

APRIL 2024

# qathet LIVING



## THE GREEN ISSUE

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- April 13 - Powell River** Recreation Complex, 10 am - 12 pm
- April 14 - Texada Island** Texada Community Hall, Workshop will be combined with Community Preparedness Fair, 11 am - 3 pm
- April 17 - Powell River** Recreation Complex, 6 pm - 8 pm
- April 27 - South of Town** Kelly Creek Community School, 10 am - 1 pm
- April 28 - Lund and Area** Northside Recreation Centre, 10 am - 1 pm

#### REGISTRATION REQUIRED

For Powell River Workshops: register online at [powellriverprc.ca](http://powellriverprc.ca), or phone 604-485-2891, or stop by the Recreation Complex in person.

For all other area Workshops: contact the qRD Evacuation Planning Assistant at [epa.qrd@gmail.com](mailto:epa.qrd@gmail.com) or call 250-267-8621.

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**ON THE COVER:**

Powell River Community Forest voluntary board president Greg Hemphill with his Blue Heeler, Bandit. Photo by Anji Smith. Find her on Instagram - Anji Smith fotos (nature + underwater) + Anji Smith Photography (people)



# Paying Attention

I really loved the film *Lady Bird*, about a teen on the eve of graduation, in Catholic school, rebelling against absolutely everything. She claims to loathe her hometown, Sacramento, California. But her teacher, Sister Sarah Joan, reads *Lady Bird*'s essay about Sacramento, and sees love.

"I was just describing it... I guess I just pay attention," says *Lady Bird*.

"Don't you think maybe they are the same thing? Love and attention?" Sister Sarah Joan shoots back.

I thought about this scene in *Lady Bird* a lot this month, as the magazine came together. In 'Trees and their People' (Page 6), the four humans took the assignment very seriously: to describe their favourite tree. All four of them pay close attention to the forest, from

different perspectives and for different reasons. The feature sets up the 'Green Issue' well: to protect the planet, we have to know it. To know it is to pay attention. To pay attention is to love it.

When she unhooked from the water supply this winter, Juliette Jarvis found herself paying much more attention to rain (Page 10). Living off-grid, Sandy Dunlop pays attention to

sunlight, energy use, rain, and much more, in a way she never had to when water and electricity and heat were automatic (Page 23). Fry-Day (Page 17) is a chance for us all to get close up to salmon and a stream, and pay attention to these tiny lives that depend on clean water.

I hope your Earth Month is filled with attention and love. 🌱



## EDITOR'S MESSAGE

PIETA WOOLLEY

# qathet LIVING

Volume 19, Number 4  
ISSN 2817-1667 (Print)  
ISSN 2817-1675 (Online)

7053E Glacier Street, Powell River, BC V8A 5J7  
Tel 604-485-0003

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Complete issues and back issues are available online for free at: [qathetliving.ca](http://qathetliving.ca)

qathet Living  
is 100% locally owned and operated by  
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We acknowledge  
the financial support of the  
Government of Canada



**qathet Living is a proud member of:**

- The Magazine Association of BC
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- Tourism Powell River
- Coastal Women in Business



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# qL

“

If I knock on the sidewall of the 2,500 gallon tank, I can listen for some of those answers. The pitch will change much like finding a stud behind drywall.

- Juliette Jarvis, **Page 10.**

”

## APRIL'S CONTRIBUTORS



**JERRY ESKES** moved from the Comox Valley in 2012 to spend his retirement years in a quiet friendly community. Speaking up on issues has always been his affliction in life. *See Jerry's story, Haslam Lake, on Page 18.*



**JULIETTE JARVIS** Juliette Jarvis writes *qathet Living's* Return to Reverence column, and has recently published a book: *Soul Food for Starving Times*. *See Juliette's story, Wild Water, on Page 10.*



**BILL LYTLE-MCGHEE** is a retired teacher with a Masters' Degree in Special Education. While teaching, he has referred to the "greenhouse effect", then "global warming", then "climate change". *Bill shares the results of qCA's survey on Page 15.*



**LISA MOFFATT** is founder of Resilience Planning, a qathet-based consulting firm, working with communities on housing and climate action issues. *See Lisa's story, Financial Support for Renters, on Page 27.*



**ANJI SMITH** fell in love with photography as a kid and never looked back. Now, she mixes art and storytelling in every shot. Living in a stunning place, she soaks up the beauty and dives into her passion. *See Anji's images on the cover and Page 8.*



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Through this life,  
and at the end, we all  
find ourselves  
in solace, resting  
among the trees.

*- Ryan Barfoot*

---





# Trees and their people

We asked Ryan Barfoot, Lesley Pihl, Greg Hemphill, and Sandy McCormick about their favourite trees.

It sounds like a simple question, but so much is contained in our relationship with the forest around us. Our commitment to “green” starts here.

What’s your favourite tree? And why?

## **Ryan Barfoot • Shore Pine**

qathet School District’s Outdoor & Ecological Learning Coordinator  
Board Member, Outdoor Council of Canada and The Environmental Educators  
PSA. Founding member of Classrooms to Communities BC.

**E**cologists advocate for allowing trees to naturally decay, as they continue to nourish the ecosystem long after they’ve ceased to live.

This weathered shore pine, with its rugged appearance, likely conceals a far greater age than meets the eye, owing to its exposed habitat. To me, this tree embodies a sense of majestic guardianship, presiding over a cherished landscape.

It has graciously offered a resting place for myself, my family, and friends, both human and non-human, throughout the years. Countless num-

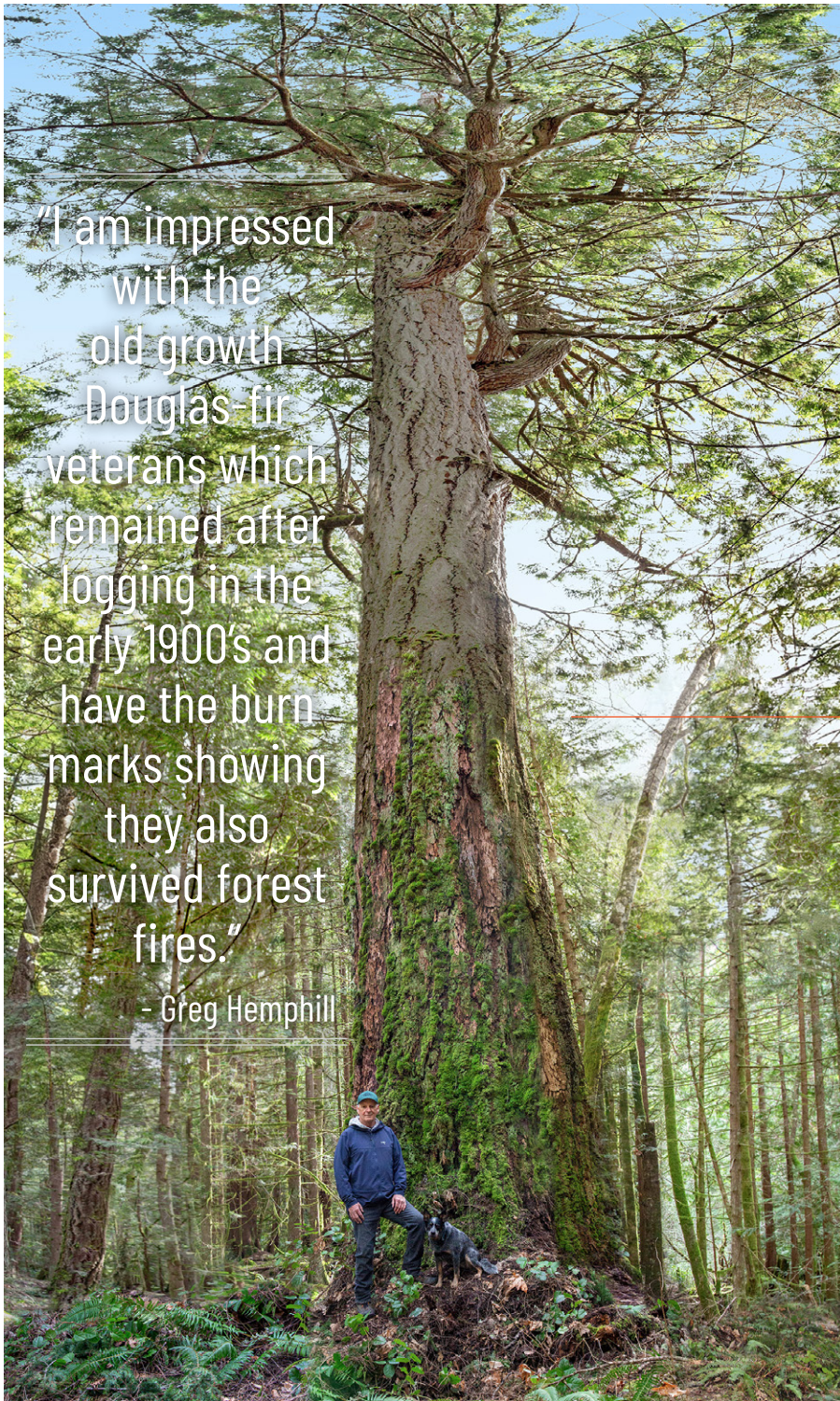
bers of my students have been welcomed beneath its branches, where they can contemplate the sacred map of nature it oversees.

Here, amid moments of recreation and quiet contemplation, connections are forged.

It was beneath the watchful gaze of this pine that we bid farewell to our beloved friend, Colin, who found solace and companionship in this very place. Through this life, and at the end, we all find ourselves in solace, resting among the trees.

## *The Green Issue*

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"I am impressed with the old growth Douglas-fir veterans which remained after logging in the early 1900's and have the burn marks showing they also survived forest fires."

- Greg Hemphill

## Lesley Pihl • Western Red Cedar

Director, Malaspina Land Conservancy Society. Facilitator of pollinator patches for bees. Author, *Faerie Takes a Tumble*. Grandma. Health advocate.

It's a difficult decision to pick my favourite tree. I love all trees!

The one that made the greatest impression on me was a giant tree in Eden Grove, near Fairy Creek. There were many people protesting the logging of old growth and some of the group took us into Eden Grove where they had made walkways to protect the ecological balance.

The experience was like nothing I have ever felt; it was like being in a

sacred church and we were. We stayed there as long as we could to bask in the feeling of being amongst these elders and then Tracy dug up a tiny seedling so we could plant its incredible genetics in the garden.

My second favorite tree is my willow I planted 20 years ago. It is the centre point of my back yard where we sit with a drink and have guest practitioners and musicians.

## Greg Hemphill & Bandit • Douglas-fir

President, Powell River Community Forest voluntary board of directors.

Former Ministry of Forests Sunshine Coast district manager. Helped establish the PR, Tla'amin, Cortes, Klahoose, and Sechelt Community Forests.

My early forestry years were spent working on the west coast of Vancouver Island, on forestry crew then on ranger staff.

I was definitely spoiled being in forest areas with the biggest trees (Western Red Cedar) and tallest trees (Sitka Spruce) in Canada.

While the Sunshine Coast forest district has impressive untouched forests in the backcountry, areas like the mainland inlet valleys are not accessible for most folks.

Closer to home, I am impressed with the old growth Douglas-fir veterans

which remained after logging in the early 1900's and have the burn marks showing they also survived forest fires.

If you are looking for some very large scattered Douglas-fir vets, check out the Atrevida loop part of the Sunshine Coast Trail. The trail head for the loop is easy to find; it starts on the right hand side of the Sunshine Coast highway, just before the Atrevida road turnoff.

The entire loop is only 4.3 kilometers of trail through beautiful mature second growth forest. Two hours should be more than enough time.

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"It was like being in a sacred church."

- Lesley Pihl

**Sandy McCormick • Douglas-fir**

Shelter Point Regional District Area D director (Texada Island).  
Former chair, Texada Recreation Commission.

**W**hen it comes to beautiful trees, Texada Island has lots to choose from.

My favourite is a majestic coast Douglas-fir, found 10 metres off the Beach Loop Trail within earshot of the waves in Shelter Point Regional Park. Known affectionately as the "candelabra tree," it's well over 500 years in age and is one of the oldest in the park.

I love this tree because it stands tall and stately, a proud survivor in spite

of the damage it would have suffered in its sapling days to split its trunk in three creating the candelabra shape. Its strength and resilience symbolize the resilience and independence of Texada Island and its people.

Born about the time of Columbus's voyage to the new world, this amazing evergreen conifer stands the test of time and continues to inspire for generations to come. 🌲



"[The candelabra trees] strength and resilience symbolizes the resilience and independence of Texada Island and its people."

- Sandy McCormick

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## Our Lady of the Blessed Rains: An Initiation into Collecting

# Wild water

BY JULIETTE JARVIS

Two days of light rain =  
about 1,000 litres collected  
from our tin roof.

The end of last year brought circumstances encouraging me to take on the daunting task of converting our home to become fully self reliant on a rain-water collection system. The parts cost about \$6,000. I'll save that much on water bills over the next two years.

Thankfully, the conditions here are absolutely ripe for this sort of semi off-grid living. We have a roof perfect for collecting and despite changing weather patterns, we still live in an area where "liquid sunshine" is a real term with precipitation enough to earn the endearing moniker "Wet Coast" (see sidebar, next page).

Rain is our bathing, cleaning, toilet, and laundry water. We get our drinking, cooking, and toothbrushing potable water from town and are working on converting to waterless composting toilets.

Since installing the tanks and cisterns, I've been learning heaps about plumbing systems, algae, pressure, and weight.

How much does a flush use again?

How much does a soup-making week affect our potable resources?

How long is too long of a shower?

If I knock on the sidewall of the 2,500 gallon tank, I can listen for some of those answers. The pitch will change much like finding a stud behind drywall.

Within the qathet region, ease of access to fresh, clean water tends to either come easily without much thought, at great effort and expense, or is an endeavour requiring ingenuity.

Myself, I began with the former ease and now sit firmly in the creativity of the latter.

### In touch with rain & self

Becoming a water collector, however, is also initiating me into something much bigger.

I began thinking of water volume in terms of time. One thousand litres, two days of light rain.

The soundscape around the cottage has new percussive rhythms and dripping dropping notes. Bowls and tubs and containers are strategically placed about wherever one might want to dip a cloth or rinse fingers – beside the compost, next to the outdoor shower, in the garden, on the dye studio steps, under downspouts.

Spring-like drizzly days are just perfect for a bit of washing up outside while checking cistern water levels and fitted seals and catchment alignment.

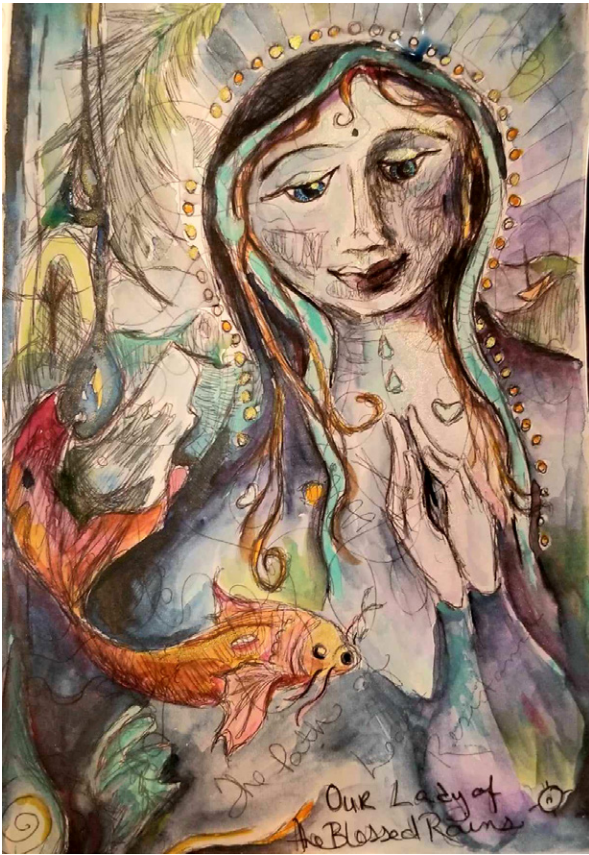
All sorts of half-thought, half-felt, notions are surfacing in my awareness, amalgamating practical mundane water systems with the stuff of spirit and soul.

How time spent collected in vessel, chalice, sacred cup, heart, tote, cistern, pipe, even our own body, is only temporary. Of intake and outpour, both of water and emotion.

For me, becoming a wild water saver has begun another layer of conversation with the spirits of this place in which I live.

It affects the land shape, our human habits, what will grow here, the pace of this or that, doing or waiting, perception and prediction, of creative and intentional works, forces of nature and human capacity.

Our cottage has long allowed for an



**This has been a wet winter.  
What will spring bring?**

	PRECIPITATION		Was this month drier than average?
	Total 2023/2024	30-year mean 1981-2010	
October	136.2mm	117.7mm	No
November	110.9mm	158.3mm	Yes
December	191.2mm	138.7mm	No
January	229.1mm	138.1mm	No
February	78.5mm	93.1mm	Yes
Total Winter Oct-Feb	745.9mm	645.9mm	This winter was wetter than 1981-2010.

Data from Environment and Climate Change Canada

intimate connection to the weather, even while we are tucked up cozy inside, and honestly, it's my favourite way to live.

If it's windy, you can hear it in the trees overhead, and depending on where you're sitting, maybe even feel it whistling in from under the door, too. When the morning sun first hits and warms the day, part of the house audibly shifts and settles. Rumbling thunder can be felt from my spot on the sofa, while torrential downpours are loud enough to require shouting over.

Since depending on the water naturally available to us for non-potable uses, tracking the volume of



**RAINDROPS KEEP FALLING:** In Lang Bay, Juliette Jarvis unhooked from the private water system and installed tanks (above) and cisterns (right). The artist painted "Our Lady of the Blessed Rains," a recognition that paying attention to water is also a spiritual practice.

rainfall has shifted from a "nice thing to notice" to gauging when it's best to do a few loads of laundry.

