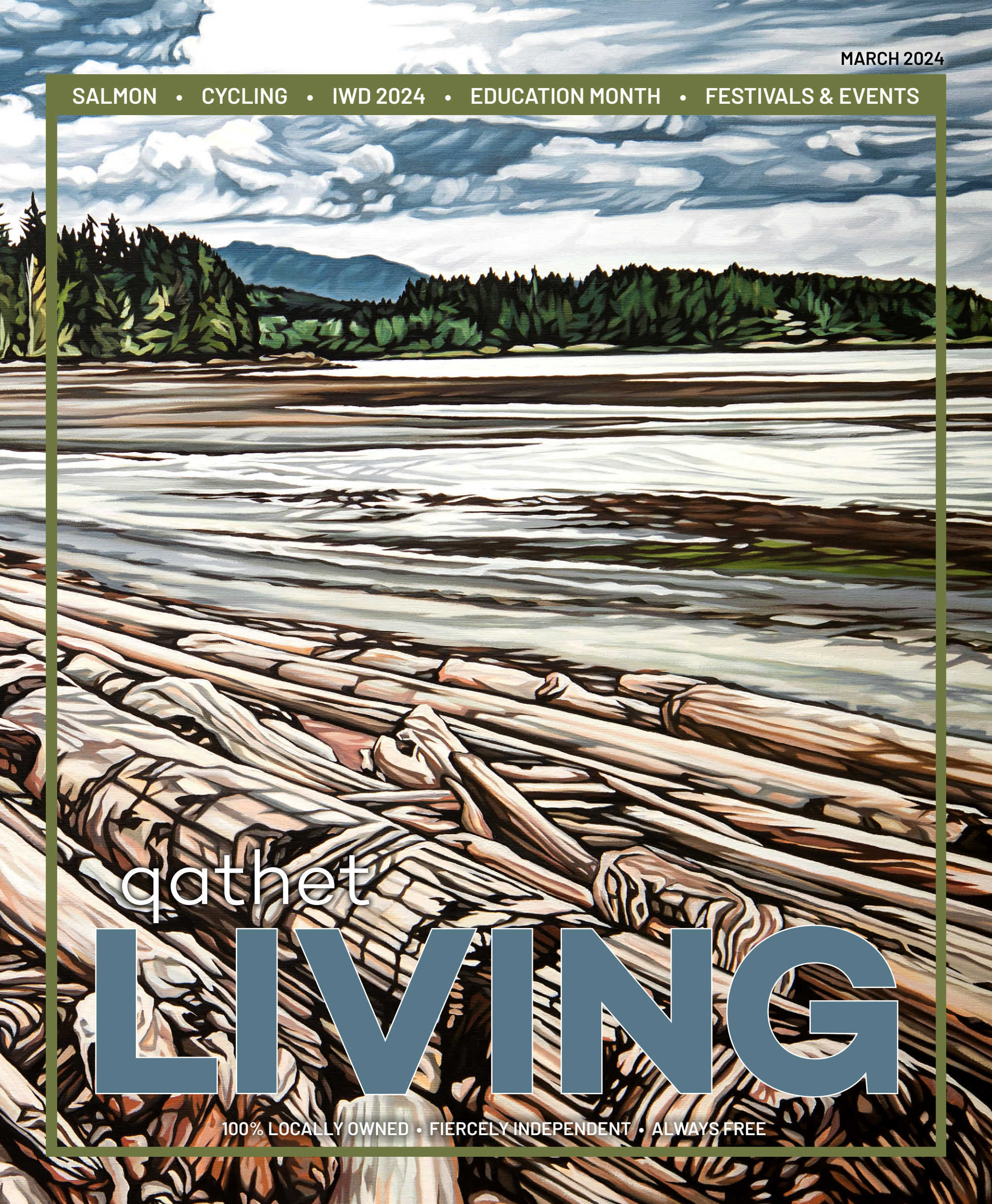


MARCH 2024

SALMON • CYCLING • IWD 2024 • EDUCATION MONTH • FESTIVALS & EVENTS



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Wood Smoke Reduction Program 2024

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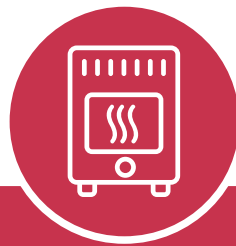
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ON THE COVER:

A detail of a large oil painting by Anna May Bennett, 'Looking South' is a scene from Palm Beach. The original has been sold, but limited edition, archival quality prints are available through Turadh Fine Art Studio & Gallery in Townsite Market. @annamaybennettartist @turadhfineart



Always learning

I was thrilled to hear that James Thomson teacher Amanda Zaikow has used the November issue of *qathet Living* in her classroom for months now (Page 35). Of course, Chee'ilth, the new Marvel Contest of Champions superhero inspired by Tla'amin culture and history, engages preteens.

March is education month. Although there are only a couple of stories in this magazine that are tagged that way, the power of education is present in this entire issue, in all of its many forms.

For example, Brain Injury Society executive director Debbie Dee, profiled for International Women's Day (Page 10), notes how much she's taken from her music education at Capilano University. It's not a "career" education, but a passionate one.

Derek Jantz, owner of Two Wheel Tech, speaks eloquently about how his father taught him to love and understand the outdoors – through adventuring be-

side him when he was a child (Page 20). That isn't formal education, but it is the most valuable.

Similarly, Tod English gives props to this region's "hockey system," dating back to when the first arena was built in 1955. That "system" is made of coaches, mentors, different age groups of players, and a community that supports a culture of learning and excellence (Page 58).

Both Abby Francis and Tchadas Leo are young Indigenous people on the precipice of much larger roles in BC's media landscape – thanks in part to formal education at BCIT, and in part to their own hard work while they were still in high school, learning the skills and most importantly, being curious (Page 17).

Not matter how you're learning this month – formally in school, or informally in this community – I hope this issue of *qL* inspires you to stay curious all the way through your life.



EDITOR'S MESSAGE

PIETA WOOLLEY

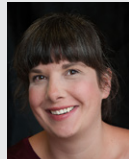
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qL

“

My favorite thing to look for is how the musicians interact on stage. Little glances, smiles, musical ideas shared and developed... one doesn't need to be an expert to recognize that!

- Paul Cummings, **Page 55.**

”

A FEW OF MARCH'S CONTRIBUTORS



PATRICIA KEAYS is a committed environmentalist and consultant to the UN since 1995 - gender equality, peacekeeping, development, and human rights. *See her story about the legacy of Martin Rossander on Page 38.*



BRIANNE LOUIE is Tla'amin Nations' new Culture and Language Coordinator. She used to manage the Stock Pile in Lund. Brianne has a four year old son. *See Brianne's column, You Got This, on Page 12.*




MERILEE PRIOR is "The Bird Lady," founder of PROWLS. She cares for hundreds of wild animals each year in her home, and not just birds. *See Merilee's story, Cubs with Attitude, on Page 22.*



MALERIE MEEKER is a community organizer by nature, so when she retired, she stepped up her volunteer activities, including writing articles for groups with which she is affiliated. *See Malerie's story, Hospice Inches Closer, on Page 45.*



ANNA MAY BENNETT is a professional artist and gallery owner. Her large-scale landscapes can be found in private collections internationally, as well as public spaces throughout BC. *Our front cover is from Anna's oil painting.*




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Off-grid & on the pulse:

Coastal Women in Business' Cheri Lynn Wilson

Cheri Lynn Wilson is the new president of Coastal Women in Business.

She and her husband own and operate Creekside Crossing Campground – an off grid seasonal campground. As well, Cheri owns Take Flight Media; she works with social media, website development, and assists her clients with sales plans.

Cheri grew up in Powell River and left after high school. She has a decades-long background in retail management and sales.

Now, Cheri volunteers for Lang Bay Community Hall. She and her husband have an Australian Shepherd, Cyprus. Cheri is a mother and grandmother.

Why do you want to be president of Coastal Women in Business?

Cheri • I originally became involved with Coastal Women in Business as a way to reconnect with the community of Powell River and the qathet Regional District. My husband and I moved back to Powell River in 2020, after being away for over 25 years, to open our campground, Creekside Crossing, which we had been building for over six years. I wanted to meet other women who are in business and be able to learn and grow from them. As well as the opportunity to meet like-minded women who would become friends.

What do you hope to achieve during the time you are president?

Cheri • I have many goals I am looking to achieve! Since 2020 when we all retreated to our homes and began to meet and speak together virtually, it has been difficult for organizations, such as Coastal Women in Business, to go back to “in-person” meetings. We are slowly coming back to that now, though, and for the next year the focus is to encourage and inspire women of all backgrounds to be a part of Coastal Women in Business. I would love to see our membership increase and the times we are meeting together be an opportunity for women to meet, network, learn, and have fun.

Tell us about some of your past experience and/or skills that will help you guide the organization.

Cheri • I have spent most of my working career in retail management and then in wholesale as a sales representative. Working in management teaches you how to inspire others to lead with you and take pride in their role, while working in sales teaches you how to get results. Both skills are invaluable when leading an organization.

Women-only organizations are so relevant! We support, mentor, guide, challenge, and learn from each other.

- Cheri Lynn Wilson

What can the community expect of CWIB during the coming year?

Cheri • Our community can expect us to be involved. We will make waves this year! We are planning community events to help where we can, and to place a spotlight on an organization who needs this. We are planning to engage our members and give them some tools to help them with their business. We are asking our members to come forward and have the spotlight on them, teach us what they have to offer, and showcase their business at the same time. We are planning to meet with our members and have members bring friends and come out to events and to have fun together.

Why are women-only organizations still relevant?

Cheri • Women-only organizations are so relevant! Women who support other women are always needed. We need to stand with other women and show the world our voices are here. We support, mentor, guide, challenge, and learn from each other.

What's unique about the local business environment right now?

Cheri • Right now the possibilities are endless for those who have a vision and are willing to take action. The chance to be self-employed or to climb the career ladder has never been more accessible. Many potential clients and employers are searching for people with imaginative ideas and the ability to think unconventionally.

Who are your mentors?

Cheri • I was very fortunate to work with several amazing employers who gave me the opportunity to make decisions and try new ideas. This was invaluable to me in learning how to make decisions, trust my instincts, and learn the skills which ultimately enabled me to become self-employed.

Celebrate IWD at these events:

8

Friday

International Women's Day

The UN theme this year is "Invest in women: Accelerate progress" See stories, Pages 6-11.

International Women's Day Spin & Yin Class

5:15 pm, Rec Complex. \$6

qathet Film Festival • Analogue Revolution for International Women's Day

1:30 pm Patricia Theatre. MP Rachel Blaney will offer inspiring words in honour of International Women's Day. Director Marusya Bociurkiw and film subjects Penny Goldsmith and Nancy Pollak will introduce the film. In the Q&A, moderat-

ed by Peg Campbell, they will give more background on the work of feminist media collectives in Canada from the 1970's to today. qathetfilm.ca

Shield Maiden

7 pm, Max Cameron. Tickets available at the Peak, Academy of Music, at the door 30 minutes prior.

9

Saturday

Cranberry Hall Presents Joanna Finch and Ashley Sykes "Songs of the Sisterhood" in celebration of Women's Day

7 pm Cran Hall. Tickets \$20/\$25. Electric, heart opening performance in celebration of International Women's Day weekend.

5 strong women

International Women's Day is March 8.

Meet just a few of this region's inspiring, accomplished women.

From fisheries to land rights: Tla'amin Nation's Denise Smith

Denise Smith is the Director of Lands and Resources for Tla'amin Nation. She is one of several powerful women setting direction and administering the Nation for the future. Others, communications director Davis McKenzie points out, include **Carmen Galligos**, Public Works, Capital & Infrastructure department director; **Losa Luaifoa**, Legislator and Public Works, Capital & Infrastructure Housepost; and Health Director **Marlane Paul**.

How do you describe to your friends what you do?

Denise • I am the Director of Lands and Resources for Tla'amin Nation. This includes overseeing the Fisheries Department, Lands Department, Rights and Title (consultation, referrals) and Guardian Watchman (monitoring, patrol, stewardship). I have worked for the Nation for many years—including serving on Council and as part of the Treaty negotiation team.

Tell me the story of how you attained this position. How did you get from being a kid, to doing what you're doing today?

Denise • I have worked for my Nation since I was 19 (so around 40 years now). I grew up in my community (Tishosum). I was fortunate to be offered a job as the Cultural coordinator and to spend time with our Elders learning about our culture and how to provide teaching opportunities.

Who are your mentors? Who has been important to you along the way, and why?

Denise • Grandparents, aunts, parents. I went to residential school (left in 1981), but was fortunate to have a strong family bond and traditional teachings taught to me from an early age.

Why do you think Tla'amin government has attracted so many powerful women?

Denise • We are a matrilineal society so women are very important. I am very happy that the Nation has embraced bringing women into leadership roles. We are from here,

[What I hope for my daughters and granddaughters is] that they are part of taking care of our lands and resources for all of our future generations. That they have my strength and voice.

- Denise Smith

we raise our children here and we care about our futures. I was fortunate to become the first woman Chief of Tla'amin (two terms) and was given a name—Kwyem Tomolx—Speaks for her people. I am very proud of this name and take the responsibility very seriously.

What do you bring, as a Tla'amin woman, to your position?

Denise • Belief—I believe in our people. I believe in our right to be here, to continue our practices—including harvesting and culture. To have a say in what happens in our territory that our people lived in for thousands of years. To a healthy and bountiful future.

What does International Women's Day mean to you?

Denise • Women across the world should be celebrated—and respected. To be clear, behind every male leader is a strong woman. We may not always be beside—but we are still there supporting him. Unfortunately, women are not equal in the world—and still struggle to be heard.



POWERFUL IN PURPLE: Tla'amin Nation's Director of Lands and Resources Denise Smith.

What do you hope for your daughters and granddaughters?

Denise • That they live in a world of acceptance. That they can practice their language and culture without fear of prejudice, that they are part of taking care of our lands and resources for all of our future generations. That they have my strength and voice.

Family & work:

Realtor Lisa Gunn

Lisa Gunn is used to wearing many hats. She is the proud mom of two boys, Henry and Alex. She met her husband, Austen, in London, England after moving there for a teaching position.

Lisa was a teacher and administrator in the qathet School District for almost 20 years. She is now committed to finding joy in her work as a real estate agent at Royal LePage Powell River.

A proud member of the Rotary Club of Powell River, Lisa enjoys working with the Brooks Interact Club and is passionate about the service work that both clubs undertake.

Home is a lovely farm in Kelly Creek.

The theme for IIMD 2024 is "Invest in Women: Accelerate Progress." What does that mean to you?

Lisa • When I reflect on the work that the Rotary Club of Powell River undertakes locally and globally, I can see that investing in women is directly linked to progress. Our



LEADERSHIP: Lisa Gunn

club and several Sunshine Coast Rotary clubs fund the Amarak Society and their education initiative in Bangladesh.

Each school teaches 25 mothers, and each of those mothers teach at least five children and their own children. The living standards of families have improved,

literacy rates have improved dramatically, and child marriage rates have fallen. Buy a Rotary puzzle and help our club fund this important work.

Which women inspire you the most?

Lisa • My grandmother was a huge inspiration, and my mom continues to inspire me. Taking risks and never backing down from a challenge were encouraged and celebrated.

I am in awe of the fantastic women who take on leadership roles in education. The challenges are immense and complex, and they continue to do the work with a quiet calm and enthusiasm.

What advice do you have for younger women?

Lisa • Be open to change and embrace new opportunities when they come your way. Timing is everything! Listen to your gut and it's okay to fail—that learning process will make you stronger. Don't be quick to judge.

How do you influence your colleagues and other women?

Lisa • I hope that my colleagues and other women see that I am open to learning and growing together. Building relationships and learning about each others' strengths is so important to me. I love a good social and team-building activity! They do wonders for relationships and morale.

I am in awe of the fantastic women who take on leadership roles in education.

- Lisa Gunn

Describe your leadership style.

Lisa • Building community is at the heart of my leadership style and continues to be important in whatever work or volunteer setting I find myself these days. Community leadership relies on utilizing people's strengths and employing a collaborative decision-making framework whenever possible and taking the time to really listen is essential.

What is your biggest challenge? What are you the most proud of?

Lisa • Time management and finding balance continue to be my biggest challenges. Spending time on physical health is a personal struggle—there isn't enough time in the day sometimes.

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Caregiving & farming:

Rotarian Jan Gisborne

Jan Gisborne was born in Nanaimo and moved to Powell River in 1986. She has two sons and lives on a small farm with one of them, her daughter-in-law and three grandchildren.

Jan is retired and is active in the Rotary Club of Powell River. Next year, she will be taking on the role of Governor for District 5040 – which includes 50 West Coast Rotary clubs, from Vancouver to Kitimat and beyond.

Who had the biggest influence on your career? How and why?

Jan • In the 1970s I was Customs officer in Marine Operations, which was an all-male unit. Several officers were very supportive and were great mentors. They recognized skills and talent and they enabled others to succeed. They understand human nature, show respect for others regardless of the situation, while still maintaining their sense of humour and their dignity.

Which women inspire you the most?

Jan • Women who are not easily intimidated and stay true to their beliefs while also not intimidating others. Women who strive to help others to reach their potential.

What you are the most proud of?

Jan • Being selected to be a Rotary District Governor. Our District has over 1,200 dedicated, talented Rotarians and being selected has both humbled me and given me confidence to help our District move forward in these challenging times.

Do you or have you had a mentor?

Jan • Joyce Carlson and Dean Rohrs – both strong women in Rotary who believed in me and have been wonderful, generous friends and mentors. They help me stay on track.

What would you say to your younger self?

Jan • Have confidence in yourself. Do not compromise your beliefs and know your own boundaries.

How do you influence your colleagues and other women?

Jan • I try to recognize talent and skills in others. I focus on their strengths which helps me support them and encourages them to move forward to achieve their goals.



THE NEXT DISTRICT GOVERNOR: Jan Gisborne

Describe your leadership style.

Jan • My leadership style is democratic in that I want people to be engaged with the process. I believe a team approach works best as people have different skills and strengths. When people work together they accomplish more.

What is your biggest challenge?

Jan • My biggest challenge is finding enough time to do everything I would like to do. I am most proud of being able to bring my husband home and take care of him for

[I'm inspired by] women who are not easily intimidated and stay true to their beliefs while also not intimidating others.

Jan Gisborne

the final seven years of his life – to have been his advocate and to make a life for our family after he became a quadriplegic.

What would you like to accomplish in the next year?

Jan • In just over a year I will be the District Governor so I will be focusing on learning all I can to be as prepared as possible to fulfill the role of a District Governor which is to support and strengthen the clubs and Rotarians in our District. To help develop future leaders. Rotarians see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

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Tragedy, Hard Work, Hope:

Brain Injury Society's Debbie Dee



[My biggest challenge has been] overcoming my own lack of self-worth. It caused insecurity to manifest as anger and mistrust.

- Debbie Dee

Debbie Dee was born in Calgary in 1955. Several personal tragedies, she said, help define who she is today. Her mother passed away in 1962 to multiple strokes; her father in 1980 to suicide; her brother to suicide; her nephew to murder; and a sister to an acquired brain injury.

Debbie moved to Powell River in 1973 and worked jobs in the cooking industry. She graduated in 2002 with a Bachelor of Music Therapy, later receiving a Fellowship in the Association for Music and Imagery.

She spent two terms as city councillor, and has contributed to the community through her work on several boards and committees.

Debbie founded the Brain Injury Society with the late Penny Mebs in 2003, and has served as the executive director ever since. She will retire this spring.

She was the lead vocalist in several bands over the years. Through it all, she said, music is her passion.

The theme for International Women's Day 2024 is "Invest in Women: Accelerate Progress." What does that mean to you?

Debbie • Investing in women builds strong social and economic benefits. Women bring a different perspective when looking at issues; locally to globally, unlocking opportunity not previously investigated from an alternate point of view, thereby continuing the decades long work done for equality and dignity.

I come from the era of protests and activism of the late 1960s and 1970s and continue to be an outspoken voice for women's rights. For human rights for all, basically.

Many sacrifices have been made and progress continues as women from a new generation continue the fight. From a humanitarian standpoint, building a solid sense of self-worth for next generations is paramount to the continuing success of women

which in turn will accelerate progress and propel women in leadership roles to help define the future of the planet.

Who had the biggest influence on your career? How and why?

Debbie • There are so many strong women and men I have had the opportunity to work beside and learn from over my lifetime that I couldn't possibly name them all. Each one has left an indelible mark on me and helped me to grow and become the woman I am today. Not all influences were positive; I have made many mistakes and have done a lot of soul searching to turn the negative around and make it a teaching opportunity for me. I wish all bridges could be rebuilt, but being ok with the lessons learned is huge when looking at influences.

Which women inspire you the most?

Debbie • Strong, independent, free-thinking women who work toward change are the most inspirational. Women who have fear, but do not allow it to shape them; women who forge the path for others to walk on. There have been many, both on a personal level and beyond - women who have overcome the harsh realities that life can sometimes give us...the ones who trudge through and rise above.

What you are the proudest of in your career?

Debbie • The growth of the Brain Injury Society has been a labour of love for the past 21 years. Taking the organization with the general knowledge and understanding of acquired brain injury from obscurity to the vibrant and essential service and support organization it is today, will be my proudest accomplishment.

Having clients tell me that their families

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COLLABORATIVE IN THE COMMUNITY: Debbie Dee (left) and her business partner Dave Formosa (right) are sponsoring Dorhgyu Alonso (centre) and his family from Cuba. See more on Page 53.

are still together because of the work I have done with them and having clients tell me that they are alive today because of my compassion instills a sense of accomplishment, but also of responsibility, to never let this thing that we are doing fade away or be absorbed.

Do you or have you had a mentor?

Debbie • I have not had a single mentor; however, I have had several amazing women and men in my life support me as I stumbled to navigate my way. Notably the women of the Music Therapy and Guided Imagery programs at Capilano University, the women of the Academy of Music in Powell River, and the strong bonds of connection made through my time on City Council.

What advice do you have for younger women?

Debbie • For younger women; listen to your inner voice, be strong, and always allow yourself some slack. You are not perfect, you are working towards your version of perfect, and the learning is life-long.

How do you influence your colleagues and other women?

Debbie • I have consciously sought to influence through allowing people around me to make those mistakes themselves and take the time to do their own analysis. Allow yourself to be unique.

Describe your leadership style. Is it different than your male counterparts?

Debbie • I have been refining a leadership style for my whole career. It changes and

morphs each time I grow from any given experience. I am a firm believer of not asking anyone to do anything that I would not do myself. I have learned to lead by example, by not being afraid to try, to fall, and to get back up again. I am more concerned with how well a thing is accomplished, not how fast it was completed. If someone did their best, that is all we can ask for.

What is your biggest challenge?

Debbie • Overcoming my own lack of self-worth. It caused insecurity to manifest as anger and mistrust and it has taken many years of self-exploration to reach a point of self-actualization. Overcoming self can be the most difficult challenge and can produce the most successful results.

What would you like to accomplish in the next year?

Debbie • Recovering from a second knee replacement surgery will be the first thing. While doing that, I plan on exploring my creative side with art. I would like to become more proficient with watercolour.

I am also hoping to expand my retail experience and continue learning from my business partner Dave Formosa. He has been a huge influence and teacher.

I am also working with a Cuban family that Dave and I have sponsored in Canada (see Page 53). The next step is permanent residency so I am sure that will keep me busy.

With regard to Brain Injury, I plan on joining the board of directors and continuing to help steer the organization that has been such a huge and rewarding part of my life. 🐾



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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

BRIANNE LOUIE

.....
_____ **pənəm**

To plant something

.....
_____ **χαχegən**

Seed

.....
_____ **saʔtx^w**

Woman

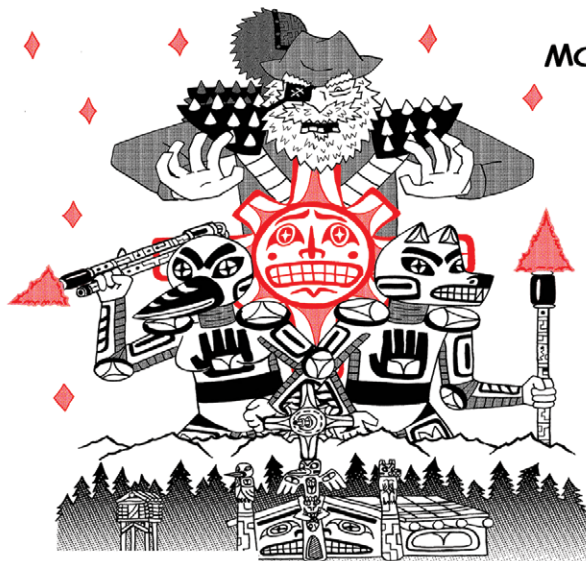
.....
_____ **λiʔčos**

Spring

.....
_____ **k^wʊsem**

Green

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ʔayʔajuθəm orthography

ʔəʔamən | 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

ε	eh
ɪ	ih
ʊ	oo as in look
ə	uh
č	ch
č̣	popping c
ǰ	dg
ḱ	popping k
k ^w	kw
ḱ ^w	rounded, popping k
ʈ	Breathy L sound
ḑ	popping p
ḑ̣	popping q

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

Food

for thought...

