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MAY 2024

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Read the full story on Pages 26 & 27



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ON THE COVER:

Kaison Berg with his best friend Benjamin, a 5-year-old Black Lab Hungarian Shepherd.
Photo by Jenessa Phillips.



Inside the giant peach

At the end of this month, Brooks Theatre Department stages *James and the Giant Peach*. If you reach back into your memory, you might recall that the Roald Dahl book is about a young English orphan who lives with his two cruel aunts. He is lonely and hopeless, until he find insect friends inside a giant, magical peach. They adventure together across the Atlantic, and find fulfillment together on their journey.



EDITOR'S MESSAGE

PIETA WOOLLEY

It's a metaphor, as I read it, about the toughness, trust and togetherness that growing requires – whether that's growing up, growing wisdom, or growing as a community.

Toughness, trust and togetherness: that's how we are here in qathet, and every page of the May

qathet Living showcases that.

Togetherness: our pets – cats, dogs, chickens and more – are crucial companions throughout our lives (Pages 6-17).

Trust: Dr. Robert Crossland outlines what was possible when he set aside his emotions, and stepped up to be the coroner here (Page 35).

Toughness: Ariel Turcotte reminds us that grief is always part of motherhood (Page 51).

So much is required from all of us, as we face new weather conditions (Page 30), recover for colonization (Page 18), and endure more private struggles.

May also brings joy, such as *James*, the Accordion Fest (and other events listed starting on Page 43), gardening (Page 38), and recognizing our best selves (Page 24).

qathet LIVING

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“

I could not have gotten through it without him. The soul of this cat is amazing.

-Zara MacLeod, **Page 11.**

”

A FEW OF MAY'S CONTRIBUTORS



KARINA INKSTER is a fitness coach, author, co-director of the qathet Accordion Fest, accordion and didgeridoo teacher at the PR Academy of Music, and host of the No-B.S. Vegan podcast. **See Karina's story, What I Learned, on Page 48.**



ABBY FRANCIS is a member of Tla'amin Nation, filmmaker, and soon-to-be graduate from BCIT's broadcast journalism program. **See Abby's story, Tla'amin's Only Surviving Poles, on Page 18.**



ROCHÉ ROSSOUW has been enjoying Powell River for 22 years. She teaches fitness, paints, sings in the choir, enjoys her grandchildren, and walks with her sweet Lagotto, Dixi, in the trails. **See Roché's story, Fireworks, on Page 10.**



LESLEY ARMSTRONG is "just grateful that qathet Living appreciates the value of our four legged friends to our lives. They make us better people!" **See Lesley's story, Old Dog, on Page 13.**



ARIEL TURCOTTE Ariel is passionate about "walking along side others in grief" she co-leads The Powell River Compassionate Friends, a bereavement group for parents whose child has died. **See Ariel's story, Mother's Day, on Page 51.**

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People and their Pets

1. Meroë with her doggo Mistou. Meroë's first words were "good girl!" Photo by Carles Latimer (papa).
2. Sports fans Darrin Strueby and Lucy. Photo by Susan Strueby.
3. Monty the Swiss mountain dog and his people, Caden and Paige Hogan. Photo by grandpa Ray Hogan.
4. Diana Seifert and her one-year-old Morkie named Cheeko.
5. Morgan with Binx. Photo by Carlie White.
6. Carrie Woods and Chloe going for a ride.
7. Meet the Bittle family! The big/little human Quinn is soon to be nine years old. Top left is Ruby, top right is Naya, bottom left is Bobbles and bottom right is Wobbles.
8. Jordan, 10, with his very best friend in the whole world, 3-year-old rough coat collie/German Shepherd cross Koda. My husband and I got this dog because we knew our middle child would love him, and it was the best decision we ever made. The bond these two share is incredible to see. Photo by Kim Barrows.
9. Mara Jones with her Silkie rooster Angel (dressed up as Lois Lane and Superman for Halloween.)

Our cherished creature companions

BY ISABELLE SOUTHCOTT

We had a record number of fantastic entries in this year's Pet Photo Contest! With more than 70 entries in Pets & their People, judges had a difficult time choosing a winner, but Charles Latimer's photo of a toddler sitting on the sofa with the family dog (above) came out on top as it told a story of the important role that dogs play in qathet families. Second place was Jenessa Phillips' photo that graces this month's cover. The judges loved the unscripted affection between Kaison Berg

and his best friend Benjamin, a five-year-old Black Lab Hungarian Shepherd.

Our good friends at **Mother Nature** have kindly put together gift baskets for our first and second place winners to enjoy with their special friends.

Thank you to everyone who entered this year's contest. We wish we could include all your lovely photos in the pages of this magazine.

Please enjoy the sampling of entries we have put together that are reflective of this year's theme: Pets & Their People.



Meet the pets and their people

10. Jasper's first time visiting Chantelle Cain's granddad.

11. Christina Krogh and her cat Jeb, who was adopted from the local SPCA. Snuggle bug king, belly rub lover.

12. Robyn Andexser with Ty.

13. Anne Vath rescued Tucker 3.5 years ago. He was 24 pounds, and could barely walk. He had multiple health issues, and unimaginable trust issues as well. With much patience, time, and a vet controlled diet, Tucker lost the recommended amount of weight, and is now a perfect 12 pounds. Now he walks 3-4 times a day, loves to play, cuddle, paddle board, and the most amazing thing of all... he trusts Anne. "It was worth it! He's amazing!"

14. Jack Banting with Tom, his best friend and constant companion, enjoying a sunset with Savary Island behind.

15. Brett Green with four-year-old Toller, Hudson. This was our first walk in the trails since Brett's liver transplant - so this was a special day for us! Hudson was happy to have his dad back. Photo by Kristen Green.

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SHOWCASING THE BEST OF OUR COMMUNITY

Now answered: Who gets the pets in a divorce?

BY ISABELLE SOUTHCOTT | ISABELLE@PRLIVING.CA

Changes to BC's *Family Law Act* earlier this year mean courts are now considering the pet's best interests in pet custody cases.

The amendment, which went into effect January 15, is the first of its kind in Canada. Pets, now reclassified as companion animals, are no longer treated like property when it comes to determining ownership and possession after a separation or divorce. Service dogs, guide dogs, and farm animals are not considered companion animals.

"It's a welcome change," says Powell River lawyer Stacey Fletcher of Villani & Company.

Before, pet ownership issues following a breakup were similar to those used by the courts to determine

Who gets Rover?

When deciding which spouse gets a companion animal a judge must consider:

- the circumstances in which the animal was acquired
- the extent to which each spouse cared for the animal
- any history of family violence
- the risk of family violence
- a spouse's cruelty, or threat of cruelty, toward an animal
- the relationship that a child has with the animal
- the willingness and ability of each spouse to care for the basic needs of the animal
- any other circumstances the court considers relevant

how property is divided. Now the courts consider a person's ability and willingness to care for an animal, relationships between a child and an animal, and risks of animal cruelty.

These amendments recognize the important role pets play in families and provides more guidance for people and judges, says Stacey.

If a couple cannot negotiate a private agreement for what happens to the family dog or cat they can go to court knowing that the judge has more tools to use in making a decision whereas previously there were no set guidelines as to how it would be dealt with.

"It does have that element that it is more like a child now."
– Stacey McCausland

The judge will look at things like who fed it, who walked it, who took it to the vet, and so on, said Stacey. "It does have that element that it is more like a child now," Stacey said.

The Provincial Court of BC's website says the law does not allow a judge to order that spouses share possession or own the animal jointly. However, another section of the act does allow shared custody under certain circumstances if the parties can agree.

Last month, a golden retriever named Stella made legal history in BC after a BC Supreme Court ruling ruled that custody of Stella be split evenly on a week on/week off basis. The ruling was the first of its kind and stemmed from a claim filed in BC Supreme Court in New Westminster by a woman seeking to have exclusive care of the dog after she and her boyfriend broke up in 2023.

The new law allows pet claims to be heard in Provincial Court, whereas previously, "property" was the exclusive jurisdiction of the Supreme Court.

Powell River lawyer Ian Fleming, of Fleming & Associates, says the changes see companion animals treated "more like children now. But not quite like children."

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Fireworks frightened this dog - nearly to death

BY ROCHÉ ROSSOUW

Months after Dixi got hit by a truck, I remember walking behind her on Penticton trail, and I could still see her left hind leg compensating for her injury. Dixi's hip is a bit stiff, but no one else notices when they meet this high-energy, curly-haired Lagotto Romagnolo.

Moments later, I hear the 'pop-pop' sound from the gun range and I'm pulled right off my feet as Dixi bolts, wild-eyed and frantic. I hop, skip, jump and regain my footing. We beeline it back to the car with me half-flying behind.

Dixi is a COVID puppy. We were bored and out of work in 2021, so a pup sounded like a lovely addition to our house. She arrived, thrived and trained us. She lacked no confidence, loved everyone and destroyed quite a few shoes, pillows and stuffies. In the three years we've had her, we've never had an issue with loud noises...until Halloween 2023.

It was a lovely mild fall evening. I had just let Dixi out for her bathroom break after dinner when a volley of very loud fireworks exploded right next to her. My partner Pieter and I looked at each other in alarm.

Dixi was nowhere to be found after the explosion. An hour passed before I posted on all the Facebook Powell River pet pages that she was missing. People shared the post and started to call to come help. Soon we got a call from Dr. Laura Fields from Westview Veterinary Clinic to tell us that Dixi was found, but hurt.

Running in terror away from the fireworks, Dixi was struck by a truck at a most fortunate venue: right in front of the house of the sister of Westview Vet Clinic's vet tech. As we heard the story later, the person driving the truck did not stop after the hit, but made a U-turn and drove away. I'm not blaming them for hitting her, but stopping and checking if she was dead or not would have been nice.

Luckily other drivers and passers-by stopped to check on her.

When we arrived at the clinic, Dixi made a courageous effort to wag her tail. We were so relieved to have found her that we did not realize the complications of the break. The X-ray showed a horrible fracture.

The next day, Dr. Brian Barnes operated on Dixi; she got a very smart bionic hip with a plate and screws. The aftercare tested Dixi's patience. You try to tell a dog who thinks she's fine that it will be another eight weeks of total restriction!

Dixi's physical healing went great and I am so grateful for everyone who helped and contributed. We made many new friends and she got the best care.

However, the psychological healing will take much



THE DAMAGE: Top, Dr. Pieter Rossouw with Dixi after her surgery. Below, an X-ray showing the fracture and repair by Dr. Brian Barnes.

longer. The day before New Year's Eve, we again heard the popping sound of fireworks. Dixi dissolved into a shaking heap. She cowered, howled, and shivered for hours. We gave her some drugs to calm her down for December 31, anticipating more fireworks. The half-drugged dog was not a great solution, either. She looked drunk and confused from the medication.

Lots of pets are terrified of fireworks. Every year over Halloween, pets run away or die by running in front of cars.

Many other local governments have banned fireworks almost entirely (permit holders only, extremely limited use), in part because of the impact the noise has on pets and livestock. Those cities include Sechelt, Comox, Courtenay, Vancouver, Kelowna, Coquitlam, Kamloops and Surrey.

Because I witnessed how fireworks harmed Dixi, I'd be in favour of a similar ban here.



Winston, the healing cat

BY ISABELLE SOUTHCOTT



Winston, the marmalade house cat at Westview Veterinary Hospital, helped Zara MacLeod hold the faith when her 12-year-old Sheltie was fighting for his life earlier this year.

Zara was preparing supper on a Sunday evening in mid January, when she accidentally dropped a fingerling potato. The family dog Sterling quickly ate it and it became lodged in his esophagus. “He started choking and gagging,” Zara recalled. “We whipped him in the car and called the vet.”

While the team at Westview Vets worked on Sterling, Zara and her husband waited. “I was hysterical,” said Zara. “They let us stay in the emergency the whole time because it was touch and go. I was pacing and praying.”

Winston, the resident cat, walked

THE GENTLEMAN WINSTON: Left, Dr. Brian Barnes of Westview Veterinary Hospital with Winston. Above, Sterling the Sheltie.



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over to Zara while they waited and got her attention.

“He looked into my eyes and meowed,” she said. Zara picked him up and he put his arms (legs) around her and started to purr.

Zara said she held him in her arms for the next three and a half hours only putting him down when her arms needed a break. “I could not have gotten through it without him,” she said. “The soul of this cat is amazing.”

Winston has called the vet hospital home, the staff family and the clients his friends, since his previous owner surrendered him eight years ago because they couldn’t look after him. Dr.

(Brian) Barnes gave him the medical care he needed and kept him.

“He is loved by all of us,” said Jody McKenzie, a member of the Westview Vet team.

Winston is especially fond of children and runs towards them when he hears their voices.

Zara was still cuddling Winston when staff came out to tell her they were able to remove the potato from Sterling’s esophagus. Zara is grateful that Sterling was saved and for all the love and support Winston gave her while she waited.

“He’s a very special cat.”

isabelle@prliving.ca



THE CALMING PRESENCE: Top left, Winston has a way with animals, including humans. Above, Sterling undergoes surgery at Westview Veterinary Hospital.

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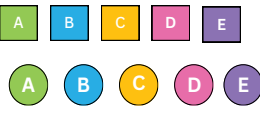
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There's nothing quite like being owned by an old dog

BY LESLEY ARMSTRONG

I would wish this experience on everyone, although it can be hard work, and there is no time off – similar to having children.

Inevitably the old dog is walking you, organizing your day, and drawing heavily from your bank account without lifting a paw. That said, no one rejoices at your waking up each morning like your canine companion... ever. Who else whacks the furniture with an ecstatic tail, relaying they are thrilled that you woke up and are still alive?

The shift from middle aged dog to elderly dog occurs quickly and irrationally. One morning, you leash up the dog, stride out the back door, and out into the



GRACEFUL AGING: Old Tom teaches Lesley Armstrong the art of Shinrin Yoku.

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alley where you head left – as usual – to go down to the beach.

Uh uh. The old dog skids to a halt, puts his head down so the collar slides off his neck, and refuses to move while staring into your eyes.

Old dogs spend increasing amounts of time staring straight into their human's eyes. It is because they know you so well that not only do they cue off of your facial expressions and movements and language, but they increasingly feel free to message you face to face to tell you (a) they are ready to be fed; (b) it is time they took you out for a walk; (c) it is time for a chuck under the chin; or (d) they just want to say they love you.

This last one is accompanied by a slow wag. It is lingering and lasting.

Instinctively I knew all this stuff, although I thought I was being slightly daft and anthropomorphic. However, canine neurological research supports all my homespun instinctive theories. Watch field trials of border collies and their owners, in order to glean some understanding of the higher levels of communication possible between humans and dogs.

So, at the end of the driveway, with your dog in a humped position, head down, rear end planted, you ask, "Oh, do we turn right today?" Whereupon, the dog wags his tail and trots off to the right while you chase it trying to put the collar back on.

Some days, the old dog will look left and right and refuse to move either direction – or you won't even leave the house. No usual morning walk today, even though this has been part of the morning routine for 12 years.

This is tough because a brisk morning walk in the forest is the best way to start the day, and the icing on the cake is an equally exuberant canine companion. When you own a dog, there is no such thing as bad weather – just bad clothes.

The sad truth though, is that old dogs age fast. One day they are alert and responsive, the next day it seems, they view you with rheumy eyes, a fair bit of dementia and a degenerating ability to pull all four quarters into a standing position.

I think this is when it hits you that your dog has become more than just a dog. He is your morning shot of routine, Benzedrine and happiness – a dear friend. I don't remember being this profoundly affected by an old dog when I was younger...probably because I am turning into an old dog and I sometimes share the feebling parallels to our existences!

The positives: *Shinrin Yoku* or "forest bathing" has been forced upon me by old Tom. Being fully present in nature has become an intrinsic and meaningful part of our walks. While shorter in length, they are longer in duration and exquisitely lovely.

He, taking luxurious long sniffs into every nook

and cranny on every trail. For every scent receptor we have, a dog has 50.

In turn, I have learned to stand patiently and still for long periods while Tom conducts his examinations – long enough for forest creatures to resume their orchestral manoeuvres.

This morning, for example, I was standing amongst fading ferns, alders and maples as well as aging cedars and firs. The mewing of the Rufous-sided Towhees, the plaintive single note calls of the chickadees, the chirr of a squirrel caching seeds and mushrooms into the elbows and crooks of trees had all resumed. With the morning's sudden descent into single digit temperatures, the creatures of the forest were desperately seeking nourishment.

I was staring back at the winding trail we were exploring, wondering when old Tom would catch up, when peripherally, a few metres away, a pair of silent and massive mahogany wings wheeled a Barred Owl down to roost on an old snag close by.

Curiously, he fixed his unblinking gaze on me. I stared back. For a while, before something caught his ear. His head swivelled and fixated on the undergrowth. Not wanting to further intrude on this vital early morning hunt, I slipped out of sight and down a hill, now following old Tom.

Lost in thought, striding purposefully two years ago, this moment would not have happened because I would have been working to keep up with a bounding younger version of Tom.

Some day in the near future, we will have to make the fatal decision – as I wish like hell someone could make for me if I reach a point of growing dementia, foul breath and crippling stiffness.

Recently, a friend told me they would never get another dog after the passing of their last one – that the whole experience was just too heartbreaking. Life is far too full of uncertainties, tragedies and valleys. If there is meaning in living, then there must be meaning in suffering.

Your heart will not break if you do not love deeply. I know when old Tom joins all the dogs in heaven (because there is no such thing as a bad dog), Dave and I will pause for a bit, regroup, then drive to an SPCA.

We will have a choice of unwanted furred faces – each one with a massive capacity for love.

Although it may be unsure about whether or not it wants to be adopted by another human, it will be in an SPCA waiting cell. Something about one of them will cause us to stop, ask "Could we visit with this one please?"

Afterwards, we will persuade it to jump into the back seat of the truck, and slowly, one day at a time, ease it into a new life.

Hopefully, it will quickly gain trust in us, knowing that it has shelter, daily meals and clean water, hikes, lots of pats and chats, and no yelling or hitting or loneliness.