Sure I could set up a pluviometer to measure in millimetres and math out volumes, and perhaps I may, but my first instinct is to lean into linguistic relativity and allow my creature-self to relate in a more experiential way.

This an excellent opportunity to not only listen, sense, and feel how much water is available, but to learn an ancestral language from my heritage through calendar note keeping.

**What water is**

The Sapir-Whorf Hypothesis speaks to how our worldview shifts depending on the languages we speak, and there are 100 Scottish Gaelic words waiting for me, through which to know rain more closely. Instead of book learning, I'm living the nuances between a *smirr* and a real *pish-oot*.

Most of us sense that water is a vital, if not sacred, life force. Our very existence depends on it for survival and so often it's an element of personification in stories, spirituality, and common speech.

Living here on the wet coast, where it is ever pres-



ent, we can't help but be in a somewhat deeper relationship with her and all her moods, even if we aren't consciously cultivating this awareness. Aside from the constant companionship of the Sea and the livelihood, nourishment, beauty, and devastation that she brings, there are also the effects of living in a temperate rain forest with its high humidity, mildew blooming moisture, and super lush fauna, flora, and fungal growth, not to mention the, at times, "biblical proportions" of rainfall across 40+ days.

In many traditional beliefs, water is considered as holy, the realm of gods, even a deity unto itself, with the ability to bless, cleanse and purify our spirit, as a means of sacred anointment, or to wash us with the medicine of forgiveness.

It is said to contain the imprint of what it has been exposed to, that it can be charged and programmed with intention, and that these affects can be witnessed through changes in its molecular structure and measured in pH levels.

## Water as teacher

Watching water move, how it meets its edges and tests its boundaries before releasing itself to the path of least resistance is showing me how to find new paths to take in my own life. No matter the pace or strength of force, water takes its shape from the environment in which it is, and once it outgrows that space, it finds where to expand.

My personal life has shifted during this same transition time in ways that invite me to follow suit and find my own flow through each day, calling me to feel out my own boundaries and

"Living here on the 'wet coast' where [rain] is ever present, we can't help but be in a somewhat deeper relationship with her and all her moods."

- Juliette Jarvis

choose to also move along a path of least resistance. To similarly check where I might be inadvertently pouring myself out energetically, perhaps by over-giving my vitality and personal resources to tasks, people, or worries. Where my emotional leaks might be. What's draining me. How I fill myself back up.

At the time of this writing, we are in our first pipe-freezing cold snap of the year, which, for many of us, is causing havoc on our systems and routines.

It's inviting me to also consider where in life I too might be stuck stiff or freeze-busting out sideways in places where I feel too confined.

## Water as metaphor

The thing is, we can only hope to divert, collect, and hold water for a little time. We either use it and shift it onto the next place that we hope it will



**ALWAYS ON HAND:** Outside Juliette Jarvis' Lang Bay home are myriad water collection devices, including this hand-cleaning sink.

go, or it moves under its own forces through evaporation, leakage, corrosion, the frozen push of expansion, or erosion. Much like our own energy and emotion is want to do.

So in this aftermath of water system conversion that saw me leaning heavily on support from my community, meeting strangers in industrial parking

lots to buy totes with cash, removing my own downspouts, making the renegade choice to disconnect from our neighbourhood waterworks, and to rely instead on nature and ingenuity, I'll be collecting myself, letting my nervous system settle into a pool of calm before pouring out any more energy into the next ventures ahead. **PL**

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## GREEN BRIEFS

### Seedlings give-away

This is our fifth year offering fir and cedar seedlings sponsored by Malaspina Land Conservancy Society. This year we have another 2,060 seedlings to plant on private property to assist with climate change and to beautify our community.

Trees are our superpower, they sequester carbon with the added bonus that they release oxygen for our breathing. They keep temperatures lower during hot weather and droughts, filter pollutants from the air, mitigate flooding and absorb excess water into the ground, house birds and animals, and create shade for young salmon and those spawning. Trees are a vital keystone in a delicate ecosystem.

With this year's total, 10,000 trees will have been planted in this community. Time to celebrate!

In April, we'll be delivering seedlings to those who have requested them with a donation to MLCS at malaspinalandinfo@gmail.com or cash on delivery. For more information, contact Lesley Pihl on Facebook messenger. We will pick up the trees on April 5.

~ Lesley Pihl



**PLANTING THE SEEDS:** The Malaspina Land Conservancy (board pictured here) is giving away more than 2,000 seedlings this spring, bringing the total planted to 10,000 over five years.

### Two Block Diet workshop

This free workshop is for you if you'd like to bring people in your neighbourhood together.

It is April 11, 6:30 pm. Register at [simpli.events/e/TwoBlockDiet](https://simpli.events/e/TwoBlockDiet)

No knowledge of gardening is required to join the Two-Block Diet.

All that's needed is a willingness to invite others into an experiment: How can we help each other grow more

food?

Why? For you, it might be because you know homegrown vegetables and fruits taste unbelievably delicious.

Or because growing food allows your money to go to other things.

Or because increasing local food security is crucial for our resilience in the face of climate change.

Whatever your reason(s), the odds are great that there are others in your immediate neighbourhood who want

to grow more food and to be more connected.

And odds are also great that something akin to magic will happen when you (or you and a buddy!) take the risk of inviting neighbours to explore what wants to happen, food wise, in your 'hood.

This workshop will share stories from the first Two Block Diet group founded in 2009 and all the wonderful benefits from how things unfolded. We'll explore how to invite people, the power of work parties, and helpful guiding principles for unleashing wonderful things with near neighbours.

And we'll explore simple ways to help groups work together well.

The intention is that we also create systems of mutual support for those who'd like that—a cohort of people who can share learnings and be buddies for each other.

Celebrate Earth Month by joining this free workshop, presented in collaboration with Skookum.

The first Two Block Diet group included everyone from master gardeners to newbies to babies.

~ Kate Sutherland

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# Two local 'green' stats sets to make you go 'hmmm.'

BY PIETA WOOLLEY

Fewer babies: is that good news for the planet?

If you're willing to be cold and calculating, it absolutely is. For every baby that isn't born, especially here in the polluting global North, that's a savings of untold cars built and running, vacations taken, meat eaten, and garbage produced.

Here in qathet, *not* having babies is arguably our greatest contribution to the climate crisis. Over the last 15 years, the number of babies born each year has declined, overall (see chart, right). In fact, with a total birth rate of 1.2 babies per woman, we

are among the lowest-reproducing regions in the world. The "replacement rate" is 2.1 live births per woman. If everyone had babies like us, the population would be in free-fall.

In fact, since 2008, there have been just two years with more than 150 babies born to qathet moms: 2013 and 2017.

**Among those of us who already exist**, our electric vehicle use seems way up, too. Another planetary-plus.

The City of Powell River owns 14 charging stations (see chart, right) – two at each of seven locations. Each public station charges \$2 per hour. According to the City, that revenue is enough to cover the costs of the energy

## Baby bust

Year	Babies born to qathet moms
2023	119
2022	133
2021	132
2020	111
2019	131
2018	142
2017	154
2016	136
2015	115
2014	142
2013	151
2012	139
2011	139
2010	148
2009	149
2008	142

## City-owned electric vehicle charging stations Kilowatt hours used, 2018 to 2023

Station:	2018	2019	2020	2021	2022	2023
City Hall	1,228	5,062	2,396	1,620	2,561	2,969
qathet Museum			278	546	1,143	1,259
Library	1,436	6,361	1,651	1,163	1,693	1,886
Works Yard			66	1,482	1,637	6,345
Rec Complex		3,102	1,651	1,973	2,164	3,851
Townsite Market					1,565	1,814
Harbour	3,747	6,094	2,051	1,193	2,122	1,971
<b>Total annual KWH used</b>	<b>6,410</b>	<b>20,619</b>	<b>8,093</b>	<b>7,975</b>	<b>11,791</b>	<b>20,095</b>

used and the maintenance on the charging stations.

As you can deduce from the bottom row, use soared before COVID, and then crashed during the pandemic. Slowly, use has recovered since then, with 2023's kilowatt hours nearly catching up to 2019's.

The biggest impact: what's happening in the City's Public Works Yard. Electric vehicles within the City's fleet include two electric cars and two Ford E-Transit car-

go vans – all four charge up at the Works Yard. (The City also has two e-bikes for staff use – which reduces vehicle use, but doesn't show up much on the above chart.)

Hopefully we're collectively getting better at being gentle with our planet. Whether that's fast, such as by switching gas-guzzlers to e-vehicles and bikes. Or, more slowly, by having smaller families and living in smaller spaces.

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# What are you doing?

This winter, the qathet Climate Alliance surveyed locals about what concrete action they're taking to address climate change.

Many folks are committed. But the results also show where we're lagging.

BY BILL LYTLE-MCGHEE

So what can we say about these results? The first thing that comes to mind is the group taking the time to respond is probably made up mostly of those in the "choir." That is, the few dozen or so Powell Riverites that have shown their concern for climate action in past years at demonstrations and events in which qathet Climate Alliance (formerly Climate Action Powell River) has participated.

This remains a relatively small group such as participated in the last demonstration which began at City Hall and marched down Marine Ave to the clock tower plaza this past summer.

This of course would explain the number of higher scores in the YES category.

The fewer higher scores in the NO category can be chalked up to the higher expense of certain items being a barrier to adoption. The one exception to that is the score of 59% in the NO column for changing to a plant-based diet which can be difficult, especially for those living and cooking with others.

There may be many other locals who are making an effort in some of the actions listed, and that was the main purpose of conducting the survey. While the results are indicative of what a minority are doing, they are by no means a reflection of any larger group's activities, and that is what we were hoping for.

It isn't really a surprise though as the academic climate science community judges the general level of climate

The qathet Climate Alliance survey revealed that most respondents are taking real action:

	Yes	No	Considering it
Do not use fossil fuels for home heating	47%	32%	18%
Have converted to the use of a heat pump for home heating	32%	53%	15%
Use an electric vehicle or plug in hybrid for transportation	18%	59%	24%
Have installed solar panels on or around my home	12%	71%	18%
Use public transport and/or bicycle on a regular basis	44%	47%	6%
Have divested from investments in the fossil fuel industry	65%	24%	9%
Have reduced personal meat consumption	85%	12%	3%
Have changed to a vegetarian or vegan diet	32%	59%	9%
Compost all food waste and organic material	100%		
Have reduced or eliminated personal air travel	71%	15%	15%
Sign online petitions which promote various climate actions	82%	18%	
Contribute to climate action organizations with time and/or money	82%	15%	3%
Talk to others about the need to reduce carbon emissions	85%	12%	3%
Have reduced use of plastics, particularly in packaging	82%	6%	12%
Frequent thrift stores in an effort to reduce consumption of new items	82%	12%	6%
Have written to politicians about the importance of climate action	79%	15%	3%
Experience climate anxiety	82%	15%	3%
Have decided against having children	24%	35%	12%

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## What else do you do to address climate change? What support do you need?

Comments from the qCA survey:

- Try to teach my children about climate change, environmental stewardship, and reducing consumption.
- Working toward reducing lawn size, planting native plants, and advocating for reduced pesticide use.
- Trying to reduce trips to town with the vehicle, would like to take bike more often, but don't feel safe riding on the highway.
- Government needs to put pressure on industry to reduce plastic packaging. We need new regulations.
- We need to plant more trees and grow at least some of our own food.
- E-bikes are a wonderful way to get around. We need more bike paths from place to place.
- No organic waste pickup for apartment and condo buildings. Disgraceful!
- We would like more community based information on heat pumps and other climate actions.
- Cut down on the purchase of new stuff.
- Homes need to be retrofitted with insulation, windows, and heat pumps.
- Fossil fuel emissions obviously need to be reduced, but will likely never be eliminated.
- Still too expensive to make many changes. Turn down your heat, wear a sweater.
- Walk every day. Very difficult to find things that are not packaged.
- Purchase offsets for air travel, but wonder about the effectiveness of the practice.

“Even in areas of BC where homes have burned to the ground (Lytton) and lives have been lost (heat dome), the main reaction is not to press for mitigation by way of emissions reduction, but to struggle to adapt and compensate for the losses.”

- Bill Lytle-McGhee



**MAKE LIKE A TREE AND LEAF:** This article's author, Bill Lytle-McGhee, with his zero-emissions car, a Nissan Leaf EV. In the survey, 18% of locals reported that they drive an EV.

grandchildren will face? We need to be reducing our use of fossil fuels and the production of greenhouse gas emissions as quickly as possible, so why aren't we doing it?

It seems we have had it too good for too long. Yes, complacency is a major problem, even in places that have dealt with serious climate disruption. It seems that people in general are incapable of recognizing the peril we are in and unwilling to do much to prevent it.

As Antonio Guterres, Secretary General of the United Nations, puts it, “Now is the time to change rage or climate anxiety into action. Every fraction of a degree matters. Every voice can make a difference, and every second counts.”

The collapse of our society and civilization is at stake! 🗣️

action worldwide to be totally inadequate to address the harm being faced by all of humanity.

Even in areas of BC where homes have burned to the ground (Lytton) and lives have been lost (heat dome), the main reaction is not to press for mitigation by way of emissions reduction, but to struggle to adapt and compensate for the losses.

This is unfortunate because adaptation and compensation will not make the central problem go away, it will just get worse. Climate activists have been hoping that politicians will get to the point of realizing that inaction will be more expensive than action, but that doesn't seem to be sinking in, and certainly not for the general public. Look at the resistance the federal government is getting over the carbon tax!

Powell River and environs are not immune, so what are we going to do? Just wait for sea level to rise, to wait for the next and possible repeated heat domes, for wildfire coming at us from the forest which is so close, and extreme weather events.

Is there no concern for the future our children and

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# The Meaning of Fry-Day

On April 12, you can help send off 70,000 chum fry

BY JANET MAY

**F**ry-day celebrates salmon fry swimming out of the gravel and down to the ocean. Fry-day is a sign of spring, like robin “cheerups” and her-ring spawn.

The story of Fry-day starts in the early 1990s when a City of Powell River parks and recreation supervisor, the late Paul Nassichuck, championed the resurrection of the McGuffie and Mc-Fall creeks near Willingdon Beach.

Paul’s enthusiasm for salmon and fishing inspired the Powell River Salmon Society (PRSS) and his fellow union members. Together they improved the salmon spawning habitat in the creeks’ lower reaches, and eventually introduced chinook and chum fry raised from eggs collected at the Lang Creek hatchery.

Over time, a trough was set up near the creek and the chum salmon fry were “imprinted” using creek water so that they would recognize it and return to spawn. Chinook fry were held offshore in a net suspended from the City’s floating dock.

Spawners returned to the Willingdon estuary in numbers exceeding expectations.

PRSS hatchery manager, Shane Dobler, remembers Paul as an avid volunteer.

“Paul had lots of energy and a great sense of humour. It is impossible to replace his fiery personality.”

## FRY-DAY 2024

**When & Where:** April 12, 3:30 pm to 5:30 pm, Willingdon Beach

**What:** The City and Powell River Salmon Society invite people to come and learn about salmon and send the fish off with a wish.

Paul’s passing at age 48 in 2018 was a great loss.

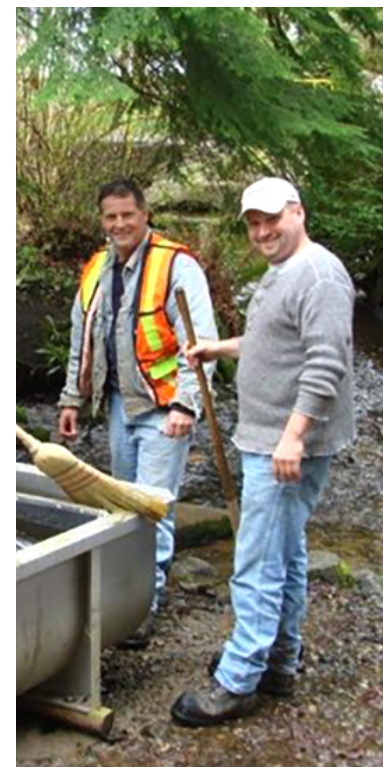
“He served in every fashion: feeding fish, managing projects and as a board director. Paul was doing Fry-day, long before we called it Fry-day.”

Remembering Paul’s work, acting parks supervisor, Brenden Frehlich, wanted to resurrect the fry release at Willingdon. Brenden shares Paul’s interest in fishing and involving the community.

He dug out the old trough, which had been overgrown and needed repair and set it up in a new location in one of the campsites at the Willingdon Beach campground. A new water system was built and approved by Fisheries and Oceans Canada.

Today, PRSS and the City parks crew are picking up where Paul left off by feeding the chum for 10 days while they imprint to the water.

This year around 70,000 chum fry will be released by people keen to share part of their life cycle, from creek to ocean. 🐟



**FRY GUYS:** Clockwise from top photo: Locals transfer thousands of chum-fry into Willingdon creek; Back in the day, Paul Nassichuck (right) and John Lefebvre check the rearing trough; Lyla Nakatsu carefully carries chum-fry to the creek.

Top and lower left photos by Phil Nakatsu



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# Haslam Lake: Our deep defense against BC's droughts

Without much snow pack or a large feeder stream, Haslam Lake has kept the City of Powell River watered.

Even during the terrible droughts of the last few years.



BY JERRY ESKES

**T**he last ice age receded from our coast and the land lay gouged and scoured. It was twelve thousand years ago, give or take, when the ice finally retreated and Mother Nature needed to roll up her sleeves and get started with the cleanup.

And she did good as the end result was a world restored, fresh new vegetation covered the land accompanied by all living things great and small, with new bodies of water, lakes, wetlands, all feeding the streams flowing eventually back to the sea. Rain and snow, ice and wind, nature's tools put to work to perform her miracles.

