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LET'S TALK PARKS & TRAILS!



The qathet Regional District has developed a draft Parks & Trails Strategy to guide the future direction for parks and trails owned and operated by the qathet Regional District. Parks and trails are a vital asset to our community, providing valuable recreation opportunities and access to nature.

You are invited to participate in our second round of community engagement!

PROJECT TIMELINE



ONLINE OPEN HOUSE

Tuesday, May 16
1 - 2 pm or 7 - 8 pm

Learn how your ideas helped shape the draft Parks & Trails Strategy.

ONLINE SURVEY

May 16 to May 30

Share your thoughts about the draft Parks & Trails Strategy.



www.qathet.ca

Questions about attending the online open house or want to request a paper survey? Get in touch with us:



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ON THE COVER:

Winnie on top of Tin Hat Mountain at sunset.
Photo by Kennedy Niles
Wilderpups Dog Hiking



Oddballs unite

This month, Brooks Theatre Department tackles *The Addams Family Musical* (Page 44.) It's a two-hour-long flurry of song, dance, fencing, dry ice, and much more – a dynamite celebration of this oddball family that has captivated pop culture for nearly a century. The characters are a dark foil for the Western world's sometimes over-the-top obsession with positivity. A dose of id, when we're running on ego.

In this issue of *qathet Living*, many stories share that same tension between light and dark.

This is our annual pet edition; you can't help feel the same bliss the animals clearly do, when you see the winners of the photo contest (Pages 6-8, and the cover). But pets are companions to human journeys, and also have their own complicated lives; sometimes, they're in need of a rescue (Pages 13, 15 and 16), or, they may have become homeless when their owners moved (Page 12). At *qL*, nearly all of us has a pet (Page 54), and they are essential companions through our lives (Last Word,

Page 54) during good times and bad.

The first week of May is Mental Health Week. In Jason Schreuers new book, *Scream Therapy: A Punk Journey Through Mental Health*, he promotes punk music as catharsis, a balm for his bipolar disorder, and for others who struggle with depression and other mental illnesses (Page 39).

Kathaumixw is such an uplifting experience, Lynn McCann's 100-year-old mother forced herself to get well enough to see the concerts (Page 41).

I'm also thrilled to introduce Yard Art in *qathet*, the first in a series of yard art columns that will be written by local creative Clancy Denehy (Page 38). Yard art is absolutely my favourite kind of art; it's democratic, it's often funny and political, it doesn't take itself too seriously, and it's a way anyone can push back at what a "normal" home should look like.

Just like the *Addams Family*. I hope you enjoy the full range of what this issue of the magazine has to offer.



EDITOR'S MESSAGE

PIETA WOOLLEY

qathet LIVING

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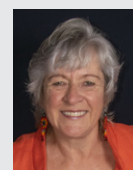
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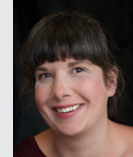
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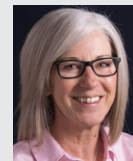
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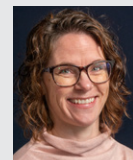
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“

Sometimes, the oddball couples are the ones that thrive.

- Jen Didcott, Page 44.

”

MAY'S CONTRIBUTORS



CLANCY DENNEHY brings us the stories and pictures of YARD ART - The wonderful creations by local residents that add surprise and personality to our walks and bike rides about town. *See Clancy's column, Yard Art of qathet, on Page 38.*



LYNN MCCANN records her family history through memoirs. She can be found singing in choir and playing her clarinet in the community band and orchestra. *See Lynn's story, Kathaumixw Lights Up Centenarian, on Page 41.*



MARGARET COOPER has loved living in Powell River for 51 years. After retiring from teaching, she has had time to pursue her other interests. *See Margaret's story, How I fell into painting pets, on Page 11.*



KARL SIEGLER is the retired publisher of Talon Books, co-founder of the Association of Book Publishers of BC, former SFU instructor and an Order of Canada winner. *See Karl's story, Become at home on the range, on Page 19.*



ANDY RICE has a Bachelor of Music degree from Capilano University in 2012. He is an educator, journalist and touring musician and an arts administrator with PRISMA, Townsite Jazz, and more. *See Andy's story, Sock Virtuoso, on Page 25.*

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Wild about our animals

We love our pets.

More than one third of Canadians own a cat and a third own a dog.

More than half of Millennials view themselves as 'pet parents,' according to Canada's Pet Wellness Report.

Here in qathet, we're no different. We have three pet stores, two veterinary clinics, dog trainers, dog hiking services, pet groomers

and others who provide services for horses and more.

In *qathet Living's* annual pet issue, we present some of our favourite entries in our Pet Photo contest (thanks to everyone who entered, but sadly we don't have room to publish all the wonderful pictures) and a collection of pet stories.

So cuddle up with your cat, dog, rabbit or chicken and take a look at what outdoor fun your neighbours are enjoying.

Page 9 • *Hiking with Dogs*

Page 11 • *Painting Pets*

Page 12 • *Housing & Pets*

Page 13 • *Beauregard the Rescue*

Page 15 • *Pinky the Rescue*

Page 16 • *Connie the Rescue*



AND THE WINNERS ARE: In March, *qathet Living* and Mother Nature Garden & Pet asked for locals' best photos of their pets in the great outdoors. Well over a hundred photos came in! To our judges, the best images are:

#1 WINNER: (left) The dappled light and cheeky look on Rose's face caught our attention, but we fell in love with the details—the wet fur and sand tell the story of this husky/malamute/coonhound mix's first day on the beach. *Photo by Alex Johnson*

HONOURABLE MENTIONS:

Bunny Bandit, living his best life digging up the garden. *Photo by Sabrina Mendoza*

Hershey, 12, loves long hikes and was especially happy on this day last May at Tony's Point overlooking Powell Lake. *Photo by Rachel Pukesh*

Fig the cat enjoys walks on Valentine Mountain with his dog and people friends. *Photo by Noni Stremming*

Trax, Harley, and Lenny, enjoy paddleboarding with Nancy Hamilton. *Photo by Frances Van Tol*

Our cover model, Winnie, on top of Tin Hat Mountain at sunset. *Photo by Kennedy Niles*

Molly trying to decide how close she could safely get to a crab on the beach. *Photo by Gerrold Mendoza*

Oakley the husky enjoying the snow while hiking up to Sentinel Ridge. *Photo by Jennifer Salisbury*

Velma the Vizsla on her first camping trip at Texada's Shelter Point. *Photo by Kaitlyn Hurrie*



HONOURABLE MENTIONS:

Zipper, Zelda & Kyro at first light after a night on the mountain. *Photo by Kohen Butler*
 Duck looks over Goat Lake after exploring the Eldred Valley. *Photo by Ashley Almas*
 Bruna, Azzurra and their best friend, Harley, wondering why they are on the wrong side of the gate. *Photo by Michael Stewart*
 11-year-old Trax teaches puppy Lenny about beach days. *Photo by Nancy Hamilton*



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Off-leash dogs make some hikers & bikers growly

BY ISABELLE SOUTHCOTT

With more people visiting and moving to qathet, you're more likely to come across another hiker, mountain biker, hiker with a dog, or horseback rider on the trails today than you were 15 years ago. More contact means more tension in the woods.

When Facebook posts blast people for hiking with dogs off-leash on the trails, they're talking about me. I am one of "those" people. I own two Nova Scotia Duck Tolling Retrievers and I hike with them off-leash.

Encountering someone who doesn't like dogs, is genuinely scared of dogs, or doesn't think dogs should be allowed off-leash on a trail is challenging. While the goal should be to get along, people hiking with dogs have just as much right to be on the trails here as those without dogs or those riding mountain bikes or horses – as long as they have control of their dogs. Furthermore, those dogs do not have to be on leash in the qathet Regional District (though they do within City limits, except in a few designated areas). If you can control them.



COME WHEN CALLED: These dogs are under control for local dog walker Brenda Clarke.

And herein may lie one of the problems.

Just as some parents are not objective when it comes to their own children, some dog owners are not objective when it comes to their own dog. They might believe their dog is friendly, but if their dog jumps up and bowls over a child, then 'friendly' means something different to the dog owner and the parent of the child.

Wayne Brewer, retired lawyer and one of qathet's renowned trail builders, spends a lot of time hiking and building trails in the back country. "I have built dozens of trails over the past three decades as well as improving and maintaining many more. I have always had a dog with me."

Wayne's dog Abner has been an excellent set of

eyes and ears, which means Wayne can focus on trail work. "A few times he chased away bears and cougars, and always comes back when I call him as he simply wants them to keep their distance."

Although Wayne hasn't had any recent negative encounters with other dogs, he recalls a serious incident that occurred several years ago.


"A pit bull tried to lock onto Abner's neck and then turned on me and tried to lock onto my legs, but my thick leather boots protected me. The pack mentality was my biggest concern as this dog was with a black lab and a small swiffer and they all behaved aggressively. Owners were nowhere in sight, appearing only several minutes later."

He recalls another incident, when he came across



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OFF-LEASH IN THE BACK WOODS: These dogs enjoy a splash in the lake during an off-leash hike on the trails of qathet with Brenda Clarke of Doggie Be Good.

a professional dog walker using the Duck Lake Trails and some of her dogs were quite aggressive.

“I scolded her and warned her of consequences if it happened again and just as I did, one of the dogs attacked us.”

Wayne says he’s noticed comments on social media saying dogs should be on-leash even on the trails. “If they are aggressive, yes, that would be appropriate. I do not agree with that as a rule. Many trail runners and bike riders take their dogs along with them and a leash is not practical or necessary. It has never been the practice here in our area. I think we can expect that with the influx of new residents this issue may arise more often,” he says.

“I do have a serious concern about some trail users who are not familiar with the culture and origin of our trails system, so they react to what they believe are infringements. They may scream at mountain bikers for riding on “their” trails – which happen to be built in an area that has been developed by mountain bikers such as Mt. Mahoney. Yes, they also scream that the dogs should be on leash.

“A similar issue is the recreationists who are writing to City Hall complaining about logging across “their” hiking trails such as Hokitika in the Powell River Community Forest, a trail built by a mountain biker who supports the forest industry and whose dog is out there daily off-leash,” says Wayne.

Trail walking with dogs is an essential part of many locals’ lifestyles – and for some, it’s a business. For example, the St. Bernards of Lasqueti Island, which is part of the qathet Regional District.

The award-winning champion pack is more than 40 “Saints” strong, and owned by Tikki Smith. Although these dogs live on an acreage, she walks them all together off-leash on the island in the woods.

Kuxy Doell, professional dog walker and owner of Pegabo Pets (not the walker Wayne had a run-in with) has been hiking the woods of qathet with a pack of dogs for 30 years. Her pack varies depending on how many clients she has, but some days she may have up to 15.

Brenda Clarke, owner of Doggie Be Good, also hiked with 15 dogs when she took her pack out before she had a bad fall last year. Both say they want nothing more than to get along with those they share our woods with.

Brenda says most dogs that hike with professional dog walkers have been to obedience training and love people. Because of this, they love to meet people on the trails. They come when called or when she blows her whistle. “Dogs are extremely sensitive to the emotions of humans, particularly negative ones. Dogs respond well to happy voices. They do not respond well to bikers who stop and pick up their mountain bikes, shake them and yell,” said Brenda.

If you meet an off-leash dog on the trail, and get a fright, take a breath and “give yourself a count,” advises Kuxy. “Don’t let fear turn to anger, it only makes things worse.

Instead, say: “Hello dogs, how’s it going?” or “What a good dog, what’s your name?” Keep your body language friendly, don’t wave your arms and act aggressively. This can be confusing and frighten-

ing for the dog. You are the human, the one with the big brain, don’t let your amygdala spoil your day.”

And if you meet Kuxy and her pack on the trails, know that she has done everything she can to avoid you.

“I have gone as far into the bush as I can without meeting logging trucks and other industrial traffic. I will go into some of the more popular trails on days that I have only a few dogs, or it’s pouring rain. I do not try to spoil your day or give you a fright. My pack will be chill and cheerful if you are chill and cheerful with them.

“If you scream and shout, they will get scared and this may get them barking. My dogs have passed the ultimate temperament test by getting into the van with eight, or ten, or twelve other dogs, and driving for half an hour into the bush.”

If you walk your dog off-leash, it should come when you call it. Find a trail that isn’t well-used by others or hike at time of day that isn’t popular. Most mornings I walk my dogs off-leash at 7:30 am in the woods near Haslam and I rarely run into anyone else.

If you have an aggressive dog, don’t let it off leash and don’t go into trails where people have their dogs off-leash. Stay on trails or streets where other dogs are leashed. You cannot expect to go into the Penticton Trails and not have other dogs come up to your dog. The people in those trails have the right to know that the dogs are safe. You may also consider putting a muzzle on your dog.

In other words, we are all here to stay. Most dog-walkers do their best to ensure a positive interaction. Most other users are accommodating and respectful of the shared trails. || isabelle@prliving.ca

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CATS LOVE BOXES, AND HUMANS LOVE PET PAINTINGS: Margaret Cooper, 84, learned to paint watercolours just two years ago. This is "Dot in a box."

How I fell into painting pets in my senior years

BY MARGARET COOPER

About two years ago, Bill Forrest told me he had joined the 'Dive into Water Colour' group at church, and that he was enjoying it very much.

It was a time when my husband, Ted, was not well and I had dropped out of most of my responsibilities and activities, and I wasn't doing much. I thought, "I should do that, too. It will be a change of pace for me."

It turned out to be a lot more than a change of pace. I loved it and I took off. I was hooked.

I can't look at creation the same. I see things I didn't see before.

I started to produce some fairly decent paintings of flowers and scenes and sailboats, and then I decided to try a picture of my niece's very old cat, King. It turned out really well! So then I took on a friend's hairy little dog, Jerry, as a Christmas gift for her. I don't do hairy little dogs very well so I wasn't too satisfied with that one, but she was thrilled. Ah, people really like to get paintings of their pets!

It wasn't long after this that the same Bill asked if he and Irene could commission me to do a painting of their little Aussie labradoodle, Cooper. I felt I wasn't ready for a responsibility like that, but I gave it a go anyway, and ended up doing three paintings – Cooper the puppy, Cooper the scruffy one-year-old, and Cooper more mature. I know I can paint dogs

better now but Bill and Irene were very happy with the result.

That got me started painting people's pets, cats and dogs so far. I have done big dogs and little dogs, dogs living and dogs deceased, smooth dogs and curly dogs and hairy dogs. (I still find the latter more difficult). And varied cats. I think the most interesting piece so far was a collage of Lynn's five favourite pets, three dogs deceased and two cats still going strong. That was a challenging project, but it turned out nicely. I feel very rewarded when people are so happy when they see their paintings.

My style is fairly detailed and realistic. I paint from good, clear photographs and digital images. People express surprise that I took up water colour at age 84 and ask if I had actually been painting before.

Truth is that ever since school days I was considered to be artistic, but I never committed any time or attention to it. I dabbled in many mediums over the years with night school courses and passing phases – paper tole, silversmithing, lapidary work, hand-formed pottery, oils class, charcoal sketching, drawing with the right side of the brain, silk screening, batik

But now I am concentrating on water colour and I paint nearly every evening. It is a blessing for me to have discovered such an absorbing and fulfilling new interest at this time in my life.



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Housing crisis impacts pets, too

"Pets are often surrendered to us because there's very little housing available for people with animals."

So says Powell River SPCA branch manager Tara Daniels. "Housing is hard to find but finding pet-friendly housing is even harder."

Tara says this wasn't always the case and that it's gotten worse in the last couple of years.

"Sometimes family members can help [when a person loses their home and can't take a pet to their new place], but that's not always an option for everyone," she adds. "We know how important that human-animal bond is, and we want people to be able to keep their pets, but finding pet friendly housing is really tough."

SPCAs across the province are sheltering record numbers of puppies, cats and other animals for multiple reasons this spring, including the housing crisis.

Tara says she's grateful that the local SPCA isn't seeing high numbers of animals returned that were adopted during the pandemic—as other BC SPCAs are. Animals that were adopted during the height of the pandemic when people were at home a lot were actually quite lucky, as their new owners had more time to get to know them and help them settle in.

"What we are seeing now are moms and litters of pups as the puppy market is flooded."

Now, the SPCA has dogs come in that

SPCA LOCK IN FOR LOVE

When: Saturday, June 17, 1 to 4 pm

What: Get locked up with an adoptable animal from the SPCA – you get out when you reach your own fundraising goal.

Learn more: In next month's qL mag

are one and one-and-a-half years old.

"Some people got these dogs as puppies and they had good intentions, but were unaware of the needs these dogs would have and some of them need jobs."

Many of the young dogs being surrendered are well cared for and well-loved, but the owners say these dogs need more than they can give them.

"There are a million different reasons why people have to surrender an animal, and many are often beyond their control," she says noting that death, divorce and moving are common reasons.

Another reason for the increase in adoptable pets can also be attributed to the gap in the spay/neuter program during the pandemic and the increase in the number of people breeding in order to meet the demand.

"And now that we are not in that state of emergency and the demand has fallen off, we are full."

If you would like to help the SPCA by becoming a foster family for puppies, kittens or animals recovering from surgery, please contact the shelter at 604-485-9252 or visit their website. And keep your eyes opened for the SPCA's annual Lock-In For Love Fundraiser that begins on June 1.



June 12-24

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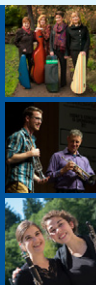


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RESCUE DOGS



NEVER ENOUGH SCRITCHES: Beauregard Montgomery Dalrymple The Third bonded with Jerry Causier and his family almost immediately.

Mutt finally finds his chill – and happy place

BY JERRY CAUSIER

We hadn't planned on getting another dog when our old American Eskimo ("Indiana Jones") sadly passed away after spending a very adventurous 13 years with our family.

Our kids had grown up with Indy and he had been there for a lot of birthdays, Christmas mornings, and walks through the woods, and had always done his best to protect us. Not just from living a sedentary lifestyle by insisting on long daily walks, but also from bears and the occasional moose.

He could also always be counted on to perk up his ears and keep us safe from the occasional squirrel, delivery person or wayward neighborhood kid that dared walk across our front yard.

But after much cajoling from our three kids (who conveniently were no longer living at home) we finally opened ourselves up to the idea of a new dog. We really wanted to get a rescue, and we also wanted to make sure that any dog would be as good of a complement to our lives as possible.