It will know that life is now good, and wag its tail when we wake up. It will regard us as its forever pack. While the days of dogs sleeping on the bed are over, it will wake us up at night with excited dog dream barks and smelly farts, and come daylight, take us for walks.

Perhaps this time, we'll bring home a middle-aged dog just so we can just cut straight to the Shinrin Yoku. 🐾

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<http://qathet.prfhs.org/whats-new/>

Who's market is it, anyway?

1. Game of Chicken

Since July of last year, the Bank of Canada has held interest rates at 5%. Those who have been waiting for it to fall before buying a home will be disappointed. Six BOC meetings have gone by with no change. The next chance: June 5.

2. Selling prices hold steady, for now

The average price for a home in qathet stayed at \$609,282, March 2024 compared to March 2023. That's down 18% from 2022, but double what you would have paid in 2019, and nearly triple the average price of 2014.

3. More to buy

In March, qathet put an additional 65 residential properties on the market. That's the largest number of new listings in March in two decades. Although sales are slightly down, 28 units were sold in March 2024 compared to 33 in March 2023. --PW



Real Estate in qathet

Home for the whole family: including pets

Cats, dogs, and chickens: when buying a home, more and more local clients are on the hunt for pet-friendly features.



ON BOARD: Realtor Nancy Hamilton says her dogs are an essential part of her outdoor lifestyle here.

BY PIETA WOOLLEY

Maybe it's because she's a dog person herself, but Realtor Nancy Hamilton's clients are overwhelmingly pet people too. About 90% of them, she says, either already have pets or want pets as soon as they move to qathet.

"If they don't already have a dog when they move here, I'm selling them on the benefits of having a dog," she said. "It's part of the outdoor lifestyle. They're the most eager companions ever to take on a hike. I like to get out every day, and I don't always have people to go with. Dogs have so much fun

hiking, it always spills off on me. It helps with my moods. It's healthy for them and for you."

Most Canadians don't need Nancy's sales pitch. About 60% of families have a pet. That's 7.7 million dogs and 8.1 million cats, according to survey data by the Canadian Animal Health Institute.

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Meet Curtis Yungen, the new President of the Powell River Sunshine Coast Real Estate Board

I was born and raised in beautiful Powell River. I worked 21 years in the grocery business before becoming a Realtor 18 years ago. I love the outdoors, mountain biking, hiking, boating, enjoying my float cabin on Powell Lake.

I became president because I have been a director for 15 years and felt it was a good time to step up and hopefully be a good guide for our members through all the changes that are happening in the real estate world.

Interesting thing is, we had a slow start to 2024 mainly due to higher interest rates, but the market has picked up and we are receiving multiple offers on some places, and there are more sold signs around town.

For potential first time buyers, it has been a very tough few years with the increase in prices, but some are teaming up with friends or family and are getting into their first homes.

“If they don’t already have a dog when they’re moving here, I’m selling them on the benefits of having a dog. It’s part of the outdoor lifestyle.”
– Nancy Hamilton

Wise homebuyers will consider their pets when shopping, said Nancy. For example, if you’re moving into the City, you might want to be close to an off-leash park. Those with older pets might consider how they navigate stairs. People who want chickens can have up to six in every residential neighbourhood now, but those who want more should choose a home that’s zoned for more.

Fenced yards are a draw for pet owners, she pointed out – laminate or hardwood are better choices than cream-coloured wall-to-wall carpet, of course.

“I lived with a dog in an apartment when I was younger,” Nancy recalls. “Every time he needed to pee, I had to take him down in the elevator. It’s a lot less stressful if you can just open the door for them to go out.”

Realtor Meaghan Westie once had a client with a large bird collection looking for a home to accommodate them all.

“It was a rewarding challenge to find them a home where they could provide a comfortable environment for their birds while adhering to local regulations,” she said.


Those with pets should keep them in mind when viewing homes, Meaghan noted. That means making sure the region has grooming and vet services that are appropriate to their animals; making sure

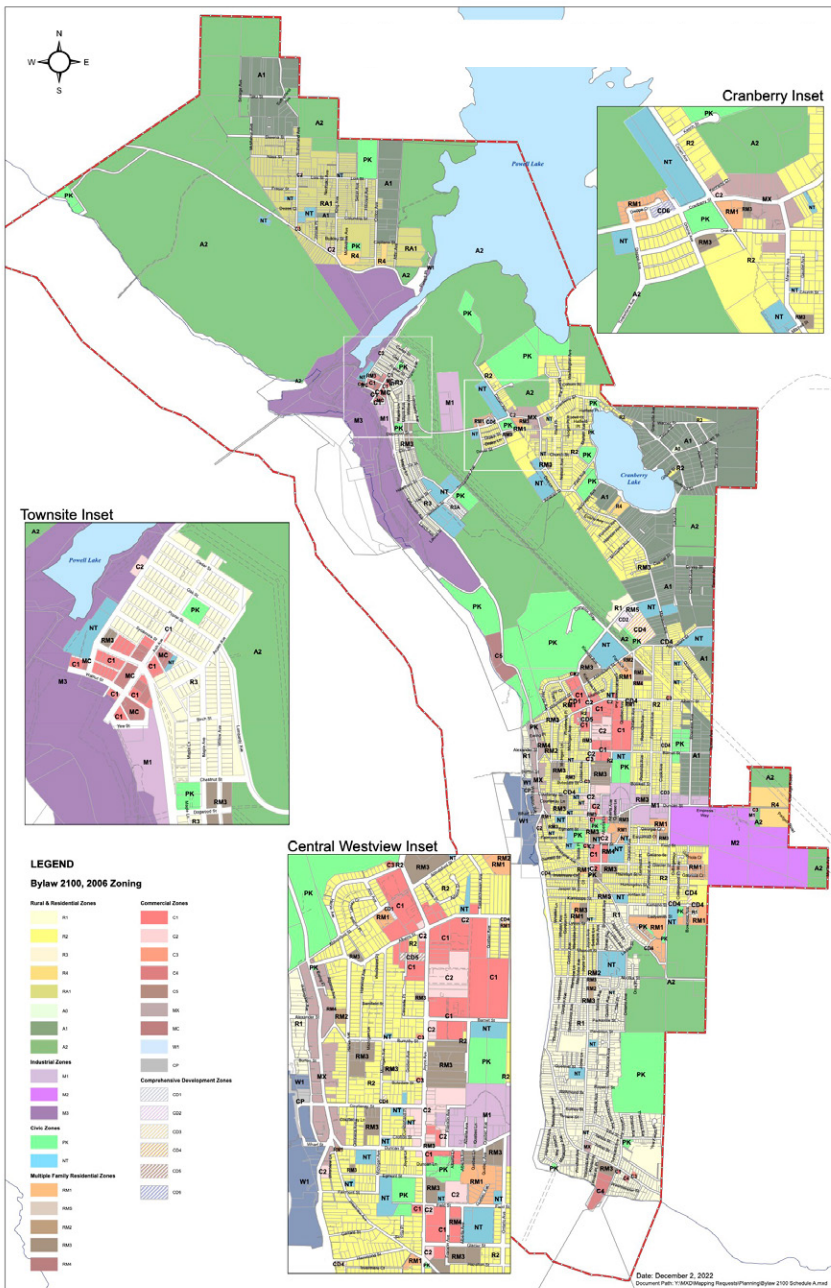


A MEMBER OF THE FAMILY: Realtor Meaghan Westie’s two-year-old Australian Shepherd.

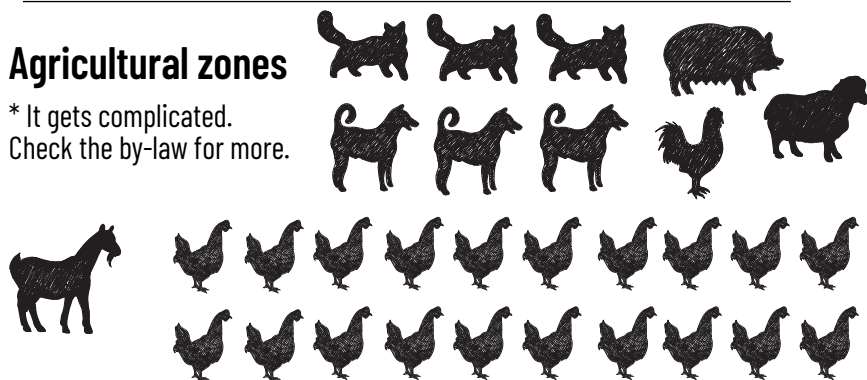
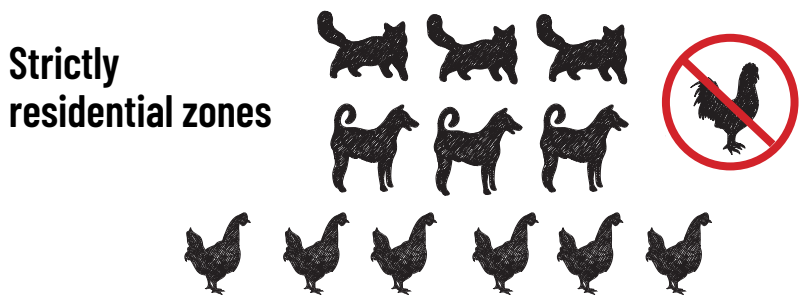
the home can accommodate pet “stuff” such as litter boxes, dog crates and pet beds, and ensuring that by-laws will work with their plans.

In this market (see previous page), it behooves sellers to promote any animal-friendly features in their homes.

“Fenced yards, nearby amenities like parks or trails,” Meaghan suggested, adding that “catios” and pet-friendly flooring are great selling features. “Farm-friendly activities, such as barns, pastures, or chicken coops, can attract potential buyers interested in pursuing a rural lifestyle.”  pieta@prliving.ca



AN ANIMAL-FRIENDLY MUNICIPALITY: The City of Powell River's Animal Control by-law lays out the rules for what kind of pets and livestock can be kept where. Everywhere that's yellow is zoned "Residential," and can have up to three cats and three dogs, plus six poultry (no roosters). Everywhere that's green (but not a park) is zoned "Agricultural," and can have up to 20 poultry, plus other livestock such as cows, pigs, and llamas, depending on space (the rules are in the by-law.) See the by-law for more detail.



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460 REALTY

Tla'amin's only surviving poles, found

After a recent trip to the UBC Museum of Anthropology, Tla'amin members have re-discovered two long lost poles from the tisk^wat village site.

BY ABBY FRANCIS

Standing outside the Tla'amin Nation governance house, Tiy'ap thote (Erik Blaney) holds a photo close to his chest.

The photo shows two men holding rifles, standing beside two mortuary poles, next to a long house somewhere on tisk^wat, in Tla'amin territory.

Mortuary poles differ from Totem poles; they are made to mark the graves of loved ones who passed away. It is a striking image. The photo has deep meaning to Tiy'ap thote.

"To me it feels like they were armed, they were



ABOVE THE SHINGLEMILL: Top, Joe Gallegos and an unidentified Tla'amin member stand with two mortuary poles in this circa 1910 photograph. The photo was in an album of other local photos, sent to the qathet Museum in 2014, from a woman in Pennsylvania whose father worked at the mill. Right, the two poles have been found at the Museum of Anthropology at UBC. *Photos courtesy of Tla'amin Nation and the Museum of Anthropology*

showing a picture of themselves saying, 'this is our land and we're not leaving. You know, we are armed. These mortuary poles here. Like how can you remove us from this village site?'" Tiy'ap thote said.

Tiy'ap thote is an executive council member for Tla'amin, and this photo is an important part of a much larger story of tisk^wat—and for Tiy'ap thote, who's been working on finding the two mortuary poles in the photo since he was 16 years old.

"I was one of the summer students for the Nation and I took a job with the GIS department in the research department of the Treaty Society. So my job was to interview Elders and to add their voice and

their stories to the mapping program that we had developed," Tiy'ap thote said.

"The late Henry Bob told me a story about tisk^wat and he told me about mortuary poles that were located right across from the village site. And he said, 'I want you to find those poles.'

"He said, 'I know there's got to be evidence up in the hills.' So for a couple of years, I took every chance I could get to go out there to hike the bluffs and walk along the falls and was never able to find anything other than shell midden and some historic evidence of our people living in that area."

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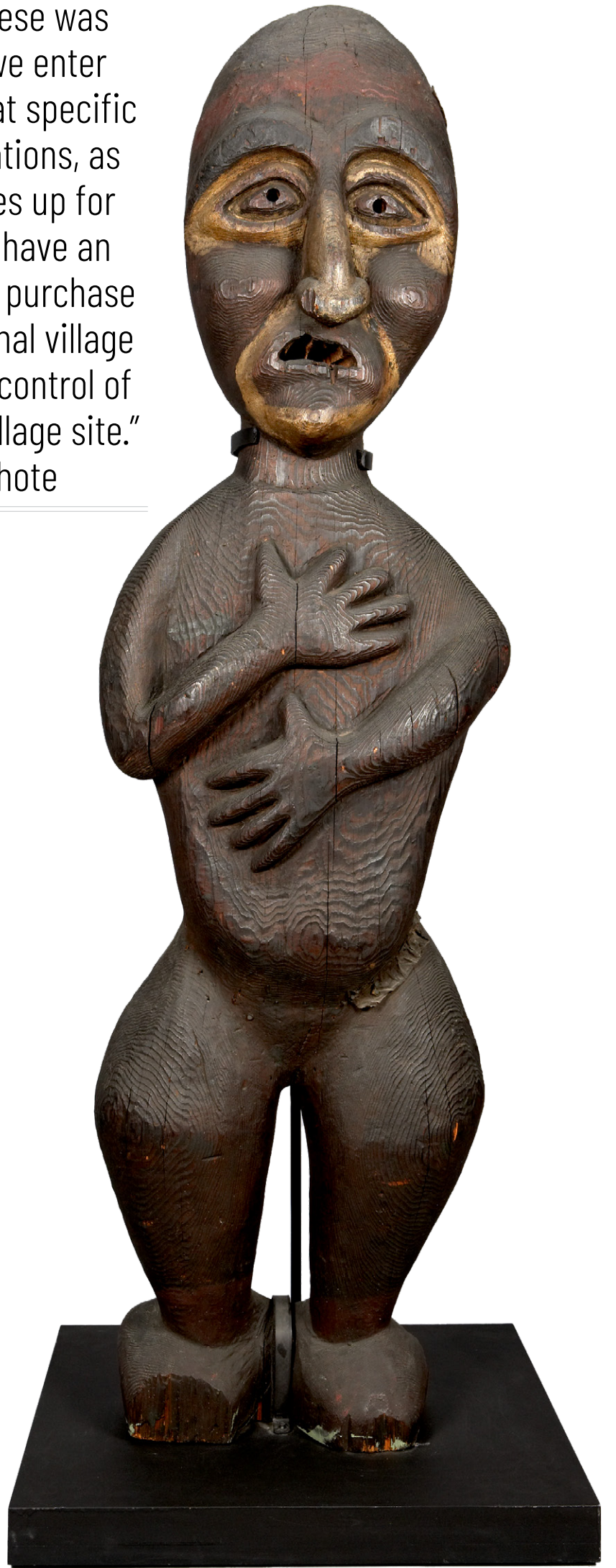
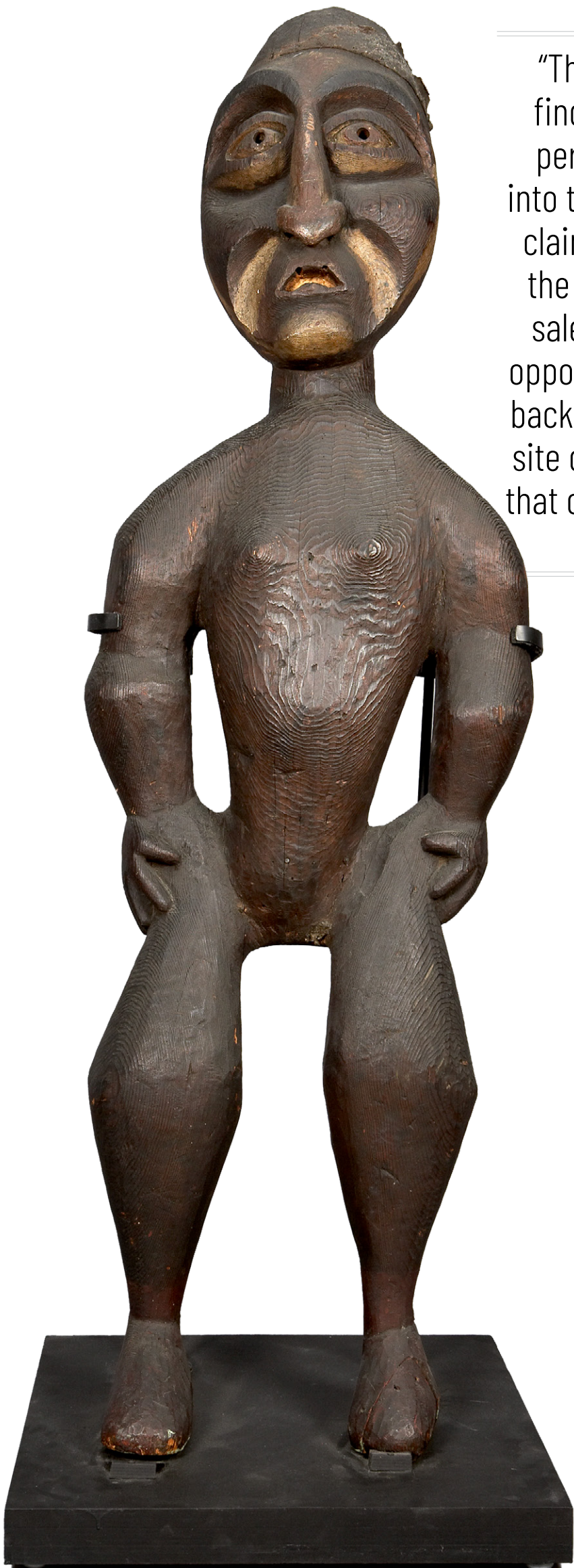


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“The timing and the finding of these was perfect. As we enter into the tisk^wat specific claim negotiations, as the mill comes up for sale, and we have an opportunity to purchase back our original village site or regain control of that original village site.”
- Tiy’ap thote



The origin of the photograph

In 2014, the Nation's "Sliammon Treaty Society" received a photo from Bert Finnamore, the executive director of the qathet Museum. A woman in Pennsylvania sent the mortuary pole photo to the museum.