Haslam Lake, one of these natural wonders, lies just north of the City of Powell River. A reasonably large lake, long and narrow, approximately 32 km in length and it's deep, 180 feet (55 m). A lake surrounded on three sides by rocky tree covered hills that can't really be called mountains as such. These rocky hills are without a major source of water such as a snow pack or glacier to feed the lake below.

There isn't really much annual winter snow accumulation at all, due to the moderate temperatures at this low elevation and the close proximity to the warm waters of the Salish Sea.

The water sources in the Haslam Lake watershed

consist of hundreds of small creeks and streams all feeding into the lake, with none really standing out as a major single source.

Most of these creeks reduce to a very limited flow, if not runtotally dry in late summer. They don't become productive until well into the fall season when the rains arrive.

But oh those rains, being of course those west coast downpours, fill to capacity these little creeks, which rush down to the lake overflowing with life-giving water.

As Haslam Lake is our year-round water supply and its waters are abundant, it still begs for a responsible approach to water use during the hot summer months. All in all, though, it's a thriving lake, well equipped to feed us quantities of fresh water – as close to a perfect lake for the job as we could hope for.

There is only one medium size creek that drains the lake – Lang Creek – which flows out at Haslam Slough at the south end of the lake. It flows into and out of Duck Lake a short distance away, then on to Brew Bay and into the Salish Sea.

This creek shows a continuous year-round water flow that reflects the health of the Haslam Lake water supply.



**WATER WATER EVERYWHERE:** Above, the Haslam Lake water supply; a 55 metre deep, 131-square-kilometre watershed, tapped in 1962. Left, what Haslam's water looks like, at home. *Photo by Jane Brockington*

Back in the late 1950s, the City of Powell River came to recognize the advantages of Haslam Lake as a water source for the community. Existing water sources, which included Powell Lake, were not considered to be satisfactory.

At first the plan was to bore a water supply tunnel from a spot near Cranberry Lake to the south end of Haslam Lake, but it turned out that the entire area was glacial debris, not suitable for tunnel construction. Not to be deterred, they soldiered on to "Plan B," the installation of a buried water supply line, a 36-inch fiberglass-lined concrete water pipe running from Haslam's South end to a point just above Cranberry Lake at the top of Haslam Street (see image, next page).

The trench excavation began in 1959 and it was a huge and messy project that suffered many problems, setbacks, and delays for the contractor, but was eventually completed in 1962. The route started from the south end of Haslam and roughly followed the path of Miller Creek, the main water source for Cranberry Lake.

Little Miller Creek takes its water from the lake-

fed-wetlands at the south end of Haslam Lake and even though it was totally discombobulated by the trench construction it managed to retake its stream path and to this day flows over the top of the buried pipeline, continuing to feed life giving water to Cranberry Lake.

Interestingly there are two small streams, McGuffie Creek and McFall Creek, that drain out of Cranberry Lake and its wetlands. Over the centuries these two creeks carved out the two ravines that run through today's Millennium Park, depositing the material to form Willingdon Beach.

They both happily maintain their healthy flow all year long just like Miller Creek does. There are very few small creeks in this area that flow all summer long like these three little stalwarts do, all supplied by Haslam Lake and its watershed.

But back to the story where it's 1962 and there is a new and improved water supply for the people of Powell River. All gravity fed, as ideal a system as one could ask for.

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**MEGAPROJECT FOR MEGAWATER:** 1960 construction of the concrete and fibreglass pipe carrying Haslam Lake water to the treatment plant.

*Photo courtesy of the qathet Historical Museum & Archives*

level creating an eyesore of mud and stumps much like we see with Lois Lake. Haslam Lake is allowed to retain its natural state of beauty and tranquility while it serves our needs.

Two more significant improvements have been undertaken by the City since then. It eventually became apparent that there needed to be a reservoir to help with the peak demand times so in 2012 a water reservoir was constructed.

This mural covered concrete structure stands at the top of Haslam Street.

The second of these projects took place in 2017 where the city engaged a contractor to install a plastic pipe inside the concrete pipe, thus ensuring many more years of continued uninterrupted water supply for this community.

I, for one, will rest assured that we have a world class water system to be envied by all. 🇺🇸

## Sechelt vs. Powell River

In late summer 2023, the 20,000 residents of the Lower Sunshine Coast experienced a Stage 5 drought, which resulted in severe water restrictions. No watering plants, no washing cars, no filling hot tubs or pools. In fact, even food farmers who depend on the water system had their access to the water system cut by mid-September.

Sechelt's water comes from the 30m deep Chapman Lake, a 73-square-km watershed near Tetrahedron Peak. During the worst of the drought, the Chapman system dried to just 15% capacity.

qathet was also at a drought level 5 during late summer of 2023. But the City's water supply comes from the 55m deep, 131-square-km Haslam Lake watershed (see main article). Water restrictions here weren't anywhere as severe as on the Lower Coast, as our watershed is much bigger, and serves one-third fewer residents.

Last summer, 80% of BC's water basins were under a drought level 4 or 5 by the end of summer. It was also BC's worst wildfire season on record. In March 2024, the BC government warned that the province is potentially facing another severely dry summer, with an early wildfire season and droughts.

"The climate crisis is here," said the Minister of Emergency Management and Climate Readiness, Bowinn Ma, in a statement.

- Pieta Woolley

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**THE MEN OF MIKLAT:** From left, Operations Manager Rob Fitzpatrick; founder Sean Slusarchuk, and Together We Can General Manager Mark Dube.

# Relief for the recovery house

Stability has been granted to Miklat Society, through new funding from the Canadian Mental Health Association and new management from Together We Can.

**BY ISABELLE SOUTHCOTT**

Ever since Miklat Recovery Society opened a treatment centre in Cranberry in 2019, the board has struggled to find funding.

So operations manager Rob Fitzpatrick breathed a huge sigh of relief when Together We Can (TWC), one of Canada's leading treatment centres, acquired the society on April 1 of this year. The shift means there will be more activities, programming and additional services. Funds will also be available to fix the building, catch up on maintenance and repairs, and hopefully build a wood-working shop in the backyard.

In addition, the Canadian Mental Health Association has committed to fully funding eight of the 12 beds at the McGuffie Street facility for the next three years.

"We are super excited about moving into the community of Powell River

(qathet) and partnering with the staff here and keeping that vision alive for generations to come," said Marc Dube, TWC's General Manager.

TWC is committed to getting a women's program launched by the end of the year in Powell River and completing renovations on the Arbutus building (which will cost over one million dollars) to make it suitable for 12 more recovery beds – for a total of 24.

TWC was founded in 1993. Located in the Lower Mainland and on Vancouver Island, TWC provides over 300 people at a time with holistic, evidence-based recovery programs and supportive housing in therapeutic residential settings. TWC is a licensed healthcare service provider funded through Vancouver Coastal Health. The agency is well-known for its effective treatment programs where people can begin to create change in their lives and rebuild their family relationships.

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**MORE THAN MCGUFFIE:** A women's program and 12 more beds (for a total of 24) are some of the plans Together We Can has for Miklat's current manifestation. Above, on McGuffie, Together We Can general manager Mark Dube, Miklat founder Sean Slusarchuk, and Miklat operations manager Rob Fitzpatrick.

## The origins of Miklat House

In 2017, Frank Piper shared his vision with Sean Slusarchuk, about a nonprofit treatment centre for people who couldn't pay for private treatment. Knowing first-hand how important accessible treatment is, Sean wanted to help. Together, they assembled a team: Sharon Piper (Justinen), Nina Peers, and Gilles Patenaude and soon after, the Miklat Society was born.

"At that time, I had stopped being involved in the recovery world for 14 years," said Sean, who on April 2, celebrated 26 years clean and sober.

"Life got busy and things were good and I stopped working on my own recovery. But then a loved one ended up at the same recovery house I'd been at [many years earlier].

"I went to the first meeting to be supportive, and then got involved. That brought me back," said Sean during an interview in what is now known as "Frank's Room," after the now-late founder, Frank Piper, at the Cranberry treatment centre.

There were many hurdles to overcome to get Miklat off the ground – with one of the biggest being funding to purchase the McGuffie Street house. Sean recalls learning at the eleventh hour that he'd been turned down by another of the big banks. It was only because of First Credit Union and Judy Parsons that they were able to purchase the house.

Meanwhile, recently clean and working in Vancouver in street outreach, Rob Fitzpatrick made several online donations to the fundraiser for Miklat House.

"I invited him to come up to Powell River and he did," said Sean. Like many others, Rob was paid in "love and gratitude" for his work during the first two years. Eventually, jobs solidified; Rob became the operations manager, Nina became the board president and counsellor, and Sean was at the helm.

Although qathet was able to keep Miklat House going for four years – putting 180 men through the three-month treatment program – funding was a continual challenge.

Sean knew he needed additional resources and initially he turned to Hope For Freedom, the treatment centre both he and Rob attended. They are a Christian-based treatment centre and the executive director suggested that Miklat was more closely aligned with Together We Can Society and so he put Sean in touch with TWC's executive director Stacy Wilson and they began to talk.

## Together We Can

Last summer, Stacy and TWC general manager Marc Dube came to Powell River to see Miklat's Cranberry treatment facility and the Arbutus building in the Townsite.

"They wanted to know what I envisioned moving forward," said Sean.

"My requests were that the 12 steps remain as our foundation, staff doesn't get overhauled, half the beds are for free treatment and half the beds are for cost-effective treatment, and that the goals of stage two treatment remain the same," said Sean adding that TWC supports what Miklat has done.

"Both organizations have the same goals, so it made sense to be aligned with someone who was doing what we were doing."

Conversations between the two organizations continued and TWC helped Miklat with clients, mentorship and guidance.

"Stacy is a very busy guy, but one of the most reachable people I know. We started a conversation of what it would look like. We both have the same goals of saving lives," said Sean.

The change is bittersweet for Sean who has since moved back to Vancouver.

"I'm saying my goodbyes here this week," he said.

When asked why he spent so much of his time and energy on Miklat, he said it's all about giving back.

"It's about me expressing my gratitude to the community. We started with a vision and now I'm no longer at the helm."

[isabelle@prliving.ca](mailto:isabelle@prliving.ca)



**PAYING ATTENTION:** *Lund Barnacle* publisher Sandy Dunlop with pantry curtains she made using berries gathered over years from Arbutus trees. They're a favourite of her grand-daughter's. Sandy's mission was to make off-grid living a luxurious experience. Twenty-three years in, after loads of trial and error, she may have figured it out.

# Real Estate in qathet

## Off-Grid, On the Pulse

This long-time qathet lifestyle is trending, and it's exactly as sustainable as you make it.

BY PIETA WOOLLEY

The bathtub in Sandy Dunlop's Lund home would sell just about anyone on the idea of off-grid living. It's a deep, oval two-seater, surrounded by locally-milled wood, in a room filled with plants and art, overlooking her sunny, mid-forest garden. The ultimate destination after a chilly rainforest saunter.

The bathwater, and all her household water, comes from a 250-gallon cistern on her second floor which is filled from a 300-foot well by a pump run by a gas generator.

For most of the year, fire heats Sandy's baths – the water pipe runs through her Finnish masonry stove. In her open-format living room-dining room-kitchen, the stove is

the handsome centrepiece, featuring a fireplace, an oven, and a food-warming hutch. Everywhere you look, there are cozy nooks, stylish finishing, and natural light. Greta Thunberg's *The Climate Book* rests on a chair in the mudroom.

"I wanted to prove I could do off-grid luxuriously – like glamping," said Sandy, explaining the reasons she and her partner designed and built this house back in 2000.

"Off-grid makes me feel like a good person. My footprint is minuscule."

Sandy explained that off-grid living means she needs to pay attention to her home, just like she would pay attention to her body. Because electricity depends on solar panels, she pays attention to the sun, and how much electricity is available to her. Same with



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## Bag to Earth

10 of these compostable bags were provided with your organics cart. You can purchase these from most big box stores, such as Save-on-Foods, Canadian Tire, Walmart and Costco or online including Amazon.



# OR

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Scan the QR Code for a step-by-step guide on how to make your own free compostable bags using newspapers or flyers and for information on how to enter our exciting competition by submitting your own design!



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or contact us  
[opssecretary@powellriver.ca](mailto:opssecretary@powellriver.ca)  
604-485-8657



water. And heat. Nothing comes automatically to her home, so she has to pay attention – and in paying attention, she is forced to restrict her environmental footprint. She uses her generator as little as possible; on average it runs nine hours per month, or just over 100 hours per year, she said.

**‘Off-grid’ is trending**, according to Jamie Zroback, a Powell River realtor with LandQuest Realty. He regularly takes his clients on boats, on float-planes and in helicopters to view properties around BC. Many of them are water-access only.

Interest in off-grid living surged, he said, during COVID. At that time, there were lots of properties on the market. Now, Jamie said, city folks are still hungry to trade in their urban lifestyles for rural fantasies. Very little is left on the market.

“COVID really changed things for people,” Jamie said. “The importance of space, the access to the outdoors, the ability to work remotely. And, of course, the ability to be self-sustaining.”

Going off-grid is a learning curve, he said. For many of his urban clients, it starts with an idea, or a vision. He walks them through the realities to help them make good choices. If you’re going to be self-sustaining, Jamie said, you need a place with good sun exposure, arable land, with a fresh water source, and you need to think about accessibility. What kind of a well can be drilled? Can you put in micro-hydro?

“The best properties here in qathet are often the original homesteads,” Jamie said, noting that here off-grid often means Savary Island, Nelson Island, Hardy Island, Desolation Sound, and Jervis Inlet – as well as some outlying properties around Powell River.

“Because they homesteaded there for a reason.

The land has good utility with protected deep-water moorage and good sun exposure.”

Technology makes off-grid easier as a full-time possibility now, he said. Starlink – which delivers Internet anywhere, for example. And much more powerful LED lighting and solar panels. However, he warns his clients, some comforts are not easy, off-grid. Hair dryers, clothes dryers, vacuums, air fryers, heat pumps, and air conditioners suck power.

Most are undeterred.

He’s currently selling a 10.5 acre oceanfront lot on Hardy Island for \$1.5 million, an Okeover Inlet industrial building with a drilled well on 3.55 acres for \$1.7 million, and several lots in a development called “Basecamp Desolation Sound,” just north of Bliss Landing, beyond Lund, with power. They’re all multiple acres and in the range of about \$500,000.

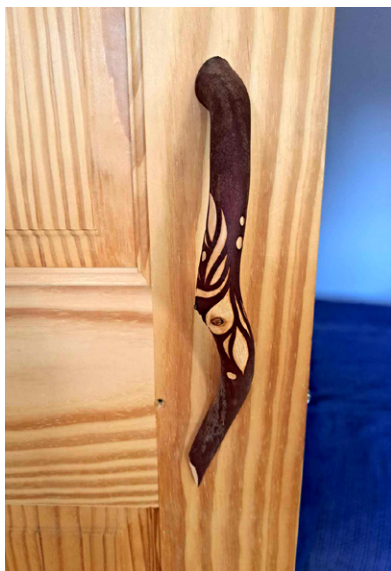
“There’s a romance to the whole lifestyle of it,” said Jamie, who is in the process of selling a private island. “The outdoors. The coast.”

**Of course, COVID didn’t invent** the back-to-the-land, self-sustaining movement here. Savary Island realtor Rick Thaddeus hitch-hiked out to BC in the 1970s to turn on, tune in, and drop out. Now, he lives in a modest cabin on Savary, where he is on the water system there, but depends on solar panels and lithium batteries for LED light and to charge his laptop and cell phone. He has a septic system, a propane heater, and cooks outside on a Coleman stove.

“I’m not a typical case!” Rick said. “I had a regular house and sold it to buy this property I mean to build on. I keep telling people I’m going to build, but no one believes me anymore.”

When Rick shows Savary properties to prospective clients, none of them are deterred by the sacrific-





**LUXE OFF GRID, ON PURPOSE:**

Top left, Sandy Dunlop with her Finnish masonry stove, still warm from a fire she stoked 24 hours before. The piece is a fireplace, an oven, and her hot-water heater.

Top centre, the fireplace in the Finnish Stove, with water pipes at the back.

Far left, the inverter runs the electrical system, connected to the solar panels, batteries, and generator.

Left, the exterior of the home, with an almond tree

in full flower.

Top, above, Sandy's exquisite two-person bathtub, which can be filled with water heated in her Finnish masonry stove.

Above left, the off-grid kitchen features an electric fridge, which sucks more energy than any other appliance she runs. Natural light fills each room.

Above right, this door handle was carved by Sandy's daughter Willow Dunlop. The whole house features hand-made, local finishes.

**Gas** stoves that look like wood stoves (but without the work and mess.)

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“People can go into [off-grid] with a very romantic notion of what it is. It’s a lot of work. But I have a much closer relationship with my home, and I value that.”

- Sandy Dunlop

es off-grid living demands, he said. However, he said, overwhelmingly, the people who buy on Savary are not looking for a full-time home. So they’re far more likely to depend on propane and diesel generators to run their off-grid vacation homes, than folks who are choosing to be self-sustaining as a lifestyle.

“If you’re a couple, you’ll go through a tank of propane a month if you’re depending on it for hot water, heat, and cooking,” Rick said. “That ‘off-grid’ is the same as ‘green’ is nonsense. It’s hard to justify a recreational property as sustainable, when you only live in it for two months of the year. We have electric lights in cabins here that glow all year long [because they’re attached to solar panels].”

When Rick was growing up in England, his family was extremely conscious about energy use, because they had to be. “We had to drop coins in the electric meter and gas meter, and the coal man delivered sacks of coal, and we went to the hardware store to buy bunches of kindling.” Nothing, in other words, came automatically out of a tap or outlet. He also recalls the fuel shortages of the 1970s, and how people adapted to those pressures.

In other words, economics and politics have always played a role in our home utility use. Today’s pres-

ures – climate change and more – are just an evolution.

**Meanwhile, Sandy is** planning her garden. Because of the droughts over the last few summers, she is getting much more serious about mulch to hold water on her plants. But she also knows gardening here might be a lost cause. Even with cisterns full of rain water, by August, she said, everything is dry. Like everything in her off-grid life, her garden is something she will fiddle with until she gets it right.

