

qathet

JUNE 2024

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Hello,
Humpbacks!

June is
humpback
month in the
Salish Sea



PRISMA

TUESDAY
JUNE 18
7:30 PM

GARNEAU STRING QUARTET

Viennese Elegance and
Bohemian Spirit



WEDNESDAY
JUNE 19
7:30 PM

CONCERTO COMPETITION

Young Virtuosos:
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THURSDAY
JUNE 20
7:30 PM

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FRIDAY
JUNE 21
7:30 PM

DANCES FROM DISTANT LANDS

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SATURDAY
JUNE 22
6:00 PM

PRISMA ON THE BEACH

Cultural Connections
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TUESDAY
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JUNE 27
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TRANSATLANTIC TONES

TWO MUSES AND A MAESTRO

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JUNE 28 JUNE 29
7:30 PM 1:30 PM

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ON THE COVER:

Humpbacks Spotlight and her calf, photographed in upper Sutil Channel between Read Island and the Cortes Island with the high hill on Raza Island in the background. Terry Brown and Jude Abrams see Spotlight each year. See story starting on Page 6. Photo by Terry Brown.



'Better' is worth the hustle

Back in 2005, I wrote a story asking whether it was time for BC to deliver a universal public dental care plan. I had to fight my editors at the *Georgia Straight* to be able to do the story, because at that time, it seemed like a ludicrous, pie-in-the-sky idea. Like it would never happen. Now, 19 years later, elders and parents are literally crying with gratitude in MP Rachel Blaney's office, because in May, Canada started to offer a federal dental care plan (Page 22). It's not perfect. But for the first time, it exists, thanks to the hard work and vision of thousands of people.



EDITOR'S MESSAGE

PIETA WOOLLEY

Not everything is getting better. But sometimes, some things do. And this issue of *qathet Living* is full of these stories. Terry Brown and Jude Abrams' story about the return of the humpbacks to the Salish Sea, is one of them (Page 6). Tracy Ellis' years-long advocacy work on behalf of Inland Lake Trail, along with many other locals, has resulted in

a renewed investment in the park and a cleaner, safer trail (Page 27).

June is Pride month, filled with activities for both members of the LGBTQ2S+ community and their allies. For the first time, qathet will host a Pride Parade down Marine Avenue on July 6, a declaration of "queer joy" that would have been unimaginable a few decades ago (Page 53).

Other things are harder to weigh: what is "better"?

On Page 12, six dads and their 2024 high school grads reflect on the long road they've been on together, from Kindergarten to the edge of adulthood. One of those dads is Sean Percy, *qL's* Associate Publisher. Both Sean and I have children graduating from Brooks this year: his daughter Ella, and my son Dave. It's bittersweet as they grow and get ready to leave. Worse, and also, the best.

It's powerful to recognize and celebrate when things change for the better. I'm thrilled to carry these stories.

qathet LIVING

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qL

“

It is so joyful to wander and see bees and butterflies. If you ever have a bird follow you around the garden as you dig, looking for worms from the soil, you'll understand the positive mental health benefits of gardening.

- Jennifer Martin, Master Gardener, **Page 57.**

”

JUNE'S CONTRIBUTORS



CARL ANDERSON is a Biomedical Engineering Technologist and enthusiastic photographer. Born and raised in qathet, Carl enjoys sharing images of our amazing surroundings. **See Carl's image of the May 10 Auroras on Page 45.**



TERRY L. BROWN AND JUDE ABRAMS are lifelong naturalists and environmentalists who enjoy being in, on, and under water frequently, with a passion for protecting and restoring the Salish Sea. **See their cover and story, Page 6.**



HANNAH MAIN-VAN DER KAMP is a freelance writer and a poet. Her sixth book is *The Slough At Albion*, just published. The PRPL has copies as does Pocket Books on Marine. **See Hannah's story, Bus is Enough, on Page 37.**



JOSEPH RAVICK moved here to paradise "so I could continue living the life of my dreams in retirement. I have not been disappointed." **See Joseph's story, Life Cycle, on Page 35.**



PATTI RUDIAK moved here to downsize and simplify her life, have a softer footprint on the planet, and to retire, play, and travel. These goals are ongoing. **See Patti's story, The Shuffle, on Page 50.**

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Here come the humpback whales, home to the Salish Sea

BY JUDE ABRAMS & TERRY L BROWN

"Look, look! A whale!!"

This delighted exclamation will soon ring out along our coast from yulqen (Thunder Bay) to k^wuk^wak^wθays (Copeland Islands). Humpback whales are returning to feed and frolic in the Salish Sea!

The entire North Pacific Ocean is the home of these awesome 40-ton beings. A humpback whale can travel from here to Alaska to Hawai'i and to Mexico in one year.

They are ambassadors of the ocean and also its fertilizers. A dead humpback whale falling to the ocean floor feeds myriad deep-sea critters. If you've ever seen bright orange whale poop, you are witnessing plankton food in production.

We've learned a lot since 2015 when we set out in *SV Blue Parrot*, our 1972 C&C sailboat, to learn how to make friends with whales.

It has been an exciting, frustrating and always humbling journey that has led to days of waiting for whales in the intense heat of summer and floating all night in the open Strait listening to whales practice singing while under our boat.

We've learned about different humpback cultures around hunting and food preferences, friend and family groups, social relationships with other cetaceans and sea lions.

HUMPBACK PRESENTATION

When & Where: July 16, 7 pm, Library

What: Naturalist filmmakers Jude Abrams and Terry Brown will present an audiovisual journey of the return of humpback whale populations to the local Salish Sea waters.

Learn more: Find out more about Jude and Terry's work at welcomingwhales.com. Learn more about the Library event by contacting Mark Merlino at mmerlino@prpl.ca



GLIMPSES: Above, a humpback's tail emerges from the sea. Below, breaching photographed from the back and the side. Below centre, propeller marks on Raza. Bottom, KC's split dorsal fin, from being hit by a powerboat near Cortes Island. Right, flying breach. Right below, the pectoral fins of a humpback and a sea lion. Far right, the most common way to glimpse humpbacks: blowing vapour.

Photos by Terry L. Brown





We haven't had the privilege of living with leviathans for over 100 years – since industrial whalers slaughtered all the whales who used this area to feed. Most of us can't help whooping and gasping when we see these awesome beings lunge out of the sea.

– Jude Abrams and Terry L. Brown



Humpbacks are known for their awesome acrobatics. A 40-ton whale with five-metre long pectoral fins flying through the air is a breath-taking sight. 'Big-winged' is the meaning of their scientific name, *Megaptera novaeangliae*.

If you are fortunate enough to see and hear them slapping their huge pectorals on the surface with dramatic flourishes and loud splashing cracks, you'll know how appropriate that is.

However, despite their large size and acrobatics, a "logging" whale sleeping on or just under the surface of the water and barely breathing is easy to miss and, tragically, easy to run over in a speeding boat or through a moment of inattention.

It's shocking how quickly whales can erupt from calmly snoozing to a flying leap out of the water. And you cannot accurately predict where a whale will surface when feeding as they frequently change direction. The only way to be sure your boat won't hit a whale is to stay sober, keep a constant watch, and slow down when you know whales are in an area.

Whale behaviours and communications are always intriguing. KC, the whale we have known the longest, was named Kelp Creature because he loved to play in the kelp beds as a youngster. We've seen him hanging out, feeding, and travelling with his siblings and other friends.

It may have been KC singing under our boat that magic night out on the Strait.

A few knots south of mał nač (Mitlenatch Island) we rafted up with a friend's trimaran so we could

take watches for passing tugs or cruise ships. We were recording the singing whale when the singing stopped. An explosive blow 50 meters away announced a whale surfacing.

"It's KC!" both of us shouted with glee. "Is he our singer?"

KC is an easy whale to recognize. He has a split in his dorsal fin. It happened when he was struck by a powerboat in Baker Pass between Cortes and Hernando Islands. Susan MacKay, the founder of the Wild Ocean Whales society (WOWs), was out on the water at the time.

Susan hailed two US boats on VHF radio that were speeding into Baker Pass. She warned them that they were heading towards a whale.

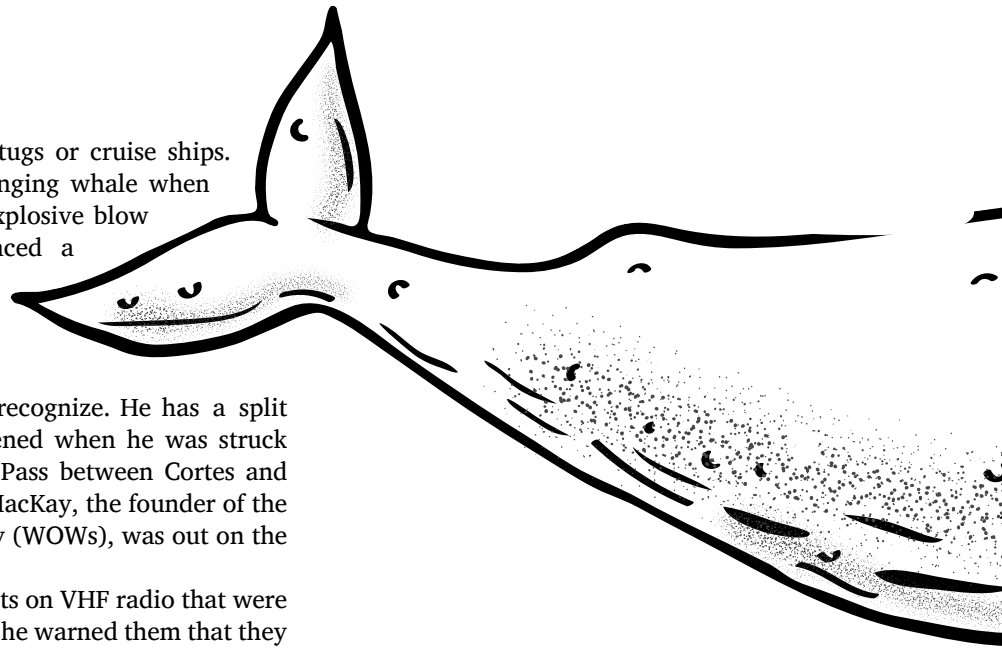
They didn't heed the warning. KC was struck. The propeller cut through his dorsal fin.

That was the obvious injury but blunt force head trauma and other internal injuries might have occurred as well. No one knows.

This is only one story. Propeller marks on the backs of whales are common. It also demonstrates the importance of caring eyes on the water to caution approaching boats around whales.

Often maligned, the commercial whale watching boats in this region are a big component of "caring eyes." Because they and their guests see many whales throughout the season, they get to know whales individually.

The northern Salish Sea is actually a relatively small area so it is possible to get to know individual



Humpback Whales:

- Average 45 to 50 feet; females grow larger
- Have tails as wide as 18 feet across
- Weigh up to 80,000 pounds (or about 530 people)
- Are a species of Baleen whale, which also includes right whales, grey whales, bowhead whales, and blue whales.
- Live worldwide, in all latitudes
- Swim in both coastal waters and in the open ocean

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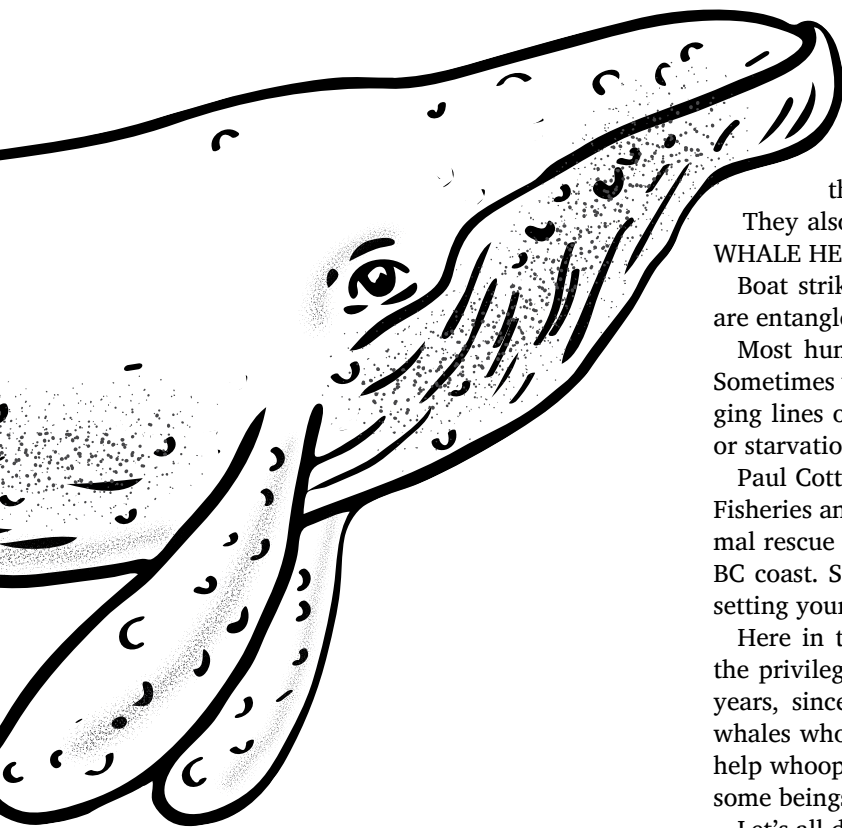
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whales who return here to feed. Whale watching guides observe when a whale is injured or entangled and report to the agencies that can help those whales.

They also notify approaching boats and raise the WHALE HERE flag.

Boat strikes are dangerous to humpbacks, but so are entanglements in prawn and crab trap lines.

Most humpbacks have scars from entanglement. Sometimes whales swim all the way to Hawai'i dragging lines or nets, and they can die from infections or starvation.

Paul Cottrell is the only coordinator employed by Fisheries and Oceans Canada to lead a marine mammal rescue and disentanglement team for the entire BC coast. So please use the SWIM guidelines when setting your prawn or crab traps (see side bar).

Here in the Northern Salish Sea we haven't had the privilege of living with leviathans for over 100 years, since industrial whalers slaughtered all the whales who used this area to feed. Most of us can't help whooping and gasping when we see these awesome beings lunge out of the Sea.

Let's all do our part to welcome them back.

Operating boats safely is crucial.

So is a major clean up of the Salish Sea from pollution of all kinds.

Restoring kelp and eelgrass beds will give young fish seaweed forests in which to hide and grow.

Whales will soon be coming to a viewpoint near you. Pregnant females will be the first to arrive in the spring. They need three to nine tons of food a day to build their reserves for birthing and nursing a hungry baby. Let's ensure that we humans don't

- Eat three to nine tons of fish or krill a day
- Sing. Male humpbacks sing songs that can be heard underwater up to 20 miles away
- Feed near the Poles and give birth in the tropics, so they migrate up to 25,000 km each year.