Keeping students' bellies full so that their brains are ready to learn!

**FOOD WE
GROW**

Vanessa Sparrow is the Coordinator of qathet School District's Food Literacy Program, an initiative launched in 2019 to provide immersive, seed-to-plate learning experiences for elementary school students in the region. Vanessa delivers garden-based education and cooking programs across all District elementary schools.

What is Seed-to-Plate?

The seed-to-plate program has three main objectives:

- 1. To empower school children** with the skills and knowledge they need to make healthy food choices for themselves, their communities, and the environment.
- 2. To support schools in using food gardens** as outdoor classrooms for experiential, creative, and curriculum-connected learning.
- 3. To build strong community- school partnerships**, particularly with local food growers, and develop a school district culture of "seed to plate" learning.

Students follow an experiential learning model, where they learn to plant, tend, harvest and prepare fresh food by engaging in hands-on activities in the school garden and kitchen, as well as at local farms. The activities are seasonally-based and follow a "seed to plate" journey over the course of the school year. This teaches students to learn through inquiry and problem-solving in real-world situations as they are able to observe and form questions about what happens to the plants they grow over time under different conditions.

Landed Learning and School Gardens

The Landed Learning at School Program provides garden-



based learning and food preparation activities to elementary school students and has two components:

- 1. One school each year participates in the core program:** ten half-day sessions, (usually one per month) conducted at the school with a Grade 3, 4 or 5 class. Students are partnered with trained community volunteers in small groups who work together to plant, tend, harvest and cook with fresh food grown in the school



garden. They also make two visits to a local farm to experience working food systems and develop a greater understanding of where their food comes from, and its connection to community and environmental health.

- 2. Schools not participating in the full program** each year are offered a program of gardening and cooking activities, in addition to curriculum connected resources and support with garden materials and maintenance.



Raun Rainbow, Principal of Early Learning, Childcare, and School Nutrition

Rising costs, climate change, social media and more: students may worry about what the day will bring.

While some factors are beyond our control, qathet School District and community partners are working together to ensure that our students have one less thing to worry about, what – and if – they are going to eat that day.

The qathet School District believes that healthy school food environments help students attain their full potential and that all members of the school community have a role to play in supporting these healthy environments.

The district is committed to supporting students in not only accessing food, but preparing food, and growing food, so that they can begin to shape their own food futures, now.



FOOD WE PROVIDE

One in six BC children don't always have enough to eat, according to a 2021 report by the Coalition for Healthy School Food – and food has become much more expensive since that report was written.

Breakfast

Every elementary school within qathet School District has a breakfast program. Children who eat a morning meal are sick less often, have more energy, are stressed less, and have better attendance. The breakfast programs look different at every school and are supported in part by Parent Advisory Council, the Powell River Professional Firefighter Charitable Society, Breakfast Club of Canada, parent volunteers and more.

Our breakfast programs always have room for more community support, so if you would like to donate, contribute, or volunteer, we encourage you to reach out to your local school principal.

New! Hot Lunch Program at Texada Elementary

For 40 years, Linn Rairie, known as



Grandma Linn, provided weekly hot lunches for Texada Elementary students. Recently, Colleen from Texada's Mary Mary Cafe also brought over hot meals to the school. Thank-you, Grandma Linn and Colleen!

This year, Texada Elementary School has introduced a Hot Lunch Program with student involvement, integrating food preparation and cooking into the curriculum. Every Wednesday afternoon, right after lunch, students head to their cooking class. Students and volunteers work together to create delicious, nutritious meals for the entire school to enjoy. The meals are frozen, then heated up and enjoyed the following week. Cooking meals one week ahead ensures a guaranteed



hot lunch for the school and gives the students something to look forward to – especially if they know it's pizza week! This culinary experience not only imparts valuable lessons in meal preparation but also cultivates a sense of pride and accomplishment among the students.

The leftovers go back in the freezer and are made available for any student who gets hungry throughout the week, or sometimes get donated to families in the Texada community.

The students have already experimented with a variety of recipes, such as pizza, banana muffins, blueberry muffins, apple muffins, apple sauce, taco soup, beef soup, chicken soup, pasta, buns, and Caesar salad. Impressively, they learn to

make everything from scratch, even the croutons for their Caesar salad!

Nutrition is always top of mind when selecting recipes, as parents want to ensure their children are getting healthy proteins and fats from the right sources in their diet, as explained by Alexandra Bella, Principal of Texada Elementary.

The Hot Lunch Program follows the guidelines provided by the Canada Food Guide as closely as possible and consistently aims to incorporate tips from the district's School Nutrition & Food resource page, which is accessible to everyone on sd47.bc.ca.

Centralized Food Program

This year, the qathet School District has funding from the Ministry of Education and Child Care to support students facing food insecurity. The Feeding Futures funding comes with a request for districts to address stigma attached to food programs, access local food sources where possible, include local Indigenous perspectives, and enhance the nutritional value of food provided. The district can most effectively meet these criteria by considering the establishment of a centralized food distribution centre. Having one place of food production makes it easier to create a healthy kid-friendly menu, build relationships with local agriculture, and monitor a high standard of quality.



Oatmeal Banana Muffins

Looking for an easy, delicious, and nutritious recipe?

Try these muffins – they're district-recommended!

Serves: 12

Prep time: 15 min Cook time: 25-29 min

Ingredients:

- 1/4 cup canola oil
- 1/4 cup honey
- 2 eggs
- 3 ripe bananas, mashed
- 1/4 cup 1% milk
- 1 tsp vanilla extract
- 1 1/2 cups whole wheat flour
- 1/2 cup large flake oats + 2 tbsp for garnish
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cinnamon

Directions:

1. Preheat oven to 325 F
2. Grease a muffin tin using 1 tbsp canola oil with either your hands or a paper towel
3. In a large bowl, whisk canola oil and honey.
4. Add eggs and beat well. Mix in the mashed bananas, milk, and vanilla extract.
5. In a medium bowl, whisk together flour, oats, baking soda, salt and cinnamon
6. Fold dry ingredients into wet ingredients, stirring until just combined. There may be lumps. *If adding any nuts, fruit, or chocolate, fold in 1/2 cup now.
7. Divide the batter evenly between the 12 muffin cups. Lightly sprinkle 1 tbsp of oats on tops of the muffins.
8. Bake muffins for 25-28 minutes, until a toothpick inserted into a muffin comes out clean.
9. Let sit until cool enough to touch. Remove muffins by running a butter knife along the outer edge to loosen them from the pan. Transfer to a cooling rack to cool completely.
10. Store in an air tight container lined with paper towel.

FOOD WE MAKE

Enter Brooks Secondary, and you are welcomed by delicious smells wafting from the commercial kitchen nestled right off the entrance.

Every day, Red Seal Chef Connor Knickerbocker not only instructs students in the culinary arts, but he also leads them in preparing delicious and affordable meals for students and staff alike. Connor's skills and artistry in the kitchen elevate meals and bring a high standard of quality that shines in our district.

Meet the Chef and Culinary Arts Teacher, Connor Knickerbocker!

What is your background?

I started my career as a Cook, progressed to a Chef, and now I am a Teacher/ Culinary Instructor at Brooks Secondary.

How did you get into this line of work?

I fell in love with cooking, eating, and sharing food after I moved to Belgium as a young man. After moving back to Canada, I started working in restaurant jobs. I went to culinary school and worked my way around restaurant and hotel kitchens, and butcheries in downtown Vancouver for most of my twenties. Also when travelling, I worked on farms and learned about local food.

The high pressure nature of cooking on the line is



Brooks Culinary Instructor Connor Knickerbocker



Lori Alexander, Culinary Assistant (right) and student Johanna Dugaro (left).

exciting. All the reasons I loved the industry were also challenges: late nights, early mornings, many hours on your feet, working weekends and holidays, etc. I always loved culinary school and thought teaching could be a great transition for me out of the restaurant industry. It has proven to be an amazing choice for a career shift in my early/mid 30's. It has let me keep my passion for food alive while focusing on teaching others.

What are you most excited about?

Seeing growth in students. Working with teenagers, you really see a vast range of willingness to engage in the task at hand. So what's amazing to see is a student come into my class as a reserved grade 10 student, and within a couple years grow into a mature, problem solving, self aware individual with their own voice, interests, strengths, and passions. That's what it's all about.

What does your typical day look like?

It's important for me to start my day by checking in with my students, making a plan for the day's lunch service, and going from there.

We have the privilege of feeding our school community every day at lunch, which is a pretty cool thing. After lunch, we clean and plan for the next day.

Lori Alexander and I work as a team to make this all happen and the students really look up to Lori in the kitchen.

There are of course all the other necessary jobs that cooks/ teachers do, which usually fills my afternoon: inputting attendance, grading students, communicating with parents, counsellors, administrators, staff meetings, food ordering, menu planning, special event planning, etc.

Culinary Arts Courses

Culinary Arts courses are offered to students in Gr 10 to 12 as a four-credit elective course at each grade level.

If a student successfully completes culinary 10, 11 and 12, they can then take an additional culinary course. This fourth culinary course will challenge youth who are keen on being a professional cook in a commercial kitchen.

This fourth culinary option at Brooks Secondary allows senior culinary students to implement their own menu items while becoming leaders and mentors for younger students.

Not only does Brooks support students with a culinary experience and restaurant grade entrée service, but it also supports students with extra credits through the Thunderbird Café. Students working in the Thunderbird Café can learn about barista services and food distribution services. The Thunderbird Café provides food at no cost to all students, plus specialty coffees and drinks at a low cost.



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coastalwib.com/events/grace-house-fundraiser



March 8th is International Women's Day!
Celebrate with Coastal Women in Business as we raise funds in support of Grace House during the month of March and April.

How can you help?

- Purchase a ticket and join us April 21st for a burger and drink at the Carlson!!
- Donate at a participating business.



Learn more about Grace House:

Grace House offers residential services for women/gender diverse people/transgender women, their children, and pets, who are experiencing violence. Grace House empowers women through the provision of emotional and practical supports and resources. Find out even more at qathetsafe.ca

Learn more about Coastal WIB:

Coastal Women in Business is not just for business owners! Our purpose is to support and unite women from diverse backgrounds inclusively, in a wide array of careers and job sectors. Network, make community connections, learn and grow with us!



Two rising, ayajuthem-family media stars

Meet IndigiNews reporter **Abby Francis** and Chek TV's up-and-coming anchor **Tchadas Leo**, who are researching and reporting coastal stories from an Indigenous perspective.

ONWARDS AND UPWARDS: Abby Francis is about to graduate from BCIT, and continue her career as a journalist. The former *qathet Living* intern has won several awards as a student journalist. *Photo by Richard Davis*

Abbey Francis is a member of Tla'amin Nation and a Brooks Grad of 2021. In February, she published her first story about Tla'amin's plans for tisk'at. It ran in the online site *Indiginews*, a project funded by the Local Journalism Initiative. Her story was picked up by *The Tyee*, *Cortes Currents*, and elsewhere.

Instead of reprinting the original story, *qathet Living* editor Pieta Woolley asked Abby to expand on her work in this Q&A. You can find the story by clicking on the QR code, on the next page.

Abby started writing and photographing for *qathet Living* as an intern while she was still in high school. She spent a year with us as a Local Journalism Initiative reporter from 2021 to 2022. She will graduate this spring from BC Institute of Technology (BCIT), and launch into what we know will be a celebrated media career.

What are you up to these days?

Abby • I'm in the last few months of my BCIT program (Broadcast and Online Journalism) in Burnaby. Right now, I'm in a four-week newsroom course where my colleagues and I work and operate as a running newsroom. In a couple weeks this course will wrap up and we'll begin working on our documentary capstone projects!

As a member of Tla'amin Nation, what does all this movement around tisk'at mean to you? How does it make you feel?

Abby • I'm very excited about all the movement that's been happening around tisk'at. I've been wanting to write about the site for quite some time, but never really had the chance with BCIT, which is more of a daily news chase and I felt this story needed a bit more than 200 words. I

was very grateful when my editor at IndigiNews asked me to write it during my internship there. I learned so much through research and talking with the folks in the article. tisk'at to me, is really about lost community and the salmon. Seeing Erik Blaney's drone video from the summer on Facebook of all the fish trying to spawn was really heart-breaking to watch, and although the dam isn't part of the tisk'at site sale, I do really believe a larger conversation needs to happen around it.

I'm still not sure exactly what has happened at tisk'at. I know Canada has agreed to negotiate a pay-out for the land, under the specific claim process. I know the Premier came up to announce a two-year Memorandum of Understanding (MOU) about protecting tisk'at with Tla'amin Nation, but the promises seem nebulous. I know there's an MOU

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Tla'amin Nation set to reclaim village of tiskʷat 151 years after it was taken: 'It's like a long lost relative'

The community's long fight for the site's return stems back to when the land was illegally sold by 'British Columbia' in 1873

BY ABBY FRANCIS, LOCAL JOURNALISM REPORTER • FEATURES • FEBRUARY 10, 2024



Catalyst Paper Excellence tiskʷat, with ʔagayqsan (Harwood Island) in the distance. Photo by Abby Francis

TISKWAT TAKES CENTRE STAGE: Read Abby Francis' story by scanning the QR code. *IndigiNews* was created through a partnership between Aboriginal Peoples Television Network (APTN) and *The Discourse*.



In your story, Canada, British Columbia and Victoria are in quotation marks. What does that mean?

Abby • With *IndigiNews* it's a stylistic choice they've made as a newsroom to use quotes around colonial place names – they use the Indigenous version of those place names when necessary. For example, you may notice that Fraser River is in brackets and Stó:lō is spelled in its place. We actually had a huge discussion about their choice in school, and as a class talked about why we think they use quotes and why we thought they made that change. *IndigiNews* also uses quotes around phrases like residential "schools."

Was it your choice to use quotation marks, or is that the decision of editors at Indiginews?

Abby • The choice itself would have been my editor, as that's how *IndigiNews* writes place names. However, I would have made the same decision. I feel like the quotes are a similar way of saying something like "or as briefly known as..." Because, in all honesty, a lot of places in the country have Indigenous names that were changed at some point in history to an English version, the quotes around places like "Powell River" recognize that without really having to say it.

What do you think readers should know about the future of tiskʷat?

Abby • I think readers should be excited. This is huge and really meaningful for Tla'amin and if they buy the site and start a new company/industry that means a heck of a lot of jobs for everyone in the region.

What do you hope comes out of all of this momentum for tiskʷat?

Abby • I would love to see sockeye and other salmon restored to that area, but I don't know how possible that is or if that could ever happen.

"This is huge and really meaningful for Tla'amin and if they buy the site and start a new company/industry that means a heck of a lot of jobs for everyone."

- Abby Francis

about protecting the site, with Evolgen. I know Catalyst is looking for a buyer. And I know the Nation has announced the intention to acquire and develop the land. Am I right that nothing has actually happened? That everything is plans and intentions, at this point – and anything could still happen?

Abby • I'm not totally sure. I think a large part of this question has to do with the NDA [non-disclosure agreement], which I didn't participate in or have much info about. I tried to stay clear of it in the article and we had that checked by someone before publishing to ensure nothing could have broken accidentally through in any of the interviews. So there are the current negotiations with Canada over the specific claim amount. The MOU is with BC about protecting the site, another MOU was signed with the dam owners as well. Tla'amin is in talks with Catalyst about purchasing the site. (Funny note; if you look up the real estate company Colliers, which Catalyst tiskʷat was listed under previously, the listing is completely gone.) So Tla'amin getting the site back is in the works, but I am unsure how long that process would take.

You've actually stood on the shores at tiskʷat. What did it feel like for you to be there, as a Tla'amin person?

Abby • Being there was surreal, I was privileged enough to visit the site during the ceremony for Catalyst's name change to tiskʷat – which was the first Tla'amin ceremony held on that site in well over 100 years. It was very honouring to be there and witness. It was also interesting to see the dam and river from another perspective, I've only ever really seen the dam from the lakeside. The site itself is what you'd expect from a run down mill, not very pretty. But I really do hope that whatever happens at tiskʷat next, will be kinder on the environment.

You've written about salmon at tiskʷat. What will have to be done to re-create a run up this river?

Abby • A lot will have to be done. I know there have been talks about a potential fish ladder added onto the dam, but I'm not very confident that's the best solution to restoring the salmon. One of the interviewees I spoke with, Ace Harry, mentioned there really isn't enough research on fish ladders, which I do believe is something the Nation leadership are aware of. Personally, I want the dam to come down. I know many people would protest that opinion, but I just have this vision of what that entire area would have looked like before the mill and before the dam. Journalism has sort of brought out this passion for salmon that I never really knew I had, but I dream of seeing those massive spawns of fish in that river. Visually it would be stunning and incredible to witness.



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CHEK OUT THIS GUY: Tchadas Leo, a member of Homalko Nation, took the anchor chair for the first time on February 15. He is likely the first Coast Salish news anchor on Coast Salish territory, ever.

?imot: thank you for listening

News anchor speaks ayajuthem at the end of his first broadcast

BY PIETA WOOLLEY

At 10 pm on February 15, Tchadas Leo sat in the anchor chair at CHEK TV for the first time ever. It was only temporary. But it has been his dream ever since he started volunteering for the local cable network in Campbell River when he was 12 years old.

Even more significant: that moment was the first time a Coast Salish person has anchored a news program on Coast Salish territory – likely ever.

So it's no surprise that the 33-year-old journalist was a little emotional afterwards.

"I finished and I had a little cry," said Tchadas in a phone interview from his home in Ladysmith. "You work so hard towards something. I remember always just looking at the anchor desk [as a reporter] and thinking, 'I want to deserve to be there.'"

"So you work towards that moment. You build up anticipation. I was emotionally very happy – it was a moment to realize a dream came true."

Tchadas ended his broadcast with the ayajuthem word "imot." It got the attention of Tla'amin's Betty Wilson, who knows Tchadas a little. She reached out to *qathet Living* to pursue this story.

Tchadas is part Homalko, which is why he speaks ayajuthem – one of the four sister nations who do (the others being Klahoose, Comox and Tla'amin, of course.) His heritage also includes Stillaguamish Tribe, near Arlington, Washington, and Peruvian and Argentinian ancestry.

"imot is a word of appreciation for someone listening or being there with you. It's hard to describe. It can mean a lot, in a lot of different contexts."

Like Abby Francis (Page 17), Tchadas is a graduate of the BC Institute of Technology's Broadcast & Journalism program. He has also studied journalism at Vancouver Island University, studied filmmaking

at Gulf Islands Film & TV School, and spent six years training with Campbell River TV (now SHAW).

He has been with CHEK TV for four years, producing the podcast *Our Native Land*. He is also a general news reporter with CHEK.

"I lean to Indigenous stories when I can," he said. "I've done stories about Indigenous protected and conserved lands. Some about how Nations are adapting to climate change. Road accessibility and health problems on Vancouver Island. And a couple of Indigenous sports stories, which I really like doing. Orange Shirt Day. Truth and Reconciliation Day. My first live broadcast was from the Powwow the Songhees First Nation hosted in Victoria. And other stories too. I jump on them."

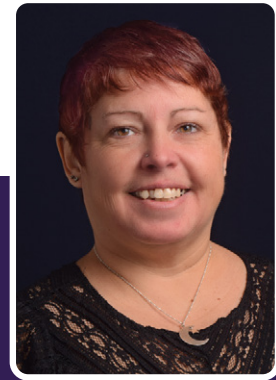
Anchors, Tchadas explained, spearhead the entire newscast. They help decide what stories will run, gather the news alongside the team, and help produce the show.

"Some people think they just show up, put on make-up, and read the news. No. It's a team effort."

When he was growing up, Tchadas remembers watching Tony Parsons and Gloria Macarenko anchor the news. He is a big fan of both journalists. But he also remembers not seeing anyone Indigenous on newscasts in BC. Even now, he knows few Indigenous people who work in media. And certainly he knows of no other ayajuthem-family broadcasters (apart from Abby Francis).

"It's why I worked so hard to get here," Tchadas recalls. "I remember growing up, no one on the news looked like me – apart from on APTN out of Winnipeg. I hope if there's just one young native person who sees me in the anchor chair and says, 'Wow. That's possible.' That would make me happy."

Catch Tchadas saying "imot" at the end of his CHEK TV newscasts, as he fills in for other anchors this spring. pieta@prliving.ca



Frankie is back and has joined the Scizzors team!

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

Route March 7 & 14 - Garbage and Recycling
 E March 21 & 28 - Organic, Garbage and Recycling

Organics and Garbage Day: A B C D E
 Organics and Recycle Day: A B C D E

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The green organic cart delivery has started, but wait, collection will not begin until March 18!



Visit participatepr.ca or scan for more information



A father and son

BY PIETA WOOLLEY

Derek Jantz lost his dad 10 years ago this month.

Fishing, hiking, camping: all of these pursuits that are the core of Derek's life now were introduced to him as a child by Phil Jantz. Together, they built trails around Duck Lake. They hiked Beartooth Mountain (Derek was just 11 at the time—likely still the youngest local to summit that 6,243-foot peak—nearly nine times as high as the Squamish Chief.)

When his dad managed the Powell River Salmon Society (PRSS) hatchery, they lived together on weekends in a trailer on Duck Lake. Phil and his brother fibreglassed tubs (still in use by the PRSS) in the family's garage.

“He taught me about mushrooms, moss, species of trees,” remembers Derek. “He was passionate about the



THE INSPIRATION: Phil Jantz

outdoors.” Now, as the owner of Two Wheel Tech, Derek's life is about sharing that same passion with other outdoors enthusiasts. From his Manson

In May, *qathet Living* will publish the 14th annual edition of

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on salmon story

Avenue storefront, Derek's team sells ATVs, off-road dirtbikes, trailers, outboard motors, and much more, "getting people into the wilderness and out on the water."

So when the PRSS's Tyler Barfai asked if he would help the Society apply for a donation through Yamaha – one of the brands Two Wheel Tech sells – it was a no-brainer.

"I was happy to oblige, so I wrote a good email, I thought," said Derek. "I guess they liked what they heard. I didn't realize the amount in dollars. I was shocked. It was almost \$15,000.

Just amazing."

As an outdoorsman and business owner, he knows the PRSS salmon enhancement program is critical to keeping the region's fish stocks returning. And as a dad of young children himself, he appreciates the PRSS's continuing work teaching local students about rivers, streams, eagles, and estuaries – just as his dad taught him.

That's why he was so thrilled to connect Yamaha and the PRSS, in honour of his dad's work and passion.

"There's been a feel-good vibe around this whole thing." **CL**

THEN AND NOW AT THE SALMON SOCIETY: Clockwise from top left, Phil Jantz with a baby Derek Jantz, developing an early love for fishing. Phil with fry – he was one of the founders and an early manager of the Powell River Salmon Society. Phil with a good catch of salmon. The check presentation in February: \$14,603 from Yamaha to the PRSS with Derek Jantz, Simon Elcock, Sam Lungren, Steve Cyr, Bill Bird, Matt Neille, Peter Girody, Phil Nakatsu, Shane Dobler, and Rod Tysdal. Derek Jantz at the Alex Dobler Salmon Centre at Lang Creek, watching the water surge this winter.



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THE SIZE OF A HUMAN TODDLER: Weighing in at 26 and 32 pounds each, these two bear cubs weren't under the protection of their mother. They were rolling around tishosem.

Top right photo by Herb Daum. Other images by Mike Donnelly

Cubs with attitude

BY MERRILEE PRIOR

It was late December when I got a call about a tiny bear cub that had run across the highway near the Tla'amin Health Centre.

It had vanished into dense bush, so I was not going to find or catch it. I alerted Gerry Galligos, who takes care of animal issues with Tla'amin, and who has gone out with me on many calls. It took a couple of weeks, but he finally heard that there were actually two of them and that they were under a porch.

When we arrived to look, the two cubs rocketed out and dove under fences to escape. After looking at the situation, we decided to leave an extra-large dog kennel in full view of the house, and the people agreed to keep an eye out and close the door if the cubs went in.