“Everything I know about off-grid living is from experience,” Sandy said, noting she learned about her inverter, solar panels, generator, batteries, well, cistern, and more through trial and error, over the last 23 years. “I was clueless when I started. After many years, now I know. Mistakes are expensive.”

Ultimately, she hopes her off-grid home inspires other folks to become more self-sustaining, more conscious about how much water and electricity they’re using, and shrink their own footprints.

“I can’t just mindlessly flush or throw things away, or mindlessly plug things in,” Sandy said.

“People can go into this with a very romantic notion of what it is. It’s a lot of work. But I have a much closer relationship with my home, and I value that.”

|| pieta@prliving.ca

## Sustainable farm-centred cohousing breaking ground this summer



**B**lueberry Commons is about to become the first cohousing community in the qathet urban area. Phase one of construction is anticipated to begin this summer with six additional homes joining the existing farmhouse on 16 acres of beautiful land at the end of King Avenue in Wildwood.

With the help of professionals, cohousing communities are designed and developed by the people who will live there. Each family has its own home, but members also own a share of common amenities such as land, a community building, and, in our case, a farm! Our vision from day one has been to create a community that shares a commitment to food security, sustainable farming, and a close connection to land and nature.

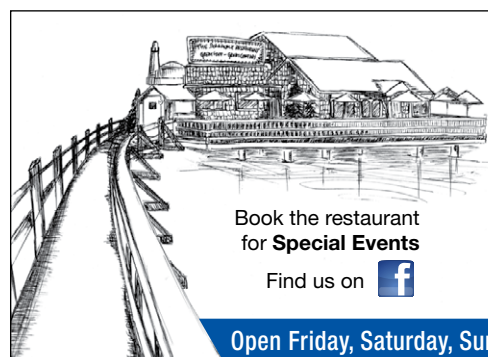
We have engaged Cohousing Development Consulting, Mobius Architecture and Spani Developments, to support us to create compact, energy-efficient homes that will have low operating costs and low environmental footprints for

generations to come. Our professional team is focused on providing a quality product that is as affordable as possible under the current building climate. The homes (single family and attached) are expected to be in the \$670,000 range which includes co-ownership of the farm enterprise and all of the land.

Members make key decisions together through a governance system known as “sociocracy” which saves time while valuing everyone’s voice. They take on different roles to accomplish what the community decides together is important. It is amazing what can be achieved when people who share similar values and aims work together!

While most of our homes are already spoken for, there is still some room to get in on this first phase of development. Interested prospective members are invited to visit the Blueberry Commons website at blueberrycommons.ca to find out how they can be part of this unique and exciting community!

- Ron Berezan



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# Financial support for renters comes to qathet

BY LISA MOFFATT



The Rent Bank program is coming to qathet starting April 1. This is a service that provides interest-free loans to low-income households who have regular income but face eviction or housing instability as a result of a short-term financial crisis. Residents in this situation can apply for a rent bank loan to preserve their housing or keep essential services connected.

Implementing a local rent bank was an action identified in the 2021 Ending Poverty Strategy for the qathet region spearheaded by the regional Social Planner, First Credit Union, and Lift Community Services. And according to the 2022 Housing Implementation Plan for the City, 60% of Powell River residents need affordable housing.

The 2023 updated qathet Regional District Housing Needs Assessment identifies an oversupply of single detached houses, low new building starts, and a lack of secure rental housing as reasons people may experience instability in their housing situation.

“Findings from the 2023 qathet Regional District Housing Needs Report indicate that between 2016 and 2021,

the number of households in the study area paying more than 30% of their before-tax income on shelter increased from 13.3% to 16.4%. Of renter households, an average of 26% were in core housing need in 2021. Having a locally administered rent bank here in the qathet region would provide some much needed supports for residents in core housing need,” says Laura Roddan, manager of planning services at qathet Regional District.

**Beyond lenders, rent banks are housing stability and homelessness prevention resources.** They work with clients experiencing financial shocks and housing insecurity, and they take a range of approaches to address these issues holistically. They also offer individualized support services such as financial literacy, debt/credit counselling, landlord-tenant mediation, vocational support, legal advocacy, counselling, and other services that contribute to financial and housing stability.

The Rent Bank for the qathet region will be operated by the newly formed North Island Rent Bank, which covers

## Rent bank loans can be used for:

- Rent payment or arrears.
- Essential utility payment or arrears (essential utilities include hydro and gas).
- Security deposit, pet deposit or first month’s rent for tenants who have recently secured stable, long term housing.

Loans are paid directly to landlords or utility companies on behalf of tenants.

For more information about the qathet Rent Bank, including how to apply, visit the Comox Valley Regional Rent Bank’s website: [cvahs.com/cvrentbank](http://cvahs.com/cvrentbank).

qathet and Comox Valley to Port Hardy. North Island Rent Bank, which is funded by the BC Rent Bank, will work with local qathet service providers to help promote the service and connect

## How much is rent?

Powell River rent is a relative bargain, according to October 2023 statistics generated by the Canadian Mortgage and Housing Corporation. An average one bedroom was \$878 a month; two-bedroom \$1,040, and three-bedroom \$1,158. Those prices were nearly half the BC average, which is, of course, driven skyward by Vancouver and Victoria rents.

However, those CMHC statistics count all rents being paid – including suites renters have occupied for years, not just what it costs if you’re in the market right now. If you pay attention to the rental sites on Facebook, you know that to rent a place now costs much more. For example, one two-bedroom suite in a house listed in March was \$1,800 plus utilities. A full house in Westview was \$2,250 plus utilities. And, a one-bedroom townhouse was \$1,500.

- Pieta Woolley

residents to the Rent Bank and to other service providers as needed.

Before April 1, a qathet resident who needed to access Rent Bank services would be connected to the Elizabeth Fry Society in Kamloops, the designated Rent Bank office for our region.

Having a more local service provider means a more personal touch for applicants. The North Island Rent Bank is able to connect people to other grant and service opportunities to provide more than just financial support and staff will be spending time in qathet to support potential applicants.

“It is always exciting to work on community-led initiatives where there is collaboration between diverse partners with many opportunities to learn from each other’s experiences. The learning that the Comox Valley Rent Bank brings from the last few years of planning and operating the rent bank will be invaluable to our region,” says Caitlin Bryant, impact manager at First Credit Union. 📍



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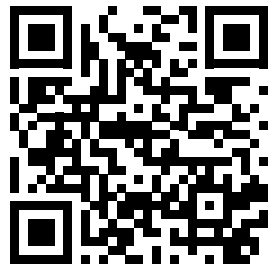
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qathet Living's 9th annual

# Best of qathet Contest



Share your insider knowledge of why this place is so great for a chance to win a Pollen Sweater and other amazing prizes!

Drop off your completed form at the *qathet Living* office, take a picture of it and send it to [pieta@prliving.ca](mailto:pieta@prliving.ca), scan the QR code here, or fill it out online at [prliving.ca/bestof](http://prliving.ca/bestof) by May 31, 2024.



## Civic Pride

## Advice for Visitors

## Home trades

Best neighbourhood in the City of Powell River

Best neighbourhood in qathet (but outside the City)

Best non-elected community leader

Best politician

Best place to work

Best place to learn – adults

Best extracurricular – kids & youth

Best volunteer

Best coach

Best place to blow off steam

Best kept secret

Best dressed person

Best yard – garden or art

Best storefront

Best reason your family & friends come to visit you here

Best must-see attraction

Best annual event

Best hotel or B&B

Best campground – for relaxation

Best campground – for a good time

Best local product to take camping

Best way to get around town

Best beach

Best hike (under an hour)

Best trail to cycle for beginners

Best trail for the fearless rider

Best thing to do with kids

Best souvenir – paid

Best souvenir – free

Best realtor

Best reason to move here

Best reason to stay away

Best mechanic

Best builder

Best electrician

Best plumber

Best HVAC

## Arts

Best book by a local author

Best visual artist

Best local band / musician

Best crafter or artisan

Best craft event

Best piece of public art or mural

Best art gallery

Best live theatre from the 2023-2024 season

Best place to watch live music

24

ST  
thet

### Groceries & Home Products

Best grocery store for atmosphere

Best general price on groceries

Best grocery flyer / in-store sales

Best line-up experience

Best produce

Best butcher

Best locally-made bread

Best locally-made sweets / dessert

Best grocery store hot food to go

Best small grocery / specialty food store

Best convenience store

Best liquor store

Best farm gate

Best booth at the Farmers' Markets for produce

Best local seafood seller

Best pet store

Best locally-made soaps or body care products

### Food & Restaurants

Best take-out / delivery

Best coffee / espresso bar

Best coffee scene

Best meal for under \$10

Best pizza

Best fish & chips

Best burger

Best steak

Best curry

Best noodles

Best buffet

Best cocktail

Best dessert

Best brunch

Best vegetarian or vegan

Best restaurant for a celebration

Best booth at the Farmers' Markets for prepared food

Best patio

Best place to drink

Best place to recover from a hangover

### Retail & Service

Best gas station

Best gardening store

Best clothing

Best thrift store

Best hairdresser

Best financial institution

Best financial advisor

Best home cleaner

Best non-profit

### Health & Wellness

Best mental health practitioner

Best GP or wellness practitioner

Best massage therapist

Best pharmacy

Best work-out

Best yoga

Best free thing you do to keep yourself mentally and / or physically healthy

Best spiritual experience

### Who are you?

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Email

Phone number

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Write in your answers – serious and humorous – for your chance to win groovy prizes including a Pollen Sweater. Note: One entry per person. You must answer at least 15 categories. Last day to enter: May 30, 2024

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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](https://bit.ly/3cc8iU4).



ʔAYʔAJUΘƏM?  
YOU GOT THIS

BRIANNE LOUIE

.....  
\_\_\_\_\_ jɛʔɛ Tree

.....  
\_\_\_\_\_ θaɪ̯θəm Spring Salmon

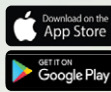
.....  
\_\_\_\_\_ ʔɪɬ Rain

.....  
\_\_\_\_\_ qaɪɛʔ Water

.....  
\_\_\_\_\_ kʷɪsɛm Green

## Download the qathet Waste Wise app

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



### APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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Organics and Recycle Day: A B C D E

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## ʔayʔajuθəm orthography

ʔəʔamɛn | kʰomoks | χʷɛmaɬkʷu | & 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](https://firstvoices.com).

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

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

ɛ	eh
ɪ	ih
ʊ	oo as in look
ə	uh
ç	ch
ʔ	popping c
ʝ	dg
ᵻ	popping k
kʷ	kw
ᵻʷ	rounded, popping k
ɬ	Breathly L sound
ᵻ	popping p
ᵻ	popping q

qʷ	rounded q
ᵻʷ	rounded, popping q
š	sh
ᵻ	popping t
tʰ	t-th
ɬ	tl
θ	th
xʷ	wh (like in who)
χ	Hhhh
χʷ	Hhhhwh
λ	kl
ᵻ	popping kl
ʔ	glottal stop: uh oh

I MADE THE MOVE

# Sailor and bear guide unite here in qathet



**A**na Santos, 53, grew up in the politically incensed region of the Basque Country in northern Spain. Armed with a degree in English philology, she left for England in 1995, where she became a professional translator. For her next big move in 2004, she picked Squamish out on a map. A proud Canadian citizen since 2010, she ran for the NDP in the provincial election of 2013 before moving to Denny Island, on BC's central coast, where she enjoyed life aboard her 30' motor-sailer for several years.

John Rogers, age 74, hails from Wyoming. He spent his childhood and youth in Oklahoma and New Mexico, until in 1977, he decided to travel the Alaska Highway to Homer, at the end of the road. There, he welded, commercial fished, and did a myriad of things, until in 1993, he combined his many talents into, still today, a very successful business venture, Katmai Coastal Bear Tours.

The unlikely chance that these two

**GLOBAL FREE SPIRITS:** Ana Santos and John Rogers got married during COVID, and moved to qathet a year ago.

would cross paths surprised them there, in Katmai, in 2005. They became friends, travel buddies, lovers... until in 2020, the border closure brought on by COVID dished them a challenge. Canada's open-door policy for immediate relatives, however, offered a hint on what needed to be done, and so they tied the knot on October 4 that year and set about finding their home.

**When did you move here?**

**John & Ana** • For several years before our move here about a year ago, we were splitting our time between Denny Island and Homer.

**Why did you choose Powell River?**

**John & Ana** • We were looking for a small community with less rain and more warmth than we were used to without losing the

world-class beauty and the fresh air we love in both coastal BC and Alaska.

**What surprised you once you moved here?**

**John & Ana** • What continues to surprise us still today is to find all our needs and desires covered (and we are not easy to please!)

**What made you decide to move here?**

**John & Ana** • We had our minds and hearts pretty set on the Sunshine Coast. We travelled it up and down and sampled different spots.

No other place came close to making us feel as comfortable and happy as Powell River does.

**Where is your favourite place here?**

**John & Ana** • It has to be Willingdon Beach. We lived there in our camper while we looked for a home. It was paradise and contributed greatly to our desire to live in Powell River.

**How did you first hear about qathet?**

**John & Ana** • We encountered it on our boat travels up and down the coast. Then we had the opportunity to spend November 2021 in Powell River. Reluctantly, we left, but with the knowledge that this place could very well suit us long term.

**What would make this a nicer community?**

**Ana** • A heavier hand on education as to what is yours and what is mine. Our neighbours often talk about how they never used to lock their homes or vehicles. Now, you are tempting luck! I know I did, and my bike, tireless companion since I arrived in this country, was recently stolen.

**What aspect of your previous community would benefit qathet?**

**Ana** • I'm happy to say I couldn't think of any, so let me turn this around and tell you what aspects of qathet would benefit my previous communities.

Denny Island would benefit from the wonderful ferry service we have here (yes, I think it's wonderful!) Squamish would have benefitted from the preservation of a small community feel, but they placed their bets on a faster road instead. England would benefit from Powell River people's pride in keeping their yards and streets as neat and clean. Spain would benefit from the civility that is so obviously present in the DNA of this community.

**If you were mayor, what would you do?**

**Ana** • Once a week, I'd pick one of the many wonderful spots in Powell River to have a meet-and-greet with the residents of the different neighbourhoods. It'd be a laid-back forum where I could learn about their concerns and desires first hand.

**What are qathet's best assets?**


**John & Ana** • Its outstanding setting and its ability to retain a small town feel, paramount to the quality of life of its residents. Well, that and the old bi-tone pickup trucks!

**What is your greatest extravagance?**

**John & Ana** • Good food made from good ingredients. You may find us looking for a good bargain at a thrift store, but when it comes to food, we don't tighten our belts (not that we could!)

**Which talent or superpower would you most like to have?**

**Ana** • To never feel tired!

**John** • To keep up with Ana! 



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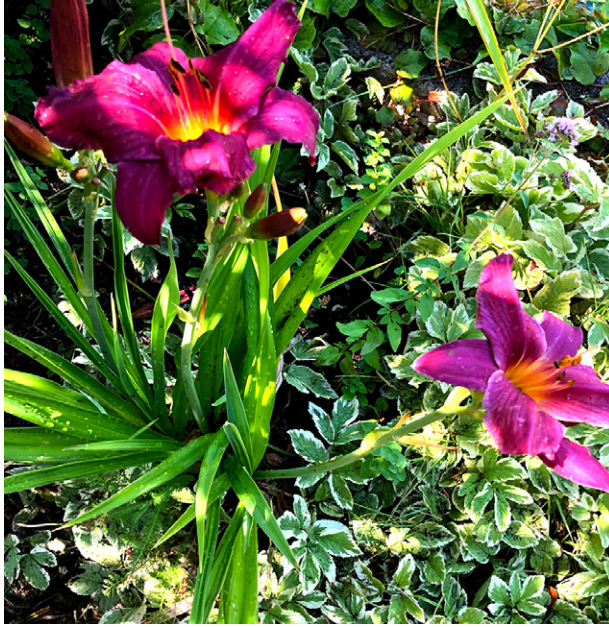


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## A GROWING CONCERN

# A strong vision guides this many-layered garden

**C**hristine and Marty Cattermole have lived and gardened in their Westview home for the past eight years. Although there were some established gardens, the steep-sloping property needed a nearly-complete overhaul. It's now full of functioning, cared-for beds, bushes, and shrubs.

"We had to do a lot of work," Christine remembers, laughing. "Every year it goes on and on."

### How did you start gardening?

**Christine** • As long as I can remember, I've always had a shovel in my hand. I started gardening with my mom in Vancouver, a similar climate to here. When I was a child, my mom always had flowers, nice trees, fruit trees, and herbs growing. Vegetables too – although I don't do them. As an adult I started container planting, and it just snowballed.

### Tell us about your current garden

**Christine** • We moved here because we wanted a view, and there was an established garden. A lot of things needed to be taken down.

This property has a strange shape, like a pie-shaped slope. Up the side is a tiered garden. The back retaining wall is beside the deck, and that patch is full of all kinds of trees and bushes. We probably have about 50 different varieties of trees and bushes.

We had to take some out because things grow! That's the problem. You put a little tree or bush in and it grows and gets huge!

As a gardener, I'm always changing things, taking things out. It's always a work in progress.

### What are five things you'll be doing in your garden in April?

- My huge California lilac died last year. So I'll be replacing it with trees that will grow faster.
- This is when I do the "big" projects. This year we're adding a wall at the front.
- Pruning.
- If I were starting vegetable gardens, I might be planting – but I don't do that. I just do lettuce, tomatoes, strawberries, and herbs on the decks.
- Fertilizing trees and getting rid of diseases that have emerged over the winter.

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

**Christine** • I grow lettuce, herbs and tomatoes. I've got California lilacs, peonies, Japanese Kerria bushes, burning bush, plum tree, dogwood tree, 30 varieties of day lilies, a hosta collection, and a hellebore collection. My day lilies are getting really big so I will divide and sell them.