*Facts from oceana.org

How to help the humpbacks

Report sightings • When you sight a whale, even from shore, you can report the location to the local Wild Ocean Whale society. Text 604-483-8323; call the toll free hotline 1-877-323-9776; or submit a report on the website WOWs.org.

Learn more • On the OceanWise.org website, you can access the WhaleReport sightings app and learn about many wonderful programs people of all ages can participate in.

Prevent entanglement • If you love to crab or prawn and don't want to entangle whales, please use the (SWIM) guidelines when setting your traps:

- Sinking Line: no polypropylene or floating rope
- Weight: Weight down any excess line
- Inline: make sure line is in a line straight down
- Measure: know your depth, measure your line

hoover all their food out of the Sea.

It's time Fisheries and Oceans Canada respected the need of other-than-humans to make a living.

Decreasing fishing quotas on herring and krill would allow whales, as well as sea lions, seabirds, salmon, lingcod, and many others, to eat, too.

Sharing food is always a great way to welcome new neighbours! 🐋

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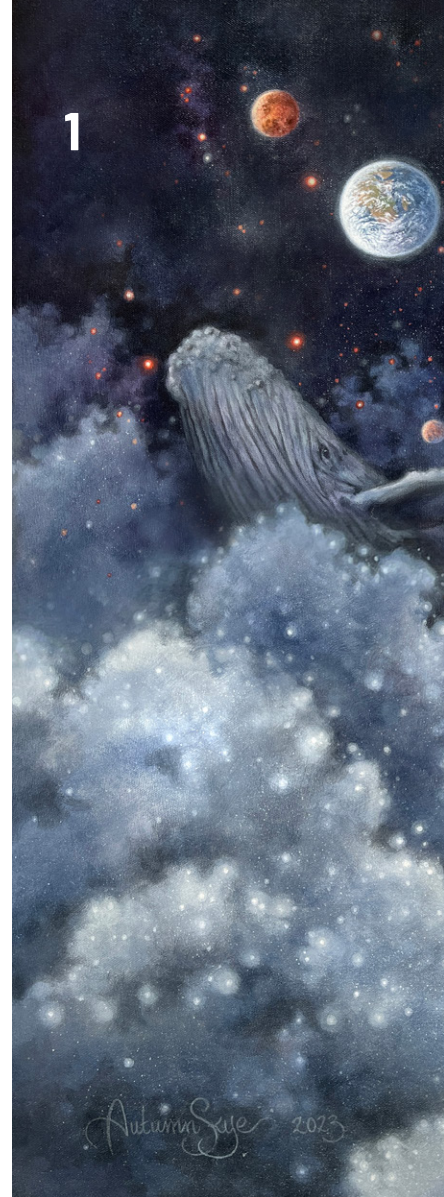
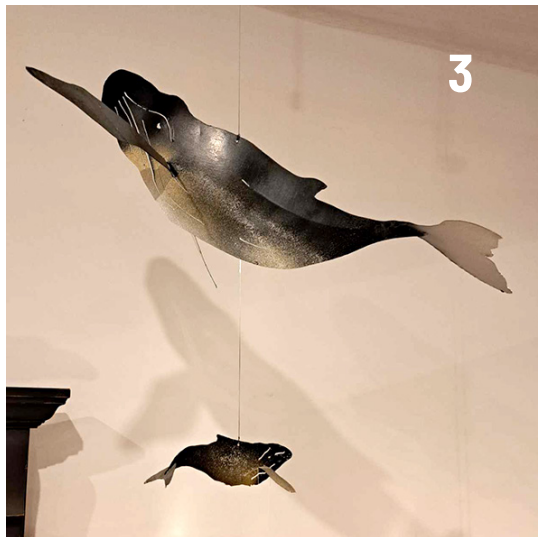


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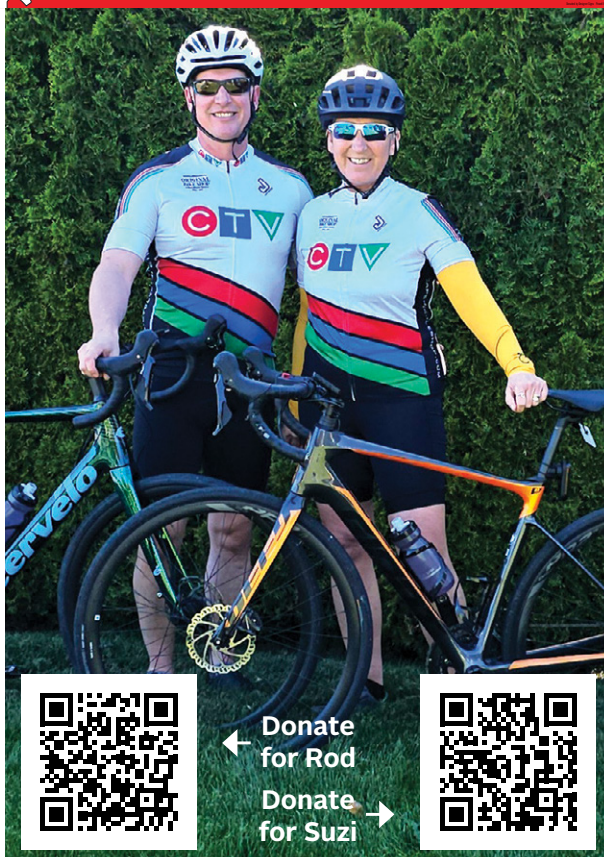
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Suzi and Rod Wiebe will ride in the BC Cancer Foundation's *Tour de Cure* August 24 & 25.



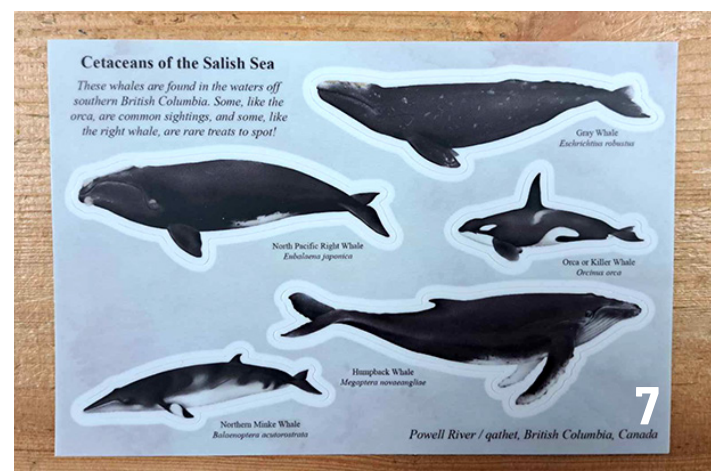
← Donate for Rod
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Humpbacks in your home

Celebrate Humpback season by decorating with some skookum baleen-themed swag, from local retailers.





1. "Song of the Makers" original acrylic painting on canvas by Autumn Skye, www.AutumnSkyeArt.com. Prints available at Tug Guhm Gallery in Lund and at Artifact Gallery on Marine.
2. Cobble Hill puzzle, Oceanside Entertainment on Marine.
3. Humpback mobile, by local artist James Wilkins. Owl & Bear in Townsite Market.
4. Humpback statue, Paperworks Gallery on Marine.
5. Humpback socks, Bloom Therapy at Springtime Market.
6. Long-sleeved humpback line-drawing Ts, Tourism Powell River on Joyce Ave.
7. Cetaceans of the Salish Sea decals by local artist Stephanie Pletcher (The Crafty Medic). Nutcracker Market on Marine.
8. "Water Taxi" statue, Tug Guhm Gallery in Lund. 🐬



Dads Grads

Born in 2006, the Grads of 2024 are already a hardy lot. Their birth year was marked by extreme wind storms in coastal BC, Pluto lost its status as a planet, and the giant squid – once thought to be just a cryptid – was finally recorded off the coast of Japan.

They endured the financial crisis of 2008 as toddlers, the Deepwater Horizon exploded while they were in preschool, Fukushima melted down when they were in Kindergarten. Then COVID, atmospheric storms, heat domes...

Through all this chaos, dads have demonstrated to their kids how to navigate the world with hope, humour, and humility.

This year, two grads are directly attached to the small staff at *qL*: associate publisher Sean Percy's youngest child, Ella, graduates from Brooks. So does editor Pieta Woolley's firstborn, David.

We asked a few of this year's dads and grads about life with each other. What came back was surprising: even when you don't think they're paying attention, boy are they ever attuned.

Here's to the dads and grads of 2024.

YOUNG ONES: Dads with their grads, when their grads were in Kindergarten.



Ella and Sean



Greydan and Jordan



Rachel and Sam



Patrik and Jefferson



David and Martyn



Luce and Manu



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Greydan and Jordan Mitchell

Greydan Joseph Bear Lessard Mitchell, 17, is the son of Jordan William Mitchell, 41.

Greydan has been involved in sports teams, including volleyball and baseball and enjoys mountain biking. He is currently working at Pacific Point Market a few shifts per week.

Jordan, who was born and raised in tūsosem, worked at the Catalyst Mill for 12 years but currently works as a heavy equipment operator at Select Sand and Gravel. He enjoys hunting, archery, biking, and rec league hockey with a team named the Dusters.

Grad to Dad

What do you remember about your dad, from when you were in Kindergarten?

Grad Greydan • I remember listening to music in his truck on the way home from JT, everything from the Tragically Hip to Metallica.

What's your best memory of your dad, from your teen years?

Grad Greydan • When we went on a moose hunting trip southeast of Vanderhoof, I got to shoot lots of grouse, which was so much fun.

How is he unlike other dads?

Grad Greydan • Because he's taught me how to do so many things that other kids my age didn't learn for years after me. He's taught me things like how to properly use a knife.

What do you think your dad was like when he was in Grade 12?

Grad Greydan • My dad was pretty laid back and a bit of a class clown.

What has your dad taught you about life, so far?

Grad Greydan • How to change a tire and how to fillet and gut fish.

What do you plan to do, over the next five years or so?

Grad Greydan • Next year I'm planning to take a gap year while looking for education

opportunities while working and taking courses through VIU for the first year of university.

How do you plan to keep your dad in your life?

Grad Greydan • By staying in touch with my family any way I can even though I would like to leave qathet for a while and maybe move back when I am older and have seen a bit more of the world than I already have.

Dad to Grad

What do you remember most about your grad when they were in Kindergarten?

Dad Jordan • I remember Greydan being very curious and excited about all things truck and machines. Classic boy stuff through and through.

What were you like in Grade 12?

Dad Jordan • I was pretty outgoing, social, active, and mostly responsible.

What did you do in the five years following high school graduation?

Dad Jordan • I did two years of unsuccessful university studies, dropped out and took a job doing construction. I met Greydan's mom, Cindy, when I was 21.

What do you hope for your grad, over the next five years?

Dad Jordan • I hope Greydan finds a program or multiple programs that ignite excitement in him so he can start building a fulfilling career.

What will you miss most about your grad, after they move on to their next stage in life?

Dad Jordan • I will miss his willingness to get out on adventures and enjoying meals together.

What are you most proud of your grad for?

Dad Jordan • His humility, his respectfulness and strong observational approach to all things.

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Sean Percy, 52, is associate publisher at *qathet Living* magazine. He enjoys scuba diving and exploring Powell River's backcountry. Sean and his wife Lauri have two children. The eldest, Isaac, graduated in 2021 – the height of COVID. Their youngest, Ella, will go to grad ceremonies in the same arena where Sean celebrated his graduation in 1990.

After spending the last two years in the Brooks hairdressing program, Ella Percy, 18, is heading to Blanche Macdonald Centre in Vancouver in August, on her way to getting her Red Seal in hairdressing.

Grad to Dad

What do you remember about your dad, from when you were in Kindergarten?

Grad Ella • He would drive me and my brother to and from school a lot, and we got to visit and talk about our days right away instead of having to wait until the end of the day when everyone would be tired.

What's your best memory of your dad, from your teen years?

Grad Ella • Going out for lunch together on days that have otherwise been pretty rough, and getting the chance to just take

a break and talk with him.

How is he unlike other dads?

Grad Ella • I wouldn't know. I don't exactly have a frame of reference, but I'm pretty sure he's the best one out there.

What do you think your dad was like when he was in Grade 12?

Grad Ella • Probably a total nerd. I had to get it from somewhere.

What has your dad taught you about life, so far?

Grad Ella • It's not what happens to you that defines how your life goes, but how you handle it.

What do you plan to do, over the next five years or so?

Grad Ella • I'm going to school for a year for hairdressing, and after that I hope to travel lots and get my apprenticeship hours to obtain my Red Seal in the trade.

How do you plan to keep your dad in your life?

Grad Ella • I plan to FaceTime him and my mom at least three times a week, and he's going to be in serious trouble if he misses any of those calls. Plus, I'll be coming home to visit as often as I can manage.



Sean and Ella Percy

Dad to Grad

What do you remember most about your grad when they were in Kindergarten?

Dad Sean • That she wasn't ready to start school. No wait, that was me. I wasn't ready for her to start school. She was more than ready.

Which qualities does your grad get from you?

Dad Sean • I'd like to think it's her love of learning, her compassion, and her tenacity.

But she probably gets those from her mom. From me, she probably gets her stubborn streak, her indecisiveness, and her predilection for corny television.

What were you like in Grade 12?

Dad Sean • An overachiever – straight A's. And a bit of nerd.

What did you do in the five years following high school graduation?

Dad Sean • Worked on a fish farm for six months, then as a reporter at the *Powell River News*, and I've been in the publishing business ever since.

What do you hope for your grad, over the next five years?

Dad Sean • That she will be happy, content, and a woman of value.

What will you miss most about your grad, after they move on to their next stage in life?

Dad Sean • Her regular hugs, neurotic good-night routine, her batting her eyelashes when she's trying to wheedle... Everything! Sob! (Again, I'm totally not ready.)

What are you most proud of your grad for?

Dad Sean • Her integrity – that she stands up for what she believes, even when that's difficult or unpopular.

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Jefferson Dela Cruz, 51, is a full-time education assistant, a farmer on the side, and active in Kelly Creek church music ministry.

Jed Patrik Dela Cruz, 18, is currently a part of the woodworking club in Brooks Secondary. He will be attending UBC this fall for a Bachelor of Science that will hopefully lead to computer science. Patrik's goal is to become a software engineer in bank security.

Grad to Dad

What do you remember about your dad, from when you were in Kindergarten?

Grad Patrik • I remember swimming with my father alongside the white beach and blue ocean.

What's your best memory of your dad, from your teen years?

Grad Patrik • The way my father drove to unlawful speeds when he was running late for the ferry is exhilarating.

How is he unlike other dads?

