

qathet

JULY 2023

LIVING

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20 X 23

BEST

of qathet



TRIBAL JOURNEY 2023 • VINTAGE CARS • SUMMER FOR KIDS • LOGGER SPORTS GUIDE

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in your
own
backyard
and seek
adventure
close to
home.



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ON THE COVER:

A mid-June evening practice for Tribal Journey, which leaves qathet on July 19. See more on Page 22.
Photo by Drew Blaney



You won second place in a beauty pageant. Collect \$10.

If you've played old-school Monopoly, you've probably received this card. When you do, you (or your buddies) might snicker about being second place. Like, to whom? And were there more than two people in this contest? This card is a chance for some razzing or self-deprecating humour.

In our eighth annual Best of qathet contest (Pages 6 to 15), winning is ranked in almost every category: first, second, third. Unlike Monopoly's beauty contest, the criterion is clear: the number of votes determines your placing. The benefit is, it's fair. The drawback is, it can be a bit misleading.

Why? Because for every second and third winner – and all those who don't appear, many, many people voted for them as their #1

choice.

Who makes the best fish and chips? Based on how we tabulate the rankings, I'd suggest trying all three, because they're all top-notch, but individual tastes differ.

This month is wild with festivals, with the middle weekend especially busy. *qathet Living* is proud to bring

you the guide to the 25th Logger Sports (insert, and also available at the games,) and hearty coverage

of Tribal Journey (Page 22) told by Tla'amin members Alisha Point and Siemthlut Michelle Washington. Siemthlut is the Repatriation Specialist at the Royal BC Museum, where there is currently an exhibit on the revitalization of Coastal First Nations ocean canoe journeys.

I hope the sun shines on all of our community festivals this month.



EDITOR'S MESSAGE

PIETA WOOLLEY

qathet LIVING

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qL

“

I am sure my dad would be proud that I restored the car, [a 1926 Chev Roadster] but I can also hear him saying it was probably a waste of time.

- Brian Crilly, **Page 36.**

”

A FEW OF JULY'S CONTRIBUTORS



ALISHA POINT kwət^ə nan. hək^w tšosəm ʔət^ə tawa. My name is Alisha Point, I am from tšosəm. I am a mother, stepmother, partner, language teacher, student and plant lover. *See Alisha's story, Tribal Journey skip, on Page 24.*



BRIAN CRILLY has lived in Powell River for 74 years. With all the hobbies he's had, restoring his father's car was the most rewarding. *See Brian's story, 1926 Roadster, on Page 36.*



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, on Page 44.*



SIEMTHLUT MICHELLE WASHINGTON is a member of Tla'amin Nation and Repatriation Specialist at the Royal BC Museum (currently seconded to the Province). *See Siemthlut's story, Why Paddling Matters, on Page 26.*



JULIETTE JARVIS writes *qathet Living's* Return to Reverence column, and has just published a book: *Soul Food for Starving Times*. *See Juliette's stories on 34 and 60.*

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20 ✕ 23

BES

of gathet

The best view from a BC Ferry?

Maybe the best view is this double rainbow that's obviously ushering in a peaceful, beautiful, extraordinary 2023 and beyond.

And maybe the best view from a BC Ferry is just any view, 'cause that ferry is bringing you home to qathet.

T

The eighth annual Best of qathet issue features top choices from hundreds of readers who voted online or in print in April and May. These are good times to live here; together we've fostered a community that offers fantastic food, retailers, services, leadership, artists, and characters populating these shores. We also struggle in ways that always seep out during this contest (see "Reasons to Stay Away," Page 10.)

So read on, locals and visitors! And if you have more to add, please write to us.

Civic Pride

Best neighbourhood in the City limits

1. The Micro-hoods
2. Westview
3. Townsite

Staff Notes: The "microhoods" have been growing in popularity among voters over the past few years of Best Of's. Grief Point. Maple Ave. Mowat Bay. King Street. Usually, we group these areas into their appropriate mega neighborhood (so Toba is attributed to Westview...) but not this year. Something is clearly happening.

Why are microhoods emerging in the public consciousness? Perhaps it's because our worlds got smaller during COVID, and we depended on our actual neighbours a little more. Microhoods are less about community identity, and more about the practicalities of living with people.

Best neighbourhood in qathet (but outside the City)

1. Lund
2. Tishosum
3. Black Point

Best non-elected community leader

1. Joseph McLean
2. Cyndi Pallen
3. Arthur Arnold

Best politician

1. MLA Nicholas Simons
2. City Councillor Trina Isakson
3. MP Rachel Blaney

Staff notes: In first and second place are the region's longest-serving politician, MLA Nicholas Simons, with 18 years in the post, and newbie City Councillor Trina Isakson who was elected this past fall.

Best Disruptor

#1 tie: Lisa Moffatt and Graham "Gee" Welp

Staff notes: See the next page.

Best place to work

- #1 qathet General Hospital
- #2 460 / Remax
- #3 Home

WHEN FERRIES ARE GOOD, THEY ARE VERY VERY GOOD: This double rainbow was captured by Janeen Poole in Jervis Inlet aboard the BC Ferry heading into skelhp (Saltery Bay). All the weather at once.

Clink! Here's to disagreement without damage

BY PIETA WOOLLEY

Lisa Moffatt and Graham “Gee” Welp: these two locals handily won the ‘Best Disruptor’ category for qL’s Best of qathet 2023.

They tied for number of votes, more or less, and no one else came remotely close.

Lisa and Graham are recognizable names in the community. Both own their own businesses.

Lisa, 50, is a consultant who works in urban planning, project management, and coaching. She is mom to an adult daughter, and is recognizable as one of two people hired to co-facilitate the City’s possible name change process. Originally from Newfoundland, Lisa moved here two and a half years ago from Vancouver.

Graham, 47, is a carpenter and contractor, and dad to two teens. He is recognizable for his presence in conversations on many of our local Facebook discussion groups. Graham was raised in Powell River, and has lived here for most of his adult life.

These two are disruptors, though disrupting means different things to them. Graham disrupts to provoke with the hope of stimulating a better conversation; while Lisa disrupts to challenge and dismantle systems—the way we do things—so more people have what they need to thrive.

“Best Disruptor” is a critically important category in this year’s Best of qathet. Over the past few years,



A MEETING OF QATHET’S MOST INCENDIARY MINDS: Lisa Moffatt and Graham “Gee” Welp clink glasses at Townsite Brewing’s tasting room mid-June. Townsite Brewing won #1 Best Place to Drink and #1 “Best locally-made thing to take camping” in the 2023 Best of qathet contest.

we’ve been overwhelmed as a community with big, urgent, sensitive, and complex issues, which can lead to personal conflicts. Those include whether the City of Powell River should change its name to something without “Powell” in it; COVID vaccine mandates; the sewage treatment plant; the bike lanes in Cranberry; the bike lanes on Maple; the impacts of the opioid epidemic and mental health crisis; the effectiveness of local services in addressing the opioid epidemic and mental health crisis; rental prices; property taxes; the impact of CERB on the employee crisis; and much, much more.

Being able to share and listen to differing opinions with dignity and respect might lead us to resolving many of these issues. Some families are still not speaking, due to COVID vaccine conflicts. We have got to get better at this. Maybe we need disruption?

So, I asked Lisa and Graham out for a beer at Townsite Brewing. To their infinite credit, both were game to go. I wanted to learn more about their philosophy of disruption, and glean their wisdom on what it takes to work through conflict—seeing as they’re both more comfortable with conflict than most folks.

Our hour together was, at times, tense.

Graham shared that he likes to test his ideas in conversations with people online and in person. Lisa likes to challenge the mindset of “we’ve always done things this way” in search of better ways of being with each other.

They do agree that conversations are stunted here. That’s because people are terrified of openly disagreeing. Both noted that, being curious, asking for more information, and making an effort to maintain relationships in the midst of conflict are really important – and rare – skills.

They also agreed that residents are asked for their opinions too often here, and skilled political leadership could have prevented many of qathet’s conflicts around recent issues.

The two also vibrantly disagreed with each other several times during the hour. But not over these two fundamentals: that learning to have better conversations will make this whole community better, and that we really need elected leaders to do more leading.

In the end, Lisa and Graham allowed me to take a series of photos. Each image reveals a truth: this was an uncomfortable conversation, but they made it through, learned about each other, and still managed to clink glasses at the end. || pieta@prliving.ca



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qathet's Best Dressed Person

#1 Rowwie McKeown



#2 Slim Milkie



#3 Nancy Hamilton



What is the secret to developing a unique sense of style?

Rowwie • Authenticity and joy are the key elements that inform what joins my wardrobe or not. When I wear my clothes I want to feel exactly like myself and each piece should bring me joy, if you're not having fun, what's the point?

Nancy • I usually start with one item that I love and feel like wearing and build from there. To be unique you have to be a bit brave and bold sometimes. Of course, some events (such as festivals) allow for more freedom, and other times you are expected to be more conservative, but even then you might be able to push the envelope a bit. Personally, I would be happier to see people wearing fringes and feathers at my wake.

What is your favourite item of clothing / accessory / product, and why?

Rowwie • I own the same cropped cardigan in 20 colours. I wear them with practically everything. But, all of my clothes and shoes are my favourite, if they aren't they don't get to stay, time to move them along in the world!

Slim • I love accessories. Boots, buckles, swim caps and stage sets.

Nancy • My favourites rotate with the seasons and my moods. Mostly they are made by artists I have met in person and appreciate their work. I also love treasure hunting at thrift shops which is really fun. The outfit in the photo I wore recently to my son's wedding reception party. The jumpsuit and shrug I thrifted from Blue Sky Consignment. The bag is from a local artist Randi @oraleathergood. Gogo boots I found on the Island.

Best attempt at reconciliation

- #1 Possible Name Change
- #2 Hehewsin
- #3 Community Accord / Stewart Alsgard

Best answers: Dave Formosa. CaroleAnn Leishman. The PR Discussion Board. Let's do it, not attempt it. Phil Russell. SD47. Silent protests wearing orange. WFP. "Everything just becoming qathet without all the BS."

Best place to Learn

- #1 VIU tiwšɛmawtx^w
- #2 Library
- #3 SD47 (PIE, Brooks, etc)

Best place to blow off steam

- #1 The Beach / Forest

- #2 Carlson Club
- #3 Brazilian Ju Jitsu

Best kept secret

- #1 Eagle River Swimming Holes
- #2 Powell River Farmers Market
- #3 Valentine Mountain

Best dressed storefront

- #1 Paperworks
- #2 Studio Curious
- #3 Supercharger

Best dressed yard

- #1 Manitoba Avenue horse house

Staff notes: This category didn't get many votes, but a shocking number gave the win to this driftwood horse. For more yard art, see Clancy Dennehy's monthly column on Page 44.



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Advice for visitors

Best attraction

- #1 Townsite
- #2 The Hulks
- #3 Farmers Market

Staff Notes: Together, readers pulled together a pretty solid list of what to see and do, if you're here to experience the region. Here it is: Sunshine Coast Trail huts; the Bowling Alley; the Canoe Route; Camping at Inland Lake, Cranberry Lake; Desolation Sound; Dinner Rock; Henderson House Living Museum; Eagle River; Emma Lake; Lang Creek in the fall; Logger Sports; Lund; Mahood's Beach; Millennium Trails; Mowat Bay; Palm Beach; The Popeye statues at Willingdon Beach; Powell Lake; the train at the Farmers Market on Sundays; Sunsets; the Seawalk; The Patricia Theatre; Tin Hat Mountain; Valentine Mountain; Willingdon Beach; and the whales. How long would it take you to see all of this stuff?

Best reason your family and friends come to visit you here:

- #1 The Beaches
- #2 To see me
- #3 Cabin / Up The Lake

Best Answers: Babysitting. Cannabis. Free access to the backcountry. Free place to stay. Home cooking. The beauty. Lund. My kids. PRISMA. The quiet. Farmers Market. Quiet pace compared to the City. The sunny energy. To get out of the City. To see if they want to move here. Townsite Brewing. Trade traffic noise for ocean soundscape.

Best festival

- #1 Blackberry
- #2 Logger Sports
- #3 PRISMA

Best souvenir – paid

- #1 Pollen Sweater
- #2 Thick shirt
- #3 Crossed Promise stained glass

Best souvenir – free

- #1 Beach Glass
- #2 Rocks / Flower Rock
- #3 Sunset Photos

Best hotel or B&B

- #1 Old Courthouse Inn
- #2 Beyond Bliss Suites
- #3 Town Centre Hotel

Best campground for relaxation

- #1 Willingdon Beach
- #2 Shelter Point
- #3 Kent's Beach

Best realtor

- #1 Neil Frost
- #2 Sunny Dawn Kostelnik
- #3 Josh Statham

Best campground for a good time

- #1 Haywire Bay
- #2 Willingdon Beach
- #3 Shelter Point

Best local product to take camping

- #1 Townsite Brewing Beer
- #2 OneLight Fire Starters
- #3 Pollen Sweater

Best way to get around town

- #1 Car
- #2 Zunga Bus
- #3 Walking / E-bike

Best beach

- #1 Mahood's
- #2 Willingdon
- #3 Palm Beach

Best hike under an hour

- #1 Valentine Mountain
- #2 Scout Mountain
- #3 Willingdon Beach Trail

Best trail to cycle for beginners

- #1 Inland Lake
- #2 Willingdon Beach Trail
- #3 Penticton Trails

Best thing to do with kids

- #1 Swim at the Beach
- #2 Putters Mini Golf & Ice Cream
- #3 Train ride at the Farmer's Market

Best reason to move here:

- #1 Nature (Ocean, Forest, etc)
- #2 People
- #3 Lifestyle (slower pace)

Best Answers: Have you looked around? Relaxed vibe; culture that goes hand in hand with nature; diversity of people and places; don't, we are full; paradise; everything is close; not crowded; safety; small town feel; to build a cidery overlooking the ocean with rescue farm animals; to raise kids; to escape raincooler, to spend time in the forest, and to go to the beach every sunny afternoon; to work at the awesome hospital.

Best reason to stay away

- #1 The Ferries: you've been warned!
- #2 No more housing
- #3 Expensive gas

Best answers: Boring. The cost of living. Crime. Fear-based politics about reconciliation – fear of change. High taxes. Woke hipsters. If you are looking for big city vibes. If you're coming here to buy investment property, please don't. No one will like you. Isolation. Lack of fun activities. Loco locals. No big shopping malls. No places to rent. Once here you may never leave. Small town gossip. Bad drivers. The rain. Racism. Too many people.

- In-house bakery
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Groceries

Best grocery store for atmosphere

- #1 Quality Foods
- #2 FreshCo
- #3 Mitchell Bros

Best general price on groceries

- #1 FreshCo
- #2 Save-On-Foods
- #3 Townsite Fruit & Veg

Best grocery flyer / in-store sales

- #1 FreshCo
- #2 Mitchell Bros
- #3 Quality Foods

Best line-up experience

- #1 FreshCo
- #2 Quality Foods
- #3 Mitchell Bros

Best produce

- #1 Save-On-Foods
- #2 Farmer's Market
- #3 Terra Nostra

Best butcher

- #1 Chopping Block
- #2 Mitchell Bros
- #3 Andtbaka Farm

Best bread / bakery

- #1 Hearth & Grain - Asiago
- #2 32 Lakes Croissant
- #3 Rocky Mountain Sourdough

Best store-bought dessert

- #1 Hearth & Grain
- #2 Just Soul Food
- #3 32 Lakes

Best grocery store hot food to go

- #1 Quality Foods Chinese
- #2 Save-On-Foods
- #3 Pacific Point

Best small grocery / specialty food store

- #1 Sunny Deli
- #2 Pacific Point
- #3 The Nutcracker

Best convenience store

- #1 Townsite Grocery
- #2 Tla'amin Convenience
- #3 Pacific Point

Best liquor store

- #1 Duke's
- #2 Capone's
- #3 BC Liquor Store

Best farm gate

- #1 Andtbaka
- #2 Terra Nostra
- #3 Blueberry Commons

Best booth at the Farmers Market for produce

- #1 Andtbaka
- #2 Blueberry Commons
- #3 Myrtle Point

Best booth at the Farmer's Market for prepared food

- #1 Dump Run Provisions
- #2 Cottage Creek
- #3 The Knotty Pretzel

Best local seafood seller

- #1 Chopping Block
- #2 Double Odds
- #3 Darren Bolton

Best pet food source

- #1 Mother Nature
- #2 Pet Valu
- #3 Top Shelf

Best locally-made body care products

- #1 Lund Soap Co
- #2 Natural Soap Lady
- #3 Sweet Earth

#1 Best Butcher
*eight years
in a row*



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Virtual Life

Best local Facebook Page for a discussion

- #1 Powell River Message Board
- #2 Powell River/qathet Discussion Board
- #3 Swap 'n Shop

Best local Facebook page for outrageous debate

- #1 Powell River Message Board
- #2 Swap 'n Shop
- #3 None / Only idiots Fight on Facebook

Best Facebooker for entertainment

- #1 Gee Welp
- #2 Ari Dublin
- #3 Joseph McLean

Best answer: Facebook is for Boomers

Best Facebook for politics

- #1 Pat Keller Martin
- #2 Trina Isakson
- #3 Ari Dublin

Best thing you've found on Swap n' Shop

2023's list: \$50 table saw • A boat • A sweet red nest couch for \$75! • A twin to my son's favorite stuffed puppy that goes with him everywhere • All my plants • Camper • Carved Bear Mirror • Claw-foot cast iron slipper tub • Compound mitre saw • Dandelion flowers for sale • Dog kennel • Electronic reclining leather chairs from Costco • Everything in my house • Fireplace bellows • Fireplace tools • Free items for baby • Gazebo • Greenhouse • Hats • Mixer • My child's lost shoe • My drum kit • Our cabin up the lake! • Our cute rental place • Potting bench • Rhubarb • Sectional couch • Spinning wheel • Steam cleaner • Table with 10 chairs • Thermo wrap insulation

Best visual artist

- #1 Meghan Hildebrand
- #2 Catnip
- #3 Anna May Bennett

Best local band / musician

- #1 Renelle Wikene
- #2 The Kicks
- #3 Walter Martella

Best crafter / artisan

- #1 Emily White
- #2 Rowwie McKeown
- #3 Pat Bidaisee

Best craft event

- #1 Dwight Hall Christmas Craft Fair (Raincoast)
- #2 Springtime Seasonal Markets
- #3 Quilt Show

Arts

Best piece of public art

- #1 Totem poles by Jackie Timothy at the Viewpoint
- #2 Catnip's Murals
- #3 Frog at the Library / New totems at tishosum

Best art gallery

- #1 Tidal
- #2 Artique
- #3 Turadh / Tug Guhm

Best place to watch live music

- #1 Carlson Club
- #2 Willingdon Beach
- #3 Farmers' Market

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Best crafter / artisan: Emily White



ᑲᑭᑦᑲᑦᑲᑦᑲᑦ, Emily White ᑲᑲᑦᑲᑦ nan. tawač λoʔos hega ɩaʔamin. Hello all, my name is Emily White. I am from Klahoose and Tla'amin Nations. I was born and raised in the qathet region. I am a beadwork artist, and have been doing beadwork for several years now.

You can find me on Instagram @emilys_beadwork or on Facebook at Emily's Beading, and I will be at the Thursday Night Markets this summer on July 6, 27, and August 17.

What new directions are you taking this year?

Emily • This year, I am embarking on a legacy project, where I will be creating a series of wall hangings. Over the next few years, this will be a focus of my art. I will be documenting the process through my social media, and am excited to share this project with the community once it is complete!



I am also going to be focusing on building more connections with our local community. I will be selling at a couple Thursday Night Markets this summer, and I am so excited to meet new friends!

Where are you finding meaning in your art?

Emily • Meaning in my art varies. I draw much of my inspiration from the land and my lived experiences as an Indigenous youth. Beadwork, more than anything, is a healing and grounding practice for me. My goal when creating jewellery is to create wearable medicine for whomever they end up with. This art is sacred, and my pieces all hold a piece of me. It truly is a 'labour' of love.