Tiy'ap thote said the woman's father was one of the people contracted to build the mill more than a century ago – and this tisk'at photo was the only one like it in her collection.

"When I saw that photo, I instantly recognized the gentleman, Joe Gallegos, in the picture," Tiy'ap thote said. "And I said, 'That's my great, great, great grandfather.' So I was super excited because our Nation has lost all photos of old village sites within the territory. So I let Bert know that yes, this is from our territory, that is a relative of mine, and I need to do a little bit more digging into it."

Tiy'ap thote's next step was to hike up to where he thought the photo could have been taken and he said, "When you hold the photo up, you can see Block Bay, you can see the Shinglemill. It's definitely of what we call Thah yelt, which is now known as Powell Lake."

From 2014 onward, that photo was the only evidence of the two mortuary poles being on tisk'at, despite all the searches Tiy'ap thote and other Nation members did, they could not find the poles.

The poles are found

That is until Tiy'ap thote's brother, Drew Blaney, took Elders on trip to

the University of British Columbia's Museum of Anthropology (UBC MOA) in 2022 to see a couple Tla'amin paddles and masks the museum had.

"We were given a tour of the museum and invited down to the chambers where all the totem poles were and right there in front of us were these two poles standing there welcoming us," Drew said. "You know, I knew I had seen them before."

Drew messaged Tiy'ap thote and asked for the photo of the tisk'at mortuary poles and despite the bad cell reception, Tiy'ap thote got Drew's message and sent over the photo. "And sure enough, it's the same two poles that are standing there at the entrance to the Museum of Anthropology," said Drew.

At the time, Drew had been standing next to the museum's director, Sue Rowley. After he showed her the photo the two compared it to the poles and confirmed that they were in fact the same poles. Drew noted that the poles were marked as Stó:lō Nation poles.

"There are two mortuary figures. I've been told one is a male and the other is a female, although we don't really know. The man has his arms on his waist," said Drew. "The other one has its arms crossed and I'm led to believe that it is a mother holding her child. That's what we believe the mortuary poles are signifying."

How the poles were lost

Sue said in an interview that "There's always been some questions surrounding their [poles] history; we had very poor documentation."

Sue explained some documents showed the poles had been found

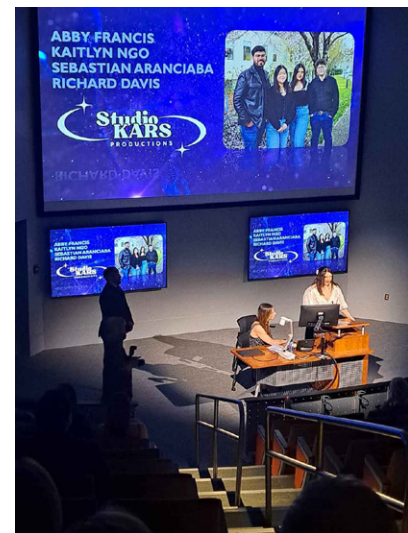


THE FILMMAKERS: Above, Tla'amin member (and qathet Living alum) Abby Francis, holding flowers, with her partner Ben Warman (left), and filmmaker Richard Davis with his partner Megan Murphy. Missing: Sebastian Aranciaba and Kaitlyn Ngo. Below, Abby introduces the doc at the BCIT showcase April 12.

Path to Reconciliation, a film about Tla'amin's two mortuary poles

For her final project at BCIT's two-year Broadcast Journalism program, Tla'amin member Abby Francis and others made a documentary about the loss and retrieval of these two mortuary poles.

Locals will recognize qathet people, landscape, and wildlife in the film; most of it was made in the region. The film screens at The Patricia Theatre on Victoria Day.



FILM • PATH TO RECONCILIATION

When: May 20 (Victoria Day), 1:30 pm

What: A free screening, with filmmakers in attendance and a panel afterwards

Where: At The Patricia Theatre

Sponsored by: The qathet Film Society



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DETERMINATION AND FAITH: Left, Tiy'ap thote (Erik Blaney) and right, Drew Blaney. These Tla'amin brothers were the key detectives in the pursuit of finding the poles and understanding their significance. *Images courtesy of Abby Francis*

floating down the Stó:lō (Fraser River), but other documents showed them being in a collection at Stanley Park.

“Another [set of documents suggested] that maybe they were actually from the Kanaka Bar/Nlaka’pamux First Nations settlement area on the Fraser River, but nothing ever felt quite right,” Sue said.

Sue said the two poles were a part of the Reverend George H. Raley collection and were brought in after he passed away. According to the Royal BC Museum archives, Raley had been a principal at the Coqualeetza Resi-

dential School in Chilliwack.

Drew, Sue, and Tiy'ap thote all said that Indigenous cultural belongings being mislabeled in museums, such as the tiskʷat mortuary poles, is common.

“When you look at the practice of theft from the territory, they were basically sold to the highest bidder,” Tiy'ap thote said. “So we have seen items in Scotland, in England, Germany, and California.”

“And I think that’s the challenge for the museums, because if something’s been mislabeled, the Nations have to kind of work it out and come to an

agreement of understanding and with something like these poles, it’s undeniable, when you start showing the pictures and the history, that they were definitely mislabeled.”

Similarly to Tiy'ap thote’s feelings, Drew said items being mislabeled is something seen everywhere.

“The person that was doing the cataloging back in the 1800s, you know, could have been German, some of them could have been French, some of them could have been Russian and I think there’s a language gap there,” said Drew.

“What did our ancient carvings look like? Now we have a clue as to what the mortuary poles of that time looked like. It gives us a lens into our history so that we could be able to see it firsthand. It’s been truly amazing to be able to find those.”

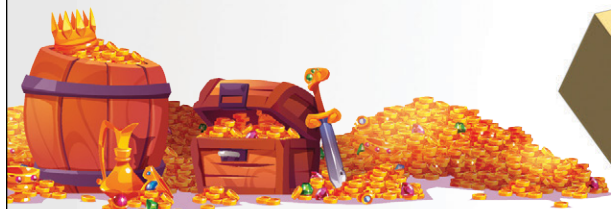
– Drew Blaney

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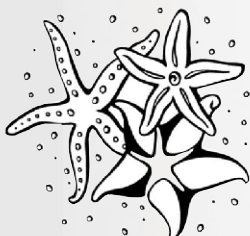
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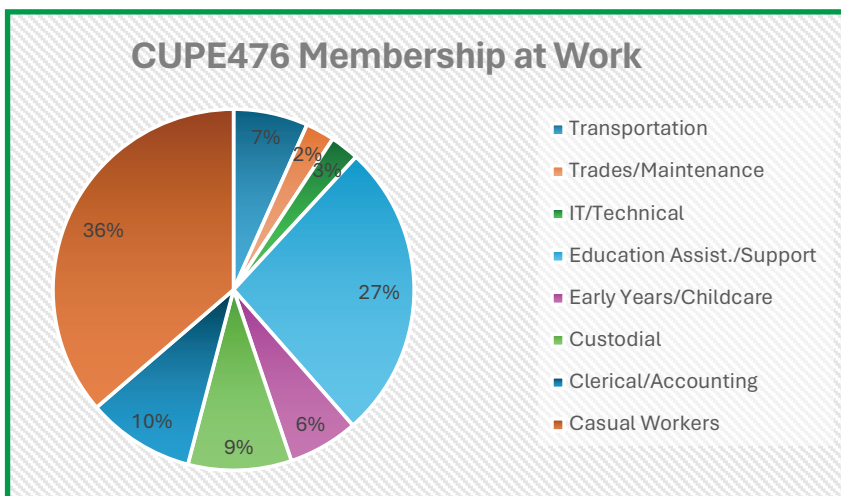
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Who are CUPE 476 members?

Our Membership are your neighbours and family. We contribute to the local economy as well as supporting local foodbanks, Legion, annual graduates and scholarship recipients.

CUPE 476 Members work in every support role within the public school system. This includes bus drivers, educational assistants, staff working in nutrition programs, StrongStart and Early Years facilitators, technicians, clerical workers (such as accounting and secretarial in schools and the district office), and custodial and maintenance workers.



May 1st is International Worker's Day.

The Unionized members of CUPE 476, working in multiple areas within SD#47, proudly recognize we are part of a greater workforce, within BC's Public Education Sector, in our communities, and around the world who help grow economies and maintain healthy and vibrant communities.

May is also Childcare Month.

Since 2012, the B.C. Government has designated this as Childcare Month, honouring all those Early Childhood Educators who, through their work, not only enhance children's development and learning, but also support working families. They are mentors, facilitators, and they connect families with the many resources available to them.

In May, we also recognize:

- May 12 - International Day of Families
- May 15 - International Day of Living Together in Peace
- May 21 - World Day for Cultural Diversity for Dialogue and Development

As unionists, mutual respect, cooperation and understanding are our goals.

CUPE476
WE CARE ABOUT STUDENTS
AND COMMUNITY



“We will get our things back. We are on a quest to find our identity, to find our culture, to understand more about it. And you just gotta keep pushing.” – Tiy’ap thote

“I think that’s one of the reasons why some of these items are mislabeled. I think it’s just a translation thing. So I think it happens more often than people realize.”

Sue said museums receive items in a lot of different ways, and while sometimes their history is very clear, other times, not so much.

“There are many times where people have acquired works,” said Sue.

“For example, if you purchased something on eBay, or from an auction house, you may not have that rich history. So later on in life, when you’re thinking about where something should go, and you decide that maybe a museum for the moment is the right home for it, then you don’t have any information to transfer to us other than the date that you acquired it and how.”

Coming home

MOA has a “guidelines on repatriation” document on the website, and Sue said because MOA is a part of UBC, the museum follows the university’s rules around repatriation. After a First Nation asks MOA for an item to be returned, the two will jointly write a document in support, which then goes up to the UBC Board of Governors to be approved.

Drew has in process the formal application to request the poles back, and the parties are working through the protocols – which takes about a year. In February, Tla’amin staff received a grant to visit MOA and see the tisk^wat poles in person. Drew said during that visit he noticed the poles had been corrected from Stó:lō poles to Tla’amin.

“The plan is to have them housed in the cultural center,” Drew said.

“We broke ground on our cultural center, which is called ʔəms ʔaye (Our House) two weeks ago during a blessing ceremony. So it’s going to have a small little museum space where we would ideally house all of our cultural items that return home to us.”

A museum space isn’t all ʔəms ʔaye will have. The space will be used to teach ayajuthem, hold cultural gather-

ings, have a commercial-grade kitchen, freezer space, and office space. Tiy’ap thote said ʔəms ʔaye should be finished construction in about 18 months. Once built, the poles will be transported to Tla’amin.

Sue said discussions still have to happen on how the poles will be transported, but they may be packed in a way that would allow them to be transported without damage.

Tiy’ap thote and Drew both said the journey of finding the mortuary poles has been incredible for not only them, but the whole Nation.

“It just goes to show that I believe the ancestors are with us,” Tiy’ap thote said.

“The timing and the finding of these was perfect. As we enter into the tisk^wat specific claim negotiations, as the mill comes up for sale, and we have an opportunity to purchase back our original village site or regain control of that original village site.”

Why these poles matter

Drew said Tla’amin had been hit really hard by colonialism.

“All of our sacred artifacts were burnt in a big pile when the church came here in the 1860s. There was a big pile of artifacts that were burnt at that time, including our carvings, masks, totem poles, and regalia. So we didn’t have much to go by over the years,” Drew said.

“What did our ancient carvings look like? Now we have a clue as to what the mortuary poles of that time looked like. It gives us a lens into our history so that we could be able to see it firsthand. It’s been truly amazing to be able to find those.”

Tiy’ap thote said, “It’s like a whisper in your ear from Henry Bob.”

“Just to keep pushing because things are out there, evidence is there. It will come to you. So I think that’s kind of what I’ve learned through this process, is that we will get our things back. We are on a quest to find our identity, to find our culture, to understand more about it. And you just gotta keep pushing.”

Mental Health Matters

qathet School District offers Peer Support & Counseling Programs

In addition to hosting events and supporting the student-led mental health advocacy group, qathet School District provides counselling services facilitated by certified professionals employed within the district, as well as various tools and resources that can be accessed at anytime from anywhere.

Student Support Services

Within the district, students can benefit from Student Support Services such as School Psychology, Student Counselling Services, and support through an Integrated Child and Youth Team Clinical Counsellor. All of these services aim to offer social, emotional, behavioural, and personal support. Students may access counselling services through a referral to the school-based team or may self-refer at the high school. Visit sd47.bc.ca to learn more.

Integrated Child and Youth Teams (ICY)

The ICY teams are part of B.C.'s strategy for mental health and substance use care. They bring services together in a multidisciplinary team setting, which makes it easier for children and youth to connect to the care they need, where and when they need it – at school and in the community. Visit www2.gov.bc.ca for more information.

ERASE Report It Tool

Did you know qathet School District offers an anonymous reporting tool available online through ERASE (Expect Respect & a Safe Education)? The “erase | Report It” bullying resource enables students to conveniently and anonymously submit reports of bullying, incidents, or threats using a smartphone or computer, choosing when and where they feel safe to do so. An easy way to access this reporting tool is by visiting sd47.bc.ca, navigating to the bottom of the homepage, and simply clicking on the “erase” logo, which will take you directly to the reporting page.

988 Suicide Crisis Helpline

The 9-8-8 Suicide Crisis Helpline is a new service available 24/7/365 to help Canadians when they need it most. The service, accessible via call or text to 9-8-8, offers trauma-informed and culturally affirming support to anyone who is thinking of suicide or who is worried about someone they know.

Foundry Centre is Opening in the qathet Region

Foundry is a province-wide network of integrated health and wellness services for people ages 12-24 with a mission to support young people in living a good life. Visit www.foundrybc.ca to learn more about it.



Meet the Brooks Mental Health and Advocacy Group



In recognition of Mental Health Awareness Week, which is May 6th to 10th this year, qathet School District is highlighting its mental health initiatives and efforts that help positively impact students on a daily basis.

LEVEL UP is back this year after a successful inaugural event last year that had an attendance of nearly 200 students!

On May 9th, qathet School District is hosting its second annual Health and Wellness Conference for Grade 7 students who are transitioning to high school. This event aims to help prepare students with information, tips, and ideas on how to get ready for this important transitional time in their lives.

The conference features engaging keynote speakers and interactive sessions covering diverse wellness topics like building healthy relationships, establishing effective routines, prioritizing quality sleep, maintaining physical activity, managing stress, understanding substance use, healthy eating habits, sexual health, and more. These sessions are organized by dedicated qathet School District staff in partnership with external professionals.

Grade 7 students also get the opportunity to connect with high school students through Brooks' student-led mental health advocacy club. The club sets up a booth to share insights about what to expect in the upcoming year and the variety of support offered at Brooks.

We're excited to provide Grade 7 students transitioning to Brooks with the opportunity to connect with peers from across the district and explore different aspects of their own well-being. This event also introduces students to local service providers and adults who offer support within our community. Looking ahead, we hope to continue hosting an annual conference that continues to focus on a multi-faceted lens of wellness while adapting to the changing needs of our youth.

- Tawnie Gaudreau, Director of Student Services & Kristen Brach, Director of Instruction K-7

Meet members of the Brooks Mental Health Advocacy Club! The group formed in January 2022 with the vision of creating a safe space for students where they can feel free to express their emotions without judgment and learn about mental health literacy.

The students meet weekly on Tuesdays where they get to hang out with each other, talk about what's on their mind, laugh together, and continuously try to find ways to get others involved in mental health conversations and initiatives. Some of these initiatives include encouraging students to keep gratitude journals, participating in sleep challenges to inspire others to track their sleeping habits for better rest, and engaging in self-care activity contests!

Recently, we got the chance to speak to a few members of the Brooks Mental Health and Advocacy Group who are currently between the grades of 9-12 about why mental health is important and what advice they would offer other students... read what they had to say:

“It's always good to debrief with yourself and where you're mentally at... if you're feeling stressed or happy. It's important to do mental health check-ins with yourself on the regular.”

“Don't be scared to reach out and find an adult or someone who you trust to help you because there are people there to support you.”

“There is no one-size-fits-all in mental health. Self-care looks different for everyone, so explore by trying new things and find what works for you.”

“Mental and physical health are so interconnected because your mental health helps you take care of your physical health and taking care of your physical health improves your mental health.”

“Be kind to yourself. If you fail a test, it's not that big of a deal. Re-take it. Talk to your teacher. Have grace for yourself.”

“Get involved. Branch out. Make new friends. Make new connections. People are there to help you, all you have to do is ask.”

“I've learned that a trusted adult is good at providing solutions and a friend is great for when you just want someone to listen.”



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, or fill it out online at prliving.ca/bestof by May 31, 2024.



Civic Pride

Best neighbourhood in the City of Powell River

Best neighbourhood in qathet (but outside the City)

Best non-elected community leader

Best politician

Best 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

Advice for Visitors

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

Home Trades

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
athet

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?

Name

Email

Phone number

How to Enter:

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

Online:

qathetliving.ca



On paper:

Take a picture of your filled out form and send it to pieta.woolley@gmail.com, or drop this form at the qathet Living office, 7053E Glacier Street.



Town Centre bites back

New finds, new food, new dental

THE WINNERS TAKES IT ALL: A rendering of the renovated Town Centre, with Winners at the north end. Property owner Jack Barr says the store plans to open here in 2025.

Big changes are underway at the Town Centre, and Powell River's worst-kept secret has finally been confirmed – Winners is opening in the Town Centre.

The off-price, national department store has confirmed its plans and signed a lease with the Town Centre, said property owner Jack Barr.

Winners plans to open in 2025, and construction is underway, converting a large chunk of the north end of the Town Centre, and a 5,000-square foot addition into one 22,000 square-foot retail space.