The man managed to slam the door on one of them the next day, but the second cub ran off. We loaded the kennel into the car and left another identical kennel for the second cub.

I arranged to transfer the little one to Critter Care Wildlife Society in Langley, the wild mammal specialists in BC. A trip to the airport saw him safely on the Pacific Coastal Airlines plane in under three hours, and everyone involved was elated.

That evening Critter Care informed us that he weighed in at 26 pounds, and aside from being thin and undersized, he was in good condition. They were going to fatten him up and put him with other cubs to hibernate.

The second cub had learned the danger of the dog kennel, and would not go near it. We waited and hoped, but he would not come near. Gerry was starting to despair of saving this one, so I called Critter

Care and borrowed a live trap.

Gerry and I placed it down in the bush on the cub's regular route and waited. Nothing. We tried covering the trap with cedar boughs, so it would look safe. He avoided it. We changed baits. Nothing.

In desperation, I called Angelika Langen of Northern Lights Wildlife Rescue in Smithers. Angelika specializes in bears. She listened carefully, told me to put the trap in the open and to use peanut butter to attract the cub, making sure that we smeared some on the trip plate.

They are cautious enough not to step on the plate, as they can see that it is different, and just reach over it, take the bait, and leave. If the peanut butter was on the plate, the cub's nose would close the trap and we would have it.

No surprise, Angelika was right, and we caught the second one within hours. Unfortunately for Gerry, those hours ended after 2 am! He got the phone call, decided that if I would go out, we would deal with it then.

I, however, slept through his call, and knew nothing about it until the next morning, when I was greeted with, "So you finally woke up!"

Once again, we put the cub in the car and I called to arrange the transfer and took the cub, safely locked in his kennel, to the airport and handed him off to the Pacific Coastal staff, who were wonderful!

This one was a whopping 32 pounds and the staff at Critter Care said that both of our cubs "have attitude," which is a very good thing.

From the first call to the last rescue, this took almost a month and involved many people and organizations. As I keep saying, it takes a village to do this well. 🐾

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Real estate season 2024 begins

1. A new flipping tax

20% of profits: that's how much you'll be charged by the BC Government starting April 1, if you sell a home within a year of buying it. The long-awaited tax was included in the BC Budget 2024. Flip it during year two and you'll still lose money, but less.

2. Half off that basement suite

Again, the big spenders at the Province of BC are offering homeowners 50%, up to \$40,000, when you build a basement suite. Applications open April 17. There are some conditions, of course, but not as many as you might guess. See bchousing.org.

3. Interest rates are still the big story

From 0.25% in Feb 2022 to 5% in July 2023, these hikes, combined with sky-high prices, are crushing ownership dreams from coast to coast. Some economists are predicting they'll plummet to 2.5% by the end of 2025.—PW



Real Estate in qathet

Property taxes vs. gas prices

You can save thousands by living outside the City limits.

But commuting in a gas guzzler will eat your wallet.

BY PIETA WOOLLEY | LOCAL JOURNALISM INITIATIVE REPORTER

Drive off the ferry at Saltery Bay, and the first house you'll see is Sunny Dawn Kostelnik's. You can tell it belongs to the Realtor because it has a huge sign on the front lawn advertising her business: 2% Realty.

Every day, she drives to her office at Marine and Alberni and back home again - sometimes twice in a day, if her clients need her.

Even with the price of gas at \$189.9 at press time, it's still cheaper for her to live 31 kilometres south of town and commute, than for her to live in Westview.

Why? Because of the taxes.

"Living in the Regional District we don't have the taxes or the services," said Sunny Dawn. "We pay for garbage. Insurance is higher. There's no fire protection. If there's a fire, we take care of it or we let it burn."

Where Sunny Dawn lives, in Area C, taxes are the lowest of any area on the mainland of qathet.

For a \$600,000 home in Saltery Bay, if the owner lives there and is 65 or over - as Sunny is - property taxes are just \$892 a year. That's about a quarter of City taxes for the same-value property, which are \$3,669.

Both the Regional District and the City of Powell River are currently in the process of figuring out how much they'll have to charge homeowners for

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to Royal LePage Powell River!

Ashleigh, a 4th generation local, moved back home to Powell River after graduating from UVic in 2006 with a Bachelor of Science in Nursing, to start her career and family. In 2019, she began to transition out of healthcare to work alongside her husband Shane in his construction company, eventually leaving nursing to immerse herself fully into the housing industry. Ashleigh has a long standing passion for real estate and, with years of first-hand experience in the local market, Ashleigh knew that becoming a licensed real estate agent was the next step she wanted to take in her career.



Ashleigh, Shane and their 3 children are deeply involved in the hockey community and spend most of their winter months at the rink supporting their children and the local minor hockey association. During spring and summer Ashleigh enjoys all that Powell River has to offer, spending time on the ocean, Savary Island, fishing, Powell Lake and exploring the backwoods via horseback with her daughter. Ashleigh has a deep-rooted knowledge of our beautiful community and the quality of life available here. She looks forward to helping you find a place to call home.

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Gas versus property taxes: can you save money living in the boonies?

Zone	Distance to town	Total km in a year, commuting once daily	Gas cost per year at \$1.65, 10L/100km	Gas cost per year at \$1.99, 10L/100km	Taxes on a \$600,000 home, minus homeowners grant	Taxes on a \$600,000 home, minus seniors / disabled grant	Are there savings over living in the City?
qRD Area A (Lund)	28 km	20,440	\$3,373	\$4,068	\$2,670	\$2,395	No
qRD Area B (Myrtle Rocks)	8 km	5,840	\$963.60	\$1,162	\$2,126	\$1,851	Yes
qRD Area C (Saltery Bay)	31 km	22,630	\$3,734	\$4,503	\$1,566	\$1,291	No
City of Powell River: Westview	0 km	0	0	0	\$3,944	\$3,669	N/A

property taxes for 2024.

Sunny Dawn says the lower-taxes-more-driving formula works for her, where she is, and given what she pays for property taxes (which she is not sharing). But it's not a calculation that's the same for everyone shopping for a home.

"For people who are retired, it doesn't get a lot cheaper than living outside the city," she said, noting that the seniors grant makes a big difference.

However, how people choose homes really comes down to lifestyle. "A lot of people want to be able to walk to the store or park. If they're living in town, they can save money by losing a car, buying a bike."

No potential qathet residents have ever decided to not move here because taxes are so high, Sunny Dawn says. And although it's a consideration, most homebuyers don't make their decisions based on taxes, either.

That's not true, however, with those seeking commercial real estate. After she moved here from the Yukon, she helped several of her old neighbours search for potential storefronts to buy or rent, to open small businesses here.

They bristled at the price of commercial taxes in the City, she said. The building she owns at Marine and Alberni was assessed at \$264,000 last year. Her property taxes on it were \$6,100 – or about \$500 per month.

"I'm not pointing fingers. I know we need taxes to support our way of life," she said. "But prospective investors take a deep breath in when we're talking local taxes."

☎ pieta@prliving.ca

Do you save money living in Areas A, B and C?

There's a myth that property taxes outside the City of Powell River are super cheap. They are not. As this chart shows, on a \$600,000 property, taxes (with the homeowner grant) range from a low of \$1,566 in Area C, to \$3,944 in the City. But in Areas A and B, they're a healthy \$2,670 and \$2,126 respectively. And in all three areas of the RD, those tax bills come without many of the services City residents enjoy.

All of these numbers can wiggle substantially. For this chart, I included special charges, such as the Lund Sewer (Area A) and Myrtle Pond (Area B). And, I included paying for the fire departments. In Saltery Bay, the fire department doesn't serve the residents, so they don't pay for it.

Plus, many folks do not commute by gas-guzzling cars daily – or ever.

And, the cost of housing varies wildly in all areas of the region. Buy a cheaper home, commute less, and watch your savings soar.

Still, as this chart shows, transportation is a consideration when calculating affordability. As the Area B numbers demonstrate, finding a home in the RD with lower taxes that is still close to the City results in the greatest savings.

As soon as you're driving 50+ km each day and burning through fuel, those savings disappear.

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It's no "frenzy" like 2022, but 2024 is already "hot"

We're still spinning out from the COVID years, with some extra help from interest rates.

This is the first in *qathet Living's* 2024 real estate series, which will last through August. Neil Frost, President of the Powell River Sunshine Coast Real Estate Board, sets the stage for the season – and it looks like it's going to be a hot one!

How has the local market been, from fall 2023 to now?

Neil • Things really picked up mid-December 2023 and have continued through February.

Any predictions for the season ahead? What's going to be hot / not?

Neil • All indications point to hot, if the listings continue to come on the market

Are we on trend with the rest of southern BC? Canada? What's different here?

Neil • It seems like it is busy most places. Here's what I said on behalf of the board in a recent media release: "After posting declines in most of 2023, home sales swung back into positive year-over-year changes in January and came within their long-term averages for the month.

"New listings have been trending at relatively healthy levels for a while, so the fresh surge of demand may not have been possible without the relentlessness of those sellers who have been sticking it out through thick and thin.

"There was a sudden drop in inventories in January due to the increase in sales activity, but whether this is the beginning of a trend or just a one-off remains to be seen."

If you were planning to sell, what would you consider?

Neil • Prices are down a little from the peak, but are still at a high. It's still a great time to sell, especially right now and hopefully

If you are ready to get into the market, don't wait for interest rates to come down. I think the market will only get more competitive for buyers out there.


- Neil Frost


that continues in to the spring/summer of 2024. Buyers are coming off the sidelines, but are more discerning than during the frenzy of 2022. As a seller, perhaps consider a pre-inspection and address any issues with your home, if possible. Price your home accurately and it will sell.

If you were planning to buy, what would you consider?

Neil • If you are ready to get into the market, don't wait for interest rates to come down. I think the market will only get more competitive for buyers out there. We are already seeing competing offers and lots of activity around any new, well priced listing.

If home prices are going to come down some more (and at this point it does not look like it will be much more), I think buyers will find themselves in a much busier, competitive and stressful environment. In short, If you see something that works for you or that you love, go for it! 📞





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"Austyn sold our place! She is very open and available without over-communicating. Provided us with clear updates and whenever we had questions she always had more detail ready. I was quite stressed going into it, but she handled everything so professionally that it set my mind at ease."

- Adam Gagnon

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Hear us

After years of liaising between BC Ferries and this community, Northern Sunshine Coast Ferry Advisory Committee chair Kim Barton Bridges is frustrated.

Here, she explains the lack of communication and resolution that is leading her, along with other FAC Chairs, to consider alternative ways of advocating for ferry users in our community.

BY PIETA WOOLLEY

LOCAL JOURNALISM INITIATIVE REPORTER

For the past several weeks, Kim Barton-Bridges has tried to figure out when - or whether - BC Ferries executives planned to come to Powell River for the regularly-scheduled spring Northern Sunshine Coast Ferry Advisory Committee (FAC) meeting, which she chairs.

The last one was September 21, at the Town Centre Hotel. That one was a little raucous because some locals were angry about a summer of waiting for hours in hot parking lots, a reservation system that had failed, the cost of travelling, and sailing cancellations due to staffing problems and occasionally technical problems. Although ultimately, Kim noted, everyone at the meeting was relatively respectful.

In Gibsons the night before, BC Ferries faced a grouchy crowd. One attendee, believing the percentage of reserved deck space on that run to be part of the problem, threatened to take a gun to BC Ferries if they increased reservations on the Horseshoe Bay-Langdale route. There had been 32 cancellations on that run over two months preceding that meeting.

"No one reacted to the threat at the time," Kim recalls. "No one called the police or shut the meeting down." The community member who issued the



ANCHORS AWAY: Kim Barton-Bridges

verbal threat apologized to BC Ferries in the days following, promising not to attend any future meetings and asking them not to hold the FAC responsible for what had transpired.

These FAC meetings are supposed to be a chance for citizens to speak directly with BC Ferries personnel about challenges they're facing on



the ground. And, to hold BC Ferries accountable to the communities they serve. Those are the conversations Kim facilitates, as chair. The FACs are organized and paid for by BC Ferries.

On January 8, Kim said she received an introductory email from Jeff Groot, the new Executive Director, Communications and Engagement, BC Ferries, stating that BC Ferries "hopes to provide an update on next steps in the coming weeks about how we can restart consultations," she said.

One month later, Kim asked for an update on how things were going as it takes time to choose a date, secure a venue, prepare an agenda, advertise to the public, etc.

She was also concerned that there were items unresolved and unanswered from the September 21 meeting, and that businesses and individuals are already apprehensive about ferry travel this coming summer.

"I was starting to get worried that this meeting wasn't going to happen," said Kim.

She noted that the FAC Chairs had yet to receive any introduction from Lindsay Matthews, the interim VP, Public Affairs and Marketing, who was appointed several months before on a six-month secondment and under whose purview the FAC falls.

"Perhaps it isn't important for the VP leading community relations to reach out to the 13 ferry advisory committees who represent ferry-dependent communities throughout the province, especially when the relationship between BC Ferries and FACs has become rather one-sided," said Kim.

"Powell River City Council has open meetings all the time, and they are much more volatile. What are BC Ferries executives afraid of, really?"

- Kim Barton Bridges

"So here we are, with public engagement essentially shut down. There is just so little communication. People don't feel respected.

"It's now five months since the incident at the Gibsons FAC meeting. Now it's like an excuse. How long does it take to sort out security? Powell River City Council has open meetings all the time, and they are much more volatile. What are BC Ferries executives afraid of, really?"

With the next Northern Sunshine Coast FAC meeting still not booked, Kim has been ruminating about other ways BC Ferries doesn't seem to be interested in authentic citizen engagement.

For example, she notes that the years-long "Charting the Course: A Vision for Coastal Ferries" engagement project started with a survey that asked



PACKED: Above, locals filled the chairs at the Town Centre Mall September 21, to tell BC Ferries about the problems they'd experienced with service in summer of 2023. At the time, Northern Sunshine Coast Ferry Advisory Committee chair Kim Barton-Bridges was livid that the BC Ferries CEO didn't show up - even on Zoom - as promised. Left, travelling by BC Ferries last summer often meant packed sailings such as this one, plus sometimes, ferries delayed or canceled due to crewing shortages.

questions such as "How supportive are you of the goal that Coastal ferries are reliable and convenient: choose from very supportive to not supportive at all." What could BC Ferries possibly hope to glean, she wonders, from any answer to that question? Of course people want reliable and convenient ferries, Kim said.

More recently, FAC Chairs were notified via email, on February 9, that as of that day, BC Ferries would only email Service Notices to subscribers if sailings between Metro Vancouver and Vancouver Island and Metro Vancouver and the Sunshine Coast were running more than an hour late, as delays under an hour are considered "slightly behind schedule."

"As we know, a sailing even 30 minutes late from Horseshoe Bay to Langdale has a significant impact on connections with other sailings, and Earls Cove is not a great place to hang out for a few hours, especially when you are 'in the dark' as to what is happening," said Kim.

"And on February 13, the only reason BC Ferries issued a Service Notice advising that the Malaspina Sky would hold the last sailing of the day for ferry traffic coming from the sailing that was moved an hour later, was because our FAC hounded them all day.

"It's as if instead of improving communications with communities they serve, they are lowering the bar so the attention is taken away from the poor on-time performance."

"I feel embarrassed because I am the face of BC Ferries around town, and I get the feeling that people think we're just not doing enough," she said. "And I'm angry on behalf of this community. For me, it has been months of anger."

Kim said she and other FAC Chairs in the Province are losing patience with the BC Ferries FAC model and are considering starting independent citizen groups dedicated to lifting up the concerns of locals, and truly holding BC Ferries accountable for fulfilling their public mandate. Stay tuned.

📧 pieta@prliving.ca



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Full hearts

This March contains Lent, Holy Week and Easter - three very different, contemplative moments in the Church year.

Here, several local faith leaders share what they're reflecting on this season.

Lent is a period for grief. What is the purpose of Lenten grief? And what are you grieving this year?

Social polarization

"Grief has to do with death. We grieve those whom the Lord has taken from us.

"I believe Lenten grief has to do with us mourning how we have all, in various degrees, strayed from goodness and virtue.

"This year I'm grieving the apparent rise in society getting more polarized: they're all wrong and we're right! Dangerous thinking..."

- Fr. Patrick Teeporten, Assumption Westview and Sacred Heart tishosem, Catholic

Injuries we've imposed on others

"I have always observed Lent as a time for self-reflection, fasting and repentance.

"During Lent, self-reflection is an opportunity to focus on the past year, to reflect on the injuries we may have imposed upon others.

"Fasting is giving up something we may be attached to that may be affecting us mentally and/or physically.

"And being aware of the injuries and attachments, we are able to choose repentance."

- Rev. Mary White,
Powell River United Church

Lament for a friend with cancer

"When it comes to Lent, I prefer to think of lament rather than grief.

"Grief is the emotion that we feel due to difficult or traumatic events, such as the death of a loved one. Lament is what we do with our grief.

"We bring the fullness of our pain, sorrow and anger to God. We sit in his presence and ask him to notice us, to help us, and to bring us comfort.

"Right now, I am lamenting with and for a friend recently diagnosed with brain cancer.

- Rev. David Wulkan,
Powell River Reformed Church

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Easter is a celebration of hope.
What is the purpose of Easter hope?
What are you hopeful for this year?

The courage to lament and love

"The reason I can lament without falling prey to despair is because of Easter hope.

"Jesus died for the sins of the world. He was raised from the dead in glory. The sure and certain hope for all those who repent of their sins and trust in Jesus is that, one day, we too

will be raised from the dead.

"That is what gives us courage to lament and to love others as Jesus loved us.

That is what gives me hope for my friend in this life and especially in the life to come."

- Rev. David Wulkan,
Powell River Reformed Church

Spiritual growth for all

"Given the chaos throughout the earth, Easter hope is a considerable gift.

"During Easter, we are reminded that through Christ and the gift of the Spirit, we are never alone and eternally loved.

"My Easter hope is that we all continue to develop our spirituality no matter the path we take."

- Rev. Mary White,
Powell River United Church

For our souls to find their anchor

"In a relationship with God, through Jesus Christ, there is always hope!

"In Hebrews 6:19 it says that those of us who take refuge in Him have this hope as an anchor for our souls.

When I think of an anchor on

a boat, it is what keeps it from drifting, being tossed around, keeps it grounded!

"Easter Sunday is a celebration, a yearly reminder, of our hope that is found in Jesus Christ!"

- Katie Alescio,
Living Water Foursquare Church

That people will find strength

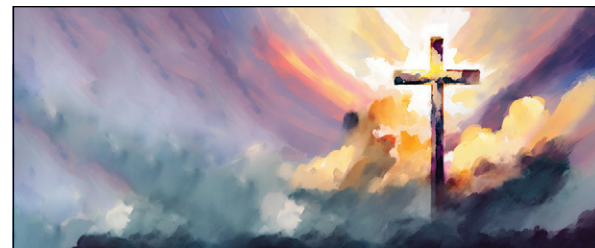
"Easter is the celebration of hope, insofar as it is a re-living of the physical resurrection of Jesus Christ.

"Most Christian groups believe that all will rise one day: believer and unbeliever.

"In this year of 2024 I am hopeful

that, despite the overwhelming problems in the world at large, people will find their strength in the promise of Jesus' triumph over death.

- Fr. Patrick Teeporten,
Assumption Westview and
Sacred Heart tishosem, Catholic



Come home for Holy Week

Sacred Heart • Assumption

Holy Week at Assumption Westview:

Holy Thursday, March 28
7 pm • Mass of the Lord's Supper
Confessions following mass
Adoration at altar of repose until 10pm

Good Friday, March 29
9am to 10am • Confessions
3 pm • Solemn Liturgy of the Passion. Confessions following the Passion.

Holy Saturday, March 30
11am to 12pm • Confessions
8:30 pm • Easter Vigil

Easter Sunday March 31 Masses:

10am Assumption
Noon Sacred Heart
Tla'amin
*No 7 pm Mass



All are welcome

Father Patrick Tepoorten • 604-485-5300



Christ-Centered Easter Celebrations

Maundy Thursday March 28 **7 pm**

Good Friday March 29 **10:30 am**

Easter Sunday **10:30 am**

Everyone welcome!

We meet in person and have a Zoom option.
Email prreformedchurch@gmail.com for the link.

Reformed Church • 4372 Padgett Road
604-485-9880 • prreformed.com



Join us for Easter at the Evergreen Theatre

Sunday, March 31st, at 10 am

Bring your family and friends to this joy-filled celebration of our Saviour, Jesus Christ!

← Pastors Sam and Katie with Associate Pastors Cody & Sydnee

Living Water Foursquare Church • www.livingwaterpr.com

POWELL RIVER UNITED CHURCH

EASTER WORSHIP SERVICES

In-Person and Online at: www.PowellRiverUnitedChurch.org

6932 Crofton St.
(Duncan & Michigan)

March 24 Palm Sunday 11am Communion
March 29 Good Friday 11am

March 31 Easter Sunday 11am
All Are Welcome



Road danger is crushing qathet's cycling habits

BY PIETA WOOLLEY

LOCAL JOURNALISM INITIATIVE REPORTER

More people would commute by bike in qathet if they felt safe doing so.

That's the clear conclusion from two recent surveys undertaken by Chris Lightfoot, the director of active transportation of the qathet Regional Cycling Association (QRCA).

"Most people who bike are not the super gung-ho, brave and fit folks," he said. "Most people are interested in riding their bikes in town, but riding alongside traffic is too scary."

The City plans to enhance the path between Brooks and the Recreation Complex, which runs through the forest. The hope is that such federally-funded infrastructure will encourage many more students and staff, especially those living in Westview, to choose active transportation to get to school. According to the survey (see right), only about 4% of current students and staff bike to school regularly.

"I was surprised qathet is so far below the national average," said Chris. Nationally about one in four students bike to school. Here, it's about one in 25.

As cycling advocates, Chris explained, it's important for the QRCA to understand what's preventing more people from cycling and what infrastructure will help get more people on their feet and on their bikes.

"Most students' and staff commutes to Brooks are within a five kilometre bubble, which stretches all the way to the airport and along most of Joyce, as well as Cranberry and Wildwood," he said. Most people could comfortably bike to Brooks [if you were just considering distance.]"

But in this survey, and the QRCA Active Transportation Survey of the whole community, safety concerns were at the top of their minds, when considering whether they'll bike. Chris is concerned that even with the Brooks-Westview Connector built, cycling uptake will lag due to concerns about cycling on "feeder roads," such as Joyce and Manson.

"There are a lot of great places to ride your bike here, just not so much in the City core," said Chris.

The QRCA is planning to survey students and staff again in the fall, after the Connector is built.



VELO LOVE STARTS YOUNG: The qRCA hosted this bike safety night at tishosem in summer 2023. It's just one of several local annual events with the goal of getting kids riding regularly. *Photo by Miles Arbour*

The Brooks-Westview Connector Survey

- Survey of Brooks students and staff in October 2023, about cycling and a new path to Westview
- 46% usually take the school bus to school, and 43% usually take a car
- Just 4% usually cycle to school
- 13% rode a bike to school at least once in the two weeks before
- Students reported that they'd be more likely to ride to school if there were a path protected from traffic, better bike parking, and a buddy to ride with
- About 80% said they would at least "maybe" try to use the new connector to get to school
- Another survey will be completed once the Westview Connector is built in fall 2024
- Quote from a participant: "While driving through the 'cut' I have witnessed staff, students and others seemingly take their lives in their hands riding along that very dangerous section of highway."

QRCA Active Transportation Summary

- Survey of regular bike-riders and pedestrians from around the region
- 66% agreed that "I'll ride in traffic when I need to, but I would prefer separated cycling paths."
- Just one in five respondents was comfortable cycling on Joyce or Highway 101
- 85% of respondents said there are places, as a pedestrian, that they do not feel safe
- Half of respondents think adapting Joyce Avenue for active transportation should be the City's top bicycle network project
- Quote from a participant: "My brother was struck and killed while riding his bike on the shoulder of the road. A protected lane would've saved his life."
- Quote from a participant: "I love biking but as a driver, I feel super nervous driving next to bikers, especially young children biking on the roads. We need better options right away!"




Sugar - That Shirt is Sweet • Rip Curl • Point Zero

Dress like you're on Spring Break




Armitage

mens wear

604 485-9493 In the Town Centre Mall

Muddy Buddies

Grade 11 Brooks Secondary students **Reed Worthen** and **Ellie Winchell** are part of a small crew of hardcore teen cycling enthusiasts.

Here, only about 4% of students cycle to school regularly, compared to about 25% across BC.