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#1 Best Appie

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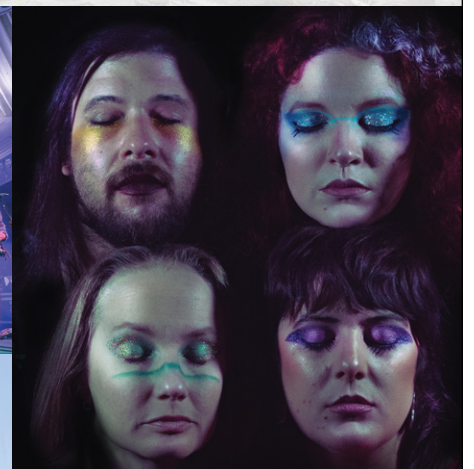
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Saturday

- Ashley Ghostkeeper
- The Angell
- Tennyson King
- ebonEmpress
- Cynthia Hamar
- Dennis Bouwman
- Bad Buddy
- Rain City

2023 Line Up

Sunday

- TK The Artist
- Della Kit
- Calico
- Harley Alexander
- Naduh
- Cat Madden
- The Band Destiny

**lineup is subject to change*

Kids under 12 are free! Student and senior ticket prices

Thanks to our guests for your support and votes!

Food & Restaurants

Best take out / delivery

- #1 Royal Zayka
- #2 Thaidal Zone
- #3 Iguaña's

Best coffee / espresso

- #1 River City
- #2 32 Lakes
- #3 Base Camp

Best coffee scene

- #1 32 Lakes
- #2 River City
- #3 Base Camp

Best meal under \$10

- #1 Seoul Sushi
- #2 "Doesn't Exist"
- #3 Quality Foods to-go

Best pizza

- #1 Supercharger
- #2 Granada
- #3 Snickers

Best fish n chips

- #1 Boardwalk
- #2 Forest Bistro
- #3 Monks on Marine

Best salad

- #1 Coastal Cookery
- #2 Monks on Marine
- #3 Supercharger

Best burger

- #1 Monks on Marine
- #2 Coastal Cookery
- #3 A&W

Best steak

- #1 Forest Bistro
- #2 Monks on Marine
- #3 Snickers

Best appetizer

- #1 Costa del Sol - poblanos frites
- #2 Coastal Cookery - Brussels sprouts
- #3 Monks - crab cakes

Best Cocktail

- #1 Costa del Sol
- #2 Coastal Cookery
- #3 Forest Bistro

Best dessert

- #1 Costa del Sol - Key Lime Pie
- #2 Shinglemill - Bear Tooth Pie
- #3 Royal Zayka - Gulab Jamun

Best veg or vegan

- #1 Royal Zayka
- #2 River City Coffee
- #3 Little Hut Curry

Best kid-friendly

- #1 Supercharger
- #2 Magpie's
- #3 Iguaña's / A&W

Best patio

- #1 Seaside
- #2 Shinglemill
- #3 Costa del Sol

Best restaurant for atmosphere

- #1 Shinglemill
- #2 Costa del Sol
- #3 Coastal Cookery

Best restaurant for a splurge

- #1 Laughing Oyster
- #2 Forest Bistro
- #3 Seaside

Staff Notes: Entrees cost nearly the same everywhere now. So what constitutes a splurge? It's when you want to linger and enjoy your food and company to the fullest: appy, main, dessert, wine. It's the kind of place you go for an anniversary meal or a special birthday.

Best place to drink

- #1 Townsite Brewing
- #2 Costa del Sol
- #3 Shinglemill / Strikers

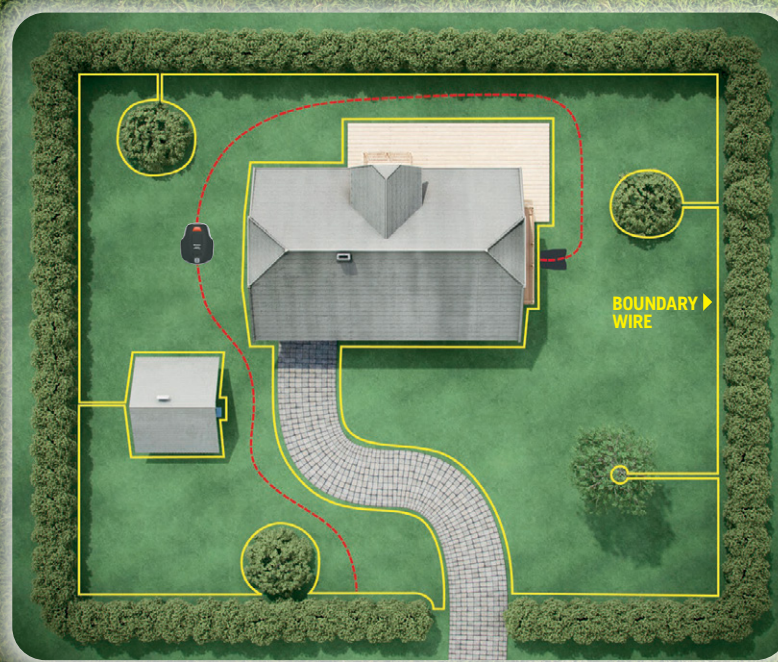
Best place to recover from a hangover

- #1 Magpie's
- #2 Julie's Airport Cafe
- #3 Edie Rae's



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- #1 Chevron
- #2 Tlaamin Convenience
- #3 Vanderkemp Sales & Service

Best Gardening Store

- #1 Springtime
- #2 Mother Nature
- #3 Canadian Tire

Best Clothing

- #1 Thick
- #2 Fits to a T
- #3 Eunoia

Best Thrift Store

- #1 Hospital Auxiliary
- #2 MCC
- #3 Blue Sky Consignment

Best Salon

- #1 Afterglow
- #2 Image 1
- #3 Luxe Salon

Best Financial Institution

- #1 First Credit Union

- #2 RBC Royal Bank
- #3 Scotiabank

Best Insurance

- #1 Underwriters / Westview Agencies

Staff Notes: Yeah, there are only two major insurance agencies in town. And they tied. Our voters are nothing if not fair.

Best Mechanic

- #1 Dox Auto Tech
- #2 El's Auto Tech
- #3 Tin Hat Services

Best Sports or Outdoors Store

- #1 PRO
- #2 TAWS
- #3 Marine Traders

Best Non-Profit

- #1 qathet Safe
- #2 PROWLs
- #3 River Kids / LIFT Community Services

Retail and Service

Best Health or Wellness Practitioner

- #1 Brigitte Villeneuve, RMT
- #2 Dr. Jeremy Buhay
- #3 Dr. Brittany Chisholm

Best Massage Clinic

- #1 Timber Massage and Wellness
- #2 Koastal Therapy
- #3 Suncoast Integrated Health

Best Pharmacy

- #1 Shoppers Drug Mart
- #2 Medicine Shoppe / Rexall
- #3 FreshCo

Best Cannabis Retailer

- #1 BC Cannabis Store
- #2 Pacific Coastal Cannabis

Staff Notes: We messed up this category a bit, as our printed form asked about medical marijuana, but there's no legal outlet for that here. We meant, as we had online, *non-medical* outlets.

Best Work-Out

- #1 Hiking
- #2 Coast Fitness
- #3 Anytime Fitness

Best Yoga

- #1 Elements Movement
- #2 Seaside Flow
- #3 Coast Fitness



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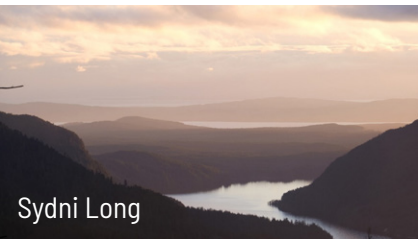
timbermassageandwellness.com



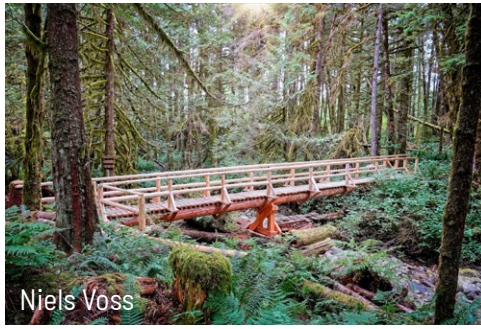
Thank you for voting us
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Doris Guevara



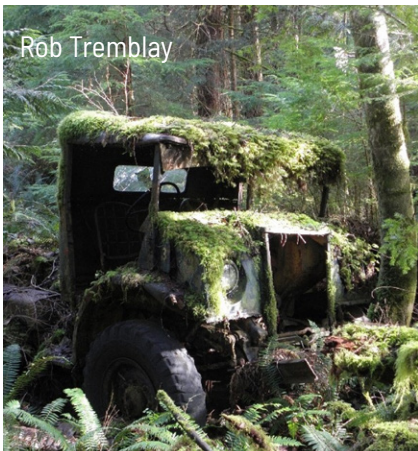
Sydni Long



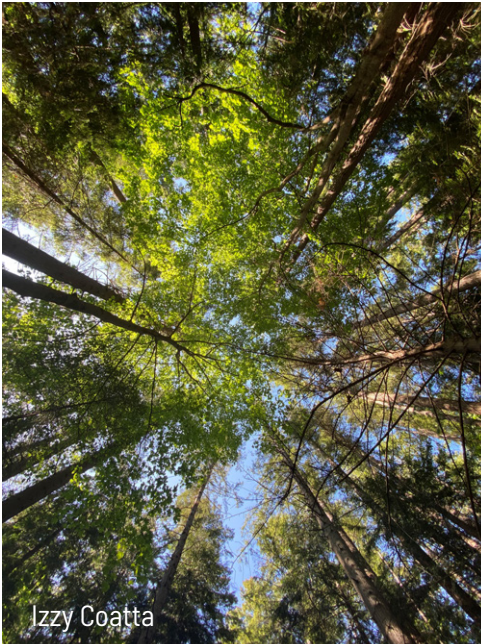
Niels Voss



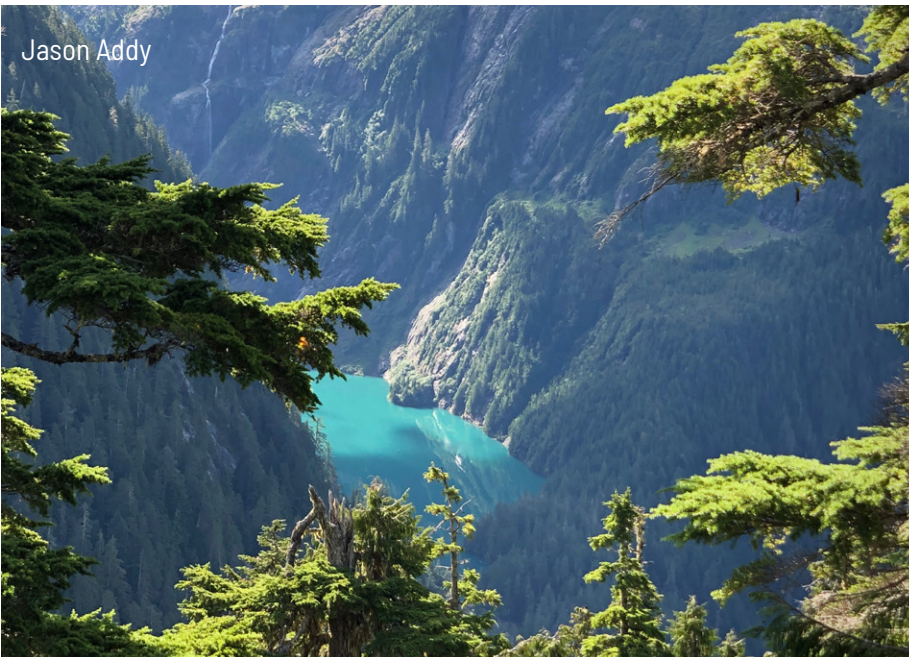
Amanda Hagglund



Rob Tremblay



Izzy Coatta



Jason Addy



Joe Hargitt



#1 Jan Uhlar

The Woods

This spring, the Powell River Public Library asked locals to capture an image “showcasing something beautiful and distinctive of the forests in this region.”

And the finalists are:

Winner • **Jan Uhlar** • Behind Emma Lake Cabin

Rick McGrath • Forest Reflection

Jason Addy • Aap’ukw’um Lake

Sydni Long • Forest Panorama

Joe Hargitt • Arbutus on Valentine Mountain

Amanda Hagglund • Haslam Lake

Kaela George • New Horizons • Eldred Valley

Doris Guevara • Appleton Creek Bridge (Sunshine Coast Trail)

Rob Tremblay • Okeover Arm

Andy Durie • Mount Mahony

Niels Voss • Rosabrigida bridge on Black Water Creek

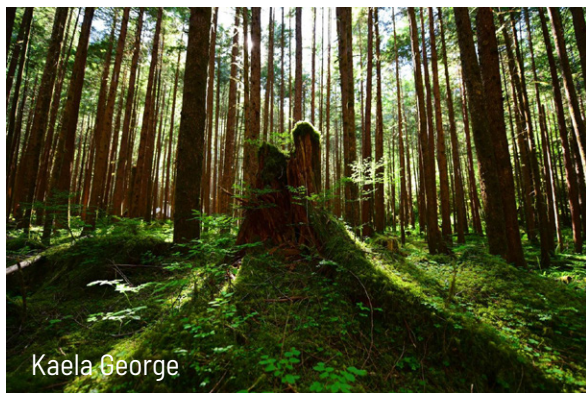
Tansy Beaton • Forest Mist

Honorable Mention

• **Izzy Coatta, 11** – Looking Up



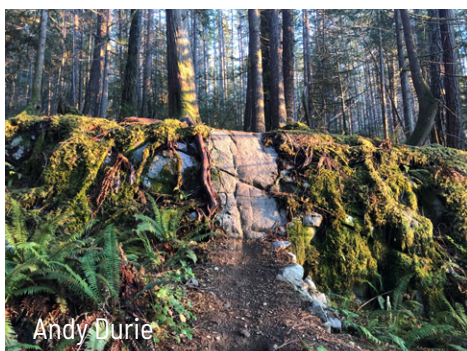
Rick McGrath



Kaela George



Tansy Beaton



Andy Durie

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Illustration by Carol La Fave

Willingdon Creek Village gets a “more welcoming vibe”

BY ISABELLE SOUTHCOTT

Welcome and čěčhaθešt to Willingdon Creek In English, we say ‘welcome’ to greet visitors; in Ayajuthem, we say čěčhaθešt, which also means welcome. Students from Karina Peters’ Grade 9 Ayajuthem Language Class opened a special sign hanging ceremony at Willingdon Creek last month.

The students drummed and sang a Tla’amin Love Song, and Harvey Barnes read the story behind the song, which had been retold by Drew Blaney and Gail Blaney.

It’s really important that more of the traditions and the culture of the Tla’amin Nation start at the front door, said Vancouver Coastal Health’s (VCH) Melanie Austin.

Melanie applied for a VCH mini wellness grant. “We have four residents from Tla’amin Nation who reside in Willingdon Creek Village. My vision was to develop a more welcoming vibe on arrival by having a welcoming sign in the traditional ʔayʔajuθəm language, to acknowledge the past impacts of colonization. I also wanted to create a safer place where our Indigenous residents could sit and be able to enjoy being surrounded by their comforts, for example, indigenous arts, listen to traditional music, traditional



WELCOME: Grade 9 language students helped open a sign-hanging ceremony at Willingdon Creek Village.

drums, and traditional weaving,” she said.

The Tla’amin traditional skill builders group led by Corey Gordon and Mike Luaifofo, has Indigenous youth gather at Willingdon Creek Village on Friday mornings at 10 am to help decorate the safe and quiet Indigenous area in the back of House Four and sit with Indigenous residents while the youth work on their crafts like beading and weaving, said Melanie.

Future plans include developing an Indigenous resource tool box that would contain resources such as Indigenous crafts, puzzles, books, music, puppets

and colouring pages.

Tla’amin Elder John Louie performed a cedar brushing ceremony to remove anything negative that had been left on the two new signs before they were installed. “The sacred tree is just like our grandmothers and grandfathers; we have to take care of them.”

The cedar tree transformed itself to help us, he added. “We’re asking the Creator to come down and look after everyone who comes through this door.”

✉ isabelle@prliving.ca

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Biz whizzes ready to rock the Chamber

BY LANA CULLIS

Change is afoot at the Powell River Chamber of Commerce

New management, new board, new president. These are just some of the recent changes taking place.

With Chamber manager Kim Miller retiring earlier this year after 27 years of service, her replacement, Sheilah Denholm, was introduced at the Chamber's Annual General Meeting last month.

At that meeting a message was also subtly conveyed to the business community. After more than two years of being quiet with no meetings and business mixer luncheons, the Powell River Chamber of Commerce is back in business.

A new board consisting of both familiar and fresh new faces, was elected by acclamation. That board will be led by former Mayor and long-time chamber member, Dave Formosa.

The Chamber's AGM was its first since 2019. Their successful business awards, held in February of this year, was also their first since the month before the COVID-19 pandemic was declared in March of 2020.



THE NEWBIE, THE BOOMERANG AND THE RETIREE: New Powell River Chamber of Commerce manager **Sheilah Denholm (left)** starts her new job on July 15. Newly-acclaimed Chamber President **Dave Formosa (middle)** has been acting President since December, and was previously Chamber President (before he became Mayor) for six years. After 27 years with the Chamber, long-time manager **Kim Miller (right)** is retiring. Asked to make a speech at the Chamber AGM in June, she simply said, "Goodbye."

Dave is no stranger to the position of Chamber president. He's been the Chamber's interim president since December of 2022 and served as Chamber president for six years before being elected as Mayor of Powell River in 2011 – a position he held for two terms until he stepped down in 2022. He's a long-time Chamber member and proudly advertises his allegiance

Making Work Work

This is Part 2 in Lana Cullis' four-part series on the complexities of the labour market in 2023.

Lana spent her working life as an employment counsellor and workplace consultant in Vancouver. She assisted people switching careers after trauma, illness, or other disruptions; as well as working with companies to help improve their workplace culture, inclusivity, and retention strategies.

She started her career serving residents of the Downtown Eastside and completed her working life as an accreditation surveyor. Lana retired to qathet during the pandemic.

Lana recently offered Writing into the Sacred at the library and is active with diverse writing projects.

with the Chamber in his monthly ads in *qathet Living* magazine.

More than anyone, Dave knows exactly what he has signed on for. He's transparent about the challenges the Chamber endured in recent years, challenges intensified by the COVID-19 pandemic, accompanying restrictions, and trends arising within



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“I am not worried for a minute that we can’t get the thing back up and running and solid, it’s just what I do.”

– Dave Formosa

the ever-evolving virtual labour market landscape. Membership numbers dipped and the range of services provided by the Chamber temporarily dwindled. Attempting to support local businesses without a pre-existing comprehensive plan (inclusive of social media and online operating platforms) meant some businesses had to look elsewhere for support during the rapidly changing business environment.

These are not uniquely qathet problems; most BC Chambers of Commerce are proactively examining their structures, re-framing their mandates in the post-pandemic world, and redefining how their activities may best support local entrepreneurs and their businesses.

Dave recognizes just how important it is to have a diversity of ages on the board. “I worked hard to bring youth to the board then and I would love to see more youth involved now. And I evolved with the young people... you have to change to be relevant even at my age.”

Dave’s recent return to the Chamber board was both familiar and disorienting: he says the pandemic changed the board priorities, “Planning gets put to the bottom because there are so many fires to put out – and you are always on a tight budget.” Yet many businesses are flourishing again, as is the economy, and Dave is optimistic that the ten-member board elected at the June 19 AGM will pull together alongside Sheilah, the newly hired manager.

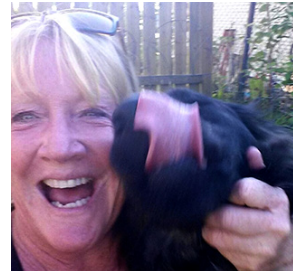
“As far as the Chamber is concerned, I am not worried for a minute that we can’t get the thing back up and running and solid, it’s just what I do.”

Employers report it increasingly difficult to find, train, and maintain a stable workforce with unprecedented numbers of employees entering retirement. Across Canada and the United States employers are responding to the labour shortage by encouraging employees to work longer before retirement (often with financial incentives), by enticing retirees to come back for contract work, or by allowing (requiring) employees to mentor and bridge their replacements for longer periods of time than has been traditional. In Canada, the mandatory retirement age has all but disappeared (there are few exceptions with safety concerns most cited). In the US the age for receiving social security benefits has crept up from 65 to 67. It can be exceedingly difficult as an individual, to weigh the benefits and detriments of working into their golden years especially in light of their employer’s needs.

At 65, Dave is not interested in slowing down. He was asked why he would commit to a leadership role with the Chamber again, when he could be out playing golf with his friends. He laughed then quipped,

Who is New Chamber Manager Sheilah Denholm?

