me sometimes coming home with a sense of dread and hopelessness.

But in the midst of the count, suddenly my eyes catch a movement within the foliage.

A Flicker, that most common of birds, flies away in an orange sunburst of colours. I follow it as it pumps through the air. Up, down, up, down with each stroke of its beautiful wings, calling it's weird "Queer!" as if to me...

An amazing sight. A promise. I think of my new grand-daughter, six months old with a radiant smile. Certainly, some things are worth caring for. 🐦



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Just one more thing to fall in love with

Chris, Taylor, and Danica Gilding “made the move” from Abbotsford in July 2022. Danica was born and raised in the qathet Region and always considered that she had a charmed life growing up in a small town. Chris braved the ferries, almost 11 years ago to this date, to “meet the parents” and instantly fell in love with this community and the West Coast lifestyle.

Taylor was born in 2020 and Chris and Danica always knew they wanted to create a life of outdoor adventure and appreciation for their family. They are outdoor enthusiasts who have a passion for camping, boating, and being on a mountain. Both parents now work for the School District, Chris as a high school teacher, and Danica at the School District office.

Why did you choose to move to qathet?

Danica • The opportunity to live in a beautiful location, with family support, was too good to pass up!

What surprised you about qathet once you moved here?

Danica • People really do follow you! Chris’s sister and partner “made the move” shortly after we purchased our home here. She is now working as a nurse in the qathet Regional Hospital and he from his home office.

What made you decide to move to qathet?

Danica • The catalyst to our move was being pregnant during a pandemic. If you are going to be trapped in your own bubble, best to make it a good one.

Where is your favourite place in qathet?

Danica • Our home. We are so fortunate and grateful to have a home on the ocean, our very own slice of paradise.

What would make qathet a nicer community?

Danica • Fewer potholes?

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

Danica • Our community has a need for more affordable childcare facilities and programming.

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

Danica • It’s been an adjustment leaving the community of friends and colleagues we had built in Abbotsford, but we are excited to continue making new connections here.

If you were mayor, what would you do?

Danica • Continue to grow our economic development programs and activities with the goal to improve the economic well-being and quality of life for our community.



THAT WAS FAST: Chris, Taylor, and Danica Gilding moved in July of 2022, and relatives have already followed them here to live.

ing and quality of life for our community. Promoting and building upon our natural tourism assets and community events through government grants. As well as, supporting local businesses and helping to attract more skilled workers to our community.

What are qathet’s best assets?

Danica • Our community of amazing humans. It is incredible how everyone within the qathet Region unites in times of celebration and need. It’s truly such a special

community.

What is your greatest extravagance?

Danica • We recently bought a “fixer-upper” ocean boat.

Which superpower would you most like to have?

Danica • Teleportation for the entire family. Goodbye ferry lineups. 🦸

Know someone who Made the Move? Send a note to isabelle@prliving.ca

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Thanks for supporting the 2022 Stuff the Trailer & Pallet Challenge

Presented by **95.7 Coast FM** and sponsored by **Fresh Co, City Transfer & Designer Signs** in support of the **Powell River Action Centre Food Bank**, this revised annual event raised more than \$62,000 – more than half of the Food Bank's annual food costs. Corporations and individuals were invited to purchase a "pallet" of food for the Food Bank, and **115 pallets** worth of food were donated. Thanks to all those donors listed below for your generosity!



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plus many more anonymous donors
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than 25 pallets.

*A special thank-you to Designer Signs
and qathet Living magazine
for promoting the event.*



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Columbia takes over Sunshine

Canada's largest independent fuel supplier is the new owner of Sunshine Coast Fuels.

As of December 13th, the local fuel distributor joined forces with Columbia Fuels, a trade name of Parkland Corporation, which at press time had a market cap of \$5.5 billion on the Toronto Stock Exchange. Parkland has operations in 25 countries, with over 4,000 retail and commercial locations. In 2017, they purchased Chevron Canada's downstream operations, and also sell fuel under the Esso, Fas Gas, RaceTrac labels, along with and many other brands.

All staff members from Sunshine Coast Fuels Ltd, under the leadership of Curt and Kristine Hollins-head, will join the Columbia Fuels team

"We will work hard to ensure customer impacts during this transition are kept to a minimum," said Curt, adding that the customers should see the same level of service they were receiving under Sunshine Coast Fuels, with the added benefit of online account access, and an expanded network of cardlocks.

Sunshine Coast cards will continue to function at the Westview and Black Point cardlocks, and will be invoiced by Columbia Fuels. In the next few months, cardlock users will receive a new card that will work at all Parkland cardlock locations in Canada.

Texada Gas Station customers will remain Sunshine Coast Fuels customers for gas station purchases. Home heating fuel deliveries on Texada will be delivered and invoiced by Columbia Fuels.

Tla'amin drops Goat Lake for Meraki

Thichum Forest Products has acquired majority control of Tla'amin Lake Contracting through a new partnership with the Meraki Group.

Tla'amin Lake Contracting was previously a 50/50 partnership established in 2007 with Goat Lake Forest Products and Thichum. "We would like to thank the Goat Lake group for their partnership and wish them well in the future," said Adam Culos, general manager of Tla'amin Timber Products.

Tla'amin Timber Products, in its capacity as general partner of Thichum Forest Products Limited Partnership, has partnered with Kechika Contracting, a Meraki Resources company, in Tla'amin Lake Contracting (TLC).

"This is a very important and strategic step for our future. Achieving a majority control in TLC allows Thichum to enhance its business development and economic growth. This will create local job opportunities and fits well with our long-term vision of creating more value from the forestry sector within our community. By establishing a partnership with Meraki, it allows us to align with a company with proven success in the forest industry. It also allows us to develop our internal capacities while maintaining a



BUSINESS AFFAIRS

SEAN PERCY

professional and transparent business," Adam said.

"In this new partnership, Thichum will have the opportunity to have a direct role in the administrative side of the business, drive employment opportunities and utilize existing Nation assets in the operations. Meraki will become the managing partner and will be responsible for the day to day operations," said a joint press release.

The partnership is majority owned by Tla'amin Timber Products which will control the development of its forestry resources. Meraki Resources, which has partnered with nations throughout northern BC, is managing partner. "Sustainable resource development is a pillar of the partnership with a focus on the quadruple bottom line by committing to cultural, environmental, social, and economic values equally," said the release.

"I am excited to welcome Meraki as our partner as we move forward to capitalize on the current and future forestry opportunities secured by the Nation," said Hegus John Hackett. "Meraki is a knowledgeable operator with a track record of delivering solid returns, building capacity, and supporting First Nations Communities through their partnerships."