Grad Patrik • My father had to leave his home country (Philippines) to be able to provide for his family and this had him visit four countries.



What do you think your dad was like in Grade 12?

Grad Patrik • My father sold female garments when he wanted to earn a quick buck.

What has your dad taught you about life, so far?

Grad Patrik • My father taught me hard work, how chickens behave, and how to navigate the bureaucratic system required in airports.

What do you plan to do, over the next five years or so?

Grad Patrik • My current aspiration is to become a software developer managing security, hopefully, at a well-known bank or a backend software developer.

How do you plan to keep your dad in your life?

Grad Patrik • I would ensure he is in good health when he finally reaches that age and

call and visit both my parents.

Dad to Grad

What do you remember about your grad when they were in Kindergarten?

Dad Jefferson • Patrik is a cheerful kid. He loves to ride his bike and play with his siblings and friends. At a young age, he excelled in his studies, [and was] very attentive in class and always focused.

Which qualities does your grad get from you?

Dad Jefferson • He is competitive and perseveres towards achieving a goal, which mostly causes some sibling rivalries, but in the end, he realizes what he has done.

What were you like in Grade 12?

Dad Jefferson • In the Philippines, K-12 wasn't implemented then, only recently. During that year I was already in my second year in university taking Nursing.

What did you do in the five years following high school graduation?

Dad Jefferson • I was in my church music ministry from my third-year of high school up to my first year in university. The rest of the five years were focusing on my studies.

What do you hope for your grad, over the next five years?

Dad Jefferson • Over the next five years, I'm confident that his chosen career would bring his dreams and aspirations into reality and give him fulfillment.

What will you miss most about your grad, after they move on to their next stage in life?

Dad Jefferson • He is independent, he speaks his mind and loves to connect to people with sincerity.

What are you proud of your grad for?

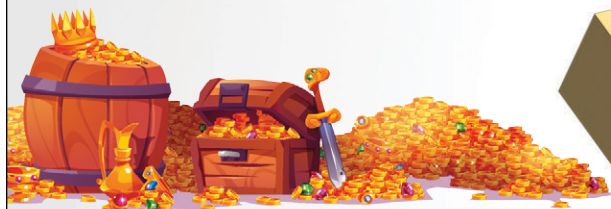
Dad Jefferson • He will stand for you through thick and thin. Furthermore, I'm proud of what he has become. I can't wait to see a great future ahead of him and his contribution to society.

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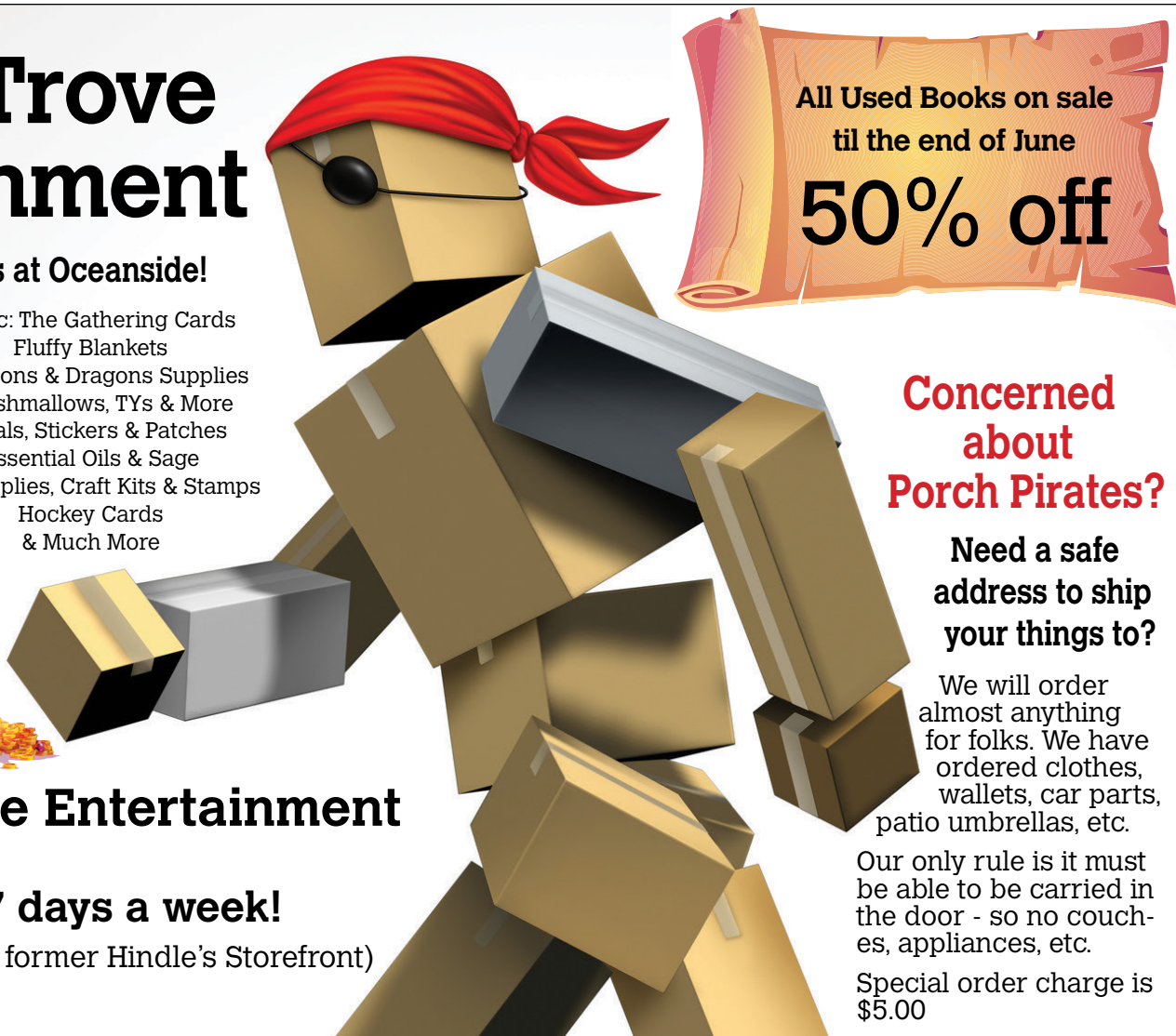
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Sam Alescio, 44, is the Lead Pastor at Living Water Foursquare Church. He can often be found disc-golfing, at the CrossFit gym, or with family and friends.

Rachel Alescio, 18, says she is “so happy to have graduated; bring on adulthood. My family tells me I was ready to take on the world when I was a toddler, and nothing has changed since!”

Grad to Dad

What do you remember about your dad, from when you were in Kindergarten?

Grad Rachel • He’s always loved hugs. And nothing makes you feel more special than someone being SO excited to see you. My dad was always excited to see me after school, with so many questions, and the biggest hug I would let him give me. That’s what I remember most!

What’s your best memory of your dad, from your teen years?

Grad Rachel • I love summers with my dad. Beach days are always filled with more laughter than activities and that’s exactly how I like them. We tried to start an every week swimming challenge one summer, with the plan of going through the winter, we definitely ended the challenge in September... but I love that I got to have that time with him.

How is he unlike other dads?

Grad Rachel • My dad has always put time into my interests. I don’t know if that’s different than other dads, but it sure is special to me. He joined the gym with me, he started running, he bought me all the disc golf discs I wanted, and he always remembers the new thing I’m doing. I’m sure if I asked, he’d do just about anything with me.

What do you think your dad was like when he was in Grade 12?

Grad Rachel • I’m sure he brightened up every room, because he tends to do that. He makes some of the best (and worst) jokes so I’m sure there was laughter! His grades weren’t as good as mine, which I know for a fact, but I guarantee you by Grade 12 he was trying his best!



Sam and Rachel Alescio

What has your dad taught you about life, so far?

Grad Rachel • My dad has taught me to live with humility. As soon as someone comes along who is better in an area than him, he’s quick to encourage them in that role. His willingness to empower the people around him has taught me that there is beauty in seeing other people walk out their passions, even if you aren’t quite living your own yet.

What do you plan to do, over the next five years or so?

Grad Rachel • Well I’m trying not to over plan or hold on too tightly... but for now I hope to take Bible college courses while working at the church I grew up in! I hope to stay in Powell River a little longer, I really love it here. And then I think the opportunities are endless! I’m excited, and a little impatient, to see the plans that God has for my life.

How do you plan to keep your dad in your life?

Grad Rachel • He can’t get rid of me very easily... so I plan on calling him lots! Especially because I’ve never had to fill my car with gas... one day he’ll have to do it with me rather than for me! And then I’ll take

every coffee date he texts me for, I’ll be in the car for every errand he wants help with, and I love walking with him. He’s always the one to tell me how proud he is of what I’m doing, he pushes me and he makes me better. So I don’t plan on taking our relationship for granted ‘cause I’ll always need someone in my life to bug me!

Dad to Grad

What do you remember most about your grad when they were in Kindergarten?

Dad Sam • Rachel was already super independent. Her very first day she went marching up the stairs to Edgehill School leaving Mom and Dad in her dust. She loved school so much that almost everyday after school she would set up her own classroom in her room teaching away at her stuffies.

What qualities does your grad get from you?

Dad Sam • I feel like Rachel is miles ahead of me! Rachel is an excellent communicator, has a deep passion for helping people, and has an excellent sense of humour!

What were you like in Grade 12?

Dad Sam • I was just starting to get comfortable with who I am and completely unsure about my future. I knew I wanted to help people; I really just didn’t know how and as excited as I was to be done with high school, thinking of my future was terrifying.

What did you do in the following five years of graduation?

Dad Sam • I went to school, changed programs, graduated from college, and got engaged to my wife!

What do you hope for your Grad, over the next five years?

Dad Sam • Wow, I honestly don’t have any specific expectations. My hope is that Rachel would continue to grow in confidence. That she would be confident in who she is, and her purpose. My hope is that she would make her own path, that traditional boundaries wouldn’t hold her back, that every “you can’t do that” would turn into “look at her go!”

What will you miss most about your grad, after they move on to their next stage in life?

Dad Sam • I’m going to miss just having Rachel around. I’m going to miss seeing her in the kitchen baking, or hanging out in her room listening to music. I’m going to miss just seeing her around my life. Probably most of all I’m going to miss Rachel’s laugh. We laugh a lot together and I really don’t like thinking about the times I won’t be able to laugh with her in person.

What are you most proud of your grad for?

Dad Sam • Normally when people think of being proud of someone it usually follows an accomplishment. And honestly Rachel has a long list of accomplishments, from grades to goals being met. But I would have to say I’m most proud of who Rachel is. I’m proud of her deep sense of justice, for her love of people and for her natural ability to care for those around her. I’m proud of her strength. A lot of things didn’t come easy for Rachel, and in her young age she has already overcome a lot and I know that she will continue to overcome. I always tell my daughters that my ceiling is their floor, and Rachel is already making that true!

**CONGRATULATIONS
to the Class of 2024!**

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Manu Liefsoens, 54, has recently retired after working 19 years as an administrator in the health care field in Powell River.

Luce Liefsoens, 18, is the eldest of two sisters and has chosen UVIC for her continuing education. She will be taking general sciences and possibly branch off in the medical field.

Grad to Dad

What do you remember about your dad, from when you were in Kindergarten?

Grad Luce • I remember him dropping me off on the first day of school. I was really nervous, but he calmed me down and made me excited to go.

What's your best memory of your dad, from your teen years?

Grad Luce • My best memory of him is playing with him in our town's community band. It was really fun practicing with him and learning from him.

How is he unlike other dads?

Grad Luce • My dad goes to almost every single game of soccer and hockey I play, as



well as all my school's band concerts.

What do you think your dad was like when he was in Grade 12?

Grad Luce • I think he played in his school's band and was quite smart in Grade 12.

What has your dad taught you about life, so far?

Martyn Woolley, 49, is the manager of Grace House, and is one of two coroners serving this region. He is a founding member of "Friends of qathetSafe."

David "Rooster" Woolley, 17, is currently in Brooks' Coast Mountain Academy program. He's a lifeguard, and works at Putters.

Grad to Dad

What do you remember about your dad, from when you were in Kindergarten?

Grad Dave • I remember going to the pool with him and him watching me go off the diving board. I'd go on his back and he would dive down to the bottom of the pool. I felt like I was having the time of my life.

What's your best memory of your dad, from your teen years?

Grad Dave • Going to Inland Lake in the truck. It's what we did in the summer. Jumping off the dock, taking down some crazy logger sandwiches.

How is he unlike other dads?

Grad Dave • It always feels like he knows what to do when I'm in trouble. He's really funny, too.

What do you think your dad was like when he was in Grade 12?

Grad Dave • A funny football star.

What has your dad taught you about life, so far?

Grad Dave • To work hard and hold myself accountable.

What do you plan to do, over the next five years or so?

Grad Dave • In October I'll start cycling Europe and Asia. I'm planning to go to University, but I'm not sure what I'll take.

How do you plan to keep your dad in your life?

Grad Dave • I'll make sure to call him and come home for holidays.

Dad to Grad

What do you remember most about your grad when they were in Kindergarten?

Dad Martyn • I remember David picking up a friend who had fallen on his way back from the library, seeing his kindness and being proud. I was also called on the carpet by his teacher because Dave called his fellow classmate a \$#!@ freakshow...he gets it from his mother.

Which qualities does your grad get from you?

Grad Luce • He's taught me a lot about life after high school, like how to take care of a car and how to be more money conscious.

What do you plan to do, over the next five years or so?

Grad Luce • I plan to go to the University of Victoria and get a bachelor's degree in biochemistry over the next five years.

How do you plan to keep your dad in your life?

Grad Luce • I plan to call him at least once a week and whenever I can't figure something out, to keep him in my life.

Dad to Grad

What do you remember most about your grad when they were in kindergarten?

Dad Manu • Her free spirit to play with anyone and her high pitched laugh.

Which qualities does your grad get from you?

Dad Manu • Her interest to explore and travel by bike and make music with friends, her interest to learn new things, and her willingness to try to fix things herself.

What were you like in grade 12?

Dad Manu • I was involved in sports, had a tight group of friends close by, and had homework on a daily basis.

What did you do in the five years following high school graduation?

Dad Manu • I got a degree in graphic arts and did my compulsory Belgian army service.

What do you hope for your grad, over the next five years?

Dad Manu • I hope she realizes that she has to love what she does, so the rest of her professional life won't feel like work.

What will you miss most about your grad, after they move on to their next stage in their life?

Dad Manu • Having her around me at home, grumpy or happy.

What are you most proud of your grad for?

Dad Manu • Her insight how to read certain situations and how she fits into that.



Dad Martyn • I think in part he has developed his sense of humour and his gentleness from me. I am always touched to see this side of him when I'm lucky enough to be there.