The arrival of Winners coincides with a massive overhaul at the Town Centre that will also see the expansion of the BC Liquor Store, which will get a new exterior entrance, and take over the space formerly occupied by SportZone.

Further south, a food court is being designed for inside, along with an exterior patio area near the existing entrance of Subway.

The food court will include new tenants Noodlebox and BarBurrito, along with existing vendors Sub-

way and Snack Attack Shack.

And, in a community facing a dentist shortage, an expanded Smili Dental is also moving into a 4,200 square foot premise in the space formerly occupied by Cole's and Family Place, opening in the new space in late summer. The new office will feature 11 state of the art dental operatories, digital radiography, cone beam CT imaging, and 3D printing technology, and, most importantly, three new dentists. Smili is also hiring dental hygienists, dental assistants, and patient coordinators.

The additions and renovations spark life into a property that was already struggling before COVID, and took a big hit during the pandemic.

"It's been tough," admitted Jack. "We lost Cole's and the Source and Ardene's and People's Jewelers." But he has confidence in the Town Centre and the community in general.

"We have a couple other deals on the go that we hope to be announcing to have (the Town Centre) completely full," said Jack.

Jack says the arrival of Winners and the restaurant franchises sends a message that other companies will note, calling his outlook "bullish" on the community as a whole, and on the Town Centre in particular.

WINNERS®

- OPENING - Spring 2025

barBURRITO

- OPENING - Summer 2024

NOODLEBOX.

- OPENING - Summer 2024

smilj dental™

- OPENING - Summer 2024

BC LIQUOR STORES

- EXPANSION - Summer 2024

POWELL RIVER TOWN CENTRE



Bus loop moves

The bus loop will be relocated to the west side (see image), making it more central to the larger Town Centre property. Work has already begun on that relocation, with buses expected to start looping on the west side in mid-June.

That will take some adjustment for bus riders, said general manager Lorelei Guthrie, who is asking for cooperation from residents during the transition to “create a more accessible bus loop in the future.”

The north corridor of the Town Centre will cease to exist, as both Winners and the BC Liquor Store will have outside entrances, but there will be no

general Town Centre entrance at the north end. BC Liquor Store is excited to have their own exclusive entrance, and is expected to remain open during the entire renovation. “Customers will have to re-establish some habits. There are going to be some adjustments to how they come to the property and move through it,” said Lorelei.



OUTSIDE EATS: This artists rendering shows an outdoor patio that is to be built this summer, next to new restaurants BarBurrito and Noodlebox, and longtime Town Centre restaurants Subway and Snack Attack Shack.

Though commonly referred to as “the mall” or the “the Town Centre Mall,” the company brands the building and surroundings simply as the “Town Centre.”

“It solidifies this as the Town Centre,” said Jack. “You want to be where the action is and this is where it’s at.”

He says he also hopes that the availability of more choices for shopping, particularly in ladies wear and house goods, will keep more people spending their shopping dollars in town.

“Noodlebox is thrilled to open in Powell River in 2024,” said Noodlebox spokesperson Mia Cunningham. “Food

enthusiasts can soon savour the bold flavors of our wok-fired Asian street food that Noodlebox has become synonymous with since our humble beginnings in Victoria over 20 years ago.”

A Noodlebox typically has between six and 10 employees, said Cunningham. It and BarBurrito, and the out-

door patio, are to open this summer or early fall.

“At the end of the day, these long overdue upgrades and new tenants are a welcome part to a multi-phased revitalization of the Town Centre,” said Jack. “Stay tuned for more exciting changes!”

Celebrating 70 Years

as an Inclusive Community

Inclusion has operated for 70 years in the traditional and treaty territory of the Tla'amin Nation (ᑕᐱᑭᐱᓄᓂ) as well as the Sechelt (shíshálh), Homalco, and Klahoose (ᐱᓄᓄᓂ) Nations.

As an organization that emerged out of the civil rights movement, we take reconciliation seriously and aim to move through

a process that includes reconsideration of our name and how we operate in this territory as we move toward a community where everyone belongs.

Inclusion is a non-profit society dedicated to creating an inclusive community where everyone belongs by supporting and engaging people of all ages and abilities.



inclusion powell river



1950s: The Origins

In the early 1950s, a group of local parents held meetings to discuss options for their children with intellectual disabilities to remain at home with their families. They formed the first official society on June 18th, 1954. Jean Pike was one of the family members who hosted meetings at her home. Inclusion named the Jean

Pike Centre, that includes the Arc Community Event Centre, in her honour.

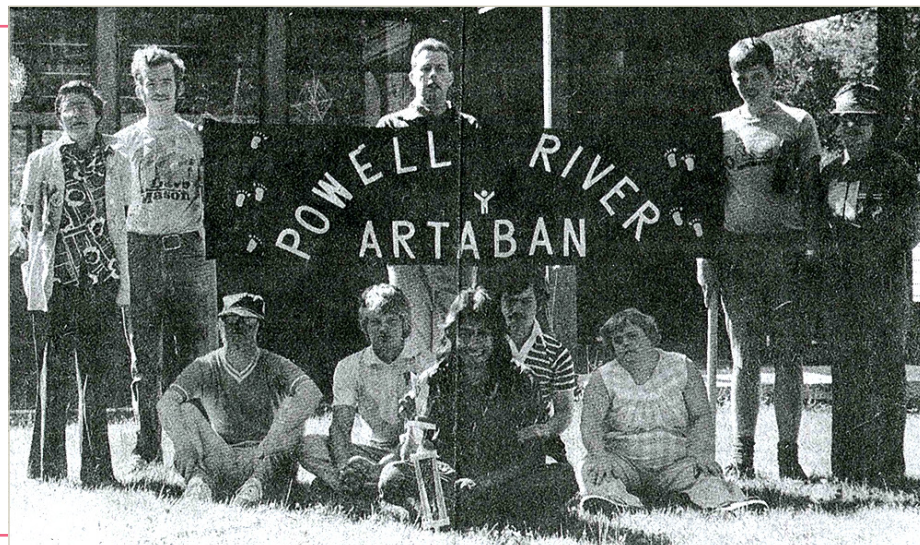
Fun Fact: In the 1950s Community Living organizations start all over Canada, and inclusion was one of the first five members. Today it is called Inclusion B.C.

1960s: School & Self-Advocates

In the 1950s and 1960s, the organization ran a school with volunteer teachers and drivers to get students to school. The school was named "Artaban." In 1962, the Powell River School District assumed charge of providing special education, and the society dedicated much of its resources in the '60s to ensuring access to education for children with disabilities. The late '60s saw the

first self-advocacy groups form within the organization supported by volunteers, which have always played a major role in the society's existence. Today, groups like "Advocates In Motion" are supported by inclusion and host events and social gatherings.

Fun fact: The Artaban school started in the basement of the Dwight Hall!





1970s: Day Programs

The first programs began for adults, including sheltered workshops and day programs. It was the first time the government put resources towards supporting adults outside of institutions that were mainly government-run. The society raised \$30,000 to build the Artaban Training Centre, which is now the location of the Cranberry Child Development Centre. Gerry Gray led the project, and the seniors center on Alberni Street is named after him. Sheltered workshops were considered training centres, and the people employed there made below minimum wage.

Fun fact: The Artaban Training Centre trainees proudly produced many beautiful pieces of wooden indoor and outdoor furniture that you can still see around town today.

1980s: Institutions Shut

The United Nations declared 1981 the International Year of the Disabled. The government promised the institutions would be closed—but it would take another 15 years before the last one closes its doors. The first semi-independent living home opened on Adams Street called the Banyan Centre. In 1986, the Employment Support Project began, which was the start of today's Employment Services. Dr. John Knight, a thought leader, came to the community and encouraged staff of the society to view people as possessing unique gifts and abilities rather than with problems to fix. This moved the organization towards its current vision of belonging.



1990s: Independence

The first seniors' programs were introduced with the "Free Spirit Leisure Club," and throughout the '90s, more activity-based community programs opened and sheltered workshops started to close. The '90s was the greatest decade of expansion for the organization with many group homes opening due to deinstitutionalization. Folks were coming back home and in need of a place to live. And employees unionized, improving wages.

Fun fact: The organization was named Powell River Association of Community Living (PRACL) and grew to be the fourth largest employer in the region.



2000s: Government Cuts

The 2000s saw many cuts to government funding, and the creation of a B.C.-wide crown corporation to govern community living organizations called Community Living BC (CLBC). In 2004, the organization achieved CARF accreditation after a year-long certification process. Childrens programs also expanded throughout the 2000s, 2010s



- Information for this historical journey was taken from "Journey Towards Community: Sixty Years of the inclusion Powell River Society" by Timothy Balzer.

2010s: Social Enterprise

This was another significant decade for inclusion. We added programs such as Better at Home to help seniors remain in their homes. The name changed again as a province-wide move toward full inclusion of people with disabilities--many communities adopted the name inclusion as their place name. It was also the beginning of social enterprise as a way to operate businesses to generate non-government funding and create inclusive employment opportunities.



2020s: Inclusion for All

Today, inclusion serves over 800 community members, from children to adults to seniors. We continue to strive toward belonging and inclusion for everyone. Learn more about our impact here: inclusionpr.ca



inclusionpr.ca

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Powell River, BC



In the shallows

The BC snowpack was at just 63% of normal on April 1, and qathet's was at 41% and 23%, at the region's two stations. Here's what locals are seeing, and what's worrying experts.

BY PIETA WOOLLEY

Alarming: that's how the Provincial snowpack survey from April 1 looks at first glance. Across BC, the snowpack is at just 63% of the 30-year norm. That's the lowest overall snowpack on record since 1970. Twenty-eight snow stations reported record-setting low snowpack.

The April 1 date is significant; by then, typically, 95% of BC's snow has fallen, and it's unlikely conditions will improve much.

Neither of the two stations in qathet set records, but the snowpack was dismal here. At the upper station, 1,040 metres above sea level, the snowpack was at 41% of normal. At the lower station 910 metres above sea level, the snowpack was at just 23% of normal.

The fear, of course, is the potential impacts of a summer drought. As much as the scientists at Environment and Climate Change Canada simply report the data without much commentary, they sound worried:

"Low snowpack and seasonal runoff forecasts combined with warm seasonal weather forecasts and lingering impacts from ongoing drought are creating significantly elevated drought hazards for this upcoming spring and summer," reads the report.

But what does that mean, in on-the-ground terms? Should we be alarmed... and about what? And, does this very low snowpack represent one freak winter, or is it a trend?

Recreational mountaineers Jason Addy and Eldon Haggarty

Usually, Jason Addy heads to the mountains from June to October. But inspired by Clarke Sloodweg's beautiful January 2024 drone photo of Mount Freda's north ridge posted on the Knuckleheads Facebook page, he headed out to climb it in February.

"It was pure white in the photo," Jason remembered. "I was excited to do a winter ascent. When I got there though, it was pure rock. There had been a warming event in late January that melted it off."

Indeed, temperatures here surged then, with maximum temperatures of over 10 degrees every day from January 26 to February 2. The temperature didn't dip below zero from January 19 to February 4.

Jason, who compiled the historical qathet snowpack stats on Page 32, says this warming, melting trend is indicative of climate change. He also point-



THE GREAT MELT: These three photos show the peak of Mount Freda this spring: the first shot is from January, the second mid-February, and the third, March. By April 1, the snowpack was extremely low in gathet: just 41% of normal in one survey, and 23% in another. *Photos by Clarke Slootweg (drone), Tyler Zakkour, and Eldon Haggarty*

ed out that La Niña peaked this past winter, which is unrelated to climate change, but contributed to warming.

He wonders how long it will be before there isn't enough run-off to power the Evolgen dam.

Eldon Haggarty is often in the mountains in the winter, quadding and snowshoeing. This year, the usually-soft, white dunes are so low, logs stick up out of the snow.

"I'm having a hard time this winter getting my truck to a place where I can drop my quad, because there's so little snow," said the Knuckleheads Society director.

That said, there's a mound of snow covering Alpine Main, due to an avalanche that came down from Freda Mountain on March 10 or 11. Eldon guesses that the road will be covered until June.

"Years ago, we'd hike up and watch for avalanches—when the cornices start to break off," he said.

"You can see and hear them in the distance. There were not the cornices this year because there weren't the volumes of snow."

Eldon no longer hikes to hunt avalanches; after a scary close call with one in 2022—when he was alone and narrowly missed getting covered—he opted to take the Avalance Canada course this year. What he learned is that uneven temperatures lead to avalanches, even when there isn't much snow. So this year's avalanche danger stayed high—as ice separated layers of wet and dry snow—even with just 43% of the usual snowpack.

"I hiked up to Beta Lake in mid-April," he said. "It was the first time this year I've been on a frozen lake. We don't have the kind of [frozen] base that will stay til June. It will all melt a lot faster."

Provincial Hydrologist Jonathan Boyd

Jonathan Boyd is a hydrologist with BC's River Forecast Centre in Victoria, so unsurprisingly, he watches the weather, a lot. From his office, he can see Mount Baker, which is normally very snowy at this time of year. This

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303

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68

Businesses visited



229

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101

Unique comments received

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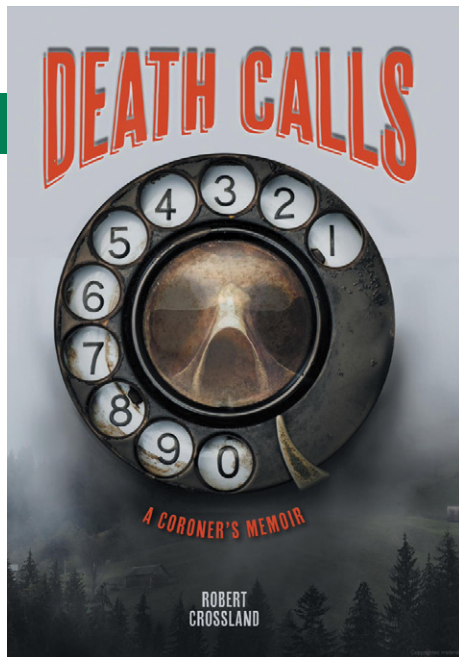


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Retired consultant physician and former Powell River coroner **Dr. Robert Crossland** will present his new memoir **Death Calls** with stories from more than one hundred sudden death investigations.

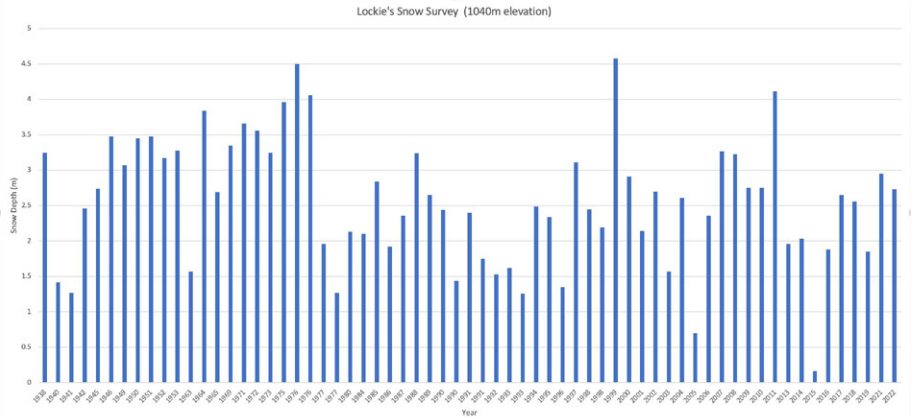


**Saturday, May 11,
2 pm at the Library**

For information contact Mark at mmerlino@prpl.ca.



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



UP AND DOWN: Annual April 1 snowpack measurements from the “Upper Powell River” site at 1,040 metres above sea level, compiled into this chart by Jason Addy. The barest year ever was 2015, with just 16 cm of snow at that station. This was qathet’s third barest year since the surveys began in 1938.

spring, quite bare.

That warmth in late January was no little breeze. It was unseasonably warm across southern BC, with temperatures in Abbotsford reaching 20 degrees in late January, and a series of atmospheric rivers that drenched the whole south coast.

“It was just phenomenally warm – we usually don’t get that until May,” said Jonathan. The snowpack melted significantly where there was 800 to 1000 metres of elevation. We were looking at losing a metre of snow in five or six days. It washed away a lot of the [snowpack] gains from early January.”

In fact, Jonathan pointed out, the snow pack was low even before that warming event; across BC, it was at 61% of normal January 1, due in part to low precipitation in late November – a period when typically a lot of snow falls in higher elevations.

Snowpack matters to the River Forecast Centre because the melt flows into BC’s rivers and watersheds, impacting everything from salmon health to drinking water and energy generation.

It also has an impact on wildfires, he says. If there’s a delay in the melt, a fast melt, or little snow to melt, that allows forest floors to dry out faster, and can foster a wildfire-friendly environment.

“You look at that 2021 extreme heat event,” said Jonathan. “Events like that can trigger massive melting of the snow pack and potentially push us into greater risk for wildfire.”

Fishing Guide Pat Demeester

Anglers come from across the world to fish local lakes and rivers with Pat Demeester. He is known internationally for his knowledge of and passion for trout especially. More and more, his advocacy is turning to water: what fish breathe.

Last summer, he said, the water was so warm leaving Duck Lake, it was lethal for fish. The water was too warm to hold dissolved oxygen; the steelhead essentially suffocated.

“When it comes to low summer flows, it’s the coho and the steelhead that are most affected,” said Pat. “Other fish go to the ocean. Over-summering is where we’re getting into trouble. We need the flow and the temperature. There are things we can do to cool the water. But without the cubic metres flowing, we’re in trouble.”

With no glaciers feeding watersheds here, Pat said we’re especially dependent on the annual snowpack. A snowpack that is not dependable.

In addition, he said, snow melt rushes through cutblocks faster than through a complete forest. And the mountains around qathet are so steep, he noted, that run-off doesn’t get a chance to meander much. It zooms to the sea. That leaves watersheds here especially vulnerable in years when there’s little snow.