We recognize that getting a pet (es-

pecially a dog) is a big commitment that will last more than a decade and means that, to a certain extent, your pet will be a consideration every day for that time. Taking on a pet means you take on the responsibility of feeding, exercising, entertaining, and keeping healthy another living creature every single day.

With a dog, you can't just do a fantastic job of caring for them one week and then skip the next. Of course, you may entrust someone else to watch your pet for brief periods, but ultimately getting a dog is a 24/7-365 obligation that we were ready to take back on since we were now basically empty nesters.

When our kids promised to share the responsibility of watching a new dog if we decided to go away for a weekend or a week, the die was cast.

After, going through a bunch of ads for dogs in need of rescue (pre-screened by our kids), we decided there was a "pre-owned" but pretty badly neglected, medium sized mutt that had been rescued from Northern Alberta.

The organization we were working with required a significant amount of



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“There is something about a rescue (particularly one who seems to have been through as much as Beau has) that makes them feel so strongly for his family.”

information to ensure the fit of a new pet from their perspective. We were looking for a dog that was calm and friendly with people (and the cat we had at the time). They also needed to be capable of big adventures such as a walk through the woods or long car rides to some new quest, but also able to spend a few hours at home on those infrequent days where both of us were working.

In return we would take them on at least one big outing a day, usually for at least an hour – with some bigger adventures thrown in sporadically. We'd also make sure he was well taken care of and fed, knowing that he would be in charge of the house for a few hours some days and could spend the day laying around and napping.

I guess basically we were looking for a really bad college roommate.

When he arrived, well I don't know if we believe in love at first sight on both sides (we were trying to be as skeptical as we could be), but he definitely seemed to know we were his people. After a brief “test drive” for a few hours in the house and around the neighbourhood, we almost reluctantly had to admit that this candidate seemed like the perfect fit for us.

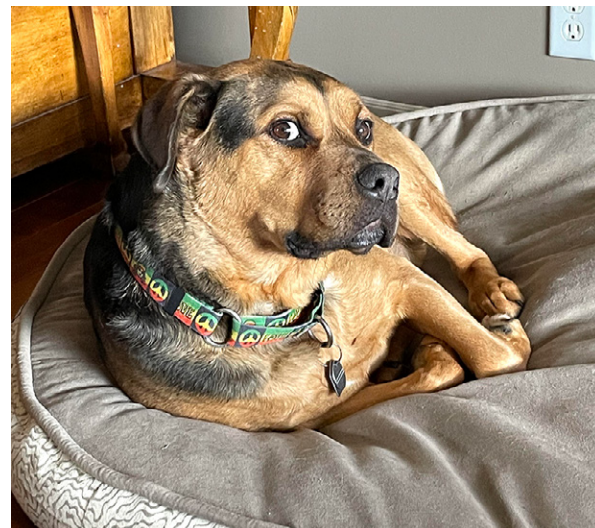
We started the paperwork, and it wasn't long before we were buying another dog bed and other supplies. A few days later Beauregard Montgomery Dalrymple the Third moved into his new home and instantly bonded with all of us. We have all become incredibly close.

Don't get me wrong – Beau arrived with a LOT of issues. He was dramatically under weight (he weighs a healthy and trim 80 pounds but weighed about 40 pounds when he was found seemingly abandoned, and about 65 pounds when he moved in.) He had been badly infected with worms (that were treated by vets before we ever saw him) and he was afraid of just about everything but us (wheeled garbage cans, random other dogs of certain shapes and sizes, buses, garage doors, bicycles, and skateboards. Especially skateboards.) We're not sure if he may have had some PTSD experiences and he also seems to have some visual problems.

More than once when a skateboard came from out of his field of view or something on wheels suddenly surprised him, our extremely mild-mannered and timid dog could turn into a Cujo-like frantic hell hound.

Interestingly, he didn't seem to start doing this until after he'd lived with us for a while. We're convinced that at certain point he decided that we were his family, and that anything that potentially was a threat to his people needed to be immediately made aware that he was there to protect us.

It took many months of frustration on both sides of the leash, along with consulting anyone with dog



BEAU AND THE NEW DOG BED: Happy place.

knowledge that we can engage with, and many trials and tribulations. We got him when he was about a year old, and it was probably the first six months that was the most trying and unpredictable. He would walk past 10 dogs and pay no attention at all (or just want a friendly sniff or quick play) and on the eleventh he'd erupt.

There were definitely characteristics that would be particularly triggering to him: big dogs, aggressively approaching dogs, “dominant” dogs, and dogs that we would, frankly, also feel a little leery of. We're sure he sensed our lack of ease when those situations came up, and that definitely contributed to his anxiety.

Eventually, these episodes decreased to once a week, then once a month, to the point now when it really requires a perfect storm for him to appear like he's being aggressive – a reaction we now recognize as fearful and maybe a flash back to some earlier trauma. We're occasionally on alert if we take him out and he's got a few boxes checked off his extra vulnerable feeling list.

Maybe he's been left at home for longer than usual, and maybe it's just before dinner, and he's really excited to be going on a walk, and it's a little bit dark so he can't see very well, and a skateboard suddenly rolls out from behind a building right in front of us. Or maybe he's on leash in the woods during the weeks when bears are coming out hungry and a bigger, off leash dog comes bounding at us through a particularly narrow and shady path in the woods. But even then, I'd say we get 10% of the reaction we would have received two years ago.

Beau seems to love his new lifestyle, laying around most of the day, going on amazing adventures, never getting enough scratches, but giving twice as much affection back to anyone who shows him the least bit of it. He truly is the most joyful dog that those who meet him have ever seen. He seems to love everything about life, and even things like getting the same kibbles he's had every day for the past few years makes him dance with delight.

We have friends and family that have visited our home, claiming to want to spend time with us... but – we know it's for the dog.

There is something about a rescue (particularly one who seems to have been through as much as Beau has) that makes them feel so strongly for his family. It's infectious to everyone who meets them. Our dog thinks he won the lottery... but truth be told – we kind of split the prize.

RESCUE DOGS

BY ANDREA LAYNE BLACK

My 16-year-old rescue mutt, Amicus (nicknamed Ami, Pinky Stinky), died November 2021. Both my parents were also gone by then, my mom, 2015, my dad, 2017. Three powerful absences. Alone. I had sent off my *Dear FIN* manuscript (about a dog) earlier in August. Two weeks after Amicus died, I heard from Leamington Books of its acceptance for publication. This was, of course, heartening, but book or no book, Ami was gone. Life sucked.

After donating most of his dog things to the SPCA, I doubted there would be anymore dogs. For there was only one Amicus, how could my sunken heart have room for another love and loss like that? Much moping, moaning, and negative self-talk rattled around in my brain; lots of frozen empty landscapes posted on Instagram; too much cigarette smoking; a stagnating inert ennu.

After three months of this, Ghost Amicus, who I am calling Inamicus, couldn't take it, growling he was firmly ensconced in the forever home of my heart doing just fine. But, Inami assured, I had acres of remaining heart room for a special dog who needed room and, according to him, I was obviously in bad need of a dog, someone to care for, a partner in crime. I must study the geography, according to Inami, read the signposts. "Get on that, Mommy," he growled in my head, "I've got a youngster all picked out for you. Just follow the clues." One more Amicus adventure, one last puzzle solving itself.

I started searching the SPCA-online dogs, scanning mutts all over the province. I wavered, wondering if I was ready to take on such a responsibility again. It took another three long months to decide, even then I went back and forth.

During my online searching, I'd seen a two-and-a-half-year-old white German-shepherd-cross (with a pink nose and ears like alien antennae). Mea, her name was. An ultra mutt, they called

her, said she was wary of people; nuh-uh, not the dog for me, I decided, then had an argument with a friend who kept pressuring me to adopt Mea which is the surest way to get me not to do something. I just wasn't ready.

A few days went by. The argument



TWO FINE DOGS: The late Amicus (left), and the gift of Pinky (right).

Time for a hike, sweet girl?

disturbed me. I gave the dog another glance. Sipping Earl Grey over my laptop, I found myself digging into her profile, her name; hold on, it wasn't Mea, it was Mia, M-I-A. Hold on, hold on, I thought, excited, A-M-I. I could have sworn last week it was Mea; then came a chuckle in my head. Ready or not, Inamicus had spoken. Amicus had dug up many treasures over the 13 years we'd lived together: friendship like no other, security, responsibility, purpose, health, love, and so much fun. Now Inamicus offered his final gift which was all those things – Pinky.

"Just in Year 1," Inami grinned, "She'll teach you many things. Hilar-

iously, just at the dog park, she'll get kneed in the stomach by an old man trying to teach her not to jump up; get two bouts of hemorrhagic diarrhea from eating sodden clumps of grass-like "matter; get attacked by a dog; bark too early in the morning, annoy-

there'll never be anyone more important for her than you. She'll follow you straight into hell and back. Make you better. Just like I did."

"Also, maybe stay out of the dog park," his growl faded.

The next day, I headed down to Sechelt. I met Mia, soon to be Pinky, at the SPCA. They warned me not to put my face too close to hers. Of course, I did just that. She licked my face, then barked at my friend. It was perfect. A new game was apaw.

It's exactly one year later. All those perilous scenarios unfolded exactly as foretold by Inamicus. Pinky and I dusted off, rose, and kept moving forward. We still go to the dog park, but few and far between, just to visit our dog-park pals.

I've quit smoking. She's got me back on the trails – hiking, my favourite thing (next to eating a sandwich while reading Stephen King). My book came out. Everyone's reading it. Well, two people that I know of. Ha ha. Anyways, onwards. We've been visiting all the old haunts, Pinky and me, old for me, brand-new for her: Suicide Creek, Cream Soda, West Lake, Valentine Mountain, Bob's Yer Uncle, all over Duck Lake, portions of the SCT. She's a brilliant hike dog, wide-ranging, but frequently checking in, strong recall. Into the wild we go, just the two of us, human and hound.


My heart skips a beat, then comes his warm chuckle, that revenant wagging energy, Inami growls, "Pinky's perfect for you. Give her your whole heart and she'll give you hers. Just like I did. But now that I know you're going to be okay, it's time to finally go – as far away as the clouds, as close as close can be. Goodbye, Mommy, I love you."

"Goodbye, sweet boy, I love you, too, it's been an absolute honour." One deep chuckle, then I know he's gone this time. Will there ever another such glorious creature, with so much to say, a dog who makes me better?

A cold pink nose nudges my hand. "What'd ya say, Pinky, time for a hike, sweet girl?"


ing nearby householders; bark at an angry City worker. You'll be heading to the vet a few times there, changing your schedule, taking measure, stepping up, basically dealing with all sides of these events the best you can.

"You'll have a beautiful journey," Inami growled, "Pinky will challenge and beguile you, call upon all your resources, teach insight, compassion, mindfulness by presenting all manner of perilous scenarios to test your vigilance and steel your resolve. In the end, you'll do all the right things, live, learn, keep moving forward. Hike, play, cuddle, see it all through each other's eyes; that psychic bond where



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RESCUE DOGS

Senior dogs are loving, patient life teachers

BY JUHLI JOBI

Growing up on a small farm near Myrtle Point, my life started with the protection of a light grey German Shepherd called Toby. He was reaching his golden years as my life started. Both of us shared a toothless grin but Toby was my protector.

Toby passed all his protective knowledge on to Frisco, who was our next German Shepherd. We had a run of dogs after Frisco: Buttons, Dobi, Bigfoot. By then I was grown and headed off to school and eventually work.

Life didn't lend itself to having a dog for quite some time. I did get a cat, Meesha, who lived and traveled 14 years with me.

About eight years ago I felt like my life had become conducive to having a dog. I went and talked to the SPCA and they had an older dog available.

Pumpkin was a sad, overweight, depressed 16 year old and hid under the desk all day. I took her outside and we sat together for a bit, we went for a walk, her sad eyes remained and I just wanted to help her be happy again.

It was new to have a dog as an adult, something more engaging and less aloof than a cat. We walked together, swam and got to know each other. She ended up losing her excess weight in a couple of months and got some spunk and spark back.

Sadly I only had six months with Pumpkin but she lived out her last days happy, loved and wanted. She taught me that even if we feel forlorn, alone and lost, there can be bright days to come, it's always okay to have hope.

My heart was broken when Pumpkin passed, but I knew she wouldn't be my last dog. I needed some time to get over the loss.

When I was ready I headed back to the SPCA. After a few weeks they found Willow, a 12-year-old dog. Willow became my adventure companion. She loved long walks, wading in the water, riding in the car. We had two wonderful years together before she followed Pumpkin.

Willow was sweet, mellow, happy and easy to live with. She taught me that dogs don't have expectations, they are much more accepting of everything in life and they find joy in every little moment. My hope was to become more dog-like.

Well, you know the drill now, a time of mourning and then back to the SPCA. At this point I felt like I wanted to look for and adopt senior dogs. There were puppies and younger dogs that were always quickly adopted but the older ones had to be much more patient before being adopted.

This next dog turned out to be *my* dog. Her name was Cassie, she was a mama from a puppy mill and was in really bad shape. Her tummy dragged on the ground when she walked and she was scared of everything: grass, puddles, shadows, cars. It took her almost a year to recover and relax.

When she realized that she didn't have to get pregnant and take care of puppies again, she found herself carefree, independent and amiable. She learned to enjoy her environment. Without my teaching her, she became my protector. She always "had my back."

When I was working outside, she would alert me when someone approached and come right beside me. Her carefree side meant that she did take off a couple of times, but mostly she was good at staying close by.

One day she walked herself down to Willingdon Beach from our place on Michigan Ave while I was finishing some yardwork. A wonderful woman named Angel watched her trot down Alberni and stop traffic on Marine to get across the street to the beach. Apparently Cassie sniffed around the beach and was heading back up towards Marine when I found her.

I was distraught and had been racing around the neighborhood looking for her, she just looked at me "oh, there you are."

Cassie slowly started losing her eyesight and her hearing. She had a couple of bouts with vestibular disease and I thought it would take her but she recovered. While she slowed down, she made it to 17 and we shared over five amazing years together.

I had gotten better at living with dogs and her mellow, quiet way of being made it so easy. This time I wasn't sure that my heart would ever heal. The connection we shared was the strongest yet. Cassie taught me that size doesn't matter, trust is everything and a companion who shares your joy is priceless.

This last time the SPCA found me adopting my first senior male dog. He's an energetic, spunky, amusing chihuahua mix who thinks he always has to be the boss. He's like having a baby and an old guy all at once.

He's teaching me that it's important to accept others that act differently from what we're used to. We all have love to give, need love and can be playful and easily amused with each other. He's already 17 but remains adventurous, inquisitive, bossy and wildly jealous at times.

The hardest part of adopting senior dogs is that the goodbye comes too quickly.

Many people think that old dogs will cost a lot more money and that the vet bills will be high.

I haven't found that to be the case. I do set aside some vet funds but that's the same for every dog owner. I have always made sure that I have a supportive network like my mom and some close friends who can help out if I need a dog sitter.

Since I live in a small space I tend to adopt smaller dogs but they all need a couple of walks a day and they are great instigators and accountability partners to make sure these walks happen.

Having an animal brings a new level of responsibility, but also a new level of joy, camaraderie, and fullness to life. 🐾

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MOTHER'S DAY

Music and family is for life

BY ISABELLE SOUTHCOTT

Dawson Wikene has shared a love of music with his mom, Renelle for as long as he can remember.



AT HOME WITH EACH OTHER: Dawson Wikene's favourite song to sing with his mom: Wagon Wheel. Renelle Wikene's favourite song to sing with her son: Riptide. "I like how we switch up the harmonies and share singing the melody." Left, the mother-son duo plays at Beer on the Pier on the Westview Wharf.

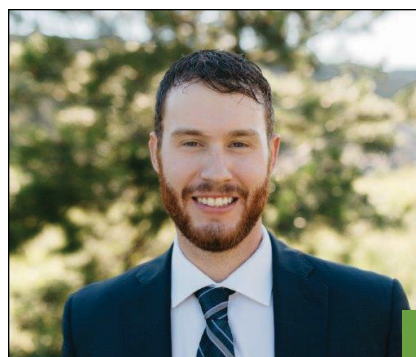
"When Dawson was a baby, his dad and I would go to coffee houses where we'd sing and play and Dawson would be in a backpack on my back," said Renelle.

Although those days are a distant memory, at 23, Dawson is a grown man and still close to his mom. "He tells me all the time that I'm his best friend," says Renelle.

Their family has shared a love of music for generations. Renelle's mom Jennifer grew up singing at

home with her parents. Kitchen parties were their jam sessions. Renelle's grandpa played guitar as does her uncle Rick and brother Adrian.

The mother-son duo of Renelle and Dawson Jaxn are well-known performers in our community. They've played Blackberry Festival, Arts Alive in the Park, at the Laughing Oyster, the Seaside, the Shinglemill, The ARC and The Carlson Community Club. Dawson was about six years old when he started performing with his mom, back in Kamloops where they



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Saturday
May 13
10-4

Also visit coastalwib.com to learn about our spring **Artisan and Entrepreneur Show**, which will feature a high tea and photos with Mom. Vendor spots are nearly sold out!



THREE GENERATIONS: Grandmother Jennifer (singing), daughter Renelle (on guitar) and grandson Dawson Jaxn also singing, the first time they performed together at the Kelly Creek Friday Market back in 2013.

lived before moving to Powell River.

“They had something called ‘Live at Lunch on Victoria Street’ in Kamloops,” said Renelle. “They’d pay me to perform, and Dawson would come and sing with me when he was just a little guy.”

Renelle taught Dawson to play the guitar when he was eight. “At first I couldn’t make the chords and strum at the same time so Mom would strum while I made the chords,” said Dawson. Now, Renelle says he’s a better player than she is.

“He plays fancy bar chords and picks; I just play cowboy chords,” said Renelle.

Renelle recently gifted Dawson the guitar he learned to play on. It’s unmistakable; it has a big hole in it from all the wear and tear over the years and every local fan is familiar with it.

“Mom plays the s%#! out of her guitar. I remember when I was 10, the hole was just a little crack and then it got bigger and bigger,” said Dawson.

