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NOVEMBER 2025

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THE HELPING ISSUE • PRIDEAUX HAVEN • HOLIDAY CRAFT FAIRS • REMEMBRANCE DAY

qL's guide to services in the region

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Pregnant in qathet:

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Pregnant in qathet is a community-based website that connects expectant people with the care and support they need at every stage of pregnancy.

Whether your pregnancy is planned or unplanned, you're already expecting, or have recently given birth, the site helps you find local healthcare providers and reliable information close to home.

Easily access information on prenatal care, midwifery and physician services, maternity resources, postpartum supports, and termination options. The content was developed with input from local parents

and healthcare professionals to keep it relevant and easy to use.

Pregnant in qathet also shares practical guidance about navigating the healthcare system, preparing for birth, and finding community programs that offer emotional or physical support — including a page for supporting partners.

The goal is to make sure everyone in qathet can access culturally safe and compassionate care before, during, and after pregnancy.

Visit pregnantinqathet.ca to learn more and connect with local pregnancy and postpartum resources.



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The Compassionate Friends offers support. If you've lost a child - at any age, for any reason - you are not alone.



The Powell River Compassionate Friends

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ON THE COVER:

The qathet Symphony Orchestra is helping to kick off the region's tremendous concert season with a performance on November 23 (see Page 39). The qSO's spectacular French horn section is, back row, Sari Spencer and Manu Liefsoens, and in front with the purple hair, Brooke Clansey.



With a little help

I'm typing this message using one hand because my other arm is hooked to an IV pumping cancer-fighting drugs into my veins. Happily, those seem to be working, unlike much of our health-care system.

As you'll read in the following pages, the long-term care situation in qathet is difficult, to put it mildly. That's hardly a qathet-specific problem, as an aging population strains the system nation-wide. And long-term care is just one of the problems our care system faces. Homelessness, the opioid crisis, staffing shortages, and a myriad of other trials make it seem like the system is irreparable. It probably is. Given the depth of problems and the population bubble we're rolling through, coupled with global economic problems, there's certainly no easy solutions.

Despite that bleak outlook, the people on the front lines of the system, such the nurse who just gently weaved

a needle into my vein, are doing their best in a difficult situation. In the case of those working at the qathet hospital, they are also this month under the extra load of adapting to a whole new digital record-keeping system.

None of the people working in our current medical or social services are to blame for the decades of neglect the system has endured, or the overwhelming challenges it faces. They just keep working away, trying to plug the gaps. And they're far from alone. As shown on Pages 13 through to 17 of this, our annual "Helping Issue," there are many volunteers and organizations working to make things a little better.

I realize not everyone's experience with the system has been as good as mine, and I'm not getting any permanent solutions from it. But I'm surely glad for the people working as best they can.



PUBLISHER'S MESSAGE

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qL

“

The first date was an adventure. I met her mother, aunt, three daughters, and the dog.

- Eric Outram, Page 53

”

A FEW OF NOVEMBER'S CONTRIBUTORS



ELLEN GOULD is the President of Energy Democracy for BC. Website ed4bc.org and email ed4bc@shaw.ca. **See Ellen's story, Opposition builds against export plan, on Page 19.**



SANDRA AND ERIC OUTRAM live off-grid in a multi-generational home. Sandra is the nurturing family matriarch. Eric is supportive, and plays pickleball. **Read their love story, on Page 52.**



LANCE BROWN was head of Hong Kong's counter terrorist unit. He was selected from there by the Governor to be his last ADC. They both departed on the Royal Yacht *Brittania* on July 1st, 1997. **See Lance's story, Canadians fight, on Page 25.**



BARBARA LAMBERT has published nine books on local history. **See Barbara's story, When the Lights go Back On Again, on Page 23.**

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Love & Long Term Care 1

Glenn and Mary Fidler

Glenn and Mary Fidler are both 80. They were high school sweethearts here, and travelled and worked in many parts of the world together. He worked in many fields, including sales and management, she worked with adults and children with disabilities—a skilled and thoughtful caregiver.

About 10 years ago, Glenn started noticing that Mary was different. She would park the car diagonally across the driveway, forget things they'd just spoken about, misconstrue social interactions. She was diagnosed with a mild cognitive impairment and then soon afterwards, dementia.

Glenn cared for her at home for six years. He watched her cognitive decline, knowing that is the path of this disease.

"She had rock collections, and she would wrap them in tinfoil and put them in the fridge," he said, noting that for caregivers, keeping a sense of humour about the disease is crucial.

"Or I'd be cooking and the utensils would disappear—they'd show up days later in a dresser drawer."

Once, she disappeared for more than two hours, into the woods south of town.

"The caregiving wears you down, because it's 24 hours a day," he said. "Guilt is probably the biggest, most-used word in caregiving. Could I have done it better? Should I be doing it better?"

Glenn was able to care for Mary at home until a space opened up at Willingdon Creek. She's been there for just over four years. He visits daily, in part to enjoy her company as always, and in part to ensure she isn't in pain: psychological distress, aggravation, or physical pain.

He has found the staff at Willingdon Creek Village to be very professional and supportive. "They put out so much effort, often under some tough situations." (Cont. on Page 10)

Who Cares?

The Province breaks hearts and caregivers with its short-term thinking on long-term care. Part 1 in a 2-part series.

A decade ago, when Elaine Steiger visited her husband in Evergreen Extended Care, she watched as the kitchen ran out of food. Five seniors were fed a canned nutritional drink for dinner. Food shortages were nothing new, she witnessed. But that night was her tipping point. Although the food was consistently terrible, this was a new low.

The qathet entrepreneur initiated a letter-writing and media campaign that resulted in real change from Sodexo, the company contracted by Vancouver Coastal Health to provide food services to the hospital. All these years later, her activism has made a lasting difference. Hospital food services here are decent.

Now Elaine has turned her powerful gaze to the lack of sufficient long-term care beds in this community. Both her husband and her sister waited months in the hospital before they were able to get into a dedicated long-term care bed. It's a tragic situation, Elaine explained. Those waiting to get into long term care have no programs or lounge; staff isn't trained in geriatrics; waiting for a bed is just that: waiting. Often, they're moved dozens of times during their wait, adding to their sense of disorientation, Elaine said.

"I think the way the Province treats seniors is horrible. It could be called elder abuse," she said. "Because they're not looked after properly, and they should be. Do you not look after them just because they're seniors?"

It's not the fault of staff, she noted. Rather, it's the result of just far, far too few long term care beds for the need in this community.

As an activist, Elaine is facing some of the same hurdles she did in 2014: vapid, public-relations responses to her pointed letters; patients and their families who want to remain anonymous in fear of re-



RABBLE ROUSER: Health care activist and long-time caregiver Elaine Steiger at home, sharing some of the many letters she has written to Vancouver Coastal Health Authority regarding the lack of appropriate beds for seniors living with dementia and other serious conditions.



WHERE THE BEDS ARE: qathet has two Vancouver Coast Authority long-term care facilities: the Evergreen Extended Care Unit (above) with 75 beds, and Willingdon Creek Village, with 102 beds. In October, Willingdon Creek celebrated 10 years. The nonprofit-run Kiwanis Garden Manor Assisted Living offers 40 one-bedroom suites. All three facilities are near qathet Hospital.



percussions; staff afraid of losing their jobs if they speak out. But she is undaunted.

She cared for her husband for four years before he was offered a bed. By the time he entered care, he had lost his ability to walk. She had already called the ambulance for him several times, after he'd fallen.

"Even with all the help I had — there was more home care available then — I still remember this one time," she said. "Home support came to give him a bath. I went for a little walk outside. I just remember screaming, 'I can't do this anymore.' Dementia is really hard on any caregiver, emotionally, and physically."

Then, from September 2024 to February 2025, Elaine's baby sister Snookie waited in qathet General, for a long-term care bed to open up. Snookie was once administrative assistant to Gerry Joyce, hospital administrator. Her dementia scared her husband; often, Snookie would curl up in the fetal position and sob. To get her into care, her husband had to present a crisis: to bring her to the hospital and declare that he couldn't take care of her at home anymore.

She was moved repeatedly over those six months in hospital, making Snookie more scared and disoriented, Elaine recalls.



On September 8, BC's Seniors Advocate Dan Levitt spoke to a packed room at Gerry Gray Place, a seniors' centre on Alberni Street, about his new report: *From Shortfall to Crisis: Growing Demand for Long-Term Care Beds in BC.*

His report revealed that there are more than 7,000 seniors on wait lists to get into long-term care in BC. Wait times have increased by nearly 100% since 2018, from 146 days on average, to 290 days.

Here in qathet, 10 hospital beds are currently occupied by seniors waiting for long-term care at either Willingdon Creek or Evergreen Care Unit, according to Vancouver Coastal Health. The number may seem small, but that represents nearly one quarter of the total beds at qathet General Hospital. And many, many more seniors are waiting at home, most often cared for by their spouse or other close family member.

"The data show a clear and ongoing trend of worsening access to long term care over the past 10 years," reads

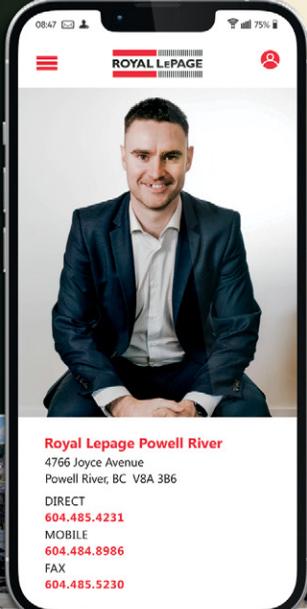
the report, which notes that keeping a patient in a LTC bed costs the Province about \$100,000 a year, and just \$15,000 if they're left at home. "More people are waiting; they are waiting longer and will wait even longer in the future."

That's likely especially true here. The report reveals that of the 2,935 beds they've committed to building by 2031, not one of them is slated for qathet.

Campbell River is getting 153 new beds. Nanaimo is getting 306. But the entire Sunshine Coast, from Port Mellon to Lund, has been shut out.

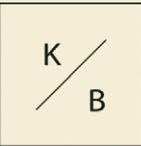
Frustratingly, Vancouver Coastal Health has refused to share how many locals are waiting for LTC beds here — both with qathet Living, and with the Seniors Advocate (see Last Word, on Page 62.)

The Ministry of Health estimates that 16,000 new LTC beds are needed in BC by 2036, the report notes. The 2,935 beds the Province has committed



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“What the government expects senior caregivers to do is unreasonable.”

– Elaine Steiger

ted to — with more than 7,000 people already on the waiting list, the lack of commitment seems curiously neglectful. What’s going on?

Seniors advocate Dan Levitt names ageism as a reason seniors issues aren’t front and centre for media and for government.

For those in the trenches, the day to day reality of caring for a family member with dementia isn’t polite conversation. During the interviews and research for this story, many people on and off the record said toileting is one of the biggest challenges caring for a loved one at home. Incontinence — both urine and feces — is a central feature of dementia, and the clean up is a big part of dementia care. In health care settings with shared rooms, such as the hospital and Evergreen, the experience of incontinence is shared.

At home, those doing the work managing incontinence, which includes laundry, frequent bathing, and more, falls to caregivers who are often seniors themselves.

Burnout is real.

“What the government expects senior caregivers to do is unreasonable,” said Elaine.

Elaine and her family have set up a near-perfect network of care on their shared, intergenerational farm in Cranberry. They share meals, share chores, and keep each other company. But now, having been through a family member’s dementia twice, Elaine is a realist about what’s possible and impossible to achieve at home. Once dementia takes over, there are often falls, broken bones, sundowning (mid-afternoon erratic behaviour), incontinence, stubbornness, and isolation. Friends can abandon friends when dementia kicks in. It can be hard to know what to do.

Faster, easier access to long term care in the community is critical, Elaine said.

“Everybody has to be courageous and speak up. Things can change.”



Want to be a whistleblower?

qL is looking for more information about the long term care story locally. Vancouver Coastal Health was not forthcoming with local data (see Last Word, on Page 62).

If you know any of the following facts—or have anything else you want to share—please reach out to editor Pieta Woolley at editor@qathetliving.ca by November 15.

Hopefully, government will rise to this challenge and swiftly plan to build additional long term care beds here.

- How many people are on the waitlist for Willingdon Creek?
- How many people are on the waitlist for Evergreen Care Unit?
- How many people are on the waitlist for Kiwanis Garden Manor?
- How many people are waiting for long term care in qathet General Hospital?
- How long have the people you know been waiting to get into long term care?
- How often do local long term care facilities experience inadequate staffing?
- AND do you have a positive, hopeful story about long term care here? Please share these, too!



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60 YEARS APART: Mary and Glenn Fidler got married at St. David and St. Paul Anglican Church in Townsite September 4, 1965 (left). On September 4, 2025, they stood at the same spot in front of the church, celebrating 60 years married. Mary has been in Willingdon Creek Village for four years and Glenn visits her every day.

(Glenn & Mary Fidler, Cont. from Page 6)

They feel lucky that he was able to manage the dementia at home until a spot opened; three friends are in the hospital right now, waiting for beds in either Willingdon Creek or Extended Care. They're often in the psych ward, he said, or the medical-surgical unit or hallways at qathet General.

Glenn took his first four days off of caregiving last month, to visit friends and family on Vancouver Island. Mary — his wife of 60 years — is losing her ability to carry a conversation now. She still re-

ognizes him. They're still playful. She is happy. But she's sleeping more and more.

Caring for a loved one with dementia is a lot like caring for a toddler, Glenn reflected. Except the joy of toddlers is they learn and grow every day. An elder with dementia is the opposite. It's heartbreaking.

"We need to be building now," Glenn said, about the crucial need to build more long-term care beds, so people can be cared for properly.

"But it's not on the radar. It's not what people want to hear about."

Love & Long Term Care 2 "Ted" & "Brenda"

For the year Ted waited to get his wife Brenda into care, he slept across the back door of their house, terrified that she would escape in the night. Because of her dementia, she called 911 to report that he was holding her hostage. The third time she called, the RCMP took her to the hospital.

"She was there for seven months, waiting," reported Ted, a retired truck driver who didn't want to use their real names because he's worried his wife will be targeted if he complains. His wife is a retired care worker.

"Five months of that she lived in hallways, with nothing to look at. All she was doing was staring at the walls. They moved her 26 times in five months. She was always disoriented."

Ted and his wife were married for 35 years. He remembers her as an artist, a gardener, and his traveling companion.

Ted visited twice every day. He would drag a chair over to the side of her bed, and sit with her as staff and patients and visitors walked around them. He watched other elderly spouses experience the same. One was there for nine months, and she was moved 35 times.

He doesn't blame the staff at all, he said. They were wonderful. But qathet General is not long-term care. The staff isn't trained to care for patients with dementia, he said. There are no programs for stimulation or socialization, he said. Instead, it's just a purgatory of boredom and disorientation.

"She would say, 'I'm coming home, aren't I? You're not going to leave me here?' I hated to go up there, it's so demoralizing, but I went for my wife," he said, noting that her disease had progressed so much he could no longer care for her at home. "Then I'd go down to the Legion and have a beer."

Ted's wife finally has a room at Willingdon Creek Village Residence, a 102-bed facility near the hospital, funded by the Province. Ted and his wife pay about \$1,100 a month for her care.

"We had a pretty good life, and then this happens. This is part of life. There's nothing you can do about it. But Elaine Steiger is a superhero for speaking out about the conditions. I'm shocked by what happened as we waited for a space at Willingdon Creek. And shocked that I didn't know. For our healthcare, this is horrible. The system has got to change somewhere."



IN THEIR PRIME: Diana and Paul Wolyniec met at a dance in Richmond nearly 60 years ago, where Paul was the bartender. They're waiting for a bed for Paul.

Love & Long Term Care 3

Diane & Paul Wolyniec

At 78, Diane Wolyniec is caring full-time for her 88-year-old husband, Paul. He's on the waitlist for long-term care, and Diane is praying that he gets in while he still qualifies for Willingdon Creek. If he degenerates while waiting, he might only get a spot at Evergreen — a place Paul said he will not go. She worries that when he takes the cognitive test to decide which level of care he needs, it will be on one of his less lucid days.

"He falls down all the time," Diane said. "How he has not broken anything is absolutely beyond me."

Diane is responsible for all of Paul's care — the food, the washing, and helping him when he has an accident. She finds joy in their poodle, and the occasional getaway with friends. Otherwise, it's 24/7 work.

Paul and Diane met at a dance in Richmond nearly 60 years ago. He was a young commercial fisherman. They married two years later and had one son — who died tragically in 2001. For nearly six decades, they've had a happy marriage.

Now with dementia, Paul is stubborn and refuses home care. Currently, they're costing the health system zero

"This is about to get so much worse, because there's a huge generation coming up behind me who will need care."

dollars, because Diane has picked up all the work.

"There is a tax credit kind of thing you can get if you're a caregiver, but it's just about nothing," she said. "I should be sending them a bill for keeping him healthy."

"The whole system is out of whack," she said. "I am just the beginning of the boomers. This is about to get so much worse, because there's a huge generation coming up behind me who will need care."

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Community can rise to the challenge of aging

Lund's Kristi McCrae knows that death is hard to talk about. Kristi has supported several people at their end of life. Green burial, the good death movement, community-supported dying — these grab her interest. She is fighting her own death illiteracy, and helping her community learn more about the end of life.

But recently, she has realized it's not just dying — it's aging that many locals are unwilling to face.

In November of 2024, she helped start the Northside Community-Centre Care group, open to all residents of Northside qathet.

Already the group has 50-plus participants who want to support each other in the work of aging and dying, in practical and emotional and social ways.

Those include aging-in-place, helping residents stay in their homes and community by networking with service providers, identifying service gaps, and creating community solutions; housing, addressing adaptation needs, and eventually purpose-built accessible housing; death care, community supported dying; and planning for a green burial cemetery, a community focused burial option.

"Many people haven't planned for their own aging," she said. "This group is about opening the conversation. How do we transition into the

challenges age presents us — before ending up in crisis because we haven't looked for help. Perhaps that moment could have been prolonged or prevented. When you're in crisis, that's how you end up stuck in purgatory in a hallway at qathet General, at the most vulnerable time in your life."

In a rural community, Kristi said, it's clear that government isn't coming to solve everyone's problems. Nor should people hope for it, Kristi said. The medical system is breaking down everywhere. How much can aging and death be de-medicalized, she wonders.

"Community has the opportunity to shine here," she said, noting aging in place rurally can require putting in place systems to look after large properties, and maintaining connections with the community to fight loneliness.

"These are pieces we've lost, culturally. A hundred years ago, aging care would be done by the spiritual leader or Priest, Minister or Rabbi and grandchildren and neighbours. We've unravelled our whole society, but we're coming full circle. In Lund, people are still freaked out about aging and death, but they do really love each other."

The Northside Community-Centered Care project is under the non-profit umbrella of the Lund Community Society. If you are interested, please contact Kristi, kristimccrae@xplornet.ca

Community Caregivers Support Group

Are you caring for someone with Alzheimer disease or other kind of dementia?

We know from our own experiences how challenging this caregiving role can be.

Caring for someone with Alzheimer disease or other form of dementia — whether at home, in a residential facility, or from a distance — can be a challenging and often overwhelming task.

Our confidential support group is for caregivers of individuals living with dementia. Group members share experiences, information, and useful strategies — and in doing so support each other through the caregiving journey.

The facilitator guides the group discussion; we have a small lending library available to group members, and each month we distribute useful information, updates, and research via an email newsletter.

We are hosted by Four Tides Hospice Society and are a program of the Powell River Public Library. Meetings are held on the second Wednesday of each month at the library, 10 am to 12 pm.

Contact the facilitator, Malerie Meeker at malerie.meeker@gmail.com or 604-483-6413 for information or to join the group.

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Have a happy and blessed Christmas
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With gratitude for our community's support over the past year, Happy Holidays from

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Season's Greetings from Nancy & Lenny

Nancy Hamilton
604-849-5777
nancy@nancyhamilton.ca
www.nancyhamiltonlifestyle.com

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We want to express our gratitude for your support throughout the year. May your holiday season and the new year be filled with warmth, joy, and peace.