With more than 25 years of retail management experience, Sheilah Denholm deeply understands what businesses are facing in this post-COVID economy. At Town Centre Mall, Coles and the SportZone both closed during the pandemic; she was managing them at the time.



“I really felt the impact of these closures on the team and on the community,” she said. “My passion is to build back and reboot.”

Sheilah is leaving her job managing The Brick to fill Kim Miller’s shoes. Managing retail, she said, involves leading teams, putting on events, and building strong business and community partnerships – all which she brings to the Chamber.

“I’m a go-getter. I’m gonna make some noise.”

Before Sheilah moved to Powell River, she managed the Pier 1 Imports store in Richmond – and opened, closed and renovated 20 stores throughout her career. Born and raised in North Vancouver, she was lured to qathet after visiting her daughter and two granddaughters in Lund.

She was thrilled to be at the AGM in June.

“It’s nice to shake hands again.”

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TOURISM

“The answer is, one, I don’t play golf. And two, if I played golf, I would lose Saturdays off.” Dave has also recently accepted the Grand Knight Leadership role with the Knights of Columbus, a faith-based organization committed to charitable contribution within one’s community. Dave isn’t shy about inviting participation. “It’s too much work for me, but now, not being mayor anymore, I don’t have to be at eight meetings a week, on any day of the week including weekends... now I am freer to do business again.” He hopes that his family and family-owned business staff will support the work of both organizations.

Kim wonders how some businesses and non-profit organizations will survive once the Baby Boomer generation has transitioned fully into retirement and the Millennial generation supersedes them. She notes that there are many once-thriving family businesses where the next generation is not interested in carrying on once their parents step back. The same is true for non-profit organizations, such as the Cranberry Senior’s Centre. The most active serving members are aging out at a time when they could most utilize the services offered at the Centre.

Ensuring legacy between generations is a tough dilemma, for community volunteer programs, employers and employees, and the organizations that support them both. Kim observes current job seekers having a different mind-set than the Baby Boomer generation, regarding the place and priority one’s job ought to inhabit. She often worked weekends or evenings to facilitate events or accommodate business owner’s schedules – “like we all did” she was quick to note, with a glance to this writer’s silver hair. When asked to comment on Kim’s long-standing tenure with the Chamber, Dave commented that years ago “when the Chamber fell on hard times, Kim kept doing the job... and never got paid. She kept the doors open; she kept the Chamber alive... she managed it like it was her family. It was her family. That’s Kim Miller.”

The trend to achieve work/life balance has become normalized in the decades following the 70s and 80s when the term was first bandied about. Kim says that each generation is different, and she believes that a shift away from putting work first is healthy, especially for families; albeit a challenging shift for employers who formerly had mainstream cultural support to demand more, more, and more, from their employees.

Dave hopes the Chamber will work

PR Chamber of Commerce

New board elected at the June 19 AGM

President

Dave Formosa, *Formosa Holdings*

Vice President

Lisanne English
English Group of Companies

Treasurer

Nanette Kapitan
Western Forest Products

Secretary

Michelle Silvester
First Credit Union

Past President

Telis Savvaidis
Snickers Restaurant

Directors

Peter Harvey
Sea Panda Productions

Paul Galinski, *Infinity Multimedia*

Jeremy East
Westview U-Vin/U-Brew

Paige Anderson
Laszlo Tamasik Dance Academy

Taran Brown
Aero Powell River Services Ltd.

Matt Behan
Royal LePage

Katrina Sinclair
Chamber Benefit Plan Advisor

with City Council to make taxes more affordable for qathet region businesses, to help companies navigate rising insurance costs, and to address labour costs that continue to go up and up, “I like to work as a team. I am sure – together – we can build up membership value within a year or two.” He proposes to start pragmatically “we need to come into the year, 2023, and we would probably look to getting our financial selves in order, getting the basics done (like automating payroll), and then probably hire a contractor to maintain the website. These are all things we need to do to keep us in front in today’s world.” Dave believes “Chambers are great local assets, and they have a dynamic role to play...they really have a meaning and a place.”

Dave plans to keep active in the business community and do his best with promoting the Chamber during the coming term, “I don’t think I will retire; I will die doing what I do – working with my family in the family business...and helping my community along the way.”

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Tribal Journey 2023

On July 18, Tla'amin Nation will host paddlers from its sister Nations, before they all join **Tribal Journey: Paddle to Muckleshoot** the next day.

On July 19, Tla'amin Nation will launch three canoes into Tribal Journey 2023: Paddle to Muckleshoot. With the same destination as canoes from as far away as Hawaii, about 25 Tla'amin members will paddle 450 kilometres in 12 days, ending near Tacoma, Washington.

The annual event began in 1989 with a Paddle to Seattle, attracting First Nations from Alaska, BC, Washington, and Oregon. In 2021, Tla'amin was planning to host the event, which can attract more than 6,000 visitors, but it was cancelled due to COVID.

Here, Tla'amin members **Alisha Point** and **Siemthlut Michelle Washington** reveal the impact that the revitalization of ocean canoe journeys is having on their communities – and on their own lives.



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Ohtaqken
& Cheechlem Chi-Chia
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15 YEARS AGO: Back in 2008, Alisha Point experienced her first canoe journey, the Paddle to Duncan. She was 21 and travelling with her baby boy. Her canoe was skippered by Melvin Mitchell and Mario Paul. The skippers, Alisha said, “got us through the mental and emotional exhaustion that can happen from consistent early rising after long exhausting days, countless hours of paddling, sometimes working against the wind, rain and big waves, or working under an unforgiving sun, wishing for a breeze or to be anywhere other than in that canoe.”

Photo courtesy of Alisha Point

On a long, tough canoe journey, skippers are crucial for keeping the mood and energy afloat.

Meet Tla’amin’s newest one.

BY ALISHA POINT

I am a member of Tla’amin Nation, with roots that also extend into Musqueam, one of the first peoples of what is now known as the Lower Mainland area, around UBC. I currently work for Tla’amin Nation as a student support worker, I teach ʔayʔajuθəm at James Thomson Elementary, as well as deliver language lessons to interested teachers and their classrooms within schools in SD47.

This year I will be attending the Tribal Canoe Journey, a yearly, nation-unifying cultural experience participated in by over a hundred different nations/tribes, or canoe families, from along the Pacific West Coast, and some joining from as far away as Hawaii. I will be attending as an effort to further reclaim my culture, strengthen my self-motivation, strengthen the sense of community that comes from being part of a canoe family, and to work on all aspects of my health: physical, spiritual, emotional, and mental.

I find the Tribal Canoe Journeys to be a dose of ʔimex^w (medicine) that benefits one’s health in a wholistic way.

Born and raised in Vancouver by my tan (Mother) Arlene Point, ʔəjətən (Grandparents) Doreen and Alex Point, and ʔəpθətən (Aunts/Uncles), I experienced a metropolis of beau-



BACK WHEN HE WAS A BABY: Alisha, Landyn, and support boat driver Wayne Borgfjord at Paddle to Duncan in 2008. Photo courtesy of Alisha Point.

tifully unique Canadian and worldly cultures, unfortunately often not my own. I could count in four languages, and ʔayʔajuθəm was not one of the languages: English (that should be a given), French, Spanish, and Cantonese. Instead of learning the ways of my own people, I learned the basics of fancy dancing, a beautiful tradition of the Prairies First Peoples, and Chinese New Year Traditions, to name a few.

Upon my move to Powell River, I struggled with self-identity and didn’t know the ways that even a good portion of Tla’amin-lifers were struggling to reclaim. It wasn’t until living in our family’s hometown that I started

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BACK ON THE OCEAN: Alisha Point's č̣č̣meqʷ (great-grandfather) Alex Galligos Sr, is the third from the front in the top photograph with the *Sea King* racing team, in front of ʔišosəm (Tla'amin Village), dating to the early 1900's. Left, the *Sea King* getting carved. Above, the canoe *Gahnos*, skipper Mario Paul, Johnson Adams, Phil Russel, Alisha Point, Dorothy Louie. *Photos courtesy of Tla'amin Nation and Alisha Point.*

“From stories, songs, the spontaneous creation of funny songs to pass time, sharing of personal experiences, traditional teaching, mentorship and encouragement to keep going, your connection to people while on a canoe is of the purest, most human and is very rewarding, as it is hard to achieve those kinds of connections in today's world.”

– Alisha Point

to connect to our community and culture, with the Tribal Canoe Journeys amplifying this connection.

Paddle to Muckleshoot 2023 will be the third canoe journey I have embarked on since my first, Paddle to Duncan 2008.

Paddle to Duncan 2008 happened at a very new time in my life. I was 21 years old and adjusting to life with a baby boy, Landyn, who was a little over a year old at the time. I had been living in Tla'amin for a few years and I was a summer student assigned to the Tla'amin Nation Social Development Department when my supervisor and mentor, Maureen Adams, suggested I go on the canoe journey with the *Gahnos* canoe family.

Gahnos is the name of the canoe that brought our family safely to that year's destination in Duncan. *Gahnos*, means 'treasure' and was built with the help of a well-known and respected west coast artist who is now deceased.

Being a new mom, my Grandparents weren't exactly on board with me participating and bringing my son along with me. I had to convince my kʷukʷpə (Alex Point), I told him that it was okay, that I was doing it to learn our culture. That did not exactly sell

it to him. The winning argument was when I connected that his father, my č̣č̣meqʷ (Great Grandparent) Alex Galligos Sr, was a canoe racer and that I wanted to practice the tradition of knowing and being on a canoe (see photo, above). That is when I gained his approval. Also, if it weren't for Landyn's čičiyeʔəł (deceased Grandmother) Rita and kʷukʷpəəł (deceased Grandfather) Lawrence attending the Tribal Journeys with us, it wouldn't have been possible.

There are many parts that are vital to the mechanism of a successfully running canoe family. Aside from the canoe itself and its paddlers, there are the Skipper and the road crew – the organizers who make the journey possible and make sure things run smoothly the entire time. Prior to the Journey, there is crafting for regalia and gifts to give to communities that host us along the way, fundraising, canoe practices and meetings.

During the Paddle to Duncan in 2008, *Gahnos* was skippered by Melvin Mitchell and Mario Paul. As Skippers, they navigated the waters and guided us through whichever weather conditions we faced, all while keeping our crew safe.

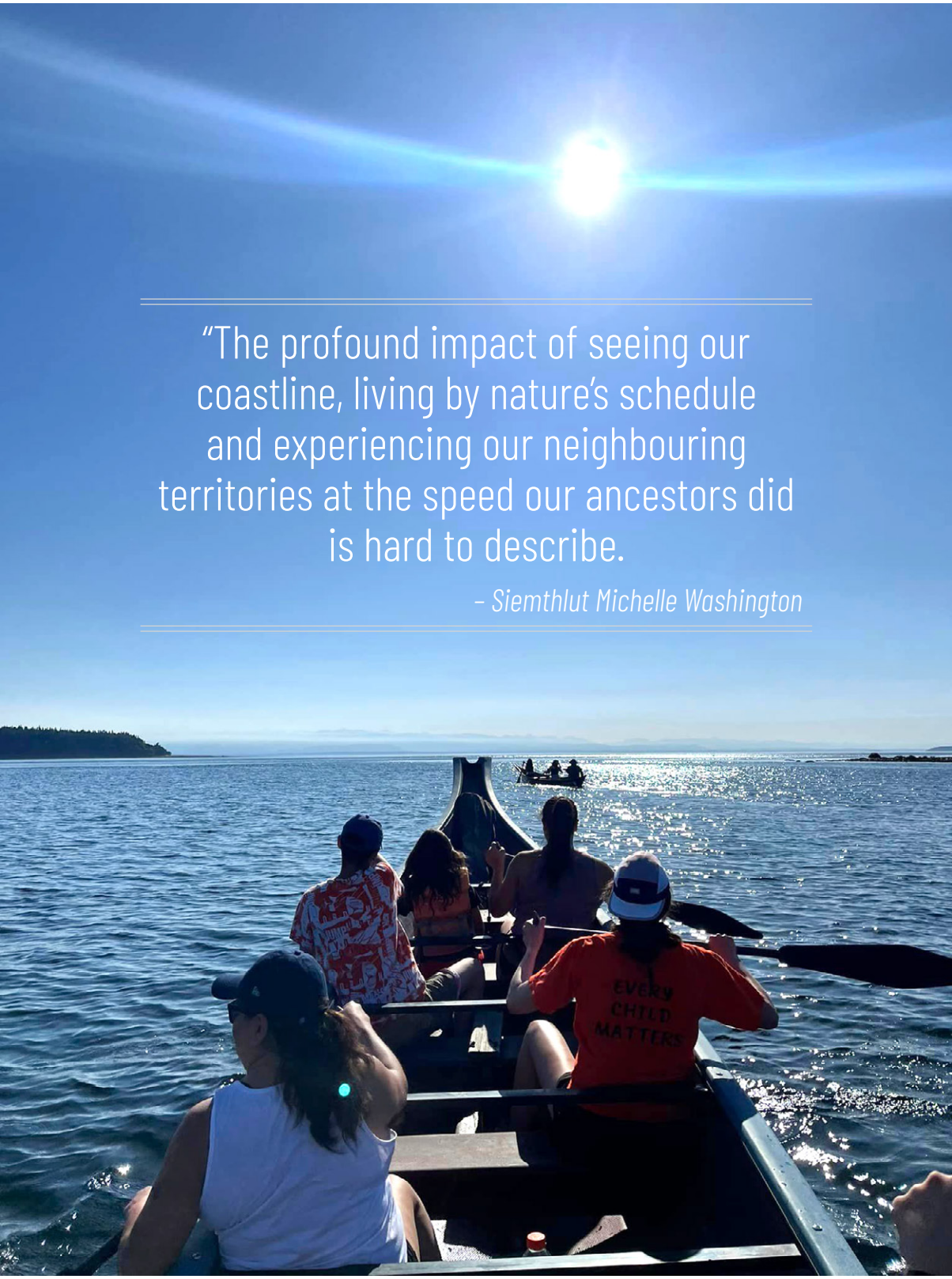
They also got us through the mental and emotion-

al exhaustion that can happen from consistent early rising after long exhausting days, countless hours of paddling, sometimes working against the wind, rain and big waves, or working under an unforgiving sun, wishing for a breeze or to be anywhere other than in that canoe. From stories, songs, the spontaneous creation of funny songs to pass time, sharing of personal experiences, traditional teaching, mentorship and encouragement to keep going, your connection to people while on a canoe is of the purest, most human and is very rewarding, as it is hard to achieve those kinds of connections in today's world.

This year, we will make our way to Muckleshoot, Washington. Over 450 kilometres in 12 days. We will paddle from ʔišosəm and make our way a little more each day. I will be with the čičḷem čičye Canoe family, led by the Blaney family, as a student supervisor.

Things have come full circle. I am now a few years into learning and teaching ʔayʔajuθəm, working with an amazing Indigenous Education team on language revitalization efforts. I recently found some notes written by my language mentor Gail Blaney, the words were all related to the weather, ocean conditions and canoe commands and actions, further proving the importance of canoes and the ocean to our people.

I had the opportunity to complete the Big Canoe Skipper Training and will get to practice becoming a Skipper. My qex (younger brother) will be attending as will my ʔajumiš (beautiful) blended family. I'm sure we will be making more memories and learning more values to 'treasure.' 🐋



"The profound impact of seeing our coastline, living by nature's schedule and experiencing our neighbouring territories at the speed our ancestors did is hard to describe.

- Siemthlut Michelle Washington

Reverence resilience connect

Why paddling matters

BY SIEMTHLUT MICHELLE WASHINGTON

What is most striking to me about the Royal British Columbia Museum's Sacred Journeys exhibit is that it is a wonderful representation of how our ancestral teachings and practices properly transfer to today.

Tribal Journeys is about a time machine to re-teach the reverence for our traditional laws, the reasons for our cultural resilience, the sacred connection to our ancestral homelands and waterways and why our language and place names are critical to respect so that visitors understand why our rights are legally, morally and environmentally important to everyone. First Nations people have always been here as stewards of their lands and waters and that unbroken relationship continues today for our future generations to carry on.

I was the manager of the fourth Tribal Journey. This one was to the 1997 North American Indigenous Games held in Victoria. It was a two-week journey and had stops in over 20 host communities. The 51 canoes averaged 50 kilometres per day in an over 960-kilometre journey that ended in the territory of the Esquimalt and Songhees First Nations where local Chiefs welcomed over 20,000 spectators into the Inner Harbour.

I travelled along with the ground crews from Port Hardy to Victoria to set up prior to arrival in each community and was lucky enough to have Elders and Chiefs accompany me on different legs of the journey to give me guidance and support as we entered each new territory. I have also had the honour to paddle with other Nations on other journeys and learn some of their songs and teachings.

The profound impact of seeing our coastline, living by nature's schedule and experiencing our neighbouring territories at the speed our ancestors did is hard to describe. It is a connection to the teachings that make sense to you in an intergenerational and spiritual way. It is the way we have always travelled and the way we have always gathered in good times and bad. It was the way we supported each other and traded resources. The kelp highway was our lifeline.

PRACTICE EVENINGS: This spring, Tla'amin's Tribal Journey crews have been out on the water paddling to build up to the 450-kilometre journey they'll make starting July 19. Earlier this year, the canoe *Cheechlem Chi-Chia* (above) got sanded and a paint job. Right, *Hehewš'in* is skippered by Randy "Hoss" Timothy Sr. Pullers are Ace Harry, Takaiya Blaney, and Victoria Redsun.

Photos courtesy of Drew Blaney



ce, e, and ion: ters so much

Since then the resurgence of the canoe culture continues to grow and communities continue to build more ocean going canoes. Host communities now regularly see over 100 canoes at their gatherings. It is about dedication and discipline and healing from the ongoing traumas of colonization.

I coordinated the building of Gahnohs (a treasure). Our family canoe was the only Salish style canoe on the water for many years and was built to honour the memory of our late uncle Heowken (Chief Joe Mitchell). It was built by our dear friend and master carver Art Thompson with help from our family and community. It was the fastest, sleekest canoe on the water, perfectly built for the Salish Sea. 🐋



Sacred Journey: Travelling Exhibit

Royal BC Museum, Victoria
& online

Until October 29, visitors to the Royal BC Museum in Victoria can learn more about the “repression and resurgence of ocean-going canoes and their vital link to the Indigenous Peoples of the Pacific Northwest,” according to the website.

Sacred Journey: Travelling Exhibit is the first exhibit of its kind; it “shares First Nations and Native American Tribes stories of their healing journey. *Sacred Journey* combines art, immersive audio, video displays, and interactive experiences for a breathtaking showcase of the strength and determination of First Nations culture.”

In the fall, the exhibit will travel to other communities, but a schedule isn't available at this time.

The online component of the exhibit, sacredjourneyexhibit.com, includes films about the Heiltsuk canoe resurgence, with many other resources.



ALL WOMAN CREW: The canoe is paddled by Carmen Galligos, Leslie Louie, Sophie Call, Angela Young, Marie Bechard, Ace Harry and Alisha Point.

Photo courtesy of Drew Blaney

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



ʔAYʔAJUΘƏM? YOU GOT THIS

RANDOLPH TIMOTHY JR.

hewčls

To Paddle

neʔaymɪx^w

A Tribe of People

ʔaxamay

Red Cedar Tree

sopot

To Chop at a Branch or Tree

taʔəčłš

Travel

ʔayʔajuθəm orthography

ʔəʔamen | kómoks | χ^wεmaʔk^wu | & λohos

This orthography is based on the International Phonetic Alphabet (IPA). This guide offers a simplified version of the sounds; for an authentic accent, listen at firstvoices.com. Most letters you'll see in ʔayʔajuθəm are familiar. Pronounce them as you normally would, with the exception of the vowels and "y," which are always pronounced:

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

ɛ	eh
ɪ	ih
ʊ	oo as in look
ə	uh
č	ch
č̣	popping c
ǰ	dg
ķ	popping k
k ^w	kw
ķ ^w	rounded, popping k
ł	Breathy L sound
ᵑ	popping p
ᵑ̣	popping q

q ^w	rounded q
ᵑ̣ ^w	rounded, popping q
š	sh
ᵑ̣	popping t
t ^θ	t-th
ᵑ̣ ^θ	Popping t-th
θ	th
x ^w	wh (like in who)
χ	Hhhh
χ ^w	Hhhhwh
χ̣	tl
χ̣̣	popping tl
ʔ	glottal stop: uh oh



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little pharmer
Live at Cranberry Hall

Just in time for Salmonberry season, little pharmer is dropping his first full-length album since releasing 'Gruesome Grew Some' in 2014.