"Tla'amin Nation is a valuable partner for our company," said Ben Hoy, Meraki's CEO. "Tla'amin is a modern treaty Nation with a reputation for sustainable business development, strong governance and has a wealth of forestry experience in the Nation's Territory. Meraki will work alongside the Nation to realize its vision for development while supporting the Nation's values."

Did you hear about Jerald?

PR Industrial Hearing has a new name and a new look. Jerald Formby's company is now BC Industrial Hearing and Safety Services, to better reflect his province-wide work.

He travels the length and breadth of the province, offering onsite hearing testing for companies, helping them ensure they're meeting WorkSafe guidelines. Jerald got his start in the hearing business through his sister, registered hearing instrument practitioner Shannon Formby of Powell River Hearing, who, Jerald says, gave him the launch pad and training grounds. PR Industrial Hearing was a division of Powell River Hearing, but Jerald is the sole owner the new company.

"It's a business that was created in Powell River, is based out of Powell River and is now growing out to

the rest of BC, competing with companies like Reliable or Connect Hearing," said Jerald.

Originally built to service Powell River, Jerald expanded to the lower Sunshine Coast, and is now serving communities as far away as Bella Coola and Haida Gwaii, and is looking to work on Vancouver Island and east to the Rockies.

With his testing van set up to run off the grid with solar power, he's ideally set up to service smaller communities or isolated work sites.

Under the new name, Jerald is also now offering respirator fit testing for organizations such as BC Ferries that require staff to use respirators or air packs.

Future plans include offering brand labelled safety equipment, he said.

Contact Jerald at info@bcindustrialhearing.ca or 604-208-3334.

Archaeologists dig qathet

A pair of archaeologists who have been running a booming business on the lower Sunshine Coast have moved their base of operations to Marine Avenue.

Ashley and Kenzie Jessome are founding partners of In Situ Anthropological Consulting, which has been doing archaeological work in this area for over a decade. Ashley is Managing Director and Kenzie is Senior Archaeologist and lead field director on major projects and scientific investigations.

In Situ employs 13 archaeologists busily working on the lower coast out of the office in Roberts Creek.

"We've had the opportunity to visit Powell River for work over the years, and decided if the opportunity ever presented itself, we'd like to move here," said Ashley.

The couple purchased a home here two years ago, then in the fall of 2021 bought the commercial building at 4566 Marine Avenue that now houses their office, which they share with their friends at Hanson Land & Sea. The building also houses two residential units upstairs and the new Seaside Flow Yoga Studio. This summer, Ashley and Kenzie and their two young children made the move to Powell River full time, and established a storefront here.

They recently added a full-time office assistant and are "working on" convincing archaeologist and former Powell Riverite Cassandra King to move back to her home town. Cassandra currently commutes here to work for In Situ.

The company's work ranges from exploratory research, policy development, museum planning, and archaeological mitigation in a variety of contexts, including residential, forestry, mining, hydro, parks, and infrastructure. In Situ Archaeology offers preliminary field archaeological reconnaissance, impact assessments, archaeological overview assessments, and monitoring. Find out more, or contact the company at insituconsulting.ca. [sean@prliving.ca](https://www.linkedin.com/company/prliving)

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A long-overdue debut

The **qathet Symphony Orchestra** was founded on September 25, 2021. Like everywhere else, COVID-19 stopped orchestra practices shortly thereafter until April 2022. Since then, the orchestra has been practicing every Saturday.

We are not a "PRISMA" orchestra yet, but we will be! With our hardworking conductor Kevin Wilson, we are striving to achieve a high level of playing, but it is also important for the musicians who have never

played in an orchestra to experience performing in front of an audience, so on **Sunday January 22, the first concert** of qathet Symphony Orchestra entitled "Music Interlude for a Winter's Day" will be performed at **2 pm** in the **Patricia Theatre**.

Also featured will be five singers known as Vox Madrigal. The concert is by donation as a fundraiser for the Orchestra. We hope to see you there.

~ Marlene Chamberlain, founder



January in qathet

HOLIDAYS AND COMMUNITY CELEBRATIONS

Friday January 6
Epiphany

Saturday, January 7
Orthodox Christmas Day

Monday, January 9
Schools reopen after Winter Break

January 22
Lunar New Year

January 22 to 29
Family Literacy Week

Wednesday, January 25
Robert Burns Day

January 28
Robert Burns Dinner
Boardwalk Restaurant. Scottish music, menu and drinks. See Page 32.

February 2
Groundhog Day

February 4
Chamber of Commerce
Business Awards
6 pm, Dwight Hall



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Sundays

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12:30 to 2:30, 4365 McLeod. See ad on Page 46.

Through January

Rotary Awareness Month

See ad on Page 52 and story on Page 28.

January 8

Special Olympics Tree Mulch

10 til 1pm, Mother Nature. Fundraiser for the Special O.

Tuesday January 10

Quality of Life in Retirement

3pm at the Library. Join financial advisor Ian Currie for an insightful presentation on the four essential pillars of the new retirement that studies have shown impact quality of life. To register mmerlino@prpl.ca

Seniors Together at the Rec Complex

11:30 to 1pm. See powellriverprc.ca for more.

January 13

Nominations close to the Chamber of Commerce Business Awards

See form on Page 10.

January 17

Hospice Volunteer training begins

See ad on Page 12.

January 21

Euchre at Lang Bay Hall

1pm. \$5/couple. Refreshments & cash prizes. Contact Carol at 604-487-1259 for more info.

January 25

Compassionate Friends meeting

7pm, 4675 Ontario Unit C (behind Save On Foods). See ad on Page 52.

January 30

SD47 French Immersion application intake begins

See ad on Page 16.

FILM AT THE PAT & FILM EVENTS

January 6 to 17

Avatar: The Way of Water

7pm nightly at The Patricia. Set more than a decade after the events of the first film, Jake Sully (Sam Worthington) and Neytiri (Zoe Saldana) struggle to protect their family as they are forced to leave their home and explore the regions of Pandora as a familiar threat resurfaces.

Sunday, January 29

Edward Norman: organ & Phantom of the Opera

2pm James Hall, \$25 See ad on Page 52.

March 3 to 12

qathet International Film Festival

See ad on Page 47.

January 13 & 14

Banff Mountain Film Festival

6pm doors, 6:30 films, Max Cameron (Brooks). \$25 at The Peak, TAWS, Pacific Point Market and Brooks.

SPORTS AND RECREATION

Friday, January 6

Kings vs. Wenatchee

7pm Hap Parker. One lucky row will get hot Panago Pizza.

Saturday, January 7

Kings vs. Cowichan Valley

7pm Hap Parker. Arthur Arnold from PRISMA will play O Canada on his cello.