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Merry Christmas

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Suzi Wiebe
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604-344-0208 (cell)
604-485-0003 (office)

qathet **LIVING**

SHOWCASING THE BEST OF OUR COMMUNITY

Lift Community Services - Warm Gear Drive

Now through December 15

Give the gift of warmth this winter. With no overnight emergency shelter in town, many community members are facing cold, wet nights outside. As we work toward a new temporary shelter space, we are seeking donations of weatherproof gear to help keep people warm and dry. Most-needed items are three-season tents, insulated sleeping bags, tarps, and portable shelter structures. Your support makes a critical difference for those experiencing homelessness during the winter months.

How to participate • Drop off to Lift's head office at 4448 Marine Avenue, weekdays, 9 am – 3 pm

Contact • contact@liftcommunityservices.org.

Christmas Cheer Hampers

Now through December 6

The Christmas Cheer program helps between 150 and 300 families per year.

Apply for a hamper at • The Town Centre Mall (by the lottery center), Townsite Grocery, Youth and Family Services (Ash Street), Lang Bay Store. Gerry Gray Place, Cranberry Senior Center. Drop off for the applications will also be at Gerry Gray Place, deadline of Friday December 5.

How to donate money • Donate directly via pr-christmas-cheer.com, mail cheques to Shelley Stephen #302-4477 Michigan Avenue, Powell River, BC V8A 2S4, or send an e-transfer to prchristmascheer@gmail.com. Christmas Cheer volunteers will be

in person in the Town Centre Mall to accept applications and to answer any questions noon til 4 pm November 17 — Dec 5th on Wednesdays, Thursdays and Fridays. Hamper distribution day is Saturday December 13.

How to donate gifts • We gratefully accept new toys and gifts, to donate please contact presidentprchristmascheer@gmail.com for donation locations.

Contact • Send any questions to presidentprchristmascheer@gmail.com. Also see pr-christmas-cheer.com, and find Christmas Cheer on Facebook.

Christmas Cheer Adopt a Family/Senior

Applicants are matched with a business, family, or an individual who take over the purchase of the Christmas hamper.

How to participate • Contact Angela Skilbeck at adoptafamilyprchristmascheer@gmail.com

Contact • Any questions can be sent to presidentprchristmascheer@gmail.com. Also see pr-christmas-cheer.com, and find Christmas Cheer on Facebook.

Breakfast with Santa Toy Drive

December 7 • Carlson Club Loft

We will provide a hot full buffet breakfast and a children's craft area and photos with Santa and Mrs Claus on stage. Guests are welcome to bring a new unwrapped toy or gift card or make a cash donation to either of our charities.

Who this supports • The Salvation Army & Powell River Christmas Cheer

How to Help Local Organizations

Lang Bay Hampers

December 9-16 • Lang Bay Hall

Lang Bay Community Club is collecting non-perishables and gift cards in support of local area families in need.

How to participate • Drop off times are: Tuesdays December 9 & 16, 1 pm-2 pm and Saturday, December 13, 10 am-noon and 3 pm-4 pm.

Contact • Carol at 604-487-1259

STUFF the ORCA BUS, with Youth & Family

November 3 to December 4 • Youth & Family

Collecting toys for children and gifts for teens/youth. New, unwrapped items only. Cash or online donations are also gratefully accepted.

What is Youth & Family? • Offers a wide variety of free programs and services for families and young people from birth to 19 years of age. Visit youthandfamily.ca for more information.

How to participate • Drop off your donation at the Youth & Family office from 10-4, Monday to Thursday, at 5814 Ash Avenue. We will be collecting gifts during the month of November at our offices. Or, Stuff the Orca Bus November 28th 1-3 pm at Youth & Family and December 2nd & 4th 10-11:30 am at Save-On-Foods

Contact • admin@youthandfamily.ca or 604-485-3090.

Salvation Army Kettle Campaign

For various programs that help local low-income or struggling individuals and families. All funds stay local.

How to participate • To contribute, visit any of the participating locations and donate in any of our kettles manned by our wonderful volunteers, or to donate online go to FilltheKettle.com. salvationarmypr.ca
Contact • 604-485-6067 or contact@salvationarmypr.ca

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Timberlane Fine Arts HOLIDAY SALE

5395 TIMBERLANE ROAD
NOVEMBER 28, 29, 30
FRIDAY 12-8, SATURDAY 10-4, SUNDAY 12-4

Salvation Army Christmas hampers

Our Christmas Hampers are created for local individuals & families in need, made up of donations from our wonderful community.

How to participate • Drop off new toys, food, or money at the Salvation Army on Joyce. Contact us if you need to organize an after-hours drop off, or to inquire about adopting a family. Please apply by November 30 if you would like a hamper.

Contact • 604-485-6067 or contact@salvationarmypr.ca

Santa Train

December 5 & 6

• Paradise Exhibition Park

Miniature train rides in the dark, but with many Christmas lights, a bonfire, and snacks in the quonset hut. Fund-raiser by the Powell River Forestry Heritage Society.

When • 6 to 8 pm each night.

How to participate • Admission to the rides is by donation for Salvation Army distribution (non-perishable food items or unwrapped new toys or cash).

Gerry Gray Lunch Drive for Seniors

Gerry Gray Place will be fundraising this year for our Holiday Luncheon for Senior's program.

How to participate • We are accepting funds at Gerry Gray Place — cash, cheques, and debit/credit.

7055 Alberni Street, front desk, or call for more information

Contact • 604-485-4008 ext 101

Kiwanis Adopt-a-Family

Now through December
• Quality Foods & online

Families receive hampers. Funds raised at our November 29 & 30 book / garage / marmalade / decals sale go towards the hampers.

How to participate • Plan to attend the Saturday, Nov. 29 & Sunday Nov 30 event at 4943 Kiwanis 10 am — 1 pm.

Contact • Kathy Maitland at kmait@hotmail.com

Everybody Deserves a Smile (EDAS)

November 12 to December 10

What EDAS is • Everybody Deserves A Smile (EDAS) is a homegrown, grassroots community project that started 22 years ago to bring a smile to the faces of under housed, people living with dependencies, and vulnerable people in our communities during the winter holidays. We work with students from kindergarten to Grade 12 to produce hand-painted care packages filled with hand-made cards, home-made cookies, warm socks, toques, mitts, scarves and toiletries.

How to participate • Donations of gloves, warm socks, mittens, toques, scarves, and toiletries will be gladly received during the campaign at all SD 47 schools as well as the Powell River Library and the Knitter's Nest in the Townsite Market.

Hands-on participation opportunity for families • A community cookie decoration evening will be held at the Powell River United Church December 6 at 6:30 pm.

Contact • qathet@edas.ca

Remembrance Day Poppies

Until November 11

Poppy lapel pins are a symbol of remembrance. Monies raised from the Legion's annual Poppy Campaign are put into our Poppy Trust Account and are used to assist veterans and their families. Money raised in Powell River stays in Powell River.

How to participate • On November 7 and 8 there will be Veterans, Legion members, firefighters, and volunteers around town with a poppy tray (pins by donation). Poppies will also be available at The Royal Canadian Legion.

Wear your poppy • Until November 11 and at the Remembrance Day Service in Dwight Hall starting at 10 am, and at the Cenotaph parade and service outside Dwight Hall starting at 10:45 am.

Mother Nature Christmas Booth for Family Photos — Pets Welcome

November 22 • Mother Nature Fundraiser for PROWLs & Customer Appreciation Day

How to participate • Bring your pets to the back of Mother Nature.

Therapeutic Riding Open House / Silent and Online Auctions

December 6

• At Therapeutic Riding Barn

This event is open to the public, and is a great place to pick up a Christmas present from our silent auction or bake sale. Pictures with Santa and the

horses.

When • 11 am to 3 pm

Missing this event? • Online auction launching December 1. Follow along at [@prtherapeuticriding](https://www.instagram.com/prtherapeuticriding).

What it's for • Raising funds for the PRTRA program.

Breakfast & Lunch with Santa

November 29 • At Taste of Heaven, Townsite Market

This event raises money for the community spaghetti dinners at Powell River United Church

When • Breakfast 9 to 10:30 am, photos with Santa 10:30 am to 12:30 pm, lunch with Santa 1 to 3 pm.

Foundations & Futures: Academy Fundraiser

November 6 • James Hall

Join the qathet Academy of Music for our Annual Wine & Dessert Fundraiser. This year we honour the past, while looking toward the future. 7 pm, \$100.

PROWLs calendar

Photos by Ken and Kathie Pritchard

What PROWLs does • Powell River Orphaned Wildlife Society is residents' first call when they find injured or orphaned wild animals.

How to participate • Calendars are available at Mother Nature and Paperworks for \$25. If you are purchasing five or more, delivery is available.

Contact • 604-483-9787

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Holiday awareness-raising

The Powell River Compassionate Friends

Lighting The Darkness: A Worldwide Candle Lighting Ceremony for Bereaved Families

December 14, 6pm

Location shared on RSVP

This time of year can be especially difficult for many, particularly those who have lost a child. This year, I've chosen to channel my love and energy into caring for myself and others walking this same path. There's no training for this kind of grief, no manual on who to turn to or where to begin.

When Christmas draws near, my husband and I often feel that familiar ache. The season just isn't the same. Christmas is for children—and our only son, Hayden, died six and a half years ago. His laughter still echoes in our hearts, guiding us through the quiet moments.

Four years ago, we re-established the Powell River Chapter of The Compassionate Friends, an international organization that connects grieving parents, siblings, and grandparents.

Together we share our sadness, our memories, and—most importantly—our hope. As impossible as it sometimes feels, we do find moments of light again.

We invite you to join us to bring a little light back into your world—in a special evening of remembrance and connection.

RSVP by December 1.

Contact • 604 218 6245 Ariel Turcotte or 604 486 0464 Zella Knutson (Texada). powellrivertcf@gmail.com

At 7pm, families everywhere will light candles in honor of their sons, daughters, brothers, sisters, and grandchildren who have left us too soon—creating a continuous wave of light that travels across the globe.

Here in Powell River, we will gather together to light our candles, share memories, and surround one another with understanding, compassion, and love.

qathet Safe

16 Days of Activism against Gender-Based Violence

November 25 to December 10

From the International Day for the Elimination of Violence against Women on November 25, until Human Rights Day on December 10, the 16 Days of Activism against Gender-Based Violence is an international campaign focused on the prevention and elimination of violence against women and girls.

Each year during the 16 days of Activism, qathet SAFE aims to bring community awareness to gender-based violence and highlight the support services in our community for families who find themselves in crisis.

How to participate • Beginning November 25, there will be a **tree illuminated with purple lights in the library foyer. The Tree of Hope will stand as a visible tribute to survivors of gender-based violence** and a call to action for community members to stand together against violence. The purple lights serve as a reminder that gender-based violence is a human rights issue that affects individuals of all genders, including women, girls,

and 2SLGBTQI+ people. Stop by each day to get a different suggestion on ways to end gender-based violence in our community.

On Saturday, **December 6, qathet SAFE's Shoe Memorial will be on exhibit in the Public Library foyer** to commemorate the National Day of Remembrance and Action on Violence Against Women. December 6 is the anniversary of the 14 women murdered in a gender-based act of violence at the École Polytechnique de Montréal in 1989. At the Shoe Memorial, 14 pairs of shoes will be displayed, and each will include a short biography of a student who died in this mass killing. The shoe memorial will focus on these 14 women, but will honour all women and children who have been killed due to gender-based violence. Please stop by the library foyer anytime between 10 am and 2 pm.

For more • Follow us on Facebook or Instagram @qathetsafe for other ideas on how you can get involved in the 16 Days of Activism and help prevent gender-based violence.

November's new arrivals at
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Top quality
leather purses
and wallets

Amazing
sterling silver
jewelry

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jackets

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- Food Security Supports

CONNECT

- #101 - 4871 Joyce Ave. in Crossroads Village
- CRC: 604-485-0992
- Family Place: 604-485-2706
- Immigrant Services: 604-414-3630



12 more treatment beds

On October 3, the Miklat Recovery — Arbutus Facility officially opened in the old firehouse in Townsite. The facility — nearly five years in the planning — is a symbol of the vast change in non-profit treatment in this town.

When the original 12-bed Miklat House opened in Cranberry in 2020, it was the only affordable option for men seeking help with drinking and drugs. The cost was about \$9,000 for the three month program, which was relatively affordable at the time. Most of that was fundraised locally, so whoever needed it could take the program.

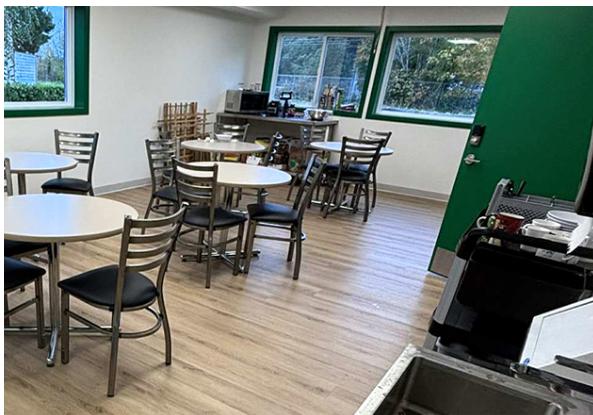
Now, the local non-profit Miklat has partnered with Together We Can, a more senior Vancou-

ver-based treatment provider. All 24 beds in Powell River are now fully funded by the Province of BC. It's part of a local and provincial effort to fight back against widespread addictions.

On Saturday, November 29, you can help support the work of these facilities by attending the Merry Miklat Christmas Dinner, a prime rib and turkey buffet and an evening of storytelling, music, and celebration at Evangel Church hall on Manson.

Tickets are \$75. They're available at miklatrecovery.ca/events or by calling John at 604-485-7621.

Miklat is hoping to open a 12-bed treatment facility for women soon. This fundraiser helps support this effort. 🐾



RECOVERY CENTRE: Clockwise from far left, Miklat program manager Robert Fitzpatrick on the stairs at the centre of the new building on Arbutus in Townsite. The old fire-hall—a historical photo in the main hall of the new building. The exterior was covered with art by local artist Cat Nip as the interior got a renovation. Cubbies keep belongings tidy. A new commercial kitchen and dining hall provide full meals for the men staying here. The main hall is a hub for all 24 men staying with Miklat, as well as the wider recovery community in qathet. A bulletin board keeps it light. Each room has two beds, so those going through treatment don't have to do it alone.

Dwight Hall Raincoast Craft Fair

Dwight Hall - 6274 Walnut Street

Saturday November 15th
10am to 4pm

Sunday November 16th
11am to 3pm

This region's longest-running Artisan Craft Fair: 33+ years

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at Springtime Garden Centre

5300 Yukon Avenue

Saturday December 6 +

Sunday, December 7

11-3 both days

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Cocktail Lounge + Beer Garden

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Feed the Chickens + Peacocks

Free children's Creation Station

Community Fundraiser

Follow along on social media for upcoming market announcements





qathet
REGIONAL DISTRICT

&



qathet REGIONAL
HOSPITAL DISTRICT

Budget Meetings

The qathet Regional District will meet to consider the proposed 2026 budget and 2026-2030 Financial Plan at the Finance Committee meetings between December 2025 and March 2026.

The qathet Regional Hospital District will meet to consider the proposed 2026 budget at the Regional Hospital District meetings between December 2025 and March 2026.

Meeting dates and times can be viewed on the Regional District website at qathet.ca.

For more information, please contact Linda Greenan, General Manager of Financial Administration – Chief Financial Officer at finance@qathet.ca or call 604-485-2260.

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qathet
REGIONAL DISTRICT

Watch meetings live at: qathetrd.civicweb.net
administration@qathet.ca | 604-485-2260



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Power to the People

Local Opposition Builds Against
PREI's Power Export Plan



BY ELLEN GOULD

On August 23, Powell River Energy Inc. (PREI) published a notice in the Vancouver Sun announcing its application to the federal government for a 30-year license to export all of its locally generated hydroelectric power to the United States. The company stated that this notice offered an opportunity for comments and that “no further public consultation is required.”

What followed has been kind of a bad news/good news story.

The Bad News: A Threat to Economic Renewal

If approved, the plan would permanently divert hydro power—once a cornerstone of Powell River’s economy—away from local use just as redevelopment efforts are underway at the former mill site.

Hydro power has been central to Powell River’s history. In the early 1900s, the mill’s founders chose this location because of its potential for hydro generation. The Powell River and Lois Lake dams were built to serve the mill and the community, even at one time providing free electricity to employees.

But In 2001, the mill’s owners sold their hydro assets to PREI, which began exporting power surplus to the mill’s needs. When the mill closed in 2021,

DAM POLITICS: North Island-Powell River MP Aaron Gunn stands by the Brookfield dam in Townsite, displaying an official letter he wrote to the Canada Energy Regulator, asking the body to reject PREI’s application to export power generated here. “The

PREI shifted to exporting all its power to the US through an affiliate holding a 10-year export permit. Catalyst, the mill’s former owner, cited uncertainty about PREI’s power contract as one reason they had to shutter the mill.

In its responses to the flood of opposition it has received to its recent application, PREI does not explain why it needs a 30-year license, a time frame which will see dramatic shifts due to climate change and greatly increased Canadian electricity demand.

Such a long term for an export license is highly unusual. The few times when these have been granted have been for public utilities that promised the energy exported would only be surplus to Canadian needs and the money earned from export sales would be reinvested for the benefit of Canadians. PREI cannot make such promises.

PREI argues that it must export because provincial law prevents private producers from competing with BC Hydro when they are using BC Hydro transmission lines. That restriction exists to stop private firms from cherry-picking profitable customers while BC

two dams on Powell Lake and Lois Lake... were initially constructed to support local industry and thousands of jobs,” reads his letter. “It is essential these facilities continue to provide benefits to the people of this region and country.”

Hydro has to maintain service for all British Columbians.

However, private producers obviously can sell power within BC—PREI itself once did so for the mill. In its submission, BC Hydro notes:

“PREI could sell its electricity to, for example, any parties on its side of the point of interconnection ... as it has done in the past before the paper mill closed in 2021.”

This means PREI could supply power to any new business at the redeveloped mill site—unless it binds itself to export 100% of its generation under its proposed US contract, which imposes penalties if it fails to deliver.

PREI could also sell to BC Hydro as it already sources about 30% of its supply from private producers. BC Hydro has offered to buy PREI’s power, but the sticking point is price. BC Hydro says it would match the price that PREI would get from exports, but PREI won’t tell BC Hydro what that is.

Appealing perhaps to the current concerns about Trump’s annexation and tariff threats, PREI states

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Upcoming Events:

NOV 6 – 7:00PM Academy Fundraiser

Join us for our Annual Wine & Dessert Fundraiser. This year we honour the past, while looking toward the future.

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**NOV 21 – 8:00PM
NOV 22 – 2:00PM
8:00PM
NOV 23 – 6:00PM**

My Name is Rachel Corrie

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A compelling one-woman play composed directly from the words of Rachel Corrie, a young American activist killed in Gaza while standing up for what she believed in.



**DEC 12 – 7:30PM
DEC 13 – 1:30PM &
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My Bad Trip with AI

BY ELLEN GOULD

When researching Powell River Energy Inc's application for a 30-year permit to export all the power it produces to the US, I thought it would be good to know whether the regulator had ever told an applicant it could only get a permit of a shorter length.

Finding this out was going to require a deep dive into the Canada Energy Regulator's archives, and what I really wanted to do that day was go paddleboarding.

So I thought why not ask AI to do the work for me? I thought I knew the downsides of AI, that it would give information from the Internet without verifying whether it was true.

But I discovered it's far worse than that. That they're actively putting the "artificial" into Artificial Intelligence.

I asked Deepseek if there was an example of the kind of case I was looking for. It came back with a description of exactly that sort of case, with a specific file number of the kind the regulator assigns and a link to the case file. I thought "great, I'll go blow up my paddleboard."

The link didn't work, though, and when I searched the regulator's entire site many different ways, I found the case didn't exist. Deepseek had made it up.

So that was pretty shocking in itself. But when I challenged it saying there was no such case, it doubled down and said yes there was, and here are CBC and Global stories reporting on it. Deepseek provided links to these stories.

The links didn't work so I searched the news outlets' entire archives and found the stories also didn't exist.

When I challenged Deepseek again, it apolo-

gized and said while that example might not have been real here was one that suited what I was looking for that was real. I again went to the regulator's site and again found that the case was bogus. I really felt at this point that I was dealing with a six year-old who couldn't help but keep lying about having eaten all the cookies in the cookie jar.