The album is a live offering, featuring 14 tracks from his latest sold-out Cran Hall escapade earlier this year. It includes some unreleased classics like 'Salad not Sod,' 'How to Climb a Salmon Ladder,' and possibly even the notorious doom-metal version of 'Compost'.

There's new stuff, wacky stories, and plenty of banter and laughter from the collection of characters who graced the Cran Hall on January 20th, 2023.

It's weird, it's lively, it's lovely.... It's little pharmer in fine form, rocking a hometown crowd in our own Cranberry Community Hall.

The album comes out June 21st.

Hard copies can be purchased at Rock-it Music on Marine for \$15. Online you can find it at littlepharmer.ca, where you can download it for free or support the artist with a purchase price of your choosing.

Little pharmer has lived in this beautiful neck of the woods for 17 years, and he's been rocking halls, pubs, festivals, and the odd basement for almost as long, refining his unmistakable berry-picking anthems and garden raps, while raising his

three boys and loving life in the trees by the sea.

He is a true original. A one man local farm rock songbook, bursting with wit and wisdom (and the most gross compost on the coast).

An album release party will be held July 12, 6 to 8 pm at 6297 Oak Street.



qathet's Creative Capers

Each December and July, qL runs a round-up of books, music and film that local luminaries recently launched. The past six months seemed particularly prolific.

Steve And Eve Save The Planet - I Can Hear Your Heart Beep

By Prashant Miranda, Paul Shore, Deborah Katz Henriquez
Find it at Pollen Sweaters, Lund and on amazon.ca, \$25

In *I Can Hear Your Heart Beep*, readers are introduced to Steve, a kooky polar bear with a magical power gifted to him by the Northern Lights, and Eve, a feisty electric car who wants to change the world. This 200-page illustrated work-of-art is available in paperback, hardcover, and e-book formats.

qL profiled Steve and Eve and the



book's creators when it was released in April. Since then, it has been shortlisted for the Whistler Independent Book Awards.



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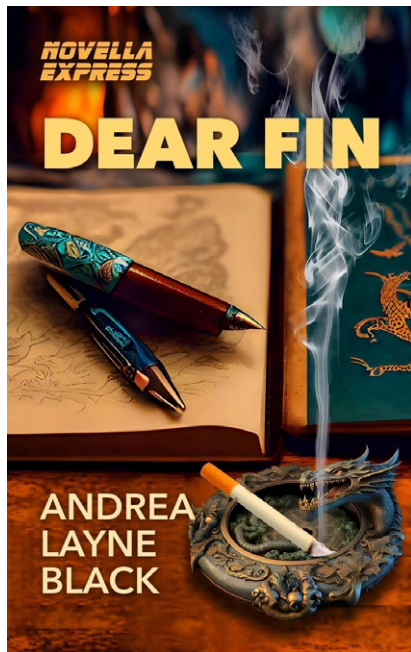
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Dear FIN

By Andrea Layne Black

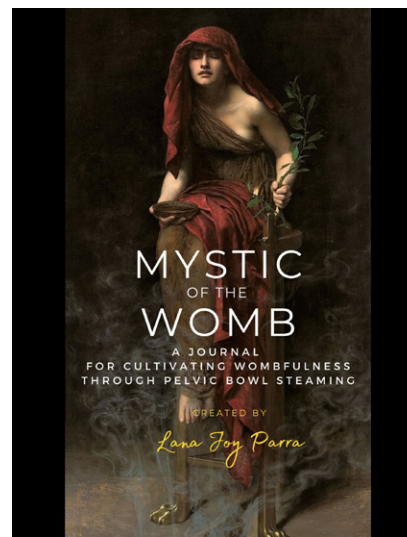
Find it for free at the Powell River Public Library in Edition #3 of Novella Express published by Leamington Books, Edinburgh; and as an eBook available at Indigo Chapters for \$3.99 or Amazon.ca for \$2.43

Jack Wilson, 16 going on 17, questions life and whether it's all worth it; his adoptive mom's best friend and therapist try to sort him out, but Jack's biggest concern right now is what to do about his dog, Henry, his baseball team, his parents' death six years earlier, and his future, as he navigates too many thoughts and feelings in the small coastal community of Riverdam, British Columbia.



"... Power my phone right the f off, Defence against the Dark Arts. All I read was, "Witness Comes Forward." A photo of Tall Dude. Explain later. Maybe. If I don't forget. As if. I could possibly. Forget."

Andrea is a poet, playwright, fiction writer, actor, and court transcriber. She recently finished her second novella, "The Monitor's Report," and has begun a third. She hikes with her dog Pinky, gardens, and reads a lot.



Mystic of the Womb: A Journal for Cultivating Wombfulness through Pelvic Bowl Steaming

By Lana Joy Parra

Find it at Pocket Books and on Amazon. \$24.50.

Pelvic Bowl Steaming is a practice with physiological and energetic healing benefits. This 90-page journal invites the reader towards developing a ceremonial approach to steaming. It is a call into wombfulness; a call back into the body and

into connection with herbal allies. The journal will take you on a journey returning to sisterhood; to community; to ceremony; to ritual.

Lana is a mother, ecovillager, Holistic Reproductive Health Practitioner, Fertility Awareness Educator, Peristeam Facilitator, and dancer. She has a deep love and respect for the sophistication of our bodies and believes we can feel empowered by our bodies—even our cycles. She's passionate about transforming how we approach the womb and cycles; drawing a parallel between how we treat our bodies and how we treat the earth.





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Ironic Surfer Beach Crashers

Beach Crashers have been amidst turbulent waves this year. Key member, Cam Twyford, left the band to pursue personal music projects late in 2022. This left the remaining members feeling alone on high water.

Saddened by the loss of their pal, they peered out over the horizon to find new members. To their amazement, Bryn Politylo came shredding the surf with his bodacious guitar licks. He was followed shortly thereafter by Rob Hughes riding the tide. With Paia Guimond's soaring pop synth lines,

Maxime Paquette's fluid dance beats, and songs sculpted (as if from sand) by Davis Steele, this band is like the psychedelic algae bloom of your dreams.

Their lead-off single, Ironic Surfer, was recorded in basements and makeshift home studio's across the qRD. It was written in early days, with Cam Twyford, but was recorded earlier this year in this new era of the band.

You can find it anywhere you stream your music. Better yet, come to one of the band's summer shows to experience it live. Summer tour dates can be found on Instagram and Facebook, and in the *qathet Living* Events Section starting on Page 51.

Crossing the Divide

Jeremy Williams

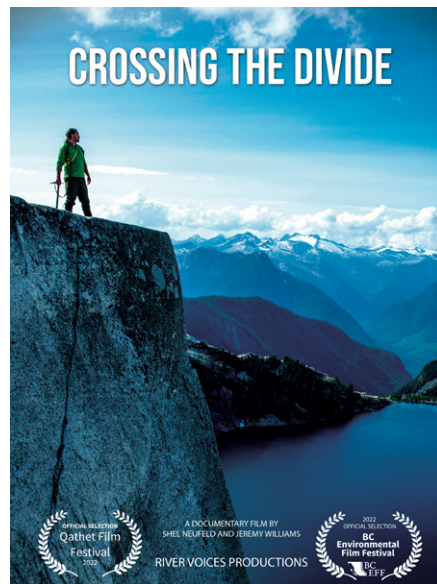
Find this film at redcoraluniverse.com/crossing-the-divide, Free

Crossing the Divide is an existential journey and mountaineering trek through the stunning coast mountains of British Columbia over 14 days. Multi-award



winning filmmaker Jeremy Williams and Pacific Northwest nature and outdoor photographer Shel Neufeld bring you the profound beauty of a landscape that inspires deep reflection.

Jeremy Williams has been producing independent documentary films for 23 years. His work mainly focus-



es on community empowerment. He works extensively with Indigenous nations and communities across Canada to help amplify their voices and vision for social justice and environmental conservation and restoration. You'll find his work online under the banner of River Voices Productions.

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Sheltering in the Backrush: A History of Twin Islands

By Jeanette Taylor

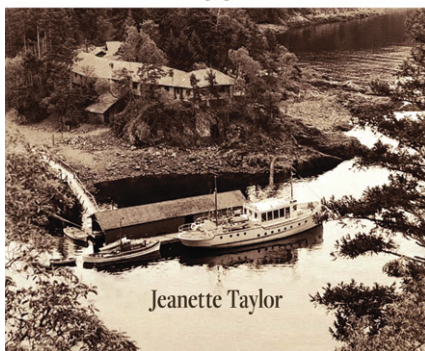
Find it at Coho Books, Munro's Books, Chapters/Indigo, Amazon, \$24.95

Discovery of a trove of sepia-toned pictures of Twin Islands from the late 1930s drew Jeanette Taylor to research and document the history of the islands. She found a live-wire cast of characters typical of remote places, including a one-legged sheep farmer; an aristocratic Irish priest who was the victim of an unsolved murder; American tycoons fleeing Japan on the cusp of World War II; German royalty; and an anonymous heiress who rescued the islands



SHELTERING in the BACKRUSH

A History of Twin Islands



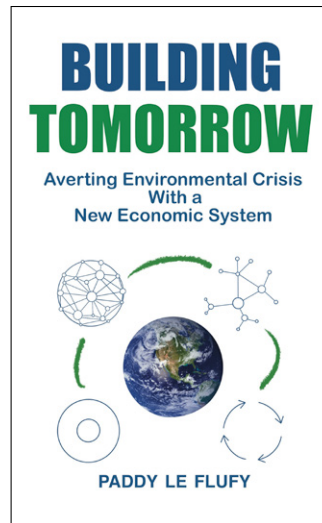
from logging. Through it all, Taylor found a thread among Twin's people, passed from one generation to the next—like an invisible torch handed over with the deed: a love of nature and the place.

Jeanette Taylor is the author of Harbour Publishing titles on British Columbia coastal history, including *The Quadra Story* (2009), *Tidal Passages* (2008) and *River City: A History of Campbell River and the Discovery Islands* (1999).

Building Tomorrow: Averting Environmental Crisis With a New Economic System

By Paddy Le Flufy

Find it on Amazon,
\$23.99



One of the *Financial Times*' 'best summer books of 2023.' *Building Tomorrow* is about how we can transform the economic system to avert the environmental crisis and improve our quality of life. It focuses on six 'organizational technologies', each of which are being developed and implemented by pioneering experts and redesign fundamental aspects of our economic system, such as our development paradigm and how businesses are defined. The majority of the writing is about positive real-world examples and potential future developments, which show how people throughout society can help build parts of the new system.

Paddy Le Flufy has studied mathematics at Cambridge University, qualified as an accountant at KPMG, and been funded by the Royal Geographical Society to spend a year being taught by Indigenous wisdom-keepers in the Peruvian Amazon. Since 2015, he has focused on understanding how we can redesign society to create a better world. An

Englishman, Paddy moved to Powell River in April 2023.

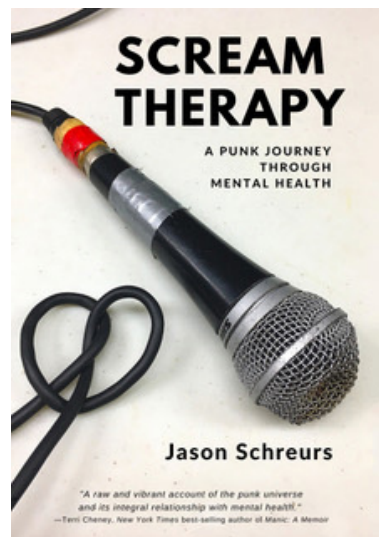


Scream Therapy: A Punk Journey through Mental Health

Jason Schreurs

Find it at screamtherapyhq.com or at the Patricia Theatre \$25

Scream Therapy: A Punk Journey through Mental Health follows the transformational stories of author Jason Schreurs' life with bipolar and the other punk rockers he learns from along the way. His book reveals the healing power of a misunderstood and underestimated music community. *Scream Therapy* asks a crucial question: If punk rock can provide therapy, why aren't more people screaming?



"In October 2018, I made an emergency trip to the hospital where a psychiatrist gave me a diagnosis of bipolar, a foreign word I barely recognized.



As a lifelong punk rocker, I was a storied veteran. As a person in a mental health crisis, I was a hapless rookie. Since my diagnosis, other punks – mu-

sicians, mental health professionals, advocates, and activists – have shared their lived experiences with me, and through theirs I pieced together my own."

Jason Schreurs is a music and mental health writer, host of the Scream Therapy podcast, mental health advocate, and self-proclaimed punk rock weirdo. He

feels most alive when he's screaming into dented microphones and beating on his guitar like it's a percussion instrument.



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Almost Brown: A Mixed-Race Family Memoir

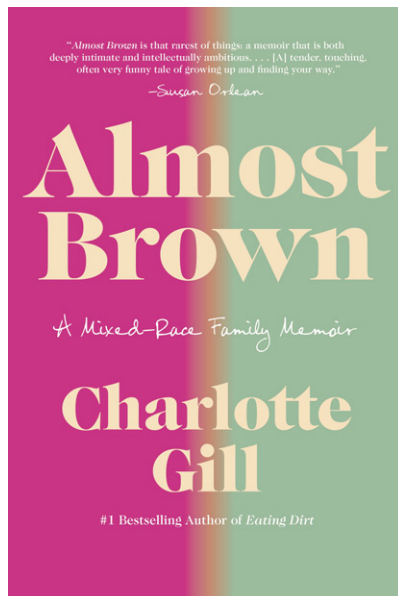
by Charlotte Gill

Pocket Books in Powell River may have copies still. It's also available online at independent bookshops and other retail outlets wherever books are sold.

Charlotte Gill's father is Indian. Her mother is English. They meet in 1960s London when the world was not quite ready for interracial love. Their union results in a total meltdown of familial relations, a lot of immigration paperwork, and three children, all in varying shades of tan. Together they set off on a journey to Canada and the United States in an elusive pursuit of life, liberty, and happiness—a dream that eventually tears them apart.

Almost Brown is an exploration of diasporic intermingling involving two deeply eccentric parents from worlds apart, and their half-brown children, as they experience the paradoxes and conundrums of life as it's lived between race checkboxes.

Their intercultural experiment features turbans and tube socks,



chana masala and Cherry Coke, feminist uprisings, racial alliances and divides, a divorce, multiple grudges, and plenty of bad fashion. The family implodes, but after 20 years of silence, father and daughter reclaim a space for forgiveness and love.

Charlotte Gill is the author of two earlier books: *Eating Dirt*, a tree-planting memoir, and *Ladykiller*, a collection of short fiction.

Her work has appeared in *Vogue*, *Oprah Daily*, *Lit Hub*, *Best Canadian Stories*, *The Journey Prize Stories* and many other newspapers and magazines.

The Last Wildlife Control Officer in British Columbia: Thirty years of dealing with problem predators.

By Dennis Pemble

Find it at FriesenPress, Chapters/Indigo, and Amazon.ca \$25

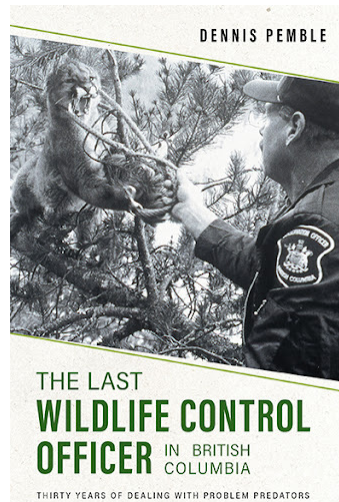
The Last Wildlife Control Officer in British Columbia: Thirty Years of Dealing with Problem Predators is a memoir composed of 36 short stories drawn from my diaries, co-authored with my wife, Karen Pemble.

Each wildlife encounter is as educational as it is entertaining, sharing my expertise on why some predators such as grizzly bears, black bears, cougars, and coyotes simply can't be relocated, while others can.

I grew up with a debilitating learning disability but was fortunate enough to have a best friend beginning in Grade 5, whose father, Jack Lay, was a BC Wildlife Control Officer and introduced me to the world of hunting with hounds. Years later Jack encouraged me to go back to school to get my high school equivalency and offered me a job trapping coyotes. Soon after, Jack retired and I was hired to take over Jack's job.

During my career, I had the opportunity to hunt large predators that were endangering humans or killing livestock; tranquilizing and relocating whenever possible, but sometimes euthanizing.

(Several of the more gripping stories in the collection occurred here in qathet, including the first and last in the book.)





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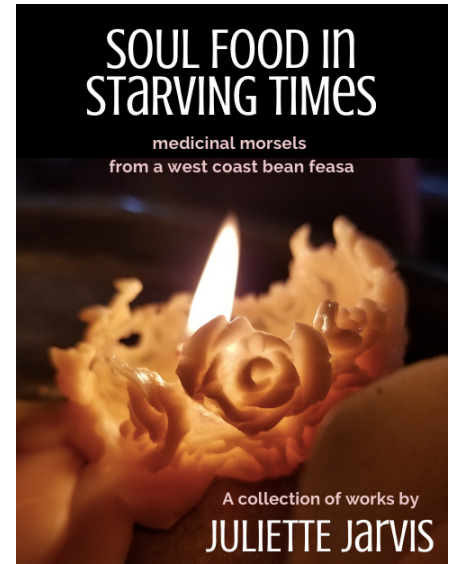
Soul Food in Starving Times

By Juliette Jarvis (qL's Return to Reverence columnist)

Find it on Amazon. Available online only for eReaders, smartphones, and laptops). \$1.33 Canadian

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ing of "worth." It has been dressed up in the religious guise of saints clothed as beggars, ancient stories of sacrificed innocence, and legends of swords and rings and things tossed into lakes or the sea."

Juliette Jarvis lives as a Devotional Artist creating ritual wear and ceremonial objects, facilitating spiritual living programs, and writing on returning reverence to our lives. She draws on 15+ years of offering community ceremonies, healing sessions, divination readings and her personal spiritual practices to craft tangible works as a means of soul tending for self and others.



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Catch qathet's ginchiest drivers in their vintage cars this summer at the Showtime and Shine outside the Patricia Theatre July 15, and at Cruisin' the Dub each Thursday night.

Emily's Studebaker: original fins and new power brakes

BY PIETA WOOLLEY

Emily Anderson was just three years old when she started travelling to vintage car shows with her family. The drivers would lift her up and put her in their bright cars – she loved the ones with the shiny engines on the outside. The crew ate at diners on these trips, and played jukeboxes.

Emily's whole family has a thing for cars, with her grandfather George Combes steering the way; between the generations they've owned a 1932 Ford Deuce Coupe; a 1950 Mercury; a 1940 Plymouth pick-up; an Air Stream trailer, a Boler trailer and many others.

Even before she earned her driver's license at 16, Emily acquired her first car from a sale in Wildwood. It's a 1957 Studebaker, red, with new white wall tires. She and her grandfather spent two years fixing it up together – Emily painstakingly hand-sanding all the pieces George took apart – to have the car ready for her high school graduation. It was touch-and-go. They discovered the gas gauge didn't work by running out of gas. Cars, they say, are an "adventure."

But like any family with a shared enthusiasm, boundaries must be set. The Studebaker is Emily's car to drive, fix and love.

"He's not allowed to touch anything on there until I approve it," said Emily. "It's my car; I've got to know what's happening."

You can find Emily at car events around qathet and elsewhere this summer, often wearing vintage-style dresses and cherry lips to complete the mid-century drive-in vibe. When she shows the Studebaker outside of qathet, she often attracts attention; being both young and female, she is in the opposite demographic from most Show n' Shiners.

In 2014, Vancouver Sun reporter Alyn Edwards published a story about Emily, then 21, and her vintage car. Because she was born with Spina Bifida, driving is only possible if the car is an automatic and has power brakes – neither of which the Studebaker



GETTING HER KICKS ON ROUTE 101: Emily Anderson with her '57 Studebaker, and grandparents George and Gaye Combes. They'll be Cruisin' the Dub.

had. But of course, as soon as the story ran, car enthusiasts "from as far away as Australia" offered to help adapt the car so she could drive it. Powell River's Joe Rowell worked with Emily and George, and installed the parts.

Now she's the coolest cat in town.

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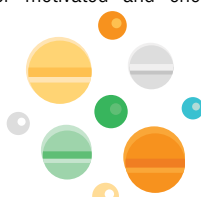
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NEARLY 70 YEARS LATER: Brian Crilly restored this exquisite 1926 Roadster (top left)– which was once a family embarrassment (father Mike Crilly, top right). Above, Brian with Ken Ruedig, painting.