It is my happy place. The work Marty and I put into it and the positive results are for us and our neighbours to enjoy.

We sit out there a lot in the summer. From every deck you can see the garden and view.



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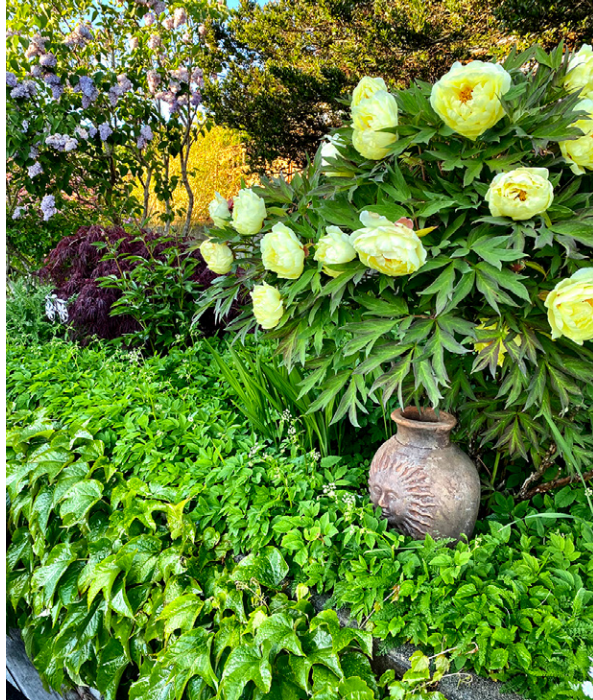
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# Layered masterpiece

## What are your greatest gardening challenges?

**Christine** • At first, getting all the trees out of the back that were overgrown. We put the branches in tarps and my husband and I had to drag them down the hill and load them into the truck. We did about eight tarps each year, the first and second year. Now, all the big things are done, but we're always pruning and doing things like that. We have five escallonia bushes - they're just huge.

## What kinds of gardening stuff do you invest in?

**Christine** • Plants! Trees! It's very important to have good cutting shears. My husband just bought a battery-powered hedge trimmer and pole trimmer. It does get costly, but so does hiring someone. So your investment pays off.

## What do you do with the things you grow?

**Christine** • The day lilies will get divided and sold, or traded. A lot of my garden I have got from other gardeners over the years, especially established older plants - ones you can't get anymore. Some of my primroses are very, very old. It's very nice to get things from established gardens. I also have a lot from garden club over the years. So I like to help other gardeners, by sharing the best of what I have grown.

## Advice for new gardeners?

**Christine** • Always start in small sections so it's not overwhelming. If it doesn't survive, try something else. I'm always adding and taking something away if it doesn't work. Something will work, so don't be discouraged. My mom always said 'don't waste your dirt.' Always have good compost and mulch every year. I leave all my dead leaves for the birds and bees. The dead leaves become my mulch. Dirt is very important - so make sure you fertilize every year to build. Bone meal is important when planting.



## PR GARDEN CLUB PLANT SALE

**When:** May 5, noon to 2:30 pm, at the Curling Club in Cranberry

**What:** You'll find a delightful selection of plants to choose from - vegetables, herbs, flowers, and more, all at good prices. There will also be a door prize and refreshments, and help out to your car with your purchases. Cash only accepted; fill your pockets to fill your garden!

**SPRING TO SUMMER:** From bottom left, Spring is project time - a new wall gets built. A tidy deck, ready for lettuce, tomatoes, strawberries and herbs. The Cattermoles built these stone steps, a necessary centerpiece for their sloping garden. Purple periwinkle blooms. Christine, Marty, and Otis Cattermole. Blooms, shrubs, vines and art add layers to this garden, a favourite spot for the Cattermole grandchildren. Above, art makes the plants pop. A Boston Ivy vine augments this stone statue.



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IT'S NOT THE ZOO ANYMORE...



## For better transportation, think outside the ferries system

I like the way newcomer Godson Akhidenor thinks [March 2024 issue, *I Made the Move*].

I share the FAC Chair's frustration with our prosperity-inhibiting BC Ferries. I like her idea about the need to create new citizen action groups. However, being a systems-geek, I link her idea with Godson's and what is contained in qathet Transport Plan. It says we need a new passenger-only service that may need a new route (seaRoad) to Texada Island.

We need new seaRoads to connect the many islands and mainland segments in the Salish Sea. There is a fast (nearly 50km/hr) battery-powered hydrofoil, 32-passenger ferry (Candela C-12 already in production and costs \$2 million) operating in Stockholm's Harbour. Call it a SeaBus.

Use Texada Island to shorten Highway 101 and make its nearly abandoned south tip available for housing. A seaRoad to Sechelt and one to Nanaimo create the start of a network of new seaRoads and SeaBuses that will shuttle over the Salish Sea – one other remote and rural communities can join.

Independent citizen groups can create a business plan that silo-minded governments struggle to create. Citizen Kim can use her proven organizing skills to give us a modern affordable, fast, high frequency multi-modal transport system that meets our needs.

It is good to live in a period of fast global technology change.

Also, take a bow Pieta Woolley. Your bus articles demonstrated impressive investigative journalism



## MAIL BAG

We welcome feedback from our readers. Letters may be edited for length. Email your comments to [isabelle@priving.ca](mailto:isabelle@priving.ca), or mail an old-school letter in the post to **qathet Living, 7053E Glacier St, Powell River, BC V8A 5J7.**

## Hear us

After years of talking between BC Ferries and this community, Northern Sunshine Coast Ferry Advisory Committee chair Kim Seaton Bridges is frustrated. Here, she explains the lack of communication and resolution that is hindering, along with other FAC Chairs, to consider alternative ways of addressing the ferry routes in our community.



"Powell River City Council has spent meetings all the time, and they are much more visible. What are the ferries executives afraid of really?"



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on one of the biggest problems we face as we go about our daily lives – poor transport that reduces our mobility and has done for decades. It strangles attempts to attract new industry and new high-paying knowledge worker jobs. You gave us lots of well structured information that can be used as a base for discussions on planning what to do about it. Great writing. Great magazine.

~ Tom Hobbs

## Active transportation makes cities safer in many ways

It stands to reason that as cities become safer for pedestrians, cyclists and others using active transportation, overall health improves and collision rates go down. I was happy to learn that making cities more people friendly can also reduce crime rates. As the former mayor of Bogota explains, "living in poor conditions can lead to social problems, including extremism and even terrorism. We need food and housing for survival, but there are even higher types of needs – needs related to happiness. If you look at it that way, parks become as necessary to a city's health – physical and spiritual – as the water supply."

When he was mayor, Enrique Penalosa instituted car-free days and used public funds to expand pathways and parks instead of building a highway that advisors urged him to get built. To his surprise, crime rates decreased. This connection between walkability and reduced crime rates has been observed in other cities as well.

Efforts to make our communities more people friendly reap many benefits.

I'm relieved to know that cyclists travelling between Willingdon Park and Brooks High School will soon have an off-road path as that stretch of the 101 is particularly dangerous. Once, a car grazed me as I was pedalling uphill there. Like so many people I meet in this area, the driver was exceptionally caring, and stopped to apologize and to make sure I was okay.

~ Jan Slakov, Texada Island

# Take our survey!

Foundry is coming to our town. Foundry centres offer free and confidential supports for young people ages 12 to 24 under one roof. Give us your input by taking the survey!

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## Little Hut makes three

Jaspal Rana is the new owner of **Little Hut Curry**. Jaspal, who already owned Royal Zayka and the Granada restaurants, has already begun take-out service at Little Hut, and hopes to open doors for dine-in before summer. **Mohinder Singh and Janmeet Kaur** started the Marine Avenue restaurant 15 years ago, and it quickly became the community's best-reviewed restaurant. Mohinder said he knew he found the right person to take over the restaurant when Jaspal insisted that a framed collage that they had created of their personal community interactions would remain on the wall, as is. "He carries the same passion for Indian food and heart to serve the community of our town as we have done in all these years," said Mohinder.

## Re-flexing her muscles

After 17 years doing housekeeping, **Shirley Dunning** is putting her hands to a new use, offering reflexology. **Sure Hands Reflexology** is a mobile service providing stress-relieving and pain-reducing reflexology. Visit [surehandsreflexologyfoundation.net](http://surehandsreflexologyfoundation.net) or call Shirley at 604-223-1749.

## Runway closure launches other options

With the closure of the Powell River Airport from April 8 to June 9 for upgrades, and the cancellation of **Pacific Coastal** flights during that time, other transportation options are ramping up. **Harbour Air**, which already offered twice-a-day flights between Powell Lake and downtown Vancouver, has added an additional daily flight to downtown, and three flights most days to YVR's south terminal. Visit [harbourair.com](http://harbourair.com) for details and updates. The closure has also kick-started the on-again off-again bus service between Powell River and Vancouver. Starting April 11, the **Coast Connector** will resume bus service between Langdale and Earls Cove ferry terminals. For information on that service, visit [sunshinecoastconnector.ca](http://sunshinecoastconnector.ca). Helicopter services will continue to operate throughout the closure.

The City, which got an \$8 million grant from Transport Canada to do the upgrades, awarded a contract for \$6.3 million to **Upland Contracting Ltd** for the runway upgrade project. Work will include a runway extension, pavement rehabilitation, correcting the slopes and drainage, new lighting, and new visual aids.

"The runway rehabilitation is imperative for the safety of our passengers, the long-term sustainability of the airport, and the continuity of our service to Powell River," said **Quentin Smith**, president of Pacific Coastal Airlines. "We look forward to the suc-



## BUSINESS AFFAIRS

SEAN PERCY

cessful conclusion of this project and the resumption of our services for the upcoming summer season."

"We are confident that the benefits of these upgrades will have a long-lasting impact on our community's safety ... and future economic development opportunities," said Mayor **Ron Woznow**.

## Crocketts collect paint store

**Collective Interiors** has moved from its Marine Avenue storefront to 7030 Alberni Street – because the owners have purchased the **Benjamin Moore** store. They're combining the two stores to create a paint store with curated home decor, window coverings and flooring. **Kate and Matthew Crockett** say the paint shop purchase was a natural progression to allow them to offer "all things home in a one-stop shop." Kate has been running the Marine Ave store mostly solo, but now husband Matthew has left his job on an aquaculture ship to be full-time with Collective. Retiring owners **Dave and Julie Howes**, who opened the Benjamin Moore store 29 years ago, spent a month training and working with the new owners. Dave told *qathet Living* he's confident that Kate and Matthew will do well. Kate says they will be renovating to better display decor, but right now is the busiest time of year for paint, so they're making sure they have that part of the business running smoothly. The [collectiveinteriors.ca](http://collectiveinteriors.ca) online store remains open. For more information, visit the shop, call 604-485-0911, or email [collectiveinteriorspr@gmail.com](mailto:collectiveinteriorspr@gmail.com).

## Radio star buys clothing store

Radio salesperson **Vicky Osualdini** is the new owner of **Sublime Fashions**. The ownership switch from Kristl Deglan mostly means business as usual at the Marine Avenue boutique clothing store. Former staffers Linda Varro and Deb Woewoda are still around. Vicky is staying on at the radio station until Coast FM finds a replacement. Vicky says she plans to stick with most of the lines that Sublime shoppers are accustomed to, with "just a bit more me."

## Hair vets go independent

Two of the longest-serving hair stylists at Image 1 Salon & Spa are leaving to form their own shop, **Lavish Hair Studio**, which will be located at 4603 Marine Avenue, next to Monks on Marine. **Theresa Hollinshead**, who had been at Image 1 for 35 years,

and **Wendy Kinley**, who had 34 years there, are leaving on good terms. "We're just both at the point in our careers where we wanted to do something different," said Wendy. "We wanted to be independent, but we still wanted to work together, so we're opening an independent salon, which is popular in larger cities, but is new to Powell River. It's a team of stylists who are independent artists and rent a chair, running their own business in our business."

The stylists joining them all have existing clientele and will continue to be independent. Annette Rae, Stephanie Conte and Caroline Duck are joining Lavish, filling the five available chairs. On weekends and evenings, Tiara Tilson will offer barber services. Each stylist will have their own booking arrangements in the appointment-only studio.

Renovations on the Marine Avenue studio are ongoing, but in the meantime, they're operating out of 4552 Willingdon Avenue. For more information, call 604-413-0768, or email [lavishstudios.ltd@gmail.com](mailto:lavishstudios.ltd@gmail.com).

## Smili, not Smillie, but still smiling


Big changes are underway for what used to be known as **Dr. James Bradley's** dental practice.

The long-time dentist on Marine Avenue has sold his practice to the **Smili Dental** franchise, which has another location in Prince George and is expanding. It is not to be confused with retired Powell River dentist Jamie Smillie, whose former practice is now called Glacier View Dental.

Smili Dental is moving the practice into the Town Centre and, along with Dr. Bradley, will be bringing on four other dentists. These four will be the long term owners of the new state of the art facility in the mall. Construction is underway and they expect the clinic to open in late summer or early fall. It will take in 6,000 square feet – the space formerly occupied by Cole's bookstore and the Family Place Resource Centre. It will house 11 chairs. The new dentists are **Dr. Caitlyn Meredith** and **Dr. Jason Wong**, who will both be working full time, along with part-timers **Dr. Jason Tao**, and **Dr. Jessey Minhas**. Dr. Minhas, a founder of the franchise, told *qathet Living* that all are graduates of the University of British Columbia and excited to be working in Powell River.

When it opens in the mall, Smili Dental expects to be accepting new patients – a first in the Powell River dental scene for some time.

Departure from the Marine Avenue clinic will leave vacant the top floor of a building owned, coincidentally, by another dentist, Dr. Belinda Chow.

In unrelated, but next door news, the property immediately behind the dentist, tea shop and hairdresser is currently under construction. **Agius Builders** has carved out some of the hillside to construct a five-unit condominium.  [sean@prliving.ca](mailto:sean@prliving.ca)

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# Tartan Day: April 6

Members of the Clansman Pipe Band model their own tartans during a practice early Sunday morning at The Boardwalk Restaurant in Lund.

From left, TC Lewis, tenor drum, wearing Mckenzie; Roy Blackwell, bass drum, wearing Hunting Stewart; Rocco Wen-

zel, tenor drum, wearing weathered Black Watch; Brian Selfridge, tenor drum, wearing MacGregor; and Gordon Hoffman, snare drum, wearing MacNaughton.

The Clansman's next performance is at the Victoria Highland Games May 18 & 19.  
*Photo by Rayana Blackwell*



# April Events in qathet



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## 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](mailto: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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## APRIL EVENTS



### National Canadian Film Day • April 17 & 18

Canadian Film Day is a massive, coast-to-coast celebration of Canadian Film. The qathet film society and the Patricia Theatre are making it a two-day event on April 17 and 18 so more Canadian films can be screened – and seen for free! Why see Canadian films? These films reflect our stories and landscape, and support Canadian talent, in front of and behind the camera. Canada has a small population spread over a vast geography, and is next to a pop culture behemoth. Canadian films tell us about the world we live in.

This is our third year of participating and our audiences are growing.

We start off at 7 pm on April 17 with *I Used to Be Funny*, starring Rachel Sennott who made *Shiva Baby* a hit. Our Thursday, April 18 matinee will screen *Ru*, adapted from Kim Thúy's Governor General Award-winning novel of the same name. This compassionate story of resilience in the face of adversity is stunningly captured and deeply moving. There will be a discussion of the book and film adaptation following the screening. We will close with *Hey Viktor!*, at 7 pm, (by Cree director/writer/star Cody Lightning), a 25-years-out mockumentary follow-up on *Smoke Signals* (1998).

- Peg Campbell

# 1

Monday

**Easter Monday**

**April fools day**  
Gotcha

**Ghostbusters: Frozen Empire**

7 pm at The Patricia

# 2

Tuesday

**Schools back in session**

**after Spring Break**  
Easter Break was rolled into Spring Break this year.

**Ghostbusters: Frozen Empire**

7 pm at The Patricia

# 5

Friday

**Buwa Trio**

7 pm Max Cameron. Buwa is a contemporary soul artist, with pop and R&B sensibilities and a penchant for storytelling, for whom, music has always played an important place. Buwa channels his creativity into poetry and performance art. Recognized for his infectious melodies, his versatile voice and captivating song writing, Buwa uses his music and talents to change the way the world sees Africa.

**U13 and U18 Rec Stars Tourney starts**

Hap Parker

**Laylatul Qadr**

Muslim holy day (Night of Power)

# 6

Saturday

**Tartan Day**

See Page 37

**Kiwanis Garage Sale**

10 am til 1 pm. 4943 Kiwanis Ave. Most of the items being sold will be by donation.

**DJ Dance Fundraiser for CJMP 90.1FM**

7 pm, Cranberry Pub. By donation.

**Wil & Co**

Doors 6, show 7. Forest Bistro.

**Local author Jim Baron: Selara's Rules**

2 pm at the Library. Writer and musician Jim Baron will present his new fantasy novel *Selara's Rules*, about a young girl with extraordinary magical powers in a medieval kingdom torn by conflict. For info [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

**Battle of the Badges:  
third annual charity  
hockey game  
Firefighters vs. RCMP**

5 pm doors open at The Hap. Puck drop at 6 pm. Tickets at 460 Realty, Taws, the Fire Hall, RCMP Station and at the door. All proceeds split between Cops for Cancer Tour de Coast and the PR Professional Firefighters Charitable Society Feed the Kids program. Beer garden. Concession. Canucks alumni Dave Babych and Doug Bodger will sign autographs. Tickets \$5.

**8**

**Monday**

**Solar Eclipse**

A partial, as seen from qathet, starting around 10:43 am, peaking at 11:40 and ending by 12:20 pm.

**9**

**Tuesday**

**Artist Theo Angell presentation**

7 pm at the Library. Local waste aesthetician Theo Angell will discuss the inspiration and meaning of his art that is made with up-cycled materials and is currently on display at the Library. For info mmerlino@prpl.ca April 10

**10**

**Wednesday**

**Eid ul Fitr**

Muslim holy day marks the end of Ramadan.