Friday, January 13

Fun and fitness with your cell phone

4:30pm at the Library. Local outdoor fitness enthusiast Ean Jackson will present five free mobile apps that help you track your outdoor activities from walking and jogging to hiking and biking. Mark at mmerlino@prpl.ca

Saturday, January 14

Kings vs. Chilliwack

7pm Hap Parker. A night with Tla'amin Nation, and the third jersey reveal.

Sunday, January 15

Kings vs. Chilliwack

1:30pm Hap Parker

Saturday, January 21

Villa vs. Nanaimo United

1:30pm Timberlane

Friday, January 27

Glow Swim at the Rec Complex

6:30 to 9pm. See powellriverprc.ca for more.

Glow Yoga at the Rec Complex

7 to 8pm. \$5. Pre-registration required. See powellriverprc.ca for more.

Saturday, February 4

Villa vs. Cowichan Axis

1:30pm Timberlane

A Thought For The Day

“Baha’u’llah has drawn the circle of Unity, He has made a design for the uniting of all the peoples...”



~ Bahá'í Teachings



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ARTS, LIVE MUSIC & LITERARY

January 2 to 6

Winter Break Camp
9-3 pm at qathet Art Centre

January 18 to March 11

Resurface – Conrad Sarzynick Exhibition
qathet Art Centre. Viewing hours: Tuesdays, Wednesdays & Thursdays – noon to 5 pm. Exhibition Reception – Wednesday, January 18, 7 to 9 pm – everyone welcome

January 19

The Wardens
7:30 pm, Max Cameron. See ad on Page 14.

Saturday, January 21

Cousin Harley & Paul Pigat
9 pm, Wildwood Pub

January 22

qathet Symphony Orchestra's Musical Interlude for a Winter's Day
2 pm, Patricia Theatre. With guests Vox Madrigal. By donation to the Orchestra.

January 26

Literacy Week Art Book Extravaganza
Noon til 5 pm, qathet Art Centre. Peruse and take home a book about art and some hand drawn artist colouring pages as part of International Literacy Week.

Thursday, January 26

qathet Studio Tour Information Session
5-6 pm at qathet Art Centre. Have you been curious about what it takes to be on the Studio Tour? Are you a participating artist with some new ideas and sugges-

tions to share? Join us for a meet and greet Jan 26 to plot and plan the tour for 2023. Register for qathet Studio Tour 2023. qathetstudiotour.ca

Saturday January 21

My Magical Experiences as a Small Town Boy
2 pm at the Library. Colin Eckstrand will share his new entertaining and insightful memoir about his life as a young athletic kid growing up in Powell River. For information contact Mark at mmerlino@prpl.ca

January 24

Registration deadline for Festival of Performing Arts

See story on Page 11.

Literacy Week Open House

10 am to noon, Elsie Paul Centre at the Library.

January 27

Evan Symons in concert
Doors 7 pm, music at 8 pm. Forest Bistro

January 29

DOA Canadian Punk Legends
Carlson Community Club

February 4

Horse Opera Country-Roots Bluegrass
Forest Bistro

Sunday, February 12

Songs of Nat King Cole
2 pm James Hall. Miles Black, piano, Don Stewart, vocals, and Walter Martella, trumpet. \$25. See ad on Page 52.

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qathet Symphony Orchestra
The Patricia Theatre on Sunday, January 22, at 2 pm
“Musical Interlude for a Winter's Day” with guests Vox Madrigal.
Inaugural performance by donation as a fundraiser for the Orchestra.

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

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WHAT'S UP

Student population grew

School District 47's student population increased last year.

Student population as of September 30, 2021 was 1,864 while the total headcount as of September 30, 2022 was 1,941. Not all students (such as international and French students) are included in this head count. When the Partners in Education program enrolment figures were factored in enrolment figures were up by 112 students.

Tla'amin soccer star honoured again!

Larry Louie scored twice in the soccer honours department last year.

The first time was in June when he was inducted into the Powell River Sports Hall of Fame. Larry was honoured again in November when he became a member of the Soccer Hall of Fame of British Columbia.

According to the Soccer Hall of Fame and Heritage Archive, Larry, who is from the Tla'amin First Nation, was an outstanding youth player. He was the winner of the 1963 Sun Tournament Soccer Boy MVP award, and later played for the Pacific Coast League North Shore United, semi-professionally with the Vancouver Spartans, and for many years with the Sliammon (Tla'amin) Braves in All-Native Tournaments.

Family Literacy Week

Each January, families, schools, libraries and communities across BC celebrate Family Literacy Week to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. In 2023, Family Literacy Week will be celebrated from January 22 to 29.

On January 24, Literacy Week gets underway with an open house in the Elsie Paul Literacy Centre at the Powell River Public Library from 10 am to 2 pm.

There will be information available on upcoming tutor training workshops at Vancouver Island University and general information about volunteering and tutoring adults, says Megan Dulcie Dill, Literacy Outreach Coordinator.

The Powell River Public Library's Sonia Zagwyn and Mel Edgar have been busy planning some great events for literacy week. "We'll be running a "Print-a-Baby" workshop with early literacy resources for new parents on Thursday, January 26," said Sonia. "Mel will also be overseeing a "Choose Your Own Adventure Guide to Reading Discovery" with personalized reading recommendations based on a questionnaire."

qathet Living magazine publisher Isabelle Southcott and her two Nova Scotia Duck Tolling Retrievers, Jigs and Zunga, will take centre stage at the library on Wednesday, January 25 from 10:30 to 11 am for storytime. Jigs and Zunga invite you to join them for this "doggy-themed" storytime in the Anne Woznow Children's Room while Isabelle reads their story: Toller Tales, Jigs and Zunga Take A Trip, and meet them afterwards.

There will also be fun doggie songs and rhymes, more dog tales and the usual lively fare of stories, songs, action rhymes, fingerplays and more, added Sonia.

New parks volunteer program formalized

The qathet Regional Board adopted a Parks, Properties and Trails Volunteer Program in November. The new program was initiated after several organizations asked to volunteer their time to supporting regional park, trail and property projects in the qRD.

This volunteer program will support community organizations that would like to volunteer their time to help in regional parks, properties and trails projects. For more info visit qathet.ca/parks-and-recreation.

All children and family services to be provided by Tla'amin, for Tla'amin

Tla'amin (ł̓aʔam̓n) Nation and the Ministry of Children and Family Development (MCFD) have signed a Letter of Understanding titled: ʔaʔuθmet- To Understand What Someone is Saying.

This letter is a step that moves Tla'amin forward on its journey towards exercising full jurisdiction over child and family services, states a press release issued by the Nation last month. It sets the foundation for Tla'amin and the Province to develop a stronger and more collaborative relationship in the provision of child and family services.