My Dad's 1926 Chev Roadster:

it can take decades to see the value of vintage

BY BRIAN CRILLY

The story of my dad's Chev Roadster starts back in the early 1950's when he, Mike Crilly, purchased the car from Frank Joncas of Wildwood (Joncas Place is named after him). We would go on family picnics and drives with my brother Terry in the box in the back.

Someone, I'm not sure who, built the box for the back of the vehicle which is still on the car today. The car was registered as a 1926 Chev Light Delivery in those days because it had a trunk lid instead of a rumble seat. So in order to convert it you pulled out two hinge pins and swapped it out for the box that made it truck-like.

I can remember many trips with Terry and I and the two Crocket girls, Janie and Marlene, being in the back of the car heading to town. My mom was quite upset with the way everyone pointed and laughed at us in the old car. My dad kept saying everyone was laughing at Bidy, our dog, who would bark at anybody and everybody. After numerous complaints from my mother Millie, my dad purchased a 1946 Dodge.

The old car was relegated to the weather outside the garage.

In 1956, 17-year-old Steve Gilham asked my dad if the car was for sale and if he could buy it. Since the car has only two wheeled brakes he figured somebody young would hot rod it and kill themselves, so he set the price at \$250 which was exorbitant at that time.

Steve's dad Bud, knowing my father, told him the car would never be hot rodded if Steve owned it. Having purchased the car and driven it home, Steve

My mom was quite upset with the way everyone pointed and laughed at us in the old car.

– Brian Crilly

drove it around his dad's yard until the car slid in the wet grass and hit a fencepost.

After that, he decided to take the car apart so he wouldn't damage it more, and that is what he did. It had been stored for 59 years, the last place being his home with Marge on Invermere Court.

In 2015, I purchased the car from his widow Marge. I started the restoration when I got the car home. As Steve was a great collector it took me only one month to find everything. The deal that was made when I bought the car from the family was that I had to take any old car parts – including five motors, two rear ends, three front ends and more.

The first three years I restored the running gear and then started on the body. That took me two years to restore because I had to replace all the rusty metal.

I talked with Ken Ruedig and asked if he could finish the body and do the painting. I dragged my feet on getting the upholstery done and I finally convinced Scott Park from Shade Tree Upholstery in Co-mox to finish the seats and top.

The car being complete I can now enjoy driving it. I am sure my dad would be proud that I restored the car, but I can also hear him saying it was probably a waste of time.



\$2,140 IN 1966: Despite many close calls, Hughie and Arlene Westie have owned this 1965 Chevelle Malibu SS Convertible four speed for 54 years. Below, the engine is as stylish as the exterior.

From first dates to retirement: this plum ride has seen it all

BY ISABELLE SOUTHCOTT

Arlene Westie remembers her first date with future husband Hughie. It was October 1978 and Hughie's brother had set the two of them up on a blind date. Arlene lived in the basement suite of her mother's home and Hughie's brother, wife and Hughie, all came to the door to pick her up before they went to the Cellar, a popular Powell River bar.

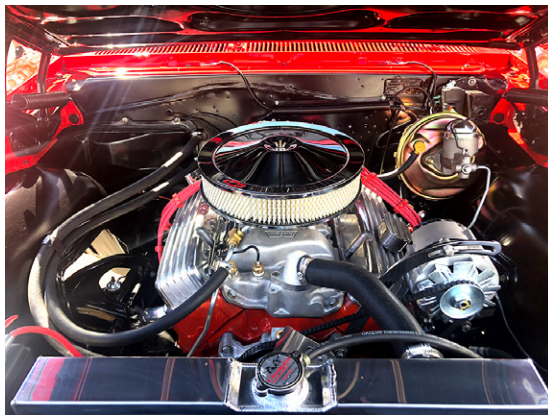
"He was wearing a brown suit with tan high-rise shoes, a yellow dress shirt and a matching tie," recalls Arlene. "We didn't like each other at first, but by the end of the night we started talking and I asked him if I could drive his car and he said yes."

The car, a red 1965 Chevelle Malibu SS Convertible four speed, was Hughie's pride and joy. "I bought the car in 1966 when I was 17 years old," said Hughie. "It was my dream car. I paid \$2,140 for it." Today, that same car is appraised at \$110,000, he says.

Hughie, his mom and his Uncle Hughie went to Vancouver to look for cars. After hunting high and low, he saw his car sitting in the lot at Uptown Motors. It was love at first sight and he bought it. His Uncle Hughie was going to drive the car home as he was older and more experienced, but after Uncle

Hughie drove the car the wrong way up a one-way street, onto the sidewalk and backed up into an intersection before running a red light, young Hughie put his foot down and said he was going to drive his own car home!

Hughie remembers the time he took the car into The Inn Service (where El's Auto Tech is now located) for a new set of brakes. "Dave Formosa was the gas jockey there," he recalls. "They put him in the car and the car on the hoist for Dave to pump the brakes because they had to bleed them. When Dave was pumping the brakes his finger got stuck in the steering wheel. They lowered the hoist cause he was screaming and they



tried to get his finger out and said they might have to cut the steering wheel and I said 'Like hell, cut off his finger!'"

Luckily Dave was able to get his finger out of the steering wheel and both his finger and the steering wheel lived.

When Hughie bought the car it was white with a red interior. "Not long after I bought it, I painted it red. Then a couple of years later I changed the interior to black," said Hughie.

The Westies have owned the Malibu for 54 years

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"We didn't like each other at first,
but by the end of the night we started
talking and I asked him if I could
drive his car and he said yes."

- Arlene Westie

now but there was a period of a few
years early on that they didn't own it.
"I sold it, but couldn't get it back for
three years," said Hughie. "When I fi-
nally bought it back I decided I'd never
sell it again."

As the years ticked by and their fam-
ily grew, there was little time for the
car and it didn't receive the attention
it needed. One day Hughie decided he
was going to change the wiring under
the dash, but it was a bigger job than
he anticipated and so it sat unfinished.

Time passed until a friend of Hugh-
ie's said he wanted to work on the car.
"Finally, it was going to get the care
and attention it needed," said Arlene.
"Work started and I was asked to pro-
vide storage tubs. Those tubs were
used for all the nuts and bolts that
were removed and for parts that were
removed."

The body was professionally re-

stored right here in Powell River and
the engine was sent away. "The car got
everything it needed from the bottom
up," says Hughie. Although Hughie
asked for the car to be painted a bright
red, he didn't know the exact shade of
red it had been painted until Reveal
Day arrived.

"It was the rush of a lifetime," say
the couple. "The car was everything
we anticipated and more. There is
nothing more exciting than seeing a
dream transpire into reality," adds Ar-
lene.

For years that car has been part of
the Westie's married life.

"We've had a lot of happy times with
that car," muses Arlene.

With retirement ahead, the couple
look forward to making new memories
when they enter their Malibu in car
shows.

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1. Single Family Residential is still hot

The average price for a stand-alone house here was \$700,747 in May, down just 12% from the top of the market last year. That's after a punishing interest rate campaign by the Bank of Canada.

2. Sales were down, but they're picking up

In 2022, 181 homes were sold by the end of May - the busiest season ever. In 2023, just 111 were, about 40% less. But in May, 31 homes sold, compared to 43 the year before - a drop of just 28%.

3. The Bank of Canada can't cool us down

"Home sales in May were surprisingly strong," said BCREA Chief Economist Brendon Ogmundson. "Normally we'd expect to see a more persistent, negative impact from the last year of rising interest rates on sales." -PW



Real Estate in qathet

Finally, some tiny homes

It's no coincidence that a place with no zoning - Texada Island - has attracted one of the first truly beautiful tiny home developments in North America.

Forests. Valleys. Wooden walkways. Cool gathering spots. If you loved the aesthetic of the Ewok village in Star Wars, you might appreciate Rocky Valley Tiny Homes, a Texada Island project that, after a year in development, has its first phase of lots hitting the market this month.

On the 10-acre property, developer Brian Stasiewich designated half for glamping, with cute cabins and rock climbing tents. In the trees, an outdoor movie theatre and a gazebo; in late June, he hosted a soft opening there with friends to shoot images for the Rocky Valley's Instagram marketing account.


The other half of the property is where things get really interesting - beyond the Endor vibe. This is the region's first tiny home community. Buy a lot on a 1,000 year lease, and Brian and his sons can build your home - or you can bring in your own builders, or buy a manufactured tiny home and install it. As long as it is less than 750 square feet and fits the modern-natural architectural look Rocky Valley is aiming for. The tiny village half fea-


tures a gazebo for hosting gatherings, a 10-person sauna, cold shower and a fire pit. Each of the lots is fully serviced. Plus, it's a short walk to downtown Van Anda's pub and restaurants.

You can own a lot with a new home on it here for between \$250,000 and \$400,000, all in. Don't want to live there full time? Rocky Valley will manage your tiny house for you as a short-term rental, including handling the cleaning and bookings.

"I've looked all over the US and Canada and I haven't seen anything like this," explained Brian, a home builder and welding manufacturer originally from Alberta. "Usually the homes are right next to each other, and they're in a park setting, not in nature."

Likely, policy makers are watching Rocky Valley closely. As the cost of buying houses and the cost of building soar, tiny homes have caught the public's imagination as an affordable and appealing alternative. Beyond budget, though, they're also a personal response to the climate change crisis - less space to heat, fewer things to buy, forcing a simpler, smaller footprint.

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About three-quarters of qathet lives alone or in two-person households. Tiny homes acknowledge today's shrinking family sizes. And, they're cool.

The biggest problem is where to put them.

Brian originally planned to build a community like this in Kelowna, where he was living before the pandemic. But by-laws there red taped his plans. Then he found Texada Island, which has no zoning restrictions. A perfect oasis to trial his vision.

"Our place is 750 square feet, but it feels huge in the summer," said Brian, who lives with his wife and youngest son in a show home he built on-site. "The covered deck is 25 by 12 feet, with an outdoor kitchen and sectional couch. The only part of the house we'd like to make bigger is the living-room because we like to entertain, but we have a counter that flips up into a table we can get eight people around. We make it work."

Powell River mayor Ron Woznow loves the idea of tiny homes. His daughter built one on her property in Halifax last year for \$125,000 installed (minus the cost of land) – an appealing number for a mayor in a city where the cost of buying a home was \$786,000 on average in May, bearing

What is a tiny home?

The definition varies widely, from hardcore enthusiasts saying anything over 300 square feet isn't tiny, to some who loosely group smaller homes of 1,000 square feet in the mix.

Here is Powell River City Planner Daniella Fergusson's definition, from her January memorandum on Tiny Homes:

"BC Housing defines a tiny house as, 'a permanent ground-oriented dwelling that is detached, moveable and non-motorized, under 500 square feet and tailored to compact design. It is neither a mobile home nor a recreational vehicle (RV). It is a home intended for full-time living.' Typically, tiny homes are between 100 and 400 square feet in size. Some tiny homes are on wheels, typically between 80 - 180 square feet, similar to camping trailers or mobile homes. Many owners intend to build the home on site, or permanently affix it to a site, as a single-family dwelling or an accessory residence, such as a carriage or laneway house."



TINY LIFESTYLE: A map of Rocky Valley Tiny Homes' 10-acre site near Van Anda - close enough to stumble to and from the pub. Owner-developer Brian Stasiewicz says he hasn't seen any other tiny home developments set in nature like this.

little relationship to the vast majority of local incomes.

"We have got to be thinking creatively about housing right now," said

Ron, noting that Premier David Eby is actively streamlining how the Province regulates building, so that much more housing can be built, quicker.

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FOREST FANTASY: Above, a rendering of an architecturally modern tiny home at Rocky Valley Tiny Homes on Texada Island - a new development with eight lots that go on sale through 460's Josh Statham in early July (and more next year).

"In North America, we have this inflated idea about what an appropriate amount of living space is."

Indeed, Canadians have the fourth largest homes in the world on average, according to several studies; shrinkthatfootprint.com reports that Australians have 2,303 square feet, New Zealanders have 2,174, Americans have 2,164, and Canadians have 1,948. Russia, India and Hong Kong have the smallest living spaces of the countries listed, at 604, 514 and 484

square feet, respectively.

Although, at City Council, Ron raised the possibility of facilitating zoning or other measures to accommodate more tiny homes, no concrete measures have taken place yet. In January, planner Daniella Ferguson wrote a briefing about tiny homes, noting that nothing is preventing their development, from the City side. They fall within the carriage home zoning and other by-laws, where there is a maximum size,

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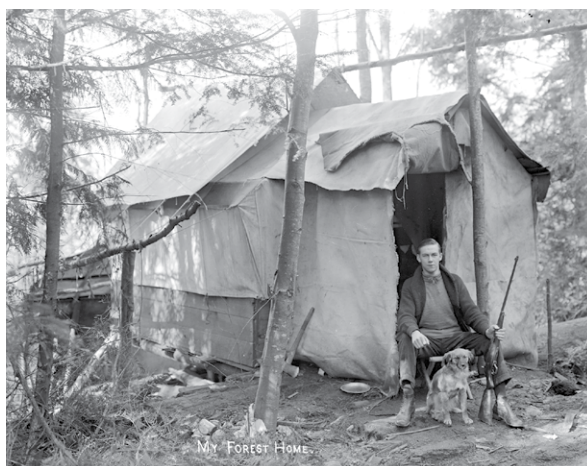
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TINY HOMES OF THE PAST: Small, informal homes were the norm here for years - although BC Building Code regulation obviously brings crucial benefits, such as fire safety and insurability. Top left, the home tent of photographer Rod LeMay, 1908. Top right, Townsite, Waterfront of Powell River. Called

Shack Street and includes the Sing Lee Laundry at the end, 1910. Bottom left, Charley Parsons' houseboat on Cranberry Lake, 1965. Shack Town - Tent homes and paper machine room for number 1 and 2, 1911.

Photos courtesy of the qathet Historical Museum & Archives

A Thought For The Day

**“The earth is
but one country
and mankind its citizens.”**



~ Bahá'í Teachings

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but no minimum size; it just has to follow the BC Building Code. Some tiny homes are moveable, on wheels; that gets more complicated, as no one within the City can legally live full-time in an RV.

Indeed, Councillor George Doubt pointed out that the City doesn't build housing. All it can do is respond to those who apply to do so.

“Someone could apply to build a tiny home development in Powell River under our current zoning for campgrounds or mobile home parks,” he said, pointing out that he is speaking just from his own perspective, and not on behalf of Council. “All of the same issues would come up with any other development. Are there appropriate services for this application? Is the zoning appropriate for what's being proposed? Are people in the neighbourhood happy with the idea? But so far, no one has shown up with an application.”

George pointed out that the same problem arises with building co-op housing here. Everyone thinks it's a good idea, but ultimately, the City is not a builder. “We need people who want to do things, whether it's co-op housing or tiny home communities - to be entrepreneurial and come forward.”

Tiny homes and co-ops are, of course, not the only smaller, more affordable housing solutions. Mobile homes on pad rentals, manufactured homes, modular homes, land shares, townhomes, carriage homes, co-housing, apartments or condos are all less onerous than single family homes. They all need developers, private or non-profit, to actually build them.

For a couple of years, the City has been considering creating a Housing Authority like Whistler has, which is a housing development and management arm of the municipality, so it can take on that entrepreneurial role itself. George noted that everyone who was elected to Council in October spoke about housing during their campaigns.

“It requires people in government to get together and make it happen,” he said.

Tiny homes aren't just about housing. There is a philosophy undergirding why they've captured the imagination of so many North Americans living with excess.

For decades, Lorne Rubinoff lived in a 2,500 square foot West Coast style glass and wood West Vancouver home tucked into the rainforest. But the previous owner/builder, Paul Merrick, raised his three children in the home's first profile: an 800 square foot space. Lorne says he would have been more comfortable in the smaller home.

He had an “aha” moment - part of a series of similar moments - when he moved into a 90-square-foot Volkswagon Camper, and pioneered another trend, #vanlife, for over a year.

“I had never been happier,” said Lorne, who moved to qathet during COVID. Now, he lives in a 170-square foot home north of town. And, the former co-owner of Capers says, it's more than enough for him and his wife, Carolina Robinson. He thinks about that a lot.

“We live in a climate based on want instead of



THE OTHER, SORT-OF TINY HOMES:

When artist Arne Gutman and his wife moved to qathet from Whistler, they were hoping to buy a house in Townsite. But prices had jumped by the time they were ready to leap. The two had been living and saving money in Whistler for a couple of decades - benefiting from the Whistler Housing

Authority's commitment to worker housing, with a rent-controlled gorgeous loft downtown, which allowed them to save. Instead, the couple bought a mobile home in a local mobile home park. Although they're surrounded by forest and bird-song, with a flower-filled yard and friendly neighbours, there's still stigma, he reports.

need, and the results in the world are obvious," he said in an interview at Hearth & Grain. "The results in this world are obvious; we're separated from each other, we are literally destroying the planet because we want so much. But our wants will never be filled. Our needs can. They're simple, and the same for all of us."

Tiny homes, he said, appeal to people who are simplifying. Life is simpler and freer when you're not managing or paying for a vast space, and all the stuff inside of it.

Chris Heffley, another north of townner, is renovating a small cabin on his property for his parents to live in. He shared a 2021 article from *The Conversation* called, "The tiny house movement is booming - so why aren't more of us actually living in them?"

Although the piece is based on Australia's experience, it likely could have been written about Canada's. Part of the hold-up, according to the article, is Australia's strict building codes which inhibit DIY - often cheaper - structures. Also, those attracted to tiny homes can be repelled by the often-unbeautiful aesthetics in "caravan parks," the equivalent to our mobile home parks, where vehicles with wheels are allowed (with restrictions).

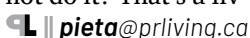
Zoning, too, hasn't kept up with tiny home proponents' desired spaces in Australia or Canada, as Rocky Valley Tiny Homes' developer Brian found out when he tried to build one in Kelowna,

"We are literally destroying the planet because we want so much. But our wants will never be filled. Our needs can. They're simple, and the same for all of us."

- Lorne Rubinoff

and ended up on zoning-free Texada.

But Lorne adds a fourth reason why we're not jumping in to smaller spaces, en masse, even though they seem to solve so many problems, practical and ethical.