What were you like in Grade 12?

Dad Martyn • In Grade 12, I was done. I wasn't a great student. I'm so glad he's more focused than I was. I remember being asked about being the valedictorian but the administration was concerned about what I would say.... so it was a no go.

What did you do in the five years following high school graduation?

Dad Martyn • I worked and attempted to find out where my talents were best suited. I wasn't ready to throw myself into post secondary right away.

What do you hope for your grad, over the next five years?

Dad Martyn • I really hope David gets a

chance to travel and develop his world view based on real experiences. Watch the sun come up somewhere new and embrace adventure as it comes.

What will you miss most about your grad, after they move on to their next stage in their life?

Dad Martyn • His energy and laugh. I'll really miss the single sock scavenger hunt he sets up daily just to add a little surprise when you go to vacuum.

What are you most proud of your grad for?

Dad Martyn • Watching David come from a shy, quiet pre-teen to a boisterous confident young man has been a pleasure. Seeing him choose right from wrong and work hard is something I hold in high regard. I will miss him once he moves on to his next stage, but I am so excited to watch him succeed. **QL**

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ʔAYʔAJUΘƏM? YOU GOT THIS

BRIANNE LOUIE

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

q^waq^wθəm

Telling a
Story

taqət saləmʂɪn

Mountain
Bike

k^weʔət

To Sing

ʔəχət

To Warm Oneself
by the Fire

ʔaθəm

Sparks
from a Fire

CONGRATULATIONS TO THE CLASS OF 2024

As you enter this new chapter in your lives, you should be immensely proud of all that you have accomplished and how far you've come. Best wishes for a future with endless possibilities.

Rachel Blaney

Member of Parliament
North Island–Powell River

604-489-2286

rachel.blaney@parl.gc.ca

[RachelBlaney.NDP.ca](https://www.RachelBlaney.NDP.ca)



ʔayʔajuθəm orthography

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

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

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

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

q ^w	rounded q
ḑ̰ ^w	rounded, popping q
š	sh
ʈ̰	popping t
t ^θ	t-th
ʈ̰	tl
θ	th
x ^w	wh (like in who)
χ	Hhhh
χ ^w	Hhhhw
χ̰	kl
χ̰̰	popping kl
ʔ	glottal stop: uh oh

Indigenous Peoples Day is More Than a Day...

Spearheaded by the incredible efforts of the Indigenous Education Team, supported by other staff, and brought to life through an ongoing partnership with the Tla'amin Nation, qathet School District is able to offer a multitude of programs for Indigenous students that enables them to connect deeply

with their roots and learn more about their ancestry.

Some of these programs focus on preserving the traditional Tla'amin language, while others honour Indigenous knowledge and provide students with a safe, holistic, and identity-affirming education through land-based and experiential learning.



Story to Song retreat: What's in a song?

A unique and transformative experience that students get the opportunity to partake in is a cultural retreat called "Story to Song," facilitated by staff within the qathet School District along with the support of community members and staff from the Nation. This year, on April 24th, 17 students came together at the Outdoor Learning Centre for three full days of cultivating connection and deep cultural learning with a focus on storytelling, music, and arts.

Story to Song dates back to 2010 when it was first created by Gail Blaney. She noticed the gap in students' cultural knowledge due to colonial impacts, and specifically that Tla'amin had lost a lot of their traditional songs. Inspired and determined to reclaim music and arts, she reached out to William Wasden, a knowledge keeper and gifted song creator from Vancouver Island to pitch her vision. By this point, Drew Blaney, had already used the Story to Song creation approach, however, as he was still a high school student, he

wasn't comfortable leading the process on his own. With Wasden's expertise and assistance, the two worked together until Drew gradually took over the sessions when Wasden wasn't available. To this day, Wasden and Drew share a long and deep connection, and what started as a vision, turned into a resurgence for modern and traditional music for Tla'amin People and Indigenous Peoples from all over the region.

A decade later, students continue to benefit from this immersive cultural program. Often, one of the most beautiful things that happens at this event, is that somewhere between the initial gratitude circle to the last moments of packing up their belongings at the cabins, many students claim that there's an internal transformation that occurs.

It could stem from the music and art creation, or from the invaluable teachings of the Elders and knowledge keepers, or maybe it's a subconscious act of peeling a layer within

themselves that happens while participating in sacred activities, which reveals a deeper connection to their roots. Even students who may have not felt completely connected to their ancestry before expressed a newfound longing to feel connected, to learn, and to know more about who they are and where they come from.

Story to Song

Activities...

Throughout their few days together, students got to participate in activities such as making shell rattles, drumming, dancing, weaving with cedar, beading, jewelery-making, learning different plant knowledge, practicing ayajuthem, listening to poetry, canoeing, taking cold plunges, going through a sweat lodge ceremony, and of course, storytelling, which ultimately led to their own song creations that were later shared with each other in a safe space.

In previous years, some other activities also included drum making, paddle carving, medicinal plant walks, traditional BBQ salmon, lahal (a game), canoe protocol and paddling techniques, and cooking Bannock on an open fire.

When nature sings...

This year, when the group first met at the Gazebo on day one, Drew Blaney facilitated a circle where everyone got the chance to share both personal and traditional stories.

He coached the students through the process of how to turn a story into a song and how to recognize when nature sings. You may have heard the phrase, stop and smell the roses before, but how many can say they've slowed down enough to listen to nature's music?

There are so many beautiful sounds all around us, and so that is what the students were instructed to do – find inspiration from sounds such as water splashing against the shore, birds singing, or the rustling of the leaves on the trees.

In pairs, they ventured off to find a spot on the land that felt good to them, sat down, and just simply listened.



qató

(Coming Together)...

A significant aspect of the retreat was sharing time and meals together. After a day full of activities, students and staff were welcomed back to spend time together and eat traditional foods while sharing their experiences. Although some students were hesitant and nervous to share at first, they quickly realized how safe the space was for expressing anything on their minds, and that's when the magic happened. Their ideas and thoughts began to flow out of them like a river, and soon, songs were being created for everything!

One of the students said, "I'm feeling really grateful for the forest and think we need to protect it", so there was a song for that. Another said that "all of this culture feels like healing", so there was a healing song. A third said, "I want something upbeat for a sports competition," so they wrote a

song for that too! All these ideas were workshopped as a group and the students were supported with their translations by Gail Blaney and an ʔayʔajuθəm linguist, Marianne Huijsmans, who helped for a day.

While the group sang songs together, a few students chose to help Elder, John Louie, prepare for the sweat lodge ceremony, which took place later that evening. Some of the preparation included tending to the fire and preparing the Grandfathers (rocks) by brushing them. The very next morning when the students woke up, John had returned to lead a sohoθot (spiritual cleanse) in the lake and taught them about the importance of well-being and how water can be treated as medicine. Most students and staff chose to participate and completed four dunks in the cold lake. When they got out, it almost made them feel invincible, like they could do anything.





Story to Song

Reflecting...

It's challenging to encapsulate such an impactful experience into a few pages, but, if we had to try, we'd say that it was a weekend full of creativity and playfulness, feelings of vulnerability mixed with angst, and a little bit of chaos, which ultimately led the group to build an unbreakable bond through all these beautiful shared moments.

What the participants had to say:

Educators and Staff

"The positive impact on students and staff alike over these few days together – really together – was tangible. There is such a longing for experiences like these; we have to find ways of increasing such opportunities. Perhaps there is a day on the horizon where these are not just wonderful one-off, special events but this way of being and learning together can be the framework and pedagogy of the educational experience."

- Sophie Call,

Director of Education, Tla'amin Nation

"Coming together for those three days of cultural immersion was such a gift for the students and staff. There were so many powerful moments shared and lots and lots of laughs. There was definitely a feeling of achievement when it was over. I think that time and space allowed the students to open up come together in a way that I haven't seen."

- Heather Doherty, čepθ (Indigenous Culture and Student Support Worker)

Students

"It was a lot of fun. I enjoyed all of it, the food was good, and I enjoyed the cultural activities"

"It was definitely really fun. The sweat lodge was one of the best parts as well as the canoe."

"It was a good place to be... I especially enjoyed being able to practice fishing."



A note from the District Principal:

"When BC's curriculum was redesigned in 2016, it included a foundational focus in three competency areas: thinking, communication, and personal and social.

"Song to Story is rich competency-based learning. In addition, the First Peoples principles of learning remind us that learning takes patience and time.

"One of the gifts of this program is that students are afforded the space and time to connect with themselves, one another, with their culture and the land. It is through these relationships that students were able to build confidence in vulnerability, knowing that we were all there together with a common goal.

"As an educator, it really highlighted for me how transformative learning can be. The education system will benefit from prioritizing the many generations of Indigenous brilliance that has cultivated confident, thriving, and sustainable societies."

- Jessica Johnson,

District Principal of Indigenous Education



Thank you to everyone involved in creating such a memorable experience for the students of qathet region!

Plan still needs a good floss

The Canadian Dental Care Plan was a high-stakes political win. So far, zero qathet dentists are on board.

BY PIETA WOOLLEY

At her clinic on Alberni Street, dental hygienist Meryl Thorsell is happy to welcome current patients who are taking advantage of the new Canadian Dental Care Plan (CDCP). Meryl's clinic, Integrated Clean Dental Hygiene Inc, offers exams and cleaning, and guided biofilm therapy.

"I believe in creating better access to oral health care," Meryl said, explaining why she signed up to be part of the program as soon as it rolled out in May, immediately covering seniors 70 and over.

In June, those with disabilities and children under 18 qualify. Soon more groups will be added to the program that is costing Ottawa \$13 billion over five years.

For all households with incomes under \$90,000 a year, the plan will offer free or subsidized dental care, when people don't have private insurance.

"Creating access to care was one of the original cornerstones for independent dental hygienists branching out of their own," said Meryl. "I also joined because our oral health is linked to our overall health and if I can help lessen the load of a financial barrier for

some to have their oral health needs addressed, then in turn their overall health can benefit."

So far, Meryl's practice is one of only two in the qathet region which offer care through the CDCP. The other is Marine Denture Clinic, which offers complete or partial dentures, relines, and repairs.

Neither clinic offers general dental services such as fillings.

qathet dentists have yet to opt in

At Burnaby Street Dental in May, a sign taped to the wall asked, "Do you have questions about the Canadian Dental Care Plan (CDCP)? So do we!" (see photo, right). The sign explained why the clinic is not yet participating in the program, and urged patients to call MP Rachel Blaney's office with their comments and concerns about the federal government program.

Similarly, the new Smili Dental practice is not yet offering care through the CDCP. It will be located inside the Town Centre after renovations there are complete; Smili dentists are currently operating on Marine Avenue.

One of Smili's dentists was mistakenly listed on the Sunlife website as offering care through the CDCP (sunlife.ca/sl/cdcp/en/), but the practice manager explained that the office is still deciding whether to sign up.

"We are following the guidance of all Dental Associations across Canada to delay enrollment until we have more clarification on the program," she explained in an email. "Our commitment remains to provide the best dental care, and we'll make a decision that aligns with the interest of our patients and our practice."

Several family dentists, denturists and hygienists in Comox, Courtenay, and Campbell River have already signed up to offer care through the CDCP.

The Canadian Dental Hygienists Association has expressed hope that the program will improve, but has not asked independent hygienists (such as Meryl) to refrain from signing up for the program.

The Denturist Association of Canada, too, stated in May that it "is committed to continuing to work with the CDCP on its evolution." There are concerns, but it has not asked denturists (such as Marine Denture clinic) to delay enrolling with the CDCP.

Why the hiccups?

It's easy to understand why Canada might offer dental care as part of health care.

About one third of Canadians don't have any dental insurance; one quarter say they have avoided going to the dentist due to the cost, according to the plan's website. Furthermore, the Canadian Dental Association reports that more than half of seniors aged 60

"So many people who have been denied basic dignity can now get their teeth fixed."

- MP Rachel Blaney

to 79 have no dental insurance – the age bracket most afflicted with serious oral health problems.

Poor dental health is connected to heart disease and stroke, endocarditis, complications in pregnancy including miscarriage and preeclampsia, pneumonia, and more.

After the Federal Liberals were elected with a minority government in 2021, the Federal NDP agreed to support the party, if the Liberals agreed to create a national dental program, and a national Pharmacare program. In 2022, the Liberals rolled out dental care for 12 and unders; that program ends this month, as it's replaced by the CDCP.

This is an insurance program. Private dental clinics bill the government for patient care, through the company Sunlife.

So far, though, the implementation has been bumpy.

In March of 2023, the BC Dental Association issued a media release applauding the expansion of dental care in the federal budget. At the time, then-BCDA president Dr. David Lam noted that the program should be de-

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NOT).

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PARLIAMENT, TO VOICE ANY
CONCERNS REGARDING THE CDCP.

MYTHBUSTING THE CANADIAN DENTAL CARE PLAN: On pink photocopy paper, the Burnaby Street Dental office takes on the most common misunderstandings about Canada's newest benefit.

signed so it's easy for dental offices to administer, it comes with a strategy to "increase the skilled labour force required by dental offices, and that it includes both preventative and restorative services."

Nearly a year later, dental associations across Canada worked together to warn Ottawa that the plan had some serious flaws. In a February 2024 media release, the associations noted that poor communication on the part of government had given their patients the impression that care would be free. For households earning \$70,000 to \$90,000, between 40% and 60% of the cost would be covered.

In addition, dentists were concerned that red tape would prevent people from actually getting the care they need, from the dentists that they choose. The associations expressed disappointment that the program didn't "meet most of the principles of A Proposed Framework for the Canadian Dental Care Plan," which the associations submitted to Ottawa in November of 2023.

"Health Canada has rushed out a massive program under unreasonable timelines," reads the release. "While dentists were consulted and provided advice on building a sustainable dental program, it was at the 11th hour... and we still see major gaps and flaws that have yet to be addressed."

The new president of the BCDA, Dr. Rob Wolanski, weighed in: "This plan cannot succeed if it is carried on the backs of oral healthcare providers; it must be sustainable for patients, dentists, and taxpayers."

Meryl, too, is concerned that the plan restricts care too much.

"If they want to continue to maintain their oral health there will most likely be out of pocket costs," she said. For instance, there is a limit of four units of scaling per year that is the equivalent to a one hour cleaning. This will not be adequate for most people especially if they have periodontal disease. However, I am hopeful that when the time comes to send in pre-authorizations (November of this year) I can advocate for people to receive more time needed for preventive care if necessary."

The cavities in the program are being filled, as dentists chew on it

As an NDP MP, Rachel Blaney was part of the push for the CDCP in Ottawa. She also represents this region.

"We were told it would take years to roll out this program, which was not an option," she said.