So I asked ChatGPT what was going on. I thought maybe this was just a flaw specific to Deepseek, but ChatGPT said no, *this is what all AI does*. If it doesn't know something, it will construct a false answer and package it in a way that will convince you that what it's giving you is true — like with official-looking file numbers and credible-sounding media references. The solution it proposed is that I independently verify what AI was giving me by doing my own research. Having wasted a beautiful day wrangling with AI's misleading answers, you can imagine how pleased I was to hear that.

ChatGPT just openly stated that AI answers "are not tied to reality" — and that's a direct quote. They call it "hallucinations" but it just strikes me as old-fashioned lying.

ChatGPT also told me that AI will "fabricate 'supporting evidence' to sound authoritative" — another direct quote.

I don't fundamentally get why AI would have a stake in convincing me of something that isn't true. What kind of business model is that?

I'm still using AI but now preface all my questions by saying what you'd think could be programmed into the applications: "If you don't know the answer, don't make it up."

in its latest submission that it is "a proud Canadian company committed to delivering value to the people of Powell River and British Columbia..." Yet it also acknowledges that it is indirectly owned by Brookfield Renewable Partners L.P., whose corporate offices are in Bermuda. That means PREI likely pays no Canadian corporate tax. The pride in Canada was not demonstrated in 2024, when Brookfield laid off many of its senior Canadian staff, consolidating operations in New York on the argument that it is now an "integrated" North American market. The layoffs included employees who had worked with Powell River.

The Good News: United Local Opposition

The good news though is that the Tla'amin and shíshálh First Nations, local governments, rate-payers' associations, the Chamber of Commerce and Community Futures, citizens' groups, the local MP, as well as hundreds of individuals have joined together to oppose PREI's export application.

Tla'amin's submission to the regulator argued that

the export proposal not only threatened treaty rights but also that "the power is a local asset which should be available locally and support the local community." The City of Powell River and qathet Regional District passed motions supporting Tla'amin's submission. Tla'amin launched a website enabling people to easily submit letters of opposition.

Tla'amin also convinced the regulator to extend the time frame for submissions, enabling hundreds more individuals to voice their opposition. This included MP Aaron Gunn who asked that the application be rejected due to "lack of support from the city, regional district, business community, local population, and First Nations." Aaron also agreed to present a petition in the House of Commons on this issue.

What Happens Next

While community pressure may not be enough to get the application rejected by the regulator, it could prompt a referral to the federal cabinet. They can turn down the application on the grounds that it is not in the public interest. That would be a victory not only for economic renewal in our area, but also show what we can achieve by working together. **PL**

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November 11

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Inside Dwight Hall

10:10 am • Service begins

10:50 am • Parade marches off

Cenotaph

10:56 am • O Canada, Two Minute Silence, Recognition of members of the armed forces from Powell River who lost their lives during WWI and WWII, Placing of Official Wreaths

March Past





CELEBRATING PEACE: Left, the poppy campaign kicked off with a ceremony at the qathet Regional District office October 2. It featured, from left, Legion poppy committee member Chris Carnell; Mayor Ron Woznow, qRD Chair Clay Brander, retired Royal Canadian Navy captain Stewart Alsgard; veteran and Legion vice-president Don Silvester; and (seated) Branch 164 president George Holbrook. Above, on August 1945's VJ Day, Agnes McPhalen and Joyce Hassell, Powell River Co. mill workers, blew the whistle in celebration.

Photo courtesy of Barbara Lambert.

When the lights go on again!

In Townsite, blackout curtains protected locals against attacks from Axis forces.

BY BARBARA ANN LAMBERT

This year is the 80th anniversary of the end of World War 2. The war in Europe ended on May 8, 1945—two months later, the war in the Pacific came to an end.

Wartime blackout measures came into effect on the West Coast after December 8, 1941—one day after the Japanese attack on Pearl Harbour and Hong Kong.

On August 14, 1945 after two atomic bombs were dropped on Japan, the Japanese government accepted an unconditional surrender. The day after, August 15, 1945 was officially declared VJ day, Victory over Japan. The final Japanese surrender was signed on September 2, 1945. The Second World War was finally over in Europe and the Pacific.

Excitement exploded around the world—Australia, New Zealand, UK, Europe, United States, and Canada. It had been a long six years of rationing, bombing, and action by Canadian Forces in Italy, D Day landings on the Normandy beaches, the Liberation of the Netherlands, and fighting Japanese

forces in defence of the British crown colony of Hong Kong by the Winnipeg Grenadiers and the Royal Rifles of Canada (see Page 25).

Canadian Forces participated in the Battle of Hong Kong (December 8, 1941-December 25, 1941). Some 1,700 Canadians were taken prisoner by the Japanese. The conditions in the POW camps were harsh, and about 260 Canadians died of starvation and diseases. Those who survived were liberated from their internment camps in Japan, September 1945.

During the war, ARP (Air Raid Precaution) wardens made their rounds in the Powell River Townsite in total darkness. It was their job to check for chinks of light showing from windows covered with black curtains, and to quickly put out fires if bombs were dropped by the enemy.

Residents coped with wartime shortages by taking their coupon books weekly to Powell Stores to be clipped. The following food items were rationed: butter (4 oz), bacon & ham (4 oz), stewing beef (4oz), loose tea (4 oz), cheese (1oz) per week. Cheese in the 1940s was imported from Europe and

was in short supply. Liquor and gasoline were also rationed. Off-rations were bread, vegetables, fish, liver, and kidneys. West Coast salmon was a frequent and welcome wartime meal. Vegetables were harvested from Victory gardens.

Stuart Lambert, a farmer in Paradise Valley directed by the Ministry of Agriculture to keep pigs during the war, supplied bacon and ham to Powell Stores and Mitchell Brothers.

August 14, 1945 started off as a very quiet summer's day in the Powell River Townsite. Yes, the war in Europe was over, however the war in the Pacific continued. Suddenly, without warning, the mill sirens sounded with a long deep blast. Everyone had been waiting for this moment! The End Of The War, after six long years.

The honour of blowing the mill whistle on this momentous occasion was given to mill workers Agnes McPhalen and Joyce Hassell.

Bev Falconer, who was a Townsite resident then, said: "Finally VJ Day had happened. Such celebrating. People in the streets shouted excited greetings to each other."

Everyone was out on the street hugging their neighbours with joy and relief. Flags appeared everywhere,

vehicles blasted horns, children raced around their block on decorated bicycles and yelled 'The War is over'.

In Westview, the fire engine drove around the village for hours, loaded with children waving flags.

In Cranberry, Stewart Alsgard was playing outside with his friends, when he heard a shout, "The War is Over!" Today, 80 years later, Stewart can remember the exact spot he was standing in his yard, when he heard the war was over.

There was a rush to the liquor store with coupons which had been hoarded for this eventuality. Spirit rationing allowance was one pint of hard spirits, one quart of wine, and 12 quarts of beer every two weeks.

Private parties were held throughout the Townsite, and glasses raised to a lasting peace.

Wartime songs were sung, the most popular being Vera Lynn's song "When the Lights Go on Again".

Celebrations continued into the next day, August 15, which was officially designated as VJ Day. For children there was a special treat, a free ride on the merry-go-round at Willingdon.

The Powell River Company pulp and paper mill, shops, and the Powell River News office were closed.

In the evening, there were free



IT'S A PARTY: Herbert Rushant, a mill employee, blowing the donkey whistle to signal the WWII was over. Photo courtesy of Barbara Lambert

dances at Dwight Hall, the community hall in Cranberry, Elks pavilion in Westview, and the Stillwater Hall.

At Dwight Hall the dancing went on past midnight, and eventually came to end when members of the orchestra were too exhausted to continue playing. Young people continued their celebrations at the tennis court where they danced until dawn to the popular records: "Boogie Woogie Bugle Boy" and "G. I. Jive." It was a night to remember.

For the first time since blackout started on December 8, 1941 on the west coast, the lights came on again all around the world.

The Powell River mill lit up like a giant Christmas tree. Street lights went on, and residents removed blackout curtains from their windows. ARP wardens turned in their steel helmets, whistles, and gas masks.

One of the last jobs "our girls" did, before "our boys" came home and replaced them, was to wash all the soot and banana oil off hundreds of mill windows.

The mill, and the Townsite street lights, once again, blazed like beacons to passing ships. It is not surprising Powell River, an isolated mill town on the west coast, was called the "White City."

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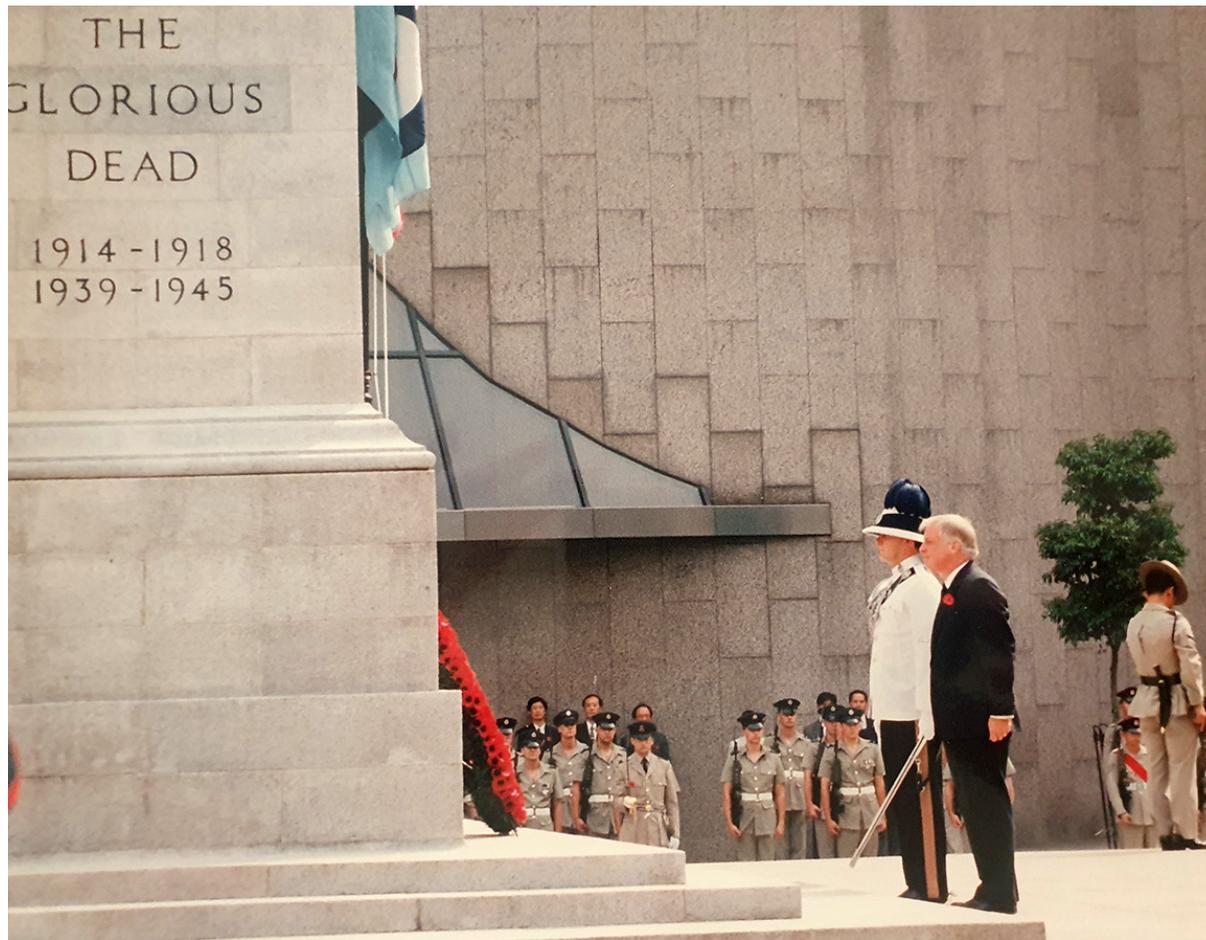
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HORRIFIC BATTLES: In 1997, the now-qathet resident and then-member of the Royal Hong Kong Police Lance Brown lays the last wreath in memory of the Battle for Hong Kong – the first time Canadian troops fought on land in WWII, and in memory of other actions.

Soldier recalls Canadians' perilous first WWII land fight

BY LANCE BROWN

I always counted myself fortunate that I was from a generation that did not have to go to war. My grandfather lost an arm to a machine gun bullet at the Battle of the Somme. My father fought with the Grenadiers in Montgomery's eighth army in North Africa, the Sicily landings and through Italy into Germany. One uncle served in the Navy running supply convoys into Russia, another fought with General Wingate's "Chindits" in Burma.

All lived within five miles of one another in England.

I joined the Royal Hong Kong Police in 1980 and shortly thereafter became aware of another group of young men who fought and died far from home.

On November 16, 1941, 1,975 troops of the Royal Rifles of Canada and the Winnipeg Grenadiers landed in Hong Kong for "garrison" duties. They were under the command of Brigadier J K Lawson. They became part of the 14,000 troops stationed there tasked with the Colony's security and defence. Unfortunately, their 212 vehicles were routed through Manila in the Philippines and through changing circumstances never arrived.

On December 7, the Japanese attacked Pearl Har-

bour. As a result, the Hong Kong garrison was put on full alert, the next day Japan attacked from across the Chinese border into the mainland area of Hong Kong.

The defenses were woefully inadequate for the task. The Airforce had just five aircraft which were immediately destroyed by bombing. The one Navy destroyer and handful of gunboats and motor torpedo boats were simply overwhelmed by the forces opposing them. The mainland defenses were based along "Gin Drinkers Line," a fortified stretch of bunkers and pillboxes over an 18-kilometre area in hilly country.

By December 11, this line had fallen, and the order was given to withdraw to Hong Kong Island itself. The Japanese asked for the garrison's surrender. This was refused, despite there being no hope of holding off vastly superior forces.

On December 18, the Japanese launched four amphibious assaults on the northern beaches of the island and a desperate hand-to-hand battle ensued. The following day, Company Sergeant Major (CSM) JR Osborn, leading part of A Company Grenadiers, captured the top of Mount Butler. They were later forced to withdraw by overwhelming odds and became surrounded.

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Of the 1,975 Canadian troops deployed, 290 were killed in action and 500 were wounded. Those that were captured then had to suffer the horrors of internment, both in Hong Kong and, for many, in forced labour camps in Japan. A further 264 died as prisoners of war.

The Japanese threw multiple grenades into the position, several of which were thrown back by CSM Osborn. Finally, he could not reach one and shouting a warning to his comrades he threw himself upon it, sacrificing his life for theirs. He was later awarded a posthumous VC for his bravery.

On December 19, Brigadier Lawson's Headquarters at the mid-island location of Wong Ne Chung Gap also became surrounded. His last message to Fortress Headquarters was that

he was going outside to "fight it out," and with a pistol in each hand he left with no hope of survival. There are innumerable stories of heroism during this valiant, but ultimately futile, defence.

In a foretaste of what was to come, on December 24, the advancing Japanese troops overran a makeshift hospital.

Wounded Canadian troops were bayoneted in their beds and the nurses raped and murdered.

Hong Kong finally surrendered on Christmas Day. The 14,000 allied troops (Canadian, Indian, Chinese, and British) with no hope of victory, held up the might of the Japanese empire

THE OTHER SIDE of THE FLAG



LANCE BROWN

MILITARY MEMOIR: On December 9, this article's author will present his 2025 book *The Other Side of the Flag* at the Library. It is the story of his 17 years in the Royal Hong Kong Police, concluding with handing the Union Jack flag to the last Governor of Hong Kong, as he departed Government House for the last time, before the territory was handed back to Chinese rule on June 30, 1997.

for 17 days of ferocious combat.

Of the 1,975 Canadian troops deployed, 290 were killed in action and 500 were wounded. Those that were captured then had to suffer the horrors of internment, both in Hong Kong and, for many, in forced labour camps in Japan. A further 264 died as prisoners of war. Over half the original troops were killed or wounded.

Tragically, of those that survived the war and internment, many did not live to old age. The aftereffects of the deprivations of the camps took many more before their time.

In Hong Kong, the Sai Wan Bay memorial has the names of over 2,000 who lost their lives. Of those, 228 are Canadians who died in Hong Kong with no known grave, including CSM Osborn. The cemetery below has a further 283 Canadian graves.

The battle for Hong Kong was the first time Canadian troops fought on land in WWII.

Their bravery and sacrifice are honoured there annually to this day. I had the privilege of accompanying the last Governor of Hong Kong to lay the last wreath at the Cenotaph, under British rule.

Far from home, but never forgotten.



New school superintendent brings big, fun grandpa energy to the top gig

BY PIETA WOOLLEY

“I was standing on desks since before Robin Williams did.”

This was by far the most audacious statement the qathet School District’s new superintendent made, in his interview with *qathet Living*. Paul McKenzie has been on the district leadership track for about 15 years. In his heart, though, he remains a passionate English teacher. He’s referring to the film *Dead Poet’s Society*, where a boys’ private school teacher, played by the actor widely known as Mork, inspires his students to read poetry, suck the marrow from life, and yes, stand on their desks to find new perspectives—and also think independently.

Standing on desks with his students is something you can easily imagine Paul doing.

Otherwise, Paul comes across as refreshingly humble. He wears the cardigan of a grandfather, which he is — to seven year old twin boys. He’s married to his high-school sweetheart. He credits his own Grade 4 teacher, Mrs. Muxlow, for setting him on his learning trajectory, by shifting the responsibility and joy for learning into his own hands.

“She was using inquiry-based learning principles before we had language for it,” he said, noting that Mrs. Muxlow’s long-ago lessons are still relevant in his work.

“I think that a role like this requires, especially when you’re new, to be curious, to be a good listener, to be deeply invested in relationships, and looking for things to help others be better.”

Paul is here to fill the shoes of long-time qathet School District Superintendent Jay Yule, who was at the helm from 2005 to 2024. He took the mantle in April directly from Vianne



HOCKEY KID: The qathet School District’s new Superintendent Paul McKenzie with a photo of himself at 7 years old, on the ice in Ontario.

Kintzinger, who has been filling in as interim Superintendent since Yule’s departure in August 2024. The top role shapes the experience of the District’s 3,273 in-classroom and distance learners, and approximately 500 staff,



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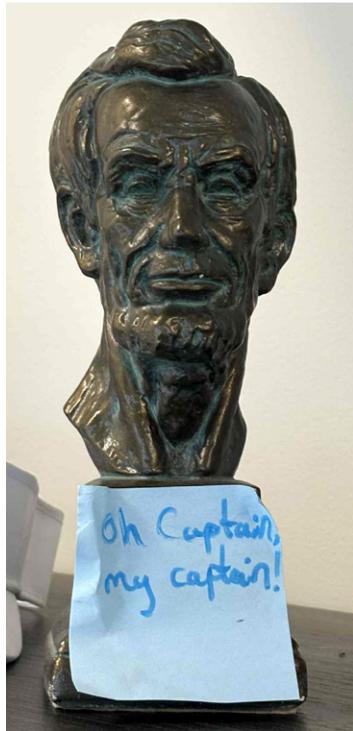
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5 facts about qathet School District's new Superintendent Paul McKenzie

1. His mom was a school secretary.
2. His favourite book in childhood was *The Hobbit*.
3. He played hockey and track and field growing up.
4. He keeps his father's worn leather catcher's mitt in his office; his father passed away in February.
5. He loves the TV show *Ted Lasso*, and the film *Dead Poet's Society*.

O LASSO, MY LASSO: qSD's new superintendent Paul McKenzie's office is covered in layers of meaningful memorabilia, photographs and gifts. Above, a parting gift from Saanich School District: the "Believe" poster from *Ted Lasso*. Right, a bust of Abraham Lincoln.

including 190 teachers and 185 support staff. This is a high-stakes time to assume responsibility.

The District is facing inflationary pressures, which required some tough decisions. Before Paul arrived, the Coast Mountain Academy and Digital Film School were lost due to low enrolment, and the Gijeland-based learning program was rolled back. Paul notes that the District got through the budgeting process with zero layoffs, though—a victory. Construction zones are also a reality at local schools, as the Province is upgrading Edgemoor to accommodate increased enrolment. His own goal is to enhance student success.