“I’d like a round-table on water in Powell River. Climate change is coming, and I think it’s going to be a big awakening. In a lot of ways, it’s already happening.”

“I’m scared for this summer. For the baby steelhead and coho especially.”

About eight inches of additional snow fell in April, after the report came out. The BC Ministry of Water, Land and Forest Stewardship will release more snowpack reports on May 9, May 23, June 10, and June 20. Scan on the QR code below to stay tuned:





ROYAL WATCHING: Top, Queen Elizabeth, Prince Philip, Princess Anne, and Isabel Dawson (Powell River MLA in the white jacket) at the Westview wharf during their 1971 visit to Powell River. Left, Royal Yacht, *Britannia*, off the breakwater at Westview.

Photos courtesy of the qathet Museum

Mother's Day 1971: A Royal Day

On May 7, 1971, schools closed in Powell River and across British Columbia to commemorate a special event: a royal visit. Queen Elizabeth II, Prince Philip, and Princess Anne were conducting a royal tour across B.C., to celebrate 100 years since the province had joined Confederation, and the day they stopped in Powell River was also Mother's Day.

Thousands of Powell River citizens turned out on May 9 to get a glance at the Queen.

At 10 am that morning the party disembarked from the Royal Yacht, *Britannia*, and headed up Duncan Street to St. John's Westview United Church for the morning service.

Only those who'd received an invitation were allowed to attend alongside the royals.

After the service, the tour continued along Joyce,

down Westview Ave, and back to the wharf. Before the Royal visit, one area senior citizen wrote to the Queen, requesting that the motorcade slow down along Joyce, where there were designated seats for Powell River's senior citizens. Not only did the motorcade slow down, but Prince Philip later responded to the letter telling the sender he hoped he'd had a good view.

At the wharf, as the party prepared to depart, one young girl from Texada asked the Duke of Edinburgh who he was. He was reportedly delighted and smiled widely as he responded, "I'm her husband!"

The Queen's smile was infectious as she looked out at the crowd, some of whom shouted, "Happy Mother's Day," as a way of greeting. Despite the visit lasting less than a day, it was a day that no doubt stayed in the minds of residents. **PL**



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~ Craig, Kate & Kate



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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.

?AY?AJUΘƏM?
YOU GOT THIS

BRIANNE LOUIE

.....
φoφmom

Little neck clams

.....
kikeʔəqəʔ

Shrimp

.....
λoxλox

Oysters

.....
saʔma

Mussels

.....
λiyʔam

Cockles

?ayʔajuθəm orthography

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

This orthography is based on the International Phonetic Alphabet (IPA). This guide offers a simplified version of the sounds; for an authentic accent, listen at firstvoices.com.

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

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

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

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

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Adrenalin & respect:

What it took to be the coroner here 1981–1993

Dr. Robert Crossland was Powell River's coroner from 1981 to 1993 – part of a decades-long stint with BC's Coroner Service. Last year, he wrote a book about his decades with BC's dead: *Death Calls: A Coroner's Memoir*, which he will present at the Library May 11 (see sidebar.)

Robert was born and raised in Port Alberni. He graduated from the Royal Military College, Kingston, then attended UBC for a degree in chemical engineering. He served as an artillery officer with the Canadian Army in Germany and Canada, then left the military to work as a nuclear reactor operations engineer in Chalk River. He entered medical school in Ottawa and graduated at age 31.

After further study, Robert went into specialist practice in internal medicine in Powell River in 1975.

Tell us a bit about your life in Powell River.

Robert • Medical practice involved being on call 24/7, office consultations, hospital care and a multitude of committee meetings. At the time, I was the solo specialist medical practitioner in Powell River.

My wife Josee was very involved in establishing the French Program Cadre and the French Club – now L'école Côte-du-soleil and Club Bon Accueil.

Our children, Charles and Natalie were part of the expanding choral scene.

I was into sports through old-timers soc-



cer, lap swimming, volleyball, and jogging. My special run was the 13 km around Inland Lake.

What did you do as the community coroner?

Robert • Initially, I was the sole community coroner for Powell River, which meant being on call 24/7. There was a coroner's case about every 10 to 20 days. The coroner's role was to investigate, then report on sudden and unexpected deaths.

To do this, I needed to see the scene of a death, examine the body then interview witnesses. I worked with police and other experts to prepare conclusions. I'd write a report to the Provincial Coroner Service stating who, where, when, how and why they had died.

If there was a criminal charge involved, the police and the courts would be responsible. In special circumstances a coroner's inquest would take place, with a jury to

DEATH CALLS: A PRESENTATION

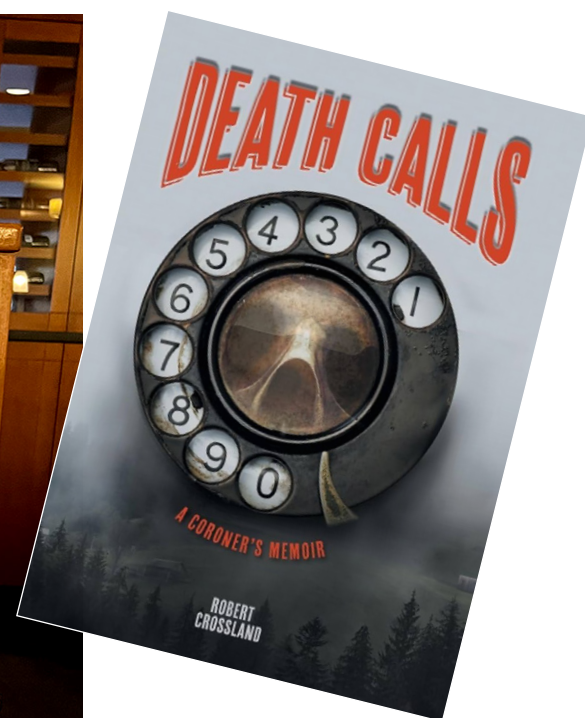
When & Where: Saturday, May 11, 2 pm. At the Library.

What: Retired physician and former Powell River coroner Dr. Robert Crossland will present his new memoir with stories from more than one hundred sudden death investigations.

decide the facts, after evidence was taken under oath, and with the coroner acting much like a judge.

The coroner's reports and inquest findings were public documents. The reports could be given to the family, the press and the family doctors.

After a few years, Stewart Alsgard was named as a coroner, so we shared the on-



A LEGACY: Dr. Robert Crossland, left, wrote *Death Calls: A Coroner's Memoir* for his nine grandchildren. Find it at deathcalls.ca and at the Library.

call and I helped to train him. We worked well together.

How did you feel about the job?

Robert • Being a community coroner was an adventure that challenged me physically, socially, and intellectually.

The initial information about a death was always incomplete and frequently incorrect. So, having dropped whatever I was doing, and now on the way to the scene of a death, I would have only a scant idea of what I would encounter.

The adrenalin would be pumping.

The physical challenges were sometimes enormous—from wading in flowing chest-deep water to recover a body, to climbing steep mountains.

When added to the variety of experiences that medical practice gives, I can really say I rarely had a dull moment.

Think of the challenge of moving from treating someone in the ER with heart failure, then rushing off to recover a body in a house fire, then back to see an asthmatic patient. But every day was not that frenetic, really. 🐾



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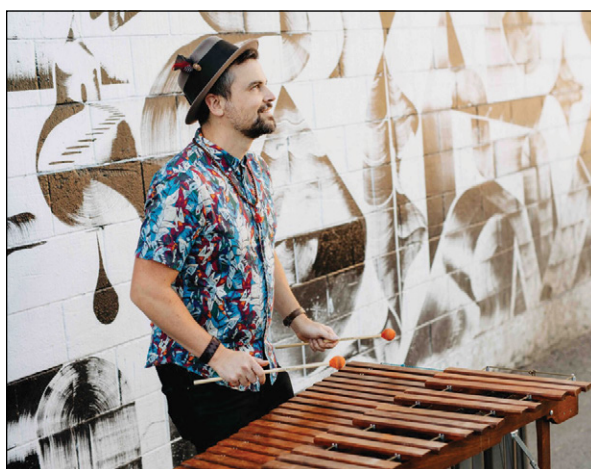
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“I dealt with the deaths of people that I knew as patients, fellow workers, were members of the same sports team, or whom I had known from church or from a social group.”

– Dr. Robert Crossland

Why did you decide to write *Death Calls*?

Robert • When my wife was dying from cancer, she asked me to write about my coroner cases. She was concerned about how I would deal with grieving, and felt that a project like this would focus me enough to prevent me sinking into depression.

As well, she thought that our nine grandchildren would cherish the stories from a grandparent. She was right on both counts. It took me a year to do it. It involved going through some 600 files and selecting, then organizing 125 of them to write about.

What’s your favourite story from *Death Calls*, that took place here?

Robert • The most memorable story was that of a young woman from Calgary who died while SCUBA-diving her ninth-ever dive in very deep water. In the investigation of her death, I became acquainted with a young RCMP member, Bruce Denniston (see right). He was a member of the RCMP dive team and he took me out on the ocean and taught me a lot about diving and how things go wrong and how divers may die.

Because of the death circumstances, I convened an inquest that had several positive outcomes and contributed to improved diving safety.

Why do you think people are fascinated by coroner stories?

Robert • People love a mystery. People are curious about sudden death. Coroners are death detectives.

Coroner’s cases are always true stories which are sometimes mysteries. They are different from the mysteries on TV and in many books. These latter two rarely are about the death itself, and are more concerned with the personality of the perpetrator, how the detective cornered him and how the courts put him away for life.

The coroner gives the facts around the death, there are no good guys or bad guys.

What can people expect from your presentation?

Robert • I will present slides from a dozen of the 125 deaths mentioned in the book. Each of the dozen are memorable because they were either particularly challenging, occurred under unusual circumstances or led to significant long-term consequences.

The slides demonstrate the situations into which a community coroner must step, in order to answer the questions of who, when, where, how, and why of a death. This will take around an hour, then there will be time for questions and discussion.

An interlocking legacy: Bruce Denniston

Bruce Denniston was a young RCMP officer who worked with Dr. Robert Crossland on some coroner files. His legacy is the National Bruce Denniston Bone Marrow Society. This is Robert’s story about how the two worked together outside of their jobs, too:

Bruce Denniston assisted me in a handful of diving cases before he developed life-threatening leukemia. He went public to see if anyone local could have a blood type match that might lead to a life-saving bone marrow transplant.

One thousand locals offered blood samples to see if they matched. None matched, but the samples were all entered in a registry organized by the Red Cross.

Two months later, my blood matched with someone needing marrow in Ontario, so I was admitted to VGH, anesthetized and bone marrow (one litre) taken and flown back east.

Then Bruce was notified that a match was found with a woman in England. So, in a publicity stunt, and with a CBC TV crew ready in London, I flew there to go into the OR and assist the doctors in a Harley Street hospital to obtain a litre of bone marrow.

I delivered the bone marrow, it was transfused, and the transplant worked.

Unfortunately, Bruce later died from complications due to the preparation for the transplant.

The donor has remained in contact with the Denniston family and my family, and has visited us several times.

Since the initial request by Bruce, at least a dozen local folks have donated their bone marrow to unrelated strangers. A wonderful legacy indeed.

What do you hope people will take away from your book?

Robert • Understanding better the role and manner of workings of a community coroner, but also, how deaths sometimes occur.

What’s your favourite non-coroner memory of Powell River?

Robert • Feeling that I was part of a community. I could go anywhere in the town, and would meet and be greeted by people with whom I had some relationship or connection—through my professional, social or athletic contacts.

What haven’t I asked that I should have?

Robert • The question, “Didn’t it bother you to see such horrible destruction of human beings?”

You learn to focus on doing your job of investigation. You control your emotions in order to maintain your objectivity, all the while acknowledging that you are dealing with human remains that demand your respect.

I dealt with the deaths of people that I knew as patients, fellow workers, were members of the same sports team, or whom I had known from church or from a social group. The surprising reaction that I recall was not emotional, but a determination to be thoroughly professional and to not let emotions sidetrack the investigation. **RL**

I MADE THE MOVE

Slower pace, friendly folks attract this doc and his family

Oluwasegun “Olu” Yahaya is an internationally-educated General Medical Practitioner (Family Medicine) from Nigeria, with over a decade of experience. He practiced in Nigeria and Canada – including a time as a Health Advisor to the Canadian Red Cross.

Now he’s a GP at The Medical Clinic Associates.

Olu is happily married to Oyinlola with three wonderful children: Modesoyin, Moyosoyin, and Mofeoyin Oluwasegun-Yahaya.

Why did you choose to move here?

Olu • I was drawn to qathet for its serene natural beauty and the promise of a close-knit community. The slower pace of life and the opportunity to live amidst stunning landscapes were compelling reasons for the relocation. Plus, the opportunity to join the team serving a medically underserved community.

When? Where from?

Olu • I made the move to qathet a month ago, from Dieppe, New Brunswick.

What surprised you once you moved?

Olu • The warmth and friendliness of the locals pleasantly surprised us upon moving here. It’s rare to find such genuine hospitality in today’s world. Everyone seems to know everyone!

What made you decide to move here?

Olu • Primarily, my work and career. Also, the allure of qathet’s untouched natural surroundings and the prospect of a more peaceful lifestyle were the factors influencing my decision to relocate here.

Where is your favourite place in qathet?

Olu • I haven’t had the chance to go around so much, however, my favourite place in qathet is the secluded beach tucked away along the coastline, where the crashing waves provide a soothing soundtrack to moments of solitude and reflection.

How did you first hear about qathet?

Olu • I received a few interview invites during my application processes to BC’s medical practice and luckily, VCH’s Powell River (qathet) was one of them.

What would make this a nicer community?

Olu • Enhanced community engagement and initiatives promoting sustainability and inclusivity would undoubtedly contribute to making qathet an even nicer place to live. Perhaps a wish, that a motorable road on or in the waters connects us to Vancouver or Comox.

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

Olu • The strong sense of cultural diversity and the thriving arts scene in my previous



THERE’S A DOCTOR IN THE HOUSE: Dr. Oluwasegun “Olu” Yahaya (centre) is a new GP at Medical Clinic Associates. He’s here with his wife Oyinlola and their three children: Modesoyin, Moyosoyin, and Mofeoyin Oluwasegun-Yahaya.

community could enrich qathet’s cultural landscape, fostering creativity and appreciation for different perspectives.

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

Olu • Adjusting to the slower pace of life and building new social connections presented initial challenges, but the welcoming nature of the community made the transition smoother.

If you were mayor, what would you do?

Olu • I would prioritize sustainable development initiatives, invest in community infrastructure, and foster a sense of unity and collaboration among residents to tackle local challenges effectively.

What are qathet’s best assets?

Olu • Its breathtaking natural landscapes and natural woods, vibrant community spirit, and the genuine warmth of its residents, making it a truly special place to call home.

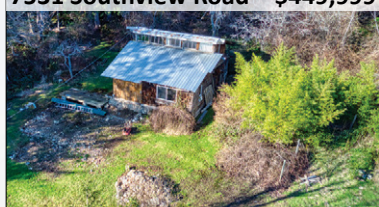
What is your greatest extravagance?

Olu • Indulging in leisurely hikes through the rugged terrain of qathet, immersing myself in the untamed beauty of nature whenever possible.

Which talent or superpower would you most like to have?

Olu • I would love to have the ability to speak and understand all languages fluently, fostering greater empathy and understanding across cultures and communities. **PL**

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A GROWING CONCERN

Tropical on Texada

Brian and Rosemary Seymour have been enjoying their Texada Island home full time since 2010. The couple are originally from Nottingham, England, but lived in New York before moving to Vancouver's Kerrisdale neighbourhood in 1973.

In Vancouver, a neighbour had two palm trees, which was unusual at that time. "He gave us a palm seedling," said Brian. "That got us hooked and we joined the Pacific Northwest Palm Society. I nurtured that tree for 40 years."

The Seymours bought their Texada property in 1988, but it was mostly rented until about 2006 while Brian taught at UBC. Between 2006 and 2010 it was landscaped, so it was mostly bare except for a silk tree planted in 1991 and some palms planted on the waterfront. Now, under their very green thumbs, it flourishes.

How did you start gardening? How did you learn to do it?

Brian & Rosemary • In England we both grew up with small family allotment gardens growing mostly vegetables, so any skills came from parents and grandparents.

Tell us about your current garden.

Brian & Rosemary • We have 150' waterfront in Gillies Bay. When we bought it in 1988, it was waist-high grass and weeds hiding a few old chairs and mattresses. There was a house and a "cottage" – a small trailer with an added roof and a deck. The "cottage" was demolished in 2008 allowing for a bigger garden.

Most of the garden is not fenced, so deer-proof plants are a must. We have about 15 Chinese Windmill Palms (*Trachycarpus fortunei* or *Trachy*) of various sizes planted out and currently about 30 *Trachy* seedlings waiting for good homes. We have two other hardy palm varieties planted out and several more tender varieties in large pots that go under cover for the winter. Our only harvests are cuttings and seeds for next year, including seeds from the *Trachys*.

This is a partial list of what is growing.

Planted out year-round: Palms, Eucalyptus (three kinds), Grevillea (Canberra & Victoria), Bottlebrush, *Fremontodendron*, Mediterranean cypress, Silk tree, *Chitalpa tashkentensis*, *Buddleia globosa*, *Garrya*, *Phormium*, *Bupleurum fruticosum*, Rice Paper plant, *Yucca Rostrata*, *Diggers speedwell*, Australian tea tree, *Romneya poppy*, *Tigridia*, *Agapanthus*, *Cryptomeria* (three kinds).

Tender plants that overwinter under cover: 20 Palms, *Jacaranda*, Bolivian fuchsia, *Plumbago*, Tree ferns, Blood leaf, *Plectranthus*, *Duranta repens*.

What have been your biggest gardening successes?

Brian & Rosemary • Probably just keeping so many tender plants alive. Often it is late May before it is clear if some have made it through a hard winter.

What are your greatest gardening challenges?

Brian & Rosemary • Just keeping up with general garden maintenance. Also, planning ahead for unexpected cold snaps.

What kinds of gardening stuff do you invest in?