"Fixing it as it rolls out makes more sense... My hope is that once we get the bugs worked out, it becomes something that people can use and will access care a lot sooner, and we'll see better health outcomes because of their dental work. That will mean decreased use of hospitals—you wouldn't believe how much ERs are used for dental, because people just can't afford it."

Rachel encourages local dentists and office managers to contact her office with their concerns about the program. The NDP and the Liberals want to get this right, she said.

Feedback so far has streamlined the CDCP's billing process; as of July 8, offices can bill the plan just like any other insurance program, without having to sign up. She knows that in smaller places like qathet, there has been frustration when no dentists offer care through the CDCP.

Similar to the National Childcare Plan, these are vast, impactful new programs, she explained, and it's better to get them on the ground sooner and then modify them when they're up and running and being tested, rather than forcing Canadians to wait.

Teeth are a big deal, Rachel said. Overwhelmingly, what she has heard from constituents is gratitude for the program. Unhealthy teeth can be embarrassing for children and seniors, for those looking for work, and they can be painful.

"I've talked to enough seniors who are struggling with eating because of their teeth, now they can get their teeth cared for," she said. "So many have come in to my office and just cried. It's humbling for me. We will never regret the hard work we're doing. So many people who have been denied basic dignity can now get their teeth fixed." **PI** pieta@prliving.ca

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In May, the people, places, and restaurants of qathet beguiled a Welsh production crew.

They were in town filming a documentary about Townsite resident Lee Mackenzie's relationship with the infamous con man, Kenner Elias Jones



BY PIETA WOOLLEY

A phone number from Germany appeared on Lee Mackenzie's cell phone. She wouldn't normally pick up an unknown call, but she was intrigued. What if this was another person seeking answers – like she was?

Sure enough, a young man's voice revealed what she'd been waiting to hear for years: Kenner Elias Jones was alive – this time posing as a Dr. Adam Palfrey in a German care home.

"Now I can finally finish my book," Lee thought.

Back in 2015, Lee Mackenzie wrapped up writing *The Charming Predator: The True Story of How I Fell In Love with and Married a Sociopathic Fraud* without a proper ending.

It's her memoir about being married to the infamous international Welsh con man, Kenner Elias Jones. What happened to him in the years since? Had he reformed, or fooled

others? Her marriage to him ended in 1984, but writing her story, she still didn't know if he was dead or alive.

Now she does. And, the story is about to get a new, vast audience.

"It's been cathartic," said Lee, describing how she feels about participating in a Welsh documentary about her book – and answering the question: what became of Kenner? In April, the production crew filmed here in qathet – part of a two-year project to complete the story behind Lee's best-sell-

er. So far, they've filmed in Germany and Canada; they hope to go to Kenya next. The film is scheduled for release in early 2025; you'll be able to stream it on Welsh TV's S4C Clic.

"This has been a chance for me to test my own emotional waters. What would happen if I went face-to-face with Kenner Jones? To me, this was the chance to take the measure of myself – to put myself up against this story again and find out whether I truly have made peace with it. I found that, although the story still has ingredients

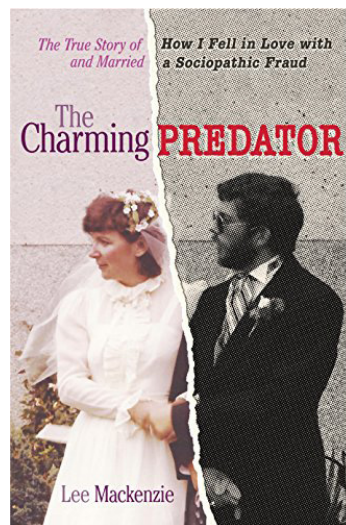
that have the power to make me angry or sad, I've transitioned. They don't live there anymore. So it was all about anticipation. Curiosity. I had no trepidation about the possibility of confronting him. This was me, confronting myself, and asking how far I've come."

Lee can't reveal what happened when she went to Germany with the Welsh production crew in 2023.

But she can say that

she's received several phone calls from people all over the world since her book was published in 2017, who have been scammed by Kenner. And, that, at book signings and other events, women often thank her for writing it – they too have been scammed by romantic partners. "I am so honoured to be able to have some small role in helping others in similar situations," she said.

Lee was a TV journalist with CHEK TV and CBC for most of her working life. She and her husband Harv Alli-



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MUNICH AND QATHET: Top, Lee Mackenzie getting ready to fly to Germany in October, 2023, to film the first part of the BBC Wales-funded documentary, following up on her book *The Charming Predator*. Left and above, Lee in Germany. Remaining photos, the crew at Edie Rae's Cafe, Magpie's Diner, the Farmers' Market, on BC Ferries, and at tishosum.

Photos by Harv Allison

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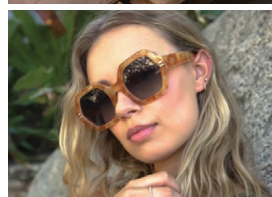
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I spent three months on the couch with a laptop... with Canucks games on the TV... I didn't want to live in the world of Kenner Elias Jones any more than that.

- Lee Mackenzie

son moved to Powell River nearly 20 years ago. Lee worked in the administration staff at the local RCMP. During that time a friend dared her to write a book. Lee's writing experience has largely been in broadcast style, and says she wondered how to even begin to tackle a huge project like a book, but accepted the challenge.

"What would I possibly have to write about," Lee wondered. "So I spent three months on the couch with a laptop, writing chapter after chapter, with Canucks games on the TV. I gave myself exactly three months, because I didn't want to live in the world of Kenner Elias Jones any more than that. One week after my own deadline, I was done."

The story, of course, wasn't.

In short, Kenner progressed his career as a con man for decades after Lee left. The documentary's producer, Marc Edwards, has been tracking him

for more than 30 years – since first interviewing Lee about him in Victoria in the 1990s.

From Lee's apartment, Marc explained to *qathet Living* that Kenner scammed political parties from BC – where he posed as a consultant for the Provincial Liberal party – to Wales; scammed individuals and businesses in Portugal, Spain and Belgium; and conned his way through Kenya as an Anglican priest, a journalist and even a surgeon. The UK issued a warrant for his arrest; Canada kicked him out; the US put him on an airplane back to Wales. He even falsely claimed political asylum in Sweden. Then he disappeared.

Through it all, Marc followed him as a journalist, confronting him several times. Kenner always denied his involvement in scams. He even denied ever knowing Lee.



TAKE EIGHT: Author Lee Mackenzie on set – in her Townsite apartment – in May.

"You couldn't make this stuff up," said Marc.

Marc recalls his first interviews with Lee back in the 1990s.

"What she told us was incredible – absolutely remarkable and heartbreaking at the same time," he said. "She had been about destroyed by this man. But she got her life back together, and became this impressive person. It's her fortitude. She was clearly a very successful person from the beginning."

Marc explained that he followed Kenner's story for so long because, as a journalist, he feels a responsibility to help keep the world honest.

Lee noted that this region absolutely put its best face forward for the camera – and the three-person crew. A bear cub appeared. Harbour Air planes

arrived and took off in perfect sunlight, "their spray was like diamonds" on film, Lee said. Locals chatted and constantly offered to help.

The crew stayed at The Old Courthouse Inn and ate at nearly every restaurant; they were thrilled with *qathet's* food and hospitality. One member of the production crew started talking about moving here the moment the ferry landed in Saltery Bay.

"I'm pretty exhausted. We did six straight days of filming," said Lee, noting it was the most professional crew she has ever worked with.

"This isn't news, it's art. I loved watching them handle the material. In their hands, they showed so much care and respect for the subject, and for me and Harv." **CL**



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Advocacy works:

Inland Lake Trail repair a lesson in community activism

The mouthiest advocate for Inland Lake Trail is Tracey Ellis.

Until March of this year, she fought from her post as the Executive Director of Tourism Powell River. Now, she's speaking out from a different desk: as constituency assistant to MLA Nicholas Simons.

Part of a Provincial-wide movement to inclusion and accessibility for people with disabilities, Inland Lake Trail was created in the 1980s, a project of BC Parks.

Since then, the trail has slipped into disrepair.

By 2023, the trail was nearly impassable in parts, with danger trees hanging overhead. In addition, the bridge to Anthony Island had collapsed into the slough. Although there was a route around it, no one could claim the alternative was accessible or inclusive.

Tracey's leadership has been successful. The trail is now in the best shape it has been in for decades. The danger trees are gone. And the bridge is slated for repair by November of this year – nearly three years earlier than first proposed.

For anyone wondering how to advocate to government, her work is a masterclass. Here, Tracey explains how she made it happen:



READY TO RIDE: Inland Lake Trail advocate Tracey Ellis led a 13-km e-bike ride around in May for staff from BC Parks, with qPAWS' Eagle Walz (far left), Dave Richmond, BC Parks regional director, Robert Macleod, BC Parks senior ranger, Rod Dalziel, BC Parks Area Supervisor and Tourism PR volunteer Mike Leahy.

Why has the trail been such a wreck?

Tracey • While I wouldn't claim expertise in this domain, based on my observations, it seems there has been some extensive storm damage, erosion along the lakeside trail, runoff problems on the western shore, and signs of aging among the predominantly deciduous trees, particularly alders – some of which are starting to fall – similar to what we observed at Nanton Lake, the Forest Service Site. But yes, it was quite the train wreck, until recently.

How did you get the attention of BC Parks?

Tracey • In my role as Executive Director at Tourism Powell River, I raised the issue during a Board meeting prompted by letters and social media expressions from concerned residents. Additionally, in October 2023, I personally cycled the entire trail with Visitor Centre Staff, providing a comprehensive report to the Board, which then directed me accordingly. As part of this process, we devised an advocacy strategy to address the issue through multiple channels, including engaging MLA Nicholas Si-



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NOT 100% YET: Above, an older view from Tracey Ellis' e-bike shows that parts of Inland Lake Trail were impassable by anyone using a wheelchair, walker or stroller. They have since been remedied. Right, this hut still needs repairs. Although the recent ride around the lake revealed how much is still left to repair, it also revealed how much has been achieved so far. *Photos by Tracey Ellis*



mons' office. Nicholas Simons showed immediate interest, and a meeting was promptly arranged with Tourism Powell River Directors and Nick, which I also attended.

What's the state of the trail now? And why?

Tracey • It appears that there has been a deliberate and coordinated effort to address the most pressing safety issues that I had documented through photography and sent to Dave Richmond, the Regional Director of the South Coast Region at BC Parks. There is more work to be done. However, despite these efforts, the bridge still stands out as a major area of concern for everyone involved. Despite our endeavors to enhance safety along the trail itself, the condition of the bridge remains a focal point requiring urgent attention and action.

What happened on the ride-around? Best moment?

Tracey • The highlight of the experience was encountering those brief stretches of trail that are in near original condition, serving as a reflection of the state we aspire to see the entire trail restored to once more. Additionally, it was reassuring to observe the presence of three BC Parks staff members, including Dave Richmond, who usually rides a desk, not an ebike, and who, along with his staff, diligently documented any remaining hazards that were identified. In areas where erosion was particularly severe, we sought guidance and expertise from qPaws member Eagle Walz, to determine the most effective and least environmentally impactful approach for repair. Furthermore, when I expressed the desire to see the portage from Powell Lake cleared and usable once again, the BC Parks staff didn't just dismiss the suggestion; instead, they attentively listened, asked questions, and took notes, demonstrating a willingness to address the concerns raised.

When did you feel the most hopeless?

Tracey • With my background in journalism, I've always approached challenges with a sense of hopefulness and resolute determination. Rather than succumbing to feelings of hopelessness, I find myself fueled by the prospect of effecting positive change. Armed with my experience and skills, I'm always prepared with the next steps to escalate the pressure when necessary. This proactive mindset, honed through years of journalistic endeavors, empowers me to navigate obstacles with confidence and purpose, ensuring that I remain steadfast in my pursuit of truth and progress.

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HONDA

When did you feel the most hopeful?

Tracey • There were numerous moments of hopefulness throughout this journey. One such instance was when MLA Nicholas Simons assured me that he would personally inquire into the matter, demonstrating a commitment to addressing the issue. Additionally, my spirits were lifted when *qathet Living* magazine undertook the story, producing a thorough investigative article that shed light on the problem.

During this recent bike ride, my optimism surged the moment I noticed the absence of the overhanging alders and the removal of protruding logs that previously posed hazards along the trail. The tangible progress instilled a sense of reassurance, dispelling any apprehension I had felt previously. With these obstacles removed, I was able to relish the ride once more, free from the fear for my safety, and immerse myself in the joy of the journey. This transformation not only signified tangible improvements but also symbolized the collective effort and dedication towards reclaiming the trail for all to enjoy safely.

When you started advocating for the trail, you were Executive Director of Tourism Powell River. Now you are MLA Nicholas Simons' Constituency Advisor. How does that change how mouthy you can be?

Tracey • It's safe to say that when it comes to topics I'm passionate about, I'm generally not one to stay silent, which many can attest to. I'm grateful that even during my job interview with Nick, he emphasized the importance of continuing to strive for a positive outcome for the Inland Lake Trail. As I embarked on that ride around the lake, I metaphorically wore two bike helmets, each representing

the dual pressure I felt to ensure the restoration of our beloved trail for the benefit of both the local community and visitors alike.

Throughout the bike ride, I was driven by a deep-seated determination to see tangible improvements along the trail. The weight of responsibility was felt on my shoulders as I navigated the path, advocating tirelessly with Parks staff for the restoration and preservation of this invaluable community asset.

What's the plan for the bridge?

Tracey • Dave Richmond, the Regional Director of the South Coast Region at BC Parks, has provided us with assurance that the installation is scheduled for November 2024. This timeline is 2-1/2 years earlier than the projections we were given when Tourism Powell River initially took up the cause early last year. All eyes will be on Inland Lake Provincial Park this November, including mine.

Will this ever be a truly accessible trail, for those who use wheelchairs and scooters?

Tracey • Our foremost priority has been rectifying the hazardous elements along the trail, with a particular focus on addressing the concerns surrounding the bridge. It's imperative that we maintain the momentum and pressure to ensure the ongoing accessibility of this trail for all individuals. We live in a community where accessibility and inclusivity are not mere buzzwords; they are values ingrained in our community's ethos, upheld with unwavering dedication and perseverance.

We recognize that true inclusivity extends beyond rhetoric, requiring tangible actions and persistent advocacy.

During this recent bike ride, my optimism surged the moment I noticed the absence of the overhanging alders and the removal of protruding logs that previously posed hazards along the trail.

- Tracey Ellis

This persistence will prove invaluable in the years ahead as we continue to champion improvements aimed at enhancing accessibility at Inland Lake for individuals using wheelchairs and scooters on the trail.