Renelle’s family have lived and spoken music for generations. “We grew up with all kinds of music. My Mom was an R & B fan. And she liked bluegrass, country, Motown, everything. My grandparents liked traditional country. My grandfather played guitar and was a picker – Chet Atkins style. There was always music in our home. My kids know every word to every popular music song no matter what genre.”

“Whenever there was a family get together, the guitars would come out,” said Renelle. “Everyone was singing and playing, you know like always happens at living room parties,” she added.

“I’ve loved singing since I was five,” said Dawson. “And when I was 12, I found out they had Powell River Idol, but I had to wait a year!”

When Dawson was 13, he competed in Powell River Idol and won first place and the People’s Choice award. “We had a great group of kids that year, they came together and worked so hard to be a team even though it was a competition,” said Renelle.

After winning Powell River Idol, Dawson had to wait three years to enter again, but when he did, he

Ayajuthem Mother’s Day words

tan – Mother

čēčētān – Mother in law

tanašlān – Step mother

tano† – Deceased mother

čēčētān – Aunt

čičyē – Grandmother

?əms hehaw – Our ancestors

If you need help sounding out the ayajuthem orthography, head to Page 51.

– Randolph Timothy Jr.

won a second time. He gave the guitar he won to Cody Jackson because he already had a guitar and Cody wanted to learn how to play.

By then he was just about 16 and was playing with his mom regularly.

“We’ll show each other songs and he’ll say “I think you should learn this one,” said Renelle. “And you’ll bring me some too,” said Dawson. “Mom pushes me to do more with my music, to get it out there.”

With her mom, Renelle was writing songs in the 80s and 90s. They recently wrote a song with Dawson that he’s recorded and hopes to release on all streaming platforms once the video is ready to go with it.

Renelle says her son has a gift. “He has such an ear for music. He can hear so many parts of harmonies. It just comes so naturally to him.”

Renelle’s wife Mary and her daughters enjoy their musical family as well and try to get out to gigs whenever they can. Music has given their blended family something to share.

“I don’t think I’d have as close a relationship with my older sisters if it weren’t for music,” Dawson says. “It’s something we all enjoy.”

Become at home on the range



RIFLES, ARCHERY, TRAPS, PISTOLS, FISHING RODS: Above, pheasant hunters Bob Schwant (left) and Jack Langham (right) return with their catch, 1950s. Do you know the person in the middle? Let us know!

Photo courtesy of the Powell River Rod & Gun Club

For 86 years, the **Powell River Rod & Gun Club** has trained and supported new generations of hunters and anglers – those who procure their food from qathet’s ocean and forests. Now, the club is in the process of revitalizing its mission and its membership (which already has 400+ individuals), starting with an Open House / Range Day on June 3.

Given the tremendous local interest in food sustainability, conservation and local eating, qL reached out to the Rod & Gun Club to learn more about its past, and its future.

Origin story

The Powell River Rod & Gun Club was first established in 1937 when a local fishing club expanded its activities to include responsible



BLAST FROM THE PAST

KARL SIEGLER

conservation and hunting issues, adopting the name of The Malaspina Rod and Gun Club, and formally incorporated under the Societies Act of B.C. on June 23, 1938. Its aim, enshrined in the preamble to its first charter states: The objective of the society shall be to promote co-operation and good sportsmanship amongst those engaged in fishing and hunting; and to protect, preserve and to propagate fish, game and forests for the use of the general public, a mission statement of community stewardship maintained in its current constitution.

OPEN HOUSE / RANGE DAY

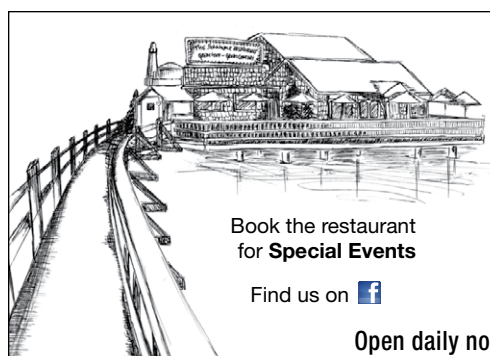
When: Saturday, June 3, noon til 5 pm

Where: PR Rod & Gun Club, 3330 Rifle Range Road


Where: Tour (and try) the facilities, enjoy a burgers and hot dogs, see what this club – and other clubs – have to offer. Open to members of the public. We request that guests be responsible and respectful. No alcohol, no drugs.

For more info: PR Outdoors or Marine Traders.

In the late 1930s the Club affiliated with the BC Fish and Game Protection Association, now the BC Wildlife Federation, of which it remains an active member to this day.



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YESTERDAY'S TROPHIES & RANGE: The Club maintains an archive of photos going back to the 1930s – left to right are Leroy Ferris, Nancy Seany, Jody Turner and Wayne Seany.

Photo courtesy of the Powell River Rod & Gun Club



During the Second World War in 1940, the Club joined the newly introduced Dominion Ammunition Co.'s small-bore Marksman program using the existing shooting range in the basement of Dwight Hall at the time.

Like many of Powell River's early community associations, the Club's monthly meetings were held in its directors' homes, with annual general meetings convened in the Scout Hall; later the monthly and annual meetings were held in the now no longer extant Elks Club in Townsite.

A new club HQ

In 1955 the Club purchased acreage near the eastern boundary of Westview on Thunder Bay Road adjacent the current Municipal boundary now bordered by Rifle Range Road.

After this land had been cleared, the Club acquired the old Townsite bus depot, moving it to its present location to serve as a clubhouse.

With alterations and additions made over the years it is now quite difficult to recognize the depot as it was. In the late 1960s the addition of a ready room and a 20-yard indoor target range for small-bore rifle and pistol use was built by Club members to replace the former range at Dwight Hall, and the Club's name was changed in 1967 to the Powell River Rod & Gun Club.

1987 saw the further addition of a modern kitchen to the clubhouse, enabling members to serve a variety of refreshments at their many functions.

In addition, a two-station trap layout was built south-east of the clubhouse where clay targets are launched for shotgun practice on Sunday after-

noons. There, several trap-shooting competitions are held throughout the year for the members, with the Club also hosting the Pacific International Trap Association and the former Powell River Sea Fair shoots in the summer. These activities remain popular, with competitors from the lower mainland and Vancouver Island occasionally participating.

Farther to the east of the trap range lies the Club's outdoor rifle range, with shooting facilities for 25, 50, 100, and 200 yard target practice and regular competitive events. Since its inception, this range has been continually upgraded to keep abreast of target shooters' needs and federally mandated safety protocols, regularly inspected by the RCMP to ensure on-going compliance with firearms safety regulations.

Safety First

Over the years the Club has been continuously involved with safe firearms instruction involving junior and senior shooting programs, maintaining a record of no firearms-related accidents to date.

The Club also hosts on-going Provincial Hunter Training (CORE) programs, along with the Federal Government's mandatory Firearms Safety Course, which is a legal prerequisite for any individual wishing to obtain a firearms Possession and Acquisition License (PAL).

Nearly shut by Ottawa

Beginning in the late 1990s, federal and provincial legislation began to be directed at restricting legal firearms



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DEER ME: Target practice 1978. Photo courtesy of the Powell River Rod & Gun Club

owners, while ironically legislating the courts to become ever-more lenient about rising firearms crime and illegal firearms possession in our communities.

This began to have a deleterious effect on the hunting and shooting sports traditions in Canada and B.C.

As a result, June 1999 saw the arbitrary closure of the Club's rifle and pistol ranges by the newly appointed BC Ministry of Justice range inspectors, who claimed that the Club's ranges did not meet the new Federal Government's range criteria for which the BC Attorney General's office had now become responsible, despite the fact that for years these ranges had been inspected by the RCMP and had been approved by them as safe.

This provincially mandated closure spread shock and disbelief among Club members. For the Club to comply with the new provincial regulations and requirements, it was estimated that some \$50,000 would be required!

The Club had no such funds. Campbell River, Revelstoke and many other BC Rod and Gun Club ranges were also closed.

In consternation, the Club began legal action against the BC Attorney General's office for issuing no notice of the exact changes required; a period of grace to implement them; and for the loss of revenue due to late membership renewals. The BC Wildlife Federation came on-board, lobbying on behalf of all the provincial Clubs concerned.

With much push-back received from the Clubs and the Federation, Victoria relented, and firearms range design, safety procedures and inspections reverted to the federal authority of the RCMP.



Fishing?

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21st century additions

In 2018 the Powell River Archery Club, having been asked to vacate their previous venues at the Farmers' Market, was invited to re-establish their facilities on the property of the Powell River Rod & Gun Club. Since then, the Club has built a sophisticated outdoor archery range between the trap and rifle ranges, and the indoor range has been modified to accommodate archery practice.

Currently in the planning stage is an additional 3-D archery range to be estab-

lished on the east side of the property. In addition to its ongoing conservation and environmental protection initiatives, the Powell River Rod & Gun Club also provides its many facilities and expertise to our Armed Forces Cadet groups, and venues for the C.O.R.E. hunter training program, the Federal Firearms Safety Courses, the Canadian Rangers and the Royal Canadian Mounted Police for the certification training of their officers. As well, it is an active participant in the B.C. Wildlife Federation Wilderness Watch program.

Who's shooting at the range this Spring?

A few months ago, Diane Sheldon invited Sasha Randolph to join her for an evening of target practice at the Powell River Rod and Gun Club.

"I hadn't shot since being an Air Cadet back over 20 years ago." Sasha recalled.

Daryl Craig is the coach of The Yellow Jackets—a group of mostly women and youth (Cadets), but anyone can attend.

Sasha, a busy mother of three young children, is also a mortgage specialist at BMO. She was a member of the 22 Red Knight Squadron Air Cadets in Powell River for seven years. "I learned to shoot through Cadets and even competed in three biathlon competitions in Vernon against other Cadets," she recalled.

Sasha says she loves being on the range and enjoys seeing how well she can do each week. "My best shot



so far is 94. I usually bring different ladies each week and we get to shoot under Daryl and Diane since we don't have our PALs (Firearms Possession and Acquisition Licence).

Sasha says they shoot "prone style," lying on their stomachs. "We usually shoot three rounds and wrap up around 8:30 pm. We start at 7."

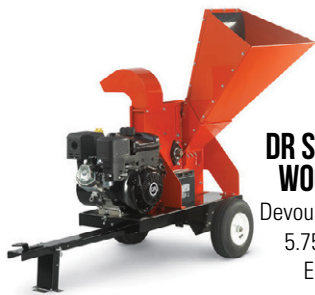


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FIRST ELK RELEASE: In 1994. See below. *Photo by then-22-year-old Sean Percy*

Not just fishing and hunting The Rod & Gun Club also built:

1. qathet's first modern fish hatcheries

In 1938 the Rod & Gun Club began operating a trout hatchery at Powell River near the mill-site dam, raising cut-throat and rainbow trout fingerlings for stocking in our local lakes.

Several club members in the late 1980s through the 1990s operated a small successful coho hatchery on Myrtle Creek.

Steelhead propagation on Lang (Wolfson) Creek was yet another successful club project.

None of these are still in operation, but their legacies live on.

2. qathet's first free huts

During WWII, the club erected roughly built cabins for use by its members and the public on various lakes in the area, of which two were located on Haslam and Lois lakes.

3. Public boat launches

The club established and developed, free of charge, boat launching ramps in the area such as Powell Lake, Haslam Lake, the Saltery Bay campsite and the North Boat harbour, enabling recreational boaters to enjoy easier access to our surrounding waters. Most of these facilities were initially built by club volunteers.

4. Protection for mountain goats

In the 1960s, the club became very concerned about the declining mountain goat population on Goat Island due to increased hunting by the public throughout the early years of the century, and negotiated with the Provin-

cial Fish and Game Branch to have the island permanently closed to all goat hunting in the fall of 1967. These magnificent animals have now recovered in numbers to such an extent that residents and visitors alike can once again view them in their unique habitat from Powell Lake.

5. qathet's Roosevelt elk

In 1987 the club became interested in a Roosevelt elk transplant project originating on Vancouver Island, from where these animals were to be transferred to a drop area near Pender Harbour, an initiative sponsored by the Sechelt Rod & Gun Club.

Our own club quickly got on the bandwagon, lobbying for an additional elk transplant to the qathet Region. The area was biologically researched, and provincial approval was given for a transplant of elk. After much delay, in 1994 one bull and four females were trapped and transported—the first of three such lots (see photo above.)

As of the fall of 1999, the number of elk in the qathet Region was estimated at 75. It is primarily from our region that the elk population of mainland B.C has been rapidly restored to its ancient habitat throughout the province.

6. qathet's only government-approved and licensed rifle range

The club has an outdoor rifle range, archery range, trap range, pistol range, plus an indoor range for pistol and archery.

The ranges are used by RCMP, the federal Rangers, and Cadets, for training and practice. **CL**



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PILOT'S MEMORIAL: Dave Freeman's memorial stone, which will be laid at the Lang Creek Salmon Preservation Pathway. Photo by Liz Kennedy.

Keeping memories alive

The Powell River Salmon Society is offering everyone in the region a chance to do a double-good: remember a loved one with a memorial stone, and support the Salmon Preservation Fund.

BY GAIL SCHOLEFIELD

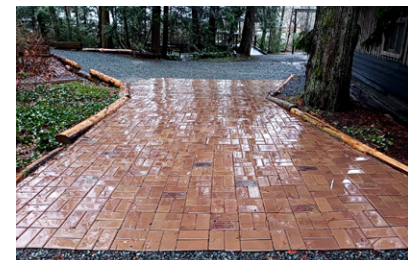
A memorial brick in honour of Captain David Freeman will be placed on the Salmon Preservation Pathway at the Alex Dobler Centre at Lang Creek.

Dave grew up in Powell River enjoying competitive badminton, BMX racing, water sports on Powell Lake, and salmon fishing off Texada Island.

At 17, he earned his pilot license and bought his first plane. He was involved in all aspects of commercial aviation from cleaning and loading planes to ticket sales and flying.

He achieved his commercial license at 19 and flew for many airlines, including Pacific Coastal and Air Canada.

While living in the Comox Valley, Dave's other enterprises included: farming, selling cars for VW Sunwest, and partnering in Atlas Sales manufacturing. All the while, he enjoyed building planes, restoring cars, skiing, mountain biking, and drag-racing. A man of deep faith, he was active in the



THE PATHWAY: At Lang Creek

Catholic Church. Friends and family agreed – he packed a lot of living into his 50 years!

Dave died of an aggressive cancer leaving his wife Claire, daughter Melissa, sons Graham and Reid, and brother Andrew. He was pre-deceased by his mother Linda in 2000.

His father Tom, a teacher of 41 years, including 30 at Henderson Elementary School, appreciates the value of eco-education.

He and his wife Inge-Lore are deeply touched, for, through their donation, Dave will be remembered on the Salmon Preservation Pathway.

See more at salmonpreservation.org and on Page 42. **PL**

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Sock Virtuoso

How our resident maestro is echoing the hues and rhythms of music through his latest passion: knitting

BY ANDY RICE

The PRISMA Festival and Academy is returning June 12-24 and artistic director Arthur Arnold promises a series of classical music performances that will knock your socks off. But did you know he's recently acquired the skills to be able to knit you a brand-new pair?

Since December, the international orchestra conductor, who makes his home in the qathet region for part of each year, has been cranking out colourful footwear on a vintage circular knitting machine.

Cones of yarn are everywhere in his Hammond Street home; unfurling over his piano, spilling off his music stand, rolling against the side of his cello case.

"I might have a bit of a problem," said Arthur with a chuckle as he darns the toe of what he is pretty certain is his 80th pair. "I seem to have to always use my hands for something, though it doesn't necessarily have to be for music."

Socksmithing first piqued his interest after visiting a sheep farm in Dorset, England last year and hitting it off with the owners, Ruth and David. Ruth was making some socks as a gift for a friend one night as they chatted. Captivated by the history and craftsmanship of the 120-year-old device she was using, Arnold made a note to track one down back in Canada – a formidable challenge given that so many were melted down in the scrap drives of World War II.

Lo and behold, the assistant of PRISMA's luthier happened to have one on loan to longtime PRISMA supporter and qathet Symphony Orchestra conductor, Kevin Wilson. Kevin hadn't been getting much use out of it, and so a few days later it was in Arthur's living room. Over Christmas he dove head-first (or perhaps feet-first) into his new hobby.

"At the beginning, there was a lot of swearing," he recalled. "It would go wrong the whole time. Stitches would drop, the weight wasn't right, the settings weren't right, but Ruth was on the other side of the phone coaching me patiently."

By his wife Kim's birthday on January 10, Arthur had five pairs ready to




PRISMA ON THE FOOT: When he's not preparing to conduct Dvorak, Brahms, Mahler and Stravinsky for PRISMA, you can find Maestro Arthur Arnold churning out socks on his antique circular knitting machine. Pairs are available at maestrosocks.ca. Photo by Andy Rice

go on a makeshift clothesline strewn across their kitchen. Surprised and delighted, she posted a photo to Facebook and the requests for socks started to come in droves.

"After the first few dozen orders, I thought I'd better design a logo and build a little website, maestrosocks.ca," said Arthur, who now stocks an array of products named after some of his favourite orchestral pieces: "Rite of Spring," "Firebird," Pulcinella," "Scheherazade," "Bolero," and others.

Although production will have to take a pause for at least two weeks this June during the PRISMA Festival & Academy, keen eyes might be able to catch a sneak preview of some prototype patterns peeking out from above the maestro's shoes on the podium.

"They're the only socks I wear now, and incredibly comfy if I do say so myself." 

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WHAT'S UP

Unmarked graves at Sechelt / St. Augustine's Residential School

Children and youth from Tla'amin Nation were most often sent to three residential schools: Kamloops, where 215 unmarked graves were found in 2021; St. Mary's in Mission, where a ground-penetrating radar search is currently being conducted; and St. Augustines in Sechelt, where 40 unmarked graves were found, and announced by shíshálh Nation in mid-April.

Flags in qathet flew at half-mast.

Tla'amin Nation Elder Dr. Elsie Paul shared her own experiences of St. Augustine's in an interview before the Truth and Reconciliation Commission, available in a Legacy of Hope Foundation video and transcript at collections.irshdc.ubc.ca/index.php/Detail/objects/9457.

In the recording, she shares that she was named "Elsie" after her aunt, who came home very sick from St. Augustine's and died shortly afterwards.