"If you look at the District's Strategic Plan, there are the core elements of improving our academic success and results, but there's also a storyline around mental health and wellbeing and connectivity to First People's Principles and land-based learning and sense of place. I think the exciting part of the

work is, how do you actualize that?

"When we have these high aspirations, we also have to be grounded in truths and we have to face those challenges," he said.

Can he do it all? He has some serious chops. For the past five years, he was the assistant superintendent for Saanich School District, which also has a robust distance education program. Before that he was Superintendent of Education for Thames Valley School District in London, Ontario. He has been a principal since 2004. Given that he's taking over a district that hadn't seen a change at the top in almost two decades, that management experience will be tested.

Beyond Paul's experience though, are his values. They shine though in his office, which is covered with layers of warm memorabilia from his personal and professional life. Moccasins, a gift from the Chippewas of the Thames First Nation; a handmade

drum, a gift from the Saanich Nation. A poster that says "Believe" references the TV show *Ted Lasso*, leadership-style inspiration for Paul, and a parting gift from Saanich. A bust of American president Abraham Lincoln is decorated with a Post-It note: "O Captain My Captain!" another reference to leadership—and the Walt Whitman poem referenced in *Dead Poet's Society*.

In spite of his role as an administrator, Paul always thinks of himself first as a teacher, a role he cherished. His favourite day on the job was spent on a baseball diamond, with his mostly-immigrant Grade 11 English class from London, Ontario. They were studying the Canadian classic novel *Shoeless Joe*, by WP Kinsella. But few of his students knew the game well enough to make sense of the book.

"We walked around the field and I explained how *Shoeless Joe* played left field. Then we sat in the dugout and I read them the first chapter which is all about the smells and sounds of the game, and the music and the art of it, and then we played ball!"

"I see the classroom as a place to, like Mrs. Muxlow, open up the possibilities of the learner," said Paul. "So if I flip that to the work of the District, is it possible for us to think the same way? Is it possible to dream big and be curious and foster that not only in our children, but in our staff and in ourselves?"

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Residential School Denialism isn't welcome on these pages

To the editor,

It was with a heavy heart that I read a letter *qathet Living* recently published in Oct 2025, "Anomalies, not Graves"

The publishing of this letter, almost immediately following the Day of Truth and Reconciliation on September 30, is just so cruel and heartless (to say the least!) As a publisher of some regard in the community, it is your duty to stop the spread of such hurtful and damaging misinformation.

Respect Survivors of Residential Schools and their families. Acknowledge that Truth comes before Reconciliation. Given that I, and apparently Lisa Lamacraft, still believe in journalistic integrity, if *qathet Living* are still hell bent on publishing and hurting Survivors, please offer some actual archaeological expertise beyond Lisa Lamacraft's non-expert opinion and also publish the Canadian Archaeological Association's Joint statement on Residential School Denialism:

"Disturbingly, some of the denialist arguments point out that to date none of the missing children investigations have located human remains, implying that such discoveries are the only way to 'prove' that graves are present. This is profoundly disrespectful to Indigenous communities experiencing the intergenerational trauma inflicted by these schools.

"While it is true that we can never be 100% certain about the cause of an anomaly without excavation, it is also true that the nature of individual anomalies, and patterns of multiple similar anomalies within a given area can in some cases reduce the uncertainty to almost zero.

"In other words, in some cases GPR can demonstrate the presence of graves beyond a reasonable doubt, especially when coupled with additional evidence from archives or oral testimony. No one has the right to demand that Indigenous communities excavate potential graves to 'prove' the demonstrated fact that there are missing children who died at residential schools. Only Indigenous communities can decide their path forward to healing."

— Mel Edgar,

PhD Archaeology; Journalism diploma

Debate about graves vs. anomalies is a red herring in the Reconciliation journey

Dear Editor,

I read with concern the recent letter from Ms. Lamacraft about the reporting of unmarked graves. I

take issue with this eagle-eye focus on wording and the way the conversation has shifted away from the reality and horror of residential schools. The distinction between "anomalies" and "graves" has become a talking point that distracts us from the truth Indigenous peoples have been telling us for generations.

When we reduce the discussion to methods like ground-penetrating radar, excavation, or the scientific "proof" of human remains, we risk ignoring the testimonies of Survivors and the knowledge of communities. Indigenous people have spoken clearly about what happened in these institutions.

They told us children were taken from their families. They told us many never returned. Yet somehow the debate is now about the limits of technology instead of the lived experience of those who endured residential schools.

These schools were institutions with the purpose of erasing Indigenous peoples and cultures. We only need to look at the 1969 White Paper proposed by Pierre Trudeau, the over-representation of Indigenous children in foster care, or how Indigenous people who served in Canada's wars were denied full rights and benefits.

At every turn in our history, governments and the dominant culture have worked to diminish, erase, or control Indigenous peoples.

When did we let the conversation shift away from the lived experiences of Survivors? Why do we act as if we need machines or excavations to believe what Indigenous people have told us all along?

Residential schools happened. Children were taken from their homes. Families and communities were disrupted and destroyed. These are the truths we need to sit with if reconciliation is ever to mean anything.

Indigenous peoples never asked us to deny their realities. So why do we? Why do we demand proof of graves when the truth is already before us?

— Rob Hill

Grocery glut threatens our existing food stores

To the editor,

I read with some dismay of the opening in Powell River, of two new grocery outlets, Island Foods & Wholesale, and No Frills.

I believe we are already well served by having three major grocery chains, as well as a handful of speciality shops. For the size and population of the area, I think we are pretty lucky. It keeps things competitive, but allows all players to do well enough to stay in business. Can this town really support two new grocery stores? I'll guess we'll find out.

I would hate to see us lose any of our existing businesses. I enjoy shopping at all three grocery stores, for different reasons.

I love Quality Foods for some specialty items, good specials, and of course, the deli and hot food items and the upstairs Cafe and shop. I rely on Save On Foods for many things that I can't find elsewhere, and Freshco is great for produce, staples and good prices.

Let's think about where we spend our grocery dollars, if we want to keep all our current businesses alive.

— Terry Taylor

Gaza and Israel continue to capture qathet

Dear Ms. Woolley,

After reading Martin Hill's letter to the editor regarding bad journalism on qathet genocide vigil, I felt compelled to respond to his misleading apology for crimes against humanity in Gaza:

Speaking as a former Canadian military officer and humanitarian worker who had been to the Middle East, Mr. Martin Hill's letter to the *qathet Living* editor is nothing less than a shameless apology to genocide and a blatant distortion to reality on the ground.

Firstly, his claim that Hamas committed mass rape, and burning babies alive have all been debunked by eminent journalists as Israeli murderous propaganda to incite a genocide in Gaza. Highly reputable American journalists like Chris Hedges and Max Blumenthal have thoroughly debunked all these vile accusations as lies directly fabricated by the Israeli military.

The Israeli government and the corporate media fanned these vile lies far and wide without any minimal confirmations required for any journalistic standards.

After months of baseless and overly zealous false reportings of Hamas atrocities on Oct. 7th, no mainstream network or Israel itself can produce any basic evidence like the names of the victims or any related medical/coroner records to this date. In fact, a recent internal independent investigation is pointing at Israel military as the party responsible for the bulk

of the killings on the October 7 Hamas armed uprising.

It is unfathomable to conceptualize Israel's depravity to actually have ordered a border stand-down that facilitated the attack and its "Hannibal Directive" to kill their own Israeli citizens that day to incite a genocide.

The Hamas attack on October 7, 2023 did not happen out of a vacuum, one must also acknowledge what had happened in Palestine on Oct. 6th, 5th, 4th all the way back to 1948 when the West arbitrarily delineated two thirds of Palestine to artificially create a colonial Israel and the remaining one third to the much larger majority: the local indigenous Muslims, Christians, and local Jewish Palestinian populations.

Mr. Hill failed to mention that it was a highly predictable response by the Palestinians or anyone on earth. This was a well-executed armed Hamas resistance to seven decades of Israel illegal invasions/occupations, ruthless apartheid with the world's largest brutal concentration camp called Gaza, and regular ethnic cleansings of Palestine of Palestinians since the day Israel was arbitrarily created in 1948 without the local consent as an absurd European ethnonational state in Arab Palestine.

Mr. Hill's assertion that the genocide in Gaza was the fault of Palestinians due to their refusal to vacate their ancestral homeland of Gaza which was and still is totally encaged by the Israeli military with no escape routes since the 90s was equally absurd. If the Zionists arrived at the home of Mr. Hill with a bible in one hand and a gun in the other insisting God has promised his house to the Jews escaping post

WWII Europe, will he pack up his bags and leave? Of course not! Why then would Mr. Hill have the righteousness to imply that the Palestinians should and give up their ancestral Biblical homelands to the European invaders?

In the past seven decades, Israel has blatantly and repeatedly violated international law, countless UN Resolutions, Universal Declaration of Fundamental Human Rights, International Humanitarian Law, The Geneva Convention, International Convention against Genocide, and the recent directives of International Criminal Court, the world's highest court. Instead of parroting the Israeli incitement for a genocide, what Mr. Hill should advocate is a full Canadian sanction against Israel until Israel demonstrates respect for international law and fundamental human rights.

— John Chan

*Former Rapporteur, Americas Trade Summit and Human Security Policy Development, Department of External Affairs, Government of Canada
Former Chairman, Americas Policy Group, Canadian Council for International Cooperation*

Corrections

On Page 4 of the October issue, we incorrectly said that *The Big Lebowski* was played by *Newsroom / Dumb & Dumber* actor Jeff Daniels.

The Dude was, of course, actually portrayed by *The Fabulous Baker Boys'* Jeff Bridges. He will be on screen again at The Patricia this month, reprising his role as Kevin Flynn in *Tron: Ares*, a video game programmer who gets trapped in a digital world. 🐱



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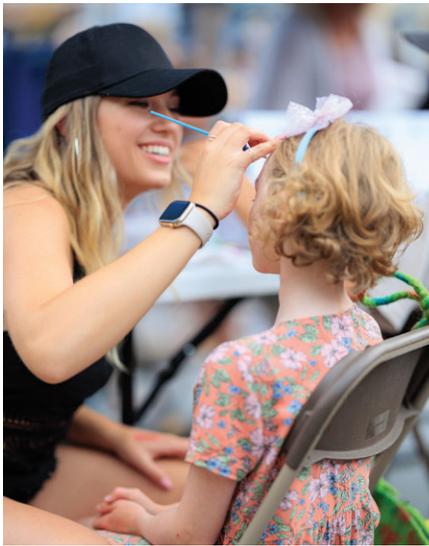
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Living Local



Left, Katie facepainting at the Blackberry Street Party. Above, the team at Battle of the Badges.



Left, at the job fair at Brooks School. Above, organizing the Easter Egg Hunt at Willingdon.



Left, at the Autumn Market. Above, supporting the Tour de Coast.



Left, at the Winter Market. Above, sponsoring a Winter Wonderland Skate.

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| MADE THE MOVE

Spa, skin & sea: health-centred couple finds their spot here

Samantha Miles and her husband Peter Mackay are the founders of Somerset Moss, a botanical skin-care company now proudly rooted in Powell River. Together they recently opened Somerset House, a day spa and retail space dedicated to holistic, plant-based wellness. Peter also serves as a licensed Primary Care Paramedic with BCEHS, balancing community service with entrepreneurship.

When not working, the family enjoys exploring local trails, supporting Sunshine Coast small businesses, and spending time by the ocean with their dogs. Their approach to life and work is grounded in connection, craftsmanship, and contribution.

Why did you choose to move here?

Sam • Because my GPS got tired of traffic jams and pointed me straight toward mossy forests, salty air, and people who wave at strangers. Also, the ocean views sealed the deal.

When? Where from?

Sam • Landed in Canada in 2013 with a sense of adventure, fresh from the sun-soaked Algarve in Portugal. We lived there for five years. I'm originally from Somerset, England—but I'd already traded tea and drizzle for vinho verde and sandy beaches before making the leap to qathet—part-time in 2021 and full-time in 2024.

What surprised you, once you moved?

Sam • That grocery shopping is basically a social event—you can't leave without running into at least three people you know and one person who swears they've seen you "somewhere."

What made you decide to move here?

Sam • The dream of mixing saltwater mornings, forest hikes, and a slower pace of life—plus the idea that I could actually hear my own thoughts again.

Where is your favourite place here?

Sam • Any spot where I can watch the sun melt into the ocean—bonus points if there's a log to sit on and a thermos of tea in my hands.

How did you first hear about qathet?

Sam • Whispers of a magical coastal town kept floating my way... and eventually, curiosity (and a good ferry schedule) got the better of me.

What would make this a nicer community?

Sam • More benches in unexpected places. Imagine mid-trail benches with ocean views, "chat benches" downtown, or even a random hammock strung between trees. Resting spots = happy people.

What aspect of your previous community do you think would bene-



BLISSING OUT: Sam Miles brought her botanical skin care company, Somerset Moss, to qathet last year, and opened Somerset House Day Spa.

fit qathet?

Sam • A dedicated dumpling food truck. Trust me, it's life-changing.

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

Sam • Learning the art of "Powell River time." Everything happens slower than you expect... but once you adjust, it's actually wonderful.

If you were mayor, what would you do?

Sam • I'd declare an official "Take Your Dog to Work" week (including restaurants) and make ferry schedules slightly less like sudoku puzzles.

What are qathet's best assets?

Sam • The people—friendly, creative, and just the right amount of eccentric. Also: beaches, trails, and the ability to buy fresh salmon off someone's tailgate.

What is your greatest extravagance?

Sam • Buying fancy sea salt for cooking, even though I live five minutes from the ocean.

Which talent or superpower would you most like to have?

Sam • Teleportation—so I could pop to Europe for a croissant, then be back in time for a walk on Willingdon Beach. 🐾



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BLAST FROM THE PAST

Connected at Last:

Powell River's Telephonic Leap Forward

In 1921, the Powell River Company took a big step forward in local communication by installing 200 telephones in the Townsite area. These phones were the first rotary telephones installed in British Columbia.

The goal was to streamline communication between mill officials and their employees. The project wasn't cheap; the Company's 1921 Authorization for Expenditure Report indicates that the project cost just under \$19,000. This was a significant investment for the time.

But while the system worked well within Townsite, it couldn't connect residents to nearby communities like Westview and Cranberry. Recognizing the limitations, the Powell River Company began discussions in 1930 about handing over its private system to the BC Telephone Company.

Eventually, a new BC Telephone Company subsidiary, the North-West Telephone Company, took over local operations.

A series of experiments took place throughout 1930 in Powell River by BC Telephone, exploring the use of radiotelephony—a wireless communication method ideal for remote areas that couldn't easily be connected with traditional phone lines. During one of these trials, Mrs. Bell-Irving made the first long-distance call with the new system, reaching her husband in Vancouver.

These experiments led to a major breakthrough—the first radiotelephone link between two communities in British Columbia: Powell River and Campbell River. The new connection combined radio waves and the BC Telephone Co.'s existing landline network, opening the door for long-distance service for the town. From that point forward, Powell River



RINGING IN THE TIMES: Above, the Powell River telephone office in 1931. Below, Mrs. R Bell-Irving makes the first long-distance call in town – to her husband in Vancouver. *Photo courtesy of the qathet Museum*



BLAST FROM THE PAST

DEVAN GILLARD

residents could call any location served by the BC Telephone Company.

The upgraded phone system officially went into service at 1 pm on April 11, 1931. A local phone directory was published, and users were instructed to dial "0" to make long-distance calls or reach an operator, ushering in a new era of connectivity for the region. 📞



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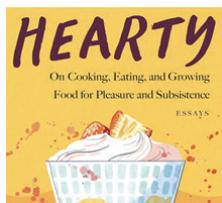
Discover the World of Fungi



Saturday, Nov 8, 2-3 pm

Learn how to add mushrooms to your garden. Local mushroom enthusiast **Jason Leane** will discuss the dietary and ecological benefits of mushrooms and how to inoculate and grow mushrooms on logs.

Hearty: Author reading and Q&A



Friday, Nov 14, 7-8 pm

Author of the award-winning book *Hearty: On Cooking, Eating, and Growing Food for Pleasure and Subsistence*, **andrea bennett** shares a compelling perspective on food from seed to table and how the book was researched.

Sami Potatoes: Author visit to Texada



Saturday, Nov 15, 3 pm

Mike Robinson presents his book *Sami Potatoes: Living with Reindeer and Perestroika* regarding Indigenous co-management.



Check out the library's events calendar for more information and activities:
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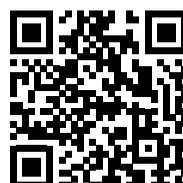
25 words for 2025

Learn these words and more to help celebrate 10 years of the Treaty between Tla'amin Nation, the Province of BC, and the Government of Canada in 2026.

How many of these common ayajuthem words do you already know?

- Tla'amin Language • ʔayaʃuθəm • aya-ju-them
- Thank you • ʔimot • e-mot
- Welcome • čεčɛhaθεč • che-che-hath-ech
- My name is... • ... kʷətʰ nan • ... kwuth nun
- People • qayumɪxʷ • ka-yo-mew
- Tree / Relative • ʃεʃε • jeh-jeh
- Elders • ʎaxay • klux-eye
- Young • čuy • chewy
- Us • nemoʔ • neh-moth
- Spring or Chinook Salmon • θaʔəm • thut-thumb
- Bear • meχaʔ • meh-hath
- Orca • nəŋqəm • nun-kum
- Rain • čɪʔ • chith
- Sun • ʔəgəm • tug-ghum
- Ocean • sinkʷə • sink-wah
- Canoe • nuxʷεʔ • nook-weth
- Gathering Together • qatʰaymixʷ • kot-thigh-mews
- To Bring Together • qatʰət • kawt-thet
- School • tɪwšəməwtʃʷ • ti-sha-maut
- Powell River • tiskʷət • tees-kwat
- Milky Waters from Herring Spawn • ʔišosəm • tee-show-sum
- Willingdon Beach • ʔahʔjumɪxʷ • ah-joo-mew
- Savary Island • ʔayhos • eye-hos
- Lund • Kla-ah-men • kla-ah-men
- Saltery Bay • Skelhp • skelp

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For more information or membership please visit:
powellriverbackcountry.com/about-us/

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Prideaux Haven Protected

About 15 nautical miles from Lund, in the heart of Desolation Sound, is Prideaux Haven. It's a destination for paddlers and yachters from all over the world, a group of little bays, islands and coves rich with marine life and gorgeous vistas. This fall, the BC Parks Foundation announced it had successfully acquired 100 acres there as a protected area — a \$2.5 million fundraising project.

"Right after the existing [Desolation Sound Marine Park] boundary, you start to see cut blocks as you travel up Humphrey channel," said Christine Hollmann, a founding director of Terracentric Coastal Adventures, which takes locals and visitors on kayak and zodiac tours in the Sound. "Anytime we can extend boundaries, the bigger the protected areas the better."

Christine described Prideaux Cove as "stunning" and says they call it "Destination Sound," because it attracts so many boaters. "The viewscapes: mountains rising right out of the sea, and the iconic conical peaks everyone associates with Desolation Sound."

"Hopefully having this extra buffer will help with more habitat for wildlife — right next to humans in boats."

*Photo courtesy of
Terracentric Coastal Adventures*



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Pagayer en Santé founder wins national award

Marc Lavertu is one of two members of the Suncoast Paddling Club who were recognized by the Canadian Outrigger Racing Association on September 28 at the CORA Outrigger National Championships on Comox Lake.

He received The Hugh A. Town Memorial Builder Award for his contributions over the past 25 years to promote and support outrigger canoeing at the international, national, provincial, regional and club levels. He has been a member of the Suncoast Paddling Club (formally known as the Powell River Outrigger Canoe Club, or PROCS) since its inception and has been a director of the board for most of the club's existence. (The other local member to be recognized is Sue Milligan. Watch for more about her in the December issue of *qL*.)

Marc's volunteerism also extended into the francophone community with being a member of the Association Francophone de qathet (formally the Club Bon Accueil Society (CBA)).