Even for the most dedicated students, cycling is a demanding way to commute to school. Why?

BY PIETA WOOLLEY

LOCAL JOURNALISM INITIATIVE REPORTER

How often do you bike to school?

Reed • I started biking to school during 2020 when there wasn't a lot of traffic, the Lund highway is notoriously unsafe so I don't bike from Lund often. A solution I have found is staying with my grandparents in Westview which makes the commute quicker and safer.

Ellie • In the winter I don't bike to school very often, maybe once a month if my friends are going. In the spring at one point I biked to school twice a week or more with a group of friends, but in the past year, as school has gotten busier, I only go about once a month, even in the spring.

From where? What's your route? Who do you bike with?

Reed • When I bike from my house in Lund, my route is along the side of the highway, much of which has no bike lane or shoulder. If I bike from Westview, I can access the Pentiction and Millennium park trails which lead to the forest behind Brooks. On my most recent ride to school earlier this month, I met up with Ellie Winchell, James Reed, and Eli Shostak at the Complex bike park where we rode for a couple of laps then rode Kingfisher Trail to the pole line, then to Brooks.

Ellie • I bike from around Myrtle Rocks. The usual route is through the Pentiction Maze (Leta's Laugh, Crater, to Manson extension) then along Manson until it crosses the pole line. We then take the pole line to the bike park to do a few laps there, then head to school along "Brooks Turf road." I usually bike with a group of 2-6 friends.

Do you enjoy biking this route? Do you feel safe? Is it pleasant?

Reed • The ride from Lund is scenic, but not safe. I can't ride it during the winter months because I would be riding in the

dark and as there isn't a bike lane, it's not worth the risk. In the fall and spring, I can bike the Lund highway, but once it gets into the summer months the highway gets too crowded with drivers that are unfamiliar with the road.

Ellie • It is a fun route to bike because we get to ride trails and the bike park but the Brooks Turf road can have some big puddles on it, so sometimes we show up at school all muddy. The route is fairly safe, except when we cross Manson to get onto the pole line and the Manson extension, and Nootka Street cross because cars coming down Nootka aren't always expecting bikers at 7:30 in the morning.

Why do you think more teens should cycle to school – or does it matter?

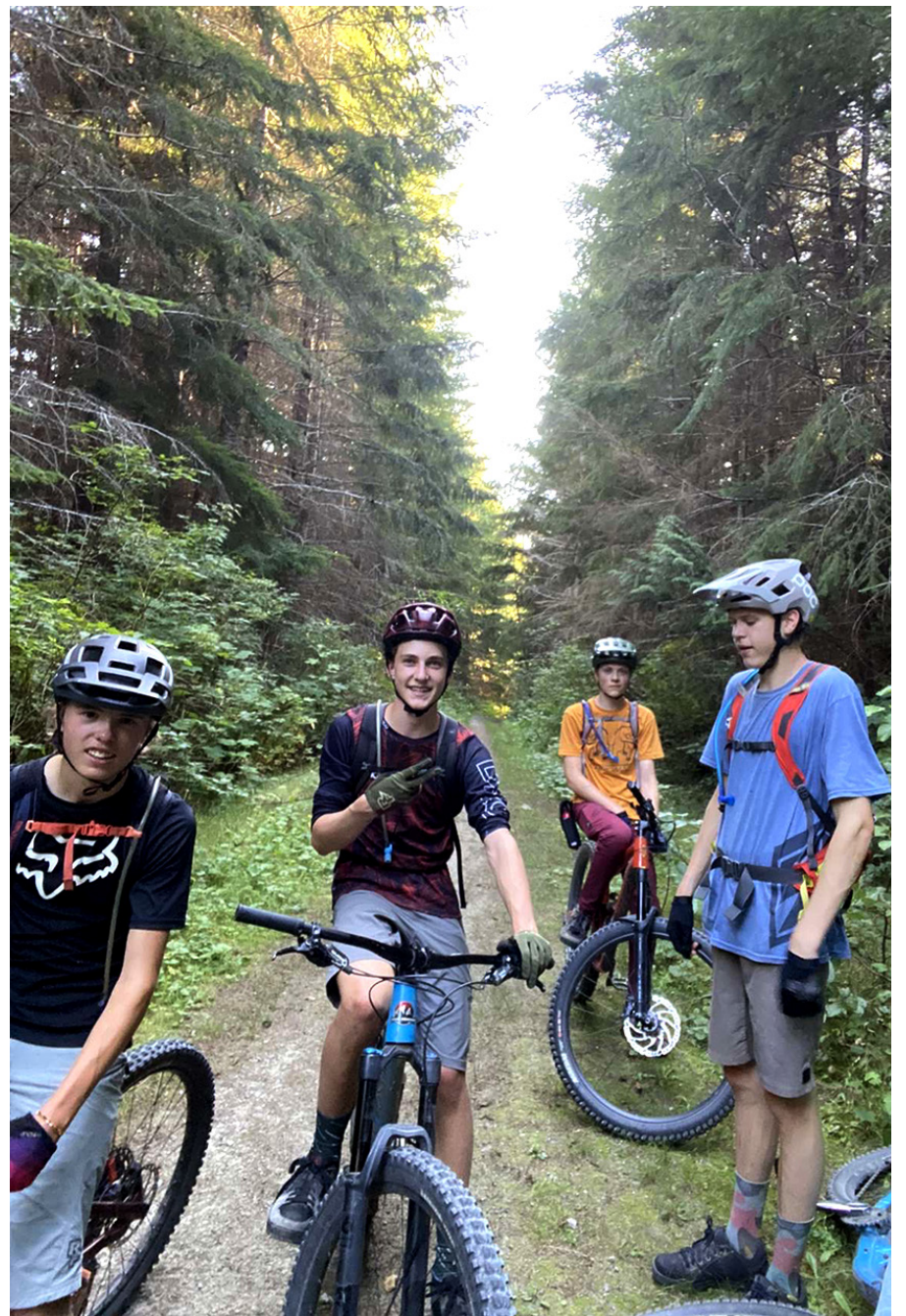
Reed • I love biking to school, it's a great way to start the day. Getting some exercise and fresh air early in the morning can really start you off on the right foot. It also connects you with a great community of like minded riders.

Ellie • Biking is a great way to exercise, socialize, have fun, spend time outdoors, and it's good for the environment. If more people biked, I think we would see an increased interest in outdoor recreation and exercise.

Why do you think so few local students bike to school?

Reed • I have had to lock my bike to railings or leave it in an understanding teacher's classroom during the day. If there was a safe, dry space to leave your bike, I'm sure more students and teachers would ride to school.

Ellie • There isn't a safe easy spot to park bikes at school and it usually requires planning a change of clothes because of the puddles or getting sweaty before school. Brooks is also surrounded by hills – if you aren't used to biking constantly, climbing up big hills isn't very enjoyable.



TOUGH LIKE A TEEN: Above, midway through a 100-kilometre ride in the summer of 2022 are, left to right; Eli Shostack, Reed Worthen, James Reed, Lochlan Reed, Below, Ellie Winchell. *Photo above by Ellie Winchell. Below by Miles Arbour*



What do you think it would take to convince more teens to cycle to school?

Reed • There is a lack of incentive. Last year during Go By Bike Week, QRCA had amazing prizes and rest stops set up through town. It would be great to see something of that measure happen at the

school. I'm a member of the Brooks environmental club and last year we made posters to let people know that it was Go By Bike Week, but much more could be done to increase student ridership.

Ellie • I think it needs to be more normalized as a useful form of transportation and encouraged by teachers, student groups, and parents, along with peers. An increase in safe paths and routes for students would also likely increase the amount of students who chose to bike to school.

How does it feel when you arrive at school, on a day you've biked in?

Reed • I feel pretty accomplished, especially after coming in all the way from Lund. You've just got to plan ahead and leave a change of clothes in your locker.

Ellie • I usually arrive at school with my friends and it's great. Everyone has smile on their face, and I feel as though I have started my day in a productive way. ☘

We're gonna party like it's... **1984?!**

How many of you remember 1984? Prince's song *1999* and album of the same name were still dominating the airwaves, *Ghostbusters* was everywhere (who ya gonna call?), Steve Jobs gave us the very first Macintosh desktop computer (Macintosh... Mac... iMac... you know, Apple!), CD players promised to put an end to cassette tapes, the world saw the very first MTV Video Music Awards, and WOW.

Yes, WOW! Work Opportunities for Women, or WOW, was the beginning of it all. Started by four local women in the early '80s with the help of federal outreach funding, they soon incorporated as a nonprofit society. In humble offices on our very own Marine Avenue, with green shag carpet that's probably still there and a million-dollar view, Lift Community Services opened its doors on March 1, 1984 as the Powell River Employment Program (PREP) Society.

Back then there were plenty of well-paying jobs for men around here, but women faced multiple challenges in finding viable jobs with decent pay. WOW offered employment counselling and a variety of workshops, from communication skills to job searches to career planning. By the early '90s they had become so successful in modeling a more equitable job market that they opened their employment services to everyone and renamed themselves *CareerLink*. Funding switched to be mainly from the province, eventually through the Ministry of Skills, Training and Labour. (By 2019, it had become the Ministry of Social Development and Poverty Reduction, and the contract required CareerLink to change its name to the province-wide WorkBC we have today.)

While their employment supports grew, staff worked toward other positive



WOW: 1984's Work Opportunities for Women staff were Eileen Pence, Jill Goudriaan, and Liz Kellough--three community-minded trailblazers!

impacts in the community which included creating a mental health day program, influencing municipal zoning laws to allow for more home-based businesses, and presenting on gender equity throughout the community.

The staff's grant-writing prowess has led to many successful collaborative community projects. A great example of this is the accessible trail and camping huts at Inland Lake Provincial Park: a keen board member had an imaginative idea, Lift secured the funding contract, and Model Community Project oversaw the implementation.

Another project cultivated by the organization and turned over to the community was the development of qathet Region's first community-wide recycling program in 1991 with the help of federal funding. Originally, boxes were set up in local supermarkets and the delivery drivers took our recyclable items back in their emptied trucks. Oversight of the project was transferred to the Regional District in 1998.

In the early 1990's the organization grew their programming by starting the Source Club adult mental health day program, parenting support groups, and mental health outreach. Between 1994 and 1995, all local child, youth and family programs, and their staff, were transferred to Lift to be housed under one roof. Lift oversaw the development of a new board to administer the programs and in 1997 Powell River Child, Youth and Family Services Society was launched.

A common theme in those early years and one that persists today is responsiveness to community need—even when funding and operational support is uncertain! Lift became known for its willingness to dive in and take the lead on programs and services that filled a gap in existing service options. Some were short-lived or transferred to other agencies, while others have become core programs for the organization.

For example, after a four-year long process including a community needs assessment, Lift opened the Family Place Resource Centre in Town Centre Mall in 2004—and it's still there today, offering young families service referrals, workshops and classes, food resources, and much-needed community.

Another example of responding to community need is the Community Resource Centre, created in 2007 via a pilot project grant from the Ministry of Social Development. Staff at the Ministry and at CareerLink had been noticing a growing number of people coming into the office under the pretense of looking for work, but who really needed a warm place to be during the day, or access to a computer or newspaper, or a free cup of coffee. The program was created to prevent or alleviate homelessness and strengthen the health of some of the area's most marginalized people, and to this day the centre continues to expand its free services, which currently include Legal Aid BC supports, public health visits, a tax clinic, and connections to the Ministry's Community Integration Specialists.

Come celebrate Lift's 40th birthday and raise money for the Powell River Food Bank.

80s *ALL AGES* **DANCE PARTY**

Saturday, March 9th
Doors at 7:00 pm, DJ on at 8:00 pm

★ **ARC Community Event Centre**
(7055 Alberni St.)

★ The Stunt Man (DJ), cash bar, photo booth,
50/50 raffle

★ **Tickets: \$20 at**

liftdanceparty.eventbrite.com



A LITTLE TOO POPULAR: A typical March leaving staff to sort through a mountain of



LIFT

COMMUNITY SERVICES



A LIFETIME OF LIFT: From Family Place kid to skilled barista and caterer, Jaz (seen here laughing with a latte) has come full circle. Stop by the nook and ask her about full circle food loops!

It's been 40 years, and the organization has had countless dedicated employees and volunteer board members, but only three Executive Directors. Margaret Leitner served from 1991 until 2014—most of the above projects and programs, and so many more, were developed under her steady hand, and earned her the nickname “funding guru.” She passed the torch to long-time CareerLink manager Lyn Adamson in 2014.

Lyn was instrumental in the 2016 Community Social Plan study (which paved the way to create a municipal social planner position) through Lift's sister society, Powell River Diversity Initiative (PRDI), and partnered with the Salvation Army to open our first Emergency Weather Shelter during the winter of 2016-17, even staffing it by herself some nights.

When Lyn retired in the fall of 2017, the board hired Stuart Clark as her successor. Stu was about to experience

a period of rapid growth he could never have expected: as Lyn was bringing him up to speed, she received word that her application for an overdose prevention grant from Vancouver Coastal Health (VCH) had been successful. Days later, BC Housing's Rapid Response to Homelessness program put out an expression of interest for supportive housing programs and Stu jumped at the opportunity to submit an application in partnership with LifeCycle Housing. It would take until December 2019 for the building to open its doors, finally completing a major part of the remaining purpose in Lift's original constitution from 1984 to provide much-needed housing (see top-right image). The recognition of the hidden unhoused decades ago speaks to the vision of those extraordinary community members who founded the organization—they truly had their finger on the pulse of this community.

Meanwhile, Stu oversaw the opening of the first rural overdose prevention site in the VCH region, and was instrumental in helping Texada Island Restorative Justice expand across the strait to create qathet Community Justice (qCJ). Responding to the board's years-long desire for a new name that would reflect the full scope of the society's offering, he invited staff on an 18-month long rebranding process; in 2019 the organization officially renamed itself from PREP Society to Lift Community Services of qathet Society, or Lift.

Today, Lift runs over a dozen community-based programs throughout qathet Region, continuing to partner with service providers; local, provincial and federal governments, including Tla'amin Nation; health authorities; and provincial crown corporations. Approximately 10% of our Region's population is supported each year by Lift's employment services, housing,

PURPOSES of the PREP SOCIETY
as registered under the Province of B.C. Society Act

The purposes of the PREP Society are:

1. To study, plan, promote, prioritize and develop those employment services which affect the quality of life in the community
2. To promote liaison and coordination between existing employment related services, societies, and agencies, and to mobilize community resources for the alleviation of employment problems
3. To create and maintain a fund collected by any suitable means, which fund shall be periodically disbursed by the Society to meet the priorities as decided by the Board
4. To receive grants from the Government of Canada, or any department or agency thereof, the Government of British Columbia, or any department thereof, and/or other donors, and to apply and administer such grants for such purposes and in such manner as is consistent with the objectives of the society, generally as the donor(s) prescribe(s)
5. To create, develop and ensure the delivery of programs related to social services
6. To operate as a charitable institution (without profits to its members) for the purpose of constructing, providing, maintaining, leasing and owning and managing one or more low-rental housing projects and to provide facilities to operate a psycho-social day program.

POWELL RIVER EMPLOYMENT PROGRAM SOCIETY
INCORPORATION INFORMATION

Date of incorporation: March 1, 1984
Registration number: S-18955

SERVING WITH PURPOSE: Lift's constitution from 1984. The society's name changed in 2019, but these purposes are still listed with BC Registries.

and community programs. Community needs have changed in the 40 years since Lift was founded, but the organization's drive to connect people and resources bringing essential community services and supports to qathet Region is stronger than ever.

And what better way to celebrate all of these accomplishments than with a 1980s-themed dance! Join Lift at the ARC on March 9 for a soundtrack and visuals

that will transport you *Back to the Future*, and stay tuned for more exciting community events throughout the year, including a community information fair at Willingdon Beach on June 15th.

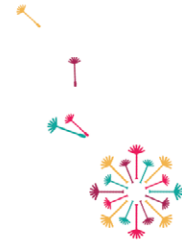
Written by Jessica Colasanto with special thanks to Darcie MacFronton, an early staff member, for preserving Lift's history and gifting it to us on her retirement, and Susan Jersak, a founding board member whose imagination and grit landed so many of Lift's early grants!

As community needs have evolved, so have our programs. Today Lift offers:

- Employment Services** est. 1984
 - BOND (Babies Open New Doors)** est. 1995
 - Family Place Resource Centre** est. 2004
 - Literacy Outreach** est. 2007
 - Community Resource Centre** est. 2010
 - BladeRunners** est. 2009
 - Immigrant Services** est. 2010
 - Emergency Shelter** est. 2016
 - The Nook** est. 2017
 - Overdose Prevention Site** est. 2019
 - Supportive Housing** est. 2019
 - Healthy Care Pregnancy Program** est. 2020
 - iOAT Clinic** est. 2021
 - Complex Care Housing** est. 2023
 - Creating Opportunities for Real Employment** est. 2023
- [Learn more at www.liftcommunityservices.org](http://www.liftcommunityservices.org)



Monday morning at the original depot, of waste to make the project a success.



Forest & funds for

The spring 2024 Community Forest grant application deadline is April 1, 2024. qathet Living reached out to Greg Hemphill, board president with Powell River Community Forest Ltd, to talk a little about the grants.

How did the Community Forest Grant process come about?

Greg • I was still District Manager for the Ministry of Forests when Powell River's Community Forest Agreement (CFA) was issued. This was during a recession and a struggling forest sector, so there was a lot of trepidation about the City getting into a forestry business. I am sure it was a pleasant surprise for Council in 2008 when Powell River Community Forest Ltd (PRCF) paid off the start-up loan and made a small profit. The City created the Community Forest Reserve Fund (the Fund) to receive annual PRCF dividends and outlined their intention for how monies in the Fund could be used.

Community Forest grant process has come a long way. Since our inception, just under \$25 million in dividends have been deposited into the fund and there have been 263 grants awarded.

What was the very first grant?

Greg • The first commitment of monies from the Community Forest Reserve Fund was for the City's matching contribution required to apply for the Government of Canada Infrastructure grant for construction of the new Powell River Track and Field. More recently, through another grant, Villa Soccer Club added the shelter and stands (**right**).

Do you have any favourites?

Greg • A favourites list would be too long. As far as a "legacy" project for the community, PRCF would likely point to using a Community Forest grant to do a complete buyout of the Island Timberland's timber reserve held over the Millennium Park forest (**top right**). A priceless asset, protected for future generations and also part of the City's Green House Gas (GHG) reduction targets.

The smaller grant projects can be just as important and we also have a high level of appreciation for the efforts of volunteer groups in our community. We provided a grant to Powell River Food Bank a few years ago to purchase a pickup and delivery van (**right**), rather than using their own vehicles. I recently saw the van with recognition of all the community businesses who have jumped on board to help.

Does the City and PRCF set strategic priorities for the Fund's use?

Greg • For the most part, it's an application-driven process, but working with the City, PRCF previously identified two strategic priorities where we would be more proactive. The first was supporting the City's sustainability (climate action) agenda by moving from a strategic planning phase to actual projects. The second is supporting projects which would assist community groups and agencies providing support to folks in need. Internally PRCF also looks to support groups involved with our region's backcountry recreation activities, either directly with operational funds or through grants.

An example is the thermal ice-plant energy recovery project (**bottom right**.) This a current City grant project that will set up the Recreation Complex for a more sustainable future. Community Forest grant funds were used as the City's required contribution to receive the larger Clean BC grant, as well as funding from BC Hydro. Complex users won't see anything different, but the project allows recovered energy from the ice-plant to be used for other aspects of the Complex such as heating the pool. The result will be a reduction in GHG emissions and reduced energy use, which equates to lower operating costs and very quick return on investment. No extra burden is put on the taxpayer.

How is the Community Forest grant process different from typical grant processes?

Greg • PRCF tries to provide a relatively even flow of dividends deposited into the Fund annually. Most years we will have sufficient monies available in the Fund for both spring and fall grant awards. We enjoy connecting with the people behind the application to make sure we understand and support the project before making our recommendation to council.

What's most important to the Community Forest?

Greg • PRCF's overriding forest management objectives for the Community Forest are delivering high quality, fully sustainable forest practices, and protecting the water quality in the Haslam Lake and Lang Creek watersheds. We are a for-profit corporation and for our volunteer board members there is added satisfaction seeing those profits invested back into the community through these grants. Those objectives are not mutually exclusive.



Chee'ilth becomes a classroom hero

Tla'amin history, computer-aided creation, video games, research, media literacy: thanks to locals Justin Ostensen, Gail Blaney, and others, Marvel Contest of Champion's Chee'ilth has given teachers and students a compelling hook to bring hands-on skills and academic learning together.

BY PIETA WOOLLEY

This winter, James Thomson teacher Amanda Zaikow has been making the most of a strange and wonderful moment in her Grade 6/7 English Language Arts class.

When the November issue of *qathet Living* came out, featuring the Tla'amin-inspired Marvel Contest of Champions heroine Chee'ilth on the cover, she knew this could be a uniquely engaging teaching tool.

"Another teacher at the school, Denise Little, said, 'Did you see it yet?' We got a copy. We got 25 copies. We just knew we needed to have this. It ties in with our school community in so many ways."

Gail Blaney, whose great-great aunt was the real-life warrior Chee'ilth, and who consulted on Kabam's Chee'ilth project, taught alongside Amanda at the school for years. She recently retired.

Plus, currently in the final stages of studying to become a teacher-librarian, much of Amanda's academic work has focused on digital literacy in the primary classroom. Video games, YouTube and QR codes: all of these have educational potential, Aman-

Two reasons this is a very big deal, indeed

1. Since it launched in 2014, Marvel Contest of Champions has been downloaded more than 250 million times—more than six times the population of Canada. Chee'ilth and everything she represents is about to get an unparalleled global audience.
2. Chee'ilth joins dozens of other indigenous representations created by major studios, pushing new boundaries of authentic indigenous representation by indigenous creators, for every-thing. Existing characters include Marvel's two Canadian characters Wolverine (an Inuit member of the Young Avengers) and Silver Fox, an Inuit (and former lover) of Wolverine.

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Two decades ago, Justin Ostensen was just a quiet kid at the back of Gail Blaney's ayajuthem class at Oceanview Middle School. Even then, he was obsessed with gaming.

Authentic TATS: Left, Squamish artist Justin Henry created Chee'ilth's tattoos, after Gail Blaney noted the original were not authentic to the region. Far left, the comic book Chee'ilth will appear in, available in limited numbers in print and digital. In the middle, Blaney and Ostensen. Right, Blaney and Ostensen with her granddaughters Sofia and Mikwan. She retired from teaching in 2022 but still works for Tla'amin Nation. (Photo by Pieta Woolley)

Top: Gail Blaney dancing with her granddaughters Sofia and Mikwan. She retired from teaching in 2022 but still works for Tla'amin Nation. (Photo by Pieta Woolley)

Below right, Justin Ostensen, 35, a member of the Skatin Nation and a Brooks graduate, is a senior game designer at Vancouver's Kabam. He is responsible for Chee'ilth's creation and entry into the Marvel Contest of Champions world.

Below left, Justin Ostensen, 35, a member of the Skatin Nation and a Brooks graduate, is a senior game designer at Vancouver's Kabam. He is responsible for Chee'ilth's creation and entry into the Marvel Contest of Champions world.

CHEE'ILTH'S INTRIGUE BUILDS ACROSS THE CONTINENT

- To see Justin Ostensen, discussing the development of Chee'ilth.
- To play Marvel Contest of Champions on your phone.
- To see Justin Ostensen at New York Comic Con 2023, introducing Chee'ilth (at 13:30).



OUR MARVEL-LOUS CHEE'ILTH

Tla'amin-inspired Chee'ilth joins the Marvel Contest of Champions line-up November 30, with the powers to fight (Brother Bear) and to heal (Sister Eagle).

Super Heroes are the ultimate pop-culture helpers, ready to rescue you or the whole universe with their extraordinary—although fictional—abilities.

Chee'ilth exists because of real local superpowers: listening, teaching, remembering, and showing respect. Plus, as Pieta Woolley discovered, the tenacity of one video game-obsessed teenager who believed in himself and his dreams.

er knows, a fun game is one that is technically perfect. As well as consulting with Gail and the culture experts, Justin worked with the 3D modelling team, led with Marvel (Kabam, which produces the game Marvel Contest of Champions, is under license from Marvel) worked with animators and special effects artists to figure out her fighting style and powers, then testing, production, and marketing.

Over the last two years, he has been back and forth on all of these aspects of Chee'ilth.