"As a Modern Treaty Nation, ł̓aʔam̓n Nation understands the significance of achieving full governance jurisdiction for our čičuy and ʔeʔaʔe (children and families), said Hegus John Hackett. "This LOU represents a positive step in our reconciliation journey, but there is still much work to do. Our Nation is committed to working in partnership with the Province on future agreement development to ensure ł̓aʔam̓n čičuy and ʔeʔaʔe flourish for generations to come. ʔoʔł̓aʔaym̓št̓am (we will raise the children)."

Refurbished Macs given to families in need

A total of 31 refurbished Apple computers were donated by PR Macs to the Powell River Food Bank in December for distribution to families in need under the "Misfit Macs Adoption Program".

PR Macs (at 4691 Marine Avenue, Powell River) initiated the Misfit Macs program in December 2018 as a way to clear out older unwanted Apple Computers traded in by customers over the year. Originally a "pay what you want" program, owner-operator Corey Matsumoto shifted to a giveaway model when the COVID pandemic struck in March 2020.

PR Macs established a formal partnership with the local food bank in 2021 to distribute refurbished Apple



desktop and laptop computers to food bank clients. The partnership proved to be a smashing success with over 20 computers finding their way directly to families who needed them the most last Christmas.

The bulk of the donations are older computers declared as "obsolete" by Apple yet are still useful for many common computer-based activities such as word processing, family entertainment, social media engagement, home budgeting, internet research, etc.

The program is expanding in 2023 to include unused and unwanted Apple iPads and iPhones. Donations from the Powell River community are accepted at PR Macs all year long between 10 am – 5:30 pm, Tuesday – Friday. Data is securely wiped on donated devices at no charge.

Historic bell to be moved

The historic bell from St. Gerard's Catholic Church in Wildwood will be relocated to the Powell River Regional Cemetery Mausoleum. The church has been deconsecrated and sold, so moving the historic bell "seemed like the right thing to do," said Regional Board chair Clay Brander. The bell is inscribed in Italian in memory of Armando Bombardir and Devozione dei Parrocchiani – devotion of the parishioners. It also has an image of St. Joseph. The 500-pound bell was installed in St. Gerard's new bell tower in 1972. 📣



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Locally-shot thriller Exile opens the qathet Film Fest March 3

BY GARY SHILLING

Exile is a heartfelt movie about trying to reform and atone for your mistakes. Ted (Adam Beach) is a man who is just getting out of prison for killing a family in a DUI incident. He receives a threat from the man whose family he accidentally killed, that if Ted tries to reunite with his own family, they will be killed. Tormented by grief, Ted decides to exile himself and lead a reclusive life. His wife Sara (Camille Sullivan), manages to track down Ted, and finds a man more broken than she had imagined. Adam Beach, gives the finest performance of his life, as a man who desperately needs some form of redemption.

When director Jason James began scouting locations for his new film, he first looked at Vancouver and then Squamish—they didn't have the feeling he was looking for. A few years prior, Tony Papa had brought Jason up to the Powell River Digital Film School, where he gave a talk to the students. Tony showed Jason around the region and together they began brainstorming about basing a production here.

Fast forward three years, and Jason reached out to Tony about shooting his new feature in qathet. Tony came onboard as associate producer for the film. Being the liaison for the city and regional district, Tony was responsible for local casting, crew hire, locations, negotiations, some marketing, transportation, accommodations, and extras, among other things.

Jason and his co-writer Mike Beaton re-wrote the script to reflect this specific place, and for its beauty to be a character in the film. They worked with the local government and had access to city hall, streets, buildings, and the local police service. They employed many qathet locals as actors, musicians, extras, and crew on the shoot. According to Jason, "All of this helped to create a world that felt unique, authentic, and honest to the material. Powell River was such a

wonderful community that opened its arms to our production."

Students from the Digital Film School were on the crew. **Mel Yerna** worked in the lighting department and **Ryder Fletcher** was a production assistant. Two film school graduates were also hired – **Max Chiasson** in the camera department, and **Paul Human** as the Key Grip.

Tai Uhlmann's children were cast as Adam Beach's character's (Ted) children. She describes it as a wonderful opportunity for her children, one that is rare for a small community like ours. "As a filmmaker it was especially exciting to have our kids learn about the process of filmmaking from auditions, to costumes, to set dressing, to rehearsals and then—Lights. Camera. ACTION...take after take after take!"

Tai's daughter **Wrenwin Angell** loved the experience. "I learned how movies are made and it was really fun to meet new people and act... We did a lot of takes and there was some wait-



ing involved but I didn't mind because we just got to play around and improvise with Adam. When we were done a scene, we would run around to the monitor to watch the rest of the scene. It was a great experience!"

Her son **Wilder Angell** enjoyed it too. "My experience was really fun and I would recommend it to others. My character didn't have a big role, but I learned a lot of backstage stuff."

The production worked closely with

the Tla'amin Nation to gain permission to shoot on their ancestral territories in the most respectful way possible. They started each day with a land acknowledgment to honour the place they were living and working as guests. They hired cast, extras, and crew from the Tla'amin nation as well as rented equipment and locations from them.

"It was a wonderful experience all around," says Jason. "Our lead actor, Adam Beach, was invited to visit the

EXILED? NO EMBRACED!: When Exile filmed here last year, several locals worked in the cast and crew. They include Wrenwin and Wilder Angell (above) pictured with star Adam Beach, who is also in the film (still at left.) The film screens at The Pat, March 3 and March 12.

Tla'amin Nation where they welcomed him with a song and he—in turn—sang a song back to them. They went whale watching and saw a playful pod of orcas... a sign of good luck. We are honoured to showcase this naturally beautiful region in our film and know the Tla'amin Nation will be proud."

Jason is certain that Exile could not have been shot anywhere else. "The communities we collaborated and engaged with helped make this possible. We are excited to go back to Powell River and the Tla'amin Nation and host a screening at the Patricia Theatre—Canada's oldest continuously operating movie theatre!"

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Cool curls

Your hair deserves the ghd Curve Soft Curl Iron from **Afterglow Hair Lounge**. It has a 1 1/4" large barrel to create volume and soft tumbling waves. The protective cool tip provides you with a safe place to hold the hair in place while you curl. It has a built-in safety stand. You'll also love the professional-length cord.

A little sketch, or a lot

Winter is made for curling up with a good book, but why not make it one full of your own creations? **qathet Art+Wares** has just what you're looking for with a variety of sketch and art books.



Cut it out

You got through holiday entertaining, but is that old cutting board still cutting it? Treat yourself and your knives to a beautiful new one-of-a-kind cutting board from 100 Acre Mills, handcrafted in Powell River. Find them at **Paperworks Gift Gallery**.