In 2005, he facilitated the gift of two Malia class outrigger canoes by the Gibsons Paddle Club to the newly formed youth outdoor wilderness program of the Francophone School District #37, that was located at École Côte du Soleil. In exchange for repairing and storing the canoes, PROCS would have use of these canoes for their members. After six years of operation, the Center for Leadership and Adventure in Nature (CLAN) program was terminated and the canoes were given to PROCS.

The involvement of youths in outriggers did not

end there. Marc, with the assistance of members of PROCS, were able to provide limited outings to some schools such as Edgemoor, Brooks, Assumption, and École Côte du Soleil in subsequent years.

After the 2014 Seafair Corporate Challenge Outrigger Canoe Race, the CBA received a federal New Horizons for Seniors Program grant, awarded to projects that would benefit seniors and the local community.

According to Marc, as he had worked on the grant application and had helped train other corporate teams including the Club Bon Accueil team, which won the race, he encouraged the CBA to add outrigger canoeing as one of their activities.

At the time, the standard weight of outrigger canoes was between 330lbs to 400lbs and, there were inherent problems for seniors in launching and retrieving them from the water due to their weight. To address this factor, an ultra-light carbon fibre six-person canoe, the Vortex, was purchased. In partnership with PROCS, outings twice a week were scheduled which were, and continue to be, open to the whole community.

Since 2015, Pagayer en Santé as the canoe program is called, has run from May to the end of September. Outings have taken place from Powell Lake, Saltery Bay, Grief Point, Westview, Gibsons Beach, Lund, and Okeover Arm.

Marc has competed in local, regional and international races with his club team and in his solo outrigger canoe. He has represented Team Canada at 2008 Sacramento IVF World Sprints, at 2012 Calgary IVF World Sprints (gold, bronze medals), at



2010 New Caledonia IVF World Sprints and 2018 Australia IVF Long Distance. In 2014, he and 11 other Canadians paddled in the Cook Islands.

Until recently, Marc could also be seen paddling on the shores of California between San Diego and Santa Barbara during the winter months or on the Columbia River in July with family and friends. Presently, he is focusing on paddling from beautiful shores and lakes of the Sunshine Coast. **CL**

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Concert season begins this month

One stormy Saturday morning in late October, the sound of strings, brass & much more vibrated out of the Seniors Centre, into Cranberry. All 52-members of the qathet Symphony Orchestra were warming up, getting ready to rehearse under the baton of music director Kevin Wilson.

The four-year-old orchestra — which launched in the middle of COVID (“We played sitting six feet apart, wearing masks, and wearing woolly socks, hats, and gloves, because the hall doors and windows were open all winter,” recalls Kevin) is getting ready for a concert November 23.

At the back of the crew sat the French horn section — three musicians, each as unique as their instrument. Note that there are no dedicated French horn teachers in this region.

Manu Liefsoens is retired. He first played the French horn at 12, put it down for 28 years, and picked it up again 15 years ago. “My older brother played it, so the instrument was in the household,” he said. “The French horn is an amazing instrument that will produce a unique, rich, and round sound. It has been, at times, my biggest foe and my best friend. The learning curve can get rocky and disheartening.”

Sari Spencer is also retired. She also picked up the French horn recently — about a year and a half ago, after a long hiatus. “I didn’t really choose it. In junior high school I was more or less assigned the horn because many of the more popular instruments had

AN AFTERNOON OF SYMPHONIES

When: 2pm, November 23, at the Evergreen Theatre.

What: Under the direction of Kevin Wilson, the qathet Symphony Orchestra presents Tragic Overture by Brahms; Adagio in E for Violin and Orchestra K. 261 by Mozart; the Pastiche Symphony; Movement 1: from Symphony #36 “Linz” by Mozart; Movement 2: from Symphony #100 “Military” by Hadyn; Movement 3: from Symphony #1 “Titan” by Mahler; and Movement 4: from Symphony #1 by Brahms.

Cost: By donation

already been picked. No regrets.”

“The qSO has provided a wonderful opportunity for me and others to make music together under Kevin’s guidance. It has been a real joy for me to play the horn again.”

Brooke Clansy is a barista by day, and has played the French horn for about 10 years. They are self-taught, and new to the qSO. “It’s weird-looking and unique,” they said, on what’s likable about the instrument.

At every concert this season — from the Powell River Chorus to Carols by Candlelight and beyond — each musician has their own story about what brought them to their instrument, and what keeps them there. **L**



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Publisher buys *The Peak*

The Peak newspaper is now a wholly locally-owned business. **Kelly Keil**, who started at the newly launched paper as a 15-year-old student in 1995, and worked her way up to publisher in 2018, has purchased the operation from Glacier Media Group. Glacier was a 50-50 partner with the Carlson family when Joyce Carlson launched *The Peak*, and eventually came to own the paper. Recently, however, Glacier says it has become too big to manage small markets and has been divesting itself of papers in small communities.

Kelly knows investing in a newspaper in this day and age is an unusual move. "It might sound unconventional, but I believe there's never been a more important time for strong, trustworthy local news. In an era of clickbait and misinformation, our community still turns to *The Peak* because they know who we are, where we live, and that we're committed to telling their stories. Owning *The Peak* isn't about holding onto the past; it's about investing in the future of local journalism and keeping that connection alive for the next generation," she said.

Kelly is also currently president of the BC and Yukon Community Newspaper Association.

Real heroes do windows

When **Ethann McNeill** came to qathet last September, he thought he was moving temporarily to serve as a site supervisor for the construction of Tla'amin's "Our House" Cultural Centre. But now he's staying, having fallen for the community and a local girl. With the project complete, he has moved his business, Home Heroes, from his former home in Langley. **Home Heroes** does pressure washing, gutter cleaning, moss removal, exterior cleaning and more, using eco-friendly soaps and cleaners. He also offers full-service home restoration, from painting and window cleaning to hedge trimming and turf installation, as well as staging, ideal for those trying to spruce up a home before selling. Of particular note at this time of year, he also offers home winterization and Christmas light installation, removal,



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and storage. To learn more, visit myhomeheroes.ca, email info@myhomeheroes.ca, or call 778-900-9152.

Heard about the new clinic?

Hear Right Canada has opened a hearing clinic at #103 — 4675 Marine Avenue (lower Gibson's Crossing). It is locally owned and operated by **Steve Wolstenholme**, a registered hearing instrument practitioner working with all new state-of-the-art equipment. Steve moved here from Prince George, where he worked for Connect Hearing, and worked for Beltone here for the past year. Now he has his own business as part of the Hear Right network. Clinic hours are Monday to Friday from 10 am to 6 pm, providing free hearing tests for adults. If hearing aids are recommended, you can try them for a 90-day trial period with follow-up care and support included. Walk-ins are welcome, or book online at hearrightcanada.ca or by calling 604-215-3882.

Homecoming for inspector

A Buyer's Choice Home Inspections (ABCHI), is expanding to qathet. After 16 years of leading the company's franchises in Chilliwack and the Fraser Valley, **Ken Oldale** is taking on an expanded role as the regional franchise developer for the Sunshine Coast and Sea to Sky region. For Ken, opening a home inspection business in qathet is more than a professional milestone. "It's where I grew up, where my family and friends are. When my mom passed away and we sold my family home here in Powell River, I felt a bit of a hole, like I'd lost my roots," he said. "So expanding my business here just felt natural." After growing up here (son of *Powell River News* legend Tom Oldale), Ken settled in Chilliwack in the summer of 2009. "I was a new dad, just married, and working as a lumber grader at a local mill when I got

injured. I needed a way to support my family, and that's when I came across ABCHI," Ken said. Having recently had his own home inspected, Ken saw the appeal of the industry and thought, "I could do that." With no background in business, Ken financed the franchise investment and started doing inspections on weekends. "I'd work at the mill during the week and spend weekends on inspections and at open houses. I threw everything I had into it," he said. Ken's grit paid off. He completed over 150 inspections in his first year, and has now done over 5,000. As part of this expansion, he's also looking to connect with entrepreneurs who could join the home inspector team here. For more information on becoming a sub-franchisee under Ken's leadership, visit abuyerschoice.com/join

Never too late to play

Simon Gidora is a classical musician and music teacher now offering violin, voice, and music theory lessons in town. Simon grew up on the Lower Sunshine Coast, recently moved back, and is now spending two days a week teaching music in qathet. He is a firm believer that it's never too late to start singing or to pick up an instrument. Simon is a faculty member of the **qathet Academy of Music** where he teaches voice, and he also has a private studio of violin students in town. For voice lessons, contact the qathet Academy of Music, and for violin lessons, contact Simon through his teaching website at bestpracticemusic.ca.

Family Place at Crossroads

Family Place Resource Centre has moved from its long-time location in Town Centre Mall to the new **Community House** in Crossroads Village. The move was originally planned for May, but got pushed back by renovation and permitting delays. "It feels bittersweet," stated Grace Chaster, Lift's community house coordinator. "The Town Centre Mall has been so generous in donating space to us for the past 20 years. Now, as we move Family Place into the new Community House, we have an exciting opportunity to further grow our programming

and community." Community House contains several of Lift's support programs, including the Community Resource Centre, immigrant services, and literacy outreach.

Hockey, Gaming, Toy Collectibles Collection

In the old Eunoia space at Townsite Market, **Curtis Anderson** opened **The Kooky Cavern** October 2, a destination for all things, well, kooky. The upstairs loft is all video games, "I have a few thousand titles, and almost every console," said Curtis. Downstairs, he says, is "a mixed bag." Vintage hockey memorabilia, vintage toys, cameras and more make the collection.

Curtis moved to qathet 18 months ago from Vancouver. Many years ago, he started a business with friends buying old storage lockers and lots, and reselling the items, but this is his first retail location. He is offering a buy/sell/trade service, on the spot. If you have something funky you'd like to part with, go see Curtis.

"This is such a beautiful, funky building. A retro store fits the feeling here," he said. The Kooky Cavern is open Wednesday to Saturday, 11:30 am to 6 pm.

Prescription for your yard

Leanne and Jim Bennie have launched a "roof to root" company offering exterior cleaning and lawn care. **Yard Rx Property Solutions** started this summer with new mowers and leaf blowers, including electric Husqvarna models. In addition to mowing, they do garden cleanups and leaf removal. They purchased a softwash / pressure wash system, and can bring their own water for remote watering or washing for those with limited water supplies. They offer pressure washing and surface cleaning for driveways, sidewalks, fences, retaining walls, and so forth; and soft washing for roofs, soffits, gutters, siding, decks, and patios. For packages or more info, visit their Facebook page, email yardrxpropertiesolutions@gmail.com or call 604-414-8582 or 604-414-0878.  [sean@qathetliving.ca](https://twitter.com/sean@qathetliving.ca)



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Tla'amin's Cameron Fraser-Monroe & the Royal Winnipeg Ballet Present...

T'ál: The Wild Man of the Woods

Tickets are on sale now for Tla'amin choreographer Cameron Fraser-Monroe's newest work, created for the Royal Winnipeg Ballet. It will be at the Max Cameron Theatre for one night only: January 27. This west-coast première unfolds an Indigenous legend through the lens of a fully Indigenous creative team.

Narrated in both English and Ayajuthem by Elder Elsie Paul, the story follows a fearless young woman who sets out to rescue her sister from T'ál, a dark figure who steals children under the cover of night. The evocative original score is composed by Cris Derksen, a JUNO-nominated, Two-Spirit cellist and composer. With stunning costume design by Asa Benally (Navajo designer and Yale alumnus), T'ál is a powerful fusion of movement, music, and storytelling that honours the richness of oral tradition.

Buy tickets at rwb.org

November events

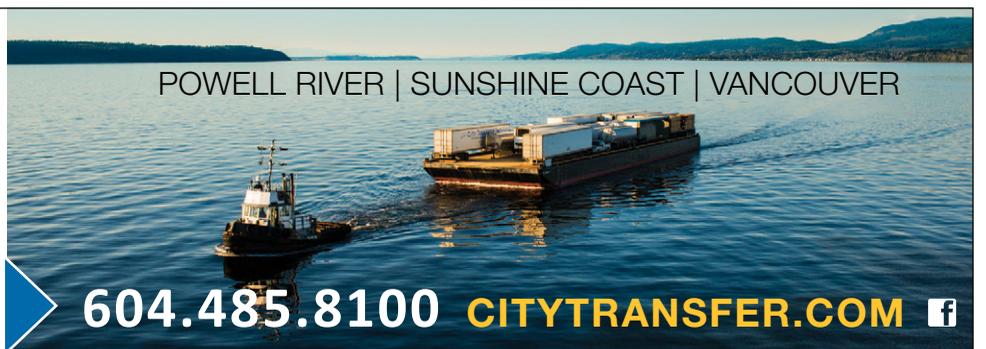


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NOVEMBER EVENTS

6

Thursday

Simply Bronze Customer Appreciation Day
See Page 48 for more.

Call to Artists: "Present" Group Exhibition & Fundraiser
Art work drop off time for the 3rd annual qathet region artists group show and fundraiser is 12-5 pm at qathet ART Centre. Show reception Dec 5. More info on how to participate at qathetART.ca

Foundations & Futures: Academy of Music Fundraiser
7 pm, James Hall. Annual Wine & Dessert Fundraiser. This year the Academy honours the past, while looking toward the future. \$100.

Free Seniors Lunch
11:30 am to 12:30 pm at Trinity Hall (United Church on Duncan). Projects Half Done (PHD) follows at 1:15 pm – a time to bring along unfinished projects and enjoy working on them together in community.

Film • If I Had Legs I'd Kick You
7 pm, The Patricia.

be "apples", the other half "oranges", and she'll tell you what to do. No experience necessary. With Townsite Brewery.

Powell River's Own Home-based Business and Craft Fair

5 pm to 9 pm, Dwight Hall. Text 604-414-0701. One of PR's longest running craft fairs.

Lang Bay Community Club Christmas Craft and Collectibles sale
4 to 8 pm, Lang Bay Hall at 11090 Hwy 101. Raffle prizes donated by the vendors. Door control.

Kings Cup U15A Tier 2/3 tournament
Hap Parker.

U11 Development Kings Cup Tier 2/3
Hap Parker.

Life of a Mystic, a memoir reading with Tanis Helliwell
7 pm, Library. Tanis Helliwell with her keen intuition and humour, presents her memoir that explores topics including past lives, spirit guides, and spiritual realms.

The Steadies in concert
8 pm, Carlson Loft.

Film • Good Fortune
1:30 & 7 pm, The Patricia

Regals vs. The Lake Cowichan Appollos
7 pm Hap Parker.

Villa Soccer Club vs. Saanich Accutemp Bandits
1:30 pm, Timberlane Park.

Harmony Vespers with Vox Madrigal
4 pm, The Gathering Space at Powell River United Church.

Powell River's Own Home-based Business and Craft fair
10 am to 4 pm, Dwight Hall. Text 604-414-0701. One of PR's longest running craft fairs.

Lang Bay Community Club Christmas Craft and Collectibles sale
11 am till 2 pm, Lang Bay Hall. Raffle prizes donated by the vendors.

Kings Cup U15A Tier 2/3 tournament
Hap Parker.

U11 Development Kings Cup Tier 2/3
Hap Parker.

Discover the World of Fungi
2 pm, Library. Local mushroom enthusiast Jason Leane will discuss the dietary and ecological benefits of mushrooms and how to inoculate and grow mushrooms on logs.

Uptown Market
10 am to noon, outside Dr. Varma's office on Joyce. Bread, pies, cookies, gluten-free baking, eggs, plants, local Artisan gifts.

Film • Paw Patrol Christmas
11 am, The Patricia.

Film • Good Fortune
7 pm, The Patricia.

7

Friday

Poppy Campaign
10 am to 6 pm in the Quality Foods/Town Center Mall area with members of the Legion, Professional Firefighters, Clansman Pipe Band, Canadian Ranger Patrol Group 4 and the Army, Air, and Sea Cadets.

The Unfaithful Servants and Shari Ulrich in concert
7:30 pm, Evergreen Theatre. Tickets available at the Evergreen box office, or by calling 604-485-2891.

Family Ceilidh
6 pm doors, Italian Hall. The qathet Fiddlers, the Clansman Pipe Band. Nanaimo dance caller Trish Horrocks will guide you through the moves. She'll group you in lines or squares, half of you will

8

Saturday

National Indigenous Veterans Day

Health & Wellness Fair
10 am to 2 pm, Recreation Complex. Explore a variety of health and wellness vendors, take part in fun fitness competitions for a chance to win prizes, and enter our door prize draw just for attending. Live demonstrations and presentations from our local health and wellness community. Free admission.

Poppy Campaign
10 am to 6 pm in the Quality Foods/Town Center Mall area with members of the Legion, Professional Firefighters, Clansman Pipe Band, Canadian Ranger Patrol Group 4, and the Army, Air, and Sea Cadets.

9

Sunday

Kings Cup U15A Tier 2/3 tournament
Hap Parker.

U11 Development Kings Cup Tier 2/3
Hap Parker.

Powell River Farmers' Market
12:30 to 2:30 pm, Paradise Exhibition Grounds (4365 McLeod Road). Produce, meat, baking, prepared food, artisan vendors.

Download the qathet Waste Wise app for service reminders

Find the Waste Wizard and other information on our waste collection services at powellriver.ca, or scan here:



NOVEMBER

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

Organics and Garbage Day: A B C D E

Organics and Recycle Day: A B C D E

CURBSIDE QUICK GUIDE

Did You Know? Curbside recycling is collected by hand - our city staff manually lift it directly into the trucks.

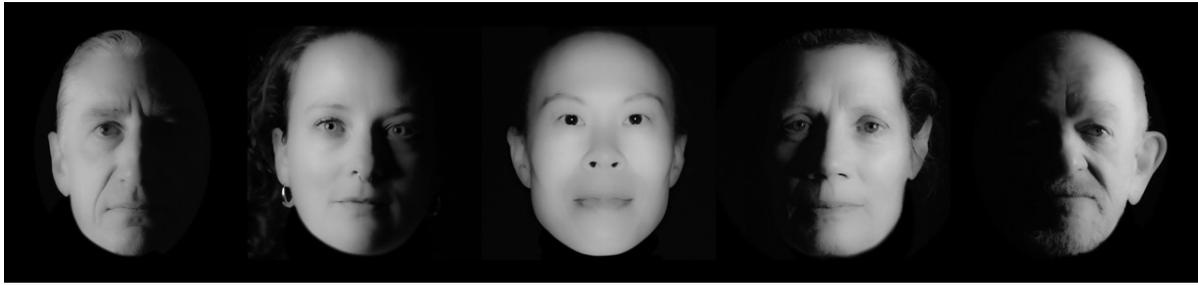
CURBSIDE ACCEPTABLE ITEMS:

- Plastic food storage containers
- Aluminum foil wrap and foil trays, pie plates, & take out containers
- Plastic bottles, jugs & jars (e.g. for cleaning products)

DO NOT INCLUDE:

- These items are accepted at depots only*
- Soft plastics, bags, overwrap
 - Glass
 - Styrofoam used for packaging

Your cooperation helps protect our team. Thank you!



New acoustically-grand music venue hosts skilled vocalists for a Neil Young nite

Since their arrival in qathet, Clancy Dennehy and Caro Chan have added to the cultural mix in Westview and Townsite with community events in art, dance and live music.

Neil Young Nite is an evening concert of the 1970s songs by Neil Young with an emphasis on vocal harmonies in the style of Young's contemporaries of the time — Crosby, Stills and Nash. They are Clancy (drums/voice); Caro (bass/voice) Devon Hanley (piano/voice); Marina Lagacé (voice); and David Spragge (guitar), with special guest David Neal of Skaboom! (guitar/ voice).

These local singers and musicians are preparing for this one-time event designed to be filmed and recorded with a small "studio audience" of about 50 in attendance each night.

The Lodge (Freemasons Lodge in the ground floor of Dwight Hall) was chosen as the venue for its ex-

cellent acoustics and an intimate setting for an "in the round" seating arrangement with the audience surrounding the group.

Clancy, a child of the 70s, has wanted to do this concert for many years.

"I grew up in Winnipeg and lived in the same neighbourhood as Neil — went to the same high school — my oldest brother was in the same grade and class as Neil, and my mom played bridge with Neil's mom.

"By the time I got to high school, Neil was in California making it big and I loved his music — which helped inspire me to start a teenage band. Our first gigs were played on the same community centre and school gym stages that Neil played with his first band, The Squires."

Clancy + Caro present Neil Young Nite November 14 and 15.