Brian & Rosemary • Any extra-indulgence is probably when we see an unusual plant. Our wheelbarrow is about 30 years old and has been welded twice!

What do you do with the things you grow?

Brian & Rosemary • We take cuttings and collect seeds for backups of tender plants and give extras away.

Advice for new gardeners?

Brian & Rosemary • Whether you are interested in veggies or flowers, what you grow will depend on things like location, climate, soil type, sun and shade areas.

Talk to neighbours to get an idea what thrives.

Start with common plants and seeds, and then experiment with more exotic varieties as you get experience.



GENERATIONAL GARDENERS: Rosemary and Brian Seymour both grew up with allotment vegetable gardens in England. Here, they tend a majestic plot.



SPECTACULAR: Top, the Seymours bought their Texada home in 1988. Above, Purple Sedum; Bottle Brush; Grevillea Canberra Flower; Lily of the Nile; Butterfly Bush (*Buddleia*).
Photos courtesy of the Seymours

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Five things the Seymours will be doing in their garden in May

- Sow seeds from annuals collected the previous fall, like blue-shrimp flowers.
- Move tender perennials like fuchsia from under winter protection.
- Move large potted palms and Jacaranda outside.
- Plant out deer proof annuals like cleome and osteospermum.
- Cut back some perennials to encourage more flowers later.

MAY IS PLANT SALE MONTH

When: Beginning May 5

What: The Garden Club, churches, farms and more are hosting plant sales in the first half of May.

More info: See the events section starting on Page 43, and the qL *Home Gown* issue on Page 30.



A VERY SWEET SPOT: Above, Brian and Rosemary Seymour garden their 150' of Texada Waterfront in Gillies Bay. Left, the garden offers plenty of private coves, as well. Below left, baby palm trees. Below right, a silk tree the couple planted in 1991.

Photos courtesy of the Seymours



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INSPIRATION: From 11am to 2 pm, Garden Tour visitors to Garden #6 can purchase lunch from the Lund Community Society, listen to music by Walter Martella, Karina Inkster, and Roger Langmaid, watch Joyce Furness and Debbie Dan paint, and ask questions of Master Gardeners Shirley Cole and Jennifer Martin.

SPRING GARDEN TOUR • JUNE 9

We Have Come a Long Way

BY DIANA WOOD

From dozens of old photo albums, I found the news clipping of a photo that was taken by Kate Spanks. The title is: “Communing in the garden.” She wrote, “Ensnconced in the scented restfulness of her garden, horticulturist Diana Wood prepares for Powell River and Home Tour on May 18th, when 12 private gardens can be visited by the public.”

The year was 1997.

Until then, years had gone by with no one certain just what year we started the garden tour, and I was sure it was 1996, but this news clipping has proven I was wrong.

Of all these 12 gardens, six of them belonged to our committee members: Bonnie McKendrick, David Moore, Lin Morrison, Vicki Tysdal, and me, Diana Wood.

May 18, 1997, from 9 am to 5 pm, visitors ran from south of town to north of town, frantically trying to view all 12 gardens. Driving took a lot of time, and many people never had a chance to see all.

In the following years, we limited the number of gardens to 10 or eight, and added special events, live music, artists painting, bonsai exhibition, flower arrangement contests, and arts and crafts displays in my garden where it is more centrally located. We served delicious lunches, many types of desserts, coffee and tea. We did it all with passion and enthusiasm.

Many years have gone by, three of our members

24TH ANNUAL SPRING GARDEN TOUR

When: June 9, 10 am to 5 pm

What: Meet Master Gardeners, listen to music and admire qathet’s top gardens on this self-guided tour.

Tickets: \$20 at Mother Nature and Springtime Garden Centre.

passed on, one retired, but our garden friends Mary Lou MacMillan, Donna Lloyd, Sherry Worthen, Vicki Sanzalone took up the torch.

We were all friends and were much younger, with a love of gardens and gardening. We visited gardens in Vancouver, in Victoria, and in Seattle. When Donna Lloyd retired, Lorraine Cushing came aboard.

During COVID’s three years, we took a break. And started again last year. Our event was as successful as it has always been.

Then Lin Morrison – the pillar of our organization, retired, it was a shocking and sad moment for me.

For continuing our legacy, we recruited three very capable women: Lesley Mosely, Judy Youngman, and Jenn Muskee. They were not in our circle of friends, but they have become so; they share the same vision and same goal.

Our vision is “Greening & Beautifying our Community,” and our goal is “Providing scholarships to youths for higher education.”



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BUSINESS AFFAIRS

SEAN PERCY

Gym charts new course

Nichole Strickland is now the sole owner of Coast Fitness. “I am very much looking forward to what lies ahead ... and making Coast Fitness my own,” said Nichole. “I would like to recognize that Coast Fitness wouldn’t be here today without my former business partner Melissa Sloos. I am thankful for everything we accomplished together.” Nichole said Coast Fitness has been a part of her life for over 10 years, and she cannot imagine it not being part of the community. “I look forward to continuing to make Coast Fitness a great place to work out, sweat, and laugh with everyone.”

Lakeside balance

Bodies in Balance has moved from their spot on Marine Avenue to Powell Lake, just before the Shinglemill, near the commercial dock. Bodies in Balance helps people recover from injury and ease chronic pain with cold laser therapy and deep tissue massage. **Randy Crites** has 15 years experience in massage and healing. **Vanessa Bjerreskov** is office manager. The Powell Lake spot is closer to their Wildwood home and “quieter and more conducive to healing than all the traffic on Marine,” Vanessa told *qathet Living*. The new office is a slightly smaller space, “but we don’t need a lot of room,” she said. It does come with dedicated parking for patients. Visit rebalancemassage.ca or call 604-223-7918.

Design with Panache

After decades of doing interior and exterior design on some massive turn-key projects that involved her doing all the design on multi-million dollar homes, from working with architects to choosing pots and pans, **Pam Nairn** is looking to re-start her busi-



TASTING ROOM: Salish Sea Spirits has five products on the market right now, and has nearly finished its tasting room at the Beach Gardens Resort, which is to open in June. Left to right are distiller Lora Goodwin, with owners Jack Barr and Stephanie Scott. For more details, see Page 9 & 10 of *Home Grown*.

ness on a much smaller scale. Having lived in Italy for the past four years, she moved to qathet in October. Following the death of her husband, she is re-launching **Panache Interiors**, offering design services ranging from choosing paint colours and re-arranging furniture to helping with design and furniture choices. “Mistakes are huge and expensive when choosing furniture, flooring or paint. It’s worth paying for professional expertise,” said Pam. Visit panacheinteriorsinc.ca or call 250-710-8546.

Art store sets sail to a new canvas

qathet art + wares is moving to the other end of Marine Avenue. As of June 1, the art supply store that was sharing space with Ecosentials on Alberni will be creating a home at 4488 Marine Avenue, the former home of Huckle + Berry Kids (below the bowling alley). “We’re bustin’ at the seams!” said **Karen Skadsheim**, who co-owns the art store with **Evelyn Russell**. “We are really grateful to Melissa Call and Ecosentials for giving us a great place to start, but we need a little more elbow room. The timing of our new space becoming available and the

natural expiration of our lease seemed providential.” The new shop has 840 square feet, plus a dedicated workshop/ demo space of 740 square feet. qathet Art + Wares provides art supplies for a wide variety of disciplines, ages and abilities, from dabblers to professionals, and everything in between.

Lund water costly

The qathet Regional District has landed a big grant to bring the Lund water system up to snuff. But it may still be costly for the 109 users on the system. Ottawa has promised up to \$11 million, or 73% of the cost to fix the system, which currently doesn’t meet federal drinking water standards. To utilize this grant, the qRD would require elector approval for borrowing up to \$4 million to fund the local portion of the eligible project costs. To request this approval and borrow funding, the Lund Water District (LWD) would have to be converted to a Regional District service, which the LWD has voted to do, but the qRD says it won’t take on the system until it is modernized and meets standards. The LWD is in receivership.

|| sean@prliving.ca

Left, Rip Curl Mirage, Rip Curl Day Break
Right, Fox Overhead Camo, RVCA Hybrid shorts

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New seats coming to The Pat - & much more

The Patricia Theatre - our "beloved little jewel box" as Ann Nelson likes to call it - will be closed all of June for renovations and upgrades! We've hired local crews and artists to take on the month-long process.

We have behind the scene changes including replacing the half-century old sprinkler heads, making improvements in air flow and cooling, as well as even more noticeable upgrades such as new carpet and mural restorations. But the biggest and most anticipated change will be installing new seats!

Apparently this is urgently needed. People have said they've had to wait until their legs "wake up" before they can exit the theatre after films, due to the shape of the old ones...

The existing seats were rescued from a dumpster behind Vancouver's Orpheum Theatre 15 years ago, and will be moving on to that grand old movie theatre in the sky (via several recycling bins.) For those who've expressed interest in the old seats, please contact me by May 15 at laura@patriciatheatre.com.

We will also be fine-tuning sound and projection equipment, and replacing the movie screen, so the whole movie going experience at The Patricia will be elevated upon our re-opening!

In the meantime, we have an excellent line-up of films in May, including *The Old Oak* (the audience favourite at qIFF), *Humane*, *Irina's Vow*, *The Queen of my Dreams*, *The King Tide*, *The Fall Guy*, and special free screenings of Studio Ghibli's *Totoro* and Abby Francis' *Path to Reconciliation*.

— Laura Wilson,
Patricia Theatre manager (pictured right)



May in qathet



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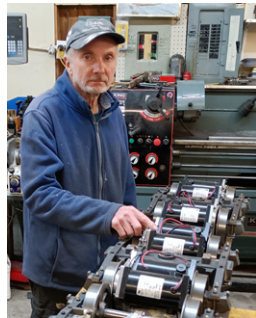
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You could be workin' on the railroad



Miniature train rides start back up on May 8 at the Farmers Market: always Sundays from 12:30 to 2:30 pm.

The model-building section of the Forestry Heritage Society is ramping up its activity in 2024 and is eager to attract new members who would like to participate. Interested?

In support of our model-building activity described at qathet.prfhs.org, here's a photo of a

Climax logging locomotive in the qathet region in 1926, and a photo of Dan Parsons with the trucks for a seven-foot model we are making, hoping to have it towing passengers at our railroad in 2025.

Email: info@prfhs.org, or call Dave at 604-413-1224.

The original and existing gas-engine-driven locomotive at the Paradise Valley Railroad has served since 2012 and is wearing out. It is modelled from a Davenport 0-4-0 gas engine locomotive that operated in Theodosia Arm by Merrill and Ring as #7 in the 1920s.

~ Dave Florence

MAY EVENTS

Orthodox Easter
Kalo Pascha!

PR Farmers Market
12:30 to 2:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music. Miniature railway rides.

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!

Lost in the Maze run
9 am, start/finish is the fire hydrant at the corner of Joyce and Richmond Streets (in Westview, not far from Pacific Point Market). See Facebook for more.

Film • Humane
7 pm, The Pat. Sci-fi, mystery thriller.

Each test message will clearly state, "This is only a TEST," and that no action is required. Residents and visitors of the qathet region, Tla'amin Nation, and the City of Powell River are encouraged to sign up or log in to the Community Notification System and manage personal information before the test. For assistance with registration or questions, individuals can contact staff at 604-485-2260, or email emergency@qathet.ca. There is no fee to register, and you can do this online by visiting the qathet Regional Emergency Services website at qathet.ca/emergency-preparedness.

Film • Irena's Vow
1:30 and 7 pm, The Pat. Drama, biography, mystery.

1

Wednesday

International Workers' Day
See CUPE ad, Page 22.

Invasive Plant Drop-Off Starts
10 am to 4 pm every Monday, Wednesday and Friday. Sunshine Disposal at 4484 Franklin. See ad on Page 41. Through May 31.

Film • The Old Oak: Special event
7 pm, The Patricia. A pub owner in a previously thriving mining community struggles to hold onto his establishment. Meanwhile, tensions rise in the town when Syrian refugees are placed in empty houses within the community. Audience favourite from the qathet International Film Festival.

2

Thursday

Film • The Old Oak: Special event
1:30 Thursday Matinée and 7 pm, The Patricia.

Haywire Bay opens for the season
Plan your adventures.

3

Friday

Life with Dave and Gail "Memories"
3 pm at the Library. Local writers Dave Harper and Gail Fennell will share their new memoir about growing up in Townsite and Salmon Arm and sharing 51 years of circumstances, laughter and a few tears. For information contact Mark at mmerlino@prpl.ca

Medicinal Plants of the qathet Region - Part 2
7 pm at the Library. Professional herbalist and author Todd Caldecott will identify and discuss the properties and clinical uses of some key medicinal herbs found in our region. For information contact Mark at mmerlino@prpl.ca

Film • Humane
7 pm, The Pat. Sci-fi, mystery thriller.

4

Saturday

PR Farmers Market goes outside for the summer season
10:30 am to 12:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music.

Hospice Garden Fundraiser
1 to 3 pm, Patricia Theatre. An afternoon of local speakers and music to raise money for the Four Tides Hospice garden. With Todd Caldecott, medicinal plants. Ken and Kathie Pritchard, native birds. Brooks Jazz Band. Raffles. And more. Admission by donation.

Brooks Secondary garage sale fundraiser
9 am to 2 pm, at Brooks. Proceeds to the International Student Travel Group.

Bluegrass on the Rock: Scout Mountain
6 pm, Gillies Bay Hall, Texada. \$25.

Real Ponchos in concert
7 pm, Strikers Bar & Grill.

May the 4th be with you concert

8 pm, The Wishing Well. With the local Electric Brains! Plus, The Dumpies and Night Court are promoting their new vinyl.

Cran Hall Presents Spotlight on Community: KP Duty
7 pm, Cran Hall. Karyn McLaurin and Paul Shuley blend Americana, Folk, Blues and their harmonies to bring a signature sound to the stage. Tickets \$10 or pay what you can at Nutcracker Market, Magpie's Diner or on Eventbrite. All proceeds to the VIU Martin Rossander Bursary Fund.

Film • Humane
7 pm, The Pat. Sci-fi, mystery thriller.

5

Sunday

Red Dress Day: Memorial Walk for Murdered and Missing Indigenous Women, Girls and Two-Spirit
1:15 pm at tiskwat (Townsite), ceremony at Wilingdon Beach at 2 pm. Learn more at qathetsafe.ca

6-7

Monday

Film • Humane
7 pm, The Pat. Sci-fi, mystery thriller.

8

Wednesday

Ryan McMahon in concert
Max Cameron Theatre
Film • Irena's Vow
7 pm, The Pat. Drama, biography, mystery

9

Thursday

qRD Community Notification System test
2 pm, on your cell phone. This test will ensure the System can deliver notifications and instructions to residents and visitors across the region in the event of an emergency.

10

Friday

Cinco de Mayo Dance
7:30 pm, Legion. With Ron Campbell and the Blues Busters. \$15 members, \$20 non-members.

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

Beanstalk Year End Showcase
7 pm, Evergreen Theatre. \$25. Featuring performance numbers from some of your favourite Broadway musicals, our 2024 Year End Showcase is sure to have you on your feet. Join us for an evening of musical theatre magic and entertainment for all ages. Tickets at 32 Lakes Café and the door.

Film • The Queen of My Dreams
7 pm, The Pat. Comedy, Drama, LGBTQ+

11

Saturday

Free film • My Neighbour Totoro
1:30 pm, Patricia. Doors open 12:30 pm. Free popcorn and juice boxes provided. English dubbed and subtitled. If your child

or someone in your family finds it difficult to attend movie theaters, this event is for you! We will keep the volume down and lights dim. You are welcome to move around, make sounds, and bring anything that makes you comfortable such as: ear muffs, comfort objects, cushions or blankets for your seat, or food from home. Movie summary: When two girls move to the country to be near their ailing mother, they have adventures with the wondrous forest spirits who live nearby. Sponsored by the qathet Film Society.

World Collage Day Celebration

2-3:30 pm at qathet Art Centre. All ages welcome. Supplies are available and you can bring your own, too.

Death Calls – A Coroner’s Memoir

2 pm at the Library. Retired consultant physician and former Powell River coroner Dr. Robert Crossland will present his new memoir with stories from more than one hundred sudden death investigations. For information contact Mark at mmerlino@prpl.ca

PR Farmers’ Market

10:30 am to 12:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music.

The United Church May Market

9 am to 1 pm, @ the United Church (Crofton St. and Michigan Ave.) Plants, baking and tables of crafts, treasures, and used household goods. Come for a snack or lunch. There will be hot dogs and beverages.

St. David & St. Paul Anglican Plant Sale

10 til Noon, 6310 Sycamore. Indoor, outdoor and edible plants.

Lund Flea Sale & Plant Sale

10 am to 2 pm. Proceeds to Lund Puddle Jumpers.

Lang Bay Community Club’s Annual Plant Sale

noon- 2 p.m. in the Lang Bay hall gardens. An assortment of perennials, shrubs, small trees & starts will be available along with a raffle supported by local community members/businesses

and a 50/50. Just Frys & Dogs will be on site as well as Area “C” director Clay Brander. Cash or cheques accepted. Proceeds to the continued care of Lang Bay Hall and gardens.

Local Support for Peace Caravan

1:30 pm at the Library mall (Joyce and Alberni) to protest the CANSEC weapons bazaar in Ottawa.

qathet Accordion Festival

accordionfest.com. Directed by Walter Martella and Karina Inkster.

Beanstalk Year End Showcase

7 pm, Evergreen Theatre. \$25.

Film • The Queen of my Dreams

7 pm, The Pat. Comedy, Drama, LGBTQ+

12
Sunday

Mother’s Day

For all moms.

PR Farmers Market

12:30 to 2:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music. Miniature railway rides.

An Afternoon of Contrasts with the qathet Symphony Orchestra

2 pm at the Evergreen Theatre. Classical music featuring the full orchestra and small ensembles. If you’ve never been to an orchestra concert, this will be a great first time! Come listen to YOUR orchestra play music by Schubert, Beethoven, Holst, F. Strauss and more. By donation.