By remaining steadfast in our dedication to accessibility, we reaffirm our commitment to creating a community where everyone can fully participate and enjoy the natural beauty that surrounds us. Through collaborative efforts and persistent advocacy, we can ensure that the Inland Lake Trail remains a welcoming and accessible destination for all.



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PAUSING FOR A CLOSER LOOK: The crew sees lakeside erosion. *Photo by Tracey Ellis.*

What have you learned about government and advocacy, from this whole episode?

Tracey • In my short time working at Nicholas Simons' office, I've come to realize that while there's often a prevailing sentiment that government isn't responsive to the needs of the people, the reality couldn't be further from the truth.

The individuals I've had the privilege to meet and collaborate with are deeply invested in advocating for the welfare of our community and its residents. They exemplify a level of dedication to public service

I am reminded of
the power of ...
perseverance in
effecting meaningful
change.

- Tracey Ellis

that is truly commendable, akin to delivering customer service of the highest caliber. This includes BC Parks staff.

Ensuring the satisfaction of travellers passing through our community at the visitor centre is one thing, but providing assistance to constituents navigating a myriad of concerns requires a different level of commitment and empathy. As I reflect on that bike ride, I am reminded of the power of passion and perseverance in effecting meaningful change. It is through unwavering dedication and collective effort that we can transform aspirations into reality, ensuring that the Inland Lake Trail remains a source of joy and inspiration for generations to come.

All in all, the future of the Inland Lake Trail looks bright, indeed. Or at least, I can see a light at the end of this long tunnel. **PL**

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Victoria has set aside \$91 million for the Secondary Suite Incentive Program. That's enough to fund 2,275 suites across BC.

In comparison, in 2018, the Province promised \$3.3 billion to build 30,000 affordable homes, under the Community Housing Fund Program. That will cost about \$110,000 per unit.

So asking homeowners to develop affordable housing saves the province about \$70,000 per unit.

2. So, like, five a year

According to the City of Powell River, there have been 29 building permits issued for secondary suites from 2018 through the end of 2023, within the municipal boundaries.

3. So, maybe not

In support of the new Secondary Suite Incentive Program, the province has created a guide to help walk would-be landlords through the process. www2.gov.bc.ca/gov/content/housing-tenancy/secondary-suites

Home Suite Home: Guidelines on How to Add and Manage a Secondary Suite or Accessory Dwelling Unit in British Columbia, offers 58 pages, mostly explaining reasons to not build a suite. -PW



Real Estate in qathet

Victoria tries to find the suite spot

BC's new Secondary Suite Incentive Program offers up to \$40,000 to homeowners for creating a new rental suite.

There are so many strings attached, neither local builder Chris Neath nor Realtor Bill Bailey think the program will see much uptake.

BY PIETA WOOLLEY

If you're thinking about adding a basement suite to your home, and you call JL Contracting, here's what will happen.

Chris Neath will come and do a walk through. He'll assess what your space needs to become a safe, clean, energy efficient suite that is up to code. Does it already have a bathroom? A kitchen? Is there rough plumbing under the floor boards? Is there ventilation? Does it need a heat source? Do you need to add windows or a new door? Or is it just in need of some easy framing?

"Every job is unique, so it's impossible to say whether \$80,000 will be not enough, or more than you need," said Chris.

The \$80,000 is a critical number. In May, Victoria introduced the Secondary Suite Incentive Program – part of a push to add vast numbers of new rental and affordable homes in BC. In short, homeowners can apply for a matching

forgivable loan of up to \$40,000, when they spend up to \$40,000 creating a new secondary suite. You can apply for the money retroactively, if your municipal permits came in after April 1, 2023.

The program is pretty straight-forward, but there are some restrictions. For the first five years, landlords in qathet can't charge more than \$883 for a bachelor or one bedroom, \$1,000 for a two bedroom, and \$1,050 for a three-plus bedroom suite. You have to be the registered owner of the property, and live there. The suite cannot be rented to an immediate family member. The homeowners must have a combined gross annual income of less than \$209,420, and the home must be valued at under \$2.15 million (that last part is easy, for most of us).

Chris reports that in the 15 years he has been building in this region, demand for basement suites has surged. It started when Air B&B became more popular, he said. And now, they're mortgage-helpers – a way to make the

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average \$650,000 home more affordable.

He wonders whether this policy – and the \$91 million taxpayer pricetag – will actually result in more secondary suites being built, than if the government had just left things alone.

Nick Van't Schip, who has been working for Chris for the past 12 years, thinks it might.

“It might cause people who were on the edge to actually pull the trigger and make the decision to add a suite,” he said.

Chris added that for first-time buyers, a suite helps make mortgage payments more affordable (see sidebar). As a father to a 16-year-old, he worries that his son will struggle to get into this market, so he welcomes policy that can make homes more affordable for young people starting out (Liam Neath has been working with his dad for over a year).

So far, though, Chris hasn't heard of anyone locally using the SSIP, even though it was announced more than a year ago.

He wonders if that's because the rent you can charge if you accept the subsidy is roughly half what you could rent a suite for without it.

Similarly, 460 Realtor Bill Bailey noted that “as a headline, [the program] looks great. They're giving homeowners a double-win – they get to help the community while at the same time get \$40,000 from the government.

“But it probably ends there.”

Those who put in secondary suites, Bill said, are generally not wealthy. They do it for extra income, often to be able to afford a mortgage or, for those without pensions, to be able to retire. So the loss of \$800 or \$1,000 a month for five years – the additional rent they could have charged for the suite if they weren't stuck to the “affordable” rates as mandated by the SSIP – will give many homeowners pause. That's a potential loss of \$60,000 in the first five years, more than cancelling out the \$40,000 gift from government.

For first-time homebuyers, that loss will sting, he said.

“They're stretched financially to make the purchase and having some income to support the payments is helpful or essential. Being required to keep the rental income down doesn't really help them that much, especially when they've already laid out up to \$40,000 to put the suite in.”

Can this program help homeowners who want to sell their property boost their home's value?

Generally, Bill never recommends upgrading before the sale. Anyone can put in a suite, he said. But if you

**Homeowners:
should you take
Victoria's \$40,000?**

The new Secondary Suite Incentive Program offers homeowners a forgivable loan of up to \$40,000, when you spend a matching amount installing a legal secondary suite on your property.

However, you have to rent it out for the first five years at an “affordable” rate: that is under \$883 a month for a bachelor or one bedroom here in qathet.

Scenario 1

Using the Provincial Credit Union calculator, if you take out a \$500,000 mortgage, with a 25-year amortization period, at 5%, your monthly mortgage payment will be \$2,908.

Add \$40,000 to that – to take advantage of the government's matching \$40,000 under the Secondary Suite Incentive Program – and that mortgage payment jumps to just \$3,141. That's a difference of just \$233 a month.

You'll pay \$29,733 in interest over those 25 years, for the \$40,000 you borrowed, for a total personal spend on the suite of about \$70,000. If you rent the suite out for \$1,000 a month average for 25 years, you'll bring in \$300,000.

So you'll earn about \$230,000 off that suite.

However, you will pay income taxes on that rent.

And, the property taxes on your home may increase, because there is a suite.

Plus, you'll be responsible for maintenance and repairs

Scenario 2

You borrow an additional \$80,000 on your mortgage and you don't take any money from government. That means you can charge market rent for your suite.

With interest, that \$80,000 will cost you about \$140,000.

If you rent that suite out for \$1,800 a month, that's \$540,000 over 25 years

So you'll earn \$400,000 off that suite – minus taxes and maintenance.

Note: there are many, many variables in each of these scenarios.



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SUITE AND SKILLED: JL Contracting's team has built basement suites here for 15 years. Left to right in the back they are, Darius Braun, Liam Neath and Tommy Adam. In front, Nick Van't Schip and Chris Neath (owner).

already have a renter, especially if they're paying below market rents, a suite can seem like a liability to potential buyers. "Especially," Bill points out, "because the Tenancy Act makes it virtually impossible to get rents back to market value."

Bill predicts that interest in this program will be limited.

Interest in suites themselves, however, seems to be thriving, according to Chris. Many homes here are easily convertible—especially Townsite homes, and the "BC boxes" common in Westview.

Even the surging cost of materials over the last few years, he notes, hasn't dissuaded many homeowners from building out, either to provide homes for their kids or aging parents (which do not qualify for the SSIP), or for rental.

For the small demographic of people who can afford to take in less rent for five years, but also have enough money to pay for half (or more) of a suite, Chris advises taking advantage of this program. Like the CleanBC grants for

heat pumps and natural gas heating and more, it's always worth applying for government incentive programs when they make sense for you, Chris said.

If governments want to encourage homeowners to build more rental suites, Chris noted, other policies might be helpful. For example, streamlining the permitting process.

Ultimately, Chris notes that secondary suites usually benefit everyone involved. They provide much-needed housing in a rental-scarce region. They can keep family close, with privacy. The rent can make homeownership or retirement possible, for some.

But as a builder, Chris urges homeowners to invest in making their suites safe, clean, and energy-efficient. Just because there's a limit on the SSIP of \$40,000 doesn't mean cutting corners is a good idea for your renter, or for you as the homeowner.

"If you do, you'll have to replace things," Chris said. "Doing it right the first time is important, or it will be you footing the bill." **PIA** pieta@prliving.ca



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Climbing back

Garrett Holborn is PRISMA's new marketing and communications manager. He is a photographer and marketer with over a decade of experience.

Born in the Lower Mainland, he grew up near the ocean, where he often spent summers sailing around the Gulf Islands. Although he doesn't sail anymore, he still spends his time fishing, foraging, and free-diving in the ocean and lakes. When not on the water, he can be found in the forest, taking nature time-lapses, making music, and gardening.

He's also active at The Wishing Well, Townsite's art collective.

Why did you choose to move to qathet?

Garrett • I moved here for a change of pace, leaving behind a high-stress career. After working 80-hour weeks for years running multiple departments of a rapidly growing industrial manufacturing company, I started to burn out and knew I needed to make a change. I was looking for a quiet place to slow down and build a more meaningful life, and I found it here.

When? Where from?

Garrett • I moved to qathet in June of 2022 from White Rock, where I spent most of my life.

What surprised you, once you moved here?

Garrett • Coming from a larger city, I was surprised to learn that many businesses are closed on Mondays. The silence in the evenings was also new for me.

What made you decide to move here?

Garrett • I have some family who moved here about four years ago. While visiting them, I loved the slow pace, endless lakes, secluded beaches, and vibrant arts community. When I left to return to the rat race, I daydreamed about being back here fishing or hiking. After coming down with a bad case of COVID, I re-evaluated my life and decided to



BOLDER AND BOULDER: Garrett Holborn at the base of Scout Mountain. Photo by Top Out Climbing Co-op's Tully Henke.

make the move.

Where is your favourite place in qathet?

Garrett • Townsite has rapidly become my favourite place. It has a climbing gym, groceries, and my regular spot, The Wishing Well, where there is often live music, painting, and dancing.

How did you first hear about qathet?

Garrett • I first came here with my parents for a vacation when I was about 10 years old. We stayed at a family friend's beach house, which had an outdoor shower facing the ocean. To this day, that shower remains my favourite.

What would make this a nicer community?

Garrett • Less littering and more local food production. Seeing even more environmentally conscious food production and less reliance on shipped-in food would be great. There are many small gardens, homesteads, and some fantastic farms that offer CSA (Community Supported Agriculture); however, there is a need for more.

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

Garrett • Previously, I was a member of a maker space where I had fob access to a full commercial wood shop, welding, CNC, 3D printing, and almost every tool imaginable. It would be fantastic to have a space like that here

where people can access a large array of tools for a reasonable monthly price.

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

Garrett • When I moved here, I left behind a career running sales and marketing for a rapidly growing company. There aren't any comparable opportunities for rapid career growth here, although now that I've settled in, I'm okay with a slower pace of life.

If you were mayor, what would you do?

Garrett • Go fishing and never return. I'm not a politician.

What are qathet's best assets?

Garrett • The people of qathet are the best assets. I've found that it's easier to build a real community here than in a larger city. From world-class artists to naturalists who are happy to share their knowledge, this community has it all. A close second is the pristine nature.

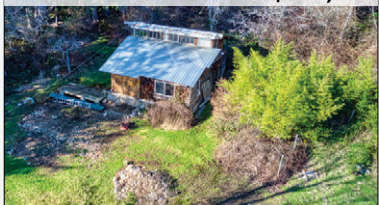
What is your greatest extravagance?

Garrett • Camera equipment. As a photographer, I spend far too much money on new equipment.

Which superpower would you most like to have?

Garrett • The ability to make everyone stop fighting. 🦹

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BIKE WEEK JUNE 3 TO 9

If you're looking for some velo inspo this GoByBike Week, look no further than this 78-year-old all-weather cyclist.

Life Cycle

BY JOSEPH RAVICK

For the past 68 years – since I was 10 – my bikes have nurtured my physical, mental & emotional health.

Every day I now see older people riding every model of bike you can imagine – although elders on bikes were rarely seen when I first moved here about 14 years ago.

The other day at my favourite coffee shop, Paul, a fellow rider and senior still struggling with retirement, commented about our great weather, “I can't wait to put my bike back on the road again.”

“I don't have the passion you have riding through wind, rain, and even snow,” he added.

Paul was right about my willingness to ride in every season. However, he didn't know that my cycling passion started more than six decades ago, as soon as my dad removed my training wheels. Biking from the very beginning has fed my freedom.

But not long after I turned 21, that freedom suddenly disappeared when I was critically injured driving a car. After waking up from a ten day coma, I panicked when I tried to move my legs and they



HE DOESN'T BRAKE FOR HILLS NOR RAIN: Life-long cyclist Joseph Ravick with his Whisper e-bike, at the Town Centre. This septugenarian switched to an e-bike a decade ago to conquer Westview's hills.

didn't work.

My parents later told me that the staff had to summon the resident to sedate me. I must have thought I would be permanently disabled; my powerlessness hit me like a ton of bricks. I was not prepared to accept that my cycling days might have ended.

Eventually the doctors agreed I would walk again, but would never be my pre-accident self again: my words not theirs. And they were right, since I became a rebuilt and improved version of myself. All it took was daily, then weekly, physical therapy, some

tolerable pain, a stationary bike which I rode hours every day, and eventually, a new bike for some very shaky rides.

As I became more mobile and a regular at Expo '67 that summer, I was waiting in line at the US Geodesic Dome pavilion, now the Montreal Biosphere, when I recognized my orthopedic surgeon, a member of the team which had saved my life. I said, “Hi,” and saw that for a moment, he didn't recognize me.

When the penny dropped for him and he remembered who I was, the amazement was written all



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My self-appointed guides then led me to beautiful and unexpected places I never would have visited without the Sanjuaneros valuable help.