Elsie also spent two years at the school, 1941 and 1942. "I remember kids getting punished for wetting their bed and kids crying in the night, being sick, and no one to comfort them."

Ferry reservations now free for medical travel

If you're traveling for medical reasons, you can now book a reservation on BC Ferries with no fees. The \$18 booking fee is waived each way when you're using a Travel Assistance Program (TAP) form, which covers transportation costs for residents who must travel for non-emergency medical services not available in their own communities.

Once you have a TAP confirmation, you can reserve a spot on the ferry in advance and avoiding wait times at the terminal.

The Corporation points out that waiving booking fees for medical travel is projected to cost in the range of \$250,000 to \$350,000 annually in foregone revenue for BC Ferries. In other words, BC residents who have to travel for public medical care will now be able to keep more than a quarter million in their pockets this year, instead of giving it to BC Ferries.

qathet residents are among the biggest users of TAP forms on ferries, with 27,800 trips on the Co-mox-Powell River route on TAP forms last year.

Dog with a job

Tessa was 10 years old when Pat Good adopted her from the SPCA. Today, Tessa is 16 and still working. A member of the St. John Ambulance Therapy Dog Program, Tessa and Pat have dedicated over 2,500 volunteer hours working at Henderson Elementary School, Evergreen Ex-



tended Care and other community events.

Tessa goes to school every day as Pat works at Henderson.

"Some kids like to come sit with her, many pat her as they see her going by. She comes to Kindergarten, every day for about 40 minutes."

Tessa used to play fetch outside but now that she's older she prefers to lie on the carpet while the children pat her. This famous pooch even has her own business card containing her important information.

~ Photo by Jennifer Frost

Hospice fundraisers

Join the Four Tides Hospice Society's Virtual Walk, Run, Hike or Bike for Hospice from May 7-14. Create a team with your friends or colleagues or participate by yourself. Walk, run, hike or bike anywhere you like, anytime you like, and collect pledges to help support Four Tides Hospice Society (formerly Powell River Hospice Society) online at www.canadahelps.org/en/charities/four-tides-hospice-society/p2p/prhike2023/

See the events section for more ways to support Hospice this month.

Resource Recovery Centre scores a cool million

The qathet Regional District (qRD) received a \$1,000,000 grant from the Province's Rural Economic Diversification and Infrastructure Program to support the build out of the Resource Recovery Centre (RRC).

The REDIP funding will cover 80% of eligible project costs up to a maximum contribution of \$1,000,000 which will reduce the overall project costs. Tai Uhlmann, of the Let's Talk Trash Team, says the RRC project will foster a local circular economy for waste materials with wide-ranging benefits for the region.

The qRD also received a \$50,000 grant from the Government of Canada's community building fund to develop an organizational risk management framework. This framework will govern risk management activities including how risk is assessed, the roles and responsibilities of communication of risk information throughout the organization and to the public. This will help the qRD in locating, assessing and quantifying the risks connected to their assets.

Digital Film School wins again!

Macy Bruce, Mel Yerna and Ryan Fletcher, from the class of 2022 at the Powell River Digital Film School won the Best Film Award at the R2R Festival in Vancouver last month for their final film, *Beauty*. In addition to this, student Mel Yerna also won Best Cinematography.



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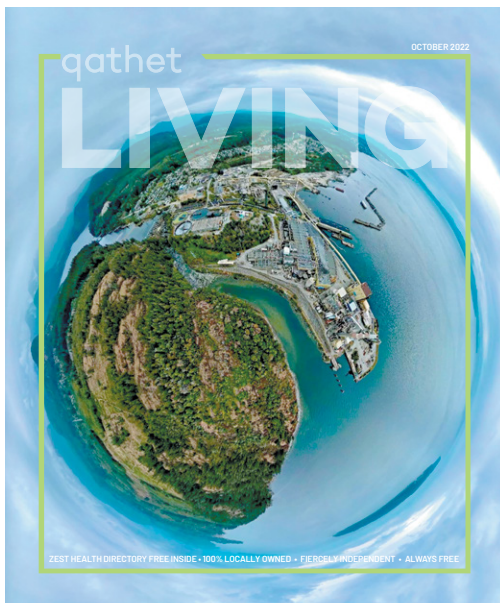
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Magazine of the year finalist

qathet Living magazine is one of two finalists for the BC Magazine of the Year award. This award recognizes efforts on the part of the entire team and is awarded to the magazine that most consistently engages and serves the needs of its readers, states the awards criteria.

Sponsored by the Alberta Magazine Publishers Association (AMPA), this award will be presented at AMPA's annual conference and gala on May 11. Past winners of this prestigious award include *Vancouver Magazine*, *The Tyee*, and *Asparagus*.

The Magazine Association of BC, of which *qathet Living* is a member, does not offer an awards program. According to Alberta Magazine Publishers Association's website, they offer out of province awards "in acknowledgment of the great content created by our provincial neighbours in British Columbia, Saskatchewan and Manitoba, AMPA has expanded its award program to include one magazine achievement award category from each neighbouring province to recognize print and digital magazine media teams who achieve excellence in the execution of editorial objectives through inspired design, innovative leadership, demonstrated creativity and reader-centric delivery."

qathet Community Band

I would like to bet when the words "Community Band" are said, most people in the community think of high school musicians in tight uniforms and silly hats, loud music with a predominant snare drum beat, and a fast-marching shuffle of the musicians playing fast music – and you would be right. However, that is nothing like *qathet Community Band*. For one thing, we don't march, and we play all sorts of music from swing, big band, waltzes, classical, to themes from movies and TV series.

I guarantee that if you heard our community band play Hogan's Heroes from the popular TV series, I know your feet would be tapping, you might even clap to the beat, jump out of your seat, and start marching on the spot!

That is *qathet Community Band*.

Come and hear for yourself just how good this

band is by joining us at the ARC Community Event Centre on June 11th at 2 pm. I guarantee a wonderful afternoon of music chosen by our creative conductors Roy Carson and Steven Cramaro. It doesn't get any better than that now, does it? See you at our concert. By donation.

- Marlane Chamberlain

Social change through art

Join Leanne Prain, author of *The Creative Instigators Handbook: A DIY Guide to Making Social Change Through Art*, at the *qathet ART Centre Gallery* on Saturday May 27 from 2 to 3:30 pm. Her talk and slideshow will present unusual projects made by artists, crafters, and others to bring awareness to the pressing issues of our times.

Leanne believes that even without art training, you can make incredibly impactful work, and she will offer practical advice as well as inspiration.

"I wrote this book because I wanted to give other people the encouragement and practical tools to start their own projects. If you want to see something happen, then you are probably the one who has to start it!"

Leanne will discuss how art can be used to implement civic collaborations, community co-creations, and conversation-worthy street art. When asked what is needed to become a creative instigator, Leanne replied, "Not much—just an idea, some gumption, and the willingness to try something outside of your comfort zone. If you want to make something incredible, all you truly have to do is start."

Besides inspiration, Leanne's book and slideshow will offer practical advice on how to achieve your goal.

Hosted by Council of Canadians, with financial assistance of the Canada Council through The Writers' Union of Canada, also the *qathet ART Council*, and *qathet Arts and Culture*. Recommended admission \$10. Secondary school students free.

~ Kristin Miller

Will North of Towners agree to fund a Lund Community Centre?

On May 6, Area A (minus Savary Island) voters can vote on the following question:

"Are you in favour of the *qathet Regional District* adopting "Lund Community Centre Loan Authorization Bylaw No. 564, 2020" to borrow up to \$1,100,000.00, plus interest, over an amortization period of up to 30 years to construct an addition and renovate the community centre located at 9656 Larson Rd...?"

General voting day is May 6 from 8 am to 8 pm at the Northside Community Recreation Centre on Larson Rd and Northside Fire Hall #1 on Plummer Creek Rd

Registration of qualified electors will take place at the time of voting.

According to the *qRD's* website, 73.3% of the estimated \$4.2 to \$5.9 million project cost will be covered by provincial and federal grant funding; \$600,000 will come from reserves and short-term borrowing; the remaining 26.67% or up to \$1,100,000 being borrowed – the reason for the referendum question. 🗳️

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qathet Living's 8th annual

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Drop off this form at the qathet Living office or fill it out online at prliving.ca/bestof by May 31, 2023.



Civic Pride

Best neighbourhood in the City of Powell River

Best neighbourhood in qathet (but outside the City)

Best non-elected community leader

Best politician

Best disruptor

Best attempt at reconciliation

Best place to work

Best place to learn

Best place to blow off steam

Best kept secret

Best dressed person

Best dressed yard - garden or art

Best dressed storefront

Best dressed pet

Best reason your family & friends come to visit you here

Advice for Visitors

Best must-see attraction

Best festival or event

Best hotel or B&B

Best campground - for relaxation

Best campground - for a good time

Best local product to take camping

Best way to get around town

Best beach

Best hike (under an hour)

Best trail to cycle for beginners

Best trail for the fearless rider

Best thing to do with kids

Best souvenir - paid

Best souvenir - free

Best realtor

Best reason to move here

Best reason to stay away

Groceries & Home Products

Best grocery store for atmosphere

Best general price on groceries

Best grocery flyer / in-store sales

Best line-up experience

Best produce

Best butcher

Best bread (store and item)

Best dessert (store and item)

Best grocery store hot food to go

Best small grocery / specialty food store

Best convenience store

Best liquor store

Best farm gate

Best booth at the Farmers' Markets for produce

Best local seafood seller

Best pet food source

Best locally-made soaps or body care products

22

ST
gathet

Arts

Best new-ish book by a local author

Best visual artist

Best local band / musician

Best crafter or artisan

Best craft event

Best piece of public art

Best art gallery

Best live theatre from the 2022-2023 season

Best place to watch live music

Virtual Life

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Best medical marijuana

Best work-out

Best yoga

Who are you?

Name

Email

Phone number

Community-minded couple is back for more

Jerry and Stacey Causier lived in Powell River with their three children from 2003 to 2009. Both of them were involved in the community through the Bruce Denniston Bone Marrow Society, Transition House Society, various coaching roles with their three children (now grown-up) and several other organizations. They reluctantly moved away for other opportunities and after a move to Smithers, BC for work and then spending the last 10 years in Calgary, they made the move back to Powell River.

Why did you choose to move to qathet?

Jerry and Stacey • We lived here prior to 2009 when we left for a job at the hospital in Smithers. Stacey and I have returned for at least a week or two every year since – visiting friends and always trying to find a way to get back here. About a year ago an opportunity with Vancouver Coastal Health came up and the timing just seemed to be right to make the move back.

When? Where from?

Jerry and Stacey • Stacey grew up in Swift Current, Saskatchewan and Jerry grew up in the tiny hamlet of Silver Hill, Ontario. We met in Mississauga where we were both going to school. We moved around quite a bit with the kids, but spent two spans totaling almost 20 years in Calgary. Our three kids still live there.

What surprised you once you moved here?

Jerry and Stacey • Probably the growth. Housing and finding contractors for some of the renovations we've done since moving back has been much more challenging than we've expected. It seems that the secret is out and people



AND THEY'RE BACK: Jerry and Stacey Causier advocate for more resources and support for vulnerable neighbours in our community.

know about the area much more than a decade ago.

Where is your favourite place in qathet?

Jerry and Stacey • Everything outdoors. Everything music and art related. Walking Marine during Blackberry Fest. Probably the place that every visitor gets taken to by us when in town would be Valentine Mountain- We tell visitors it's the best ratio of low level effort to spectacular views.

How did you first hear about qathet?

Jerry and Stacey • Honestly, Jerry was encouraged to come out for an interview the first time about 20 years ago. We had never heard of it – but figured it would be a nice weekend spent on the coast. We fell in love with the area over the first weekend.

What would make qathet a nicer community?

Jerry and Stacey • Like every community, over the past few years particularly, there's been an increase in the amount of people experiencing homelessness and

struggling with addictions. Community resources and healthcare providers are definitely struggling to meet the need- all those folks need to be thanked, nurtured and encouraged to keep up the fight to help those in need. It's really impossible to express how challenging that vital work is to people who haven't spent years doing it.

If you were mayor, what would you do?

Jerry and Stacey • We're glad we're not! We've both had very positive interactions with previous mayors for various reasons and it's a challenging job for sure to satisfy the community. I think it should be a real priority to balance supporting and encouraging business and economic growth with ensuring that the most at risk and vulnerable have the resources they need to thrive and flourish.

What are qathet's best assets?

Jerry and Stacey • The people. We were impressed the first time we lived here with the profound sense of community and support for everyone here. I think it's a function of the history of a company town combined with the isolation aspect. There's a real self reliance and a "Someone should do something to address this situation – it might as well be me" mentality that builds a great community of interdependence and self-reliance.

What is your greatest extravagance?

Jerry and Stacey • Probably our view in our new house. In previous communities we've been fortunate enough to have river views, ski hill views, mountain views, lake views, and prairie views but honestly the ocean and island view from our new house blows all that away.

Which superpower would you most like to have?

Jerry and Stacey • Jerry's a runner and cyclist/triathlete – but not a very fast one – his style is more "persistent".... He doesn't need "Super-speed" but maybe just fast enough to win some races might be nice. Stacey would probably want to talk to animals; our dog Beaugard Montgomery Dalrymple the Third (Beau for short) had a pretty rough start in life before we rescued him. He's made incredible strides from where he started, but there are times when he gets a little anxious on trails if he can't see what's coming and if she could speak to him in his language he'd eliminate those one per cent times when his interaction isn't as good as it could be. 🐾



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The buyers are back in town

1. Like a lion

After a relatively floundering January (13 sales) and February (10 sales), March's real estate numbers picked right up in qathet. With 37 sales in that month alone, that's close to the 40 of 2022 – which was the start of the crest of the wave for this region.

2. Ready & steady

The average sale price for a home in qathet was \$604,246 in March – down just 8.5% over March of 2022. In comparison, Canada-wide, sale prices were down 14% over the same period – to \$686,371. In the USA, the average was \$764,731 CAD.

3. Homes are BC's bling

BC is still the most expensive province in Canada in which to buy a home. By a long shot. The average sale price here was \$961,451 in March. Apart from Ontario (\$881,946), other provinces are half or even one third the price of BC's homes. –PW



Real Estate in qathet

Construction & Renovations

Play the game, pay the price

It costs at least 65% more to build now than it did five years ago.

In spite of the soaring costs of land, materials, infrastructure and labour, we still have building-mania.

BY PIETA WOOLLEY

33 years ago, David Tauber started developing real estate in his home town of Courtenay, BC. At that time, he recalls, he could buy a building lot for \$30,000, construct a home on it, and sell it for a healthy profit at \$150,000.

Since then, David has helped hundreds of people plan and build their homes on Vancouver Island, in Alberta, during the building boom in Dubai, and finally, in qathet, where he has owned Nu Trend Design for nearly a decade. Over the last handful of years, he has watched building costs soar.

For example, he built a grade-level entry home with a walk-out basement for his own family here in 2020. In the barely three years since then, David estimates the cost of building a new home or undertaking a renovation has increased by 60% – not counting the

cost of land.

“Affordable housing is a myth,” said David, noting that anything newly constructed now will blow the budgets of average-earning folk. “Everything is just costing so much more.”

A small roll of 12-2 electrical wire was \$65 in 2019, he said. Now, it's pushing \$300.

A building lot that sold for \$120,000 in 2019 is now \$250,000.

In 2014, he said, that same lot would have been \$90,000.

“You really can't escape it,” he said. “It's not a matter of developers being greedy; it's just the cost of developing the land and putting in the infrastructure. Everything has to be built to code, so there's no escaping the costs of materials or construction. Land costs are what they are. Even a prefab home is going for \$350,000 for a 1,200 square foot rancher now, and you still have to buy the land and put in a foundation.”

David says the high prices can be explained – at least in part – by the rule of supply and demand. About 150,000 people move to BC each year, he noted, and they all need a place to live. Here in qathet, at least 1,500 more people live here now than in 2016, according to Census 2021.



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When costs soar, demand should diminish and costs fall, according to economics' theory of supply and demand. In construction, like in real estate, that doesn't seem to be the case right now.

In fact, qathet is in the midst of an extraordinary era of building ambition, with 520 new homes started between 2018 and 2022, according to the Canadian Mortgage and Housing Corporation (see chart, next page).

The contrast between a decade ago and today is remarkable. From 2013 to 2018, local governments issued building permits for between 18 and 51 units each year. Then in 2019, 200 units were approved (see full data at bit.ly/41XGpE3).

qathet builders plans reduced slightly during COVID's top years: 101 and 115 units in 2020 and 2021. But 2022 set a new record: 207 new units approved in a year—more than the six years of 2013 to 2018.

Similarly, home renovations have never been so popular, within the City of Powell River's limits. In 2021 and 2022, the City approved 40 reno permits each year, with values of over \$1.2 million total. For the eight years before, approvals ranged between 11 and 35. So far in 2023, 18 renovation permits have been approved, putting this year on track for a new record.

And those inflated building and reno numbers are happening while the price of construction materials and labour is unprecedented.

In the five years between 2017 and 2022, residential construction costs were up 65%, according to Statistics Canada's Building Construction Price Index. Inflation rose just 15% over that same period.

In fact, costs increased 15.4% from the fall of 2021 to the fall of 2022

alone.

Despite the costs, David says that building new is a smart move.

"Even if you buy a newer home that is two years old, you're not going to get exactly what you want," he noted. "But you'll be paying top dollar for it regardless. If you buy an older home here, you're stuck with an older home's need for renovations, and all the unknowns."

Here, especially, David said, older homes' renovations can be tricky. What was a simple bedroom addition might reveal wood rot, structural damage, or worst of all, asbestos. One home had a \$30,000 asbestos cost, he revealed.

But building new will cost you.

"A new house on the market here is a million and a half. People are still coming from Vancouver and Squamish and bringing their money with them."

Not every home buyer or renovator has endless wads of cash in their pocket, though. And locals who work in the construction business are in the awkward position of walking their clients through a swiftly changing price context.

Jeremy Hayward gets it. He recently had tradesmen in his house for a two-day job, and the bill was an eye-popping \$5,000. As a client, that can feel alarming.