Local Support for Peace Caravan

1:30 pm at the Library mall (Joyce and Alberni) to protest the CANSEC weapons bazaar in Ottawa.

Film • The Queen of My Dreams

1:30 and 7 pm, The Pat. Comedy, Drama, LGBTQ+

13-15

Film • **The King Tide**
7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

16
Thursday

Robyn Layne and the Rhythm Makers

7 pm, Max Cameron Theatre

Film • The King Tide

1:30 pm and 7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

Free Two Block Diet Workshop

6:30-8:30 pm. Presented in collaboration with Skookum. Register at <https://simpli.events/e/2BlockDiet> or kate@emergecollab.com. See story in Home Grown on Page 27.

17
Friday

Film • The Fall Guy

7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

18
Saturday

Scottish storyteller Dougie MacKay

Doors open at 6:30 pm. Show 7-9 (there will be a short intermission). Cran Hall. Cultural Q&A to follow. Tickets and more information at storyconnection.org/bctour/

Lang Bay Market

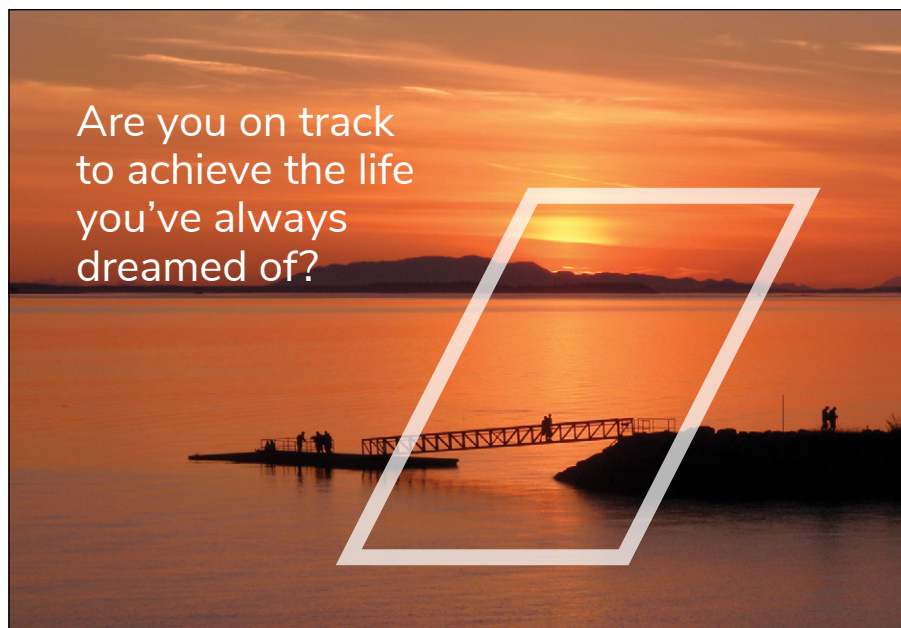
10 am to 1 pm, Lang Bay Hall. An indoor and outdoor monthly market featuring food, artisan goods, produce, and much more.

PR Farmers’ Market

10:30 am to 12:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music.

Comox Air Show

9 am to 4 pm. You may be able to catch some of this



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Film • The Fall Guy
7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

19

Sunday

**As I Roved Out:
An Immersive Folk
Experience**

7 to 9 pm, Cran Hall. Tickets \$30 at the door or \$25 in advance from Nutcracker, Maggie's, or Eventbrite. Bronwyn Claire Asha weaves together storytelling, myth, spoken word and traditional Irish, English, Welsh and Scottish folk songs. This one-woman performance touches on the universal themes of love, grief, our connection to our early history and our earth, as well as the power of song and story to connect and heal us across cultures.

PR Farmers Market

12:30 to 2:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music. Miniature railway rides.

Film • The Fall Guy
7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

20

Monday

Victoria Day

Long weekend.

Free Film • Path to Reconciliation

1:30 pm, The Patricia. Short documentary of a film made by local journalist Abby Francis and others at BCIT. Two mortuary poles from tisk*at were thought to be lost when the mill moved Tla'amin Nation away from the river. Recently, they've been found at UBC's Museum of Anthropology. See more on Page 20.

Spaghetti Dinner

4:30 to 6:30pm, United Church on Duncan. By donation.

Film • The Fall Guy
7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

21-22

Tuesday

Film • The Fall Guy
7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

23

Thursday

Artist Trading Card Night

5:30 pm, Westview Bowling & Billiards. Make them ahead of time, or make them on the spot. We'll bring some blanks and other art supplies. And this is a family-friendly event! Hosted by qathet Art & Wares.

Film • The Fall Guy
7 pm, The Pat. Drama, Mystery, Thriller, Fantasy

24

Friday

Lund Seafood Festival Chowder Challenge

6 to 9:30 pm, Lund Firehall. Tickets are \$40 each (cash only) and are available in Lund at the Stock-Pile Store and Nancy's Bakery, or in Powell River at Tourism Powell River. lundbc.ca. Sample the locally-made chowders and vote for your favourite (from Laughing Oyster Restaurant, Boardwalk Restaurant, Convenient Chef, Royal Zayka Restaurant, and more). Enjoy a whole bowl of your chowder choice, salad, dessert, cash bar (beer, wine, cider) and dance to the live band "Swear Jar" from Powell River.

25

Saturday

Catholic Women's League Plant Sale
9:30 am -1pm, Assumption Gym.

PR Farmers Market
10:30 am to 12:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music.

Neverland: Laszlo Tamasik dance performance

6:30 pm, Evergreen Theatre. \$24. The classic story of Peter Pan. This show includes all of our ballet students and is choreographed and directed by the talented Sandi Wadden.

Lund Seafood Festival

10 am til late, Lund harbour. Food, music, artisan and craft booths.

26

Sunday

Lund Seafood Festival

10 am til 4 pm, Lund harbour. Food, music, artisan and craft booths. Pancake breakfast 8 am to 10 am hosted by the Boardwalk Restaurant, \$10 proceeds to the Northside Volunteer Fire Department.

PR Farmers Market

12:30 to 2:30 pm, Paradise Exhibition Grounds. Local meat and produce, prepared food, artisan booths, music. Miniature railway rides.

28

Tuesday

Powell River Garden Club meeting

6:30 pm, Cranberry Seniors Centre, corner of Manson and Cranberry St. Doors open at 6:30 pm. All welcome.

30

Thursday

Edward Norman: Live Accompaniment to a Silent Film – Buster Keaton's The General

7pm James Hall. Admission \$25 (students 18 & under free with student ticket voucher.) Get ready for the suspense of a classic silent film, popcorn, and the live music of Edward Norman on the organ!

Mrs. Henry in concert

8 pm, Carlson Loft. Laser light show too. Mrs. Henry, from San Diego, California, are spreading their wings

with the welcoming spirit of Rock 'n' Roll. From psychedelic punk rock blues to burnin' nitro soul jams, their songwriting and musicianship soars. With special guest Stephen Hamm: Theremin Man!

Play • James and the Giant Peach

7 pm, Max Cameron. Brooks Theatre department. See story on Page 49. Through June 2.

31

Friday

Deadline for PR Community Forest scholarships

See ad on Page 51.

Eros Erotic Art Show opening night

6:30 pm, Wishing Well Gallery. Live music, food, & much more

Play • James and the Giant Peach

7 pm, Max Cameron. Brooks Theatre presents. See story on Page 49.

IN JUNE

June 1

Theatre Now AGM and potluck

See ad on Page 46

June 1 & 2

James & the Giant Peach

2 pm, Max Cameron Theatre. \$10 per ticket.

June 8

Food System Un-Conference

See more in *Home Grown*.

June 9

Spring Garden Tour

See more on Page 40.

June 10

Academy Choral Extravaganza

7 pm, James Hall. Admission \$20 (students 18 & under free with student ticket voucher.)

June 15

The Sutcliffes

Beatles tribute. 7:30 pm, The Evergreen. See more on Page 49.

June 17 to 29

PRISMA

See ad on Page 13.



Art and activism at qathet Art Centre

BY MERIKO KUBOTA

The following is Meriko Kubota's artist statement accompanying her piece, *Can you make sushi?*, which is showing at the qathet Art Centre's Artivism Exhibition to June 12.

You ask me, "Can you make sushi?" By doing so, you demonstrate to me that you see me for my race, and not for the person I am. As a racialized person, I often receive questions or statements along this vein: "Why do your eyes look like that?" "We had a Japanese home-stay student." "I once had a Japanese girlfriend." "Where are your parents from?" "I'd love to go to Japan sometime." And many more of these. I wove this sushi mat to represent my experience of always being seen as a Japanese person. This sushi mat is made from rows of maple leaf stems and they are bound by juncus effuses common rush. The maple leaf stems represent the Canadian flag with the maple at its core which has its limitations of representing me as a Japanese-Canadian, a Nikkei person. The maple leaf stems are bound by juncus effuses common rush which true to its name is common and can be found in many places, representing a desire for belonging and inclusivity no matter where you come from or where you are.

I hope that other racialized individuals may feel a sense of connection with this piece of work. Perhaps they have been asked this question or similar questions that probe at their representation of race first before themselves as a person, a human being. I hope that

ART IN MAY

Through June 12
Artivism Exhibition
 Viewing hours Monday, Tuesday, Wednesday noon to 5 pm at qathet Art Centre.

May 1
2024 The Seasons Photo Competition
 Submit your best photo showcasing something beautiful and distinctive of the seasons in this region. The submission deadline is June 7. For prizes and competition rules visit prpl.ca. For information contact Mark at mmerlino@prpl.ca

May 1-25
Drift - an experimental conceptual art show by Soulmack
 3-6 pm Wednesday to Saturday, Crucible Gallery at Tiskat/Townsite

May 17
Deadline: Eros Erotic Art Show submissions
 Expose Yourself annual show revival. More info at wishingwellqathet@gmail.com

May 31
Eros Erotic Art Show opening
 Wishing Well Gallery

this art work will offer guidance and encouragement to be mindful of the questions we ask racialized individuals, especially children. By using local plant materials, responsibly harvested and in connection with the local land which is the traditional and treated territory of the Tla'amin Nation people, I am practicing being in relationship with the land and hope to show gratitude for this land I reside on as a settler and an uninvited guest. 🌱



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5 life lessons I learned from playing the accordion

BY KARINA INKSTER

Yann Tiersen's soundtrack to my favourite film, *Amélie*, inspired me to play the accordion. Here's what I've learned in 11 years of accordion practice.

1. It's never too late.

When people ask me how old I was when I started playing the accordion, they expect me to tell them I was in preschool. In fact, when I started in 2013, I was 27. In the world of music, that's "late". I was muddling my way through "Hot Cross Buns" at an age when most professional accordionists are touring the world and performing at sold-out concert halls.

Don't use age or life stage as an excuse to forego learning something new. Half of my music students are beginning a brand new instrument in their 60's! It's a fantastic way to challenge your brain, improve your coordination, and step out of your comfort zone.

2. Consistency matters.

"Talent" is irrelevant if you have consistency. My fitness coaching team and I give our clients advice that relates to music practice, too: Twenty minutes every day is better than two

QATHET ACCORDION FEST 2024

When: May 10 & 11

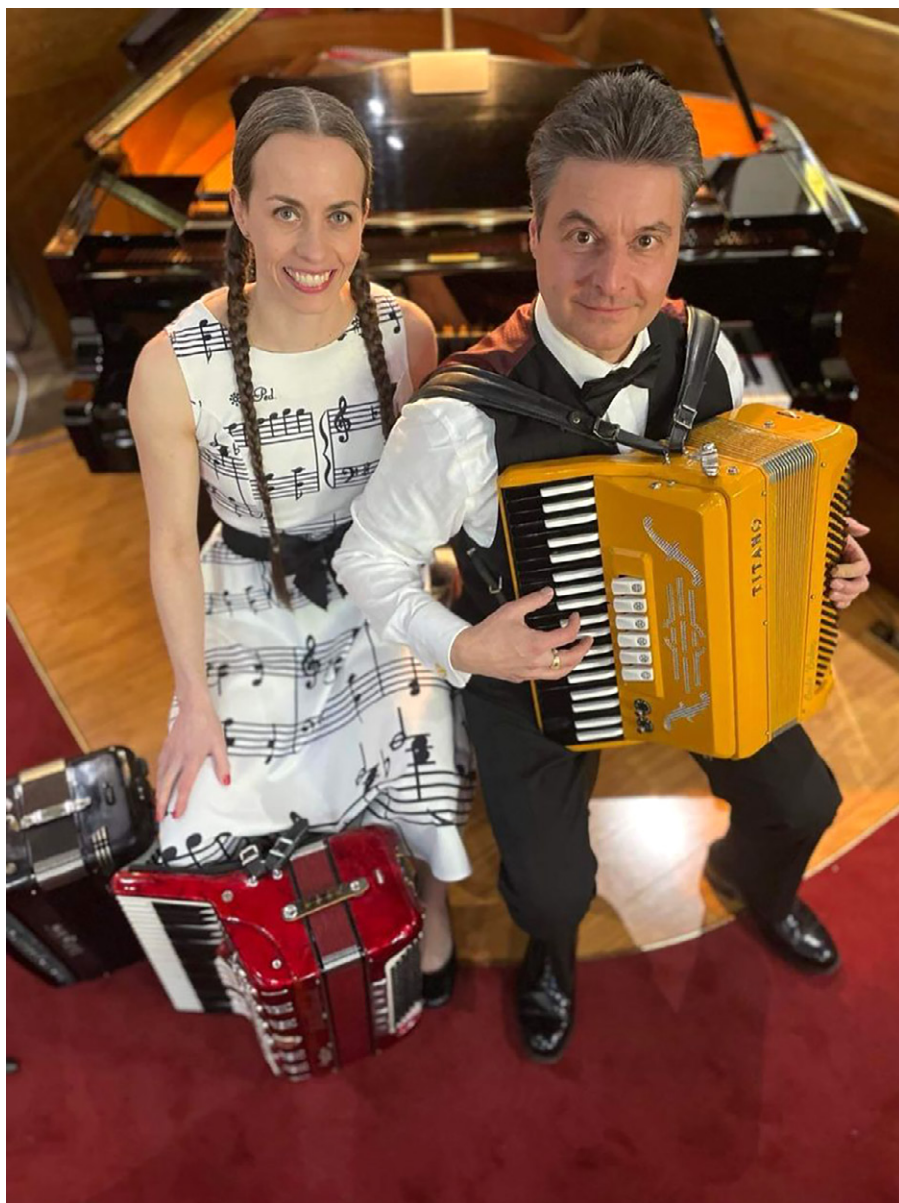
What: A celebration of one of the world's most versatile instruments. Featuring 10 performers, a masterclass, Accordion 101, Accordion Orchestra, Courtyard Performances, and accordion sales and repairs courtesy of Tempo Trend. Tickets required for the opening night/main concert and the Accordion Cabaret closing party. All other events are by donation.

Tickets & more info:
www.accordionfest.com

hours on one day. Build your practice into your daily life. Set up accountability buddies if you can. Focus on the process rather than the outcome.

3. Listen.

Active listening means focusing all your attention on just listening (no multitasking!). It can give you a deeper understanding of a specific piece of music, a performance partner's playing style, and your own musical preferences. Listening is a crucial communication skill – in musical contexts and otherwise.



ACCORDION-CURIOS?: Third annual qathet Accordion Fest directors Karina Inkster and Walter Martella. *Photo by Rykie Avenant*

4. Dismantle stereotypes.

Q: "What's the difference between an onion and an accordion?"

A: "Nobody cries when you cut up an accordion."

The much-maligned squeezebox has a certain reputation in the music world. Along with my performance partner and Accordion Fest co-director, Walter Martella, I aim to expand audiences' concept of accordion music. Bach, Chopin, jazz, and tangos on accordion? Yes, please!

Whatever endeavour you're involved in, accept that it comes with

stereotypes. Some might be benign, while others are harmful (like "Polka is the best genre for accordion"). In the name of education and inclusion, work to dismantle them.

5. Don't forget to have fun!

I make sure I'm working on pieces I love, and rehearsing and performing with musicians with whom I enjoy hanging out.

If you're going to invest significant time into a new skill, you might as well enjoy yourself! **Q**

May **Lund Seafood Festival**

25-26 Food, crafts, music, pancake breakfast & more. Chowder Challenge & dance Friday.

For all the details and schedule, visit www.LundBC.ca



A LIVING DAHL: Left, Portia Dyck as the Centipede, Othello Bell-mane as the Old Green Grasshopper, Theresa McNaughton as Aunt Sponge, and Sydney Dodgson as the Ladybug. Above, director Jennifer Didcott and music director Roy Carson.

New music, classic tale

Music teacher Roy Carson retired in 2023. But sitting behind the keyboards during rehearsal for Brooks Theatre Department's production of *James and the Giant Peach*, Roy is clearly thrilled to be back at it. The play has no songs, just poetry. So he is writing original music for the 28-student cast.

"There's a lament, a bluesy song, a thoughtful Canadiana-style song, a polka and I even have one of the aunts singing an operatic aria," he said, as he demonstrates each on the keyboard. "I'm just breathing music into it."

Roald Dahl's 1961 book tells the story of James Trotter, grieving his parents' deaths while under the terrorizing care of his two aunts. James escapes into a magical bug-filled world inside a giant peach.

The story and play capture intense, childhood emotions, an irresistible challenge for Roy to augment in music.

JAMES AND THE GIANT PEACH

When & Where: May 30 & 31 at 7 pm, June 1 & 2 at 2 pm, Max Cameron Theatre

What: Brooks Theatre Department takes on the classic Roald Dahl novel, with new music by Roy Carson.

Tickets: \$10, at Brooks Secondary and at the door.

Director Jennifer Didcott first planned to stage *James* in 2020, but COVID interrupted that production. "It's one of my favourite Roald Dahl stories," she said. "I love the visual challenge of it as a play – all the ways you can play with colour and really stretch the imagination."

Steampunk – the trendy, retro-futuristic aesthetic – is inspiring the look of the show.

Sydney Dodgson, 14, plays the anxious, motherly Ladybug. This is her first time acting on stage – she was inspired to audition when she watched Beanstalk Theatre's *Beauty and the Beast* in February.