- Joseph Ravick

over his face. My obvious recovery was not what he had expected or predicted, so maybe he learned something too that day back in 1967.

Emotionally and mentally, there were also identifiable improvements, but that's for another story. Cycling didn't bring me back to health 56 years ago, but it sure helped. Even the doctors I see these days, when asked, comment that my passion for biking, part of my active lifestyle, has certainly contributed to my continuing excellent health. The biking and peace I experience riding definitely helps me stay balanced in our chaotic and often stress-filled world.

That balance certainly needed tweaking in my 40s and 50s after the International Newspaper Guild co-opted me from The Victoria Newspaper Guild to help other newspaper units and union locals resolve disputes and unresolved negotiations.

Stress and conflict were part of the job. Living out of a suitcase and a backpack, I loved that my work took me across Canada, into the US, and even to Puerto Rico and the West Indies.

I remember working for a company in San Juan, spending almost every day for two weeks in meeting rooms populated by people in acrimonious relationships, trying to beat and overpower the opposing team. The endless pots of bad coffee undoubtedly helped fuel the conflicts and interpersonal tensions.

For my own emotional and physical survival, I therefore made time to ride as often as I could; but those rides were just Band-Aids. After the disputes were resolved, I took two weeks off in San Juan then in St. Thomas to recover and re-energize by renting bicycles and exploring.

Maneuvering through narrow 16th-century San Juan streets past an incredible fortress was so exciting, and it only got better when I met the kind, friendly and helpful team of Puerto Rican cyclists at a quaint coffee shop in Old San Juan. We communicated even though I spoke no Spanish, and maybe it was the large Canadian flag on my pack, since, as they were ready to ride, they invited me along on their exploration.

My self-appointed guides then led me to beautiful and unexpected places I never would have visited without the Sanjuaneros valuable help. So when I boarded my flight back to Victoria, I was ready to dive back into the profession I loved and enjoyed.

True, the passion for riding was sparked by my dad, yet it became a life-long flame on my tenth birthday.

I've never forgotten the joy and thrill I felt that morning as I had walked into our living room and there, on her stand, shining in the sun in front of our picture windows was my new Raleigh three-speed

GOBYBIKE WEEK

When: June 3 to 9

What: An annual local and Provincial celebration of all things bike - and an encouragement to ride to work and school now that the weather is nice. By press time, 15 qathet teams had already registered, including 47 new riders.

Where: Celebration stations and more are planned all week. See events on Page 46.

Learn more and register to enter to win prizes:
gobybikebc.ca/powellriver

with skinny tires and curved racing handlebars just like the big boys rode; that bike was the most beautiful and exciting gift I had ever wanted or received.

After the last 55 years biking through all terrains and weather however, I was still surprised by Powell River's cycling environment in 2011, made even more difficult by my physical devolution. Powell River, with its steep grades on streets like Glacier, had become too difficult for my 60+ year-old legs, while the potholed and cracked streets were also challenging for me and tough on my bike.

So, for just under \$3,000, I found the beautiful black Wisper e-bike, the perfect fit with a comfortable ride, limited off road capabilities, and enough assist-power to comfortably climb the many steep hills, or cycle to Lund.

The Wisper took me everywhere I wanted on comfortable 26-inch wheels and two-inch wide puncture-proof tires for 10 wonderful years until it was stolen. As I found out looking to replace my Wisper in 2020, there were now almost unlimited options in bikes, bike locks, styles, batteries, and motor-power.

As for where to ride, we have the qathet Regional Cycling Association (qrca.ca) where you can get maps and much more. They even organize group rides if you prefer not to ride alone.

So if you haven't ridden a bike in many years, let me encourage you to rent a bike and give it a try. Even if you never learned how to ride a bike in your youth, many bike shops, senior centers, or bike organizations offer coaching or classes that can help you learn all over again, or for the first time.

There's a lot of truth to the old saying that once you learn to ride a bike, you never forget. So if your balance is good, even if your muscles are weak, you can get back on a bike again and start pedaling, regardless of your age. After my accident that's what I had to do if I was going to regain my freedom.

And it's not only seniors who are moving to ebikes. As I was in the middle of writing this article, at my favourite coffee shop again, a youngish 40- or 50-something woman, to whom I had said hello many times, came up to me obviously happy and excited; she told me her new ebike had just been delivered, and that she was anxious to get home to assemble it. Watching me ride had motivated her, she said.

So if you decide to start cycling for the first time, or again, you can rediscover the thrill and exhilaration of cycling which you once enjoyed as a child or young adult.

No matter how old you are, enjoy yourself. These are the good old days you'll look back at in the years ahead. 🚲

How I gave up private transport for a senior bus pass

BY HANNAH MAIN

In the years we lived in Okeover and later at Kelly Creek, giving up my car seemed impossible. Then we moved into Westview last July and I was finally prompted to do it.

My initial motivation was not to reduce my carbon foot print or to save the money spent on car maintenance, gas and insurance. I just needed to be walking outdoors more. Besides, I never enjoyed driving and was afraid to drive at night in rain. Cycling was not an option; Westview is too hilly.

So now I walk to my favourite coffee shop on Marine in 28 minutes along the sea walk. I am a 20-minute walk from my volunteer job and could make it to the library in about 35. It takes even fewer minutes to my doctor, dentist, and chiropractor.

In good weather, that's what I do. But in cold weather, or at awkward times and in the evenings, I have the best transportation deal going. A senior



LESS GRIEF: Hannah Main waits at the bus stop on Glacier. The author, who now lives in Westview, says learning to get around by bus is a challenge worth undertaking.

pass that I can use as many times as I like in the same day, costs about as much as the number of days in a month!

I am quick to admit that I could not have given up my car if it was not for friends who offer me rides to and from events we share.

In addition, my husband has a car, but I don't drive it. It's ancient, it's his carefully looked after treasure, it's not an automatic. I would wreck the clutch on the Westview slopes and I know it. I rely on him for essential rides on days of awful weather or when I miss a bus. He's generous.

Do I have regrets? No, but I had to make adjustments. When I lived in large urban centres, I had no car, but the bus came once every ten minutes. But I don't want to live in a big city. We love living here for many reasons including Powell River's emerging sustainability culture.

Most local buses, Monday to Friday, run on average once every sixty minutes. That takes careful planning. No more impromptu outings. I am forced to make very careful trip plans.

Errands have to be done in sequence and synced with bus times. I have to plan for variable weath-

er. No more use for my handbag collection; a sturdy functional backpack is required. Careful hair? Forget it. Winters I wear a tuque, summers a brimmed hat. Out went the fun footwear; it's sensible shoes now for this senior.

It's been more of a challenge than I expected it to be. There have been days in February at windy bus stops when I reconsidered. When I had a car, I could lug a lot of stuff around for drop-off, pick-ups, check stuff out, exchange and return things, seek out good deals, but now only what I can carry.

Sometimes the bus is late. I learned that I cannot wait for a bus while seated in a shelter; the driver can't see me and goes past without stopping. As I can't carry the heavy weekly groceries home, I arrange for my husband to pick up me and the bags for a ride home (that's a good excuse for us to go out for lunch in town).

Surprises? I wait at the Town Centre Mall for buses and meet an interesting variety of locals. When I drove a car, I did not have that opportunity.

I learned how many bus shelters there are, how many stops do not have a bench, how windy the slope is.

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Bus fares are free for teens in Victoria, Summerland, Penticton, Kitimat and Whistler: What happened here?

In 2019, Brooks Students for Change presented to Powell River City Council, asking for free bus fares for teens. The fare-free movement has been in the works globally for years; both Malta and Luxembourg offer free fares nationally. Many cities do, too.

"It's a no-brainer as young people who use transit become adults who use transit," said CaroleAnn Leishman, who was a councillor at the time and supported this motion. "If it was free for youth, more of them would ride the bus, giving them so much more freedom and autonomy from their parents not to mention affordability for not having to own or drive a car or rely on their parents all the time."

At the time, City Council voted in favour of Students for Change's motion as an "advocacy motion," meaning councillors approved the principle, but weren't ready to take action. Council asked staff to study it and report back.

In short, it was dropped. There is no record of staff reporting back on this over the last five years, according to the City's communications department.

Dave Brindle noted in an email, "following Council request, staff reached out to BC Transit who said they require an analysis of impacts of free fares before we can make that change. There was some back and forth with BC Transit staff, overall they were very discouraging of free transit. Then COVID-19 hit, and the province put a freeze on transit fares, BC Transit in turn stopped their work on that analysis piece for us."

However, it didn't completely fall off the radar.

In 2020, the Powell River Transit System Vision and Goals Report included this line, "Explore free or by donation fares for youth and for everyone as a way to grow ridership." And in 2020, Council approved a financial plan that included this line: "Currently reviewing potential changes to the [transit] system such as 'on demand transit' or free transit for youth."

Meanwhile, other jurisdictions are jumping in.

In September of 2021, the Province implemented free transit for 12 and unders, funded by BC.

Other BC cities have embraced free transit for teens. Kitimat (2020), Whistler (2019), Penticton (2024, for ages 24 and under), Victoria (2022) and Summerland (2024) all do.

In May, Saanich City Council voted to ask the Union of BC Municipalities to lobby the Province to fund free transit for all minors—expanding 2021's 12-and-under program.

BC's Centre for Family Equality has been coordinating the campaign for free transit for teens. Supporters so far include the BC Teachers Federation, CUPE BC, BC Federation of Labour, PSAC BC, and many organizations representing low income and immigrant families.

Hope is not lost, though. Powell River's Manager of City Property, Partnerships & Public Relations, Callie Matthews, sent an email to *qL* noting that "Staff are looking into any direction from Council back in 2019. So I don't want to say that there is definitely nothing happening with this—we need to look into it a bit more."

—Pieta Woolley

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Nootka, Masset, Oliver are wind tunnels.

How many backyard birds and wonderful vegetable gardens.

How few people ride the bus, mostly teens and seniors.

Another plus; the Powell River Public Library has become my second home. Missing buses, needing a break from walking, carrying my yoga gear, swim gear, the library is a wonderful refuge. Warm, bright, friendly. Plus, I get to catch up on reading my favourite journals.

Do I expect that private car ownership will be a thing of the past? No. It's my privilege, in my late seventies, to still be able to walk, live in a small town and have friends with cars. We will continue to need fossil fuel burning vehicles for deliveries, emergencies, appointments, and for those who live far from bus routes.

Maybe there could be more carpooling, maybe more kids could walk to their local school, maybe this, maybe that. None of us are entitled to private transportation. We live in a car culture and take it for granted.

Most people in the world will never have a car. Talk to the earth about it. I am grateful for a public bus service and hope it lasts. It's inconvenient for persons who are in a rush. Maybe we could have

smaller buses that run more frequently but would that increase the ridership?

Fast-paced lifestyles cannot be maintained without quick access to transportation. Many families with young children are hurried if not harried. But seniors do not need those "going and getting on demand" lives. Couldn't we all do with a little less urgency?

In sudden need for transport, get a taxi or (in Westview) call the Zunga bus. Both are inexpensive when you consider what you are not spending on a car.

What I did not expect: my lifestyle calmed down. I can't make all those quick trips to town anymore, I lost interest in trivial pursuits like checking out deals, comparison shopping or fresh bread. I am more likely to reduce, reuse, upcycle.

Some days I do not leave my home at all; more time for creative pursuits, longer dog walks, cloud gazing.

Yes it is a challenge but I am glad to be able to do it. Plus, there are health benefits of more walking outdoors.

It wasn't as hard as my other current challenge: plastic-free grocery shopping! I can't ask for yogurt in glass because the bottles are too heavy to lug around in a backpack. Anyone know where I can buy frozen peas in paper wrapping? Good thing Ecosystemics is on the #2 bus route!

The Weather / La Météo

April was National Poetry Month. The Powell River Public Library celebrated by hosting a childrens' poetry writing contest this spring.

The winners, out of 58 entries, are presented here.

Ages 6 to 8

First Place
Georgia Hanson
Grade 1, Westview Elementary

Robin Sings...

Robin sings her morning song
The tree is my heart
The leaves are my hair
And the branches are my arms
I feel like I am meant for outside
I love making fairy gardens
The bears are out for spring
And the turtle is out for a spring walk
The outside is awesome

Second Place
Skye Schoeman
Grade 2, Westview Elementary

Sometimes it's rainy...

Sometimes it's rainy
sometimes it's sunny
flowers pop up just like a
bunny everywhere I go I see
grass grow if you go to the
mountains you might see
some snow the snow
will melt into the river
it will flow and that's
how the weather helps
everything grow.

Third Place
Emil Doiron
Grade 3, École côte du soleil

La Pluie...

La pluie remplit mon puits,
Le soleil sort les abeilles.
J'aime l'arc-en-ciel autant que le miel.
Quand je vais en voyage,
Je vois les nuages.
The rain fills my well,
The sun brings out the bees.
I love the rainbow as much as honey.
When I go on a trip,
I see clouds.

Runner Up
Alayna
Grade 2, Westview Elementary

Rainbow Rainbow...

RAINBOW RAINBOW
Shine your light
Gone the Sun then I
Sit at the Window
Sill Watching the
Rain, everything
around goes boom or
bang! then I feel a
breeze through the
wind just like a
blizzard at night in
the wind when it was cloudy!

Ages 9 to 11

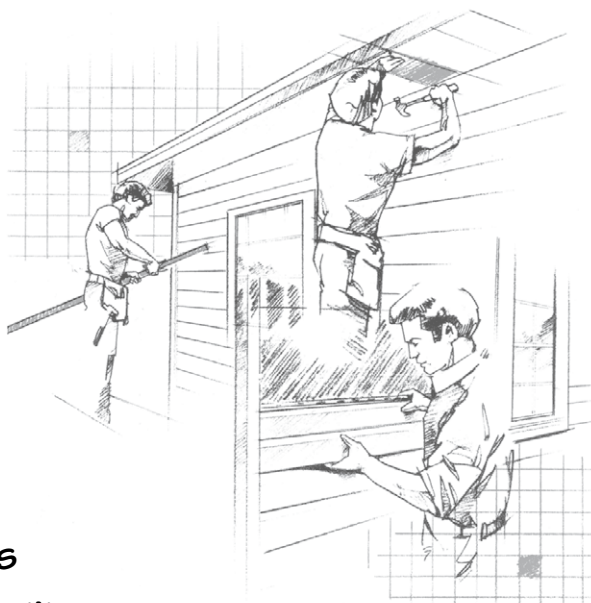
First Place
Kyra Doyle
Grade 5, James Thomson

The Rhythm of the Weather throughout the Seasons

The rhythm of the weather is a song
no one else can sing.
It starts with the repetitive drumbeat
of snow and rain,
urging us to rest and preserve until
spring.
Then the song changes to a higher key,
as endless blue skies welcome the
bees.
Weather's rhythm now turns to a joyful
jig,
and sunlight bathes the land in colours,
growing flowers on even the smallest
twig.
Next the song begins to slow,
emerald green becomes red, orange
and gold.
Clouds swirl above as they sing the
tune,
blocking out the sun, the stars, the
moon.
I'll end this poem with lightning over-
head,
crackling with change, and rhythms
yet to be said.