As the front-man for his company, Westward Coastal Homes & Renovations, Jeremy is the one who has to hand a bill to his clients—bills that are far higher than any time in modern history, and bills that can be unpredictable. His crew undertakes large and small renovations, landscaping, updates, foundations, additions, and finishing work, since he opened his



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MAINSTREAM VERSUS MUD: As construction costs unavoidably soar, some locals are pioneering alternative materials. Left, a Westward Coastal Homes built tight and to municipal and BC Building Code standards in 2021. Right, John-Michael and Lana Joy Parra's slip and chip kitchen, no inspectors or permits required.

business here in 2018. Building, simply put, is just bloody expensive in 2023.

"There was a time when it was a lot more affordable," he said, pointing out that plywood cost \$42 a sheet in 2019, and is \$175 now—a nearly-400% increase. "But things just cost what they cost. You can't ask someone to work for less than \$25 an hour now. How can you live on that? And, prices are volatile. So if a client needs a fixed price on something, I will think of the worst case scenario, and add 30%."

Locally, Jeremy also points out that many of the homes he works on here were built between the 1940s and the 1960s during a 'wild west' time in building practices—in a rainforest. For many of these homes, renovations are not cosmetic; they're essential to extend the life of the homes.

"Updating a 1940s home to the 2021 Building Code? That's hard."

In response to the pressures, Jeremy is helping his clients metabolize the price changes through trans-

parent billing.

His clients can see all of his employees' time sheets, to understand what was completed each day and how much time it took. They can see the cost for each sheet of plywood and each drywall screw. They can see what his five carpenters are paid, plus subcontractors.

They can see how much Jeremy takes, as the contractor. It's about 10% of a job, he said, and that is where he sometimes feel pressured to reduce the

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IT'S A SPACESHIP: John-Michael, Lana Joy and Sebastian Parra in their slip and chip home. It features LED lighting, a heat pump, Starlink internet, BC Hydro electricity, spring-fed well water and a composting toilet.

bill. As a father of two young kids, ages three and five, that's tough to swallow.

Jeremy moved here from Richmond with his wife in 2018. Although he was responsible for building huge projects in the Lower Mainland, and directly running a crew of 13 tradesmen, the couple couldn't afford to get into the tight market there. Instead, they bought a Westview home here for \$300,000 – and soon heard that they overpaid.

"I was like, 'what are you talking about,'" he recalled. "This is so much more affordable than Richmond."

Jeremy notes that some generations are more shocked by high home and building prices, than others. As a millennial, extreme pricing has been a fact for most of his adult life. It's a reality Ottawa doesn't seem to have caught on to, as the new federal \$7,000 tax credit to renovate a home to accommodate relatives living together "won't get you very far."

He certainly understands why older locals are feeling the burn from high construction costs.

"A lot of the people who are getting upset about prices are those who bought their homes in the 70s or 80s for \$60,000, and now building a deck is going to cost them \$70,000."

The good news is, Jeremy has seen materials and land costs start to soften this spring. It's not a major correction, yet, but that constant skyward trend seems to be finished for now. Business is still overwhelmingly busy here in qathet, but not quite as busy as it was last year at this time. Some of the less-reputable local companies have shuttered, he notes.

In the meantime, some locals are trying alternative building methods outside the City limits, where the municipal building code doesn't restrict their choices. Part of the appeal can be a much less expensive construction bill.

Those are a lot of renovations

Both 2021 and 2022 were record-breaking years, both for the number of residential renovation projects approved through the City, and for the value of those renos – over \$1.2 million each year. This year, 2023, is on track to break more records; if permit applications and approvals continue at this rate, we're on track for more than 50 projects and nearly \$2 million in renos.

Clearly, locals still want to invest in their homes here, despite surging costs for both materials and labour.

These numbers were supplied to qL by special request from the City of Powell River.

Renovations

Year	City of Powell River Building Permits	Total Renovation Construction Value
2013	32	\$781,250
2014	11	\$209,500
2015	32	\$908,629
2016	27	\$482,018
2017	32	\$792,938
2018	29	\$1,192,318
2019	35	\$966,820
2020	32	\$768,187
2021	40	\$1,267,565
2022	40	\$1,203,365
2023	18 (so far)	\$721,850 (so far)

Even though they were building a natural-material structure, Lana Joy and John-Michael Parra had to buy a couple of items from the mainstream construction industry to complete their slip and chip home at Hearthstone Village, near Lang Bay. They couldn't believe the dollars.

The most egregious bill, the one that stands out in their mind a year later, was \$1,000 for six sheets of plywood.

In total, the couple's 480-square foot home (plus a sleeping loft) cost about \$75,000 to build, not including land or the couple's own labour.

It's a project they undertook during COVID. Instead of hiring a contractor, they coordinated their build themselves over about 18 months. They hired a carpenter to build the timber frame, constructed from Douglas-firs on their land. They hired Lund Electric to hook them up to BC Hydro. Then, they hosted work-away travellers – a program offering free room and board in exchange for labour – to mix and build the slip and chip walls and floor.

One of the workers happened to be an electrician

New Homes

Year	qathet Housing Starts
2013	13
2014	36
2015	23
2016	35
2017	47
2018	47
2019	157
2020	105
2021	133
2022	78

from France; he wired the switches. Several were doctors. One woman worked in set design, and was particularly skilled at sculpting and making mosaics. In total, about 75 helpers came through, and each painted a rock to symbolize themselves; they're embedded into the Parra's kitchen wall – an organic art piece.

The \$75,000 includes food for the work-away folk. "Food was a really significant cost," said Lana Joy.

In comparison, a similar-sized home would have cost about \$144,000 using mainstream methods.

"We were only able to build this because of the lack of building enforcements outside the City limits," said John-Michael, from his dining table. "This is one of the last places in BC where this kind of building is possible."

"My dad, who helped us build this place, is a building inspector," said Lana Joy. "I understand the need for red tape, to ensure safety, but it also stamps out possibility."

qathet, not surprisingly, is home to several natural builds, using a variety of technologies designed to be mostly executed by non-professionals such as the Parras. Several expert builders live here, and the Parras produced a YouTube channel, recording their own home build.

The Parra's interior is both tall and cozy, with 12-foot ceilings; soft, curved walls featuring a hand-moulded vine frieze and coloured bottle windows; and toddler toys and cushions throughout. It gets water from a spring-fed well, warmth from a heat

That is a lot of construction

Over the past five years, construction has started on 520 new homes in our region—a significant amount, as the population has only grown by about 1,500 (and we assume that many of these homes will house more than one person).

For the five years between 2013 and 2017, just 154 units got started, period – less than 2019 alone.

Although the starts slowed down significantly in 2022, that year is still higher than most over the past decade. And, it would have been a record-setter if Veyron Properties' 141-unit apartment complex had begun construction as planned, across from Coastal Breeze on Joyce Ave.

These numbers were collected by the provincial government, but were gathered by the Canadian Mortgage and Housing Corporation. You can find the full data set here: bit.ly/40BPjG5

pump, sanitation from a composting toilet, and internet from Starlink. Part mud hut, part spaceship, it's no wonder so many Sunshine Coasters are attracted to this kind of construction.

They are pioneers, but they're not alone; BC's Builders for Climate Action is lobbying for future municipal building codes that support slip and chip and other alternative technologies, as natural building has environmental and aesthetic benefits. It also has tremendous cost-saving potential, too. That has become vitally important as construction costs soar.

In fact, the Parras will build on to their existing structure within the next five years, adding bedrooms and a living space on two levels. Again, they'll do it with limited hired labour and limited conventional building materials – and at a price that is more in line with an average family income.

Inside Powell River's City limits, there's no escaping the cost of mainstream construction, as all building is governed by codes and enforced through inspectors and permitting.

With the price of mainstream and the price of alternative building pulling apart so dramatically, bureaucracies have created a two-tier construction system. One is somewhat affordable with average salaries. The other is attainable only through extraordinary salaries, investments, or inheritances.

Whether building codes morph in response or not, it's compelling to watch two such distinct building approaches manifest here in qathet. 📣

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Reggae, sharing, and the right pace: What makes flower gardening a good time



A GROWING CONCERN

Dennis Brosseau is a Cranberry kid and Laurie Brosseau is a Chicago lady. The two met on the island of Corfu in 1978. Their son, Chase, is still in Chicago. Dennis graduated from UVic with a Bachelor of Education degree. He taught mostly third grade in Highland Park, IL returning every summer to qathet to connect with family and friends.

Eddie Rae, his mom, is forever remembered in the Courthouse Inn's cafe and his father, Leo, is fondly remembered by many Powell Riverites for his time as Union President, coach, umpire and Commercial League President.

The plan was always to retire back here; they are surely happy they did. Hopefully, Dennis says, "we can live to a hundred tending our gardens!"

How did you start gardening?

Dennis • I didn't garden as a young person, I just stole carrots from my Grandpa's garden in Cranberry. I started flower gardening in Highland Park, IL, a northern suburb of Chicago, when my wife, Laurie and I bought our first house in 1998.

We both love all aspects of flowers. I'm quite colour deficient and Laurie has an art background so we are a complimentary team - she picks seeds and plants with unusual textures and outrageous colours and I plant them.

I'm extremely fond of catching flower buds around my yard the day they fully open. That's the day their colours are the most vibrant and magical! Each day throughout the growing seasons, I walk my property at dawn and dusk to catch the moments of most beauty.

My wife and I love the idea of perennials - they come back stronger each year, and you have to have friends to share them with when they need thinning! I've learned plenty from other gardeners, nursery staff, the internet and trial and error.

Tell us about your current garden

Dennis • Our current garden is all flowers and shrubs. We have a new build so we chose to concentrate on making the largest part of the property into a beautiful garden we could saunter around and sit in. Our veggie garden plot is waiting for 2024.

Our house is two years old on a 1.3 acre parcel near Springtime. Thus, my house sat on fill so I was fortunate to start with a blank canvas for my garden design. I had

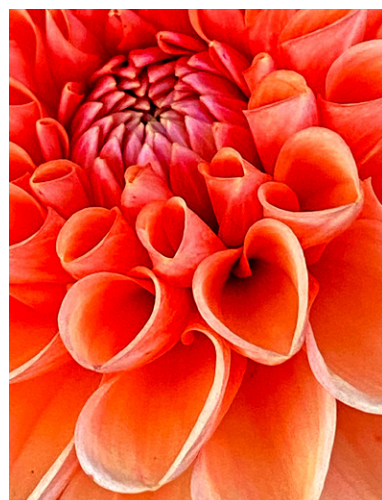
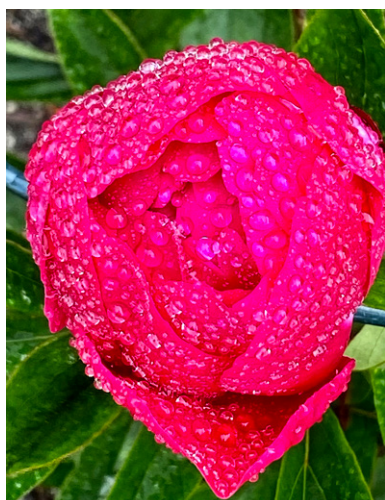
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A FRIENDLY OASIS: Dennis (far left) and Laurie (left) Brosseau grow flowers for their own and friends' enjoyment. Above, left to right: pollinators love foxglove, rain on a peony bud, unusual spiderwort, heart shaped petals on a dahlia, passion flower bloom. Right, the Brosseau's two-year-old home needed entirely new landscaping—something the couple finds constant joy in.

a basic idea, I drew on a napkin in Atlanta, during a family visit. I knew I didn't want any lawn. Wood chip paths wind through the different sections of the garden.

The property, nicknamed Loufrog Flower Farm, has several unique settings: a 90-foot U-shaped pond around a large nurse stump with a young hemlock growing out of it, a 50'x120' mostly cedar forest behind the house, a 50' grass slope featuring 12 different grasses—the tallest being miscanthus at 8', the shortest is blue glow at 1', a 30' wide young Western cedar wall surrounded underneath by creeping thyme, a 25'x5' sunflower forest featuring 2' to 8' varieties - the birds love this in fall, a weeping 90' rock-lined rivulet leading to the pond with some young Gunnera planted nearby, several large patches of native wildflowers to feed pollinators from May to October, four large quadrants of dahlias, peonies, gladiolus, blazing star, passion flower and Queen of the Prairie, four other large quadrants featuring deer resistant plants: zinnias, alliums, snapdragons, and poppies, a hydrangea row with a small ginkgo spirea in the middle, a central 40' Western cedar surrounded underneath by sword ferns, painted ferns, deer ferns, Brunnera, and bleeding hearts.

My wife and I harvest flower bouquets and invite friends to do so also! We both love the feeling friends get when they walk around the garden to cut their own bouquet and enjoy the grounds. We have two well-placed driftwood benches for relaxing in our floral oasis.

What have been your biggest gardening successes? What are you most proud of?

Dennis • My biggest gardening successes are discovering quality tools and working at a reasonably planned pace to



keep all aspects of gardening fun. I listen to reggae when I garden or just the sounds of nature. Thus, we've transformed our piece of paradise in Cranberry into our own botanical park.

I'm most proud of how, together, my wife and I created a place we can enjoy forever and friends love to visit, too.

What are your greatest gardening challenges?

Dennis • One of my main gardening challenges is finding plants and shrubs to flower from early spring to fall so the garden always has some colour to excite the eyes.

What kinds of gardening stuff do you invest in?

Dennis • I invest most of my gardening budget on perennial flowers and shrubs, Salish Sea soil, specific tools and quality fertilizers.

Dennis Brosseau's advice for new gardeners

- Walk your property often to analyze the sun scape—amount of sun on your yard at each part of the day so you put your plants in the best setting for success.
- Soil quality is equally important- make your own compost, if you can.
- Be sure to pay attention to mature size of shrubs and trees for optimal growth.
- A must for dry warm hands while gardening in the rain are AlphaTec black gloves from Marine Traders—I put thin quality Merino liners in them and work comfortably on a drizzly day.
- It's important to realize gardening is an activity classified as exercise that you can do forever—FYI—three 1/3 wheelbarrows makes a whole, and a small spade-head shovel can be used all day. Work smarter not harder—work within your fitness level—keep it fun so you'll want to get back at it the next day!
- I love the fact that gardeners always have something to look forward to—especially if you plant early spring bulbs for delayed gratification in March.
- The first shoots through the ground in February always make me smile!

What do you do with the things you grow?

Dennis • We harvest wonderful bouquets for the house and friends. We provide a large garden for birds and pollinators to live and thrive! 🐝



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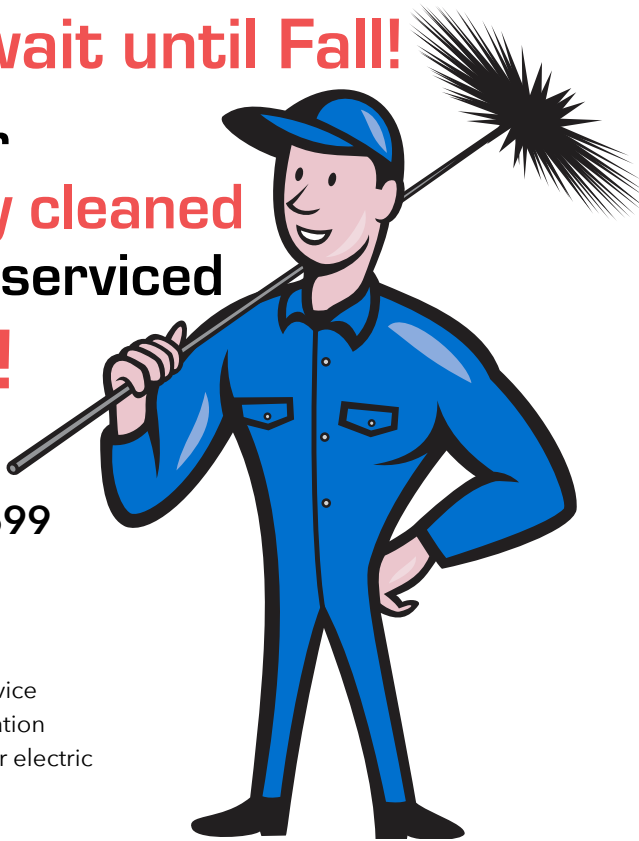
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YARD ARTISTS OF QATHET



Babylon Byrd Town • Bowness Ave

BY CLANCY DENNEHY

This hodgepodge is by retired pipefitter Jim Wiens, who built these whimsical creations during COVID.

There's no limit to Jim's humour, skill or imagination.

He finds all the materials from local junk yards. His Babylon includes a vacation hut, gallows, church, cemetery, whore house, jail, outhouse, shotgun shack, space station, trailer park...and his favorite... the set from the TV series Corner Gas.



New column alert:

This summer, local artist and filmmaker (and yard art aficionado) Clancy Dennehy will round up the stories behind some of qathet's grooviest yard installations.

Most of the art is made by creative folk who do not have a formal art background. And, it tends to be personal, joyful, fun, and crafted with enough

skill that it withstands the rain and wind.

If you make yard art and want your work to be featured—or if you know of a yard that Clancy should check out, email **qL** editor Pieta Woolley at pieta@prliving.ca. **qL**

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The Powell River Public Library invites applications for the annual Writer in Residence contract. The program is a 6-week residency (September 19th – October 31st, 2023) supporting emerging and established authors writing for children and youth.

The application deadline is Friday, June 2nd. Please visit our website for full details.



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

New-ish bipolar diagnosis, new book,

But still punk

On May 11, Jason Schreurs launches his memoir-plus, *Scream Therapy: A Punk Journey through Mental Health*, at the historic Patricia Theatre. The music writer and podcast host by day and Patricia ticket booth guy by night will read from the book and welcome some local punk musicians to join the party with a couple of songs each.

The book follows the transformational story of Jason's life with bipolarism and the other punks he learns from, revealing the healing power of a misunderstood and underestimated music community.

In it, musicians, therapists, advocates, and activists prescribe the punk ethos as a catalyst for mental wellness. *Scream Therapy* asks a crucial question: If punk rock can provide therapy, why aren't more people screaming?

Here, Jason answers some questions from qL mag:

How did a guy who grew up in laid-back qathet get connected to the punk scene? Or has there always been a punk scene here?

Jason • I thought this town sucked when I was growing up, and I couldn't wait to get the hell out and move to a big city that actually had a punk scene.