"Familiarity is where people land," he said. To go from the big home, the American dream, the vision of how you're going to raise your family, to something small, is really, really hard to do. But simpler is do-able. Also, it's a relief. To be aware that you need to change and then not do it? That's a living hell."  pieta@prliving.ca

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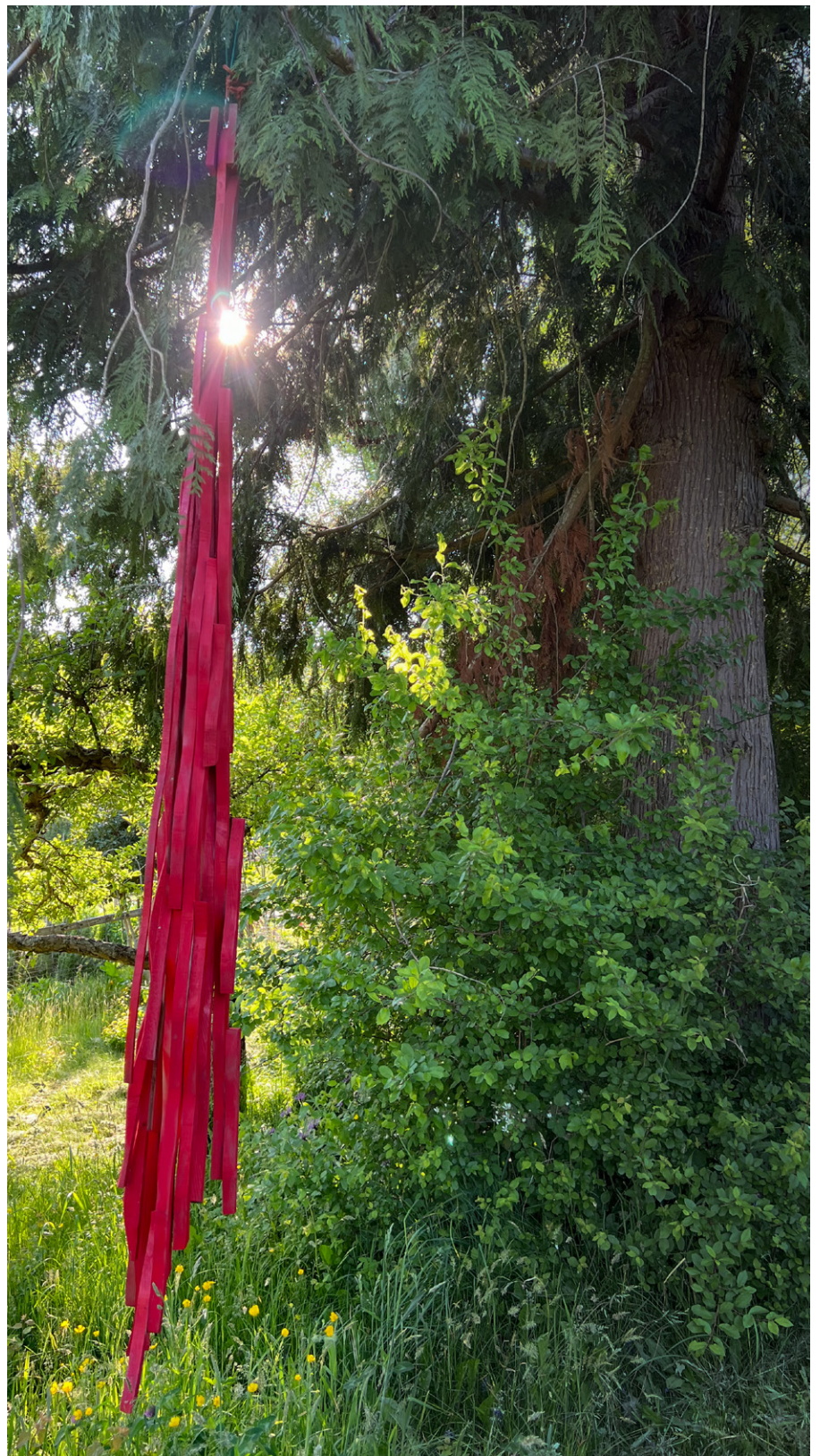
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YARD ART

Spirit Dress

BY CLANCY DENNEHY

Southview Road
This long red comet of loosely assembled cedar sways from 12 feet high off an old cedar tree overlooking the fire pit and garden of res-

ident artist David Molyneaux. Spirit Dress silently descends from above for a delicate dance with the wild flowers below. **PL**

| MADE THE MOVE

Entrepreneurs are planning to retire... we'll see

Nancy Kramp and Wally Chugg are gratefully living in qathet in the Westview area enjoying the peace, clean air and the genuine people. Nancy, born in Vancouver, is a visual artist and entrepreneur. Wally, originally born in Red Deer, Alberta, ended up in Antigonish, Nova Scotia as a restaurant owner. They met in 1999 in Chilliwack, and have since forged a 24-year partnership.

They moved to Fort Langley and opened a gift store together. They took advantage of a real estate opportunity in South Surrey and became developers/landlords for 15 years.

As the city crowded around they looked further north to retire.

Nancy's paintings have sold in Canada, the US and as far away as Singapore and she is continuing her career here. Her work will be on display at the Crucible Gallery July 1-31 this summer. artandmadness.com

Why did you move to qathet?

Nancy and Wally • We visited various coastal areas and decided that qathet's lifestyle made the most sense (cents).

When? Where from?

Nancy and Wally • We made the trek from Surrey with our two cats and belongings in the midst of the February 13, 2021 snowstorm.



ARTIST AND POTENTIAL WRITER: Nancy Kramp and Wally Chugg make interesting things happen everywhere they live. What will they do here?

What surprised you once you moved?

Nancy and Wally • How absolutely friendly and helpful people were. We found all the goods and services that we needed by simply asking around in the community. Everyone here knows everything about everything! I felt like I'd been transported back in time to the 1950's.

What made you decide to move here?

Nancy and Wally • We had planned 15 years earlier to move to the Sunshine Coast, but had not specifically chosen

qathet. We felt that Sechelt / Pender Harbour would eventually become even more crowded so we decided on Powell River. The energy here seemed so much lighter.

Where is your favourite place in qathet?

Nancy and Wally • The list is long and so hard to pick one. We'll choose the Mermaid Cove campground waterfront with its stunning ancient rock esplanade. The statue of a mermaid is 60 feet under the water and divers come from all over the world to see

her. It's a mystical place quite unlike any others.

What would make this a nicer community?

Nancy and Wally • Having lived in Fort Langley where the main street underwent a historical transformation, we would love to see Marine Avenue restored to its past glory with a little spice.

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

Nancy and Wally • In South Surrey, the Community Plan was amazingly comprehensive with an emphasis on efficient density, pedestrian mobility, live/work spaces, aesthetics and affordability. We're not for overpopulating this area, but we do feel that a better effort could be made to clean up eyesore properties and generally improve the aesthetics of the area.

If you were mayor, what would you do?

Nancy • I would address the crisis of senior's housing and the lack thereof. Society has been aware of this issue for decades as politicians funnel money everywhere else. Elders are revered in other societies and seemingly forgotten in these times. Dignity for a lifetime of contributing should be honored. Dignity equals care and housing.

What are qathet's best assets?

Nancy and Wally • Natural beauty, clean air, and kindness.

What is your greatest extravagance?

Nancy and Wally • Our cosy home, heat pump and kayaks.

Which talent or superpower would you most like to have?

Nancy • Understanding others better.
Wally • Writing a book. 🐱



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Southern Charm

Retired ICU nurse and geologist started from scratch on this one-acre south-of-town property.

A GROWING CONCERN

Judy and Bruce Youngman bought their one-acre property south of town 18 years ago. The intention was to have a recreational property, where they could escape the busy city life on long weekends and for summer retreats. A place to relax and enjoy down time with family and friends.

After working as an ICU nurse for many years, Judy decided to retire from her position in the Spinal Cord Unit at VGH in 2015. Bruce, a geologist, joined her in retirement soon thereafter. In 2016, they sold their White Rock home, put all their furniture into storage and moved to Powell River full time.

After lots of consideration, the duo made the difficult decision to replace the two existing small cabins with a permanent home to comfortably accommodate their growing family as well as visitors. As a re-

sult, much of the property was excavated – “we were starting over.”

How did you start gardening?

Judy • My parents were avid gardeners. I grew up watching them go through the process of preparing a large garden every spring – amending the soil and planting seeds. They grew flavourful organic vegetables, enough to feed not only our family, but also to share with grateful neighbours. I remember feeling fortunate to have fresh vegetables so accessible, right in our own backyard. In grade three I entered a garden contest and won a ribbon for the small vegetable patch that I grew and cared for myself. The seed for my future passion for gardening was planted.

When we bought our first house, it came with a few pret-

ty flower beds. I knew nothing about perennials, annuals, or biennials, but because I wanted the gardens to thrive, I learned as much as I could. My interest in gardening grew from there.

Tell us about your current garden.

Judy • We have a large hillside rock garden on the south side of our property, below our patio. It contains many sun-loving perennials like rudbeckia, lupines, penstemon, liatris, lilies, and phlox, as well as a variety of grasses. On the driveway side, we have other perennial gardens, a woodland garden with native plants, and a fenced-in vegetable garden. There are flowering trees, bushes, and evergreens scattered about. We also have clematis vines and climbing roses on arbours and fences.

Where possible, I've tried to use drought-tolerant, deer-re-

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Judy Youngman's suggestions for new gardeners:

- To help prevent injuries, pace yourself and try switching up the activity. Prune for awhile then do your digging or raking rather than repeating the same movement for prolonged periods of time.
- In the sun, remember to wear sunglasses, a hat and broad spectrum SPF 30 plus sunscreen.
- Always wear good gardening gloves to protect your hands and make sure your tetanus shot is up to date.
- Start small. While it's easy to get caught up in planting a huge garden, it can quickly become a source of stress and become overwhelming. Allow time to learn and gain confidence.
- Enjoy! Take time to enjoy all your hard work! Being outdoors is good for your physical and mental health. Consider joining the local garden club where you can be surrounded with others who share your passion for gardening and are a wealth of knowledge.

OH DEER: Above, Judy Youngman's lush landscaping benefits from an irrigation system, and her vegetable gardens get some serious deer fencing. She was inspired by her gardener parents to grow organic vegetables to eat and share (middle right.) Right, Bearded Iris, Rose of Sharon and Rhododendrons are vibrant and healthy. Photos courtesy of Judy Youngman.

sistant plants and have managed to achieve colour in the garden all summer long. We do our own gardening, so we try to keep the maintenance manageable.

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

Judy • Our biggest success is the transformation that we've been able to achieve in the last five years—going from a vacant lot to full gardens, frequented by hummingbirds and many types of pollinators. Our family and friends love to visit us here. I'm proud that two of our children and their partners chose to have their wedding ceremony in our garden and will always cherish those memories.

Five things I will be doing in July in my garden:

1. Weeding—it's never ending
2. Harvesting berries and vegetables
3. Keeping watch for pests and treating accordingly
4. Dead heading spent flowers
5. Relaxing on the patio with a good book and enjoying my rock garden

What are your greatest garden challenges?

Judy • As a self-confessed plant addict, it's always a challenge to not spend all my money on plants. It's also chal-

lenging to prevent deer from destroying plants and to keep everything alive through dry periods, while conserving water. The installation of an efficient drip irrigation system and mulch helps achieve this.

What kinds of gardening stuff do you invest in?

Judy • I buy good quality plant material, seeds, soil amendments, bark mulch and organic fertilizers. I usually find everything I need locally.

What do you do with the things you grow?

Judy • I pick flowers for bouquets to bring in the house. Some plants get divided up and given to others or put in the annual garden club plant sale. We eat a variety of vegetables and berries from the garden all summer long or freeze them for later use. 🍷



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WHAT'S UP

Sci-fi movie films in Powell River

The movie, *Can I Get a Witness*, is being filmed in Powell River.

Set in the near future in which, to save the planet, death is everyone's job, the science-fiction movie has 50-year-olds make the sacrifice while teenage artists have to document the deaths.

Filming of *Can I Get a Witness* is underway at various locations across qathet. Tourism Powell River's Executive Director Tracey Ellis said she dealt with inquiries about locations. The City's Community Development Officer acknowledged that lots of people were talking about the movie and how exciting it was for our community and the economy, but said she couldn't talk about the film at this time.

William Adams, Executive Director of the qathet Museum & Archives, was thrilled that part of the movie will be filmed at the qathet Museum & Archives in early July.

"They want to use our location," William told *qathet Living* magazine. "There's a scene where some people come into the museum through the main entrance and then sit down in the amphitheatre," he added.

Can I Get a Witness is written and directed by Ann Marie Fleming—an award-winning independent Canadian filmmaker, writer and visual artist who works in a variety of genres. Her work often deals with themes of family, history and memory.

Her film, *Window Horses* was released in 2016 and her animated biographical film *The Magical Life of Long Tack Sam* (2003) won Best Documentary at both the San Diego Asian Film Festival and the Victoria Independent Film Festival.

Can I Get a Witness stars Canadian born actress Sandra Oh who is known for her starring roles as Rita Wu in the HBO comedy series *Arliss* (1996–2002), Dr. Cristina Yang in the ABC medical drama series *Grey's Anatomy* (2005–2014), and Eve Polastri in the BBC America spy thriller series *Killing Eve* (2018–2022). Sandra is the recipient of two Golden Globe Awards and four Screen Actors Guild Awards. In 2019, *TIME* magazine named her one of

the 100 most influential people in the world.

Here in qathet, the museum's executive director hopes the museum's exposure in the movie piques people's curiosity about the museum so they come visit. "Sometimes you take what you have for granted," said William. "I hope people will see that we have a museum that is important and that locals will be more aware of it and come visit."

Advanced drug checking launches

Funding from the Provincial Health Services Authority (PHSA) made it possible for the qathet Community Action Team (CAT) to purchase a Fourier-transform infrared (FTIR) spectrometer that enables advanced drug testing in minutes. A new service in qathet, this is the only rural and remote community in the Vancouver Coastal Health region providing FTIR drug checking services and is the only First Nation in Canada offering this service in an Indigenous community (on reserve or on treaty settlement lands).

Marlane Paul, Health Director for Tla'amin Nation, says every tool available is needed during this crisis. "The arrival of this technology in our region provides a new way for us to express the Tla'amin value of ččęgatawł. That we need to look after and care for all and to not leave anyone behind. The spectrometer is already saving lives and our hands are raised to PHSA for making this possible, and to our community for actively taking up the opportunity to keep one another safe."

"From a harm reduction perspective, this technology is a game changer," says CAT Coordinator Kathryn Colby. "It helps community members check their drugs for fentanyl and other contaminants and take action to reduce overdose risk and other harms."

Tla'amin to map Desolation Sound Marine Park

Tla'amin Nation has begun work on a project to identify, protect, educate, and divert visitors from

vulnerable archaeological sites in Desolation Sound.

Hegus John Hackett says that the project is urgently needed "We are proud of our territory and want to continue to share this special place with visitors in responsible ways. The fact is, 50 years, and millions of visits after the establishment of the park, we continue to see the resting places of our ancestors damaged and pillaged. Since 2010 alone, eight of our burial boxes have been desecrated."

The two-year project will include approximately 83 days of archaeological assessment and is made possible with a \$0.5 million investment from the Ministry of Tourism, Arts, Culture and Sport – Destination Development Fund, and with additional investment from Tla'amin Nation.

The first phase of the project includes archaeological mapping, site work, carbon dating and cataloguing of artifacts. This project team will also revisit 93 archaeological sites recorded during the establishment of the park in 1973. The oldest of which is 7800 years old.

The second and third phases of the project include essential land use planning, zoning and public education activities.

Independent Book Awards

Steve and Eve Save the Planet: I Can Hear Your Heart Beep, has been shortlisted for a children's books award with the 2023 Whistler Independent Book Awards.

Written by Paul Shore and Deborah Katz Henriquez and illustrated by Prashant Miranda, the climate action graphic novel is about the superpower of kindness.

Paul, an electrical engineer and part-time Lundie, has two previously published books. A friend and fellow Lundie introduced him to Prash, a Lund-based illustrator, who brought the project to life.

The shortlisted nominees will be assessed by Canadian Authors members and the finalists will be announced July 17, 2023. Fingers crossed for the Steve and Eve book!

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Local doc recognized

Congratulations to local physician Dr. David May for being honoured with a lifetime achievement award from the 2023 BC Rural Health Awards.

According to a press release, recipients are selected for developing innovative and collaborative solutions to local healthcare issues.

“Dr. David May has steadfastly supported rural patients in the face of a global pandemic, mental health challenges, a toxic drug supply, a healthcare labour shortage, maternity care challenges and systemic racism,” states the release.

While providing longitudinal care to his patients, he practiced obstetrics for 10 years, emergency for 15 years and anesthesia for around 30 years.

He also taught and consulted in the areas of chronic pain and palliative care and was a founding member of Pain BC as well as a board member of Powell River Hospice Society. He demonstrated leadership towards truth, reconciliation and decolonization and ensured action was taken after the release of the In Plain Sight report.”

Hockey coach wins national award

Julie Venselaar is Hockey Canada and BC Hockey's female coach of the year.

Julie, who coaches local female hockey here in qathet, was recognized for her leadership in teaching hockey to girls and young women in this region.

Julie flew to Brampton, Ontario to collect her award. While there, she watched the 2023 International Ice Hockey Federation women's world championship semi-final and final games with her 12-year-old daughter Willa.

There are more than 60 girls in the girls hockey program in this community plus others who play in other integrated programs.

Trash talkers recognized

Let's Talk Trash (LTT) was presented with an award for excellence and leadership in environmen-

tal stewardship in the public sector by the Recycling Council of BC (RCBC).

Team members Tai Uhlmann, Abby McLennan and Ingalisa Burns were recognized for their work to educate the public about solid waste reduction and solutions. LTT has been contracted by the qathet Regional District to deliver its waste reduction education program since 2011.

“Their innovative program has included the creation of numerous educational resources including a Zero Waste Guide for event planners and food vendors, making Zero Waste Stations available for public use, a community dish supply and portable dishwasher for local events, and training opportunities,” states RCBC's website.

As well, the team is involved in organizing and promoting a wide range of community programs and events, from wood-smoke reduction awareness to ocean debris clean-ups, and they offer free workshops to the public on local recycling programs and composting, conduct tours of waste management facilities, and work with local school sustainability committees and green teams.

Are you a teen or young adult who wants to give back this summer?

Volunteer Powell River's youth leadership program is open to everyone ages 15-29.

The Tuesday night planning session for Youth 2020 Can is every week unless VPR has a conflicting event. It's in the shared office with Trans qathet at the Town Centre Mall (next to Subway) from 6-7 pm.

At each meeting there are snacks, drinks, peer support, and a discussion about plans for activities and local events. If anyone wants to get involved they are welcome to drop in to any of the activities. Free t-shirts to start and gifts for volunteers who stay with VPR annually. VPR also has a group chat on Instagram for people who aren't able to meet in person.

If people want to be updated about what might be coming up in the schedule, follow the social media and sign up for the weekly newsletter (it goes out

every Sunday), which can be done from the website: yscpr.com

As a number of group members are graduating high school, there are spots available for their Altruism scholarship starting in July. Students at Brooks in financial need can earn up to \$3,000 annually towards post secondary education in B.C. through volunteering with VPR if they are in Grades 10-12. 📌

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BUSINESS AFFAIRS

SEAN PERCY

New fitness option

Home-based, family-owned and operated **Cranberry Fitness Company** can help residents of qathet reach their fitness goals. **Kathleen Hamilton**, (owner and trainer), husband Sean (groundskeeper and maintenance), and their young daughter, invite you to visit and train with them.

“This is our family’s dream come true,” says Kathleen, a Certified Personal Trainer (CSEP), and a Corrective Exercise Specialist (NASM). Kathleen also holds a Personal Fitness Trainer Diploma and says one of her most treasured accomplishments is completing an Ultramarathon in 2017.

Cranberry Fitness offers a month-to-month pricing model. “If you decide to continue training with us after your first month, your monthly rate will decrease in month two, and then again in month three,” she says.

Custom plans, at home programming with nutritional assistance, private training sessions, and more are available. For more information, or to book a free consultation visit cranberryfitnessco.ca

Secret Garden no longer a secret

A new studio and gallery is now open in the heart of town. With stained glass windows and a charming open kitchen, the **Secret Garden Working Studio & Gallery**, houses the creations of textile extraordinaire, **Suzanne Glick**, devotional artist, **Juliette Jarvis**, and other qathet region artisans offering handmade, down-to-earth goods and experiences.

Natural dye workshops, food preservation dates, tea leaf and card readings, ceremonial ceramics, handwoven ritual wear, eco-print slow couture fashions, and in-house artisans happily giving demonstrations and answering questions will greet visitors. An intimate event space and private studio use are also available for booking.

Give a spinning wheel a try, dye some fabric, have your fortune told, and enjoy an Open House potluck July 15th at 4598 Marine Avenue. Find them on Facebook at Secret Garden Working Studio & Gallery to stay in the loop of happenings.

Artist applications to join and facilitator bookings are available.

Mother Nature manager takes flight

DJ Blower has left **Mother Nature**, where he was store manager, to take a position with Powell River Orphaned Wildlife Society (**PROWLS**). Mother Nature’s owner **Sam Davison** announced that **Karla Raschella** has been appointed as the new store manager. **Shannon Brennan** has taken over as nursery manager from **Cathy Ickringill**, the former nursery manager who moved to the Comox Valley and is working for the same employer at Top Shelf Courtenay, where they are setting up a new garden centre.

DJ, meanwhile, is excited at the possibility of PROWLS expanding and establishing a permanent home for wildlife rehabilitation.

New gig for former councillor

Former city councillor **CaroleAnn Leishman** is the new Climate Leaders Program Manager with the **Community Energy Association**.

CaroleAnn has more than 20 years’ experience in the construction industry. She most recently worked for Agius Builders as an architectural designer, project manager and Built Green Builder, prioritizing energy efficiency and carbon emission reduction in existing and new building construction.

She served on City Council for two terms before losing in a bid for mayor in the last election. During her time on Council, she worked on climate action issues, and she says she is now “grateful to have the opportunity to work on climate action full-time.”

Tla’amin opens elders housing

Last month, **Tla’amin Nation** celebrated the grand opening of **λαχλαχay ʔaye** (Klah Klah Hay Ayeh), or Elders House, which provides 24 units of apartment style living for Elders and Tla’amin citizens with accessibility challenges.

“The creation of **λαχλαχay ʔaye** fulfills a 30-year-old vision of our Elders to age-in-place, close to their grandchildren and as active participants in community life,” said **Hegus John Hackett**.