**11**

**Thursday**

**Townsite Jazz Fest begins**

[townsitejazz.com](http://townsitejazz.com). See story and schedule on Page 44.

**Thursday's concerts:**

• **Walter Martella & Paul Carriere**, noon - Shinglemill Pub & Bistro

• **Duncan Symonds Band**, 5 pm - Shinglemill Pub & Bistro

• **Cory Weeds Quartet feat. Brian Charette** (NYC), 7:30 pm - Max Cameron Theatre

• **Duncan Symonds Band**, 9:30 pm - The Blue Room (Dwight Hall Basement)

**DOA: Canadian Punk Legends**

8 pm, Carlson Loft. Tickets \$35 advance, \$40 at the door. At Townskate, Armitage and Carlson Club. 19+.

**Deadline: Artivism, art of activism, drop-off**

5 pm, qathet Art Centre. Open to BC artists. Submissions from qathet regional artists (and close by) will be featured in the qathet ART Centre starting April 22, space dependent and based on timing of submission drop off, with any overflow shown in the Online Gallery. Learn more at [qathetart.ca](http://qathetart.ca).

**Two Block Diet Workshop**

Free, presented in collaboration with Skookum Provisioners. 6:30-8:30 pm. Register at [simpli.events/e/TwoBlockDiet](http://simpli.events/e/TwoBlockDiet). See story on Page 13.



**Local 76 members get-together • April 12**

**UNION MEETING:** On April 12, former UNIFOR / CEP Local 76 members are having a gathering at the Carlson Club. Bring your memorabilia! Above, papermaking, on strike, women ran the mill during the war, and Pat Condon, "catching up on work."

*Photos courtesy of Local 76*

**12**

**Friday**

**Local 76 members Get Together**

1 pm to midnight, Carlson Club. For former members of Local 76. Food, drinks and memorabilia. Register at [unifor76.info@gmail.com](http://unifor76.info@gmail.com). See ad on Page 21 for more.

**Townsite Jazz Fest**

[townsitejazz.com](http://townsitejazz.com). Story and schedule on Page 44.

**Friday's concerts:**

• **Karen Graves Quartet**, noon - Shinglemill Pub & Bistro

• **Jazz & Appys feat. Mimosasa**, 5 pm - Brooks Hall

• **Dwyer/Perry/Turner Quintet**, 7:30 pm - Max Cameron Theatre

• **Hub City Rollers**, 9:30 pm - The Blue Room (Dwight Hall Basement)

**Emergency meeting for Theatre Now**

6:30 - 7:30 pm at the Library. Theatre Now! or Never? Is Theatre Now going to fold after 30 years and countless performances in Powell River? Volunteers are needed to revitalize this community non-profit group. Want to help but can't attend? Email us at [theatrenow-powellriver@gmail.com](mailto:theatrenow-powellriver@gmail.com)

**Saskia Delaronde and Nathan Tinkham in concert**

7 pm, Lang Bay Hall. \$20. Canadian folk songwriters.

**Deadline for qathet Living's Pet Photo Contest**

Third annual event. See ad on Page 38.

**Legion Karaoke Night**

6 pm. Free. All welcome. Membership is not required.

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# SADHANA

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 (POWELL RIVER)  
**TICKETS: 604-485-2891**

Logos for British Columbia Arts Council, British Columbia, and Canada are at the bottom.

## APRIL EVENTS

# 13

Saturday

### Evacuation Workshop

10 am til noon, Powell River Recreation Complex. Free workshop hosted by the qRD for community members, organizations, and first responders. Snacks and refreshments will be provided. To register, email [epa.qrd@gmail.com](mailto:epa.qrd@gmail.com) or call 250-267-8621. See ad on Page 2.

### Townsite Jazz Fest

[townsitejazz.com](http://townsitejazz.com). See story and schedule on Page 44.

#### Saturday's concerts:

• **SD47 Alumni Jazz Choir / Aaron Schweitzer** 1 pm – The Blue Room (Dwight Hall Basement)

• **Mimosa** 3:30 pm – The Blue Room (Dwight Hall Basement)

• **Disco Dance feat. Wunderbread** 7:30 pm – Dwight Hall

### Family Constellations workshop begins

With Andrea Woodhouse. April 13th 1-4:30 (workshop) April 14th timing TBD (one-on-ones). Tickets & info [parrawellness.com](http://parrawellness.com)

# 14

Sunday

### Texada Island Community Emergency Preparedness Fair

11 am to 3 pm, Texada Community Hall, Gillies Bay. Emergency Preparedness activities will be facilitated by the Gillies Bay Volunteer Fire Department, Van Anda Volunteer Fire Department, BC Ambulance Service, FireSmart, Red Cross, Powell River Search and Rescue, qathet Emergency Radio Communications Unit, and more.

# 15

Monday

### qathet Museum AGM

7 pm. Livestream for members of the general public to watch at the qathet Museum's YouTube channel.



## All-Ages Punk Show with Callista & More • April 20

### Who is Callista?

**Grace** • We are a small basement band composed of Phil How, 22, on lead vocals, Macy Bryce, 19, on First Guitar (Electric), Grace Ostensen, 16, on Second Guitar (electric) as well as vocals, Ginger Calder Williams, 18, on drums, and Kaden Perkins, 20, on Bass (electric).

### How did you start playing together?

**Grace** • Initially we were separate creative entities all with mutual connections who eventually joined forces to become CALLISTA in roughly November of 2023.

### How do you describe your sound?

**Grace** • We honestly were presented some challenge with this question! We draw inspiration from so many genres

and artists but the closest we got to an accurate description would have to be experimental alternative grunge.

### Three examples of your lyrics

**Grace** • Some of our favourite lyrics are "I'd be happy living in a cage inside your chest", "You pull on my heart strings like they're chords" and "Break the circle, you're one of us now"

### What do you hope audiences get from hearing you?

**Grace** • We all feel amazing putting our music out there and we hope to provoke a sense of safety and belonging within the community, particularly the younger folk that feel alone. Overall we really just love seeing everyone connected through a tapping of the foot and a nodding of the head!



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- Jaynie  
 Supportive Housing Participant

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[go.liftcommunityservices.org/jaynie](http://go.liftcommunityservices.org/jaynie)

[www.liftcommunityservices.org](http://www.liftcommunityservices.org)



# 15

Monday (cont)

### Arts, Culture and Heritage Grant deadline

Spring intake. 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

# 16

Tuesday

### Advance Care Planning Workshop

11:00-12:30 pm at the library. Four Tides Hospice Advance Care Planning workshops support participants to explore, identify and document their future health care wishes. For more information or to register, please contact 604-208-7221 or programs@fourtideshospice.org

# 17

Wednesday

### qathet Museum reopens to the public

Since closing on January 1st, the collection storage room, which is not open to the public, has been refreshed with a new floor and a new coat of paint on the walls. The new shelving will be installed in late spring, and so the Museum has decided to open its exhibits building to the public early.

### Evacuation Workshop

6 til 8 pm, Powell River Recreation Complex. Free workshop hosted by the qRD for community members, organizations, and first responders. Snacks and refreshments will be provided. To register, email epa.qrd@gmail.com or call 250-267-8621. See ad on Page 2.



## Vinyl Flip • April 27

There's something about vinyl. Any old school DJ or audiophile with a turntable will tell you it's true. Nostalgia sure, but people say the sound feels more alive.

These same people pride themselves on their ability to place the needle in the sweet spot right before a song begins, just as Prince addresses the dearly beloved or Slash lays into the opening notes of Sweet Child O' Mine.

With record stores rare, record fairs are essential in the search for gems. My

gem is Middle Eastern Rock by John Berberian and the Rock East Ensemble (1969). Then there are the unicorns: almost mythical, elusive records. My husband Bob seeks two: DOA's Triumph of the Ignoroids (first edition), and Joy Division's Unknown Pleasures (1980 Italian pressing).

Find your gem or unicorn at the 2024 Vinyl Flip, 11 am to 3 pm, Saturday, April 27, qathet Art Centre (above the library). Free admission.

- Angie Davey

### National Canadian Film Day

**I Used To Be Funny**  
7 pm, Patricia. A dark dramedy that follows Sam (Rachel Sennott from Shiva Baby), an aspiring stand-up comedian and au pair struggling with PTSD, as she decides whether or not to join the search for Brooke (Olga Petsa), a missing teenage girl she used to nanny.

in the face of adversity is stunningly captured and deeply moving.

**Hey Viktor!**  
7 pm Patricia. Twenty-five years after starring in the hit 90s film Smoke Signals, Cody Lightning directs and stars in this uproarious mockumentary about a fictionalized version of himself attempting to make a sequel. The only thing standing in his way is the small fact that the entire original cast hates him.

accompanied by an Academy band.

# 20

Saturday

### Urban Sketch Meet Up

2 pm, location TBA. Contact qathet Art + Wares for more info. qa-w.ca

### ArtRaven Youth Earth Day

Drop in, by donation, eco printing. Family friendly (ages tots-10). 10-12 pm at qathet Art Centre

### Chamber of Commerce Business Awards

powellriverchamber.com.

### A Guided Journey into the Tao Te Ching

2 pm at the Library. Scholar and author Francis Pring-Mill presents his new book In Harmony with the Tao, an insightful commentary presented

# 18

Thursday

### National Canadian Film Day

**Ru**  
1:30 pm Patricia. After a perilous journey across the pacific, a family of Vietnamese refugees settles in Montreal, in the hopes of starting a new life. Brilliantly adapted from Kim Thúy's novel, this compassionate story of resilience

# 19

Friday

### Spring Cabaret Concert

7:30 pm, James Hall, \$30. Reserved seating at round tables. An intimate evening of musical vignettes, with cash wine bar. Academy choir members and students perform, ac-

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**SHUFFLERS:** The Marathon Shuffle is on April 28 this year. The event, which launches 275 participants from Lund to the Shinglemill, sold out in less than one day. Photo by Ean Jackson

## APRIL EVENTS

alongside Stephen Mitchell's authoritative English translation. For info [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

### Assumption Rummage Sale

10 to noon, Assumption School Gym. Please bring your own bags.

### Paddling For Life's Burger and Beer fundraiser

5:30 pm Royal Canadian Legion. Tickets are \$20 for burger, beer, salads and desserts included. Tickets at 604-414-5274, at the Legion, or members of PFL.

### All-ages punk show

7 pm, Wishing Well. Blacksmith & Brewer (Robert's Creek); Dollhead (Vancouver); Mean Bikini (Vancouver Island); and Callista (qathet). \$15. NOT a 420 event.

### Cranberry Community Hall presents a Spotlight on Community: Loaded Mic Night.

Doors 6:30-Show 7 pm. A stripped-down and intimate evening of eclectic covers and original music. Featuring 6-8 local groups each playing 2-3 songs. It is bound to be a strange, beautiful night with something for everyone!

# 21

Sunday

### Coastal Women in Business fundraiser for Grace House

4 to 6 pm, Carlson Club. Burger and Beer.

### 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. See ad on Page 52. Marc Atkinson, a multi-instrumentalist/composer/arranger/producer, is one of Canada's most talented musicians. His tunes have a fiery, but elegant, guitar style, infused with a catchy blend of influences. All this, while still maintaining the laid back humour and casual "good time feel" of Canada's West Coast.

# 22

Monday

### Artivism Exhibition Opening

5 to 7 pm, qathet Art Centre. On through June 12.

### Lyrids Meteor Shower

Overnight.

# 23

Tuesday

### Tech Savvy on Artificial Intelligence

4 pm at the Library. Learn more about how AI allows machines to learn, how AI is being used online and in the physical world and what are some implications of the expanded use of AI. To Register [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

### First day of Passover

Last day: April 30

### Full Moon

### Powell River Garden Club: Pruning

Doors at 6:30 pm, Cranberry Seniors Centre. Local gardener Sarah Bacon Cox will speak on pruning. All welcome.

# 25

Thursday

### Artist Trading Cards

5:30 to 7:30 pm, Westview Bowling. Hosted by qathet Art + Wares.

### Kr3ture in concert

8 pm, The Arc. With DJ Rowan and NeoNSkye. Doors at 7:30 pm. \$25 in advance, \$30 at the door.

# 26

Friday

### The Weather - La Météo - Poetry Contest for kids deadline

April is National Poetry Month. Celebrate by writing a poem about the wild and wonderful rhythms that weather brings to our lives! Prizes in two age categories: 6-8 & 9-11  
FIRST: Youth 6-punch Climbing pass; SECOND: 5 Rec Complex passes; THIRD: 2 movie tickets to the Patricia Theatre. Entries accepted in French and English. Email to [szagwyn@prpl.ca](mailto:szagwyn@prpl.ca) by April

26. Details at [prpl.ca](http://prpl.ca).

For the Teen Contest on the same theme, contact [edgar@prpl.ca](mailto:edgar@prpl.ca)

### Spring Poetry Slam

6 pm Library. Join emcee Amira Abouelalla and compete to win or join the open mic at the end of the night. Come listen and/or share at this friendly all-ages event. Drop-in to take in the action or register at the door and bring two poems to compete. Don't want to compete? Join the before-SLAM open mic. Come early to secure your spot, doors open at 5:45 pm! [prpl.ca](http://prpl.ca) for more.

### Pointed Sticks:

#### raw power pop

8 pm, Carlson Loft. Tickets \$35 advance, \$40 at the door. At Townskate, Armitage and Carlson Club. 19+.

### Legion Karaoke Night

6 pm. Free. All welcome. Membership not required.

# 27

Saturday

### Vinyl Flip

11-3 pm at qathet Art Centre [facebook.com/vinylflip](https://www.facebook.com/vinylflip)

### Evacuation

#### Workshop:

#### South of Town

10 am to 1 pm, Kelly Creek Community School. Free workshop hosted by the qRD. Snacks and refreshments. To register, email [epa.qrd@gmail.com](mailto:epa.qrd@gmail.com) or call 250-267-8621. See ad on Page 2.

### Sadhana: An evening of Bharatanatyam (South Indian Dance)

7:30 pm, Evergreen. \$35. Tickets at the rec complex. See ad on Page 40 and story on Page 46.

# 28

Sunday

### Evac Workshop: North of Town

10 am to 1 pm, Northside Recreation Centre. Free workshop hosted by the qRD for community members, organizations, and first responders. Snacks and refreshments will be provided. To register, email [epa.qrd@gmail.com](mailto:epa.qrd@gmail.com) or call 250-267-8621. See ad on Page 2.

### Marathon Shuffle

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**GREEN IS GOLD:** Margaret Cooper at last year's Garden Club plant sale at the Curling Club in Cranberry. This year's event is May 5.

## LOOKING AHEAD TO MAY

### May 2

**Haywire Bay opens for the season**  
See ad on Page 2.

### May 3

**Life with Dave and Gail memoir reading**  
3 pm, Library. New book by Dave Harper and Gail Fennell.

### May 5

**Orthodox Easter The PR Garden Club Annual Plant Sale**  
Noon to 2:30, at the Curling Club. You'll find a delightful selection of plants to choose from - vegetables, herbs, flowers and more, all at good prices. There will also be a door prize and refreshments, and help out to your car with your purchases. Cash only accepted; fill your pockets to fill your garden!

### May 8

**Ryan McMahon in concert**  
Max Cameron Theatre

### May 9

**Public Test of the Community Notification System**  
2 pm. See ad on Page 45.

### May 10

**Spring Dance: Cinco de Mayo Theme**  
7:30 to 10:30 pm, Legion. Celebrating Mexican Culture and Mother's Day. 604-485-4870. bLues bUsters band.

### May 10 & 11

**qathet Accordion Festival**  
accordionfest.com. Directed by Walter Martella and Karina Inkster.

**Beanstalk Year End Showcase**  
7 pm, Evergreen Theatre

### May 12

**Mother's Day**

### May 16

**Robyn Layne and the Rhythm Makers**  
7 pm, Max Cameron Theatre

### May 17

**Deadline: Eros Erotic Art Show submissions**  
Expose Yourself annual show revival. More info at wishingwellqathet@gmail.com

### May 20

**Victoria Day**  
Long weekend.

### May 24 to 26

**Lund Seafood Festival**  
Tickets at PR Tourism and Nancy's Bakery. lundbc.ca

### May 31

**Mrs. Henry in concert**  
Carlson Community Club

### May 31

**Deadline for PR Community Forest scholarships**  
See ad on Page 51.

**Eros Erotic Art Show opening**  
Wishing Well Gallery

"To see the smiles and the laughter of the crowd and the kids. It made them feel part of something good."

- Chris Swan, on his motivation to volunteer for Powell River Logger Sports



*In Memoriam:*

## Chris Swan



**P**owell River Logger Sports has lost one of our longest serving volunteers. Chris Swan, and his wife Vivian, always did whatever was asked of them to make the show happen! THANK YOU CHRIS for your many years of service.



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## Battle of the Badges Charity Hockey Game

**Saturday, April 6 at Hap Parker Arena. Doors at 5, puck drop at 6.**

Tickets at 460 Realty, TAWS, the Fire Hall, RCMP Station and at the door. Proceeds split between Cops for Cancer Tour de Coast and the PR Professional Firefighters Charitable Society's Feed the Kids program.

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



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Townsite Jazz Fest April 11 to 14

# From disco to samba on Ash Ave & beyond

[townsitejazz.eventbrite.com](http://townsitejazz.eventbrite.com) • [townsitejazz.com](http://townsitejazz.com)

## If you're appy and you know it

After the success of last year's Jazz & Charcuterie fundraiser which served up heaps of German deli fare in support of the Brooks Secondary School Music Program, the event is pivoting toward a Jazz & Appys format in 2024.

Student ensembles will open for the popular Vancouver quintet, Mimosa, who weaves a mix of Jazz, Brazilian Sambas, French 60s pop and Cabaret music to concoct their own unique sound.