SCREAM THERAPY BOOK LAUNCH

When: May 11, 7 pm at The Patricia

What: Launch of Jason Schreurs' new book, *Scream Therapy: A Punk Journey through Mental Health* (Flex Your Head Press, 2023). Expect a reading, plus local musicians.

For more: To order a book or learn more about it, see screamtherapyhq.com

When I was in my teens, I was one of maybe six people here who'd even heard of punk. We found each other through skateboarding and bonded over our search for identity, belonging, and acceptance.

I often wonder if I found punk rock or if punk rock found me? Blazing, obscenely loud music and skateboarding were the only things that made sense to me. I needed something to take solace in; to calm me. The loud, hard, fast music did that for me somehow.

Our skate crew shared a disdain for authority and the conservatism of a town full of loggers, millworkers, and hockey players (this is in 1988).

No offence, but this place didn't exactly mesh with a kid like me who felt like a



ORDER AND CHAOS: qathet author Jason Schreurs in front of one of Catnip's walls in Townsite.

complete weirdo freak outsider, my mind swimming with the overwhelming feeling that I was missing out on the life I was supposed to live by being here.

My friends and I found the punk scene through magazines, mail orders, and trading dubbed cassettes of bands with names like Black Flag, Dead Kennedys, Corrosion of Conformity, Dirty Rotten Imbeciles, and Christ on Parade.

No, there hasn't always been a punk scene here. Before 1995, when I opened a record

store and I and a bunch of amazing, misunderstood, disenfranchised youth started playing in bands and making 'zines, I doubt anyone would claim there was an actual punk scene here.

We started booking shows for out-of-town bands that aligned with our morals and ethics.

Our particular band, Return to Sender (no, not named after the Elvis song), set out to rattle the town's deeply rooted conservative cages. Our songs had lyrics like: "every

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Photo by Ava Sayce



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May 20 – 12:30 to 1:30pm
Sing Outside the Shower
Vocal Workshop for Youth
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May 27 – 2 to 3:30pm
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WHY AREN'T MORE PEOPLE SCREAMING?: Author Jason Schreurs hanging off an air conditioner at an undisclosed Cranberry punk space in his first band as a lead screamer.

cop's a bad cop," and "they want to take away a woman's right to control their own body—they're ignorant!"

Remember, this was the mid-90s, so I guess a bunch of high-school kids with anarchist patches on their jackets and a 25-year-old guy who sold them *Minor Threat* and *Bad Religion* albums were ahead of our time?

Our band played Blackberry Fest one year and made some of our own siblings and parents cry, and not in a good way. We figured that hundreds of street-partiers would witness our royal "eff-you" to a stifling town that already hated us.

It seemed like a good idea at the time. Thankfully, the town has changed a lot since then, and so have I.

I love living here, and I'm glad the community took me back with loving arms.

I'm still a punk though.

Tell me a bit about having bipolarism.

Jason • Before my diagnosis, it was like I had two versions of Jason. One was professional; one was a complete train wreck. This side I mostly hid, unless I was able to scream my head off in punk bands, which was my coping mechanism of choice.

When my personal life fell into shambles and family and work stress ate at me from the inside out, I started to experience manic and depressive episodes that yo-yoed me into some pretty upsetting situations. I was a good person with a good heart, but I was self-sabotaging.

Even when my mental health crisis was ramping up, I had no idea what was going on. I didn't even know what the word bipolar meant. I was 46. How does that happen?

Being diagnosed as living with bipolar was a relief. It wasn't an excuse for my past behaviour, but it was an explanation. I pieced together my life and began to gain clarity and find acceptance.

My mood episodes won't magically go away. I won't be fixed, or healed, or cured. Ever. I'll take my medication every day, twice a day for the rest of my life.

And that's bipolar, formerly known as manic depression, a

"There's nothing more punk than waking up in the morning, taking a deep breath, and living another day of your life—your way."

-Jason Schreurs

mental health condition that affects more than 45 million people, according to the World Health Organization.

My day-to-day life is almost impossible to predict, even when I'm doing all the right things (meds, diet, exercise, therapy, sleep.... sleep is the golden ticket).

What's the connection between punk music and mental health?

Jason • Punk and mental health have always been connected. Songs about personal struggle have been shouted into dented microphones and launched out of beat-up instruments since the genre's formation in the mid-70s.

Pioneers such as the Ramones, X-Ray Spex, Hüsker Du, the Slits, Minutemen, and Circle Jerks challenged conventions, carved out a do-it-yourself ethos for punk scenes worldwide, and tackled the taboo subject of mental health without shame.

That hasn't changed. But it's more than that. Striving for mental health and taking care of yourself are punk rock concepts by their very nature because they challenge people to resist the mental health establishment and ultimately reclaim their lives. There's nothing more punk than waking up in the morning, taking a deep breath, and living another day of your life—your way. Also, read the book....

What do you hope the book achieves, once it's out in the world?

Jason • I hope that people who read *Scream Therapy* find kinship in feeling like they don't belong in a world that tells them what to do, when to do it, and how to assimilate into a system that's broken and corrupt.

I hope readers will see that myself and other punks in the book have found a way to exist in this world by leaning on those around them, taking accountability for their own health, and taking paths less travelled to transform into the people they always wanted to be. I hope they learn more about me and my story and look at me through a lens of empathy, not sympathy.

I hope they enjoy the read. Ultimately, it's a book. If it's not an entertaining read, why bother?

May is mental health awareness month. There's been a load of awareness-building about mental health since COVID. What do you think qL readers should know, that isn't in the mainstream conversation yet?

Jason • Don't try to fix people. Don't give unsolicited advice. Don't say "I understand what you're going through," because you don't. Don't say, "Oh, we all have mood swings," or, "Oh, we all get depressed," or, "Oh, we all have anxiety," because we don't, and this is serious. Don't say, "That's crazy! That's insane! That's nuts!" because it can make me and others with mental health conditions feel like crap. **PL**

Kathaumixw lights up centenarian

BY LYNN MCCANN

It was April of 2016. My mother, Ruth Allen was nearing her 102nd birthday and occupied the palliative care room at qathet General Hospital. My sister Barb, my cousin Muriel and I spent our days at her bedside, trying to encourage her to have a sip of this or a bite of that as Mom was no longer eating or drinking on her own.

She could no longer lift her head from her pillow without assistance. She had gone downhill very quickly, and we feared we would soon be saying our final goodbyes.

INTERNATIONAL CHORAL KATHAUMIXW

When: July 4 to 8

What: qathet's biggest festival hosts choirs from as far away as Uganda, Venezuela and Phillipines, as well as all over Canada and the USA (not to mention local choirs).

Tickets and more: kathaumixw.org

One morning I arrived at the hospital with the International Choral Kathaumixw Profiles publication, featuring the choirs which would be coming to perform and compete in July. While Mom napped, I pored over the concert lineups trying to figure out which concerts I would choose in order to hear the greatest variety of singers.

This was a monumental task as every year amazing children, youth and adult choirs gathered from around the globe, and each one would be a treat to hear. I had made my decisions and finished filling out the order form just as Mom opened her eyes. She saw the paper in my hand and since her voice no longer had any strength, she whispered, "What is that?"

I told Mom I had just completed the order form for Kathaumixw and would be leaving after Barb arrived to get my tickets for the concerts.

Her eyes lit up, something I had not witnessed since she had entered the hospital.



CHORAL MUSIC SUPER FAN: Into her 90s, Ruth Allen, above left, billeted choirs from all over the world including Waratah Australian Girls Choir in 2020. Below, Lynn McCann was the first person to buy tickets for International Choral Kathaumixw that takes place July 4-8. She carries on a tradition she shared with her mother Ruth Allen, submitting her ticket form on Tuesday, April 4, to organizing committee member Karen Whyard.



"I will get strong enough
to go [to Kathaumixw]."

- Ruth Allen

She whispered, "Get mine, too. I want to go!" I couldn't believe it! There she was, almost skeletal, on her deathbed, and she wanted to go to Kathaumixw! She had attended every Kathaumixw since its inception and had hosted many billets from around the world until she was into her 90s. Over those many years, Kathaumixw had become part of her soul.

"Well you can't get to Kathaumixw in a hospital bed," I told her. "If you want to go, you will have to get strong enough to stand and transfer into a wheelchair and have enough stamina to sit through a concert."

"You get me tickets and I will get strong enough to go," she responded.

"Would you like to go to the opening and maybe the closing concerts?" I asked.

"No, I want a set of tickets. I want to go to all the concerts," she replied firmly.

"Okay," I laughed. "If you want to go, I'll get you a set of tickets. Just remember, I won't be able to take you if you are not strong enough to handle it."

"You get the ticket and I'll be ready," she promised.

Just then, Barb and Muriel arrived. I grinned at them, "I believe you won't need to coax Mom to eat or drink anymore. She has become inspired to regain her health!"

"How do you know?" my sister asked.

"She wants to go to Kathaumixw and will do anything to get there," I answered.

Mom's doctor was astounded! He believed he was witnessing a miracle.

It wasn't long before she was released from the hospital and was back in her room at Willingdon Creek Village. The physiotherapists helped her strengthen her muscles and soon she was able to transfer into a wheelchair and even walk with assistance.

Mom was so excited as we arrived at the Great Hall for the Gala Opening Concert. She held court on the upper concourse as dozens of friends stopped by to chat with her. She immersed herself in the music. She went home energized.

The next day, she was ready and eager for the next event. She didn't miss a concert during the whole, five days.

I'm sure Don James, the founder of Kathaumixw, was aware of the therapeutic value of music, but could he ever have imagined that the power of his marvelous festival could raise someone from their deathbed? 🙌

A Thought For The Day

"The great and fundamental teachings of Baha'u'llah are the oneness of God and the unity of mankind."



~ Bahá'í Teachings

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BUSINESS AFFAIRS

SEAN PERCY

New bookkeeper

Nichole Havener has launched a bookkeeping business and is accepting new clients. Nichole has a degree in accounting and six years' experience, and is currently taking classes to become a chartered accountant. She was recently named treasurer of the Powell River Farmers Agricultural Institute. Nichole recently left Robbins & Company and is currently filling a maternity leave position as hospital manager at the Westview Vet Clinic while she gets her accounting business ramped up. **NHC Accounting** offers bookkeeping services, personal and corporate tax preparation, and can handle WorkSafe and payroll paperwork for your business. You can reach NHC Accounting at 604-483-2065 or email nicki@nchaccounting.ca

Camber College head to Excel

After more than 16 years as president of the now-defunct Camber College, **Clas Huntebrinker** is now the Powell River campus director for **Excel Career College**, which has its head office in the Comox Valley where it has been running since 1989. Excel also has campuses in Victoria, Surrey and Kelowna. Camber College closed its doors in March.

Nailed it

La Fleur Nail Salon opened last month in Crossroads Village behind Quality Foods and Domino's Pizza. Owned by **Diana Le**, the full service nail salon offers gel and acrylic nails, pedicures, manicures, and waxing. Before moving to Powell River, Diana lived in Coquitlam where she owned L'Amour Nail Salon. Visit lafleurnailsalon.ca for more information or email lafleurnailsalon022@gmail.com or call 236-328-0021 or 778-861-3268 to book an appointment.

WIB awards night

Coastal Women in Business (formerly Powell River WIB) will hold their 12th annual **Influential Women in Business Awards** on Friday, **May 26** at Coastal Cookery. Tickets are available at coastalwib.com. Awards are presented for Business Woman of the Year, Home-based Business Woman of the Year, Volunteer of the Year, and Employee of the Year.

On top of the world

One of the world's best new hotels is in our backyard. **Klahoose Wilderness Resort** in Homfray Channel was chosen by *AFAR* travel magazine, as just one of two Canadian hotels in the Top 15 list for 2023

"We're blessed to have some pretty incredible surroundings at the resort, but this really was recognition that puts us square on the map," said **Jason Johnson**, General Manager of QXMC, the Klahoose First Nations Economic Development Corporation.

qRD to hire ec dev coordinator

The **qathet Regional District** has been granted \$100,000 from the province to hire an Economic Development Coordinator over the next two years. The qRD says it wants to develop regional and sub-regional strategic opportunities for economic development, promote and market the region's competitive advantage, ensuring opportunity readiness, and be ready for co-creation and co-management partnership opportunities with neighbouring First Nation governments.

"These types of projects are complex and multifaceted, and require a considerable amount of staff time to get off the ground," said qRD chief administrative officer, **Al Radke**. "A full-time contractor dedicated to supporting these initiatives ensures staff time will be devoted to advancing our regional economic development goals, free from distraction from competing work tasks."

"We are thrilled to have a dedicated staff person to help the qRD produce a road map to shared economic sustainability in our region," said qathet Regional District board chair, **Clay Brander**.

Chamber seeks new manager

The **Powell River Chamber of Commerce** will hold its AGM and host a buffet lunch at noon May 18 at the Town Centre Hotel. Advance booking required. Interim president and Dave Formosa is running for the position of president. The new board's first challenge will be replacing Chamber manager **Kim Miller**, who is retiring after 23 years.

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BIG DAYS

May is:

MS Awareness Month

Be Kind to Animals Week (first week)

Emergency Preparedness Week (first week)

Mental Health Week (first week)

See Page 33

May 5

Red Dress Day Lifting Spirits Walk and Candle-Light Vigil

5:30 pm, City Hall. Walk to Willingdon Beach starts at 6 pm. In support of the missing and murdered Indigenous women, girls, men and two-spirited. To raise awareness about violence against women worldwide.

Full Moon

May 5 & 6

Eta Aquarids Meteor Shower peak

Halley's comet dust particles. The full moon will diminish how much of this shower can be seen. Best viewing after midnight.

May 6

Area A Referendum on borrowing for the new Lund Community Centre

May 11

Moose Hide Campaign Day

May 13

Trash Bash

9 am to 3 pm Willingdon Beach. Clean up trash from beaches, trails and alleyways and bring in to the Willingdon gravel field.

May 14

Mother's Day

May 15

Spot Prawn Season begins

Commercial fishing and local by-the-pound sales

May 16

Regional District Parks & Trails online community engagement

See ad on Page 3.

Online survey posted through May 30.

May 19

New Moon

May 22

Victoria Day



At the Powell River Public Library this month, see painter Kerensa Haynes' exhibit *Beyond Touch & Feel Is What you See*. This work is a 3' x3' oil on canvas: *Where the Sea Meets the Sky*.

May in qathet



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Snap snap



Brooks Addams Family Musical cast is (nearly) ready to dazzle you darkly

WHEN YOU'RE AN ADDAMS: You may recognize these characters from popular TV and film from the 1960s through 2022: (from left) Pugsley Addams (Emily Dunn), Lurch (Raymond Domalain), Gomez Addams (David Woolley), Morticia (Camryn Pukesh), Grandmama (Falyn Fogarty) and Wednesday Addams (Kaitlyn Penson).

"Do your 'ahs' like it's the end of an old movie," urged band teacher Steven Cramaro.

"You know, like when 'The End' gets written across the screen in script in a classic film, and the music is all 'ahhhh?' explained Brooks Theatre Company director and producer Jen Diccott.

In the crowded music room at Brooks Secondary School mid-April, the cast of *The Addams Family Musical* diligently tried to make their 'ahs' ethereal, teen voices harmonizing for the final song of the two-hour show. Raymond Domalain, who plays Lurch, practiced his deep, zombie-baritone one-liner – "Looove" – over and over. Looove. Looove.

The teen musicians – who will accompany the show live and on stage – kept up with the lyrical repeats and the chaos. Start stop, start stop. They're nearly there, and thank goodness, as it's just three weeks to show time, for the second major musical in two years.

After seven months of rehearsals, *The Addams Family Musical* hits the stage May 11 to 14 at the Max Cameron. It was on Jen's 'bucket list' of musicals she wants to produce, but ultimately, the teens themselves voted this was the show they wanted to do.

Why? The 2010 musical – which started on Broadway – is based on Charles Addams' 1930s-era newspaper comics about the infamously death-obsessed family. Surprisingly, the characters have stayed fresh and relevant for nearly a century.

"What's enduring about *The Addams Family* is it explores different ways to love," said Jen. "Love in unexpected places, love between unexpected people. Sometimes, the oddball couples are the ones that thrive."

In the role of Grandmama is Grade 12 student Falyn Fogarty, who played Rosie in last year's Brooks production of *Mamma Mia*. Rosie was a main role and nearly everything was scripted, Falyn explained, but Grandmama offers her more freedom as an actor. Less is known about the character, so she can fill in the blanks.

"They don't know where she comes from, so I picture her as a kind of immortal being who has been at every major event throughout history," said Falyn, who plans to take visual arts at Camosun College come fall. "My favourite scene is with Pugsley, because it displays both of our characters so well, and it introduces the sideplot of the acrimonium."

Acrimonium, according to *Addams Family* lore, is a potion for helping overly perky people get back in touch with their dark side. Perhaps you know someone who could benefit from it...

In the role of Morticia is Camryn Pukesh, who played Sophie in *Mamma Mia*. Last year, the players she coaches on Powell River's U11 female hockey

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ON STAGE

Saturday, May 6

Grant Lawrence & Friends: Stories and Songs

6 to 8 pm, Gillies Bay Hall, Texada Island. Get ready for an evening filled with true stories about outlandish coastal characters from past and present. The award-winning author and broadcaster will read from his new #1 best-selling book "Return to Solitude", his top-rated podcasts, ("Hermit of Desolation Sound", "Cougar Lady Chronicles") and his first bestseller, "Adventures in Solitude." The stories will be complemented by songs performed by Juno Award-winning artists and feature performers Jay Malinowski (Bedouin Soundclash), Suzie Ungerleider (formally Oh Susanna!), and Texada Island's own Evan Symons. Tickets at Eventbrite.

Tuesday, May 9

Codes from the Old World: National Tour with Dr. Martin Shaw

7 pm, Powell River United Church. Co-hosted by Lund's Trevor Mervyn, Sacred Gestures. Dr. Martin Shaw is a celebrated international storyteller and award-winning writer (School of Mythopoetics). He founded the Oral Tradition and Mythic Life courses at Stanford University. In the tradition of the old Celtic Seanchai, Shaw works entirely in the moment, with any number of tales he may produce from his crane-skin bag. Early bird \$20, regular \$25. schoolofmythopoetics.com.

May 11 to 14

The Addams Family Musical – Brooks Theatre

May 11 to 13, 7 pm. Sunday, May 14, 2 pm matinee. Tickets \$20 at Brooks Secondary office. See ad on Page 26, story on Page 45.