λαχλαχay ʔaye features eight two-bedroom units, and 16 one-bedroom units for elders and citizens with disabilities who can still live independently. Every unit meets general accessibility standards, and a few are equipped with ceiling lifts and lowered counters for members that use wheelchairs full-time.

The purpose-built complex is located next door to the Tla’amin Health Center enabling more efficient coordination of primary care, dental and home care. The complex was built less than 100 meters from Tla’amin’s Child Development Centre to foster inter-generational connection and programming.

“Tla’amin Nation and the whole of qathet are facing a dire shortage of suitable and accessible housing,” said **Losa Luaifoa**, Executive Council member. “This project will have a generational and positive impact for our people.

The federal government provided \$8.7 million through the Rapid Housing Initiative and Tla’amin Nation contributed \$2.2 million.

Former Kings coach to Ontario league

Kent Lewis, who spent more than 20 years behind the benches of BC Hockey League teams, mostly for the Powell River Kings, has been recruited to lead the Wellington Dukes of the Ontario Junior Hockey League. He’s been named head coach and director of hockey operations for the team, located just a two-hour drive from Toronto. The Ontario team is hoping Kent’s track record of strong recruiting will extend their ability to recruit players from outside Ontario.

City boosts e-fleet

The City of Powell has doubled its fleet of electric vehicles, adding two cargo vans and a car. The city put \$130,810 in the new EVs. A Community Forest Fund grant of \$79,000 and a CleanBC Go Electric Vehicle Rebate of \$10,000 per vehicle paid the rest. The City already had two e-bikes, a car and a Zamboni running on electric. sean@prliving.ca

GARAGE SAILING: The Great Townsite Garage Sale is back July 15, with Townsite Day and the Showtime Show & Shine. It's one of a multitude of events happening that weekend. See the next page for more.



July in qathet

PLAN YOUR SUMMER • FESTIVALS 2023

July 4 to 8

Kathaumixw
kathaumixw.org.

July 9

Island Cup Enduro
Mountain bike event. islandcupseries.com.

July 14 to 16

Powell River Logger Sports
(See the Guide)

July 15

Townsite Garage Sale / Fun Day
9am to 4 pm. See Page 52.

Showtime Show & Shine

Vintage car show event, with Back to the Future screening at The Patricia Theatre.

July 15 & 16

Texada Sandcastle Weekend
Texada.org

July 18-19

Tribal Journeys
See Page 23 for more.

July 23

Savary Island Fun Triathlon
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.

Lund Daze

See next page.

July 30

Savary Island Bluegrass Fest
Tix and info at savarysolutions.ca

July 29 & 30

Texada Fly-In / Fly-In Fling
See Page 53.

August 5 & 6

Texada Island Blues & Roots Fest
Texada.org

August 7

BC Day Stat

August 11 to 13

15th Edible Garden Tour
Details at Food Hub qathet's FB page.

August 12 to 18

qathet PRIDE week
qathetpride.ca

August 17 to 20

Sunshine Coast Festival of the Written Arts in Sechelt
writersfestival.ca

August 18

Blackberry Fest Street Party
Car-free on Marine Ave. Stay tuned for more info on the full week's schedule of other Blackberry Fest events.

August 20

Run the Rock
Texada marathon / half marathon / 8K.
runtexada.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. See right, and visit 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.

Upcoming: Sunshine Music Festival September 2 & 3

The Sunshine Music Festival has taken place at Palm Beach Regional Park for the past four decades. We are back again for 2023 with an exciting lineup focused on local and emerging artists, curated by our new Artistic Director Sophia Sanford.

Come out to see Raincity, a Vancouver-based glam-rock band fronted by women on saxophone and vocals. Get moving on the dance floor with Bad Buddy and their psychedelic surf, punk, pop sounds.

Local favourite Dennis Bouwman is back with us this year too. Naduh is bringing us some RnB Hip Hop with an astrological twist. Sunday night ends with a party on stage with The Band Destiny and their Caribbean, soca and reggae vibes.

Running a zero waste event is a big focus for 2023 and we are asking everyone to bring your cups and limit garbage as much as possible. Don't forget to bring your beach gear for a few dips in the ocean and please leave pets at home. Our festival is planned and produced by a passionate team of amazing volunteers each year. Vendor and volunteer applications can be filled out at sunshinemusicfest.ca if you would like to be a part of the festival.



Did you know that Marine Avenue boasts well over 50 small businesses? Take a stroll along Powell River's spectacular waterfront and shopping area.

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PLAN YOUR SUMMER • JULY'S BIGGEST FESTIVALS 2023

Kathaumixw

July 4 to 8

As the month of July starts, preparations are nearly complete for International Choral Kathaumixw.

Unbelievably, it has been five years since the five-day event was last held as the world paused during COVID-19 and choirs stopped practicing and performing.

A project of Powell River Academy of Music, Kathaumixw took place every two years beginning in 1984, welcoming thousands of singers from around the world. And the rebuilding has started with this year's festival.

Organizers are very excited that Global TV television personality Michael Newman will be at Kathaumixw to emcee the three main concerts: the Gala Opening on July 4, the Winners Concert on July 7 and the Gala Closing Concert on July 8.

There are a total of 18 ticketed concerts and admission to the competitions is by donation.

Venues are The Great Hall and Evergreen Theatre at Powell River Recreation Complex, James Hall at the Academy on Kemano Street and Max Cameron Theatre in Brooks Secondary School.

Tickets and more information can be found at kathaumixw.org.

– Joyce Carlson



Sandcastle Weekend

July 15 & 16

Come join Texada Islanders for our Premier Summer Community Festival – Sandcastle Weekend! The weekend is for family fun and entertainment.

The kick-off Saturday is at 11 am with a parade down Gillies Bay Road, starting south of the Gillies Bay Ballpark, up to the RCMP station. After the parade is over, purchase your Texada Tie-Die t-shirts and buy a raffle ticket on some great prizes from the Information Booth.

The Old School in Gillies Bay will host the Show and Shine, along with activities for children and their parents in the Family Zone. The Gillies Bay Ballpark

will host the Bed-races, craft and art vendors, food vendors and the Legion Beer Garden.

Saturday evening, the party shifts to Shelter Point Park where the Lip-sync Contest is open to all ages! At dusk, hundreds of Moonbags bearing personal wishes float out on the tide, and the evening wraps up with a dazzling professional laser light show.

Sunday starts off at 8 am with a Sunrise Service at Shelter Point, then onto the pancake breakfast at the Community Hall in Gillies Bay hosted by the Van Anda Volunteer Fire Department.

At 9:30 am, head to the beach to register and build your sand sculptures. There are top prizes in each of our four age-based categories. Not building a sand sculpture? Dress up your pup (and you too!) for the Dog Show costume category and show off their talents in the obedience and agility categories or look through the craft and art vendors, food vendors and the Legion Beer Garden.

Sunday concludes with Sandcastle Awards being handed out at the Gillies Bay Ballpark at 3 pm.

There is a small entry fee for the Bed races, Lip-sync and the Sandcastle Competition.

– Doriana Kiland

Townsite Day

July 15

This year marks the second anniversary of the Townsite Day Street Festival and the fourth anniversary of the Townsite Garage Sale. The Garage Sale is from 9 am til noon and the Festival Day is from noon till 4 pm.

Once you are done with the Garage Sale, make your way to Downtown Townsite for some Samosas from the Royal Zayka Restaurant or hot dogs and treats from the Convenient Chef and the Townsite Deli. For the kids, there will be gourmet popsicles and ice cream. Also check out the many vendors in the Townsite Market Place.

Don't forget to wander to our historic Henderson House Living museum where the Townsite Heritage Society will entertain with stories and rumours from our past. The music this year will be presented on Walnut Street which has more level ground to sit and enjoy. There's also the Townsite Brewery Beer Garden to enjoy your choice of local craft brew.

Also new this year will be a valet service for those who will be cycling to the festivities, the Regional Cycling Association will be hosting a safe parking service for everyone arriving on bicycles. There will also be guided cycling tours to and from Willingdon Beach.

We welcome all Powell River residents and visitors to come and enjoy our Townsite Community.

– Will Van Delft



Showtime & Shine!

July 15

The Second Annual Vintage Vehicle Show and Movie at the Historic Patricia Theatre on Ash Avenue with this year's theme movie being *Back to the Future!*

Show & Shine begins at 11 am (registration and staging starting at 10 am) to 1:30 pm. Awards are 1:30-2 pm

Movie (by donation) will air at 2 pm. This year's feature car will be, of course, a DeLorean!

Come and join us vote for your favourite car and stay for the movie! Fun for Young & Young at Heart!

Powell River Logger Sports and Chainsaw Carving Competition

July 14 to 16

See the Guide inserted in this issue for more.



Lund Daze

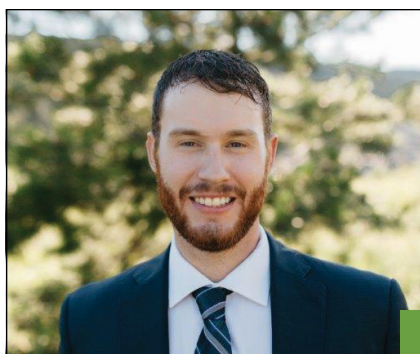
July 29

One of the best north-of-town summer treats is the much-loved Lund Daze, which has been happening here most summers for over 30 years.

This community festival will take place at the Klah Ah Men Gazebo Lund Regional Park from 4 pm to midnight.

Once a nautical-themed event that spread out over a couple of days, it included: a sailing regatta, a fishing derby, a nail-bail-and-sail contest, a pirates' treasure hunt, and a mermaid puppet show.

This summer it features some of Lund's talented Artisans and Musicians. There will be food vendors, artists doing demonstrations, a Community Painting Project, a Kids Zone, a Teen Zone, beach volleyball, face painting, free art workshops, and a BBQ.



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First Sandcastle without Elayne Boloten



Texada Island's most prolific long-time volunteer, Elayne Marla Boloten, passed away suddenly last fall at just 56. When you are at Sandcastle this year, drop by the Gillies Bay Farmer Market area to see the memorial concrete table that has been installed.

Elayne was a microbiologist who moved to Texada with her husband Ed Kowalyn in 1996. Ed worked at Texada Quarry and Elayne ran the Pacific Brake Factory and volunteered.

The following is a list of Elayne's volunteer and work involvement in Texada Island:

Texada Island Community Service member for 26 years; President of Texada Island Community Service for 15 years; Volunteered at TICS Bingo at the Community Hall for 15 years; Editor of the *Express Lines* for 12 years; Editor of the Texada Island Phone Book for 12 years; Coordinated and mc'd the Christmas Dinner at the Community Hall 15 years; Organized the Sandcastle Weekend for 15 years; ESS – Emergency Support Service and Red Cross Representative for 12 years; Royal Canadian Legion 232 Member for 13 years; and Bar Manager for 8 years; Legion's Wednesday Night dinner – she was the volunteer cook for 20 years; Texada Island Chamber of Commerce Secretary for 12 years; Volunteered with COVID-19 Clinics; BC Provincial Election Representative; Federal Election Representative; RCMP Jail Guard.

Elayne, thank-you for all you did and just know your friends and family love you and miss you dearly! God bless you, rest in peace!

– Warren Kiland

As always with a Lund event, there will be music. The Wildwood Social Club is a local seven-piece world music dance band, and they'll take the Gazebo stage starting at 7 pm and be followed by Beach Crashers performing your favorite dance covers and original music from 9:30 – 11:30 pm. Kick off your shoes because the tide is going to reach the Lund Gazebo when Beach Crashers hit the stage.

Lund Daze will be a Zero Waste event in partnership with Let's Talk Trash. The cost to get in is by suggested donation of \$10 – \$20 per adult/family, \$5 for teens, and kids under 12 are free.

If you are interested in being a volunteer, leading a free workshop, or being a vendor please phone Amber Friedman at 604-208-4969.



Bluegrass Festivals July 29 & 30

Scout Mountain has been performing locally and around the province since 2009. Mixed in with the songs we sometimes tell stories about the fun and antics that happen at bluegrass festivals. While we can't physically drag you to a festival we might be able to give you a little taste, a little sampling of why people love this music so much.

At the Powell River Legion On Saturday July 29 and again July 30 on Savary Island, bluegrass bands will sing and pick their hearts out to entertain you.

The Clover Point Drifters from Victoria have been winning new fans since they first came together in 2000. Even a banjo picker can do the math! They will be joined this weekend by banjo extraordinaire Chris Stevens. We have two bands coming from Vancouver, our old friends Back Spin and a new group we are excited to know called Fox Hops.

Scout Mountain rounds out the roster with tickets at \$25 and \$20 if you are a legion member. Music starts at 7 pm. Saturday and the next morning we all jump on the Lund Water Taxi to Savary and play two sets each at The Red House.

Texada Annual Fly-In (TAFI) 2023 July 30

Texada Island has celebrated many aviation events over the years. The first two scheduled gatherings were held in the early 1990s. From 2007 and every year after, except when Covid threatened, Texada Arts, Culture and Tourism Society and friends have developed the tradition even more! This year TAFI is on the 30 of July.

For the celebrating crowd, the famous "Fly-In Fling Wing Ding" dance, with a burger and wings dinner is being held at the Texada Island Inn the evening of the 29 of July. The doors open early for beer and cocktails, an address by the organizers will be at 6 pm, and music with DJ Dan Aune at the helm starts at 7 pm.

The Fly-in is very well attended, with up to 75 aircraft gracing the little airport. Some pilots and crews camp overnight on the field, others fly in on the morning of the event. The event includes fun contests, "plane talk" among the pilots, the great breakfast and the delicious and generous BBQ lunches lovingly prepared. Fun prizes are awarded for oldest plane, oldest and youngest pilots, farthest and shortest distance flown to the event, people's choice for favourite plane and best homebuilt.

– Doby Dobrostanski

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COASTLINE COLAB

powellriver.ca



JULY 2023						
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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Garbage Day: **A B C D E** Holiday:

Garbage & Recycling Day: **A B C D E** "Round for Recycling"



LIVE PERFORMANCE



WATCH US FLY: At Townsite Brewing on July 14 & 15, catch Aerial Edge's 'Zunga in the Garden.' Pictured here are Shyanne Ashton-Hopkins, Celeste Steel, and Paia Elliott. Shows are: Friday July 14, 7:30 pm-9 pm. All Tickets \$20. Saturday July 15, 12:30-2 pm. Tickets are \$20 each or \$50 for families (two adults + children). Maximum seating per show is 150 people. Tickets are sold in advance through Townsite Brewery, as well as at the door.

July 6

Dan Duvall stand up night

7:30 pm, Forest Bistro. \$25. Tickets at ok-dope.com

Tuesday, July 18

LIVE THEATRE Myrtle Sisters: Out of Time!

1 to 2 pm, Library First Credit Community Room. 5+. The Myrtle Sisters arrive via time machine, but something goes wrong! Can the time machine be fixed?

LEARN NEW THINGS

Saturdays to September 16

Guided Summer Walks

10:30 am, meet at the Museum. 30 to 45 minutes.

Friday, July 14

Tech Savvy - ChatGPT

4 pm at the Library. Discover the world of Artificial Intelligence. This session will focus in detail on the popular AI chat-bot - ChatGPT. To register, contact Mark at mmerlino@prpl.ca

VISUAL ART

Through July 31

Vivid: Paintings by Nancy Kramp

Wed to Sat, 2 to 6 pm, Crucible Gallery (Townsite Market).

Through July

Kerensa Haynes painting exhibit

Library.

Saturday, July 22

Artist Kerensa Haynes talk

2 pm at the Library. Local painter Kerensa Haynes will present her work and inspiration, including the imaginative landscape paintings that are currently on display at the Powell River Public Library. For information contact Mark at mmerlino@prpl.ca

July 3 to August 23, Weekly

Summer Art Camp

qathet Art Centre. qathetart.ca
No camp August 7 to 11.

July 15 and beyond

Arne Gutman solo show

Maggie's Diner.

Saturday, July 22

Artist Kerensa Haynes talk

2 pm at the Library. Local painter Kerensa Haynes will present her work and inspiration, including the imaginative landscape paintings that are currently on display at the Powell River Public Library. For information contact Mark at mmerlino@prpl.ca

September 9

Townsite Heritage Society's Plein Air event

Watch artists at work, purchase their artwork, and participate in other activities such as tours and workshops.

SPECIAL MARKETS

Saturdays & Sundays

Powell River Farmers Market

4365 McLeod Road (Paradise Exhibition Park) outside. 10:30 to 12:30 Saturdays, 12:30 to 2:30 pm Sundays. Miniature train on Sundays only.

Wednesdays

Uptown Market

4 to 6 pm, CRC Parking Lot on Joyce.

Thursdays

Thursday Night Markets

6 to 9 pm, Willingdon Beach gravel parking lot.

Fridays

Saltery Bay Artists Market

9 to 5 pm, just before the BC Ferries Saltery Bay terminal.

Saturdays

32 Lakes Market

9 am to 3 pm, beside 32 Lakes on Marine Ave.

Sundays

Texada Island Farmers Market

Noon to 1:30 pm, Gilles Bay Ball Field. (But not July 16.)

Saturday, July 15

Townsite Garage Sale / Fun Day

Neighbourhood-wide sale and walk-about, plus activities on Ash Ave. See Page 52.

July 22 & August 26

Flea Market

10 am to 1 pm, Land Bay Hall.

Note: There are also food and makers markets at Logger Sports (July 15 & 16), Lund Daze (July 29), and more.

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Papermaking

July 20th at 10:00 am

August 22nd at 10:00 am

\$10/person

Archaeology Day

July 4th at 9:30 am

August 10th at 12:30 pm

\$7/child

www.qathetmuseum.ca

LIVE MUSIC

Thursdays through Mondays

Live Music at the Boardwalk

5 to 8 pm. Thursdays, Random Performers. Fridays, Old Enough to Know Better. Saturdays, Pat Buckna. Sundays, KP Duty. Mondays, Dawson and Renelle (starting at 5:30 pm).

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.

Wednesdays, July 5 and 19

Summer Ukulele Song Circle

3:30, Library. Free drop-in. All ages jam.

Wednesday, July 12

little pharmer Album Release party

6 to 8 pm at the Lower Oak Riverboat, 6297 Oak Street. With guests Pillbugs. By donation.

Monday, July 17

The Myrtle Sisters at the Lund Gazebo

6:30 pm potluck, 7:30 pm show. By donation.

July 17 to 21

Rock Band Camp

powellriveracademy.org

Wednesday, July 19

Grant Lawrence & Jill Barber Songs & Stories on Savary Island

Doors at 7 pm, Hacienda Pascalito. \$35 on Eventbrite, \$35 at the door. Call Rick Thaddeus for more: 604-483-3218. Presented by Savary Island Real Estate.

Saturday, July 22

Beach Crashers play Savary Island

7 pm, La Hacienda. \$20. Corner of Vancouver Boulevard & Brian's Way.

Thursday, July 27

Music in the Park

7 to 8 pm, Willingdon Beach Rotary Pavilion. Sponsored by the City.

Friday, July 28

Attend, Awaken, Heal: Mindful Music Workshop

7 pm, Cranberry Hall. A four-part guided workshop focusing on mindful awareness, vocal discovery, imaginative storytelling, and improvisational play, guided by the four facilitators from Georgia Hathaway and the Wilderness Inside. No experience with meditation, singing, or storytelling is necessary, simply bring an open mind! To reserve a spot email info@cranhall.org or visit georgiahathaway.com for information. Entrance by (suggested \$10-\$15) donation, but everyone is welcome regardless of offering.

Saturday, July 29

Élise Leblanc and The Ridgeriders farm concert

7 pm, Gathered Farm. Storytelling comes to life with guitar, fiddle, mandolin, and upright bass. Tickets are \$20 and can be purchased through Gathered Farm at 32 Lakes Market Saturdays or at eventbrite.ca/e/elise-leblanc-and-the-ridgeriders-tickets-642687715257

Saturday, 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.

Lund Daze

Lund Kla ah men Gazebo. Music & food, kids activities. Everyone welcome. See Page 52.

Georgia Hathaway and The Wilderness Inside

7 pm at Cranberry Hall. Deep experiential live music with Georgia and musicians Kathryn Merriam (harp, vocals), Tristan Murphy (accordion, vocals), and Elena Spanu (violin, vocals), who will take you on a journey through their unique blend of folk, rock, and soulful sounds. Tickets (at Basecamp on Marine) \$15 advance, \$20 door. For more information email info@cranhall.org, or visit georgiahathaway.com. qathet Fiddlers will open the show!