Although she joins 250 other playable characters in Marvel Contest of Champions, for Justin, Chee'ilth fulfills a craving he remembers from his childhood. "When I was just four or five years old, I remember my mom explaining to me that we are First Nations. I loved the culture, the art, the music, and the dancing. I wanted to find First Nations characters in games. But there were very few. This was the only 1990s. Now, you can pick from different kinds of First Nations characters, specific to regions."

Chee'ilth speaks ayajuthem and Skatin phrases, she remembers, she danced with Tla'amin's Nunukam dancers, an initiative to relate local culture. Naming ceremonies had been lost, too. All of the dances received new names at the ceremony.

"We were told they were sacred and special. My responsibility is to not respect on that name. I still think of that. It has influenced who I am and how I conduct myself."

"The story with having my name [in Marvel Contest of Champions], I think having this name out and shared is a way of showing respect and bringing her story to life," said Susan, who is Tla'amin Nation's Culture and Language Coordinator.

"I don't know who the people effects will be. I hope it inspires kids. I hope they can see that Justin lived in this area, studied ayajuthem, and now he's working with Marvel."

"It speaks to the impact my mom has had as a teacher, and the work she put in for so many years. I hope it boosts teachers, that they're having an impact when she was just seven years old. At the time,

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ONE MARVEL-LOUS STORY: Find the November issue of *qL* at priving.ca under the archives section.

St. Patrick's Day
Stock up on your Irish beer & Irish whiskey
All our prices include applicable taxes!

Sláinte mhaith!
Good health!
Pronounced "Slawn-cha vah"

THE SHINGLEMILL
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“As a teacher, it’s so captivating what Gail meant to Justin. The relationship they had in that brief time and how that carried to his adult life.”
 - Amanda Zaikow

da explained.

The Chee’ilth moment provided the opportunity to gather gaming, Tla’amin history, research, the real Gail Blaney, media literacy, and hands-on digital creation for her French Immersion preteens.

Amanda assigned the students a project, which took months to execute.

They read the story in the magazine. They learned that Chee’ilth game developer, Justin Ostensen, had once been a middle-school student of Gail Blaney’s – and that he is Indigenous. That Gail consulted on the project for years. That Justin announced the new character at New York Comicon in fall of 2023. And that Gail’s daughter, Sosan Blaney, carries the traditional name Chee’ilth, from her ancestor.

Sosan is the mom of Menat’they Blaney, who is in Amanda’s class. He was already a fan of Marvel Contest of Champions before the character was released.

The students also dissected the parts of the story, and how they fit together: the images, sidebars, QR codes, links, interviews, headlines, subheads, and more. They learned how to use the magazine’s table of contents.

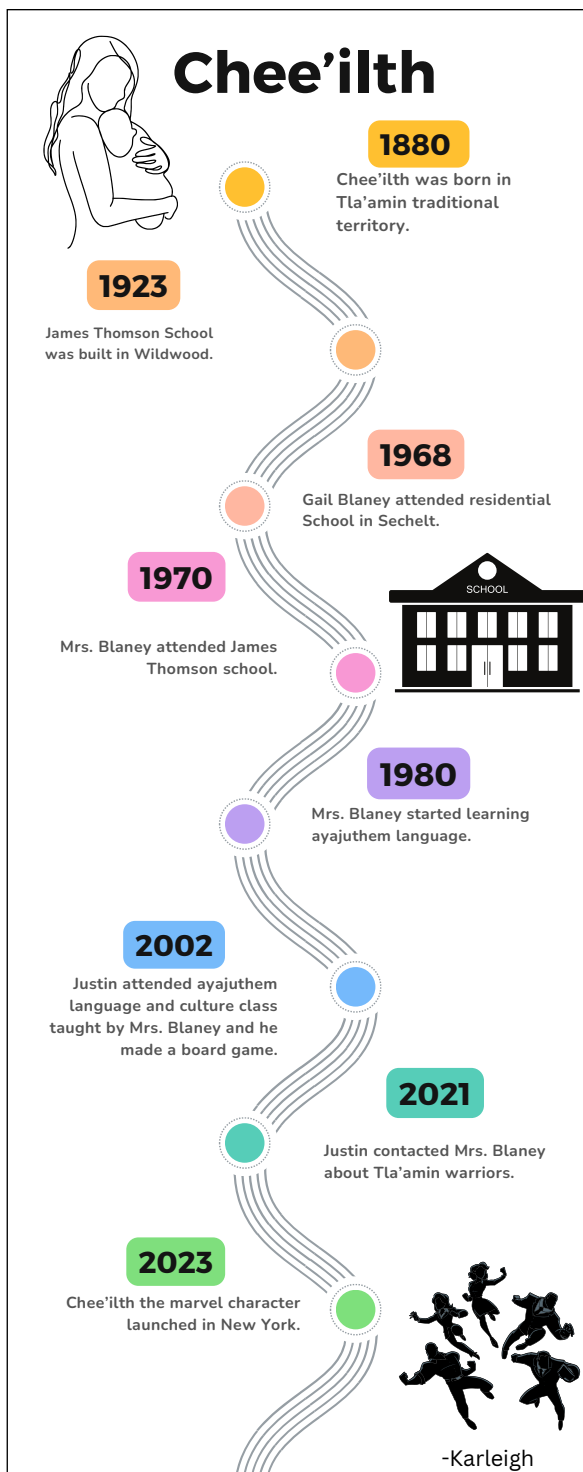
Amanda invited Gail in to come and speak to her class. Beforehand, the students came up with questions for her, and the best ones were asked. Gail brought in the paper board game that Justin had made as an assignment in her class two decades ago. Even then, he was using games to learn and teach.

“As a teacher, it’s so captivating what Gail meant to Justin,” said Amanda. “The relationship they had in that brief time and how that carried to his adult life.”

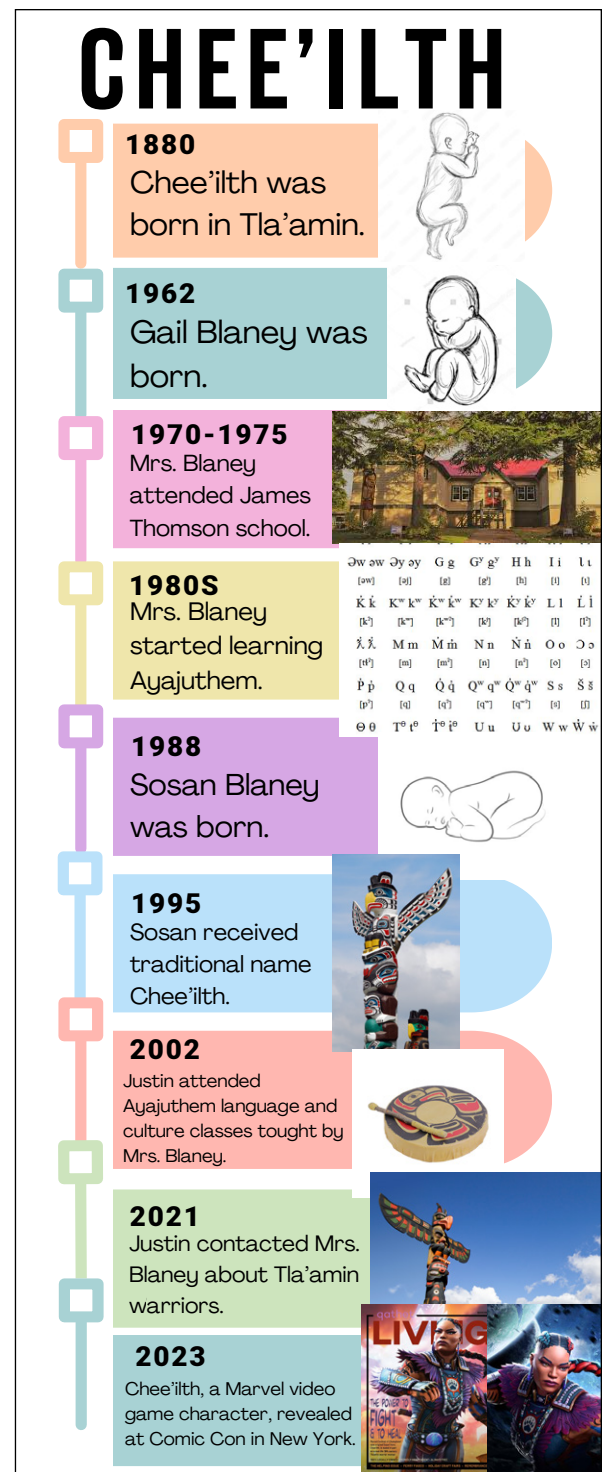
The students made timelines using information they found in the *qL* article and from Gail. They made hard copies first, and then completed the assignment using the layout computer program Canva (see images).

Finally, *qL* publisher Isabelle Southcott visited the classroom, to explain step-by-step how the magazine is made.

“My students are not fans of editing,” Amanda said. “So they were surprised that, even as the boss,



-Karleigh



ONLINE AND ANALOGUE LEARNING, TOGETHER: These Chee’ilth timelines were the final result of months of learning in Amanda Zaikow’s Grade 6/7 English class at James Thomson. From left, the creators are: Karleigh Jones (Grade 6), Maïna Paquette (Grade 7,) and Menat’they Blaney (Grade 7).

Isabelle’s stories go through so many different kinds of editing.”

Integrating the digital world into classrooms is an emerging and challenging practice. Young students may be digital natives, Amanda explained, so they can navigate a device like no other generation can, naturally.

But that doesn’t mean they understand what they’re looking at – or have the skills to understand what’s true, or ethical, online. That’s where teaching is most needed.

Get digital education right, and the opportunities to leverage student engagement are unlimited. For example, Amanda is currently being trained to use an educational version of the game Minecraft with



students. In this version of the game, players are in the Pacific North West, learning to harvest cedar from trees. They can try tools and techniques, then when things go wrong, they ask a “cedar elder” – who is a character in the game – to help them learn.

“This version of Minecraft was made with Indigenous contributors, so it is accurate,” explained Amanda. “It teaches about traditional gift giving and protocol. It’s only okay [as a teaching tool] because it is reinforcing what they’re doing in real life. We are so fortunate in the qathet school district to be able to offer hands-on cultural experiences to the students, planting cedars, participating in traditional salmon barbeques, and learning from elders and community members. The online Coast Salish world is another way to reinforce their learning.”

In other words, it extends students’ own knowledge, rather than making an Indigenous story an exotic online experience.

The ongoing Chee’ilth project also featured one more bonus: simply bringing Gail back into James Thomson School. If her students only remember one thing from their year in her classroom, Amanda hopes it is getting to learn from Gail.

“Gail is a mentor for me,” revealed Amanda. “Her calm professional approach to everything she does. The respect that she can command within a group of rowdy kids or colleagues. Her lifelong learning. I’m imagining what her life must have been like when she was raising three kids, going to university, working and also doing this work of learning what she could about her language and culture to the point that she can share it with next generation – all at the same time.

“She is a model for lifelong learning.” 🗣️

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Learn and Live On

The Martin G. Rossander Bursary

BY PATRICIA KEAYS

Many of us who live in Powell River remember Martin Rossander, his generosity and positive influence on the lives of individuals and the quality of community life here.

Not for one year, or two, or ten – but over decades, his lifetime with us.

Martin George Rossander was born June 23, 1917 and died at 95 years on August 6, 2012. He died before COVID-19, the big reset that still has all of us adjusting. One of his unique skills was adaptive resilience, and oh, do we miss him now!

His positive influence continues through his legacy, which includes an educational bursary through the North Island College Foundation. Martin wanted to support people educating themselves for a better life, the community and the planet – developing their potential.

He endowed a bursary fund and his wishes for it sum up his beliefs and values, that it would be available to:

- Environmental advocates
- Social equality advocates
- Women’s and human rights advocates
- Gender equality advocates
- First Nations
- Trades students, musicians, artists
- People who need a little help – not only to start but to complete a post-secondary education

2022 recipient Dion Bond

Carpentry Apprenticeship Harmonized (aiming for Red Seal certification)

“It means a lot to me that I was chosen for this award. I came to Courtenay looking forward to learning more about the field in which I am currently undertaking studies.

“I left my first level course with more knowledge than I was expecting.

It’s scholarship season

Many students from the Class of 2024 are scrambling to write essays and applications for scholarships this spring, while completing their academic work and getting ready for their next steps.

Many local businesses and agencies are also getting ready to give dollars to deserving grads. For example, the Powell River Community Forest offers scholarships each year to students. So does *qathet Living* magazine.

PRISMA also offers scholarships, as does the Powell River Academy of Music, and Laszlo Tamasik.

As the cost of education soars, scholarships and bursaries are more important than ever, helping students take advantage of their opportunities, and achieving their potential.

It was such an amazing experience that I have chosen to spend most of the following year back on campus.

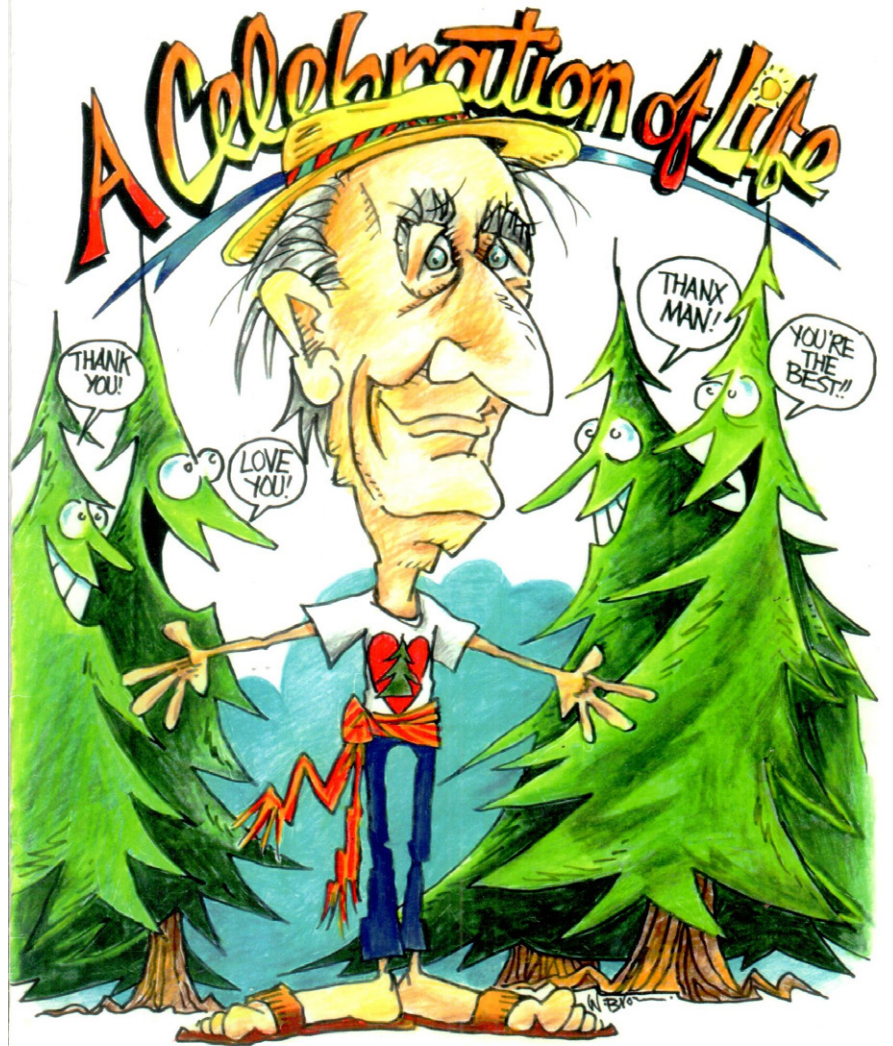
“I would like to say thank you once more for Martin Rossander’s bursary, which gave me the desire to ask my grandparents if they knew this generous man. I watched their faces light up when I told them I had been accepted for his memorial bursary and listened and they told me the many wonderful stories that they had knowing the wonderful community member and the many ways that Martin Rossander contributed to make our community what it is today.”

2021 recipient Christopher MacDonald

Bachelor of Science in Nursing

“I wanted to express my deepest gratitude to you for choosing me to receive your award. I have been working away at my degree for a few years now and have been expanding upon my visions for the future.

“Receiving this award has made me



A BURSARY IS A LEGACY: Artist Wendy Brown captured Martin Rossander’s gifts to the forest in this illustration for his Celebration of Life. The local activist also left a bursary for local students, a gift for future generations.

so happy and has brought me closer to achieving my goals. I will be able to worry less about finances and more about putting my work where it matters most.

“I have been interested in mental health for quite some time now. It is an area that is very close to my heart, and I believe despite the advances our society has made towards acceptance and understanding around these matters, there is still room for a lot of positive change.

“It has become my dream to open a transitional centre to provide a safe space where people find healing and come to know recovery.

“Thank you so much for choosing me. It means more than I can even express.”

2020 recipient Skye Rodrigue

Practical Nursing Diploma

“I am overwhelmed by happiness. By receiving this bursary, it will help so much financially. Not only is this a great reward for my efforts, but it also makes it that much easier to partici-

pate in full-time study.

“I am taking the Licensed Practical Nurse program with North Island College. It has always been a passion of mine to help others. I enjoy learning about anatomy and bio sciences. I look forward to completing this course and being able to assist lots of people.

“I cannot thank you enough for your generosity. You have helped me and my family a huge amount and I will always remember that. I look forward to paying it forward in my future career.”

These letters and the reality of impact of his legacy would make Martin so happy. He was such a unique person, it can be tempting to put him on a pedestal with that uniqueness, feeling “We shall not see his like again.”

Hopefully, that’s not the case – maybe homunculus Martins are hatching right now. (Homunculi?) Are you out there? We hope so!

If you have money, nothing you can do will have a more powerful impact than helping people who want to learn get the education they seek, at a time in their lives when they need it most.

Give a donation. Establish a bursary. Create a scholarship. If you’ve had

“I watched [my grandparents’] faces light up when I told them I had been accepted for his memorial bursary and listened and they told me the... many ways [he] contributed to make our community what it is today.”

-Dion Bond

good fortune in your life, look up and see how many people could use a little of it.

Martin was one of the cofounders of the Unitarian Fellowship in Powell River (1950s) – along with my mother, Effie Keays, another long-time and returned resident. He was among those who started the recycling movement in Powell River (1960s and 1970s).

He advocated for and supported mental health services in a community that did not recognize the need for them (1970s and 1980s).

He founded Eco-care Society for the Powell River Region and constantly promoted more environmentally sound practices and causes (1960s to 2000s).

He supported the Powell River Greenways Society in its effort to get an accessible transportation corridor from Lund to Saltery Bay (1990s – 2000s).

He was a founding member of the Cranberry Hall and was committed to keeping it “a community hall above all else,” which the President’s Report in August 2021 confirms the Board and members continue to recognize and take seriously.

He did so much more, for so many causes and people, that this article can only touch the surface.

He donated 21 acres of forest land to the Powell River Regional District which in 2017 was established as Rossander Regional Park. Martin wanted the parcel south of Powell River to re-

Martin G. Rossander Memorial Bursary

Thanks to the goodwill and foresight of Martin G. Rossander, these bursaries have been established to benefit high school students and alumni from Powell River, who are entering full- or part-time studies in any area of study at North Island College.

Preference will be given to applicants who are interested in pursuing environmental studies or who show an interest in preserving the environment; followed by those with a passion for music, metal work, the trades, or applicants demonstrating an interest in activism, politics, women’s human rights and gender equality, or those who wish to be advocates of positive change in their communities.

For more information on the bursaries, scholarships and bequests through the NIC Foundation, please visit foundation.nic.bc.ca.

main in its natural state, second growth forest with trees 80-90 years old.

He celebrated life through music, supported food accessibility, stood up for good causes from protecting our waterways to lands, agriculture, and access to healthy food for all.

He advocated for full equality before it was a thing, and gently made space for people to contribute to realizing those same goals even if they only weakly understood them or had limited capacity.

He gave homes to people at reduced or sometimes no rent, supported people who had little and didn’t ask for that support back, and didn’t seem to resent when weak or needy people tried to take advantage of him. He rejected the idea that they were and in so doing transcended the possibility.

He was “an inspiration and strong supporter” of the Theatre Now! group in Powell River, and was “actor, millwright, stores clerk, inventor, musician and all round helper in many of our activities.”

It was an honour to know Martin and to have him be part of our lives for a time.

To now be able to appreciate his legacy and receive the letters of thanks from people who receive the Martin G. Rossander bursary at North Island College is truly a gift that keeps on giving, even when we are not the direct recipients. Please remember and honour him with us. 🐻



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Before he moves on, Stuart Clark reflects on his years with Lift

One of qathet's largest non-profits, LIFT, is in the spotlight this month. The agency is celebrating 40 years of work here – first as PREP, under the leadership of founder Margaret Leitner and then executive director Lyn Adamson, and then as Lift, under Stuart Clark.

Lift is the umbrella organization for the Immigrant Services Society, Supportive Housing, the Emergency Shelter on Joyce, Family Place, BOND, Work BC, the Overdose Prevention Site, and several more services.

What were your biggest accomplishments with Lift?

Stuart • During my tenure as Executive Director at Lift, we achieved several significant milestones that have positively impacted the qathet Region's social fabric. Our team's vision and commitment to poverty-reduction and equity has brought some new essential services to the community. We facilitated the establishment of supportive housing and emergency shelter services, offering direct responses to homelessness in our community.

Another pivotal and landmark achievement was our collaboration with local colleagues at Tla'amin Health and Vancouver Coastal Health to introduce Complex Care Housing Services to the qathet region.

We spent a year working together to ensure our region was selected for this new and progressive provincial program, which is designed for individuals at risk of or experiencing homelessness who face complex challenges related to mental health or substance use, along with potential complications from acquired brain injury, developmental disability, and histories of trauma.

In the past six years we have intentionally strengthened our partnerships with the Tla'amin Nation, furthering our collaborative goals and reinforcing our shared commitment to community well-being. I am confident that Lift will continue to work in the spirit of reconciliation and to be an ally for the Nation in community.

Finally, I'm proud of our growth and our role in the local economy. As our programs have increased, our team has grown to 120 staff members – that's 120 local jobs. Through employment services (WorkBC), we distributed nearly \$500,000 in employment supports in the community last year.

We work with innumerable local businesses and contractors for goods and services. We're supporting the community in more ways than purely service delivery.

What needed to change under your leadership?

Stuart • Under my leadership at Lift, we recognized the need for several strategic changes to amplify our impact within the qathet region. A key focus has been enhancing our operational efficiency and scalability, ensuring that our services could meet the growing and evolving needs of

Stuart's last day with Lift is April 2. He has served the agency since 2018. In that time, many of these services have opened.

On February 14, Tla'amin Nation announced that Stuart has been appointed the new Director of Housing. There, he will be responsible for the Nation's 270 homes, plus he will oversee comprehensive housing planning, program development, and community support initiatives.

Here, Stuart reflects on his years with Lift – what he's proud of, and what he has learned.



A PASSION FOR HOUSING: Under Stuart Clark's leadership, Lift worked with BC Housing to bring the Supportive Housing building to Powell River in 2019, and Complex Care Housing, which will open this year. He is moving on to take the role of Director of Housing Services at Tla'amin Nation.

our community. This required not only an expansion of our services but also a refinement of our internal processes to foster innovation, agility, and resilience among our team.

We also saw the need to improve our engagement with the community and partners. Building stronger, more transparent relationships has become a strategic priority, positioning us to better understand and respond to the nuanced needs of community members.

Furthermore, diversifying our funding sources was crucial to ensure the sustainability of our programs, allowing us to invest in long-term solutions rather than short-term fixes. Additionally, we prioritized the integration of evidence-based practices, particularly in addressing complex issues such as homelessness and substance use.

ALL AGES 80'S DANCE PARTY

When: 7 pm, Saturday, March 9

What: A celebration of Lift's 40th year.

Where: The Arc. See more on Page 32.

We have adopted and continue to advocate for progressive, scientifically-supported interventions, which required a cultural shift within our organization towards a more data-driven approach in program development and evaluation.

What were the most significant challenges you faced?

Stuart • The most formidable challenges during my leadership arose from the COVID-19 pandemic and the toxic drug crisis. These simultaneous public health emergencies demanded unprecedented responses, stretching our resources and resilience to their limits.

The pandemic, in particular, required swift adaptations to ensure the safety and well-being of both our staff and the communities we serve. Concurrently, the toxic drug crisis underscored the urgent need for innovative and compassionate approaches to substance use treatment.

Navigating these challenges tested our organization's capacity to respond to crises, reinforcing the importance of agility, collaboration, and community in our work.

Any regrets?