Magic the Gathering Commander night

6 pm, High Tide Games. Bring your best Commander deck and be prepared to defend your creatures.

Film • Paw Patrol Christmas

11 am, The Patricia.

Film • Good Fortune

1:30 & 7 pm, The Patricia.

Open mic on themes around aging, grief and illness with Community Supported Dying qathet.

Free Community Pasta Dinner

4:30 to 6 pm, Trinity Hall (Powell River United Church on Duncan). All welcome for this casual dinner.

Board Game Night

6 pm, High Tide Games. Use one of High Tide's or bring your own and play the night away.

Film • Good Fortune

7 pm, The Patricia.

10

Monday

Memento Mori on the Mic

6:30 to 8 pm, doors at 6 pm, qathet Art Centre.

11

Tuesday

Remembrance Day

Film • Good Fortune

7 pm, The Patricia.

12

Wednesday

Dungeons & Dragons night

Doors at 5:30, games at 6 pm. High Tide Games. Come to watch or start a

13

Thursday

Film • Coast Mountain Fest kick off

6:30 pm, Patricia Theatre. An evening dedicated to adventure inspiration.

character and jump right in on the adventure.

Deadline to book your Christmas wine at Westview U-Vin U-Brew

See ad on Page 46 for more.

Film • Good Fortune

3:30 pm, The Patricia

7 pm — Special guest: John Baldwin. 8 pm — Movie screening

Free Seniors Lunch

11:30 am to 12:30 pm at Trinity Hall (United Church on Duncan). Projects Half Done (PHD) follows at 1:15 pm — a time to bring along unfinished projects and enjoy working on them together in community.

Four Tides Hospice Society presentation of "My Voice"

10:30 a.m.-noon, Lang Bay Hall. This free presentation centres on the planning of your future health care if you become incapable of doing so. Space is limited and can be reserved by contacting Pat at 604 487 9238.

14

Friday

Veyron Apartments Open House

Clancy & Caro Present: Neil Young Nite

7 pm doors, show at 7:30 pm, The Lodge (downstairs) at Dwight Hall. Featuring Clancy Dennehy, Caro Chan, Marina Lagacé, Devon Hanley, and David Spragge, plus a special guest. \$20 in advance, \$35 at the door. Find tickets at showpass.com/clancy-and-caro.

Hearty: On Cooking, Eating, and Growing Food for Pleasure and Subsistence

7 pm, Library. Discover local author andrea bennett's passion and curiosity into kitchens, gardens, fields, and compelling perspective on food from seed to table.

Film • Tron Ares

1:30 & 7 pm, The Patricia

15

Saturday

Coast Mountain Fest

10-6 pm at the Townsite Market. Full-day festival focused on the Powell River backcountry, winter recreation, and education. Featuring Gear Attic, Townsite Brewing, The Knuckleheads association, Search & Rescue, and other local organizations.

Lund Christmas Craft Fair

10 am to 4 pm, Italian Hall in Wildwood. 5866 Lund Highway. Vendors and lunch. lundtreasurer@gmail.com

Carlson Community Club Christmas Craft Market

9 am to 4 pm, 4463 Joyce.

Dwight Hall Raincoat Craft Fair

10 am — 4 pm, 6274 Walnut Street Artisan Craft Fair. Text Carola at 604-223-6282 See ad on Page 17.

Uptown Market

10 am to noon, outside Dr. Varma's office on Joyce. Bread, pies, cookies, gluten-free baking, eggs, plants, local Artisan gifts.

Film • Paw Patrol Christmas

11 am, The Patricia.

Bourne to be Ozz: The Canadian Ozzy & Black Sabbath Experience

7:30 pm, Evergreen.

Community Naloxone Training

2 pm — 3:30 pm at The Community House (#101 — 4871 Joyce Ave behind QF). Toxic drug poisonings can and do happen anytime, anywhere, to anyone. Join this free session to learn when and how to administer naloxone, and take a kit home with you. Registration required at bit.ly/naloxoneqathet

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NOVEMBER EVENTS

Clancy & Caro Present: Neil Young Nite

7pm doors, show at 7:30 pm, The Lodge (downstairs) at Dwight Hall. Featuring Clancy Dennehy, Caro Chan, Marina Lagacé, Devon Hanley, and David Spragge, plus a special guest. An emphasis on vocal harmonies in the style of Young's contemporaries at the time, Crosby Stills & Nash. \$20 in advance, \$35 at the door. Find tickets at showpass.com/ clancy-and-caro.

Fibre Arts Auxiliary Christmas Craft Sale

10 am to 4 pm, Cranberry Seniors Centre.

Villa Soccer Club vs. Nanaimo United

1:30 pm, Timberlane Park.

Film • Tron Ares

7pm, The Patricia

16

Sunday

Powell River Farmers' Market

12:30 to 2:30 pm, Paradise Exhibition Grounds (4365 McLeod Road). Produce, meat, baking, prepared food, artisan vendors.

Texada Island Winter Farmers Market

Noon til 1:30 pm, Texada Community Hall.

Magic the Gathering Commander night

6pm, High Tide Games. Bring your best Commander deck and be prepared to defend your creatures.

Dwight Hall Raincoast Craft Fair

11am – 3 pm, Dwight Hall. Artisan Craft Fair. Text Carola at 604.223.6282 See ad on Page 17.

Film • Paw Patrol Christmas

11am, The Patricia.

Film • Tron Ares

1:30 & 7 pm, The Patricia

17

Monday

Free Community Pasta Dinner

4:30 to 6 pm, Trinity Hall (Powell River United Church on Duncan). All welcome for this casual dinner.

Board Game Night

6 pm, High Tide Games. Use one of High Tide's or bring your own and play the night away.

Film • Tron Ares

7pm, The Patricia

18

Tuesday

Film • Tron Ares

7pm, The Patricia

19

Wednesday

Mysteries of the Keyhole House

7pm, Library. Renowned Canadian illusionists Ted & Marion Outerbridge celebrate the stories and secrets of this 19th century heritage home in Smith Falls, Ontario.

Dungeons & Dragons night

Doors at 5:30, games at 6pm. High Tide Games. Come to watch or start a character and jump right in on the adventure.

Film • Tron Ares

3:30 pm, The Patricia

20

Thursday

Malaspina Naturalists Speaker Night -Landscape Resilience with Travis Heckford.

Doors open at 7 pm Trinity Hall, United Church, on Duncan. Travis is a Research Landscape Ecologist specializing in landscape resilience. He develops strategies to restore, maintain, or adapt forestry landscapes that are prone to fire. Everyone welcome—\$5 drop-in fee for non-members.

Community Notification System Test: Will Your Phone Ring?

2 pm, on your cell. See ad on Page 26 for more.

Artique Gallery Festive 'Winter' Salon

7 to 9 pm. Art, music, refreshments, and guest artists. Enter to win a gift basket full of gallery goodies! All patrons, visitors, and neighbours welcome! 6820 Alberni Street artiquebc.ca 604-485-4837

Outerbridge Magic – Mysteries of the Keyhole House

7pm, Max Cameron. What happens when two of Canada's master illusionists move into a century-old house that's rumoured to be haunted? Join Ted and Marion Outerbridge – fresh from mesmerizing audiences at Hollywood's Magic Castle – as they blend their family friendly illusions with a spine-tingling true tale that's captivated over 30 million viewers worldwide. As seen on CTV National News, CBC, TVO, and The Golf Channel. See Page 21.



Adam Dobres Nov. 21

Free Seniors Lunch

11:30 am to 12:30 pm at Trinity Hall (United Church on Duncan). Projects Half Done (PHD) follows at 1:15 pm – a time to bring along unfinished projects and enjoy working on them together in community.

Film • Tron Ares

7pm, The Patricia

21

Friday

My Name is Rachel Corrie

8 pm, Academy of Music. Tickets, \$30. A compelling one-woman play composed directly from the journals and emails of Rachel Corrie, a young American activist killed in Gaza while standing up for what she believed in.

Adam Dobres with guests Matt Emig

& Davis Steele in concert

7pm doors, 7:30 pm music, Cranberry Hall (all ages). Tickets: \$30 at the door, \$25 in advance available at The Kooky Cavern in Townsite Mall and Full Bug Records on Marine. World Class Finger Style Guitarist Adam Dobres creates deeply inspired, heartfelt original music, drawing on Celtic, folk, and gypsy jazz influences and decades of global touring and recording with renowned artists.

Film • Bruce Springsteen: Deliver me from Nowhere

1:30 & 7pm, The Patricia

22

Saturday

My Name is Rachel Corrie

2 pm matinée and 8 pm, Academy of Music.

23

Sunday

Mother Nature Pet & Family Photos

10 am to 5 pm, Mother Nature. \$15 min donation with all profits going to PROWLs.

My Name is Rachel Corrie

6pm, Academy of Music. Tickets, \$30. One-woman play about a young woman activist killed in Gaza.

Magic the Gathering Commander night

6pm, High Tide Games. Bring your best Commander deck and be prepared to defend your creatures.

An Afternoon of Symphonies with the gathet Symphony Orchestra

2 pm at the Evergreen Theatre. By donation. Enjoy four movements from

Tickets, \$30. One-woman play about a young woman activist killed in Gaza.

Assumption Christmas Bazaar

10-2 Assumption School Gym. Crafts, sewing, knitting, doll booth, baby booth, Lucky 7, baking, and raffles, plus refreshments. See ad on Page 60 for more.

Cozy Creations Craft Sale

10-4, Town Centre Hotel.

Villa Soccer Club vs. Mid Island Mariners

1:30 pm, Timberlane Park.

Uptown Market

10 am to noon, outside Dr. Varma's office on Joyce. Bread, pies, cookies, gluten-free baking, eggs, plants, local artisan gifts.

Film • Bruce Springsteen: Deliver me from Nowhere

7pm, The Patricia

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Powell River Farmers' Market

12:30 to 2:30 pm, Paradise Exhibition Grounds (4365 McLeod Road). Produce, meat, baking, prepared food, artisan vendors.

Texada Island Winter Farmers Market

Noon til 1:30 pm, Texada Community Hall.

Cozy Creations Craft Sale

10-4, Town Centre Hotel.

Film • Bruce Springsteen: Deliver me from Nowhere

1:30 & 7pm, The Patricia

Support group for bereaved parents of any age, any cause. See Page 2 for more.

International Day for the Elimination of Violence against Women

See the illuminated tree at the Library. See Page 15 for more.

"Present" Group Exhibition & Fundraiser begins

Opens Nov 25, 12-5. See qathetart.ca for full hours. qathet Art Centre Art on display and sale as a fundraiser for qathet artists and qathet art council. qathetart@gmail.com

Film • Bruce Springsteen: Deliver me from Nowhere

7pm, The Patricia

24

Monday

Free Community Pasta Dinner

4:30 to 6 pm, Trinity Hall (Powell River United Church on Duncan). All welcome for this casual dinner.

Board Game Night

6 pm, High Tide Games. Use one of High Tide's or bring your own and play the night away.

Film • Bruce Springsteen: Deliver me from Nowhere

7pm, The Patricia

25

Tuesday

Christmas florals: Powell River Garden Club

Doors at 6:30, meeting at 7, Cranberry Seniors Centre. All are welcome. Presenter Jen Burry will discuss floral arrangements and demonstrate making a Christmas bouquet.

Compassionate Friends

7pm, learn the location by contacting powellrivertcf@gmail.com.

26

Wednesday

Dungeons & Dragons night

Doors at 5:30, games at 6 pm. High Tide Games. Come to watch or start a character and jump right in on the adventure.

Film • Bruce Springsteen: Deliver me from Nowhere

3:30pm, The Patricia

Film TBA • Cinema Politica

7pm, The Patricia

27

Thursday

Free Seniors Lunch

11:30 am to 12:30 pm at Trinity Hall (United Church on Duncan). Projects Half Done (PHD) follows at 1:15 pm — a time to bring along unfinished projects and enjoy working on them together in community.

Film • Bruce Springsteen: Deliver me from Nowhere

7pm, The Patricia

28

Friday

Holiday Shop Hop

Local stores open late for holiday shopping and music and more.

U15 Rec Tourney

Hap Parker.

Timberlane Fine Arts Holiday Sale

Friday noon til 8 pm, Saturday 10 am til 4 pm, Sunday noon til 4 pm. 5395 Timberlane Road. See ad on Page 13.

Film • Zootopia 2

1:30 & 7pm, The Patricia

29

Saturday

Miklat Recovery Program — Christmas Gala

Doors 4 pm, Dinner & Speakers 6 pm. Third annual feel-good Christmas Gala featuring a turkey and prime rib dinner, a silent auction, and inspiring guest speakers. Dinner is prepared by The Convent Chef in partnership with Miklat's Chef Zach Cadrian. Tickets: \$75 — Eventbrite or call John at 604-485-7621.

Kiwanis Book/Garage/Marmalade/Decals Sale

10 am to 1 pm, 4943 Kiwanis Avenue. Money raised will go to Adopt Families through Christmas Cheer & the Kiwanis Club of PR.

U15 Rec Tourney

Hap Parker.

Christmas Market at the Gathering Space

9 am to 1 pm, Powell River United Church, 6932 Crofton Street. Christmas market with local crafts, baking tables, plants and more. rurmackay@gmail.com. Table rentals \$25.

Uptown Market

10 am to noon, outside Dr. Varma's office on Joyce. Bread, pies, cookies, gluten-free baking, eggs, plants, local Artisan gifts.

Timberlane Fine Arts Holiday Sale

Friday noon til 8 pm, Saturday 10 am til 4 pm,

Sunday noon til 4 pm. 5395 Timberlane Road. See ad on Page 13.

Encore musical performances

4 pm at the Patricia

Film • Zootopia 2

7pm, The Patricia

30

Sunday

Santa Claus Parade

3 pm, Marine Avenue. Organized by the Rotary Club.

U15 Rec Tourney

Hap Parker.

Dreams: The Ultimate Tribute to Fleetwood Mac

7:30 pm, Evergreen Theatre.

Powell River Farmers' Market

12:30 to 2:30 pm, Paradise Exhibition Grounds (4365 McLeod Road). Produce, meat, baking, prepared food, artisan vendors.

Magic the Gathering Commander night

6 pm, High Tide Games. Bring your best Commander deck and be prepared to defend your creatures.

Timberlane Fine Arts Holiday Sale

Friday noon til 8 pm, Saturday 10 am til 4 pm, Sunday noon til 4 pm. 5395 Timberlane Road. See ad on Page 13.

Métis Handmade Market — First Ever!

10 am to 3 pm. Métis Centre, 4566B Marine Avenue.

Kiwanis Book/Garage/Marmalade/Decals Sale

10 am to 1 pm, 4943 Kiwanis Avenue. Money raised will go to Adopt Families through Christmas Cheer & the Kiwanis Club of PR.

Film • Zootopia 2

1:30 & 7pm, The Patricia

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NOVEMBER EVENTS

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have wine in
time for the
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SECOND WINTER PROTESTING: Saturdays at noon at Clocktower Square, locals gather to protest the continuing war in Palestine. In mid-October, the weather turned. To learn more, visit "qathet Peace for Palestine" on Facebook.

A PEEK AHEAD TO DECEMBER

Monday, December 1

Registration opens for the Winter season at the Recreation Complex
See Page 63 for more.

Fall into Christmas Community Dinner
4:30 to 6 pm, Powell River United Church.

Friday, December 5

Films • Rad Reels
7 pm, Max Cameron. Local outdoor adventure films, and fundraiser for the Brooks Berm Busters Mountain Bike Club.

Rock & Bowl 14
7 pm, The Alley Powered by Persephone. December's instalment of Rock & Bowl features Vancouver garage-punks Night Court, Vancouver psych/noise-punks Gadfly and local bands Hysteria (alt-rock) and Equals (peace-punk). All-ages show. \$20 adults / \$15 teens / \$5 kids. Includes free bowling! Curated by loud qathet.

December 5 & 6

Santa Train
6 to 8 pm each night, Paradise Exhibition Park. Miniature train rides in the dark, but with many Christmas lights, a bonfire, and snacks in the quonset hut. Fundraiser by the Powell River Forestry Heritage Society. How to participate • Admission to the rides is by donation for Salvation Army distribution (non-perishable food items or unwrapped new toys or cash).

Saturday, December 6

Santa arrives at the Town Centre Mall
Noon til 5 pm. Free to take your own photos. Santa will be at the mall December 13 to 23 1 pm to 5 pm daily. The Town Centre will be open Sundays December 14 & 21.

qathet SAFE's Shoe Memorial
At the Public Library foyer to commemorate the National Day of Remembrance and Action on Violence Against Women.

Regals vs. The Nanaimo Steelmen
7 pm Hap Parker

Townsite Public Market Anniversary Celebration and Craft Fair
10 am to 4 pm, Townsite Market. Gifts, cake, Santa, novelties, sale items.

The 70th Annual Powell River Chorus presents: Holiday Harmony concert
2 pm (doors at 1:30 pm). Evergreen Theatre. \$20 tickets (under 12 free) available from members, The Nutcracker or at the door.

Sunday, December 7

Children's Christmas Pageant
10:30 am, all welcome. Powell River United Church.

Verecan / Underwriters Breakfast with Santa
9 am to 1 pm, Carlson Community Club loft. A benefit for the Salvation Army and the PR and District Christmas Cheer Committee. Breakfast and photos with Santa by donation. No RSVP – just drop in!

Texada Island Winter Farmers Market
noon til 1:30 pm, Texada Community Hall.

qathet Concert Band presents: The Great Canadian Soundscape
2 pm. Max Cameron Theatre. Admission by donation at door. Directed by Steven Cramaro.

Monday, December 8

Registration opens for Swim Lessons at the Recreation Complex
See Page 63 for more.

December 9, 13, & 16

Lang Bay Community Club Christmas Hamper program drop-off
Non perishables and grocery gift cards are gratefully accepted at

Lang Bay Hall. Drop off times are: Tuesdays Dec. 9 & 16 1-2 pm, and Dec. 13 10 am-noon and 3-4 pm. Contact Carol at 604-487-1259 for details.

Thursday, December 11

Everybody Deserves a Smile community cookie-making events
6:30 pm, Powell River United Church.

December 12 & 13

Carols by Candlelight
Friday, 7:30 pm; Saturday, 1:30 pm & 7:30 pm, Dwight Hall. An essential mix of holiday music to fill you with comfort and joy. A magical highlight of the holiday season! \$30

Saturday, December 13

Magic of Christmas Craft fair
10 am to 4 pm, Rec Complex – upper foyer. Text 604-414-0701. One of the last fairs of the season.

Tla'amin craft fair
10 am to 2 pm, Salish Centre.

Monday, December 15

Chor Musica Christmas Concert
7 pm, James Hall. Featuring popular carols both sacred and secular. \$25

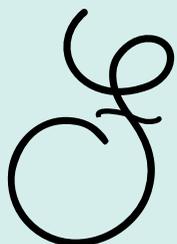
Tuesday, December 16

The Elvis Christmas Concert featuring Robert Falls
7 pm, James Hall. Featuring renowned local Elvis impersonator, Robert T. Falls, performing a variety of Christmas classics. By donation.

Thursday, December 18

Peanuts Christmas
6 pm, James Hall. Enjoy music from the Charlie Brown Christmas, performed by a jazz quartet accompanied by Academy Choirs. By donation

Films coming to the Patricia in December:
Zootopia 2
Wicked for Good



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& at High Tide Games

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**Christmas
Cheer
Campaign**

How to participate:

Tips for donation

All tips through the holidays are being used to purchase items and toys for the low-income children in Powell River. We “buy” the donated gifts at wholesale so every dollar goes even further.

Gift Cards

Customers can also buy gift cards to donate to the Christmas Cheer program.

Hark! It's Gifts!

November 7 & 8

Powell River's Own Home-based business and craft fair

Friday Nov 7th 5 pm to 9 pm
Saturday Nov 8th 10 am to 4 pm
Dwight Hall. Text 604-414-0701. One of PR's longest running craft fair

Lang Bay Community Club Christmas Craft and Collectibles sale

Lang Bay Hall at 11090 Hwy 101
Friday Nov.7 from 4 pm till 8 pm
Saturday Nov 8 from 11 am till 2 pm
Raffle prizes donated by the vendors.
Door control

Saturday, November 15

Lund Christmas Craft Fair

10 am to 4 pm, Italian Hall in Wildwood.
5866 Lund Highway. Vendors and Lunch. lundtreasurer@gmail.com

Carlson Community Club Christmas Craft Market

9 am to 4 pm, 4463 Joyce.