The event takes place in **Brooks Hall on Friday, April 12 at 5 pm**. Tables of eight are available on a first-come-first-serve basis, as well as individual tickets. Also featuring table seating will be the Townsite Jazz Festival's Disco Dance on April 13 at Dwight Hall, with the legendary Wunderbread performing.

## Blue Room debut

Carpeted wall-to-wall in cobalt, with stunning woodwork dating back to 1927, the "Blue Room" is the Townsite Jazz Festival Society's newest venue.

Since 2018, Townsite Jazz Fest (TJF) has been presenting pop-up concerts in all sorts of unorthodox spaces, from yoga studios and art galleries to hotel banquet rooms and working brewhouses – but this is the first time they've taken up residence in a functioning Masonic lodge.

Conveniently located in the basement of Dwight Hall, the Blue Room will play host to some of the 2024 festival's most unique and intimate performances: the Duncan Symonds Band on April 11 (think music inspired by Dr. John, The Meters, Neville Bros and other staples of the New Orleans sound); Hub City Rollers on April 12 (jazz with a pop twist inspired by the likes of Stevie Wonder and elements of funk and old-school R&B); and a School District 47 alumni showcase on April 13.



## TOWNSITE JAZZ FEST 2024

### THURSDAY APRIL 11

**Walter Martella & Paul Carriere**  
Noon – Shinglemill Pub & Bistro

**Duncan Symonds Band**  
5 pm – Shinglemill Pub & Bistro

**Cory Weeds Quartet**  
featuring **Brian Charette (NYC)**  
7:30 pm – Max Cameron Theatre

**Duncan Symonds Band**  
9:30 pm – The Blue Room  
(Dwight Hall Basement)

### FRIDAY APRIL 12

**Karen Graves Quartet**  
Noon – Shinglemill Pub & Bistro

**Jazz & Appys featuring Mimosa**  
5 pm – Brooks Hall

**Dwyer/Perry/Turner Quintet**  
7:30 pm – Max Cameron Theatre

**Hub City Rollers**  
9:30 pm – The Blue Room  
(Dwight Hall Basement)

### SATURDAY APRIL 13

**SD47 Alumni Jazz Choir**  
/ **Aaron Schweitzer**  
1 pm – The Blue Room  
(Dwight Hall Basement)

**Mimosa**  
3:30 pm – The Blue Room  
(Dwight Hall Basement)

**Disco Dance featuring Wunderbread**  
7:30 pm – Dwight Hall

### SUNDAY APRIL 14

**Ken Lister Trio**  
7:30 pm – Lasqueti Island  
Community Hall

## Third time's a charm for Phil Dwyer

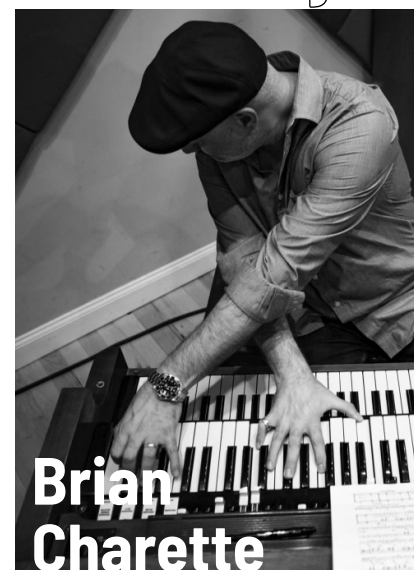
Renowned saxophonist/pianist Phil Dwyer is the associate president of the Townsite Jazz Festival, and a close advisor to artistic director Paul Cummings.

He played at the inaugural TJF back in 2018, but every time he's tried to come back since he's either been thwarted by weather, or COVID, or some other streak of misfortune.

His 2024 re-attempt, scheduled for April 12 at the Max Cameron Theatre, will see him combine forces with Vancouver-based trumpeter/pianist Brad Turner and Edmonton-based saxophonist PJ Perry.

With 15 JUNO wins (and nearly 40 nominations!) between them, this is undoubtedly the most star power the Townsite Jazz Festival has ever brought together on the same stage at the same time. The previous night, fellow saxophonist Cory Weeds will bring his quartet to the same venue, featuring New York City organist Brian Charette.

- Andy Rice





Mimosa



Brad Turner



PJ Perry



Cory Weeds

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important emergency notifications and alerts.**

The Community Notification System is used by emergency services  
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*Do this now!*



**REGISTER TODAY in 3 easy steps:**

1. Go to [qathet.ca/emergency-preparedness](https://qathet.ca/emergency-preparedness) or scan the code at left.
2. Click on 'Enroll in the Community Notification System Here'
3. Complete the registration form, providing your contact information and preferences

For questions or registration assistance please email [emergency@qathet.ca](mailto:emergency@qathet.ca), call (604) 485-2260, or call the Tla'amin Nation Emergency Management Program at (604) 483-9646



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# A night of sensuality, tradition and transformation

**S**ujit Vaidya is an independent dance artist originally from Bombay (now Mumbai), living in Vancouver. He is trained in bharatanatyam – Indian classical dance.

Sujit performs as a soloist in Canada, the US, Europe, and India, and has worked with collectives and companies based in Chennai, Vancouver, Toronto, San Francisco, and DC.

## Why are you drawn to bharatanatyam?

**Sujit** • My earliest childhood sensations around dance are of pure joy and abandon. In the moments that I danced, I could access a part of me that allowed for complete self acceptance.

I have always struggled with the performance of perceived masculinity, especially as a gay person growing up in India. Dance allowed me to let go of all of that baggage and find abandon in my gender expression.

There was a sensory overload in bharatanatyam. The mridangam (drum) made my heart dance. I was instantly attracted to the vibrant red on palms and feet painted in alta (red dye) and the heady fragrance of jasmine gajras (strings of flowers). All of these sensations inform my personal and dance aesthetic even today and creep up in my creative processes.

The dance form has (d)evolved from temples and courts to theatres. Today, in the mainstream representation of bharatanatyam, the focus has shifted to western principles of lines and physical virtuosity. However, the form retains its intricate and codified language of hand gestures and facial expressions, in story telling.

**As a queer artist of colour, what do you bring to bharatanatyam? What can you express within its traditions?**

**Sujit** • Growing up queer in Bombay, in the late seventies, when there was such ambiguous information (if any) around sexual identity, I internalized my desire to train formally in dance. Formal dance training came very late in my



**DRUMS AND COLOUR:** Vancouver dancer and choreographer Sujit Vaidya will perform with a live musical ensemble at the Evergreen April 27.

life. In experiencing its formality, I have occupied space (many times simultaneously) as a student of dance, performer, interpreter, and now dance maker.

Many questions, curiosities, disconnections, and negotiations later, I find myself standing in its essence as a loud and proud queer person, slowly finding my voice in its gift. I continue to learn and unlearn, as I make peace with its complexities and find new ways to be present with all of it.

My way of engaging with the form now, in the dances that I make, is to situate my queerness within the rootedness of “tradition” and intergenerational knowledge. Some curiosities/ideas I engage with around body, eroticism, gaze, queer shame, queer intimacy, and stillness have been showing up in my work consistently. Slowing down movement and reclaiming/re-aligning gaze around virtuosity through a non-Eurocentric lens interests me.

I like to give the viewer the agency of meaning making.

“Some curiosities/ideas I engage with around body, eroticism, gaze, queer shame, queer intimacy, and stillness have been showing up in my work consistently.”

- Sujit Vaidya

## SADHANA

**When:** April 27, Evergreen Theatre

**What:** An evening of bharatanatyam: Indian classical dance. See more at [sujitvaidya.ca](http://sujitvaidya.ca).

**Tickets:** At the Recreation Complex, or call 604-485-2891

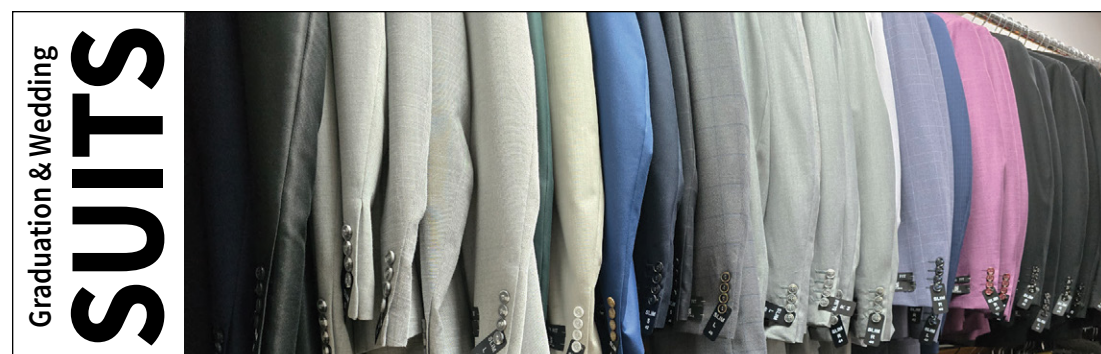
I’m not interested in putting across literal ideas. I like to sense and sculpt spaces for my audience’s imagination to inhabit.

In Sadhana, however, I will be presenting choreographies of my dance teacher A. Lakshmanaswamy who is visiting from India. He will be conducting the live musical ensemble. The choreographies in Sadhana are “traditional”, in that they are structured around mythological story telling.

These are some of the first choreographies that I learnt from my teacher as a younger person, and this is my humble attempt to dance them with all the integrity of his teachings, more than a decade later. It is in a way, honouring the form in inhabiting its “traditionality” in an attempt to ground my body. This is what fuels my creative explorations with a deep reverence and rootedness to form.

**For audience members who aren’t familiar with bharatanatyam, what should they be watching for, and listening for, at your performance?**

**Sujit** • For new audiences to bharatanatyam, there is plenty to take in. I must emphasize here that the live musicians accompanying my dance are masters of their respective crafts. They will play intricate rhythms, using drum, cymbals, vocalizations of dance syllables, voice and flute. This is a rare treat, especially for audiences in BC, including Vancouver. 🎧



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# Raising Awareness and Lifting Spirits: The MMIWG2S Memorial Walk

BY EMMA LEVEZ-LAROCQUE

According to the Canadian Femicide Observatory for Justice and Accountability, in Canada every six days one woman is murdered by her partner. As cited by Reclaiming Power and Place—National Inquiry into Murdered and Missing Indigenous Women and Girls, Indigenous women are five times more likely than other women of the same age to die because of violence.

Raising awareness of these sobering statistics is one of the primary goals of the annual Missing and Murdered Indigenous Women, Children, and Two Spirit (MMIWG2S) Memorial Walk, coming up on Sunday, May 5, 2024.

“As an Indigenous person, I see it is important to recognize how Indigenous women have been impacted, locally and around the world,” says Cyndi Pallen, one of the event organizers.

## A Time to Gather

The purpose of the event is to bring light to these dark times for women and lift the spirits of those who have experienced the loss of a loved one, Cyndi says. It’s about creating a collective space where people can be together and “be a voice for those who did not have a voice.”

“We are fortunate that in this community there is some safety for Indigenous people compared to other communities,” she continues. “But it is important to point out that vulnerable people of all genders are targeted in all communities.”

Ann Kurtz is Executive Director of qathet SAFE, the organization partnering with Tla’amin Nation to put on the event. “People need to be aware that the violence still continues today. Indigenous women, girls, and two spirited people are still being murdered and go missing, and the response continues to be non-existent or inadequate.”



**REMEMBERING:** Staff at qathet SAFE prepare for this year’s MMIWG2S Memorial Walk. Left to right: (back) Gillian Reyes, Christine Schreiber, Deborah Sketchley; (front) Cyndi Pallen, Emmanuelle Burelli, Ann Kurtz, Vivian Ladner, Martyn Woolley, Sue Cathcart, Jen Ramsay; (very front) PADS Justice Facility Dog, Serrano.

## RED DRESS DAY MARCH

**When:** Sunday, May 5, starting at 1:15 pm at tisk<sup>w</sup>at. Ceremony at Willingdon Beach at 2 pm.

**What:** Annual march for Missing and Murdered Indigenous Women, Girls and Two-Spirited people. Wear red.

**Learn more:** [qathetsafe.ca](http://qathetsafe.ca)

shed light on tough social issues.

“As members of this community we are grateful that qathet SAFE is creating opportunities for belonging and healing together in community. The positive ripple effect that results has a long reach,” she says.

## The Meaning of Red

All community members are invited to attend the Memorial Walk. Participants will meet in tisk<sup>w</sup>at at 1:15 pm, walk along Willingdon Trail and gather for a ceremony at Willingdon Beach at 2 pm. Walkers are also asked to wear red.

“In the cultural practices and teachings of Indigenous people, red symbolizes seeing the spirit and it represents bringing light to those dark places,” Cyndi explains.

At a MMIWG2S event, wearing red and bringing a poster encourages everyone to be part of the process, not just a bystander, Ann says.

“MMIWG2S is a very sensitive area,” Cyndi says. “It is important that the event is led by Indigenous people and supported by allies. This is reconciliation—making the intergenerational trauma visible. It is great that we can raise awareness through qathet SAFE.”

## A Community Concern

It is key for community members, including businesses, to get involved in events like this one because it’s an opportunity for others to make a positive change in the community, Ann says.

“It’s a way to say, ‘Let’s do things differently. Let’s make our community a kinder place to live.’”

A funding contribution that First Credit Union (FCU) will be making to qathet SAFE over the coming 3-year period will be dedicated to Indigenous-led community events and programs, such as the MMIWG2S Memorial Walk, which has been held annually since 2019.

FCU Impact Manager Caitlin Bryant says supporting events like the MMIWG2S walk is an important way for FCU to help empower Indigenous voices and



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# Paddling back after COVID

You, too, could be a Zunga Warrior

BY LORRAINE RICHARDS

**T**he Powell River Dragon Boat and Paddling Club was formed in 2006, originally with the name Pearl Warriors. The name was changed to Zunga Warriors with sponsorship from Townsite Brewing.

Beginning in May there will be some dry land practices before heading out on Powell Lake. Racing is one of the highlights of dragon boating. We work as a team as we strive to improve our strokes, timing, and stamina. We have not raced since 2019 when the pandemic put a stop to races. Last summer we trained for a race and were eager to compete in Campbell River, but unfortunately on the day of the race the ferry was cancelled. We are hopeful that we will compete in more than one race this year. Not everyone wants to race and some paddlers are quite content to enjoy paddling for the sake of paddling, and that is okay, too.

We meet from May to mid-September every Tuesday and Thursday evening at 6 pm on the dock beside the Shinglemill. The club provides life jackets, paddles, and the dragon boat. There is an annual membership fee of \$125. For beginners, there is an opportunity to try paddling for two consecutive weeks for \$25, which can be applied to your membership should you wish to continue.

The Zunga Warriors community team brings people together through paddling. Please join us!

**ALL TOGETHER, ON THE WATER:** The Zunga Warriors Dragon Boat Team features a diversity of skills, ages and human experiences. What brings them to Powell Lake twice a week? Each other.

## Carol Wynne: "exhilarating"

**T**he first time I experienced paddling in a dragon boat, I was at a promotional event where they were introducing Dragon Boating. It was so exhilarating and I loved it!

Years later when I heard that the Powell River Mixed Dragon Boat team was looking for paddlers, I didn't hesitate to sign up.

Paddling on Powell Lake on warm sunny evenings is incredible! I was mesmerized by the beauty of synchronized paddles and the breathtaking scenery.

With encouragement from the coaches, steersman, and fellow paddlers we train to race and get stronger

and faster at an enjoyable rate. The practices are so inspiring!

In the past we have entered races in Campbell River, Comox, Porpoise Bay, and Powell River. They were so festive, always competitive and a ton of fun!

Nine years have passed and I'm still looking forward to paddling season with the Zunga Warriors! I am anxious to get started and ready to focus in the boat with my fellow paddlers. I'm still learning and loving it.

There is room in our boat. Why don't you join us?

What's our aim?

Be Victorious!

What do we need to win these races?

Strong Paddles! Determined Faces!

Focus in the Boat!

Eye on the Stroke!

Reach it out, then so long Folks!

Go Zunga! Go Warriors! Go!

Zunga! Warriors!



## Patricia McLelland: "laughter"

Paddlers ready for race start." The air horn blows and 22 paddlers, a drummer and a steersperson are flying across the lake. "Timing" shouts the drummer.

Timing makes the boat move faster. Power 5: all the paddlers dig in and give all they have for five strokes.

Aren't we there yet? How long can it take to cover 250 meters? Reach, rotate, catch, pull, exit recovery, reach, rotate, catch, pull, exit recovery. The mantra goes through everyone's head. "Timing" shouts the drummer, "almost there, power five now and let it run."

We did 250 meters in one minute 11 seconds. It's not quite the world record time of 39 seconds, but it's our best

time yet.

A mixed boat, in Dragon Boat definitions, includes paddlers of all gender identification. We enjoy informal racing and sharing the lake with our peer Dragon Boaters, the Paddle for Life Team.

I have enjoyed the opportunity to paddle with the Zunga Warriors for about nine years now. Have I figured out a smooth stroke yet? No. Do I have blisters and calluses on my sit bones? Yes. Have I paddled in the rain? Yes.

Have I laughed, met new acquaintances, and shared moments of success in paddling? Yes. Have I enjoyed Tuesday and Thursday evenings from 6 to 7:30-ish on the lake? Absolutely.

## Kathy Bennett: "pain-free"

The first thing a new Dragon Boat paddler will hear is, "Paddling a Dragon Boat isn't anything like paddling a canoe, a kayak, or a row boat." And goodness knows, they're right! It's a whole new ball game. Every evening out is a different experience learning all the different strokes.

I struggle with chronic back pain, but for whatever reason my back never hurts when I'm paddling. If anything

this upper body work out has strengthened my torso.

I really enjoy the outdoors, being on the water, and meeting new people, so it never feels like exercise.

It truly is exhilarating to paddle with a team of enthusiastic people under the Wildwood Bridge, or heading to Mowat Bay, or Three Mile Bay.