Stuart • Reflecting on the challenges posed by the COVID-19 pandemic, my primary regret lies in our initial underestimation of the importance of communication.

In our zealous effort to provide critical services, we inadvertently overlooked the necessity of maintaining open dialogues with the community about our actions and their rationale. This oversight contributed to some community members feeling disconnected from our initiatives, particularly during the early stages of our supportive housing program.

Recognizing this, we have since realigned our priorities to enhance our communication strategies and community engagement efforts. I am confident that these adjustments will foster greater transparency, understanding, and trust moving forward.

What do you wish more people understood about the work Lift does in this community?

Stuart • Originating as an employment service provider in 1984, Lift's roots are deeply entrenched in addressing the fundamental needs of our community. Over the years,

our scope has expanded to encompass a wide range of essential services, including prenatal and family support, immigrant services, literacy programs, and health-care, among others.

Our team, comprised entirely of qathet residents, is passionately committed to this community's well-being. It's crucial to understand that while not everyone may directly require our services, the needs we address—shelter, food, livelihood, and human connection—are universal. Our goal is to ensure that every individual feels seen, valued, and supported.

What do you hope your legacy will be as ED of Lift during this time?

Stuart • As the Executive Director of Lift, my aspiration has been to embody and further the legacy of responsiveness to the evolving needs of our community.

Following in the footsteps of my predecessors, my focus has been on leading collaborative efforts to address the most pressing and emergent needs in our community. In recent years, we have witnessed a notable shift towards greater challenges related to housing and substance use.

In response, we have tirelessly worked to connect people and resources, aiming to introduce and sustain vital community services and supports in qathet. My hope is that my tenure will be remembered for its contribution to building a more responsive, caring, and connected community.

Why did you decide to leave Lift now?

Stuart • The decision to leave Lift was one I approached with a great deal of thought and consideration. After achieving several key milestones and contributing to positive changes within the community, I felt that this was the opportune moment for a transition.

My goal was always to lead the organization to a point where it was well-positioned for future growth, innovation, and impact. With the strong foundation we have built together, the dedicated team in place, and the strategic direction we have set, I believe Lift is at a juncture where new leadership can bring fresh perspectives and energies to propel the organization forward.

I'm looking forward to supporting this transition and leadership handover in a way that sustains the momentum we have worked so hard to create.

Additionally, this decision aligns with my personal and professional growth journey. I am eager to explore new challenges and opportunities that allow me to leverage my experience and passion for community development in new contexts. 🐾



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Who owns the roads?

Hello Pieta,

Please let me thank you for your well organized and beautifully written article in the February 2024 issue ("Road Rave: Why active transportation advocates believe commuting is about to get better for everyone, even drivers." Page 23).

As I read it I found myself reexamining my own attitudes regarding safety and convenience on our crowded roadways.

Hopefully everyone who reads it will have the same experience and things will improve in our region regarding traffic conditions, etc. Your timing couldn't have been better considering that construction is ongoing to widen the "notorious" Lund highway. This is bound to help significantly!

- Nick Houser



MAIL BAG

We welcome feedback from our readers. Letters may be edited for length.

Email your comments to isabelle@priving.ca, or mail an old-school letter in the post to **qathet Living, 7053E Glacier St, Powell River, BC V8A 5J7.**

For most of us, there was just no bloody way

To the editor,

This is an update for all citizens of Powell River and qathet Regional District.

After deep consideration with this Canadian Blood Services Initiative for Mobile Blood Donor Clinics for isolated and rural areas, I have decided not to pursue this anymore.

Given that over the last six months, I have only received 170 responses for the Blood Donor Petition when 3,000 was the goal, for submission to Canadian Blood Services to show the public support for Mobile Blood Donor Clinics.

Complacency and lack of interest on the part of our society to get involved, obviously taking for granted that blood availability as something that is always available, which is definitely not the case.

It will have to take a critical shortage of blood supply to affect the population in order for our society

to realize how deeply important it is for blood donations.

I believe the Red Cross has to get back involved and Canadian Blood Services should be disbanded. Most countries use either Red Cross or Red Crescent to oversee and initiate the collection of blood donations.

"Blood is Priceless" is one of Canadian Blood Services' main slogans. Except it's too expensive for them to go to the people. They want the people to either come to them, or donate money freely to their organization. There is something critically wrong with Canadian Blood Services' ethics and so called "Services".

Thank you to all citizens who took interest and signed up for the petition and offered their help with this initiative. I need to step back from this for now and hopefully, someday, our society will come to its senses and wake up.

- Glenn Holstine

Plan your 2044 eclipse watching now

A correction is needed to my correction (February, page 37, "Eclipsed by our own excitement"). There now is confusion between the 2044 total solar eclipse first mentioned in the January issue (point six on Page 16 which I was trying to correct) and this year's April 8 eclipse.

The second paragraph should start: "The 2044 total solar eclipse will not be visible from here ... parts of the far north." The rest is correct.

- Angelika Hackett

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PhD and lawyer move across the world – to a place with no roads

Godson and Amaka Akhidenor moved to qathet nearly a year ago. Godson is a Nigerian trained lawyer, currently in the process of converting his license. Amaka has a doctorate in Early Childhood Education. She works at Second Nature Child Care Centre.

They have three children: Sheila, 15; Zoe, 9; and Perez, 1.

Godson's hobbies are singing, swimming, travelling and meeting new people.

Why did you choose to move to qathet?

Godson • My wife got a job as an ECE in Powell River, so I decided to join her to be with my family.

When? Where from?

Godson • We moved from Nigeria to BC in June, 2023.

What surprised you once you moved here?

Godson • I was amazed when I discovered that I would have to either take a ferry or fly by airplane to get to Powell River. I was really astonished because almost every community in Nigeria can be accessed directly by road.

What made you decide to move to qathet?

Godson • I have never lived apart from my family. My wife desired a new professional experience outside Nigeria. I knew I had a duty to give her the necessary support by making the sacrifice required to achieve her goals. I had no choice but to join her.

Where is your favourite place in qathet?

Godson • The Mall

How did you first hear about qathet?

Godson • On the internet



NEVER APART: Zoe, Godson, Perez, Amaka, and Sheila Akhidenor moved here directly from Nigeria.

What would make qathet a nicer community?

Godson • There is the need for a road, leading straight to other parts of BC, especially Vancouver and other big cities like Victoria.

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

Godson • I have a wide range of experience in supporting people who are vulnerable, defenseless, and downtrodden and I have already offered myself as a volunteer to support the community in any area that may be needed.

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

Godson • I would say that we are still relatively new and moving to a new place may not be unaccompanied by certain challenges. However, everything seems good and we continue to hope for the best.

If you were mayor what would you do?

Godson • I will create more entertainment and recreation centers. I will also move for the creation of access roads into Powell River.

What are qathet's best assets?

Godson • The populous Westview, Cranberry, and Wildwood areas

What is your greatest extravagance?

Godson • Perfumes

Which talent or superpower would you most like to have?

Godson • The Power of Oration. 🗣️

Know someone who should be featured in "I Made the Move"? Contact isabelle@prliving.ca.



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A Slam Dunk Show:

Basketball visitors from afar

In 1947, Brooks High School hosted a rare event when the Harlem Globetrotters played an exhibition game against Powell River's Teen Town Trotters.

The game was the talk of the town, with a large public turnout. A highlight of the game was player Boid Buie who had lost an arm in a car accident as a teenager.

Buie continued to play his favourite sport after his accident; he had words of advice for similarly disabled kids: "If you really want to play your favourite sport, you can."

The 1947 game was hardly a first or a last for Powell River. Over the decades, a number of famous American basketball teams made the trip to town.

In 1946, the Kansas City Stars basketball team travelled to Powell River for some fun on the court. The team was accompanied by famed track and field



BLAST FROM THE PAST

DEVAN GILLARD

Olympian Jesse Owens.

Owens gave a short half-time talk at the high school about juvenile delinquency before recounting his experiences in Berlin's 1936 Summer Olympics. He even gave the crowd a demonstration of the high jump.

Owens said during an interview with *Powell River*



HOOP DREAMS: Top, Harlem globetrotters vs. Powell River's Teen Town Trotters at Brooks High school, 1947. Left, Jesse Owens demonstrating the high jump at Brooks, 1946. Above, members of the visiting Kansas City basketball team in Powell River.

Photo courtesy of the qathet Museum & Archives

News reporter Curly Hird that his treatment in Canada was "Grade A" and that "folks in the smaller towns were real people."

Later, in 1968, the Harlem Clowns played exhibition games against the Powell River Lakers. They returned again in 1970.

The games were well received by the townspeople. Both the crowd and those on the court considered the matches good fun, where the point wasn't to win but to laugh and have a good time. 🏀

Devan Gillard is an administrative assistant at the qathet Historical Museum & Archives.



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VOLUNTEER POWER: This group of Four Tides Hospice Volunteers, being celebrated at an appreciation lunch in this photo from Royal Zayka, helped support 99 people through dying and grief in 2023.

Volunteer • Bid on a birdhouse • Watch a video

Hospice inches closer to building

BY MALERIE MEEKER

Four Tides Hospice Society (FTHS) continues to provide free end-of-life and bereavement support to all citizens in the qathet region—from Lund to Saltery Bay including our outlying islands. Last year our trained volunteers supported 99 individuals through the dying and grief process. Our programs are funded through the generous donations of community members and the Society’s allies, and through local, provincial, and federal grants.

We are excited about receiving a recent grant from the province’s Community Gaming Grants. Most importantly, a huge thank you to the Lutheran Church for their recent donation of \$50,000!

FTHS is in the process of establishing the terms of their partnership with the Vancouver Coastal Health Authority (VCH) to begin the development of “Hospice House” – a stand alone hospice facility. Pre-COVID, the terms discussed were quite rigid. Our new joint vision is much less restrictive and will allow us to incorporate many more aspects that the community identified through the 2022-2023 Community Engagement Process.

As we are considering a larger facility than originally planned, FTHS will need to procure a new architectural plan; at this point we don’t have a definitive fundraising target. We estimate approximately \$6 million, with close to \$2 million already “in the bank.”

The Whimsical Birdhouse Silent Auction March 5–9 at the qathet ART Centre, will kick off our new fundraising campaign, funds earmarked for the Serenity Gardens.

The Society is so grateful for their community



partners and allies. The qathet Division of Family Practice continue to support our work by gifting us staff hours when we need their specific expertise. Many thanks to Christien Kaaj and Vanessa Bjerreskov for their contributions to our Community Engagement Campaign.

The Society has recently received two generous donations from the Community Foundation. The Hospital Regional Board has dedicated monies for Hospice House, as has the Hospital Auxiliary. Many other

BIRDHOUSE SILENT AUCTION

When & Where: March 5 to 9, qathet Art Centre

What: Local artists have created myriad of original designs. The event raises funds for the Serenity Garden at Hospice House, a stand-alone hospice facility in the fundraising stage.

organizations are poised to jump in with in-kind or financial donations when we are further along in the project.

Watch for the Four Tides Hospice Society video, produced by our own Claudia Medina, Enmedia Productions, which describes our services and our vision for Hospice House. The video will be released in the early spring.

As noted in that video—we need you! Whether you have gifts of the hands, head, or heart ... your contribution to the Hospice House project will be gratefully welcomed. Connect with us via info@fourtideshospice.org

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BUSINESS AFFAIRS

SEAN PERCY

New lawn service

After working for decades in logging, the oil patch, and, most recently, at Adams Concrete, **Mark Rickson** was looking for something that could give him a different work-life balance, so he has fired up **MC Lawn Care** with his partner **Caryn Tuininga**. Providing lawn mowing, trimming, edging, dethatching, aerating, mulching, and fertilizing, as well as spring and fall cleanup, Mark says he likes being busy when it's busy, but getting a break in some of the off-season. Although, as a start-up, he doesn't expect he'll get much down-time in the immediate future, as he seeks out new clients and business. Contact Mark at 604-208-2024 or mclawncarepr@icloud.com.

Cultural house going up in Tla'amin

After five years of planning, a new cultural centre and traditional food processing facility will be built in the heart of *tšosəm*.

On February 20, Tla'amin Nation blessed the ground so that construction could begin on *ʔəms ʔaye* (uhms aya) Cultural Centre and Traditional Foods Processing facility. \$3.1 million of federal funds and just over \$1 million of provincial funding was announced in 2022 for the project.

ʔəms ʔaye (Our House) Cultural Centre will include a 2,000 square foot feast hall and cultural gathering space which will accommodate up to 350 guests and be used for sharing songs, dances, ceremony, and feasting.

A small museum to house Tla'amin cultural treasures and climate-controlled archive are to be included, along with a state-of-the-art language lab and recording studio. The over 15,000 square foot cultural hub includes a feast hall, traditional foods facility, language lab, museum and archives, medicinal gardens, and a communal smokehouse. A teaching space, large game and seafood processing areas, and large commercial freezers and coolers will provide a home base for Elders, knowledge keepers and harvesters, to share wisdom about procuring and preparing local foods.

"*ʔəms ʔaye* is going to be a teaching ground and a place to transmit *ʔəms taʔaw* (our teachings) and to prepare the next generation of Tla'amin people to carry on our sacred responsibilities," said Hegus **John Hackett**.

"We have taken our time to ensure these buildings are designed intentionally as teaching sites and with the comfort of Elders at the forefront," said Tla'amin director of public works and capital infrastructure, **Carmen Galligos**.

Plumber prefers going down the drain

New resident **Steven Carroll** has launched his own plumbing business. A Vancouver refugee, he moved to the Townsite when he found the big city too expensive. A plumber for over 20 years, he formed **SBC Plumbing & Gas**. Steven is a Red Seal journeyman and has a gas B ticket. "I like service work – some-

thing new every day, it keeps you on your toes," Steven told *qathet Living*. He's done his time building houses, doing the same thing day after day, and he's not a big fan of it anymore. With service work, "one day you're drain cleaning, the next day you're repairing a leak or fixing questionable DIY attempts. It's a better feeling solving problems and getting a bunch of stuff done." You can reach SBC Plumbing & Gas by calling or texting 604-339-1155.

Bishop Tile and Stone LTD

After years of visiting family in Powell River, **Nick Bishop** fell in love with qathet and decided to move his business here, from Vancouver Island.

On the Island, he had more tiling and flooring work than he could handle, but now he's looking for jobs in the qathet area. Nick has more than 15 years in the trade, specializing in high end interior and exterior tile works and flooring. **Bishop Tile and Stone Ltd** is licensed and insured, and offers free estimates.

Contact Nick at 250-228-4540, email him at nickbishoptile@gmail.com, or find him on Instagram or Facebook @bishoptileandstone.

Chiropractor floats new service

Dr. Jeremy Buhay has opened a new business to complement his chiropractic practice. **Marine Float** is at #108 4675 Marine Ave, next to the offices of Marine Chiropractic & Wellness.

Floatation therapy (also known as sensory deprivation or isolation tank therapy) complements chiropractic work by promoting deep relaxation, reducing muscle tension, and alleviating stress. The unique relaxation experience immerses you in a specially designed tank filled with warm water and a high concentration of Epsom salt. The saltwater's buoyancy allows you to effortlessly float on the surface, creating a weightless and gravity-free environment.

Canucks star joins Kings bench

NHLer and former Canucks star **Cliff Ronning** has joined the Powell River Kings as assistant coach.

Cliff played in 1137 NHL games over his 18 year NHL career. His professional experience included six seasons with the Canucks including the iconic 1994 Canucks run to the Stanley Cup Finals in which they lost, as older local hockey fans may bitterly remember, to now-Kings head coach **Glenn Anderson** and the Rangers in seven games.

Cliff came on scene in December as a guest skills coach, and his chemistry with Glenn and the community's welcome prompted him to join the team.

"This game has given me a lot and I am happy to give back by contributing to player development at the junior level. I have experienced a warm community welcome here in Powell River and I'm sincerely touched by that; now it's time to go to work and make the playoffs," said Cliff.

Associate Coach **Dwight Lee** is getting a coaching experience he never imagined. "Not many aspiring coaches get to surround themselves with the knowledge, experience, and accolades of Glenn Anderson and Cliff Ronning and I am very fortunate to be in that position. As a young kid growing up in BC, Cliff was a player that I really admired. I am thrilled to get to work alongside and learn from him." **PL**



**March
8 & 9 is
sheer
madness**



Every once in a while, there's a weekend so jam-packed with events, it's impossible to taste them all, even though you'd happily hop from one to the next all weekend. But March 8 and 9 is probably the busiest we've ever seen.

The Regals host games 2 and 3 of the **McCallum Cup** at the Hap in advance of the Provincial Coy Cup here at the end of the month. **Shield Maiden**, a one-warrior play, celebrates International Women's Day (IWD) at the Max Cameron. The **Francophone Festival** includes maple sugar on snow – as well as a weekend of live music, brunch and more at Club Bon Accueil. **Seedy Saturday** brings hope that spring is coming at Dwight Hall. The **qathet Film Fest** wraps up this weekend, including the Canadian feminist media film *Analogue Revolution* – another IWD event. The Townsite Actors Guild offers the final two performances of **Gibson & Co** at Forest Bistro. The **Adam Robertson Trio** previews April's Townsite Jazz Fest. And the **Grand Concert for the 80th Festival of Performing Arts** is at the Evergreen Theatre. But that's not all! **Lift's 40th anniversary dance** is also Saturday night, there's live music galore, more film, more to see and experience. See Page 50 for everything that's happening on this one wild weekend.



March in qathet



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MARCH EVENTS

1

Friday

St. David's Day

Welsh national holiday

Festival of Performing Arts Band & Instrumental

9:30 am and 12:30 pm, Max Cameron Theatre.

Tickets for Townsite Jazz Fest are on sale

See ad on Page 10.

Tom Petty Tribute

7 pm doors, Carlson Club. \$30 advance, \$35 at the door.

qathet Film Festival Opening Party

6 pm, Patricia. With Old Enough to Know Better.

qathet Film Festival • The Old Oak

7 pm Patricia Theatre. Preceded by Cloud Striker. qathetfilm.ca

PR Kings vs. Victoria

7 pm Hap Parker

Big West Wrestling

6:30 pm, The Arc. Tickets at Blue Agave and Top of the Hill. \$15 advance, \$20 door.

Live theatre: Gibson & Sons

7 pm March 1, 2, 8 & 9 at Forest Bistro. Townsite Actors Guild. What do you get when you have two Russian mail-order brides showing up at a family-run small town funeral parlour? \$25. Carvery buffet each night at 5 pm.

Salsa Dancing

7 pm Forest Bistro. No partner required.

2

Saturday

Traditional Tla'amin Stories and Language

2 pm, Library. Tla'amin Elder Betty Wilson will share a series of ʔayʔajuthəm stories and will examine sentence structure and significant words. For information contact Mark at mmerlino@prpl.ca

qathet Art Council AGM

12 pm at qathet Art Centre

Festival of Performing Arts Piano

9 am, 1 pm, & 6 pm, James Hall.

qathet Film Festival • The Delinquents

1:30 pm Patricia Theatre. qathetfilm.ca

PR Villa vs. Westcastle International Academy

1:30 pm, Timberlane.

Film • The Nettle Dress

7:30 pm, Wildwood. By donation. Pre-register by messaging Catherine Langevinon Facebook. Textile artist Allan Brown spends seven years making a dress by hand, just from the fibre of locally foraged stinging nettles. This is 'hedgerow couture', the greenest of slow fashion and also his medicine.

PR Kings vs. Victoria

5 pm Hap Parker

qathet Film Festival • Perfect Days

7 pm Patricia Theatre.

Live theatre: Gibson & Sons

7 pm at Forest Bistro. \$25.

Comedy Night: Class of 2024 Dry Grad Fundraiser

Dwight Hall. Tickets available at Massullo Motors, qathet Living, Pacific Cannabis. \$60, five comedians. Ryan Williams is the headliner.

3

Sunday

Community Garage Sale

10 am to 3 pm, The Arc. Over 30 sellers. To book a table email powellriver-events@consultant.com

Festival of Performing Arts Strings

2 pm, James Hall.

Powell River Farmers' Market

12:30 to 2:30 pm, 4365 McLeod (Paradise Valley Exhibition Grounds). See ad on Page 51.

qathet Film Festival • La Passion de Dodin Bouffant

1:30 pm qathetfilm.ca

qathet Film Festival • Songs of Earth

7 pm Patricia Theatre. Preceded by Jeanne's Hands.

4

Monday

Westview Office Technology Open House begins

New office at 7385 Duncan Street. Come drop in any day through March 8. Monday to Wednesday 9 am to 1 pm. Thursday and Friday noon til 5 pm. See ad on Page 12.



Thank you potluck for Kingfisher Books

Owner/operators Peter and Sharon Deane ran Kingfisher Books for over 20 years, but in January they found out they would either need to move, or close down their store in a matter of weeks.

No suitable location was found, so the bookstore is now closed. Independent bookstores of any sort are not get-rich-quick schemes; they are generally a labour of love and many consider them a community service.

Out of a desire to share their appreciation, and to make sure Sharon and Peter would have an opportunity to savour how much their service meant for the community, Wendy Twomey and I decided to organize a thank you potluck.

Any donations raised are destined for a "getaway fund" for Peter and Sharon.

Beginning at 2 pm on Saturday, March 16, at Cranberry Hall, the finger food potluck is scheduled to last two hours. Anyone can contribute to the

getaway fund by sending an e-transfer to kingfisherbooks@shawbiz.com.

Eva van Loon, owner of Wolff's Book Den, adopted some of the Kingfisher books and is hoping to get a new bookstore-cum-coffee-hangout going nearby, but for now, no firm details are available.

People who have questions (or ideas!) regarding the potluck are invited to contact janslakov@proton.me or 604-223-9328.

Sharon and Peter, as well as the organizers of the potluck want to extend their thanks to the people who have already stepped up in various ways to help the Deanes with this big transition.

Special thanks to the Kiwanis Club members who packed up all the remaining books mid-month and made arrangements with City Transfer to transport the pallets to a non-profit in Vancouver, saving them from ending up in the landfill.

- Jan Slakov



Open for

SUNDAY BRUNCH

Brunch is served 10-2 on Sundays, starting March 10. ForestBistroLounge.com

Bring Mom,
IT'S NOT THE ZOO ANYMORE...



GO GO GARDEN TIME: March is when to get serious about this year's garden. You can rev yourself up at three events this month: Seedy Saturday on March 9 at Dwight Hall; the Skookum Food Provisioners AGM on March 15 (6:30 pm, CRC); and the monthly meeting of the Garden Club March 26, featuring The "Duchess of Dirt" Leslie Cox. Learn more about each of these events in the calendar.

Photo by Nicole Narbonne, of her grandson Wilder Eickholt

4

Monday (cont)

Festival of Performing Arts Speech Arts
9:30 am & 1 pm, Evergreen Theatre.

qathet Film Festival • Seagrass
7 pm Patricia Theatre.
qathetfilm.ca

5

Tuesday

Hospice Whimsical Birdhouse Auction begins
At qathet Art Centre. Through March 9. See story on Page 45.

Friends of Stillwater Bluffs AGM
6:30 pm, Brooks Secondary School Library.

Festival of Performing Arts Speech Arts
9:30 am & 1 pm, Evergreen Theatre.

6

Wednesday

Festival of Performing Arts Dance
9 am, 1 pm & 7 pm, Evergreen Theatre.

qathet Film Festival • Fremont
1:30 pm Patricia Theatre.
qathetfilm.ca

qathet Film Festival • Deep Rising
7 pm Patricia Theatre.

7

Thursday

qathet Film Festival • 32 Sounds

1:30 pm Patricia Theatre. With Cuore Piano Trio in concert beforehand. Feature is preceded by Listen. qathetfilm.ca

Festival of Performing Arts Dance

9 am, 1 pm & 7 pm, Evergreen Theatre.

Swing Dancing

Intro 7:30 pm, Dance 8 pm. Forest Bistro. By donation. See also ad on Page 48.

qathet Film Festival • The Ordinaries

7 pm Patricia Theatre.

8

Friday

International Women's Day

The UN theme this year is "Invest in women: Accelerate progress" See stories, Page 7.

International Women's Day Spin & Yin Class

5:15 pm, Rec Complex. \$6

McCallum Cup Game 2: PR Regals vs. Nanaimo Steelmen

7:30 pm at the Hap. West Coast Senior Hockey Championship. See story on Page 58.

First Foundry Youth Supports drop-in

5 to 7 pm, Oceanview Education Centre. By Youth & Family. For youth ages 12 to 24. Refreshments provided. See more about Foundry at foundry.bc.ca, and see the ad on Page 37.

qathet Film Festival • Analogue Revolution for International Women's Day

1:30 pm Patricia Theatre. MP Rachel Blaney will offer inspiring words in honour of International Women's Day. Director Marusya Bociurkiw and film subjects Penny Goldsmith and Nancy Pollak will introduce the film. In the Q&A, moderated by Peg Campbell, they

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In Person: at 5001 Joyce Ave.