November 15 & 16

Dwight Hall Raincoast Craft Fair

Sat. Nov. 15 10 am – 4 pm
Sun. Nov. 16 11 am – 3 pm
Dwight Hall 6274 Walnut Street
Artisan Craft Fair. Text Carola at 604.223.6282 See ad on Page 17.

Thursday, November 20

Artique Festive 'Winter' Salon

Thursday, November 20, 7 to 9 pm
Art, music, refreshments and guest artists. Enter to win a gift basket full of gallery goodies! All patrons, visitors and neighbours welcome! 6820 Alberni Street artiquebc.ca 604 485-4837

November 22 & 23.

Cozy Creations Craft Sale

10-4, Town Centre Hotel.

Saturday November 22

Assumption Christmas Bazaar

10-2 Assumption School Gym Crafts, Sewing, Knitting, Doll booth, Baby booth, Lucky 7, Baking, and Raffles plus Refreshments. See ad on Page 60 for more.

A qathet holiday arts & crafts show season clip-out



MÉTIS MAKERS: For the first time, the Métis Community Association will host a holiday craft market. It's November 30. Below, Métis crafter Barb Rees displays a beaded purse in progress at a show in October.



Starting November 25

"Present" Group Exhibition & Fundraiser

Opens Nov 25, 12-5. See qathetart.ca for full hours. qathet Art Centre Art on display and sale as a fundraiser for qathet artists and qathet art council. qathetart@gmail.com

Friday, November 28

Shop Hop Late Night Shopping Event

4 til 8 pm, various businesses, including makers market at River City Coffee (shopping til 9 pm, open for food and celebration til midnight). Bingo shopping for prizes. See Page 29 for more.

November 28 to 30

Timberlane Fine Arts Holiday Sale

Friday noon til 8 pm, Saturday 10 am til 4 pm, Sunday noon til 4 pm. 5395 Timberlane Road. See ad on Page 13.

Saturday, November 29

Christmas Market at the Gathering Space

9 am to 1 pm, Powell River United Church, 6932 Crofton Street. Christmas market with local crafts, baking tables, plants and more. rurmackay@gmail.com. Table rentals \$25.

Sunday, November 30

Métis Handmade Market- First Ever!

10 am to 3 pm. Métis Community Centre, 4566B Marine Ave

Saturday, December 6

Townsite Public Market Anniversary Celebration and Craft Fair

10 am to 4 pm, Townsite Market. Gifts, cake, Santa, novelties, sale items. 604-414-0701.

December 6 & 7

Winter Market at Springtime Nursery

11 am to 3 pm both days. Featuring local makers market, holiday photo booth, hot food, cocktail lounge and beer garden, and much more. See ad on Page 17.

Saturday, December 13

Magic of Christmas Craft fair

10 am to 4 pm, Rec Complex – upper foyer. Text 604-414-0701. One of the last fairs of the season

Artisanal Winter Market

1 to 6 pm, Wishing Well, inside the Rodmay Hotel in Townsite.

Tla'amin Craft Fair

10 am to 2 pm, Salish Centre

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Thursday, November 6

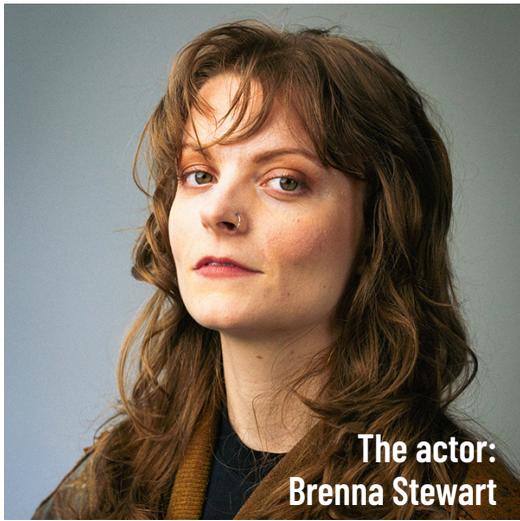
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The actor:
Brenna Stewart



The director:
Mitzi Jones



The subject:
The late activist Rachel Corrie

ON STAGE: MY NAME IS RACHEL CORRIE

Young Gaza activist comes back to life at James Hall

Mitzi Jones began her career as an artist over 20 years ago in Vancouver, where as an actor she trained, performed, taught and directed.

In 2006 she moved to London, where she discovered this play about the late activist Rachel Corrie — and where she met her husband.

They began their family there, before moving back to Savary. After staying home with her three children on Savary for their early, formative years, they moved to qathet and she returned to acting, teaching, coaching and directing.

“With my job I have the pleasure of traveling internationally, most commonly between New York and Rome,” said Mitzi. “This fall I found myself landed at home. I thought what better place and time to mount a production of this timely piece than here and now.”

Who was Rachel Corrie?

Mitzi • Rachel Corrie was a young woman from Olympia Washington that went to Gaza in 2003 to live with Palestinian families in an effort to support them and protest against the Israeli Army that at that time was bulldozing Palestinian homes. She stood between a home and a bulldozer and was run over. She died on March 16, 2003.

Why were you compelled to bring My Name Is Rachel Corrie here?

Mitzi • I found out about the play during its first run at The Royal Court Theatre in London. I was living there as a young actress and trying to absorb all things theatre. The play is a one woman compilation of her own personal journals and emails edited by the famous actor Alan Rickman and the journalist Katharine Viner.

When I learned who she was and what she did, I was so moved by her passion and activism, I felt especially close to her knowing that she was from somewhere near here, Olympia Washington and born the same year as me, 1979.

I was determined to get my turn at playing her but many years passed by, my focus shifted to family and I missed my window. However, I never gave up the dream of being a part of producing this play, so what better way than to direct an actress I love so much in the role.

What will be the experience of watching the play?

Mitzi • My intention for the audience is that they experience a person's journey, her life, her interests, her loves. The fact that she was just a regular person who decided to stand up for what she believed in, as one person attempting to make a difference and whether or not we believe she did.

Her sacrifice was one of many. She is far from unique in her story now, but I hope that people will enjoy learning about her and going on this adventure with us through art.

Why did you choose Brenna to play Rachel?

Mitzi • Brenna is an incredible actress, originally from Ontario but traveling to BC to be with us. She is extremely versatile, talented and engaging and has the same courageous heart that reflects to me what I think Rachel would have been like. One woman on stage for an entire show can be a challenge and I am confident Brenna will keep us on the edge of our seats.

Is there an activist opportunity available at this event?

Mitzi • My form of activism has always been art. I am bringing this piece to the community in an effort to ex-

EVENT AND OTHER BOX

When & Where: Friday November 21st at 8 pm, Saturday Nov 22, 2 pm Matinee and an 8 pm Evening Show, Sunday 6 pm closing night show with after party. Shows at James Hall.

What: \$30, showpass.com/my-name-is-rachel-corrie/

pand awareness and open more people's hearts and minds to the current conflict, keeping in mind that this piece was written over 20 years ago and the situation is worse now than ever.

There is a dedicated community here of protesters that have been consistently showing up for Palestine. I have been collaborating with some of those folks around the show, auctions and events in an effort to raise funds to go directly to Gaza.

Any profits from the production will go to an ethical Gaza based organization; we are currently deciding between four options. Stay tuned and please come out and bring your friends!

Anything else you want people to know?

Mitzi • It's my intention to bring more straight contemporary theatre to the community. We have so much wonderful musical theatre happening and the support seems to be wonderful for those productions.

I'm really hoping this show will be met with the same enthusiasm and I will be able to bring more shows to town! A big thank you to Walter Martella at the Academy for championing me and this production from the beginning. Come out and see it! 🎬



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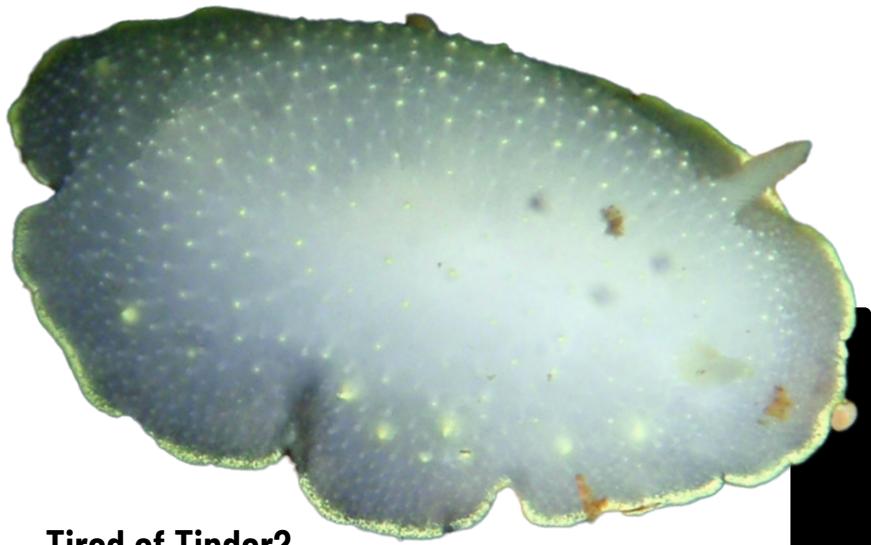


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Slow Love

Tired of Tinder?

Try giving *qathet Living's* print-based personals column a chance. It's a place where real humans can meet, off the online fray.

Everyone is welcome to submit an ad of up to 75 words, looking for any kind of love. Or, if you spotted someone attractive locally and didn't have the courage to say hello, drop them a note here.

Please keep it all relatively family-friendly!

The deadline for the December issue is November 20. Send your ad to editor@qathetliving.ca.

How to respond to an ad:

Write an email to editor@qathetliving.ca noting which # you're responding to, and we will forward your note to the right person. You can take it from there. Alternately, to lean in to the "slow love" theme, mail or drop off a physical letter to the *qL* office.

Please note: *qL* does not screen the people behind the personals ads, nor the respondents. You are all responsible for your own comfort and safety. Please take precautions such as meeting in public places, drinking responsibly, telling a friend where you are, and most importantly, choosing to not harm other people, physically or emotionally.

Slow Love's official mascot: The Nudibranch.

Each nudibranch (noo-di-brank, see image, above) is colourful, vibrant and unique, perfectly themselves — just like *qathet's* singles.

The similarities are actually uncanny, we hope. These little sea slugs grow out of their shells by the time they're adults. That's the vulnerable spirit we hope you take into dating.

In addition, finding another nudibranch to mate with can take time, so they are both male and female — any nudibranch can mate with any nudibranch. It's very West Coast. Nudibranchs live in nearly every ocean, including the waters surrounding this region.

qL's love of nudibranchs is so great it's in the name. The magazine is owned by Gastropod Media, a company with Pieta Woolley (a fan of slugs, a gastropod) and Sean Percy (a fan of nudibranchs, also a gastropod) at the helm.

The nudibranch: an ancient symbol for modern, slow love.

Seekers:

1. **Queer man, married and retired, looking for a queer male friend.** Hanging out, coffee, walks, sometimes a movie or other cultural events.

2. **Man seeks woman.** Down-to-earth, easygoing, and curious about people and the world. I enjoy good meals, honest talks, and weekends that balance relaxation with adventure. Hoping to meet someone genuine who shares a love for laughter and a sense of kindness.

Open to friendship, dating, or simply seeing what unfolds. If you're looking for connection beyond the swiping culture, maybe this is where our stories begin.

3. **Woman seeks man.** Mid 30's newly single child free trad wife seeking life partner. Loves to travel, sweet treats & spontaneity. Huggable & easygoing. Great cook & baker. Looking for an honest, down to earth, dad type with tattoos and some baggage. Witty banter & a (very) dark sense of humour is a bonus. Geminis and man-children need not apply. -

4. **Woman seeks man or woman.** Retired gardener seeks "real" — no pretences. One whose own opinion of themselves guides them. Above all, one whose highest value is love. I follow a low fat, whole food, plant-based diet and lifestyle for health and environmental reasons and so that all may be fed. I love dancing in my kitchen. I love to eat and the idea of teaming up as cooks and sharing wine. Why wait for December's instalment? Coffee date now!

5. **Woman seeks man or woman.** I am looking for a healthy strong funny person who is interested in kayaking, hiking, foraging, swimming in lakes and ocean and biking. No romance, no chance of "connection." I am now a jaded untrusting woman, but still fun, that is NOT looking for love. So keep looking for love on your own, but if you are interested in sharing outdoor adventures and you are in 57-65 range then maybe its an activity match and again that does not include romance. Ever.

6. **Woman seeks man.** Six decades into this beautiful adventure, she holds her compass close,

trusting her heart to guide the way. A romantic, quirky lover of nature. She's weathered storms and bloomed stronger.

She seeks a warm, adventurous man who's also journeyed deep within, ready to share laughter, quiet moments, and a curiosity for life's twists and turns. Feet on the dash, music playing- together, they'll explore, cook, hike, love deeply and simply be.

7. **Unicorn (woman) seeks throuple.** Spice up your life with some erotic bizarre practices that you'll be sure to recount on your deathbed. Can't host. Ongoing relations preferred.

8. **Mature male seeks mature female** for long-term relationship based on shared values, including several of these: friendship leading to love • personal growth, learning, curiosity • open, honest, responsive communication • empathy • healthy living, self-care • frugality • punctuality • silliness, playfulness • physical affection in abundance • honour thy commitments • being well-rooted at home • ecological literacy • community service • creative expression, especially music, dance • accept ourselves, not perfectionist

9. **Woman seeks man.** 43-year-old, divorced, professional single mom in search of a man to join my chaos. I'm open to age gaps. I enjoy the forest, lifting weights and dancing. I grew up here, moved away to the Island and moved home a few years ago. I live life to the fullest as we only live once. I hope you can keep up to me!

I Saw You / Missed Connections

10. They say to catch the most fish you must cast a wide net. However, I only wish to cast one line to find the girl I'm looking for. We spent one magical year together in 1994. You lived in Vancouver at the time. I moved away but never stopped thinking about you. I was told you now live in PR — but I don't have social media, and I wonder if you've changed your last name.

Could you be this girl?

Perhaps this could be our time. 

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Sunday, December 7th, 2025

9am to 1pm

Carlson Community Club (Loft)
4463 Joyce Ave, Powell River

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The Salvation Army and **Powell River & District Cheer Committee**



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Slow love circa 1989:

The Edmonton Examiner's personals section linked up this long-time couple

BY ERIC AND SANDRA OUTRAM

Newspaper-based personal ads may never replace Internet dating, but in 1989 when I (Eric) found myself single again at 42, they were the best available option for meeting someone.

In 75 words or less, try to give a reason for a complete, but equally lonely, stranger a reason to consider meeting with the possibility of exploring a relationship. Pictures not included.

The usual ads in the personals section often talked about walking in the rain or other very unlikely favourite pastimes.

My approach was a mixture of complete honesty, wry humour, and a challenge. My ad when dictated to the young woman at the newspaper evoked laughter.

Seeking a warm, companionable non-smoking lady friend, with the beauty of Meredith Baxter & the sense of humour of Candace Bergen, or vice versa, who is willing to spend time to develop the best in a relationship. I am 42, slim, happy, emotionally secure & a terrible dancer. I enjoy children, the theatre, cycling, active in spectator sports, downhill skiing, sightseeing, camping, and quality quiet time. A short letter, phone number, photo if you wish, will guarantee a response.

I received more than a dozen replies. I met them all, even the sky diver, who was way too adventurous for me. I was most intrigued by Sandra. She rose



PAPER TRAIL: Eric and Sandra Outram met through a paper personals section, married, had a baby, shared their lives in Alberta, and now live north of town. It works!

to my challenge with a spirited letter that described her as a short brunette, with enough attributes in common with Meredith and Candace, to meet the challenge. Sandra was a widow with three young daughters, and she told me later that they all had to love me if our relationship was going to work.

We got on well right from the beginning. We were honest with each other. At our first meeting she told me she had been widowed twice and that her friends had told her not to lead with that for fear of scaring me off. Apparently I don't scare easily. We spent three hours together. We both recognized that this was an interview, which if passed, could be the beginning of something. Sandra told me later that she had a list of qualities that had to be met. I wasn't that organized. I do know that I left that meeting feeling that this was a person I could probably make

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a life with.

Relationships take time to evolve. It was a month before we went on our first date due to circumstances, but we talked on the phone often.

The first date was an adventure. I met her mother, aunt, three daughters, and the dog. We went for dinner and to the movie "Dangerous Liaisons." We have one daughter together, and have been happily married for thirty-five years.

Sandra, as the widowed mother of three young girls, had a lot more to consider when contemplating a new relationship. We often revisit those first steps and Sandra describes in very pragmatic terms how she evaluated our first meeting.

Here I was recently widowed with three young girls. Where oh where to

**qL's newest column:
I Made the Match**

Last month, qL introduced "Slow Love," the anti-online, pro-people print personals column (see Page 50). Next month, we're introducing I Made the Match—a Q&A column (like I Made the Move) but this time, about romantic love.

Do you have a love story you'd be willing to share?

All kinds of love accepted: married, unmarried, currently together, exes, queer, hetero, and more. You love it, we run it.

Send an email to editor@qathetliving.ca by November 15, and we'll send you questions.

find a companion and hopefully a new love.

The Edmonton Examiner at that time, before internet, had a section called For Singles Only. A place to start.

I answered some ads and had a few "interviews." No one ticked enough of the boxes on my list to warrant following up. I thought maybe I'd have better luck if I wrote my own personal ad.

Before doing so, I answered one more. The ad was very different. This fella said he was looking for a tall blond so of course I replied, being brunette and not tall at all.

He described himself as slim and a terrible dancer; both proved to be true. Right off the bat he met a few of the items on my list. Smart, emotionally secure, and he liked children.

We met sight unseen in a local restaurant and talked for a couple of hours.

I said he would recognize me by my distinctive blue and white glasses. He wondered why I did not just say I'd be the one wearing parrot earrings. Another box ticked. The fun and funny one.

Unlike some of the others, he did not complain about his former wife and was positive about the future. I heard the heart felt story of a friend's little boy suffering from leukemia, the same disease that killed my recent late husband. Yes, I'd been widowed twice by age 34.

Top of my list was being "kind" which was apparent right away. I also

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Festivals • Sports • Art • Film & Much More!

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at qathetliving.ca, or visit our booth at the Community Connections Expo.





FIRST COMES SLOW LOVE, THEN COMES MARRIAGE: The rest of the text describing the photo goes here and over to here. Then shift tab *Photo courtesy of the Powell River Historical Museum & Archives*

We look at the process we went through and find it hard to reconcile it against the swipe right/left fleeting glimpse of a possible match on a dating app.

found him very easy to talk with so maybe....Hmmm. I wonder if I'll come to love that nervous giggle.

I was moving, so dating was not going to happen for at least a month. We spoke on the phone several times. He offered to help me move but hey, I could not have him moving my underwear drawers to my second house on 52nd street, four doors down.

That was in the spring of 1989. One of my girls had asked if I would ever get married again. I said he would have to fall in love with all of us. That he did.

Late that summer we travelled to Vancouver Island to see how well we'd get along and discuss the possibility of building a life together. Eric moved in that October. We married in January 1990 and became our own version of the "Brady Bunch" and often talked about the movie "Eight is Enough".

We were married in a local church,

two ministers, a kid's choir, soloist, and a liturgical dancer.

Our reception was in the community hall, guests brought food for pot-luck. Some of Eric's family came from England for the wedding so we took them with us on our honeymoon to Banff.

I had an eight-seater van so we had room for all those kids. We took them skiing, had picnics in the park, hiked, played games, and laughed a lot. Family traditions started to form. In October 1991, our baby arrived. The glue that held us all together, everyone's sister. Life was very busy. There were hockey and soccer games, piano lessons, graduations, and weddings.

The years have flown by with many good times and some sad times. Last January we celebrated our 35th wedding anniversary. We are still best friends and treasure each other, our family, those 13 grandkids, and a host of good friends met along the way. Life is good!