Puzzle place

Give your mind a little workout with puzzles from **Mother Nature**. With puzzles from Heye and Jumbo Games, there's something for everyone, ranging from classic world maps to challenging cartoon collections.



Dress for the occasion

Draped in sultry satin this goddess-worthy gown is a stunner. A fitted sheer bodice is adorned with lace and beading as well as a structured boned bodice. Thin beaded straps wrap to the back detail. Satin is gathered around the hips and then opens up to a leg slit. Get it perfectly fitted for you at **Perfect Fit for Brides and Grads**.



Seal the deal

You can never go wrong with a classic, and in the qathet art world, there's nothing more classic than a hand-carved Brazilian soapstone seal face by **Tug-Guhm Gallery** curator and carver Deborah Bevaart. This one is just \$300 at the Lund gallery.



Wrap it up

Wrap yourself in comfort with a robe from **Westerley Studio** - you deserve it. But get there soon, as the studio closes after January 15 until spring - everything is on sale until then!



THE

Last month, you treated everyone else. This month, splurge on yourself.

JUST LIST

Keep those home fires burning... indoors



All you need

Cozy is the codeword for January, and nothing beats making your own cozy garments from the softest of wools. **Knitter's Nest** has all you need - including this super soft mix of baby alpaca, pima cotton and merino wool in a variety of colours.



Cuddle up

After working so hard during 2022 (heck, just surviving 2022), you deserve to be pampered by Pendelton. Cuddle up in wool blankets, and enjoy the luxury cotton spa towels, hand towels and face cloths that **Tla'amin Convenience** also carries from the Pendelton brand.

Dolls for diversity

Miniland Dolls, available at **Huckle + Berry**, help little ones understand values of inclusivity and coexistence through play, by promoting empathy and acceptance. These anatomically correct dolls, handmade in Europe, are the perfect toy to learn Social Emotional Learning.



Glass act

Redecorating for the new year? Some of the whimsical art from **Found Stone** will brighten and uplift your space. Made from glass found on local beaches, each piece is unique.



This cuts it

The Silky Pocket Boy hand saw is small, at just 170mm. But it earns its nickname "Little Giant" due to its extraordinary cutting capacity. The compact lightweight folding saw with 6-3/4-inch blade that will take up very little room in your pocket or backpack. Great for cyclists and hikers maintaining trails, climbers cleaning routes, or just keeping the brush at bay in your back yard, it's just one of the Silky saws you can find at **Thunder Bay Saw Shop**.



See the fire again

Have holiday fires got your woodstove glass all blacked out? See that cozy fire again, with the Atmosfire Dry Wiper available at **Cadam Construction's** stove showroom on Duncan Street. For \$23, it turns a messy job into a super easy task, cleaning the soot from your woodstove glass without water. No time needed to soak in, and cleans without streaking and without scratching.

THE

Last month, you treated everyone else. This month, splurge on yourself.

JUST LIST

New phone, better price

You've financed a ton of Christmas gifts by panning the latest \$1500 iPhone in favour of your trusty ol' iPhone 6. Smart move. Now that **PR Macs** has "Open Box" 2nd generation iPhone SE's in stock you can finally get a new, modern phone on the cheap. It's even a direct fit into that crusty iPhone 6 case.



Book yourself some time

Treat yourself to a good read from an award-winning publisher on the Sunshine Coast: Harbour Publishing. Come to the **Visitor Centre** for coastal faves at great prices.

Dry feet are happy feet

Don't let puddles, slush or snow stop you from getting out, and looking great, with these waterproof, non-slip boots from **Fits to a T**. These Bogs are rated to -30°C, with sherpa lining and DuraFresh odor reducer.



Get in these vans

Completely redesigned for modern skateboarding, Vans' new Skate Classics collection, delivers more of what skateboarders need. **Armitage Men's Wear** says the repositioned DURACAP reinforced underlays and fully redesigned uppers, combined with a new two-part foxing tape that features a deeper knurl pattern on the toe, make the new Skate Slip-On durable enough to withstand daily skateboarding abuse.



The reel deal

One versus one. In or out. Direct connection. Tug of war. You just can't beat the feeling of a single action mooching rod and reel when chasing down that yee. If one didn't show up in your stocking, get yourself an Islander Reel at **Marine Traders**.



Head out in any weather

Don't let winter weather keep you at home when you were born to ride! Head to **Two-Wheel Tech** to get outfitted with warm helmets and goggles that are ready for any weather, plus check out their heated vests, gloves and grips.



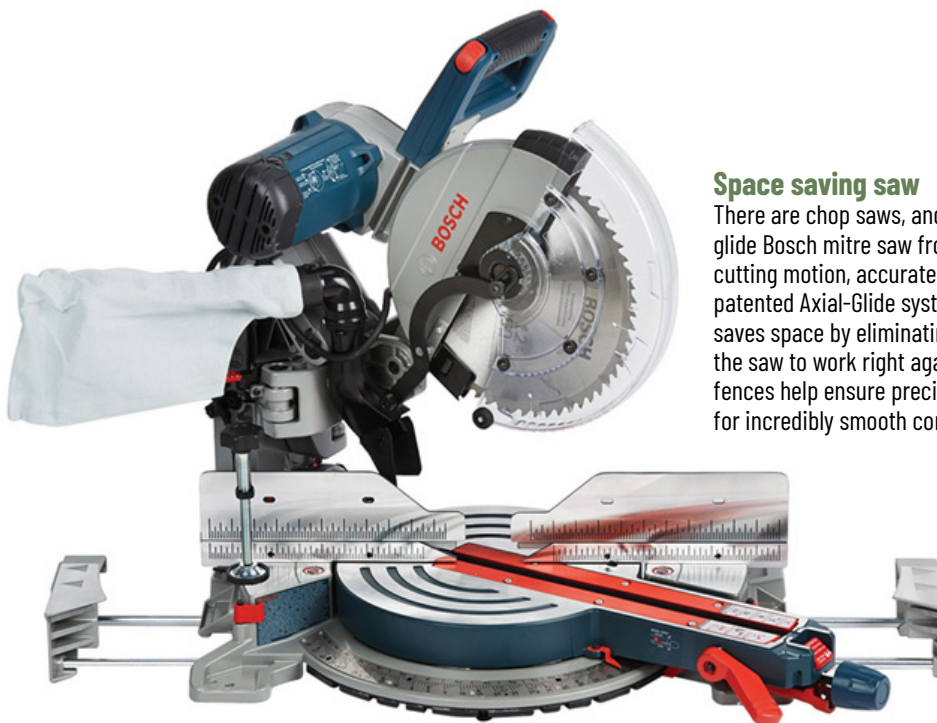
Heads up

Safety comes first, whether you're skating for a spot on the national team or just skating on the pond. So go with the best - Bauer Vapor Hyperlite. It's shockingly lite, without sacrificing impact performance. Try one on at **TAWS**.