MARCH EVENTS

will give more background on the work of feminist media collectives in Canada, from the 1970s to today. qathetfilm.ca

Townsite Jazz Preview: The Adam Robertson Trio
7:30 pm, Blue Room. Dwight Hall basement. \$25 at the door or at townsitejazz.com.

qathet Film Festival • WaaPaKe
7 pm Patricia Theatre. Preceding the feature, local Tla'amin filmmaker Eileen Francis will premiere her short film *tisk'at*, presenting Joshua Degroot's poem, based on Tla'amin oral testimony and lovingly spoken by the Tla'amin Nation.

Shield Maiden
7 pm, Max Cameron. Tickets available at the Peak, Academy of Music, at the door 30 minutes prior.

Salsa Dancing
7 pm Forest Bistro. No partner required.

Live theatre: Gibson & Sons
7 pm at Forest Bistro. \$25.

in the smiles that attend and the connections made."

Film • The Perks of Being a Wallflower
1:15 pm, Library. Free.

Cranberry Hall Presents Joanna Finch and Ashley Sykes "Songs of the Sisterhood"
7 pm Cran Hall. Tickets \$20/\$25. Electric, heart opening performance in celebration of International Women's Day weekend.

McCallum Cup Game 3: PR Regals Vs. Nanaimo Steelmen
7:30 pm at the Hap. West Coast Senior Hockey Championship. The finals for this series are March 16-17 in Nanaimo. See story on Page 58.

A night of Folk & Fiddle
7 pm at the Wishing Well, 6251 Yew Street, Townsite. With Finley Rose, Kesu (From the Ghost) and Richard Garvey. \$15 to \$20 sliding scale.

Live theatre: Gibson & Sons
7 pm at Forest Bistro. \$25.

Festival of Performing Arts Grand Concert
Evergreen Theatre at 7 pm. Tickets from Academy, Peak, or at the door. See ad Page 22.

Medicine Story & Feast Night
4:30 pm to 9 pm, Lund. Sliding scale \$60 to \$75 (dinner included) Hosted by Trevor Mervyn (facilitator), Amber Friedman, Rob Southcott. See more at sacredgestures.com

80s Dance: a celebration of Lift's 40th anniversary
Doors at 7 pm, The Arc. See ad on Page 32.

qathet Film Festival Closing Party
6 pm, Patricia. Drag queen Connie Smudge will perform extravagantly before the film.

qathet Film Festival • Solo
7 pm Patricia Theatre. Preceded by Reviving the Roost.

10

Sunday

Daylight Savings Begins

Spring ahead one hour

Ramadan Begins
The Muslim holy month begins with dawn-to-sunset fasting.

Francophone Festival: Sugar Shack Brunch with maple taffy on snow

10 am to 12 pm at Club Bon Accueil. See ad on Page 39.

Vocal Workshop and Sound Bath Sunday with Joanna Finch and Ashley Sykes

1 pm Cran Hall. Sliding scale \$25-\$45. Dress comfortably, bring water bottle, journal, yoga mat, blanket, see our Facebook page for further details. To register for the workshop email at info@cranhall.org All welcome 16+ (but parents may use discretion).

Powell River Farmers' Market
12:30 to 2:30 pm, 4365 McLeod (Paradise Valley Exhibition Grounds). See ad on Page 51.

9

Saturday

qathet Film Festival • Fallen Leaves
1:30 pm Patricia Theatre. qathetfilm.ca

Francophone Festival
1 pm to 9 pm at Club Bon Accueil. Family friendly afternoon with musical performance in the evening. See ad on Page 39.

Seedy Saturday
10 am to 3 pm, Dwight Hall. "Seedy Saturday is an event that recognizes a need for gardeners, seed companies, nurseries, gardening organizations, and community groups to have a low-cost local venue where they can learn from one another, exchange ideas and seeds, and purchase local seeds and plants in a comfortable, social setting. It's not about making money, it's about making connections and promoting the growing of seed by the community. The audience is a wide range from first time gardeners to very experienced ones. Success is measured

11

Monday

Commonwealth Day
The second under King Charles III.

Spring registration opens at the Recreation Complex
See the new *Active Living Guide* at powellriverprc.ca, and see the ad above left.

14

Thursday

Swing Dancing
Intro 7:30 pm, Dance 8 pm. Forest Bistro. By donation.

PET PHOTO CONTEST



2024 Theme: Pets & Their People

Enter our Pet Photo Contest and you could win fantastic prizes from Mother Nature! Submit a photo of your pet - dog, cat, gerbil, horse, pet chicken or whatever - with their human buddy. Send the image, along with a brief description, to contest@prliving.ca. Deadline is April 12.

Winners will be published in the May "Pet Issue" edition of *qathet Living* magazine.

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YOU KNOW THESE SINGERS: Top, Ben Bouchard. Bottom left to right, Russell Story and Friends; The Beach Crashers; Kouskous.

qathet's Francophone Festival is all about music and food

Everyone is invited to come by Club Bon Accueil on March 9 and 10, for the 14th annual Francophone Festival (formerly the Salmon Festival). Most of the weekend is free. The

event celebrates the language and culture of francophones and francophiles, as well as creates an opportunity for the community to gather and socialize. Find it at 5110 Manson.

Saturday March 9

1pm | Opening of the festival grounds: free entry for all

1:15 pm | Opening ceremony: with VP Pascale Gibeau and song by the children from Garderie Côte du Soleil

1:30 pm | Ben Bouchard

2pm | Francophone storytime with Sonia Zagwyn from the Library

2:30 pm | Ben Bouchard

3pm | Workshop - Playing with the rhythms of French Canada: Join Gary Cohen and Amber Woods of world folk music duo Kouskous. If you can clap your hands, this workshop is for you.

4pm | Beachcrashers

5pm | Closure of the outdoor festival grounds

6:15 pm | Banquet Hall opens. Free admission for members and children 12 and under, \$10 for non-members - tickets at the door only, limited spaces

6:30 pm - 9pm | Music duo Kouskous with folk songs from the French-speaking world. Opening act with Ben Bouchard. Appetizers by Off the Vine Catering and a cash bar.

Sunday March 10

10am to Noon | Sugar Shack Brunch catered by Laughing Oyster. With Russell Story and friends playing French Canadian style fiddle tunes!

11am to 12:30 pm | Maple taffy on snow

MARCH EVENTS

15

Friday

Last day of school before Spring Break

Daycamps for the next two weeks at the Rec Complex. See ad on Page 50.

Comic camps at the Library. See ad on Page 12.

Movies: Kung Fu Panda 4 at the Pat March 22 to 28 with some matinees.

Foundry Youth Bowling Event

6 to 9 pm, Strikers. By Youth & Family. Bowling and refreshments free, drop-in. For youth ages 12 to 24. See more about Foundry at foundry.bc.ca, and see the ad on Page 37.

Deadline to submit your Chamber nomination form

See form on Page 35 of last month's issue, or go to powellriverchamber.com.

PR Kings vs. Cowichan Valley

7pm Hap Parker

Skookum Food Provisioners Annual General Meeting

6:30 pm. Community Resource Centre 4752 Joyce Ave. Zoom link available. Join us for potluck finger food, prizes and a mini seed exchange. Let's talk about food security!

Deadline: FCU Impact Donations

Apply online at firstcu.ca/our-difference/community-impact, contact 604-834-4238 during

business hours or email community@firstcu.ca for more information/assistance with an application.

Salsa Dancing

7pm Forest Bistro. No partner required. See also ad on Page 48.

John Burton Presents: Doug and the Slugs

7pm Library. Guitarist and co-founding member of Canadian pop music band Doug and the Slugs will share his amusing and nostalgic memoir and why 50,000 *Slug Fans Can't Be Wrong*.

Film • Dune Part II

7pm, The Patricia

16

Saturday

Townsite Crawl

Spring into Townsite 11am to 6pm, Townsite. Beer, artisan goods, food & more.

Urban Sketchers Meetup

2pm, location TBA. Email create@qa-w.ca to join.

Community Celebration for Kingfisher Books

2 to 4 pm, Cranberry Hall. Potluck. See story on Page 48.

Opening for Impermanence - an exhibition of drawing, sculpture and writing

4 to 7 pm, Crucible Gallery, Townsite Market. Originally from Columbia, now nestled in nature in Lund, Sandra Lopez offers her visual poetry of self reflection and the cosmos. Opening Saturday March 16. Wed-Sat 3-7pm through April 13. cruciblegallery.com

PR Kings vs. Cowichan Valley

5pm Hap Parker

Film • International Wing Chun Day Classic Martial Arts Film

Doors 12:30pm, The Patricia. By donation. \$15 Kung-fu noodles by The

Convenient Chef. Hosted by qathet Wing Chun Kung-Fu.

Film • Dune Part II

7pm, The Patricia

17

Sunday

St. Patrick's Day
Green things.

Farmers' Market

12:30 to 2:30 pm, 4365 McLeod (Paradise Valley Exhibition Grounds). See ad below.

Film • Dune Part II

1:30 pm and 7 pm, The Patricia

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MARCH EVENTS

18-21

Monday-Thursday

City of Powell River organics collection begins

In different neighbourhoods, each day, through Friday. See ad on inside back cover for more.

Film • Dune Part II

1:30 pm Matinees and 7 pm Nightly, The Patricia.

22

Friday

Laser Light Skate

7 to 9:30 pm, Rec Complex.

Salsa Dancing

7pm Forest Bistro. No partner required. See also ad on Page 48.

Kung Fu Panda 4

7pm nightly til March 28. Also watch for matinees at the Patricia.

23

Saturday

PRISMA tickets go on sale

See ad on Page 41 for more.

Latin Night: PR Brain Injury Association Fundraiser

6pm, Carlson Loft. Salsa lessons at 7 pm, dancing until midnight, food by Blue Agave. \$35. See ad on Page 57.

Film Event by Powell River Minor Baseball: The Sandlot

1:30 pm, The Patricia. \$5 film for the public, put on by the Powell River Minor Baseball Association. Free for players who have already registered. Or, register when you're at the movie! See ad on Page 59.

Powell River Farmers' Market

12:30 to 2:30 pm, 4365 McLeod (Paradise Valley Exhibition Grounds). See ad on Page 51.

Lang Bay Community Club Crib Tourney

9:30 am to 2:30 pm, Lang Bay Hall.

24

Sunday

Palm Sunday

11 am Services at Powell River United Church. See ad on Page 29.

10 am Eucharist at St. David & St. Paul Anglican. See ad on Page 28.

Purim

From the evening of March 23 until the evening of March 24. Jewish holiday commemorates Queen Esther saving the Jewish people from Haman.

Memorial of Jesus' Death

7:30 pm and 9 pm at the Kingdom Hall of Jehovah's Witnesses.

Lang Bay Community Club's AGM

2 pm, Lang Bay Hall. Everyone welcome. \$5 memberships will be available.

Powell River Farmers' Market

12:30 to 2:30 pm, 4365 McLeod (Paradise Valley Exhibition Grounds). See ad on Page 51.



TAIPEI TRAINED: Shifu Emily McKee teaches Wing Chun Kung Fu at the Rodmay Hotel. Learn more at the film, *Ip Man 1*, March 16.

27

Wednesday

What is Dementia?

1pm, Library. Allison Korte from the Alzheimer Society of BC will discuss different types of dementia and how dementia affects an individual's brain and behaviour. For info contact Mark at mmerlino@prpl.ca

Cran Hall Presents Daniel Champagne, again

7:30 pm, Cran Hall.

Coy Cup Tournament

At the Hap Parker. Two games a day. PR Regals play at 7:30 pm at The Hap. See story on Page 58.

28

Thursday

Maundy Thursday

7pm Assumption Westview. Confession following Mass. Adoration at Altar of Repose until 10 pm. See ad on Page 29.

7pm, Reformed Church. Also on Zoom. Email pre-reformedchurch@gmail.com for the link.

Kung Fu film *Ip Man 1* & Kung Fu noodles

The event: Join Shifu Emily McKee and the qathet Wing Chun Kung Fu group at the Patricia Theatre on Saturday, March 16th at 12:30 pm for a classic Wing Chun Kung-Fu film celebrating International Wing Chun Day.

Admission is by donation (no one turned away for lack of funds). Doors open at 12:30 pm for Kung-Fu noodles by The Convenient Chef (\$15), and *Ip Man 1*, the martial arts biopic masterpiece about the man who trained Bruce Lee, will begin at 1:30 pm. The film is rated PG and runs for 1hr. 46 min.

Wing Chun: Wing Chun means “singing spring” and is a concept-based martial art, a form of Southern Chinese kung fu, and a close-quarters self-defence system. It is a martial arts style focusing on close-quarters hand-to-hand combat, rapid-fire punches, and straightforward efficiency. Its philosophy emphasizes capturing and sticking to an opponent's centerline. This is accomplished using simultaneous attack and defence, tactile sensitivity, and an opponent's force against them.

Emily McKee and qathet Wing-Chun Kung Fu: Emily McKee has recently returned to qathet after living in

Taipei, Taiwan for more than 15 years, where she began studying Wing Chun Kung-fu in 2007 with Master Lo Man Kam (nephew of Grandmaster Ip Man) and Master Thierry Cuvillier.

She trained continuously for the next 11 years, and in 2018, she received her Level 1 teacher's certification and began teaching at the Thierry Cuvillier Wing Chun Academy in Taipei, until moving back to Lund in 2021.

Since then, she has also become a certified empowerment self-defence instructor through the National Women's Martial Arts Federation and was recently awarded her level 2 teaching certificate in Wing Chun at the Thierry Cuvillier Wing Chun Academy in Montpellier, France.

The qathet Wing Chun Kung Fu School runs adult classes on Tuesday and Thursday evenings and Saturday mornings in a space at the Rodmay Heritage Hotel (northwest corner suite facing the Mill entrance at the bottom of Ash St.)

Anyone is welcome to try a free class at any time!

Contact emily3mckee@gmail.com or find the qathet Wing Chun Kung Fu group on Facebook for more information.

- Caitlin Bryant



NOT THE SALSA YOU EAT: When Brain Injury Society executive director Debbie Dee travelled to Cuba 11 years ago, she met fellow musician Dorhguy Alonso. She and Dave Formosa have since sponsored him to come to Canada; he's cooking at The Shinglemill, and planning to bring his wife Jusnaily Cantillo and son Andrew Matosas as soon as possible. In the meantime, Dorhguy will be drumming with the Julia Avila Cuban Band at the Brain Injury Society salsa dance fundraiser March 23 at the Carlson Loft. "It's a 12 piece band, and it's absolutely fantastic," said Debbie. The event also celebrates Debbie's retirement, and raises funds for both the BIS education program and Friday Feasts.

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28

Thursday (cont)

Artist Trading Cards event

2 pm, Westview Bowling. Organized by qathet Art & Wares, this family-friendly art event is hosted by Harvey Chometsky. There are only 2 "rules": the cards must be 2.5"x3.5" (the same as modern hockey cards or baseball cards), and they are only to be traded, not sold. Make ahead or during the event.

Coy Cup Tournament

At the Hap Parker. Two games a day. PR Regals play at 7:30 pm at The Hap. See story on Page 58

Swing Dancing

Intro 7:30 pm, Dance 8 pm. Forest Bistro. By donation.

29

Friday

Good Friday

9 am to 10 am, Confessions at Assumption Westview

10:30 am Reformed Church. Send an email to prreformedchurch@gmail.com for the Zoom link.

11 am Stations of the Cross and Eucharist at St. David & St. Paul Anglican.

11 am Good Friday Services, Powell River United.

3 pm, Assumption. Solemn Liturgy of the Passion with confession following.

Coy Cup Tournament Semi-Finals

7:30 pm at the Hap Parker. See story on Page 58.

Salsa Dancing

7 pm Forest Bistro. No partner required.

30

Saturday

Holy Saturday

10 am, Living Water Four-square Church. See ad on Page 29.

11 am Powell River United Church

11 am til noon, Assumption. Confessions.

8:30 pm, Assumption, Easter Vigil.

Farmers' Market

12:30 to 2:30 pm, 4365 McLeod (Exhibition Grounds). See ad on Page 51.

Springtime Market

At Springtime Garden Centre. Local artisans, food, treats, coffee, children's station, beer garden and more. See ad on Page 49.

Easter Egg Hunt at Springtime Market

11:30 am. Sponsored by 460 Realty

Coy Cup Tournament championship game

7:30 pm at the Hap Parker. See story on Page 58.

31

Sunday

Easter Sunday

10 am Assumption

10 am Living Water Foursquare Church at the Evergreen Theatre

10 am Eucharist at St. David & St. Paul Anglican.

10:30 am Reformed Church. Email prreformedchurch@gmail.com for the Zoom link.

11 am, Powell River United Church

Noon Sacred Heart Tla'amin

Powell River Farmers' Market

12:30 to 2:30 pm, 4365 McLeod (Exhibition Grounds). See ad on Page 51.

Springtime Market

At Springtime Garden Centre. Local artisans, food, treats, coffee, children's station, beer garden and more. See ad on Page 49.

Easter Egg Hunt at Springtime Market

11:30 am. Sponsored by 460 Realty.

qathet Studio Tour 2024 registration deadline

Sign up to participate in the annual studio tour. qathetart.ca



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A PEEK AHEAD TO APRIL

April 2

Schools back in session after Spring Break

Easter Break was rolled into Spring Break this year.

April 5

Buwo Trio

7 pm Max Cameron.
See ad on Page 18.

April 11

DOA in concert

8 pm Carlson Loft.

April 11 to 14

Townsite Jazz Fest

Headliners include Canadian jazz all-stars Phil Dwyer, PJ Perry and Brad Turner, and the Cory Weeds Quartet featuring New York City organist/pianist Brian Charette. Tickets are available on Eventbrite. townsitejazz.com.

April 12

Deadline for qathet Living's Pet Photo Contest

Third annual event.
See ad on Page 50.

April 13 & 14

Family Constellations with Andrea Woodhouse

April 13th 1-4:30 (workshop)
April 14th timing TBD (1-on-1s)
Tickets & info parrawellness.com

April 15

qathet Museum AGM

Via Zoom. See ad on Page 55.

Arts, Culture and Heritage Grant – Spring intake deadline

Contact qathet Art Council if you need assistance in preparing for the April grant intake. Applications open from April 1 to 15 at 5 pm. Visit qathetart.ca for more information or email qathetart@gmail.com

April 19

Spring Cabaret Concert

7:30 pm, James Hall, \$30.

April 20

Chamber of Commerce Business Awards

See powellriverchamber.com.

April 21

Coastal Women in Business fundraiser for Grace House

4 to 6 pm, Carlson Club. Burger and Beer. See ad on Page 16.

qathet Concert Band presents Choral Echoes

2 pm, Evergreen Theatre, admission by donation. Directed by Steven Cramaro, with special guests, PR Academy Chamber Choir directed by Walter Martella, and Singing Outside the Shower Ensemble directed by Susan Lines and Theresa Hargrave.

Marc Atkinson Trio

7 pm Max Cameron, \$30.

April 27

Sadhana: An evening of Bharatanatyam (South Indian Dance)

7:30 pm, Evergreen. \$35. Tickets at the Rec Complex.



Thinking of joining Concert Band? See them in action

With many exciting events planned, qathet Concert Band is looking forward to a music filled 2024!

On March 1 we will participate in the Powell River Festival of the Performing Arts. We plan to wind up our performance with an adjudication and workshop which the audience is welcome to view.

For any of you considering joining our group, this is a great opportunity to see what we do and to also hear valuable coaching from a professional musician.

We are inviting musicians in the community to join our band. We are in need of French horn, trumpet, oboe, and bassoon players as well as other brass, wind and percussion players. We are gradually adding to our instrument lending library that enables a new member to rent an instrument when joining the band.

April 21 is our spring concert, "Choral Echoes", presented at Evergreen Theatre and directed by Ste-

ven Cramaro. We will share the stage with special guests PR Academy Chamber Choir directed by Walter Martella, and Singing Outside the Shower Ensemble directed by Susan Lines and Theresa Hargrave.

Music Monday on May 6 finds us in the midst of happy chaos at Max Cameron Theatre watching the school bands perform. We then take a turn on the stage ourselves. This is always fun with lots of applause!

June 2 wraps up the season with a combined performance featuring the Comox Concert Band and qathet Concert Band at Willingdon Beach. We performed with Comox band last June at Comox Marina Park, and can't wait to reciprocate by hosting them on our turf this year. This is an outdoor event for everyone and not to be missed!

For more information about our events and how to join the qathet Concert Band, please contact us qathetconcertband@gmail.com.

- Shelley Thomson

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Make the most of Townsite Jazz Fest

5 questions with Paul Cummings

Townsite Jazz Fest is coming up April 11 to 14, and tickets are already on sale. Director Paul Cummings is a skilled jazz musician himself, a trombonist and long-time music teacher at Brooks Secondary School.

Here, he offers insight and advice about delving ever deeper into this festival – and jazz itself.

Why did you start Townsite Jazz Festival? What was your goal?

Paul • I thought about starting a jazz festival for years. First of all, I love jazz. I've immersed myself in jazz as a student musician in the late 70's and 80's. Discovering a fabulous jazz ensemble in a small, intimate, jazz venue is the best. My first thought is usually that I wish my students could be there. That's a big reason why the Townsite Jazz Fest (TJF) has such a large student component. The Townsite is the perfect location as it has many great venues ranging from 65-400 seats, including Brooks Secondary and Dwight Hall. Hundreds of students and audience members now have access to great jazz in Powell River.

What's new this year?

Paul • Oh Boy! We have a new venue that we refer to as the Blue Room. It's a 100 seat, jazz-club-feel room in the basement of Dwight Hall. I love that space as it has a speakeasy feel with a great acoustic for live jazz. Also new to the TJF is our April 14 concert featuring the Ken Lister Trio at the Lasqueti Island Community Hall. What an adventure. The TJF recently set a goal to visit more regions of the qathet Regional District, and we're starting with Lasqueti Island.

For people who are new to Jazz, which concert should they be sure to go to, and why?

Paul • Mimosa (from Vancouver) is a must see for people new to jazz. They are a wonderful five-piece band (including vocals, flute, sax) that perform Jazz, Brazilian Sambas, French 60's pop and Cabaret music. Delightful!



BUSTING OUT OF TOWNSITE, JAZZ AROUND TOWN: Top, Paul Cummings with the Mazacote Latin Band. Left, Cummings at the Brooks Winter Night of Music in December, being introduced by Abigail Welp-Ellis. Right, Paul with trumpet player and music teacher Kevin Lee, from Surrey, at the Skaboom concert at the Carlson Loft in January.

For people who love jazz and want to be challenged, which concert should they go to, and why?

Paul • I recommend two concerts for anyone who wants to hear absolute world class music. I can't believe that we've pulled together three Canadian legends to share the stage in the Phil Dwyer/PJ Perry/Brad Turner Quintet at the Max Cameron Theatre on April 12. I would have been ecstatic to secure any one of these artists... but all three together? Unbelievable. The second concert is the Cory Weeds (sax) Quartet with NYC artist Brian Charette (Hammond Organ) at the Max on April 11. Cory is simply mesmerizing and he always surrounds himself with the best musicians!

What puts you in the right frame of mind for enjoying a concert? What tips do you have, as a musician, for concert-goers to get the most out of their experience at Townsite Jazz Fest?

Paul • I'm so lucky to be the Artistic Director of the TJF, as I get to choose all the ensembles I like. Hopefully people appreciate the diversity of the music from Louisiana Jazz (Duncan Symonds), new to the scene (Aaron Schweitzer), world class (Dwyer/Perry/Turner), Latin Jazz (Mimosa), 70's pop (Wunderbread) etc. My favorite thing to look for is how the musicians interact on stage. Little glances, smiles, musical ideas shared and developed... one doesn't need to be an expert to recognize that! 🎷

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— & Archives —
Membership can be bought on the museum's website.

604-485-2222
info@qathetmuseum.ca

Annual General Meeting Monday, April 15, 2024 via Zoom

A qathet Museum & Archives Society 2024 membership fee must be paid by March 30th to be permitted to vote.

A livestream will be made available to the general public.

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Watch a game – or *The Sandlot* – to remember your love for baseball

BY PIETA WOOLLEY

How to get locals excited about baseball again?

Two long-time players and coaches – newly at the helm of the Powell River Minor Baseball Association (PRMBA) – have two ideas they’re casting out into the community this spring.