"I liked that everyone put their all into it," she said. Her character plays the trumpet – a skill Sydney brought to the role from her time in Brooks' concert band.

Theresa McNaughton, 17, plays Aunt Sponge. Most recently, she was Colonel Mustard in Brooks' fall 2023 production of *Clue*, and worked backstage on *The Addams Family Musical*. She graduates in June, so this is her last high school theatre experience.

"I know what I'm going to miss: the community," she said. "I love that you just come together with a bunch of kids you didn't know before, and by the end, it feels like a family. And, I like being able to act like someone I'm not and make people enjoy it." 🎭



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PENGUINS & PERCUSSION: Left, a mock-up of what the PRISMA festival opening concert, “Ice, Silk and Turkish Delight” will look like; it’s presented with the qathet International Film Festival. Above, PRISMA 2023 Concerto Competition winner Maya Kilburn will solo at this concert. *Photo by Andy Rice*

PACIFIC REGION INTERNATIONAL SUMMER MUSIC ACADEMY • JUNE 17 TO 29

A Musical Multimedia Journey

PRISMA Festival Grand Opening Concert

BY GARRETT HOLBORN

This year, the PRISMA Festival Grand Opening Concert, titled “Ice, Silk and Turkish Delight,” is set to captivate audiences with a unique fusion of music and visuals. Taking place on June 20th, this highly anticipated event marks the beginning of a historical musical journey.

The concert is a co-presentation with the qathet International Film Festival.

The evening will begin with “Antarctica: Life

PRISMA

When: June 17 to 29

What: World-renowned guest artists with top international music students for two weeks of musical exploration by the sea. The public events include the free PRISMA by the Sea concert at Willingdon, master classes, evening and matinee concerts and much more – all affordable and intimate ways to enjoy symphony and chamber music and much, much more.

More: prismafestival.com and see the ad on Page 13.

Emerging,” a breathtaking visual experience created by PRISMA Guest Artist Marcus Goddard in collaboration with SeaLegacy and world-renowned photographer Paul Nicklen.

Set to the music of Marcus Goddard, this 13-minute film transports viewers to the icy realms of Antarctica, where the delicate balance of life unfolds against a backdrop of melting glaciers and shifting landscapes.

The film offers a poignant reminder of the importance of preserving our planet’s most pristine and fragile ecosystems. In the original production, the legendary Yo-Yo Ma played the solo cello part. At PRISMA, we will hear Henry Shapard in this role. You may remember him from Dvorak’s cello concerto that he performed last year at PRISMA.

As the audience is transported to the distant shores of Antarctica, they will witness the struggles and triumphs of its inhabitants—from penguins navigating life and death as the ever-present leopard seal waits for one to slip off the melting icebergs to whales navigating the vast ocean depths.

Through stunning cinematography and evocative music, “Antarctica: Life Emerging” is a powerful call to action to protect and conserve our planet’s natural wonders.

Following this journey through the icy wilderness, the concert will continue with a performance inspired by an ancient route.

“The Silk Road,” composed by Gisle Kverndokk, will be brought to life by PRISMA Guest Artists and select students, accompanied by visual projections that bring audiences along the historic trade route, from bustling marketplaces to serene landscapes.

After a brief intermission, the evening will conclude with a performance of Mozart’s “Violin Concerto no. 5,” known as the “Turkish.”

PRISMA 2023 Concerto Competition winner Maya Kilburn will be returning to PRISMA and take centre stage as soloist in this violin concerto and perform with the PRISMA Festival Orchestra under the baton of Maestro Arthur Arnold.

The structure of the Grand Opening Concert is unique as we present chamber music works by the guest artists as well as the full orchestra. This will be a memorable evening not to be missed. **CL**

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MOTHER'S DAY • MAY 12

For many of us, grief is a part of Mother's Day

BY ARIEL TURCOTTE

How do you spend Mother's Day when your child has died?

This will be our fifth Mother's Day without our only child, Hayden. He was killed when a 74-year-old man ran a stop sign. His girlfriend Maddy was taken off life support five days later. His best bud, Tyrell, was in the back seat and sustained a broken shoulder, fractured pelvis and bit through his tongue. He is learning how to live the best life he can.

I never expected to be writing this story, however I have chosen to help those in grief with the death of their children. I honor Hayden's life every day by doing this.

Mother's Day can be a sad day for many. Possibly your mother has died, possibly you have never been a mother, possibly you are estranged from your mother or possibly you feel a huge hole in your heart where your child was and he called you "Mom."

When Hayden first died, I saw my doctor, who was our family doctor and I told her about Hayden's death. I said "I am no longer a mom." She replied "You are always Hayden's mom; he is just not here on earth in a physical body anymore."

That really resonated with me. I am blessed to be Hayden's mom; I am blessed that he picked me to be his mom. He will always be my son and I will always be his mom.

The first Mother's Day was so heavy, we were in the midst of COVID lockdowns. I felt there was nothing to celebrate and I was lost.

Hayden's friends called, brought flowers and hanging baskets and other friends called too. For the last



A PLACE FOR BEREAVED PARENTS: The compassion garden at Kelly Creek's Holy Cross Cemetery now features a bench with memorial plaques. See sidebar for more.

two Mother's Days we have spent some cherished time at Holy Cross Cemetery in Kelly Creek where The Powell River Compassionate Friends have a memorial garden. It is the most beautiful place. I call it our fairy garden.

We bereaved parents have gathered there to honour our children who are no longer with us. Last year I painted inspirational messages on rocks for our garden and we each placed one in a special spot in the garden.

We take flowers to plant, tidy the garden and share our memories of our children. It truly is a special way to celebrate our children that are no longer with us on our special day, Mother's Day.

This year we will be doing the same with an addition. The Powell River Compassionate Friends has a bench by our garden donated by a parent. We have had plaques made for our children and will be placing these on the bench.

If you are looking for ideas of how to help another bereaved parent here are a few suggestions:

You could message or call them and say "Just thinking of you and Hayden (for example)."

Maybe share a favourite memory you have of their child. Just as you enjoy talking about your child or children so do bereaved parents. Even though our children are not here, they are always on our minds.

You could place a potted plant on their doorstep

Are you the parent of a child who has died?

If you would like to order a plaque or just come and join us for a special Mother's Day at the garden on Sunday May 12th, please contact The Powell River Compassionate Friends at powellrivertcf@gmail.com for more information. As well please look us up on Facebook, The Powell River Compassionate Friends.

We have monthly sharing meetings on the 4th Tuesday of each month. Our next meeting is Tuesday, May 28th.

If you know of someone whose child has died, please tell them about The Powell River Compassionate Friends.

The Powell River Compassionate Friends Society is a registered charity and issues receipts for donations.

with a nice card.

It really is very simple to bring a smile to a bereaved parent's face—even if only for a while. We love that you think of us. Know that even though it is my fifth Mother's Day without my child I still miss Hayden's big hugs and special smile. ☺

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TAKE A BREAK

The words we use

Have you ever arrived somewhere, maybe a coffee date with a friend or a class that you've been excited for, and found that it takes a long time to feel like you've actually arrived?

The events of the week leading up to it are still swirling around in your mind or the tasks scheduled for afterwards keep popping up to prevent you from being present in the moment?

Maybe something shocking occurred recently and it's all you can think about.

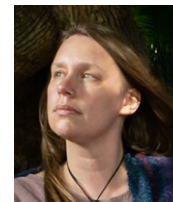
In my work, I am often supporting a homecoming of sorts. Through various methods, there is often a theme present of encouraging people to more fully inhabit their bodies and become present in mind and thought. Or if they are someone who journeys to the Spirit realm, to help ensure their complete and safe return back to ordinary reality.

Many of us unknowingly step out of this state of collected presence due to over-stimulation, trauma, intense longing, physical and emotional pain, or when exploring realms beyond our ordinary reality – and it can require a lot of slow, mindful tending to coalesce all aspects of ourselves back home again.

In psychology it might be termed, "dissociation." In physiology, a heightened "parasympathetic response." In core-shamanism as popularized by anthropologist Michael Harner, this would be called "soul-loss."

Something that I notice, is how built into our language this leaving or being elsewhere occurs. Which when we consider how powerful our words are, may inadvertently contribute to the problem or undo the careful embodiment work we have already embarked on.

Phrases such as, "I'll be with you in spirit" when we wish to attend an event or be with someone when we can't be. A common one for artists is, "A piece of my soul goes into every one" or "I put my heart into" any endeavour we work hard at. If we have a special



RETURN TO REVERENCE

JULIETTE WOODS

[Trying to recover from a shock] can leave us replaying events or conversations in our mind, continuously informing our nervous system...

place, we might reflect on it fondly saying, "Part of my soul is there." When confronted with a hurtful situation or sometimes even a pet-peeve, the expression, "I die inside when..." may come up.

In our current westernized culture, there's an urgency to recover and get back to our usual selves after a shocking experience. It can leave us replaying events or conversations in our mind, continuously informing our nervous system and perpetuating part of our awareness remaining elsewhere.

Perhaps repeatedly telling the story without healthful restoration.

My invitation today, is to simply notice the words we use and take note of inadvertently sending part of ourselves away. And maybe begin welcoming ourselves home from all these places.

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

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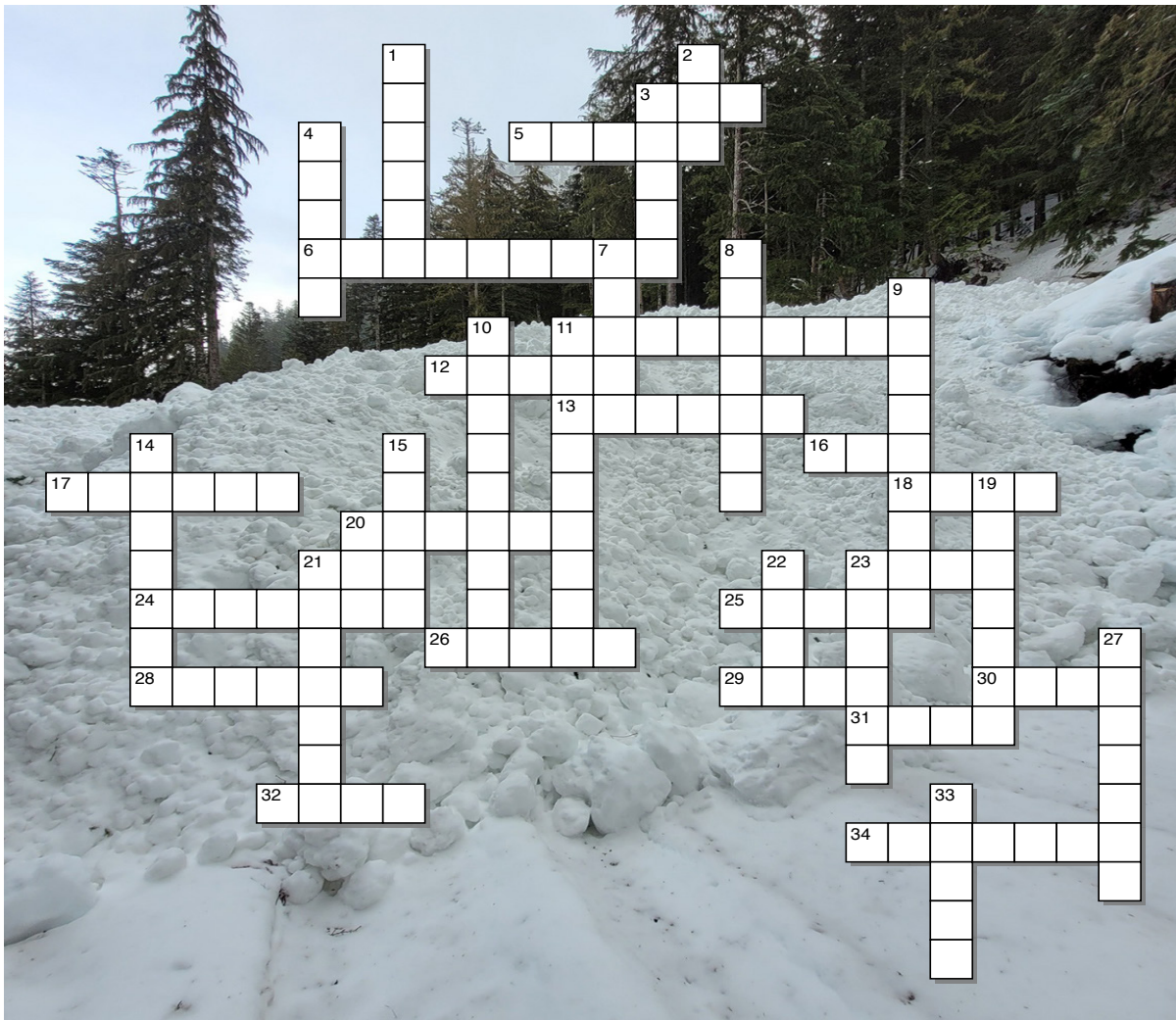
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TAKE A BREAK



Across

- 3) paper sack
- 5) tribunal, win a mate
- 6) Tla'amin language
- 11) squeeze box
- 12) Cut wood artistically
- 13) high country
- 16) New doc
- 17) Real estate board pres
- 18) Pet protection group
- 20) sweater prize for best of qathet
- 21) Pet doctor
- 23) ___rule, cats drool
- 24) Restaurant bar is a wrap
- 25) royalist woman
- 26) Straight, or achievement
- 28) Box-store restaurant
- 29) outer peel, enthusiasm
- 30) firework frightened pup
- 31) Filmmaker Francis
- 32) better than better
- 34) male chicken

Down

- 1) Symphony festival
- 2) Has your tongue
- 3) invasive witch's ride
- 4) Vet Barnes
- 7) spreadsheet, college, standout
- 8) death investigator
- 9) 70-year-old advocacy group
- 10) Jam, or cat
- 11) snowfall
- 14) 60s special ed school
- 15) picture
- 19) protective care, guardianship
- 20) animal friend
- 21) tiskwat
- 22) school union
- 23) of teeth
- 27) not losers
- 33) Invasive Hobby plant



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J	P	U	L	G	O	A	S	L	L	E	I	R	R	Q	U	R	E	A	I	R	I	A	Y	
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One Future Early Childcare Educator

May is Child Care Month: an opportunity to celebrate the workers and families who pour their hearts and expertise into supporting our youngest community members. One such individual is Brooke Skorey, a Vancouver Island University (VIU) student in the Workplace Essential Skills Training (WEST) Program at the tiwšemawtx[™] Campus. Brooke is currently undertaking a practicum at 101 Childcare with owner Danielle Quinney.

“I love helping out and getting to know all the kids and their little personalities,” says Brooke, whose mentorship with 101 Childcare’s owner was arranged as part of the WEST program. “I was a little nervous, at first, about meeting the kids and wondering if Danielle and I would have a good connection. Now, going into my second semester I feel super comfortable,” said Brooke after completing three months of her first worksite practicum.

The WEST program helps people with developmental and cognitive disabilities develop their skills to get a job or pursue further education. Through a series of interactive campus-based programs and onsite workplace experience, students’ learn skills, try new experiences, grow in their personal development, and gain confidence to reach their personal goals. B.C.’s Adult Upgrading Grant (AUG) provides financial support for low-income students.

Brooke, who aspires to complete the Early Childhood Education and Care Program through VIU’s local tiwšemawtx[™] Campus and pursue a career in childcare, learned about the WEST program while on the job hunt. “I thought it would be a great way to learn about things like, taxes, how to manage rent, how to write a good resume and cover letter, and so much more [...] I really wanted some help to



SO VERY NEEDED: Brooke Skorey is among the next generation of childcare workers, a program she’s taking through VIU. She is doing her practicum at 101 Childcare with owner Danielle Quinney.



LAST WORD

SUSAN LINES

guide me towards my goal of getting into the ECE Program.”

B.C. is in serious need of students like Brooke. The Fraser Institute reports that “across the province child-care use is down overall and harder to find,” with 58.8% of families using childcare in B.C. reporting difficulty accessing it in 2023. The problem? A lack of childcare workers.

Like so many feminized professions, childcare had a history of being grossly underpaid. However, as Zak Vescera reports for The Tyee, the B.C. government is experimenting with a pilot wage grid and funding program to establish much higher salaries for early childhood educators (ECEs). According to Vescera, the federal government invested \$349

million in B.C. in just the first year of its national childcare program, which aims to bring the cost to families down to \$10 per day. “Now,” he reports, “the hurdle is not government investment. Instead, it’s cultivating and training a workforce.”

Brooke plans to be a part of this dearly needed workforce, and local training options are expanding. VIU’s ECEC Program can be completed to the Certificate or Diploma level, with a blended (online/in-person) delivery right here in qathet. The university is currently delivering an all-Indigenous ECEC certificate program in partnership with Tla’amin Nation, and a dual-credit ECEC program for high school students is on the horizon.

How did Danielle Quinney, a local employer, get involved in supporting people with developmental and cognitive disabilities develop their skills? “A Program Coordinator from VIU reached out to me asking if I would be interested in mentoring a practicum student. After learning more about the Workplace Essential Skills Training Program, I was very interested and the program’s Worksite Trainer, Corrin, connected with me,” says Danielle. She felt it was a wonderful experience being part of the program. “I think it is a good idea to see if it is a good fit... being a mentor has been really rewarding.” Would she do it again? “Yes, I would absolutely accept another practicum student at my daycare center,” Danielle confirmed.

It is a win-win. Brooke shared that her WEST practicum has cemented her desire to work with children. Since beginning her mentorship with Danielle, she feels more comfortable and confident in the profession. “I am definitely more enthusiastic about it,” she says. “Now that I have some experience, I feel like working with kids is right up my alley. I am looking forward to furthering my education in the childcare field.” Her dream? To work in a local childcare facility, and maybe one day at Westview Elementary. “Some of the people working there took care of me at a young age.”

VIU tiwšemawtx[™] Campus is now accepting applications for both the WEST and ECEC Programs for September so more students will be able to realize their goals and dreams. 📌



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