We look at the process we went through and find it hard to reconcile it against the swipe right/left fleeting glimpse of a possible match on a dating app (picture included), or the few minutes spent "getting to know someone" at a speed dating meet.

In a city the size of Edmonton in 1989 there may have been 50 personal ads in the weekly paper, and about the same number in the daily paper. That is a far cry from the 3.5 million Canadians who subscribe to the thousands of dating applications available on the Internet.

If we were embarking on this search for a mate today there is a very great chance that we would not find each other.

We were lucky, and we know it.

Our Lives



Roxy

2011 – 2025

After fourteen and a half years, with many tears and reams of tissue, it was the right time to let our little Roxy go.

A Shih Tzu in every way, she spent most of her life keeping her humans well in line. As the world's most difficult on-leash dog, Roxy challenged us in all the most wonderful ways.

Stubborn, vengeful, spirited, disgusting, committed, and very proud, we couldn't help but love the little scamp, or, Snaggletooth, lovingly dubbed so by her uncle Joel.

Roxy was a committed work-from-home employee, who showed up on time, even on her last day. She was forever dedicated to her health, supplementing her mash of chicken liver, rice, and veggies with fresh tomatoes, bananas, and cheese.

Every stuffed animal was subjected to a morning thrashing, with or without its stuffing intact, and bodily excretions could be repurposed as dessert, if the mood struck.

*A deplorable evolutionary in-



stinct that truly should've gone the way of the dodo. A true insult to any dog food chef.*

Even though our house is still full of warm furry bodies, there is a void. My days are lonesome and the spot beside me on the couch feels empty.

She was a bright spot and a black sheep, and that's why we love her.

You're now free to get lost in your nose for always, sweet pea.

Love mom, Lauren

In *qL's* Our Lives section, anyone can share important news from their loved ones' lives:

- Births
- Graduations
- Weddings
- Job Changes
- Anniversaries
- Retirements
- Obituaries
- 'In Memoriam' Notices
- & More

Because sharing this kind of news is so important in a community, *qL* offers free small notices for births, weddings, and obituaries: a 1/18th size, for locals, when the event happened in the three months previous to publication.

Bigger sizes and other announcements:

- 150 words & photo: **\$150**
- 300 words & photo: **\$300**
- 600 words & photo: **\$500**
- 750 words & photos: **\$750**

Send your info to
ourlives@qathetliving.ca,
 call 604-485-0003, or drop in to
 7053E Glacier Street.



Richard Nelson Benson

June 14, 1941 – October 18, 2025

It is with profound sadness that we announce the sudden yet peaceful passing of Richard Nelson Benson on October 18, 2025 at his home in Powell River, British Columbia.

Richard was born in Oshawa, Ontario to parents Harry and Grace Benson. He was the third born of five children, and was the last surviving member of his family at the time of his passing. He often spoke of his happy childhood, which included a love of boats, summers in Waubaushene, being an altar boy and singing with the church choir. He was always strong academically and graduated high school a year early. He then attended Ryerson College in Toronto where he studied drafting with the goal of a career as an architect.

While pursuing his studies, Richard met his future wife and love of his life, Nora Lea Flegg when they carpooled to school together in a red VW bug with other students. Their friendship grew into romance, and in 1964 the two were married. Richard always said he just couldn't believe that Nora Lea chose him.

The young couple moved to London, Ontario for Richard's work, and they had four children over the next eight years. In 1974 Richard took a leap of faith and moved the family to Edmonton, Alberta when he was offered a leadership role with Westeel Rosco.

Richard's career continued on a

swift upward trajectory, and he soon became the president of a nationwide metal fabrication company where he demonstrated innovative leadership and unwavering integrity until his retirement in 1998.

Upon retirement, he used his drafting skills to design and build a dream house in Vegreville, Alberta where he and Nora Lea could be close to their grandchildren. They enjoyed taking road trips during this time in their life, and in 2005 they first visited Powell River on an exploratory adventure. Richard and Nora Lea fell in love with the community, and within a year made the decision to sell their Alberta house and move permanently to the Sunshine Coast.

Both Richard and Nora Lea were joyfully involved in their community, and shared a passion for the arts, culture, and natural beauty of their new home. Richard quickly joined an art collective (Artique) where he displayed and sold his nature-themed stone carvings. He was an annual Studio Tour participant, and on occasion he also taught introductory carving in elementary schools.

Early in his residence Richard joined Chor Musica, and sang with the choir up until two weeks before his passing. Music was one of his many gifts. He loved to sing in chorus, and with local a cappella group The Barber Schnappers, but also with his guitar



at home when family came together. He revered nature, and worked tirelessly to preserve the heron habitat and the forested area adjacent to his home. He loved baseball, playing with a group of local enthusiasts on Thursday mornings at Larry Gouthro Park each summer. Richard and Nora Lea were avid Blue Jays fans; we can only smile through our tears when we think of how thrilled they would be to see their team going to the World Series final this fall.

Richard will be remembered as an extraordinary source of loving support for his entire family. His unshakable optimism brought him through three serious bouts with cancer, and still he had the resilience and love to become Nora Lea's devoted caregiver as she declined with COPD and passed away on February 22 of this year. Richard's generosity was immense and genuine. He was incapable of looking past anyone in need of assistance. He was de-

termined to continue to find ways to be of service after the love of his life and partner of sixty years was no longer by his side.

While his courage, kindness, and love for family and friends continued after Nora Lea's passing, his heart was broken by her loss. It is a source of comfort to think of Richard reunited with his first and last true love, Nora Lea.

Richard is survived by his loving family including daughter Kathleen (Brent), son John (Kelly), daughter Marielle, and son Joel (Zoe). He will be dearly missed by his nephews and nieces, and by his three grandchildren (Sam, Sonora and Zoe), and two great-grandchildren (Sila and Eden). Richard was predeceased by his parents Harry and Grace, brother John, sister Jan, brother Bob and sister Sharon. He will be remembered by all who knew and loved him. And all that knew him, loved him.



SWEATER WEATHER

New fall stock from Gentle Fawn is in store at **The Knack**. Canadian made, based in Vancouver, Gentle Fawn pieces use high-quality material, thoughtful construction and timeless designs, using sustainable practices that are gentle on the planet.

LOOKING GOOD

Simply Bronze is far more than a tanning salon, and it's the perfect place to help someone get ready for a sunny vacation, from swimsuits to sunglasses. These fashionable, polarized lenses from I Sea Eyewear range from \$42-\$70.



STEP INTO THE SEASON

New for this season at **Westerly** (now on Marine Avenue) are ladylike slippers from Canadian-founded Mave & Chez. Thoughtfully designed and podiatrist approved, these slippers can take you from around the house to any holiday party. Come and see what the buzz is about and support two Canadian businesses at once!



STYLE IN FULL BLOOM

As a perfect accessory to any outfit, this chic silk scarf celebrates the beautiful blooming that we all have inside of us. It's versatile because of the vibrant colours of the florals paired with the monochromatic background. Wear this around your neck, as a top, in your hair, or as a unique accessory to your favourite handbag. Find it, and other Kristina Wushke pieces, at **Bloom Therapy**.



DARE TO DAZZLE

This stretch knit mermaid gown from Ellie Wilde features stone accents that catch the light at every turn. Its scoop neckline and sleeveless design pair with a semi-sheer corset bodice for structural interest. A lace-up back and thigh-high slit complete the look, balancing classic lines with contemporary details. Get it at custom tailored for you at **Perfect Fit for Brides and Grads**.

A few of





FLUFF, FUNK & FURRY FRIENDS

Say hello to your new fall obsessions! This plush heart bag from **Sublime Fashions** brings the cozy, while pup and kitty scarves serve up serious personality. Whether you're a cat cuddler or a dog devotee, these accessories are all about playful charm and snuggly style. Perfect for boutique lovers, animal fans, and anyone who likes their fashion with a wink. Come feel the fluff—your wardrobe will thank you.



FOR HOT STUFF

Protect your loved ones with Rutland Fireplace Gloves from **Cadam Fireplace & Stove Centre**. Made from genuine cowhide leather and lined with cotton fabric, these gloves have a cuff that extends up the forearm for additional protection. Use them around fireplaces, wood stoves, grills, and fire pits.

of our favourite things

WATER ON THE GO

Why have a plastic water bottle when **Kelly's Health Shop** can provide options that are so much better? Everyone should be drinking more water, so show you care by giving a hammered copper water bottle that offers both style and practical benefits.



NO DARNING

These are socks no one will ever have to darn, as they're guaranteed to last. Darn Tough Merino Wool Socks also have odour and moisture control and area available for men and women at **Fits to a T**.

A BELT ABOVE

Brave Leather Belts at **Anchor Apparel** are well-crafted and ethically made in Canada. From exotic hair-on leather to durable bridle-leather timeless classics, they make a perfect fashion gift that will last.





FUN WITH FELT
Great Balls of Wool, operating out of Lund, has a large selection of felting supplies. All ages will have a whale of a time felting with this "Humpback" kit, but you can also choose gnomes, chickadees, sheep, penguins, and more.



BONES OF THE SEA
 Made from local beach glass by **Found Stone Jewelry**, the "Bones of Fish" catch the light from a window or hang as an ornament beside a twinkling tree light.



IN THE KNOW
 Field guides from Harbour Publishing, including guides for local marine life (there's even a guide to nudibranchs, which of course caught our attention here at Gastropod Media) and edible wild greens and mushrooms are ideal for the outdoor adventurer are your list. (\$7.95-\$9.95 each) Find them at Tourism qathet's **Visitor Centre**.

SILKY SMOOTH CUTS
 Available in a wide range of sizes, these Silky Saws fold into the handle and are easily stored in a pocket or backpack. Most open to two cutting angles and are available in straight and curved blades. Outfit your favourite bushwhacker at **Thunder Bay Saw Shop**.



SERVE IT RIGHT
Tug Guhm Gallery in Lund curates a large collection of coastal artists, including work by Penny Eder. This humpback whale serving tray by Penny is \$225.



SECURE WALLET
 Secrid wallets from **Armitage Mens Wear** ensure protection against bending, breaking, and unwanted wireless communication. Effortlessly access your cards with one-handed ease. Now available in purple.



LET IT GO
A Buddha Board is a reusable painting surface that lets you create with water, watch your artwork slowly fade, and enjoy the beauty of letting go. Get one for the artist in your life at **qathet Art + Wares**.

Some of our favourite things



PERK UP YOUR GUESTS

Give your guests what they want – coffee, made fast and delicious in their own room – with the Hamilton Beach Commercial® Single-serve Pod Hospitality Coffee Maker from **Aaron Service & Supply**. It combines the convenience of a single-cup coffee maker with the no-mess ease of coffee pods. Brews with soft pods in recyclable pod holder.



A WARM HUG

Like all the Warm Buddy plush animals from **Oceanside Entertainment**, Beary comes with a removable inner heat pad (containing all natural ingredients) that can be warmed or cooled as desired. Warm-Up Animals deliver gentle, therapeutic heat to help ease tension, calm aches, and promote restful sleep. A comforting companion designed to support wellness and provide a touch of warmth whenever you need it most. Perfect for kids, grown-ups, or anyone who needs warm hugs!

MIX IT UP

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TAKE A BREAK

Honouring Grief Even When Good Things Happen



RETURN TO REVERENCE

JULIETTE JARVIS

I know I'm not alone when I say I've been sitting with certain sadnesses this Autumn.

Some is related to situations out of my control or influence, but some of this grief comes in response to good wishes coming true and the culmination of supportive change. A lot of other things in life are going really well too — reminding me that even when fantastic things are afoot, prayers are answered, or fortune finds us, it can coincide with conflicting feelings.

Sometimes when good things happen, there's still a directly associated loss that needs to be honoured. A classic case of two things being true.

Perhaps it's finally getting that promotion but it creates distance from favourite colleagues, or an inheritance saves you financially but comes with the death of a loved one, even ending a relationship can offer certain desired outcomes, yet the loss of what was good between you can be devastating.

We already live in a society that rushes us, particularly through sadness, with much emphasis to only focus on positive aspects. Helpful when we're ready to move forward perhaps, but for me, I'm not usually ready until I've spent time being present to these more challenging feelings or recognizing them in some way.

When there is much to be grateful for, giving time and attention to the parts of us that are deeply sad might at first seem out of place, or even leave us feeling guilty, but it truly helps us lean into the nuances of being human while allowing us to feel more complete and whole.

Looking to natural seasonal cues can support us

here. The stunning beauty as leaves die, lush fruiting fungi popping up from a decaying forest floor, the deliciousness of a cozy fire made more enjoyable for the cold weather setting in. We too can spend time with what is beautiful and still give space to what is hard or sad. One does not negate the other, we only need to allow them both space to exist.



It can help to say to a friend, "I'm going to give myself time to be sad even if there is much to be thankful for." Or, dedicate a special shelf to representing things of joy and another for what is being mourned. You might even tend to grief through a fire ceremony, breath-work, song, or creative process. Practices that honour and help move us through grief.

If you'd like to read more; archives, books, & guides can be found at juliettejarvis.com or subscribe to juliettejarvis.substack.com

TAKE A BREAK



Across

- 3) Grape, not gripe's, result
- 6) Ocean gastropod
- 8) Sneaks around, or rescues animals
- 10) New clinic here, right?
- 12) Marc & Sue's tool
- 13) Ted, Paul and Squatch hunters do it
- 17) To flower
- 19) Fun guy Jason's topic
- 20) Saint, Super, Rudd, Newman
- 22) Left or right choice on dating apps
- 23) Green plant, Kate, or Somerset
- 24) Dancer, Choreographer, not Max
- 26) Irish social
- 28) Sea lion, Jay, or qL events
- 29) Sadness at loss, or a Point
- 31) Curtains to stop bombs
- 34) Black Sabbath's lead
- 35) Long term care advocate
- 36) Historic Hall, Rainn's character
- 37) Anchorage with new protection

Down

- 1) New grocer to have none of these
- 2) Gaza activist
- 4) End of the road
- 5) Beach or care centre
- 7) Shout encouragement
- 8) River hydro owner (acronym)
- 9) Addiction recovery facility
- 11) ChatGPT et al
- 14) Inspector, or Edmonton newspaper
- 15) Bunnies and shoppers do it
- 16) Sam, or 3.2 km
- 18) The Gathering
- 21) Peak's new owner
- 23) Death to memento
- 25) Of the stars
- 26) War dead memorial
- 27) Power maker
- 30) Shih Tzu or former Theatre
- 32) Neil, or where youth is wasted
- 33) A communication first in PR

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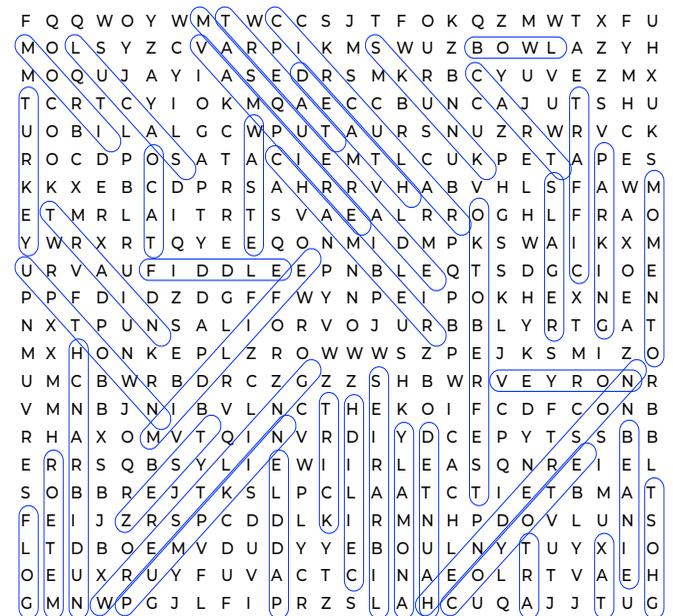
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SOLUTION TO OCTOBER PUZZLE



Long term lack of care:

health bureaucrats ghost this reporter

Six weeks ago, I sent the Vancouver Coastal Health communications department eight questions about the long-term care situation in qathet. These weren't hard questions. Just numbers.

How many people are on the waitlists for each facility? How many qathet General Hospital beds are currently occupied by people waiting for long term care? Is it true that there are no current plans to build additional long term care beds in this region?

I was able to send the questions directly to the head of the department rather than a faceless bureaucrat, because the department had previously screwed over *qL* by ignoring our requests for simple information about the health services VCHA provides here, so we could run them as listings in *Zest* magazine.

The 2024 issue of *ZEST* ran without those VCHA listings, because their staff didn't make an effort to send them to us. In early 2025, I mailed a strongly worded letter defining our broken relationship and how I'd like to fix it for the benefit of *qL*'s readership — and senior communications staff called me right away, promising to be responsive to *qL*'s future requests, and they did get us an extensive list of services for last months' *ZEST*.

Then, on the same day as I sent my long term care questions, September 16, a bureaucrat got back to me asking for my deadline. September 22 — eight days later. So I was surprised when he blew through my deadline and sent the most ludicrous corporate-sounding drivel on September 24. He ghosted my numbers questions.

"VCH is committed to supporting Sunshine Coast communities that need access to long term care," read the response.

"Wait times can vary..."

"VCH is committed to providing all patients with the best possible care while they are awaiting long term care."

These words sound innocuous, but they're not. If you've read the story starting on Page 6, you know that "the best possible care" can mean waiting for months in hospital, often with dementia, with no stimulation other than getting moved from ward to hallway. And, that VCH has no plans to build more beds here. (None of this is the fault of local staff. These are systemic, organizational problems.)

We were moments from going to press for the October issue on September 24, and my questions weren't answered, so I axed the entire long term care feature and decided to run it this month, instead: November. I rejiggered the October issue (eye-roll) and pledged to get back to VCH later.

I admit my October 7 email to VCH communications was a barn-burner. I explained that surgeries are getting cancelled locally because the hospital is so full of people waiting for care, there's nowhere to recover. And, I illustrated the cruelty that many locals already know about — anyone who works in health care, families of elders, etc — of letting dementia patients live in hallways.

"This was VCHA's chance to be transparent, and demonstrate to this community that the agency serving them, with a head office two ferry rides away, knows and cares what's happening locally."

I noted that when I worked in urban media, VCHA and other communications bureaucrats snapped to it. Was I being ignored because I'm requesting info for a rural community?

Two days later, the same bureaucrat got back to me, promising me answers by deadline — October 15. October 16: "apologies, just letting you know we are still working on your questions..." October 21 I wrote back: "Can you let me know if this is coming in?" He wrote back that the answers were going through an "approval process."

Again, these were simple, numbers questions. The kind I should be able to just call local administrators and request, no muss no fuss.

In short, I am a woman who is still unsatisfied.

VCHA finally fessed up there are 10 people waiting for care in the hospital. They occupy nearly one quarter of our hospital's 42 beds.

The note claimed that "Patients at qGH awaiting transfer to long term care are placed in a unit that best supports their needs."

There are no plans for more beds here, the



LAST WORD

PIETA WOOLLEY

email admits.

And, VCHA spends about \$24 million annually on long-term care here in qathet, I learned.

"What happened to the answers to the rest of my questions?" I asked that same day.

An hour later: "That is our complete response. We're not able to provide specific wait lists at facilities."

"Why is VCHA unable to provide wait list info?"

The next morning, as I scrambled towards deadline for this 64-page behemoth: "it's information we don't share publicly. I checked with my colleagues and none of the other Health Authorities or Ministry of Health share that information either."

Four minutes later, I fired back, "The Seniors Advocate has it aggregated for all of BC in his July report... I'm disappointed that media can't report on the specific situations in our communities. Can you tell me why? What is being protected?"

That is the last note sent by either of us. I have been thoroughly ghosted by VCHA communications.

But I can say exactly what's being protected: the well-paid jobs of out-of-touch Vancouver-based senior bureaucrats, and the public perception of the Provincial NDP government that has allowed more than 7,000 BC seniors to wait months or years for a bed in long term care, often with dementia, often being cared for by other elders.

There's a lot to say here about the decline of the power of journalism up against government communications departments.

Much more crucial though, is the utter disrespect VCH is showing to those experiencing uncomfortable, disorienting, long waits for long term care, and the people who love them.

Does VCH know or care what's happening two ferry rides away from its head office in Vancouver?

If this simple request for information is any indication, the answer couldn't be more clear.

WINTER

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