Brenden Frehlich is the new president. Andrew Messner is newly vice-president. Both are long-time enthusiasts for the sport – as players, coaches and now recruiters.

First, on March 23, the PRMBA is inviting the community to see *The Sandlot* at The Patricia Theatre (see sidebar). It’s free for registered players, and just \$5 for everyone else. You can sign up to play while you’re there.

Brenden is a superfan of *The Sandlot*. “As a kid, I loved the movie,” he said.

“My kids love it. We’ve watched it 1,000 times. I believe it will get kids who are already in baseball pumped for the season. And kids who didn’t consider playing – maybe it’ll make them think, ‘Hey, I should play.’”

Second, Brenden and Andrew are hoping folks just come out to watch a game. Or, the whole season.

They recommend DA Evans Park, where the U13 team plays.

“That’s where they start playing real baseball, it has a real Little League feel to it,” said Andrew. “The park is so pretty and comfortable. It’s like a little postcard. A little gem. But you’ll see some good competitive baseball at Larry Gouthro, too. Catch play Mondays to Thursdays starting at 6 pm most days at both fields.”

The game itself is perennial, but behind the scenes, this has been an important year for revitalization. The board has seven new members, replacing some members who have been there for decades – long after their own kids stopped playing, including Danielle Quinney and Christa Petri. Bren-

THE SANDLOT SCREENING

When: March 23 at 1:30 pm

What: To promote Minor Baseball registration, the PRMBA is sponsoring this screening of the family baseball classic film *The Sandlot*.

Where: The Patricia. Registered players are free. Everyone else is \$5. You can sign up at the theatre to play ball.

den says he is extremely grateful to this group of volunteers, who kept the sport going when no one else stepped up.

When you love the game like Brenden and Andrew do, stepping up comes naturally.

Brenden, who works for the City’s parks department, grew up in Smithers, a town with a similar-sized population and number of kids from t-ball to U15.

“I loved it,” he recalls. “I still remember we had a little travel team. It was a blast. We really bonded together and I was sad when it ended. I played from Grade 2 til I was 16.”

His best year was with U13 – the same age as his own son, who plays ball and pitches like he did.

Andrew, who works for the City’s roads department, grew up in St. Adolph, Manitoba – and his father brought him along to watch his very competitive men’s slo-pitch team. He started with t-ball, but was playing hardball by 12. When his family moved to Port Coquitlam, he started playing very competitive hardball there.

“I have awesome memories,” said Andrew. “I played catcher and short stop. Mostly short stop. Now, I’ve never stopped – I’ve played my whole life: mixed slo-pitch and coaching.

“Now my focus, certainly, is on my kids, who are 11 and 8. They are starting to really get into baseball.”

✉ pieta@prliving.ca



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STEPPING UP: Above, your 2024 board left to right: Earl Almeida, Garrett Gentile, Brenden Frehlich, Andrew Messner, Alysha Messner, Naomi Salmond, Brandi Frehlich, Ryan Milne. Missing are Rachel Pukesh and Krystal Thompson. Below, the U13 team. *Photo above by Jenn Parkin. Other photos by Shane Stolz.*



Birdhouse Auction for Hospice

March 5 to 9 at the qathet Art Centre

Local artists have created many original designs. Stop by the Art Centre above the library to see the birdhouses and submit your silent auction bids. The event raises funds for the Serenity Garden at Hospice House, a stand-alone hospice facility.

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



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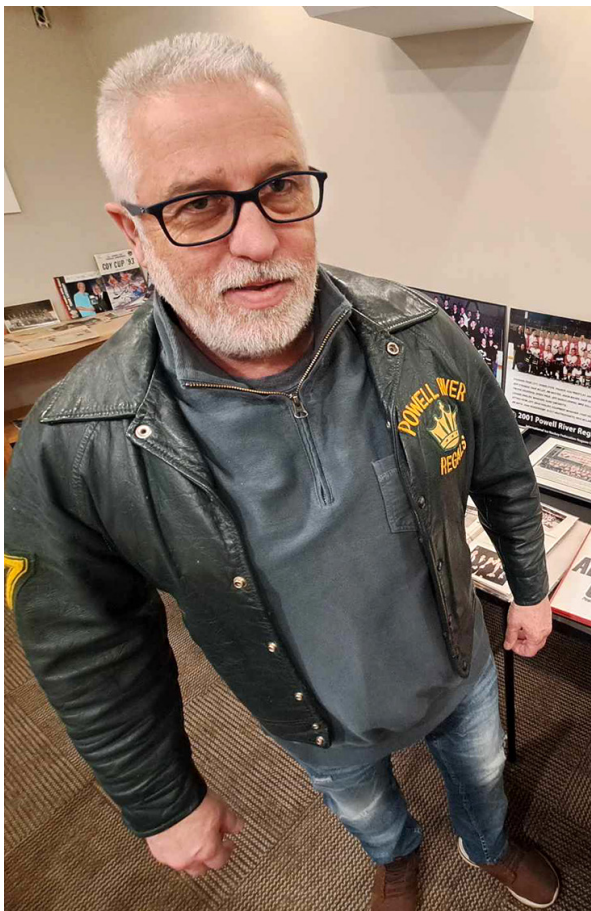
We also send a HUGE **THANK YOU** to all our donors who wish to remain anonymous.

And, another HUGE **THANK YOU** to our volunteers that helped throughout the year, prior to our distribution of Hampers and on Hamper Distribution Day.

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- Powell River Town Centre Mall
- Eunoia Fibre Studio
- Powell River Vintage Car Club
- Evolution Powell River Energy
- Faith Lutheran Church
- Rotary Club of Powell River
- Westview School ~ Miss Sauve's Class
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EMBRACING TRADITION: Above, Regals coach Tod English squeezes into his 1984 coat. Right, some of the memorabilia Tod has collected for the Regals museum, to be completed by 2025. Far right, the 2006 Allan Cup National winning team, at The Hap.

Who are the Regals?

This video was produced by the BC Hockey Hall of Fame for the 2017 induction of the 1996-97 Regals team. It gives a history of hockey in Powell River, from the building of the Willingdon Civic Arena in 1955, to when the Regals both hosted and won the 1997 Allan Cup (National).



It features interviews with locals Troy Butler, Joseph Barszczewski, Trent Kaese, Jeff Barszczewski, Jim Smith, Trevor Forsythe, and a speech by Tod English.

The 2024 Regals

Forwards:

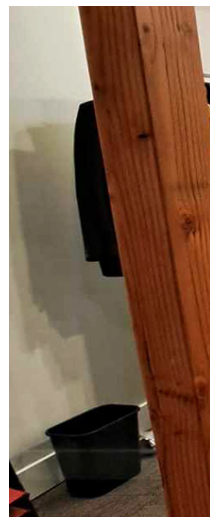
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Isaac Embree
Cohen Mastrodonato
Rick McLaren
Trevor Burnett
Brett Kinley
Jared Winkel
Mikey Marland
Angus Labree
Alex Jalbert

Defence:

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Bekkan Willis
Wyatt Trumbley
Gabe Shipley
Mike Behan
Kyle English
Brad Cimaglia
Matteo Porchetta
Brock Sawyer
Gavin Mastrodonato
Nic Peters (and goalie)

Goalies:

Ryan Fairgray
Laszlo Tamasik



Coy Cup

**Upcoming BC tourney
a time to cheer on
your local players,
and remember this
town's hockey history**

BY PIETA WOOLLEY

When Tod English wore his Regals coat shopping at The Brick this winter, another customer asked him, "What's The Regals?"

"I said, 'Are you kidding me?'" Tod recalled, in an interview at the Powell River Regals museum he's building off his Pacific Point complex. It turned out the other customer was a new arrival from Toronto. So his lack of knowledge was forgivable.

"But then, two or three people that week asked me about my coat. I thought, 'Holy smokes. We've got to get this brand back in front of people.'"

For anyone wondering about The Regals, March is the month to find out about "one of the most successful franchises in Canada," said Tod. The AA senior hockey team is hosting games 2 and 3 of the coastal McCallum Series here the weekend of March 8 & 9, against the Nanaimo Steelmen.

And then, from March 26 to 30, the Regals host the coveted provincial Coy Cup tournament at the Hap.

Tod co-coaches The Regals with a crew of Regals alumni. He is also gathering the team's 70-year history together – uniforms, news clippings, trophies, photographs, and stories, in advance of 2025.

Next year, celebrations are being planned as both the Regals and Powell River Minor Hockey celebrate 70 years. Tod hopes the community will help out by donating any memorabilia they may have lingering in boxes or closets.

Proud moments

- AA Coy Cup BC champions 1967, 1969, 1970, 1993 and 2010
- AA Hardy Cup Canadian Champions 1970
- AAA Savage Cup Champions (the top BC team at the Allan Cup) 1995 to 2003, 2005, 2006 and 2012
- BC/Alberta Champions 1997, 1998, 2000, 2006
- Western Candian Patton Cup Champions 1997, 1998, 2000, 2006
- Allan Cup Canadian Champions 1997, 2000, 2006
- Team Canada Nagano Japan Silver Medal 2001
- Team Canada Polese Cup (Belarus) 2007

For the Regals, there's a lot to celebrate – and you can see it all in action at the Coy Cup this month.

The team is overwhelmingly young men who were born and raised in Powell River. The Regals outstanding history of provincial, national and international wins (see sidebar, above) is a testament to the local hockey program, Tod explained.

And, there's an underdog component to The Regal's story.

Community rinks were built all over BC by the early days of the 20th century. But here in Powell River,



Do you have Regals Memorabilia?

On behalf of the Powell River Regal Hockey Society, Tod English is curating a Regals museum in his offices at Pacific Point. If you would like to donate uniforms, photographs, clippings, swag or anything else, please contact Tod at tod@englishgroup.ca

the first rink opened with the new arena, in 1955. That was the start of the “hockey system,” here, Tod said, noting that it takes a decade, at least, to develop players. But once Powell River had a critical mass of players, coaches, mentors, and supporters, everyone rose to their potential.

Tod started playing at six years old, in 1970. These were the golden years for sports in this town, he recalled.

“If you wanted to play, it just happened, whether you had money or not.”

The thriving minor hockey program fed the Regals excellent, passionate players. For example, the 1996-1997 Allan Cup-winning team that was inducted into the BC Hockey Hall of Fame featured 17 players born and raised in Powell River.

And, playing for the Regals team that represented Canada in Nagano, Japan were local tradesmen: electricians, loggers, and others – a testament to the power of amateur, lifelong sport.

When the team was in Japan, Tod recalls, they had just lost to Poland 5/4 in the final. NHLer Al Conroy,

THE 2023-2024 COY CUP

When: March 26 to 30

What: The Regals host BC's finals for AA senior hockey. The Coy Cup dates back to the 1922-1923 season. The Regals first won the cup in 1967. The last time was in 2010.

Where: At The Hap. Find tickets at Taws, The Peak and Royal LePage. Tournament passes are \$80.

who was playing with the Regals, said, “I’ve been playing pro for 12 years, and I cannot believe you guys are doing this for the love of the game. I forgot what hockey is about.”

And while the team has had ups and downs over its history, Tod believes the Regal program is on an upswing again, due to good home-grown talent.

The Regals are proud to be the sponsor for the First Shift program, which provides free or very low-cost ice time and coaching for new, young players.

At press time, Penticton and Powell River are confirmed participants, but the two other teams playing in the Coy Cup were still undecided. BC has 18 teams in the running. The successful will compete over four days, with the final on Saturday, March 30.

Tod is grateful to the community for supporting this tournament – which is funded entirely by the hosts, and depends on numerous volunteers. He also has high hopes for the men he coaches.

“I am really excited about this year’s group,” he said. “They have embraced Regals’ history and tradition.”

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TAKE A BREAK

Cultivating Our Intuition: Part 1

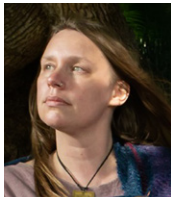
Our intuitive skills increase when we mindfully engage our senses, discover our strongest means of perception, learn how to interpret our personal intuitive signals, and establish a reliable, workable, and supportive relationship with them.

While clear-knowing, or clair-cognizance, may involve mystical aspects such as divine revelation or talents of Sight, it also relies on us noticing subtle information and overt patterns in our day-to-day ordinary lives.

Unfortunately, many of us weren't shown how to mindfully develop our natural awareness or how to regard it, let alone how to reasonably incorporate it into our lives.

With many aspects of life drawing us away from feeling present in our body, engaging our senses of perception is also a way to inhabit ourselves more fully, while adding an additional layer of meaning to our days.

Some of the fun part is discovering our natural ways of experiencing our intuition. You might now already, especially if you have a personal practice established like knowing whenever you find a heart shaped rock that your mother is thinking of you, or a coin always shows up right when you are most hoping for a sign of support. Somehow, you knew what it meant. If holding an inquiry in mind, some of us might have medicinal dreams, others might suddenly feel an emotion as the message, smell something



RETURN TO REVERENCE

JULIETTE JARVIS

new in the hair, hear a relevant sound and at some point, make sense of it. It might be a buzz in our big toe when a significant life change is happening and a flash vision of who is texting you before you check.

This is Part One of a short series encouraging different ways of cultivating, understanding, and utilizing our intuition, and we can start, if you'd like, by lightly contemplating the Oracle card pictured here and noticing what happens for us.

What was the first thing you thought of?

How did your belly feel?

Does this card feel easeful and secure?

Or tightly bound?

Perhaps you have associations already with tying boats or collecting mussel shells. Check-in with your

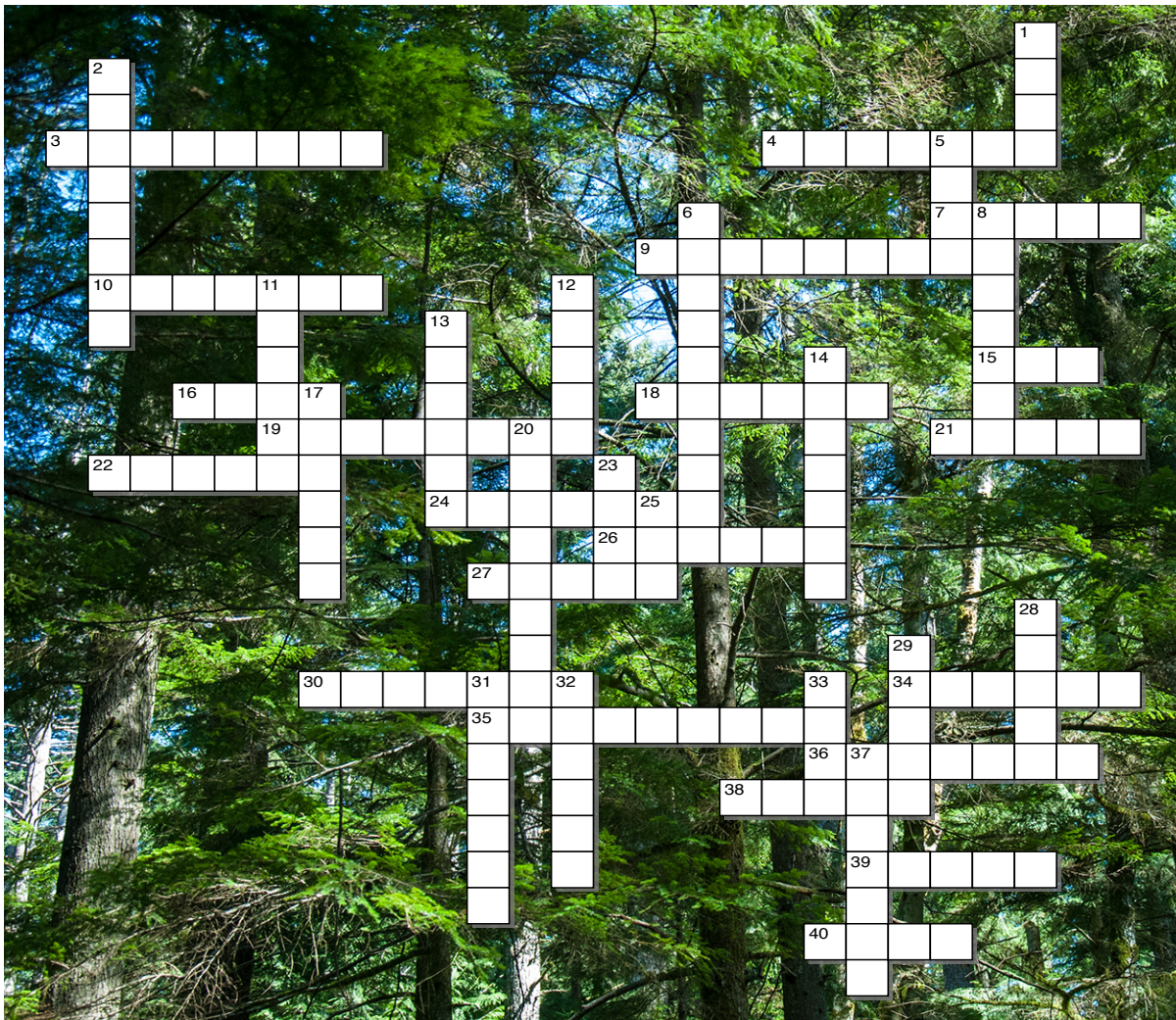
whole body and see what's happening. Any emotions and imaginings too.

How was that experience of trying it out? Were you quick to dismiss your impressions? Did nothing happen or was it easy? Any stress about "getting it right"?

Maybe you scoffed with "That's not for me?" We can learn a lot about our relationship to our intuition by looking in this way, and sometimes our personal process itself holds the message.

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

TAKE A BREAK



Across

- 3) Jamboree
- 4) Music event
- 7) Not little, or Home ____
- 9) Nesting place
- 10) Not when we said it was
- 15) Government levy
- 16) Hoop smash
- 18) Senior clergy, tilesetter
- 19) Kitchen art
- 21) CF's first grant, or follow footprints
- 22) Grow your own
- 24) End of life comfort
- 26) Can't see it for the trees
- 27) Like it's 1999
- 30) Franken
- 34) Old style phone
- 35) Stream bank
- 36) Canuck Cliff
- 38) Not sink
- 39) Wet and dirty
- 40) To add pizzazz

Down

- 1) Period of grief, or loaned
- 2) Regal's nanaimo foes
- 5) Easter decorations
- 6) Well-read bird
- 8) House hunter helper™
- 11) Former music royalty
- 12) Baby dog
- 13) Not breakfast, not lunch
- 14) Get to work
- 17) Everybody was fighting (2 words)
- 20) Environmentalist Martin
- 23) Pick up, or elevate
- 25) Shy Cup, not fish
- 28) Body's computer
- 29) Actor, reef, or funding
- 31) New(s) anchor
- 32) Money back
- 33) Super-powered do-gooder
- 37) Hot breakfast

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

To feel hope, lean on your people



LAST
WORD

ISABELLE SOUTHCOTT



Hope is a wonderful thing. It keeps us going through our darkest days and I can honestly tell you, I have never prayed so much as I have in the last couple of weeks.

- Isabelle Southcott

HANDLE WITH CARE: qL publisher Isabelle Southcott after a 2 am feeding with her three-week-old Nova Scotia Duck Tolling retriever puppy, Robert Munsch, or "Munchkin."

Caring for a new life is a privilege and responsibility. When things go wrong, you feel utterly helpless.

Right now I am busy raising my second litter of puppies. My first litter was easy, but this time I have a sick puppy.

My little Munchkin is a fighter though and I'm hopeful for him. We've been through so much already. As I write this he is doing a bit better but as anyone who has raised puppies or kittens knows, the lives of young animals are fragile.

This sweet little Nova Scotia Duck Tolling Retriever puppy lost eight ounces at three weeks old, when he got sick and refused to nurse. The good folks at Westview Animal Hospital – Doc Barnes Senior and Junior, Dr. Fields, Jody, and the rest of the team, have taken such good care of this little guy and everyone he's met is rooting for him.

Despite his struggles, I have hope.

Hope is a wonderful thing. It keeps us going through our darkest days and I can honestly tell you, I have never prayed so much as I have in the last couple of weeks.

My grandmother used to say that without hope, we have nothing. She wrote these words in the journal she

kept during the Second World War, when she was a prisoner of war at Changi Jail in Singapore. My Grandmother was a headmistress. She also read palms and tea leaves. During the long days of internment, she read the palms of women in jail with her. She said she knew some of them would not make it out alive, but she would never tell them that.

When they asked what she saw, she spoke of the future, the future that included them in it.

This is the future that I hold onto now. The future that includes a happy and healthy little Munchkin.

A sick child or animal needs extra attention and care, and you can't do it alone. You need a community to help.

Many of us have trouble asking for help; we think this it's a sign of weakness or failure, but that's not true. Asking for help is a sign of strength. It's a sign that you are doing everything in your power by extending your network.

Munchkin has had several emergency visits to the vets and was tube-fed every three hours around the clock. He dropped eight ounces after ingesting a chunk of dog hair and it upset his system. He was put on anti-diarrhea

medication and antibiotics before two weeks of age. My good friend Tayler Dixon put her life on hold and moved in with me to nurse this sick puppy. I could not have done this without her or the rest of my community.

Brooke Oxley and her partner looked after my young dog. Dwain Davis has been my rock, as always, doing whatever needs to be done and keeping me from falling apart.

Jamie Klein, a reproductive veterinary technologist, and the health chair of the Nova Scotia Duck Tolling Retriever Club of Canada has been there to help at all hours.

The team at *qathet Living* have put out this issue of the magazine with little help from me, and I thank them for doing so.

Many others have reached out and asked what they can do. At this point, I ask them to pray.

As I cling onto hope, I think about Easter and its message of hope and new life. As long as there is hope, anything is possible.

I have cried, I have prayed. Our community has done everything humanly possible to help this little puppy who has struggled so much to survive.

Now it is up to God. 🐾

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WASTE
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ORGANICS COLLECTION IN POWELL RIVER

MARCH 2024

Wait For It...

FIRST ORGANICS
COLLECTION DATES*

- Route B - March 18
- Route C - March 19
- Route D - March 20
- Route E - March 21
- Route A - March 22

*barring unforeseen circumstances

Need a **reminder** for your personal collection dates?

Wish you knew about **disruptions** to the collection schedule?

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COMPOSTING WITH CARE....

Compost will not be a wildlife attractant if it is maintained correctly and managed responsibly. The waste we collect is not changing, but the way we separate it is! Weekly food waste collection helps to keep the waste from sitting too long, but you can also continue to use recycling depots to get rid of your waste more frequently if you would like to!



WILDSAFE BC SUGGESTS:

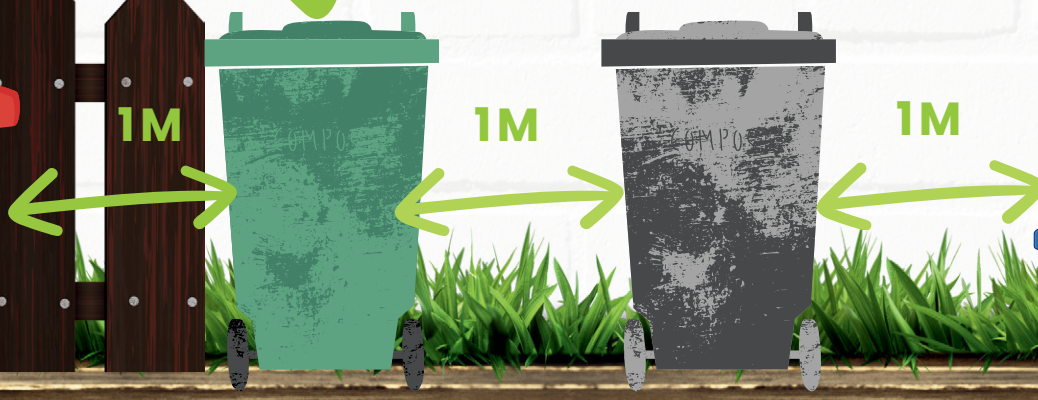
- freeze food waste materials and anything smelly until the morning of collection
- keep carts clean and odour free
- keep bins indoors or safely secured somewhere out of access from bears when it's not collection day
- put materials in the cart & out for pick-up the morning of collection day
- layer wet and dry materials to soak up any liquids



If you see a bear/wildlife accessing garbage report it to the Conservation Officer Service RAPP line so that the WildSafeBC coordinator knows which areas are most important to target for education/outreach.

CART PLACEMENT CHECKLIST

- cart out between **5:30am-7:30am** on your collection day
- arrows to the road
- lid closed
- 1 metre apart, or more
- 3 metre space above, or more



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