Inspire yourself to step out into qathet's natural wonderland

You're covered

Embrace the ocean breeze and keep the sun off your shoulders in this flowy, lightweight, handmade beach cover up by Lotus and Luna, available at **Simply Bronze**.



Space saving saw

There are chop saws, and then there's this dual-bevel 12-in glide Bosch mitre saw from **RONA**. It features a smooth cutting motion, accurate performance and a space-saving patented Axial-Glide system, which is exclusive to Bosch. It saves space by eliminating the dual rail system. This allows the saw to work right against a wall. Pre-aligned Squarelock fences help ensure precision. The hinged glide arm allows for incredibly smooth control.

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James Hall • \$25

SONGS OF NAT KING COLE

Miles Black, piano, Don Stewart, vocals,
& Walter Martella, trumpet

Sunday, Feb 12 at 2:00 pm
James Hall • \$25

TAKE A BREAK

A room (or greenhouse) of one's own

We were recently gifted a charming, hand built green house made from reclaimed wood, PVC pipe, and greenhouse plastic. It's a practical, helpful, and thoughtful gift that fits right in with our cottagecore aesthetic with driftwood shelving and twisty branch doorhandles.

As a final touch, our friends strung up fairy lights inside. It was a quiet signal that this space was not only about our gardening needs, but also our soul needs. A place to be slow and creative in, to take tea in, maybe a rainy evening spent wrapped in a blanket with a book. A place for drying herbs and sun dyeing wool, for singing while transplanting seedlings, for making a mess and being cozy in.

It reminded me of how important it is to cultivate personal spaces for soul tending, and how too often, we may go long stretches without such a place.

Keeping a touch stone, or reminder of something important on a deeply personal, medicinal, or spiritual level can become an incredible source of solace, strength, and healing. A nook, corner, shelf, or even a pouch kept in our pocket that is truly our own, for our own purpose, can be a vital medicine way.

Depending on what we need most, we might work with our personal space to honour a deceased beloved, keep imagery of compassion and kindness,

found natural items tuning us into the seasons, representations of our faith, tools of creativity, books to comfort or movement based accoutrements like a yoga mat or workout gear.

The mundane running of busy lives, space constraints, and navigating family or work environments, are all aspects that may present a barrier, along with thinking such a space needs to be shed/man-cave sized or filled with store bought decor, but truly, the intention is simply to hold sacred something meant to fill us up or bring remedy to ourselves.

It can be as minimal and ordinary seeming as a photo on a night stand or as elaborate as a corner dedicated to meditation. A little space that instills a medicinal feeling when we see it in passing or feel it in our pocket while out and about. A place reminding us that more exists, more is at work, and more is possible than the surface bustle

of life, even if we aren't fully able to "go there" just yet or in that moment.

It holds something for us, we can enter into silent dialogue with it, invite and intend with it, and support our deep selves while we do.

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



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+ qathet Arts & Culture Directory Registration

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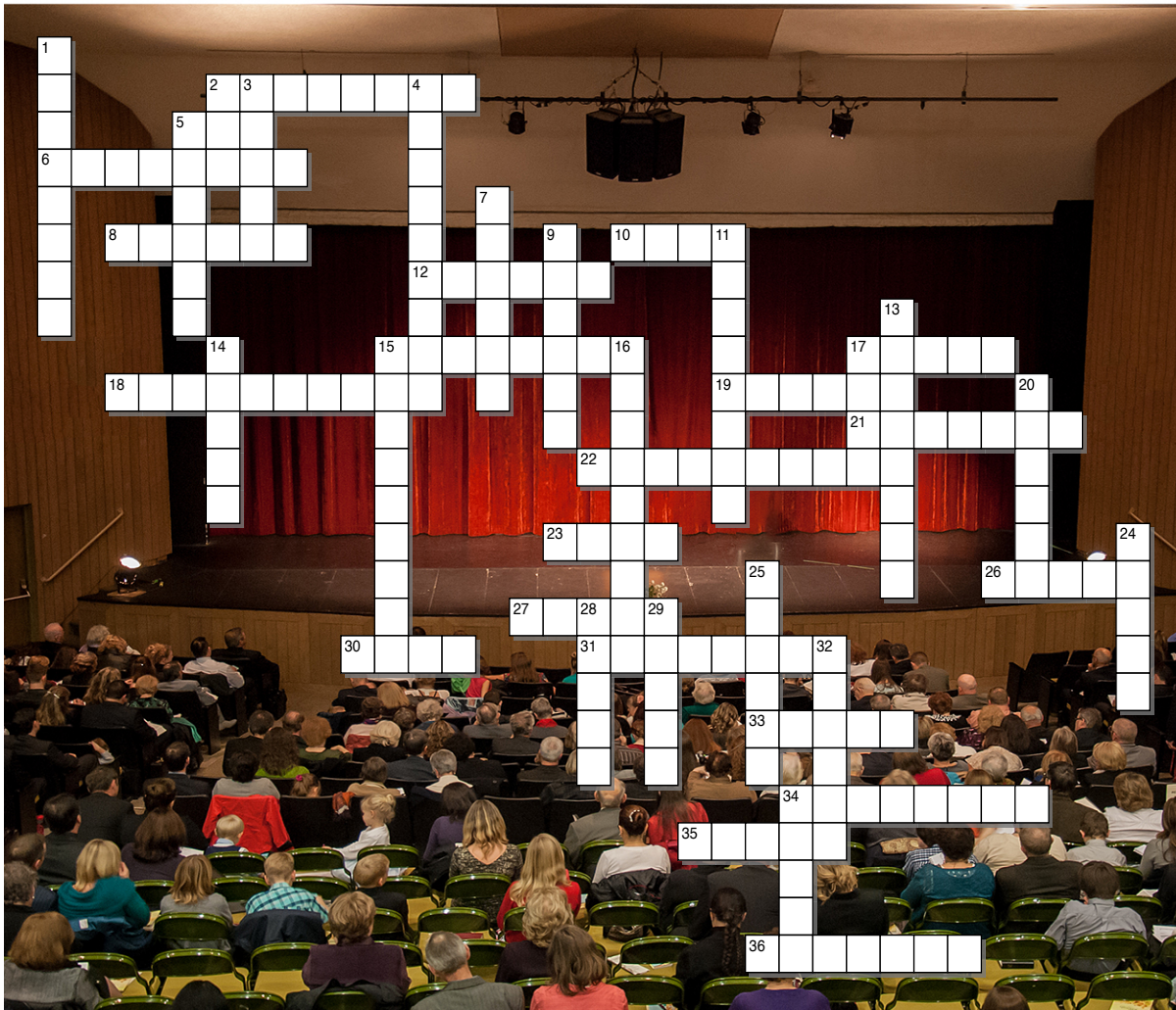
January is Rotary Awareness Month