July 29 and 30

Fiddle from Scratch Camp

9:30 am-3 pm, Cranberry Hall. \$200/child (\$250 parent & child combo). Violin rental included. This two-day mini camp is for those who have never played before with the intent of learning the basics one needs to know to begin playing the fiddle/violin. Expect lots of fun, music and new friends! Register here: serenasmusicacademy.com/summer-programs. More info: info@serenaeades.com

Sunday, July 30

Savary Island Bluegrass Fest

Tix and info at savarysolutions.ca

July 31 to August 3

Fiddle In-Tune-Sive Camp

9:30 am-3 pm
Cranberry Hall
\$250/child

This fiddle camp will be focussed on learning common jam fiddle tunes and is geared towards young fiddlers with at least 1 year of experience. Led by instructors Brigitte Ouellet, John Kastelic, Marie-Soleil Beaudoin, and Emily Dubois along with guest Métis fiddler Kathleen Nisbet and dancer Eloi Homier who will lead Métis fiddle and dance workshops. Students will learn new tunes and techniques every day, developing their skills and helping to preserve the rich fiddle culture of our area through shared knowledge and experience. Register at serenasmusicacademy.com/summer-programs. For more info email info@serenaeades.com

August 1

Métis Fiddle & Dance performance and Community Dance

1:30-3 pm, Cranberry Hall. Join Métis fiddler Kathleen Nisbet and dancer Eloi Homier (both of Vancouver's V'ni Dansi) for an afternoon performance followed by a community dance. No experience necessary. All ages welcome. \$10 adults, \$5 children under 12. Tickets at the door. More info: info@serenaeades.com

August 2

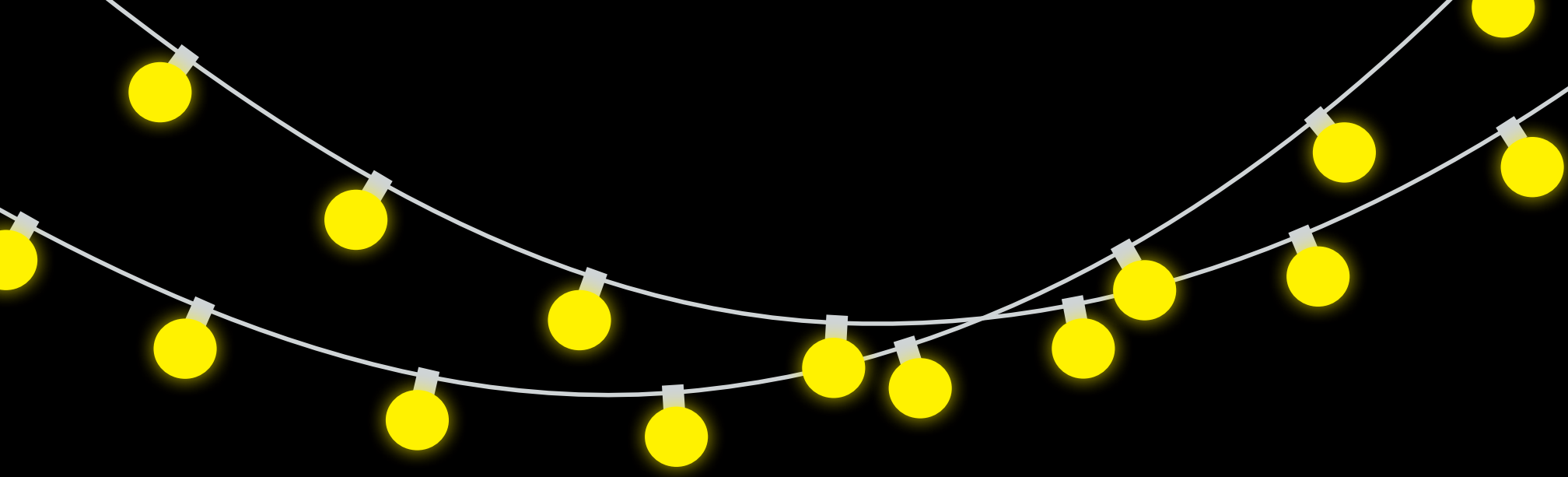
Community Old-Time Square Dance

1:30-3 pm, Cranberry Hall. Come dance away the afternoon with a live fiddle band and dance caller Emily Dubois. No experience necessary. Bring the whole family! \$5 at the door. More info: info@serenaeades.com

August 5 & 6

Texada Island Blues & Roots Fest

Texada.org



Thursday Night Markets

Food | Art | Sunsets
& more

ALL SUMMER - THRU AUGUST 31

6 TO 9 PM

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PLAN YOUR SUMMER • JULY FOR KIDS & TEENS 2023



FIDDLE AWAY YOUR SUMMER: Brigitte Ouellet (above) and others are teaching through Serena Eades' summer programs, offering fiddle camps for new and established fiddle players. See Page 56 for more.

UNIQUE EVENTS THROUGH JULY

Thursday, July 6

ORCA Bus Summer Stop: Tla'amin Preschool

4915 Salish Dr. 10-11am. Free activities for children ages 8 & under (siblings welcome).

Friday, July 7

Rumpus Room Tentacular Spectacular

10-11:30 am, Library. First Credit Union Community Room. Ages 5+

Tuesday, July 11

Museum of Odd Body Leftovers

10-11:30 am, Library. Explore the weirdest museum...the one inside your body! A STEM-powered workshop led by Rachel Poliquin. Ages 5+. Registration already full.

Thursday, July 13

ORCA Bus Summer Stop: Kelly Creek Church

2380 Zilinsky Rd. 10-11am. Free activities for children ages 8 & under (siblings welcome).

Friday, July 14

Rumpus Room Passé Party

10-11:30 am, Library. First Credit Union Community Room. Ages 5+

July 14 & 15

Aerial Edge's Zunga in the Garden

At the Townsite Brewing Garden. Friday July 14, 7:30 pm - 9 pm. All Tickets \$20. Saturday July 15, 12:30-2 pm. Tickets are \$20 each or \$50 for families (two adults + children). Tickets at Townsite Brewery, or at the door.

Tuesday, July 18

Mix'n Match Accordion Book

10-11:30 am, Library. First Credit Union Community Room. Make an accordion book containing the past, present, and future. 5+. Registration already full.

Tuesday, July 18

LIVE THEATRE Myrtle Sisters: Out of Time!

1 to 2 pm, Library First Credit Community Room. 5+. The Myrtle Sisters arrive via time machine, but something goes wrong! Can the time machine be fixed?

Thursday, July 20

Paper-making

10 am to 3 pm drop in, at the Museum. \$10 per person.

ORCA Bus Summer Stop: Assumption Church

7109 Glacier St. 10-11 am. Free activities for children ages 8 & under (siblings welcome).

Friday, July 21

Rumpus Room Movie: Wall-E

10-11:30 am, Library. First Credit Union Community Room. Ages 5+.

Tuesday, July 25

Inventor's Club Time Machine

10-11:30 am, Library. Calling all inventors! Bust out of space-time using cutting-edge cardboard and hot glue technology! 5+. Registration already full.

Thursday, July 27

ORCA Bus Summer Stop: Texada School

11:30 - 1:30 pm. Free activities for children ages 8 & under (siblings welcome).

Friday, July 28

Rumpus Room Future Shock

10-11:30 am, Library. First Credit Union Community Room. Ages 5+.

Tuesday, August 1

Ancestry - Cave Painting

10-11:30 am, Library. First Credit Union Community Room. Take a virtual tour of the Lascaux caves then make your own prehistoric painting. 5+.

WEEKLY EVENTS

All summer

Summer reading club

Pop into the library to ask about your sticker chart.

Sundays

Miniature Train Rides

12:30 to 2:30, Farmers Market.

Wednesdays or Thursdays

Junior Book Clubs

Library. Wednesdays 10 – 11 am First Credit Union Community Room. Ages 6 to 9. See prpl.ca for more. *Egg Marks the Spot.*

Thursdays

Senior Book Club

Library, 11:30 am-12:30 pm First Credit Union Community Room. See prpl.ca for more. Ages 10 to 14. The Incorrigible Children of Ashton Place

Pitter Patter Open Gym Time for Little Ones

10:30 – noon, Youth & Family, Oceanview Gym, 7105 Nootka St. Free, drop-in program for ages 8 & under (siblings welcome).

Tuesday to Thursday

Family Centre Library Drop-in

12-4 pm. Youth & Family, 7105 Nootka St. Kid friendly space with toys, activities, and books for all ages.

Tuesdays & Wednesdays

Early Years “Let’s Engage” Summer Program

10 – 11:30 am, Willingdon Beach Pavilion. Free activities for children ages 8 & under (siblings welcome). Weekly themes & special guests. Drop-in. Youth & Family.

GOOD TIDES

July 14, 15, 16, 29, 30 & 31

Morning super-low tides

See the Salmon Society’s tide guide for more, or dairiki.org

July 5, 6, 7, 17, 18, 19

Afternoon super-low tides

See the Salmon Society’s tide guide for more, or dairiki.org

July 14, 15, 16, 17, 18, 19, 29, 30, 31

Daytime super-high tides

See the Salmon Society’s tide guide for more, or dairiki.org

SKY WATCHING

July 17

New Moon

July 29 & 30

Peak of the Delta Aquarids Meteor Shower

Showers from July 12 to August 23. The Peak happens during the nearly-full moon, so may be faint.

August 1

Full Moon, Supermoon

May look slightly larger and brighter than usual.

SUMMER CAMPS

Do you have kids you need to keep busy this summer? Here is a small list of some of the offerings here in town.

All summer

Clubs, camps & events • Library

See ad on Page 44, and prpl.ca

July 3 to August 23, Weekly

Summer Art Camps • qathet Art Centre

qatherart.ca. No camp August 7 to 11.

July 3 to August 25, Weekly

Swim Lessons, Daycamps and Minicamps • Rec Complex

See ad on Page 44. And more.

Different dates for different ages

LEAP, Summer School & More • SD47

See sd47.bc.ca

July 17 to 21

Rock Band Camp • Academy of Music

See powellriveracademy.org.

July and August, various starts

Lifeguarding Classes • Rec Complex

Bronze Medallion, Bronze Cross and Waterfront are all offered this summer. powellriverprc.ca.

July 26 to 29

Texada Aerospace Camp

Texada.org

July 29-August 3

Fiddle From Scratch / In-Tune-Sive • Serena Eades Music Academy

See ad on Page 8.

August 8 to 11

Youth Film Camp

9 am – 3 pm. For Ages 11 to 14. Free. qathetfilm.ca/youth-festival.

August 21-25

Summer Ecology Camp

For ages 6 to 10. Powell River Salmon Society. See more at salmonpreservation.org/camps



BOX WARS – START BUILDING NOW: On Thursday, August 17, Bill Hopkins will host Box Wars again in Townsite’s Henderson Park. It’s a kid-oriented all-ages frenzy of creativity and conflict. This free event is in memory of Jasper Mohan. For details, contact Bill 604-223-2225 or bcbilly@shaw.ca.



Rachel Blaney, MP

4683 Marine Ave

604 489 2286

Rachel.Blaney@parl.gc.ca

YOUR POWELL RIVER REPRESENTATIVES

Nicholas Simons, MLA

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TAKE A BREAK

Gathering our Stories

Many of our local textile artists were recently interviewed for ethnographic research into the relationships fostered by the fibre arts community and the impact these artisans may have on a place. Our conversation touched on everything from the social and educational nature of having a stable meeting space, to cultural and ecological considerations, and where we are along the timeline of the basic human need for fabric and experiences of deeply personal expression.

It has me thinking today of another recent visitor to our town, Martin Shaw, and his invitation for us to tell stories of a hyper micro-climate nature. "Within a ten mile radius" he said.

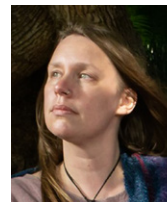
Something I think our little town is rather prone to is its quirky, maddening-to-newcomer tendency to refer to shops and homes long gone as still current landmarks. Not to mention local tales of nautical disasters or near misses, and legends of supernatural beings who inhabit this coastal landscape.

For both of these inquiries to be explored, it requires us to engage more fully with the natural world around us, and the people within it, than is commonly encouraged by today's pace of living, economic need, and political divides. They softly nudge us to pause and really notice opportunities for gathering story.

When elders mentor another in their skilled craft, or when our attempts to discover if tomatoes prefer an ocean breeze fail hilariously, or that time the Dogwood flowers came late the same year the frog song did.

We can share stories of how our ancestors spun fibre and wove cloth, similarly yet differently, no matter our heritage. Variations in weather patterns are recorded and shared through everything from food taste and shape, to plant fibre quality, to side notes in a potter's firing ledger.

To share these stories of observation, we must also cultivate an environment conducive to a connection



RETURN TO REVERENCE

JULIETTE JARVIS



between tellers and listeners. We are called into a collective, even if only for a few moments, for sharing what it means to be alive here and now.

With Summer Solstice being a natural time for gathering together and sharing our human stories, I am spending a little extra time reflecting on those I might tell that require no memorization or rote learning of another's words, but the ones I naturally know deep in my bones from being present and engaged with the world around me.

Perhaps we will meet there, in that magic space created when stories are told, and share a niche knowing or small scale tale between us.

Juliette Jarvis is a best selling author offering sacred living programs online, devotional arts, and divination sessions. Find her at SelkieSanctuary.com

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TAKE A BREAK



Across

- 3) Modified saw, or summer weather
- 5) Fortunate program
- 7) Chop with a saw, a dollar, deer fellow
- 9) Cable-grabber, or necklace
- 12) Centre spot
- 14) Sport minister
- 15) Wood-cutting power tool
- 17) Wood-cutting tool
- 20) Sawyer's tree-side platform
- 21) Creek, or bay where early logger sport held
- 23) Underhand or standing block
- 25) Artist cutting wood
- 27) Beginner logger sports competitor
- 29) Tree chunks to burn
- 30) Wood-chopping tool
- 31) Log sort, or international games
- 32) Tool to prevent saw binding, lever
- 33) Logger who drops trees

Down

- 1) Tree falling warning
- 2) Less 100cc saw, or soup base
- 4) Tla'amin's forestry co
- 6) Fastest chop, but miss your toes!
- 8) For cereal, or Loggers Memorial
- 10) Speed chainsaw art result
- 11) Cut trees
- 12) Friday free with donation to food
- 13) Tall tree from which cables run
- 15) World, Canadian _____ships
- 16) Tugs', and saws', bay
- 17) Pointy tree climber, or cowboy's, tool
- 18) Logger Sports location
- 19) Race with pole, or thing to get over
- 22) Cutting & hauling trees
- 24) Log for climbing or running up
- 25) Highest logger sport
- 26) Quarry's saintly bay
- 28) Slice of log, or e o
- 33) Number of axes thrown in round
- 34) Cutter & hauler of trees



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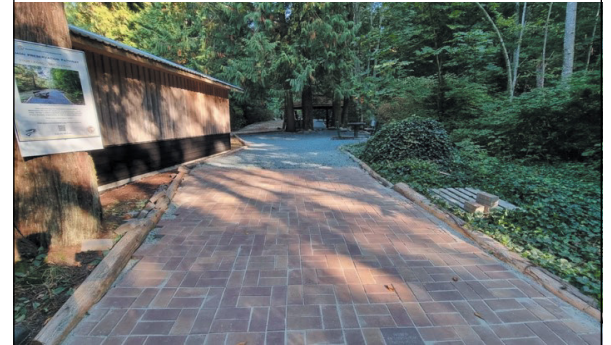
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“In the truest sense, freedom cannot be bestowed; it must be achieved.”

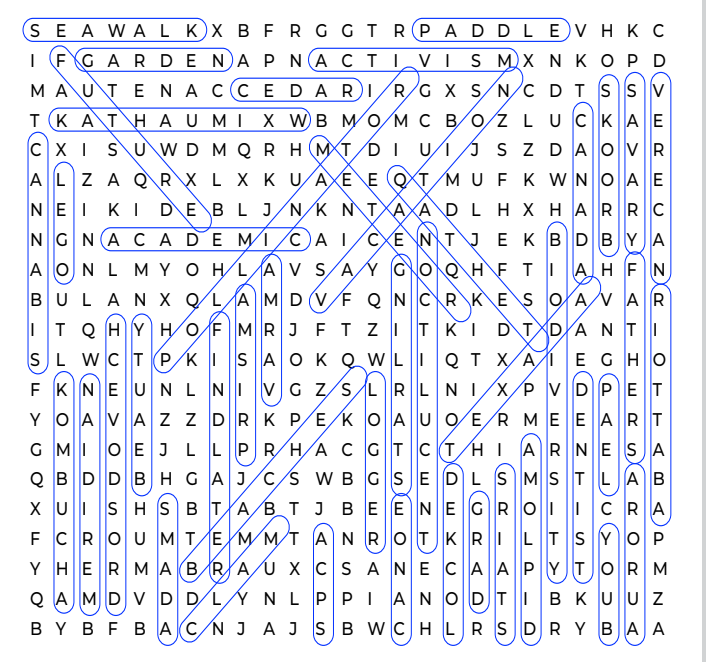
-Franklin D. Roosevelt.



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SOLUTION TO JUNE PUZZLE



It's about time



Remember how time stood still when you were a kid? Those long car rides you took with your family that seemed to last forever. How many times did you, your brother or sister ask: “Are we there yet?” Do you remember how the last month of school before summer vacation dragged on and on and on. And how, when you were five, waiting those 24 days leading up to Christmas seemed longer than all the other days of the year put together?

The hands of time seem to move slowly when we're young, but at some point, time speeds up and those long, lazy days of summer we experience as young children are gone before we know it.

This happens because our perspective changes as we age. When you are one year old, a year is 100% of your life but by the time you're 60, you've experienced 60 years and that one year represents a much smaller fraction of your entire life. The percentage diminishes as we age.

This relativity of time is wonderfully illustrated in Maximilian Kiener's digital project *Why Time Flies*, which explains how each year becomes proportionally shorter as we age.

According to the project, when we're born, a year is the entirety of our lives. As we get older, however, time seems to pass more quickly. When you are five, a year is 20% of your life.

According to the French philosopher Paul Janet's Proportional Reasoning Theory, people perceive time relative to the absolute time they can compare it to.

“When you are 10, a year is 10% of your life. If you factor in that you don't remember much of the first three years of your life, then half of your perceived life is over by the time you turn 18,” according to *Why Time Flies*.

When you are 90, a year is 1.11% of your life. This helps explain why the more time you've lived, the shorter each year feels. It also helps explain why a car ride seems to take so much longer to kids than it does to adults.

When you put time into proportion to your

age, it's easier to understand. Having something to compare it to helps me understand why the years seem to fly by so much faster.

I've been thinking a lot about time lately. And as I visited my dad in hospital last month, more than anything I wanted the hands of time to stand still.

My dad is 94, and until recently, he's been healthy. He's lived a good life; has a wonderful wife, three children and several grandchildren who all love him. He's had an interesting career and made his mark in his field. In short he's done much good in the world and I am proud to be his daughter, but as I sat by his

bedside all I could think about was time and how I want more time with him.

Our family knows his time on earth is growing short and as we like to joke, no one gets out of this life alive. So, we sat,

lost in our memories of earlier times. I thought about the time he took all three of us kids camping and I got covered in leeches. I remembered the time Mom went to England to care for her dying mother and how Dad cooked a huge pot of spaghetti and how we ate “white worms” for an entire week. I remember Dad trying his best to understand my passion for horses even though he was scared to death of them. I remembered the ski trips to Mount Martock and Wentworth, and summer trips to Moser River (in Nova Scotia where we grew up), rising early to catch eels while still clad in just our pyjamas.

The time to do things with your kids will be gone before you know it and too soon they will move out to begin lives of their own.

I didn't understand the importance of time and making memories when I was younger, but it hit home a few years back when I walked into my friend Carma's house. There in the living room sat Grandma Harriet, eyes closed, smiling, smiling. She was all alone or so I thought. I asked her what she was doing there all alone and if she was okay. Oh yes, she replied, she was fine, just fine, and besides she said, she wasn't all alone.

“I'm sitting here with my memories,” she told me happily. “I have so many to visit with.”

Making memories while you have the time is more important than you realize because one day that time will have passed you by and it will be too late. Take time this summer, spend it with your family, make some memories - it will give you something to think about when you're 90 and sitting in your rocking chair.

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