Sunday, May 21

Ed Hill Live: stand-up comedy

8 pm, Townsite Brewing. Tickets at Eventbrite.

Saturday, May 27

Once Upon a Time

7 pm, Evergreen Theatre. Laszlo Tamasik Dance Academy Ballet Recital. First Act is nursery rhymes & Second Act is Cinderella. Tickets available at the Peak.

Thursday, June 8

Hot Flash Comedy with Syd Bosel & Friends

7 pm, Evergreen Theatre. Tickets at the Rec Complex or 604-485-2891. See ad on Page 27.



NOT QUITE SHOWTIME: Above Anjy Apuwatu on drums and Nathaniel Hargrave on bass guitar, director Jen Didcott, Brooks band teacher Steven Cramaro, and some of the chorus of 'dancers' Bronwyn Chernove, Delaney Long, Lily Frost, Esiana Hargrave, Max Martineau and Tristan Somers.

team came to see her in action – and loved it, she remembers. They'll be back for her final production here, as Camryn is off to the University of Calgary's Fine Arts program this fall.

"My favourite scene in the musical is 'Secrets,' the song I sing with Lydia [Taves, in the role of Alice Beineke] because it shows the playful side to both of our characters."

Camryn says she appreciates the story because "it shows it's okay to be weird and funky and have a different outlook on life."

Brooks will be taking a break from major musicals next year. Jen said the drama program will produce Shakespeare's *Twelfth Night* in the fall (the original love triangle comedy), and Roald Dahl's *James and the Giant Peach* in the spring.

Two musicals in a row is unusual because they are so much work for both students and staff – but both *Mamma Mia* and *Addams Family* are part of the school's creative boom coming back from COVID,

THE ADDAMS FAMILY MUSICAL

When: 7 pm nightly May 11 to 13, 2 pm matinee May 14.

What: The Brooks Theatre Company's spring musical, featuring top teen talent singing, dancing, acting, fencing – plus a full live teen band, and teen-created costumes, sets, and more.

Where: Max Cameron Theatre. Tickets \$20 each, available at the Brooks Secondary office.

Jen explained. For two years, the Brooks Theatre Company was essentially dormant. Now, as the energy in the band room revealed, it's alive (like the disembodied hand, Thing).

In all of her productions, you'll witness Jen's background in stagecraft. It's her first love, and what she trained for at SFU's School of Contemporary Arts, before teaching drama in England and now, Canada. If you remember the drivable, animatronic car in *Grease* (2018) or the aerial silks dream sequence in *Mamma Mia*, these are examples of how a stagecraft mind can breathe vitality into a production. In the *Addams Family*, watch for dry ice.

"It's just that little bit extra where the audience goes, 'whoa!'"

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LIVE MUSIC

Tuesday, May 2

Rocky Mountain High – songs of John Denver – in concert

7:30 pm, Evergreen Theatre. John Denver's original arranger/conductor Lee Holdridge, a Hollywood legend, plays a huge part in this production.

May 5 & 6

Powell River Accordion Fest

7 pm James Hall. \$25. praccordionfest.com.

Friday, May 5

Main Concert

7 pm Academy of Music. Featuring classical, klezmer, jazz, tango, and many more musical genres. Performers include Fest co-directors Walter and Karina, and six special guests: bassist Boyd Norman and guitarist Budge Schachte from Roberts Creek, accordionist Ronen Segall from the Cowichan Valley, and local musicians Dr. Moira Hopfe-Ostensen, Terry Martyniuk, and Jessica Colasanto.

Saturday, May 6

Accordion Masterclass

10:30-11:45 am, Academy of Music. Internationally renowned accordionist Jelena Milojević provides critiques, insights, and suggestions to performers at all levels. A learning opportunity for both performers and observers.

Courtyard Performances

12:15-1:45 pm, Academy of Music. Local and visiting performers share music in a casual environment. Sign up to play, and/or come and enjoy what's on offer.

Accordion 101

2 to 3 pm, Academy of Music. This workshop introduces accordion-curious folks of any (or no) musical background to the instrument. Bring your own accordion, or borrow one of ours for the session.

Introduction to Klezmer Music

3:15-4 pm, Academy of Music. Led by visiting accordion teacher Ronen Segall, intermediate players will learn the klezmer scale, and some improvisation basics.

Squeezebox Night at the Forest Bistro and Lounge

7 pm. Featuring Ron Campbell's band, Scout Mountain Bluegrass Band, and Ronen Segall and Walter Martella on accordions, enjoy an evening of lively popular music during dinner + drinks.

All day May 5 and 6

Pop-up Accordion Shop

Tempo Trend, a Victoria-based speciality accordion store that's been in business for over 60 years, will be on site for all your accordion needs, including tune-ups, re-



Potential Union

Local band Potential Union is opening for Vancouver's Econline Crush at the Carlson Loft on June 1.

Who's in the band and how did you start playing together?

Austin • The band members are myself (Austin Parise) on vocals and guitar, Cody Jackson on Vocals and guitar, Noah "Caveman" Martinig on lead guitar, Jadin Burns on Bass, and "The Professor" Dalton Pagani on drums.

Cody and I formed the band in 2008 when we were still in middle school. We just wanted to learn some songs and jam. I joined the band as the drummer, but after our first guitar player left the band, I introduced Cody to Dalton and we've all been inseparable ever since.

Noah has been with us since we recorded our first EP "Death of The Music Industry" in 2013 with Tom Dowding at the Music Room.

Jadin is the newest member of the group, he's only been with us a few months now but he already feels like he's part of the "Union"!

Describe your sound?

Austin • We've definitely been a pop punk band for the last little while. The

Next batch of songs we've written I would say definitely go down a more "songwriter" driven path.

It's still get up and dance music for sure, but we're all dads now (myself, Cody, and Noah are anyway) so the subject matter is a little more mature. Dalton's also been writing a lot of songs, whereas before it was primarily myself and Cody. It's really exciting!

I'm really happy to see the direction we're going with our songwriting! Hopefully we'll be putting out our first full-length LP sometime later this year or early next year.

What else should readers know about Potential Union?

Austin • The main thing we try to do whenever we put on a show is entertain the crowd – let them forget about what's going on in the world around them, even if it's just for a half hour.

We want you to come dance your butt off and sing of the top your lungs even if you don't know the words! We've been lucky enough to get to do what we love together as band and as friends for 15 years in this fantastic city.

We hope you come out and appreciate the power of live music as much as we do.

pairs, and sales. Bring the old squeezebox languishing in your closet, or purchase your first (or seventh) accordion.

Saturday, May 6

Grant Lawrence & Friends: Stories and Songs

6 to 8 pm, Gillies Bay Hall, Texada Island. Get ready for an evening filled with true stories about outlandish coastal characters from past and present. The award-winning author and broadcaster will read from his new #1 bestselling book "Return to Solitude", his top-rated

podcasts, ("Hermit of Desolation Sound", "Cougar Lady Chronicles") and his first bestseller, "Adventures in Solitude." The stories will be complemented by songs performed by Juno Award-winning artists and feature performers Jay Malinowski (Bedouin Soundclash), Suzie Ungerleider (formally Oh Susanna!), and Texada Island's own Evan Symons. Tickets at Eventbrite.

Sunday, May 7

Ghostly Hounds concert

7 pm, The Wishing Well gallery (6251 Yew Street, Townsite). Tickets available at

the door or in advance by e-transfer to ghostlyhoundsmusic@gmail.com. \$10 to \$20 sliding scale.

Friday, May 12

Hip Hop Mekanix

Forest Bistro

Saturday, May 13

Scream Therapy book launch

2 pm, Patricia Theatre. Jason Schreurs launch party for his new book, *Scream Therapy: A Punk Journey through Mental Health* (2023). With live local punk bands. screamtherapyhq.com.

Sunday, May 14

Music for Mother's Day

2 pm, James Hall. \$25. Moira Hopfe-Ostensen, piano, and Walter Martella, accordion & trumpet

Saturday, May 20

Cran Hall Spotlight On Community: Old Enough To Know Better

7 pm, Cranberry Hall. Doors open 30 minutes prior. The trio Scott Ritter, Geoff Allan and Shaun Coburn have been young enough for decades. Come hear a rich gathering of original songs, stories and stage sparks. Tickets \$10 advance/\$15 at the door. Tickets at Marine Base Camp or by e-transfer to info@cranhall.org. Cranberry Hall 6828 Cranberry Street

Sing Outside the Shower for youth

12:30 to 1:30 vocal workshop, free. See Page 40.

Friday, May 27

The Modelos

Forest Bistro

Saturday, May 28


qSO: An Afternoon At the Opera

1:30 pm, doors open, music at 2 pm. James Hall. The qathet Symphony Orchestra. By donation.


Thursday, June 1


Econline Crush

7 pm, Carlson Loft. East Van Live is proud to present Econline Crush with Potential Union. Advance tickets available at Base Camp, TownSkate on Marine, and at The Carlson Club downstairs at the back. \$30 advance, \$35 at the door. Age 19+ only, no minors. Cash bar and door only. See ad on Page 52.



"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."
- Roald Dahl

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PLAN YOUR SUMMER 2023

June 12 to 24

PRISMA Festival

Daily musical events, symphony and chamber music concerts, master classes and student recitals. The PRISMA Festival Orchestra, the highlight of the festival, performs four full symphony concerts. Don't miss the big free concert, PRISMA on the Beach – Serenade by the Sea, Saturday – June 17. prismafestival.com.

June 16 to 18

BC Family Fishing Weekend

gofishbc.com

June 24

qathet Fondo

7:30 am to 3 pm. Road race up to 120km. clubfatass.com

July 1

Canada Day

Celebration at Willingdon Beach. Music, food and fireworks.

July 4 to 8

Kathaumixw

International choral festival filled with concerts, common song singing, choral and vocal solo competitions, conductors' seminars and social events. Some of this year's guest choirs are from Uganda, Philippines, Venezuela, and across Canada and the USA. kathaumixw.org.

July 9

Island Cup Enduro

Mountain bike event. islandcupseries.com.

July 14 to 16

Powell River Logger Sports

Loggers Memorial Amphitheatre, Willingdon Beach. Canadian and world championship events, from pole-climbing to axe-throwing, hot saw and much more. Entertainment, prizes, etc.

July 15

Townsite Garage Sale / Fun Day

Neighbourhood-wide sale and walk-about, plus activities on Ash Ave.

July 15 & 16

Texada Sandcastle Weekend

Texada.org

July 18-19

Tribal Journeys

The annual international event has been on pause during COVID, but it's back this summer. Tla'amin's host day is July 18, and canoes leave on the 19th. It's an 11-day journey to Muckleshoot Territory near Tacoma, Washington – more than 400 km by sea. The canoes will stop in Shishalh, Ambleside Park, Tsawwassen, Birch Bay, Lummi, Samish, Swinomish, Tulalip, Suquamish and finally Muckleshoot.

July 23

Savary Island Fun Triathlon

Support the Savary Island Volunteer Fire Department (SIVFD) All fitness levels welcome. savarytriathlon.wixsite.com

July 26 to 29

Texada Aerospace Camp

Texada.org

July 29

Bluegrass Festival Night

PR Legion. Tickets on sale June 1. Scout Mountain, Back Spin, Fox Hops, Clover Point Drifters, Chris Stevens and more.

July 29 & 30

Texada Fly-In / Fly-In Fling

Fly-In: Food, contests, car, plane and bike show and shine, flight demonstrations, skydivers and more. Fly-in Fling: an evening of music, fun, food and refreshments for everyone. Texada.org

August 5 & 6

Texada Island Blues & Roots Fest

Texada.org

August 7

BC Day Stat

August 11 to 13

15th Edible Garden Tour

Garden Registration is open to June 1. Details at Food Hub qathet's FB page.

August 18

Blackberry Fest Street Party

Car-free on Marine Ave

August 20

Run the Rock

Texada marathon / half marathon. runtexada.pacesetterathletic.ca.

August 26 & 27

qathet Studio Tour

A free self-guided event featuring artists from Lang Bay to Lund. Tour artist homes and studios to see where the creative magic happens. qathetstudiotour.ca

Dates TBA

Texada Artist Studio Tour

September 2 & 3

Sunshine Music Fest

Line-up TBA. Weekend-long music fest at Lang Bay, plus vendors, food, kids area and more. sunshinemusicfest.ca.

September 23 & 24

Fall Fair

Paradise Exhibition Grounds. Harvest festival with a judged competition in growing, baking, crafting and much more. Vendors, music, food, meet the animals, and celebrate fall.



SUSTAINABLE SUNSHINE COAST

sunshinecoastcanada.com/sustainability

The Sunshine Coast prides itself on being a place of rural living amid wild natural places that provide adventure, rest, and rejuvenation for its residents and visitors alike. We want to invite respectful visitors who are committed to preserving and protecting these attributes, for our enjoyment now and for generations to come.

GET INVOLVED

Sustainability is a collective effort. We encourage residents and visitors to work together. Conserving water, reducing your consumption, and practicing 'Leave No Trace' principles are just a few ways to join the effort. Learn more at sunshinecoastcanada.com/sustainability



Exciting News for NuEssence Salon & Spa
We would like to welcome
Shari Macdonald
to our Team!

Shari Macdonald is a fully certified esthetician, with years of experience. Professional, meticulous, knowledgeable, and enthusiastic!

Shari was recognized as Powell River's Best Esthetician in 2020.

She will be returning from maternity leave mid-May and is excited to warmly welcome new and existing clients to her new space.



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info@nuessence.ca

VISUAL ARTS TO SEE & DO

To June 10

Art of the True Self Youth Festival

qathet Art Centre. The theme of Nature is an inclusive spectrum exploring the self and one's connection to the environment. Youth aged 12 to 25. Tuesdays, Wednesdays, Thursdays - noon to 5 pm. Saturdays 12 to 2 pm.

Through May

Kerensa Hayes:

Beyond Touch & Feel Is What you See

Painting exhibit at the Library.

Saturday, May 6

Library: Steve and Eve Save The Planet book celebration

10-noon at PR Public Library, presentation about graphic novel creation process and readings.

SaveThePlanetBook.com/news

Crafternoons at the Library

2 pm, Library. All ages drop-in.

Sunday, May 7

Lund: Steve and Eve Save The Planet book celebration

5-7 pm at Tidal Arts Centre in Lund, presentation about graphic novel creation process and readings.

Saturday, May 13

Saturday sewing squad for youth

Noon to 1:30 pm, qathet Art Centre. Upcycled and painted patches. See ad on Page 40.

Monday, May 15

Lund Sticker Show: Submission Deadline

From June 23 to the 25, the Tidal Art Centre presents the Lund Sticker Show. The community comes together to present their own version of "Lund"... In sticker form. Think a place/idea/fake business/bad joke needs a sticker? This is your chance to make it happen. Any design "Lund themed" will do. For more info, or to submit your design contact charlie@dotank.org

Sunday, May 21

Block Printing Workshop

2 pm-5 pm, qathet Art Centre. Hosted by qathet Art & Wares. \$100 includes taxes and all materials. Register at qa-w.ca.

Saturday, May 27

Workshop: Making Social Change Creatively

2-3:30 pm, qathet Art Centre. With Leanne Prain, author of The Creative Instigators Handbook: A DIY Guide to Making Social Change Through Art. Hosted by the Powell River Chapter of the Council of Canadians. Her slideshow will present unusual projects made by artists, crafters, and others to bring awareness to the pressing issues of our times. \$10 recommended, secondary students free. See ad on Page 40.

Wednesday, June 7

Deadline: 2023 The Woods Photo Competition

Submit your best photo showcasing something beautiful and distinctive of the forests in this region. Submissions should be emailed to mmerlino@prpl.ca. Contest by the Library. Each local resident is eligible to submit one photo. For prizes and competition rules: prpl.ca.

LEAN IN TO THE COMMUNITY

May 1 to 7

Smile Cookie Campaign

Purchase a Smile cookie at Tim Hortons and proceeds will go towards supporting PR Hospice Society.

Tuesdays starting May 2

Grief Group for those who have lost a loved one to drug poisoning / overdose

6 to 7:30 pm, to June 20. Hospice Society support group for people who have lost a loved one due to drug poisoning/overdose runs from Tuesday May 2nd to Tuesday June 20th from 6 - 7:30 pm located at the United Church 6932 Crofton St Powell River. To register contact programs@prhospice.org

Thursday, May 4

Spring Job Fair

1 to 3 pm, ARC Community Event Centre. Employers can reserve a table, job-seekers - see what opportunities there are.

May 7-14

Virtual Hike for Hospice

See canadahelps.org/en/charities/four-tides-hospice-society/p2p/prhike2023/ and more on Page 26.

Saturday, May 6

Community Emergency Preparedness Fair

11-2 pm. Town Centre north parking lot. Meet the organizations that support resiliency during emergencies.

Wednesday, May 10

Advance Care Planning (ACP) workshop on Texada

1 to 2:30 pm, Texada Legion. ACP is a process of making known your preferences for health and personal care at

the end of life. Learn about Representation Agreements and other information to consider. To register, email programs@prhospice.org

Saturday, May 13

Great Gatsby Fundraising Gala

Dwight Hall. Tickets are \$125 available at the Peak office on Marine, the party is May 13th doors open at 5:30 pm till late. Dinner by Point Group, costumes encouraged!

Thursday, May 18

Comox Estuary rehabilitation lecture

7-8:30 pm, Legion. Malaspina Naturalists. Caitlin Pierzchalski is the Executive Director of Project Watershed and will be coming to speak to us about the Comox Estuary and the rehabilitation work being undertaken there. See malanat.net to confirm details.

Chamber of Commerce Annual General Meeting

Buffet lunch at 12 noon May 18 at the Town Centre Hotel. Advance booking required for lunch.

Tuesday, May 23

Compassionate Friends meeting for those who have lost a child

7 pm, 4675 Ontario Street Unit C, behind Save On. Support following the death of a child. See ad on Page 39 for more.

Powell River Garden Club

Doors open at 6:45 pm. All welcome. Cranberry Seniors Centre, corner of Manson and Cranberry St.

Wednesday, May 31

Community Forest Scholarship Deadline

prcommunityforest.ca

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FILM AT THE PAT

May 1 & 2

The Super Mario Bros Movie

7pm Nightly Extended showings due to popular demand!!! Endearing family fun.