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to see our events and activities,
or go to www.prrotaryclub.org

Rotary
Club of Powell River



TAKE A BREAK



Across

- 2) fixer of cars, instruments, etc
- 5) Min opposite, theatre
- 6) gathet's movie place
- 8) Platform for goods, for good
- 10) persons who use drugs (acr)
- 12) 55-plus, or is it 60, 65?
- 15) Suggest for a (Chamber) award
- 17) Most common Christmas bird
- 18) protection from heat loss
- 19) pain relieving drug
- 21) Movers, not to lilies
- 22) For winter growing
- 23) Clue
- 26) place for an event
- 27) Academy venue's namesake
- 30) 500-lb church item
- 31) curiosity, or lending rate
- 33) Waterproof sealer
- 34) Ability to read
- 35) King's new queen
- 36) Heaven, or Westview subdivision

Down

- 1) what qSO plays
- 2) Corey's computer
- 3) Barred from native country, local film
- 4) underwater, or method to deeply involve
- 5) Local recovery house
- 7) Townsite fibre studio
- 9) spinning tool, or service club
- 11) Price break for older folk
- 13) event or show watchers
- 14) Toller, or rope swing
- 15) Lund to Wildwood
- 16) Complex theatre
- 17) Toller, or fishing lures
- 20) Money made
- 24) Movie star Adam, or sea's end
- 25) Francophone's lingua
- 28) VanAnda profession & paper
- 29) To fill, say, a trailer, completely
- 32) Lund hotel builder
- 34) Tla'amin soccer star

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Happy 2023
from all of us at the Chopping Block

SOLUTION TO OCTOBER PUZZLE





Seniors discounts: One real joy of growing older

Before I turned 60, I didn't pay attention to which stores offered seniors discounts because it didn't impact me or my pocketbook. But now that I am eligible for some seniors discounts (yes, there are some stores that offer seniors discounts to customers as soon as they turn 55), I pay close attention because it means I can save money. And who doesn't want to save money when they can? Especially after Christmas when you're feeling broke. And especially this year.

When it comes to groceries, **Mitchell Brothers** offers a seniors' discount of 10% every Wednesday. At **Townsite Fruit & Veg** every Tuesday is Seniors Day. If you are age 55 and better you can enjoy a 5% discount off your total order.

If you're heading out of town, plan to walk on **BC Ferries** between Monday to Thursday for a free ride (walk-ons only) if you are 65 years of age or older and have a BC Card.

One of my favourite deals is **A&W** coffee for seniors. At 30 cents off a cup of regular coffee or tea, it's a feel-good way to make sure you're bright eyed



LAST
WORD

ISABELLE SOUTHCOTT

and bushy tailed by the time you hit the office. **A&W** owners Nicki and Matt Lister say they don't ask for proof of ID or question their guests about their age; they believe what people tell them. A refreshing find in this day and age.

McDonald's also offers a seniors discount of 20% off any size coffee, making a medium coffee \$1.55 with tax.

For those who like their weed, **Bean Cannabis** offers a 10% seniors discount on products they sell.

Duke's Liquor Store offers seniors a 5% discount on Tuesdays.

The **Powell River Recreation Complex** offers a seniors discount for those who are 60 plus. Adults from 19 to 59 pay \$6.60 per visit while 60 plus pay \$5.50. And once you turn 85, it's only \$5 a visit!

Coast Fitness offers a seniors discount to those 60 plus of 15% off of a one month, two-month unlimited pass, or a 10 pack of classes. Seniors can use it any time (good year-round).

Putters Mini Golf offers a seniors rate for mini golf. If you are 65 plus, you pay the same price as a child to play a round.

Suncoast Integrated Health offers \$10 off chiropractic, athletic therapy/rehabilitation and acupuncture services to seniors as well as sliding scale discounts on yoga therapy (such as chair yoga) and group exercise therapy (such as their spinal stenosis

rehab group) for seniors.

The Patricia Theatre offers seniors between the ages of 65 and 79 a \$4 discount so their cost for a movie is just \$8. And Super Seniors (those who are 80 and up) are free.

RONA Powell River offers seniors discounts on some items for those who are 55+. These items are not marked – you have to ask at the cashiers.

Hair 'n' Dipity in the Townsite Market offers \$7 off a man's haircut and wash, and \$10 off a woman's cut and wash for those age 65 and older.

The Shinglemill Pub and Bistro offers seniors age 60 and older 10% off on their bill every Tuesday. You must let your server know that you qualify for this discount though.

Shoppers Drug Mart offers seniors discounts to customers who are 65 years of age or older who have a PC Optimum card on any regular priced item every Thursday. Family members accompanying their senior are welcome to take advantage of this offer.

Rexall Pharmacy offers a 20% discount to seniors age 55 and older every Tuesday on all products excluding prescriptions.

Pet Valu offers seniors who are 60 years old and above a 10% discount off their total purchase on the last Thursday of every month when they join Pet Valu Your Rewards / VIP Plus.

Powell River Transit offers a discount for low income seniors – those who are 60 or older and receiving income assistance from the Province of BC, receiving the Old Age Security and the Guaranteed Income Supplement. There is an administrative fee of \$45 for the bus pass valid from January 1 to December 31.

First Credit Union members age 60 and over can enjoy the benefits of a senior account which includes no monthly administration fee, free basic cheque order, 50 free transactions per month, free bill payments, free Credit Union ATM withdrawals across Canada and an option to upgrade to e-Plan or Prestige account with a \$5 discount off the regular monthly administration fee.

Scotiabank offers discounted monthly fees on select chequing and savings accounts to clients who are 60 years and older including a basic bank account, which includes up to 12 debit transactions per month, for free.

Vancouver Island University offers domestic students 65 years or older free tuition for academic undergraduate courses, space permitting. This exemption applies to standard tuition fees, student services fees, and student activity fees only, for courses scheduled within the regular timetable (some fees still apply).

If I missed your business' seniors discount, I apologize. I tried my best, but I am human and also a senior (my get out of jail free card).