I think everyone should give Dragon Boat paddling a try.

## Sian Cornwell: "pride"

I've been Dragon Boating for six years now, at many levels of the sport. Most recently I was selected for Team Canada and raced in the world championships in Pattaya, Thailand in 2023.

Arriving in Thailand in August was a whirlwind, the weather was hot and humid, and I was nervous. I had never competed at such a high level before.

The next day we had our first practice as a whole team, I hadn't met half of my team, as they lived in the Eastern part of Canada.

We had a few days of practice before the first day, 1,000-metres races, and we were keen to prove ourselves against some of the best, namely the Philippines.

Everyone was so kind and excited, we all save the fierce competitiveness for the water! "Ready, ready!" The drummer calls, bringing all focus into the boat, deep breath, then the gun goes off and the gates go down.

"1! 2! 3!" The drummer yells, counting our strokes and keeping us in time, it can be hard to keep 20 excited paddlers in check. I peek out the corner of my eye and see the Philippines right

next to us, I try to push myself just 10% harder. We pulled hard and made every stroke count. Half way through our drummer calls "power now!" reminding us to really focus and give it our all.

Thirty more seconds and we're almost at the finish, the drummer calls "we gotta go!" which everyone knows "we gotta go!" which everyone knows means that we've got to paddle as hard and as best as we can or we're in danger.

Finally after 10 seconds that feel like an eternity we can stop. Heavy breathing fills the boat as we look around trying to tell what rank we finished in. We see our coach on the shore cheering and holding up a finger to show us that we we're first.

A wave of giddiness and pride washes over me, it finally all clicked, everything we do is for a reason and all the work to get here has paid off. Out of the boat, we all put on our podium jerseys and walk to the medal ceremony, they call "Canada!" for first place and we walk out, then gold medals are placed around our neck, we sing the national anthem and I think we all had a few tears in our eyes. 🏆



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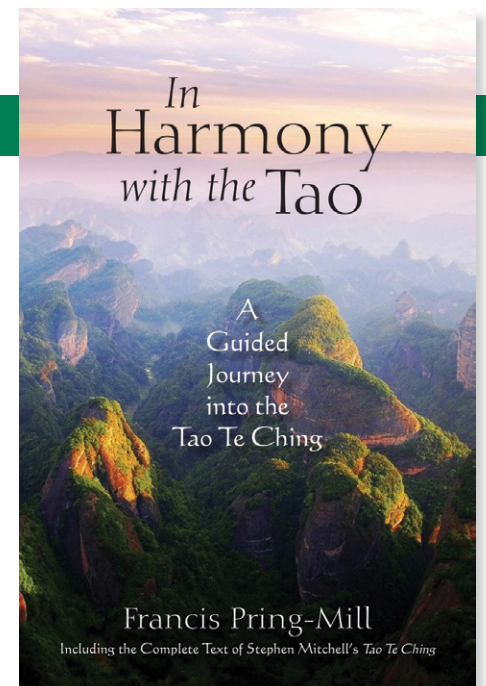


Congratulations to our 14 new 2024 volunteers who are completing their training next month!

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**THE NEW BRUNCH SPOTS:** Far left, **Forest Bistro's** new brunch buffet features a carvery, crepes, an omelette station and much more (see below). Middle, **River City Coffee's** Savary Waffle is half-benedict, half herby cheese waffle served with eggs and hot honey infused syrup (see below). **The Carlson Community Club** starts their new brunch buffet April 7.

# Let's do Brunch

This Spring, three local establishments started offering weekend brunch for the first time: **Forest Bistro**, **River City Coffee**, and the **Carlson Community Club**. By summertime, **The Laughing Oyster** will serve brunch as well.

All four join a well-established independent brunch scene, including **The Shinglemill**, **Garden Court**, **Nancy's Bakery**, **Edie Rae's Cafe**, **Texada Island Inn**, **Mary Mary Cafe**, **The Flower and the Bee**, **Magpie's Diner**, and **Julie's Airport Cafe**.

Why do you think brunch just became qathet's favourite meal out?

## Meet your three new brunches:

**Forest Bistro brunch buffet**  
[forestbistolounge.com](http://forestbistolounge.com)  
 Sundays, 10 til 2 pm

**What is Forest's brunch buffet?**

**Forest** • Think ocean views with mimosas, Caesars and specialty coffees with a beautiful line of food items blended from both breakfast and lunch.

**What dish do you want people to know about?**

**Forest** • Fresh crepes & in-house made desserts at your fingertips. Chef-attended omelette stations, carving station with hams and roasts. Interaction with the cooking staff as they prepare items just for you. Similar to the hotels and golf courses in larger areas.

**Why brunch? What do you like about brunch?**

**Forest** • Breakfast is a meal, brunch is a culture. It's something you do. It's social and may last several hours. We want to cultivate an experience that's about taking the time to come together more than in a hurry grabbing a bite. It's to catch up, like Sunday dinner at Grandma's, except more mid-morning to early afternoon from eggs Benedict to dumplings and calamari, you'll see there is often a hybrid of offerings from lunch and traditional breakfast items.

**River City Coffee Roasters, Bakery & Eatery Brunch Club**  
[rivercitycoffee.ca](http://rivercitycoffee.ca)  
 Saturdays, 9 am to 2 pm

**What is Brunch Club?**

**RCC** • Brunch Club is our weekly brunch experience here at River City Coffee. The definition of a club is an organization or group of people dedicated to a particular interest, in this case our interest is food and, to be more specific, brunch! Brunch is the hottest growing restaurant trend, with exciting flavours that are more than your typical breakfast.

At Brunch Club you will find a selection of delicious eggs Benedict with house-made hollandaise, multiple breakfast waffles, breakfast bowls that are bursting with flavours as well as a lunch and kids menu. Enjoy premium brunch cocktails and all the River City Coffee beverages that you know and love.

Our Brunch Club menu is different from our weekday menu, with some of your RC favourites, but mostly tasty new dishes that you've never seen before at RCC. Our brunch service aspires to be casual and quick with elevated flavours to have you leaving full, feeling great, and with plenty of time left to enjoy your day.



**REPRESENTING THE EXTRAORDINARY REGULAR BRUNCH SPOTS:** Above, **The Shinglemill's** brunch isn't new this spring, but offers decadent dishes with a lake view. Above, **The Aristocrat:** Double smoked bacon and brie stuffed French toast topped with apple compote, honey whipped cream, and salted caramel sauce. Served with crispy rosemary hashbrowns. Brunch at The Shinglemill is served 11 am to 2 pm, both Saturdays and Sundays.

**What is one dish you want people to know about?**

**RCC** • Let's talk about our Savary Waffle, this savoury dish is half Benedict, half herby cheesy waffle. On our housemade herby and cheesy waffle enjoy fresh bacon, extra cheese, the best home-made hollandaise you'll ever taste, two poached or scrambled farm fresh local eggs, and hot honey infused syrup. This has been our number one brunch seller since Brunch Club launched and definitely worth coming in to try; it pairs perfectly with a mimosa, Caesar or even espresso martini.

**Why brunch?  
What do you like about brunch?**

**RCC** • Well brunch is a culture, brunch is an experience. Brunch is also a reason to meet with friends alternatively to late night dinners. You can meet in the morning or afternoon and share a delicious brunch or lunch with the people you care about the most. We would say the nostalgia of Christmas mornings past and holidays in Mom's kitchen, with busy hands and hungry people. Brunch should be a well balanced menu with elements of lunch, and elements of breakfast merging in harmony to create those perfect flavours and dishes. Brunch isn't just a meal, it's reason to gather, a reason to love, and a reason to eat amazing food and drinks.

**Carlson Community Club  
brunch buffet**

[carlsoncommunityclub.com](http://carlsoncommunityclub.com)  
Sundays 10 am to 2 pm

**What is the Carlson's brunch buffet?**

**Carlson** • It's an all-you-can-eat buffet with eggs, sausage, bacon, ham, fruit, pancakes and more. Kids are half-price. The first one will be April 7, and then every week from then on. It all takes place downstairs on the main floor of the Club. You do not need to be a member to have brunch!

**What is one dish you want people to know about?**

**Carlson** • Definitely the crepes with fruit sauce!

**Why brunch?**

**Carlson** • It's something we've been talking about for a very long time. So, we thought we'd try it and see how it goes!

\* Note: The Laughing Oyster is offering brunch occasionally now, including a May 12 Mother's Day Brunch. See [laughingoyster.ca](http://laughingoyster.ca) for more.

\* The Garden Court also offers occasional brunch buffets (such as on Easter), as well as daily breakfast. See [tcspub.ca](http://tcspub.ca) for more. 🍷



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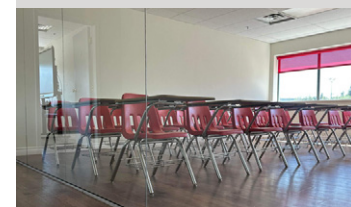
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## TAKE A BREAK

# Cultivating Intention: Part 2

Last month, we touched on recognizing our personal ways of perceiving our intuition and noted helpful insights by looking at an oracle card. This time, I'd like to invite those wishing to cultivate their intuition to build trust in this sixth sense through a variety of low stakes opportunities. Opportunities where nothing is lost and no harm is done should we misinterpret nudges to choose this over that, pick an incorrect option, or otherwise mistake the signals we receive.

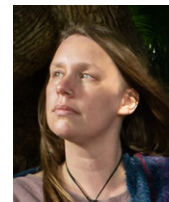
When we take the stress out of it, we allow ourselves freedom to explore and hone our abilities – be they through nearly imperceptible observations such as micro expressions, messages from the spirit realm, or a combination of both.

In this way, we can develop our intuition into a reliable tool for high stakes situations like changing flights despite extra expense or when making a life altering decision.

Some light, easy opportunities might be:

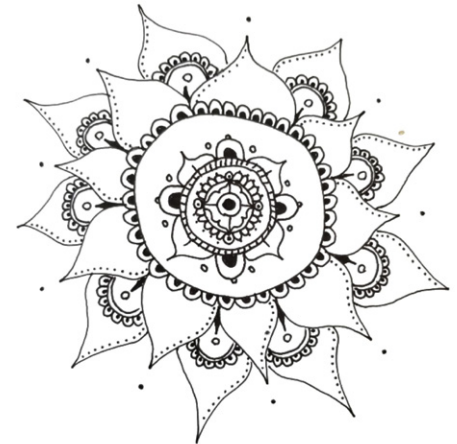
- Guessing who is messaging or calling before you look at the phone
- Flipping a coin and calling Heads or Tails
- Sensing for a particular playing card suit to pull from the deck
- Looking for symbols and animals in clouds or tea leaves
- Guessing the time before checking the clock
- Taking a new route to a familiar destination without using a map (admittedly harder in a small town!)
- Reaching for your glasses, cup of water, or even walking through the house in the dark
- “Guess the Number” games

We might also go for a walk while holding a question or situation in mind, and consider all that catches our attention as representing a helpful message. An attractive stone could signal a need to feel



## RETURN TO REVERENCE

JULIETTE JARVIS



grounded, a lost shoe on the side of the road might reflect an aspect that we have mislaid, perhaps a bird squawks right as a new insight comes to mind. Finding associations like this helps build our personal lexicon of symbols as well as strengthening our intuitive “muscles”.

Doodling is another sneaky way to let our rational, analytical mind step aside so we can practice letting go and letting flow.

It's important to not make it feel like work or keep too close a count of correct vs incorrect guesses. Celebrate your wins but let the rest slip away. It's important too, to note how we perceive our intuitive nudges so that we can better distinguish them from other stimuli or random thoughts and feelings.

*Juliette Jarvis is a best selling author offering sacred living support, devotional arts, and divination sessions. Find her at [SelkieSanctuary.com](http://SelkieSanctuary.com)*

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## CAN YOU FIND THESE WORDS FROM THIS ISSUE IN THE PUZZLE ABOVE?

- |               |              |             |
|---------------|--------------|-------------|
| AIRPORT       | HASLAM       | SAMBA       |
| BABIES        | INTENTION    | SCHOLARSHIP |
| BEGONIAS      | KILOWATT     | SEEDLINGS   |
| BEST          | MARATHON     | SPAWN       |
| BHARATANATYAM | MIKLAT       | TARTAN      |
| BLUEBERRY     | MURDERED     | TOMATOES    |
| BRUNCH        | NOTIFICATION | TREES       |
| BURGER        | ORGANIC      | VINYL       |
| CLIMATE       | PADDLE       | VOLUNTEER   |
| COMPOST       | PUNK         | WARRIOR     |
| CURRY         | PUPPIES      | WATER       |
| DRAGON        | RENT         | ZUNGA       |
| FRY           | RESILIENCE   |             |
| GRID          | RUNWAY       |             |

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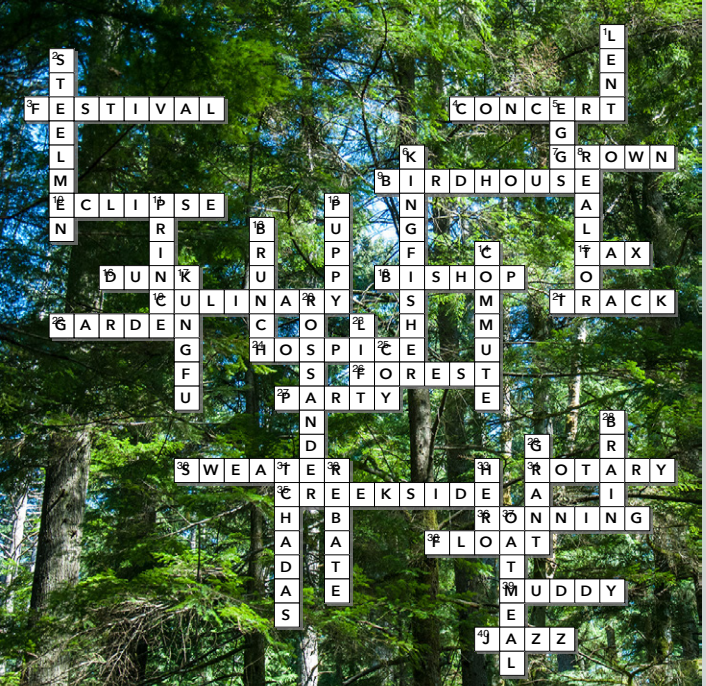
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# Puppy Miracle Part II

There's always one who steals your heart.

Those of you who read Last Word in the March issue of *qathet Living* will remember the little Nova Scotia Duck Toller puppy I almost lost. When we went to press for the March issue, I wasn't sure if Munchkin was going to live or die. Now I am happy to report that he's alive and well and doing all the things a little puppy should be doing.

When Munchkin was sick, I spent hours cuddling him, feeding him, watching over him, and praying for him to get better. I sat with him nestled in my arms in the same rocking chair that I used to nurse my babies in. Munchie would fall asleep in my arms as we rocked back and forth at 3 am and then I'd quietly creep over to the whelping box and lay him down with his siblings before making my way over to the sofa beside them.

For days, my world revolved around this little puppy. There were many vet visits and phone calls for help. I couldn't work; I could think of nothing but Munchkin. In between feedings, I'd care for the big dogs and the four other puppies in the litter, but Munchkin was my priority: he needed me more than the others did. I felt like a sleep-deprived new parent and remember wondering how would I make it through another day?

But then miraculously, little Munchkin turned a corner and got better. Today, he's a happy, healthy, sweet little puppy doing everything he should, and I am filled with gratitude.

I am also humbled by everything I have learned. Being a dog breeder isn't for the faint of heart. Things don't always go as planned. When you are dealing with living creatures you can't control the outcome. All you can do is try your hardest and pray.

When I bred Jigs last fall, I was not prepared for a difficult labour. She'd had a litter two years earlier and it was text-book perfect.

This time, she birthed six puppies, the last, a stillborn.

I know it's not uncommon to have a stillborn pup-



## LAST WORD

ISABELLE SOUTHCOTT

py and as my vet explained, there's a reason why dogs have litters instead of just one pup. According to VCA Canada (a network of veterinary hospitals) normal pre-weaning losses in dogs, including stillborn puppies, can be up to 30% with about half of these deaths occurring within the first week of life.

You can read statistics like these and although they make sense on an intellectual level, when you are in the trenches (or whelping pen), delivering puppies in the middle of the night, it's not your intellectual understanding that kicks in, it's your emotions.

I grieved for that stillborn puppy, but knew I had to focus on the five healthy puppies we still had.

When little Munchkin ingested a wad of dog hair several days later and began to fade, I mustered up an army of experts to help save him.

Once we got over the hump, Munchkin quickly caught up to his siblings and I began to relax and bask in the joy of a litter of Toller puppies. I love nothing more than sitting in the puppy pen while they crawl all over me. My heart smiles when I call "Here Puppy, Puppy," and they stampede towards the food dish. My seven-month-old Toller, Uncle Decoy, is the official babysitter; he plays tug with them, shares their food and falls asleep in the crate with one or two snuggled up beside him.

I've watched these puppies grow up before my eyes. They are Jigs' puppies and part of my family now. It will be hard to let them go to their new homes, but I know I don't have the time or resources to care for them. Whenever I feel sad about sending them off, I remember what a wise dog breeder once told me:

"Isabelle, these puppies were never yours to keep. Your job as a breeder is to help bring them into the world and care for them so they are happy and healthy. Then you must find the best possible forever homes for them and when it is time, let them go."

Endings are never easy, but I've learned you must leave something behind to find something new and that's what these puppies have to do. It will be hard to say farewell to all of them, especially Munchkin, but they are ready for a new adventure with families who can't wait to love them.

✉ [isabelle@prliving.ca](mailto:isabelle@prliving.ca)



## 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, chicken or whatever - with their human buddy. Send the image, along with a brief description, to [contest@prliving.ca](mailto:contest@prliving.ca). Deadline is April 12. Winners will be published in the May "Pet Issue" edition of *qathet Living*.



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