May 3

Cocaine Bear

7pm. Inspired by the 1985 true story of a drug runner's plane crash, missing cocaine, and the black bear that ate it, this wild thriller finds an oddball group of cops, criminals, tourists and teens converging in a Georgia forest where a 500-pound apex predator has gone on a coke-fueled rampage for more blow... and blood.

May 4

Cocaine Bear Movie And Party

May 4 6-9pm. The communal experience is essential. \$20 gets you the movie, a special bevvie and an artisan cupcake as well as other Cocaine Bear inspired goodies

May 5-7

Air

7pm nightly. Highly entertaining, fast paced, fact based drama, set in the 80's with great cast, great soundtrack, great story! Ben Affleck, Jason Bateman, Viola Davis, Matt Damon

May 7 to 9

Jesus Revolution

1:30pm pn May 7, and 7pm on the 8th and 9th. Inspired by a true movement, the story of one young hippie's quest in the 1970s for belonging and liberation that leads not only to peace, love, and rock and roll, but that sets into motion a new counterculture crusade—a Jesus Movement—changing the course of history.

May 12-16

Are You There God? Its Me, Margaret

7pm nightly. Lovingly faithful to its source, and very much its own creation; how lucky we are to have both book and movie, preserved for girls past, present and future 1:30 Mothers day matinee May 14th *special goodies for moms!

May 17 & 18

Showing Up

7pm nightly, 1:30 Thursday matinee. A sculptor (Michelle Williams) preparing to open a new show must balance her creative life with the daily dramas of family and friends, in Kelly Reichardt's captivatingly funny portrait of art and craft.

May 19-31

Guardians Of The Galaxy 3

To be confirmed. Check closer to the date.

SPECIAL MARKETS

Saturday May 6

Uptown Winter Market

10 til noon, CRC on Joyce. The last Saturday market of the season.

Saturdays and Sundays Starting May 6

Powell River Farmers Market moves outdoors for the season

10 til noon Saturdays, 12:30 to 2:30 pm Sundays. At the Paradise Exhibition Park off Padgett Road. powellriverfarmersmarket.blogspot.com

Sunday, May 7

PR Garden Club Annual Plant Sale

Noon - 3pm. Flowers, vegetables, herbs, perennials, door prize and much more. Five locations: Cranberry Seniors Centre 6792 Cranberry St.; 3784 Gordon Ave.; 6413 Sutherland Ave.; 6896 Klahanie Rd.; and 4310 Westview Ave.

Starting Wednesday, May 10

Uptown Market

4:30 to 6:30, all Wednesdays through the summer. CRC on Joyce.

Saturday, May 13

Lang Bay Plants & Craft Sale

Noon til 2 pm Lang Bay Hall. Plants, local crafters, a raffle and bag lunches for purchase. All proceeds go to the continued maintenance of the Lang Bay hall.

Artisan and Entrepreneur Show

10 til 4, The ARC. By Coastal Women in Business.

Community Flea Market

9 til noon, Powell River United Church (6932 Crofton). Includes Plant and Bake Sale, and Hot Dogs!

Monday, May 15

Spot Prawn Season begins

Commercial fishing and local by-the-pound sales

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Scholarships



Each year Powell River Community Forest offers three (3) scholarships of \$3,000 each to Powell River students entering (or already enrolled in) a forestry or natural resource management university program or in forestry-related occupational trades and training programs.

May 31, 2023 deadline for 2023 scholarship applications.

Visit our website for more information.



**POWELL RIVER
COMMUNITY
FOREST**
www.prcommunityforest.ca

More information on how to apply can be found on our website.

prcommunityforest.ca

Logger Sports is back!

After a three-year COVID break, Logger Sports will return to the Loggers Memorial Bowl at Willingdon Beach

July 14-16, 2023

NO GATE • NO ENTRANCE FEE
PLEASE BRING A DONATION FOR THE FOOD BANK

On July 5, *qathet Living* will distribute **Your Guide to Powell River Logger Sports** complete with schedules, profiles and all the info you need to fully enjoy Logger Sports 2023!

Show your support by purchasing an ad in this special edition.

Contact: Sean Percy - sean@prliving.ca - 604-485-0003
or Suzanne Wiebe - suzi@prliving.ca - 604-344-0208





Rachel Blaney, MP

4683 Marine Ave
604 489 2286
Rachel.Blaney@parl.gc.ca

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(Mother's Day is May 14. Don't forget.)

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BOOKS & AUTHORS

Saturday, May 6

Library: Steve and Eve Save The Planet book celebration

10-12 : PR Public Library, presentation about graphic novel creation process and readings.
SaveThePlanetBook.com/news

Sunday, May 7

Lund: Steve and Eve Save The Planet book celebration

5-7 pm : Tidal Arts Centre in Lund, presentation about graphic novel creation process and reception.
SaveThePlanetBook.com/news

Saturday, May 13

Scream Therapy book launch

2 pm, Patricia Theatre. Jason Schreurs launch party for his new book, *Scream Therapy: A Punk Journey through Mental Health* (2023). With live local punk bands.
screamtherapyhq.com

Saturday May 20

Losing Us: A Dementia Caregiver's Journey

2 pm at the Library. Award winning author Rosella Leslie will present her latest book, the insightful story of her journey as caregiver for her late husband John who was navigating the heartbreaking path of dementia.
For information contact Mark at mmerlino@prpl.ca

Tuesday May 23

Goosefeather: Once Upon a Cartographic Adventure

7 pm at the Library. Storyteller Naomi Steinberg will present her new adventure travelogue memoir about her 382 day solo journey around the planet with no airplane, crossing 18 borders to perform 37 shows.
For information contact Mark at mmerlino@prpl.ca

Saturday, June 3

Submission deadline: PRPL's 2023 Writer in Residence

Know someone who would do a great job? Are you that person? Check out the ad on Page 38.

FITNESS & OUTDOORS

May

New Spring programs starting at the Rec Complex

See powellriverprc.ca, or the *Active Living Guide*. Programs include dance, soccer and t-ball for young children, swim lessons, babysitting certification, beginners fishing (salt and fresh water), strength training, pre- and post-natal fitness, yoga, dragon boat prep, first aid and much, much more.

May 3 to 27

Invasive Plants Free Drop-Off

10 til 4 pm, each Wednesday, Friday and Saturday at Sunshine Disposal. See ad on Page 2.

Thursday, May 4

Haywire Bay campsite opens

qathet.ca

Friday, May 5

Glow in the Dark Spin class

6:30 to 7:15 pm, Rec Complex. See powellriverprc.ca for more (Active Living Guide). \$5 per person.



Paul and Prash launch Steve & Eve graphic novel

In April's Earth Month-themed *qathet Living*, we reported on this ambitious made-in-Lund project. It's a 215-page graphic novel called *Steve & Eve Save the Planet* - the first in what Paul Shore, Deborah Katz Henriquez and Prashant Miranda hope will be a series. On May 6 and 7, they're holding launch events in Westview and in Lund (see left).

The book has been featured in several articles and broadcasts around Canada this Spring, including on CBC TV Vancouver, *Green Teacher* magazine, *Whistler Pique Newsmagazine*, *The Jewish Independent*, and *Canada's National Observer*. It even made it to #2 on Amazon's "Hot new releases in comics and graphic novels for children" list, just below the latest Dave Pilkey, *Dog Man: 20,000 Fleas Under The Sea*.

Wednesday, May 10

Move for Health Day

All-day free trial classes at the Rec Complex, including drums alive, tai chi, pilates, yoga, seniors wellness and more. See powellriverprc.ca for more (in the Active Living Guide).

Saturday, May 13

Trash Bash

9 am to 3 pm Willingdon Beach.

Monday, May 15

Inland Lake campground starts charging for sites

bcparks.ca/inland-lake-park/

Saturday, June 3

Open house / Range day at Powell River Rod & Gun Club

Noon to 5 pm, See Page 19.

June 16 to 18

BC Family Fishing Weekend

gofishbc.com

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Thermal Paper 2-1/4" x 62' (100 rolls/case)	\$61.99	\$47.50
Bond paper 3" x 165' (50 rolls/case)	\$101.99	\$49.00
Carbonless 2-ply Bond 3" x 100' (50 rolls/case)	\$111.29	\$70.00
Copy Paper 8.5x11" 97 bright (5,000 sheets)	\$99.99	\$85.00

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As nature wakes and comes to life each spring, in many ways so do we, and we can tap into this energy for a little boost if needed.

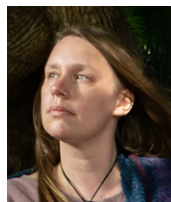
Moods begin to lift, people seem friendlier in shops, there is a renewed zest for coffee dates and walks with friends, the garden or fishing rods call, various projects put on hold can resume. We may stay up later and wake earlier with the lengthening days. Summer plans begin percolating, there are farmers markets, street festivals, and summer celebrations to attend, road trips to go on or visitors to accommodate.

Before we know it, there may come a point when we realize that inspiration and energy has turned into a busyness that doesn't quite leave us time to replenish our reserves.

Particularly if you're an entrepreneur, workaholic, parent, or simply overworked due to circumstance, if you feel busy all the time, perhaps with little to show for it, endure a pervasive need to accomplish more, or find little to no joy in your daily grind.

Burn out sneaks up in the meanest of ways, production levels drop, physical and mental health suffers, and the fires of creativity wane when we aren't giving true and dedicated thought to our restoration.

Taking the downtime we need may feel counterproductive to getting things done, tempting us to squeeze rest periods into stolen moments. That's a



RETURN TO REVERENCE

JULIETTE JARVIS



start, but body centered healing modalities and scientific studies both show that to be strong and flexible in life we also need the ability to fully relax.

Resting a little longer than we might first think, taking breaks more often, and allowing ourselves to take time away from even fun constant activity, reduces stress levels, calibrates our nervous system, emotional states are tended to more deeply, and our ability to find solutions with less effort increases.

A common pitfall to watch for is becoming stuck in a paralysis of sorts, where nothing is outwardly being accomplished, but we aren't

fully resting either by thinking of working, feeling guilty for not tackling a job, or otherwise feeling the weight of a deadline or impossible seeming task. Scheduling time for naps, air sniffing, snuggling pets, changing scenery, or making a ritual out of your restful dedication, can help ensure a greater ability to focus, increased resiliency, elevated health, and higher efficacy when returning to daily tasks. Doodling, a second cup of tea, and daydreaming seaside are favourite restorative medicines of mine. How about yours? 🐾

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

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TAKE A BREAK



- Across**
- 3) Jackpot, Wildwood farm
 - 4) 4-H's fourth H
 - 6) Block where you cut, or meat
 - 10) Food, not Dre's headphones
 - 12) Pieta's pet
 - 15) Lois trout, sky arc
 - 17) Best of qathet bee prize
 - 20) Pot place, or longitude
 - 21) Nostra is built on firma
 - 23) Slaughterhouse
 - 24) Plant starter
 - 25) Siphon too big for its shell
 - 28) Pork knuckle, or pawn
 - 29) Common(s) fruit
 - 30) Chick starters
 - 33) Kelp, or bovine
 - 35) Idyllic valley

- Down**
- 1) Idle, or maybe farm's animals talk
 - 2) Spiny echinoderm, or street kid
 - 5) She knows best
 - 7) Pig's leg, or radio operator
 - 8) Grower of some good
 - 9) UW breathing gear
 - 10) Black, blue or straw are tasty
 - 11) Time to plant or Garden Centre
 - 12) Prepaid food boxes (acronym)
 - 13) Of things, or laws of
 - 14) Tangled, bad, or branchy
 - 16) Scandalous farm entrance
 - 18) Jenkins, or Post
 - 19) Grower of more food
 - 22) Fit to eat
 - 24) Strong food coop, or fast water
 - 25) Mag with lots of clues: Home ____
 - 26) Aphrodisiac bivalve
 - 27) Seaweed
 - 28) Wildwood's filbert
 - 31) Open space in forest, or Valley garden
 - 32) Trade
 - 34) Soil, or gossip **PL**

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

The reason I put on my hiking boots

Let's talk about mental health.

I know what you're thinking; this is the pet issue, why does she want to talk about mental health?

For me and thousands of others, pets and mental health are connected. My pets play a big role in keeping me healthy both physically and mentally.

Like many Canadians, pets have been an important part of my life for



**LAST
WORD**

ISABELLE SOUTHCOTT

as long as I can remember. I grew up in Halifax and my family had three cats and a Nova Scotia Duck Tolling Retriever.

When I was seven, I got a mouse. I still remember visiting the little pet store just off Spring Garden Road and picking out Scampy. She was a sweet, curious gray and white mouse and after I'd had her for a month, I took her to visit my friend Heather's mouse. A few weeks later Scampy gave birth while five excited seven-year-olds watched a miracle unfold before their very eyes.

My love affair with pets didn't end there. I had two rabbits named Whiskey and Smokey (in hutches outside), three aquariums of tropical fish in my bedroom and later a horse (not in my bedroom). I don't think I fully appreciated how supportive my parents were of me and my pets or just how well they understood how much I needed them.

Depression runs in my family. My mother is bipolar, and both her mother and brother suffered from depression. My brother has anxiety. I had post-partum depression and have struggled with mild depression.

For me, self-care and exercise are how I maintain good physical and mental health and my Nova Scotia Duck Tolling Retrievers play a key role in that. You see, Jigs and Zunga need me. They need me to get out of bed every morning to feed and walk

them. They need me to love them and play ball with them. Jigs and Zunga fill the void in my life that happened when my own children grew up and left home.

When a mom becomes an empty nester, her life changes. Her identity changes. No longer is she needed in the same way that she was needed when her children were small. No longer is she required to take them to their various activities and help organize their lives. When this happens, she suddenly finds herself with a lot of extra time and in my case, extra time I didn't know what to do with. Sometimes that Mom can lose her purpose

and identity.

Moms will always be moms. I will always love my mom (who is 93) even though I no longer need her in the same way I once did and I hope my own children feel the same way about me.

For many of us pets help fill that void. Although my mom no longer has a pet of her own (she lives in Extended Care), her grand dogs visit her often.

Research shows that pets provide important forms of social and emotional support for older adults that can reduce loneliness and improve overall quality of life. They can also reduce anxiety and depression.

My dogs provide companionship and a reason to put on my hiking boots each morning. Their tails wag when they see me and they see the world as an exciting place filled with new scents and adventures. Jigs and Zunga have introduced me to a whole new world as we figure out our next chapter in life together. Dock diving, lure coursing, dog shows, Rally Obedience, field trials and more. We've met so many wonderful Tollers and Toller people, made new friends and have become part of a huge global family of Toller lovers.

Jigs and Zunga have helped me connect with a new community, a community I didn't realize I needed until they found it for me and that's a good thing for all of us. 🐾



Jigs and Zunga

Publisher Isabelle Southcott's Nova Scotia Duck Tolling Retrievers.



Smudge

Associate publisher Sean Percy's cat, who likes to walk on keyboards.

Meet the staff's pets



Grace

Copy editor Roberta Pearson's Japanese Chin, Shih Tzu, Havanese cross.



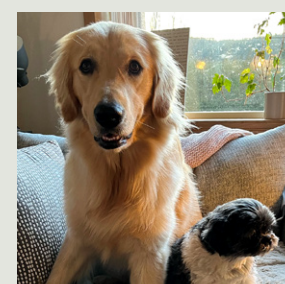
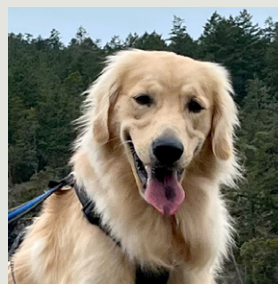
Ginger

Editor and designer Pieta Woolley's grande dame Buffex chicken.



Princess Diva

Copy editor Ann Nelson's cat, now retired from patrols at the Patricia.



Oliver, Roxy, Peanut and Charlie

Office manager Lauren Diemer's menagerie: Oliver is the Golden Retriever, Roxy is the Shih Tzu, and Peanut and Charlie are the cats.

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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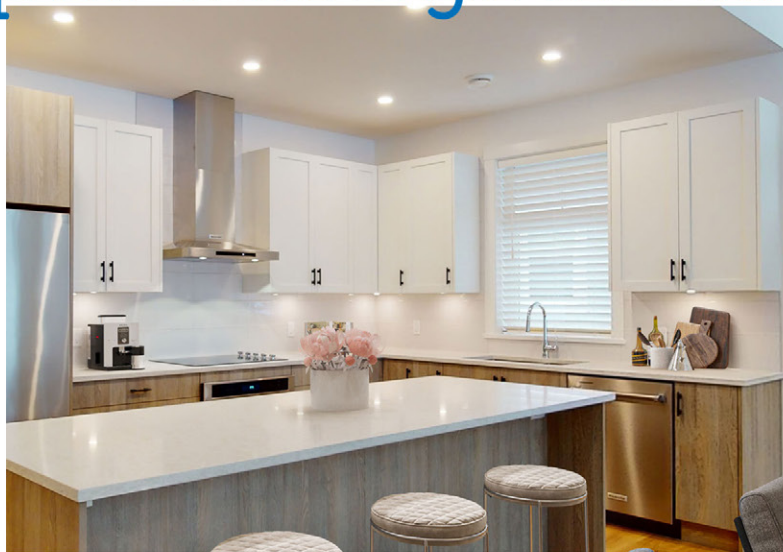
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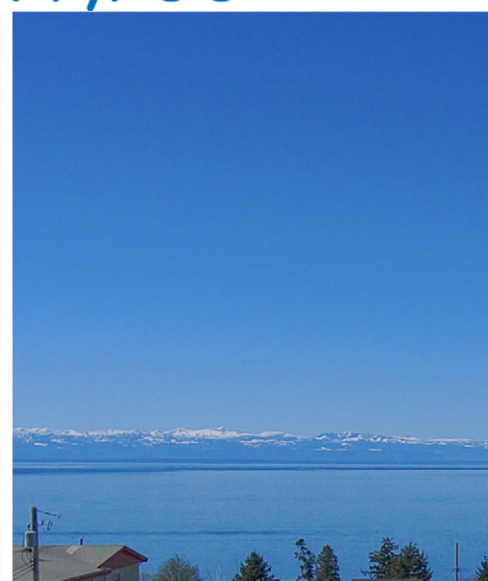
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