✉ isabelle@prliving.ca



It's flu season

Foaming sanitizer refill jugs available in store



N95 masks for adults & children



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POWELL RIVER CHAMBER OF COMMERCE BUSINESS AWARDS

This space sponsored by:



NOMINATION FORM

ENTREPRENEUR(S) OF THE YEAR

A person(s) who has the unique skills and exceptional initiative to assume the risk of establishing a business, which has been open for at least 12 months. Submissions for this award should be for one person or a maximum of two equal partners.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

HOME-BASED BUSINESS AWARD

A home-operated business that consistently shows excellence and quality in service and/or merchandise.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

TOURISM AWARD

This business has demonstrated a superior ability to satisfy visitors' expectations through their services and/or products. This business provides and promotes an outstanding visitor experience and actively encourages the growth of Powell River & Area as a destination.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

NEW BUSINESS OF THE YEAR

A business operating for not less than 1 year and not more than 2 years that has gained an expanding positive reputation.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

SMALL BUSINESS OF THE YEAR

A business with fewer than 20 employees that has demonstrated superior quality in all aspects of business operation and shows a commitment to the community through its involvement.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

SUSTAINABILITY AWARD

The Sustainability Award recognizes a business that has reduced their environmental impact by using sustainable practices in their supply chain, reduced their carbon footprint by minimizing waste, emissions and pollutants and recognizing efficient water, land and resource management.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

ABORIGINAL BUSINESS OF THE YEAR

This award goes to a business that is Aboriginal owned and operated in the Powell River region. The business shows leadership and dedication to the preservation of its cultural values and identity and creates positive growth within the community.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

FORESTRY SECTOR AWARD

A large or small business that shows excellence in communications and/or innovation in forestry, forest management or a forest-related industry.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

CUSTOMER SERVICE

A business that provides its customers with consistent excellence in service that goes beyond customer expectations. It also encourages its staff to meet the changing customer needs and stands behind its products or service with minimum customer inconvenience.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

NOT FOR PROFIT EXCELLENCE AWARD

A not-for-profit organization that has recognized a need within our community and who through community responsibility, innovation, growth, sound business practices and community partnerships, has served our community with vision and integrity.

ORGANIZATION NAME

OWNER/MANAGER/CONTACT NAME

AGRICULTURAL AWARD

This business has distinguished itself and shown leadership by promoting the betterment of agriculture in our city. This award will be presented to an agriculture-related business who has made outstanding contributions in the advancement of agriculture.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

CUSTOMER SERVICE - HOSPITALITY

As above, but specifically for the hospitality industry.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

Awards below require nominators provide written comments as to why the nominee deserves the award. Please attach a separate sheet or email to office@powellriverchamber.com

BANQUET & AWARDS PRESENTATION

SATURDAY,

FEBRUARY 4, 2023

DWIGHT HALL • 6 PM

Tickets: \$65 each

Reserve your tickets by emailing
office@powellriverchamber.com
or pick up at the Chamber office
on Wharf Street

Enter only one business per category on this form. Duplicate nomination forms for the same business are not necessary. **All entries will be submitted to a judging panel for final decision.**

Deadline for nominations is 5 pm, Friday Jan 13, 2023. All businesses must have been operating for a minimum of 12 months to be nominated. Mail or drop off your completed nomination form to Powell River Chamber of Commerce 6807 Wharf Street, V8A 1T9. Or enter online at powellriverchamber.com. Multiple submissions are permitted. Enter now! Enter often!

Your name: _____

Phone #: _____

EMPLOYER OF THE YEAR

A business owner or manager who creates a positive, fair, and supportive environment for all employees, while maintaining and even exceeding employment standards and safety policies. This employer models integrity and excellent communication skills.

EMPLOYEE OF THE YEAR

An employee of a business who goes above and beyond customer expectations, delivers exceptional knowledge of the products and services and makes a consistent positive contribution to their workplace.

BUSINESS EXCELLENCE AWARD

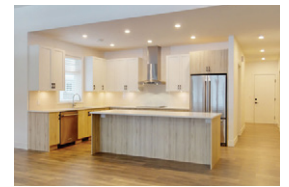
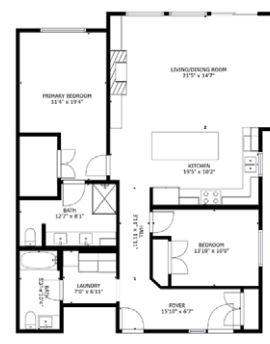
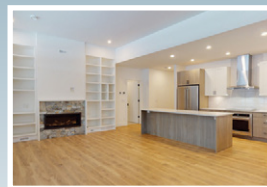
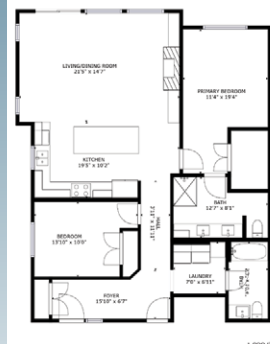
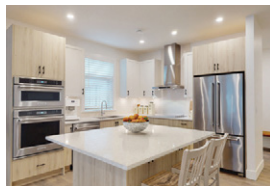
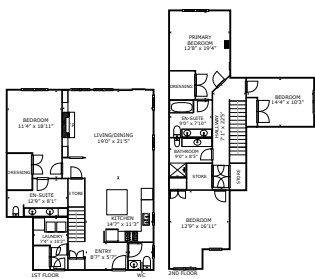
A business that has been in operation for more than 5 years and has consistently offered outstanding service and/or product to its customers, and displays a strong commitment to community involvement. A business that contributes to the social, recreational, cultural and overall well-being of the community.

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A step above the rest!



4058 Saturna Ave **MLS#17022**
4 bed 4 bath 2,084 sqft
\$799,900

Inside the main level of this two storey home you will find spacious open concept living with 13.5 ft ceilings, cozy gas fire-place, and large bright windows. Kitchen has premium appliances and a sit-up island with storage. The primary bedroom has a walk-in closet and 4-piece ensuite featuring a beautiful curbless shower and heated bathroom floors.

4054 Saturna Ave, **MLS#17023**
2 bed 2 bath 1,342 sqft
\$649,900

Inside, the rancher offers spacious open concept living with 11ft ceilings, cozy gas fireplace, and large bright windows. Kitchen has premium appliances and a sit-up eating bar. The primary bedroom has a walk-in closet and 4-piece ensuite with beautiful curbless shower and heated bathroom floors.

4056 Saturna Ave, **MLS#17024**
2 bed 2 bath 1,342 sqft
\$649,900

Inside, the rancher offers spacious open concept living with 11ft ceilings, cozy gas fireplace, and large bright windows. Kitchen has premium appliances and a sit-up eating bar. The primary bedroom has a walk-in closet and 4-piece ensuite with beautiful curbless shower and heated bathroom floors.



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