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Ages 9 to 11 (cont.)

Second Place
Isabelle Lightfoot
 Age 9, Homeschooled

Rain

Because I lived in Prince
 Rupert for my youngest years,
 I
 Know
 Rain
 Tap dancing on the windowpane.
 Tiny ants crawling up my arm
 and
 never ending raindrops on
 water. When the rain meets
 the
 wind and the darkness too,
 the people and the animals and
 the
 insects find shelter, and they
 wait
 and
 wait
 and
 wait
 and
 wait
 and
 wait

Third Place
Zach Greene
 Grade 5, Homeschool
Seasons Are Fun

On a hot summer day
 The clouds roll away
 And nothing is left but the sun.
 We have a lot of fun
 When the sprinkler turns on
 And that is a hot summer day

When fall comes around
 The leaves are on the ground
 In red and yellow and brown.
 We harvest the crops
 Sometimes we get lots
 And that is a great fall day.

Winter is nice
 With it comes ice
 And sledding and snowmen and fun.
 So what if it's cold?
 We are very bold
 And that is a nice winter day.

It's finally spring
 The birds like to sing
 And everything's bursting with life.
 The river is running
 It's all very stunning
 And that is a happy spring day.

Runner Up
Eily Bratseth
 Grade 5, PR Christian School
Snow is Coming

We wait by the window for the snow to fall.
 The clouds turn dark.
 It's almost here!
 Now the snow comes down quiet and peaceful,
 the world so bright with white,
 everything so still.
 All roads icy and slick,
 stores so empty inside,
 the trees so bare,
 no fall leaves to be seen.
 Inside it's warm,
 with the fire gleaming so bright.
 Sipping hot chocolate,
 we all climb into bed. ❄️

Download the qathet Waste Wise app

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



JUNE

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

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Organics and
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- Do not place carts out until the morning of your collection by 7:30 am
- Freeze smelly items until the morning of collection
- Avoid using bird feeders
- Pick fruit early and let it ripen indoors



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 & Sunday June 23rd • 11-3**

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 Children's Creation
 Station

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 BEER Garden!**



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 for upcoming market
 announcements



Up in Smoke:

The wharf fire of 1951

Fires are one of the most devastating events to occur in a small town. While Powell River and its surrounding areas are no stranger to such a calamity, in the early 1950s an unsettling trend emerged.

In May of 1950, the Westview Elementary School burnt down. Firefighters arrived at the scene only to discover that the school had very few hydrants, all of which had low water pressure.

In January of 1951, the Westview Wharf caught on fire.

When firefighters first arrived, they discovered that the wharf's water pipes had been turned off to prevent freezing.

The blaze, which started small, grew out of control after the fire reached the creosote-treated pilings under the wharf, creating a mushroom cloud of smoke. Then, nearby fuel and oil tanks burst, adding to the blaze. The sheer scale of the smoke plume drew a crowd of thousands that the firefight-

ers struggled to work around.

Several firefighters and spectators had to be rescued from the wharf by a Department of Fisheries boat as the blaze continued to grow.

Afterward, the damage from the fire was valued at approximately \$450,000.

One week after the Westview Wharf went up in smoke, the saw and

planing mill at the Shingle Mill was burnt to the ground. All that was left behind was a planer.

The devastating fires in those two years sparked a serious discussion about Westview's fire protection capabilities.

It was clear to citizens that fire protection had not kept pace with the town's growth, and as the decade wore on, more and more people called for increased fire protection, each new incident of fire backing up the argument. Nothing comparable to the series of fires in 1950 and 1951 has happened since. **CL**

BLAST FROM THE PAST

DEVAN GILLARD



CREOSOTE, FUEL AND OIL: Top, citizens gather in Westview to watch fire consume the wharf – the second of three fires within months of each other in the neighbourhood. Above, the same fire, from the side. Left, fire consumes the wharf; firefighters found the pipes had been turned off, to prevent damage from freezing.

Photos courtesy of the qathet Museum & Archives

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Count-down to the provincial election

On June 8, we'll find out who will be replacing Nicholas Simons as the NDP candidate for the provincial MLA seat this fall. That's when the Sunshine Coast-Powell River NDP Constituency Association meets in Sechelt, after months of deliberation.

So far, all NDP candidates are from the Lower Coast. They include Amanda Amaral (SD46 Board chair); Randene Neill (journalist); Jäger Rosenberg (student); Jacquie Shields (Sunshine Coast Teachers Association president), and Darnelda Siegers (former Sechelt mayor, and Sunshine Coast Regional District chair.)

Meanwhile, BC United (formerly the BC Liberal Party) announced the candidate for this riding back in January: former Sechelt City Councilor Chris Moore, a realtor who also owns Brickers Cidery with his family.

At press time, both the BC Conservative Party and BC Green Party had yet to declare any candidates or nominations.

BC goes to the polls October 17.



Father Patrick bids adieu

After 10 years serving Assumption Parish, Father Patrick Tepoorten will move this summer to Pius X, in North Vancouver. July 7 will be his last Sunday Masses.

Rev. Meletius Mlingi and Rev. Camillus Temba will become the new priests at Assumption. Both have been serving congregations in Metro Vancouver, and both are members of the Apostolic Life Community of Priests, based in Tanzania.

Archbishop J. Michael Miller announced the appointments in May.

About 12% of the qathet population is Catholic.

Here, Father Patrick relays some final thoughts on leaving Assumption Westview and Sacred Heart Tla'amin:

"Since my first few months of life, I grew up on the Sechelt beach, near what we called 'The rocks.' That part of the Sechelt beach is now called Snickett Park. On weekends and summers our family left the big city. So the Sunshine Coast has always felt like home.

"In 2014, my mom was in her final years of life living at the Views Extended Care, Comox. I asked to come up to be near her, and it worked out well.

"The faith of this community is enhanced and enriched by the cultural and religious ties going back to Molise, Italy; Udine, Italy; and Malta. The Maltese sisters left a deep impression on everyone here, and we all miss them. Great ladies, real pioneers, too!

"Powell River has sometimes been a challenging community to serve, as we have aging infrastructure with our buildings, and it's been a fight to keep them all well maintained – a never-ending task.

"The people have been wonderful, and always generous in their response. My main work has been supporting Assumption School. This is a great learning community, very supported by our First Nation with 23% of our children from Tla'amin Nation.

"The people of the city are welcoming; and, so many characters!

"Getting to know the Tla'amin people has been a joy. Their sense of community and mutual support at funerals is touching. Our little Church on the First Nation is a gem; a place of comfort, a haven for those needing a simple, relaxed, welcoming service. I thank Betty our elder who has been my teacher. I especially thank the Tla'amin families whose loved ones I have buried: thanks for your trust; accepting this citified outsider trying to learn how to relate to the coastal dwellers.

"For fun, and for fighting diabetes, I swim. This is with the noon-hour seniors swim gang at the Rec Complex. My life would not be the same without Cliff, Kevin, lifeguard Wanda, Rev. Faun ordering us around in our lanes, and the aqua fit ladies arriving in their colourful regalia. These 70 and 80 year old gals really rock when they jive to "YMCA!"

"I will miss this great town."

- Father Patrick Tepoorten

The Queen of Washrooms: BC Ferries adds menstrual products, all-gender inclusivity to travel experience

In May, BC Ferries announced a better on-board washroom experience that includes free menstrual products, and all-gender washrooms.

qL caught up with the communications team to learn more.

What kind of menstrual products? And like, the good kind?

"We currently have Tampax and Enviro Organic Maxi pads, however this can change with suppliers," said senior communications advisor, Reet Sidhu. "The products will be available via dispensers within the washroom facilities and if the washroom is too small for a dispenser, product will be placed in a basket within the washroom."

No new washrooms are being built – but single-stall washrooms will be converted to all-gender washrooms – including on those serving our community.

"Currently there are no plans to add washrooms or update the male or female washrooms," wrote Reet.

"Single-use washrooms are the ones with only one stall. The vessel serving the Earls Cove to Saltery Bay route has a single-use washroom. Additionally, the Little River to Westview vessel also has a single-use washroom, while the Westview to Blubber Bay vessel has two single-use washrooms. All of these washrooms will be converted into all-gender facilities."

PR Chamber of Commerce Business Award Winners

On April 20, qathet's business community gathered at Dwight Hall to recognize each other's work in 2023.

Everyone in the community was invited to nominate outstanding businesses and leaders for awards. The winners were chosen by a committee. They are:

Business Excellence

Laszlo Tamasik Dance Academy

Employer of the Year

Lisa Turner • Pet Valu

Runner up – Warren Behan • Royal LePage

Employee of the Year

Andre Huiberts • Tempco Heating and Cooling Specialists

Marie Houle • VK Wellness Initiative

Home Based Business

Crystal Clear Engraving

Runner up – Bloom Wildly Flowers and Gifts

New Business

Blue Agave Tequila Grill

Runner up – Post & Purlin Forest Products

Entrepreneur of the Year

Bloom Therapy • Nicole Quigley

Runner up – Iguanas Mexican Grill • Diana Paloma Rodriguez

Agriculture

Blueberry Commons Farm Cooperative

Runner up – Terra Nostra Farm

Customer Service Professional

Designer Signs

Runner up – Cadam Fireplace and Stove Centre

Customer Service Retail

FreshCo

Runner up – Pocket Books

Customer Service Hospitality

Coastal Cookery

Runner up – Iguanas Mexican Grill

Not-For-Profit

Four Tides Hospice Society

Runner up – PROWLS

Forestry Sector

Lois Lumber Ltd

Runner up – Powell River Forest Products

Aboriginal Business

Finn Bay Marine Group

Runner up – The Stock Pile Market

Sustainability Award

Elemental Millwork

Runner up – Remote Marine Solutions Inc.

Tourism Award

Powell River Outdoors

Runner up – Powell River Farmers' Market

Small Business of the Year

Westview U-Vin U-Brew

Runner up – Kelly's Health Shop



District awards for Rotary club

In May, two qathet Rotarians were recognized at the District 5040 Conference held recently in Terrace. There are 48 clubs and nearly 1,300 Rotarians in the district.

Joyce Carlson was named one of 10 recipients of the Don Evans People of Action awards for Exemplary Service Above Self.

Joyce was also a finalist for Rotarian of the Year. She joined Rotary in 1995 and has held several leadership positions, including president for 2002-2003, in the club that was chartered in 1955. She holds the club record for sponsoring new Rotarians, having brought 12 into the fold.

Current president Jan Gisborne, one of those 12 people, will be district governor for the 2025-26 year.

“It would be easier to say what Joyce has not done for our club than to list the many things she has done. She exemplifies Rotary’s motto of Service Above Self, and has been a mentor and friend to me and others.”

Two major accomplishments are chairing qathet Festival of the Performing Arts organizing committee for more than two decades and, for nearly the same amount of time, serving as liaison with Brooks Interact Club, a Rotary youth group in high school. She has been the leader organizer for many projects over the years and currently serves as public image director.

With the largest net increase of eight members in the 2023-24 year, the Rotary Club of Powell River was awarded the district membership award. Co-chairs are Matt Wate and Dan Devita.

“With a combination of long-time and new Rotarians, this committee has brought in both corporate and individual members, bringing fresh ideas, and ensuring the future success of our club,” said Jan.

- Submitted by Rotary

Food systems unconference June 8

A recent sunny Friday afternoon found farmers, researchers, activists, and community-builders sitting around a long outdoor table laden with locally-grown food. Around them, 2.5 acres of fields and

greenhouses hummed with life as carefully tended vegetables and flowers pushed through the soil. The group met at Gathered Farm to eat together and discuss local food systems.

Here in the qathet region, we are deeply dependent on food grown elsewhere and transported here by truck, ferry, and plane.

Most communities in the Vancouver Island-coast region only have a three-day supply of local fresh food and are subject to supply chain disruptions. And now we know that approximately one third of human-caused greenhouse gas emissions come from food systems.

Our lack of local production capacity threatens to undermine our long-term food security and worsen the climate crisis.

The conversation at Gathered Farm was coordinated by VIU’s tiwš̓emawtxw Campus, which hosts monthly networking events for local food systems experts and enthusiasts.

We need to get people talking about food systems. And we need to ensure that every member of our community can access all the healthy and delicious food they need.

We will also be hosting a Food Systems Unconference on June 8th at our campus on Nootka. A day of open-space discussions. Come with your questions, ideas and energy! We hope you will join us.

Contact Elyse Freeborn at elyse.freeborn@viu.ca to learn more about the conference, and other courses offered by VIU.

See more on Page 47, in the events section.

- Elyse Freeborn

Lift Community Services 40th Anniversary Fair

In celebration of 40 years serving the qathet Region, Lift Community Services is hosting a 40th Anniversary Fair at Willingdon Beach, from 11 am – 2 pm on Saturday, June 15.

Featuring live music from the Beach Crashers, hot dogs by donation, and a bouncy castle, this free, family-friendly event is a fun and interactive way to learn about Lift’s programs and services. Each of Lift’s programs will be there with games, giveaways, and lots of program and community resource information to share!

Lift Community Services started off as an employment program for local women in 1984, and today runs over 14 programs in the community including employment services, immigrant supports, family programs, housing services, literacy outreach, community health services, and more.

With a mission to work with community partners and people facing barriers to create equity and hope in the qathet Region, Lift prides itself on a 40-year track record of responding to urgent and emergent community need!

Come down to the Willingdon Pavillion and celebrate our vibrant community, enjoy some music and food, meet Lift’s staff, and learn about some of the community supports in our region – and how you can get involved. This is a family-friendly event, rain or shine!

- Alexandra Bissley

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Anchors aweigh!

A new clothing store for men and women is open on Marine Avenue. **Anchor Apparel & Lifestyle** also carries gifts, hats, sunglasses, socks, purses and bags and belts. “I’ve wanted to do something like this for a long time, but the timing was never right,” said owner **Lillian Berghauer**. “It came together now, so we’re doing it.” Lillian has been around the retail world for a long time, and will be familiar to local residents from her time at Bliss, Pacific Point, and Dr. Buhay’s chiropractic office. The store’s name has “been a theme and symbol in my life for a long time – the need to feel anchored and steady. I have anchors everywhere in my life. It’s about finding that steady, safe, peaceful place.” The store takes over the space vacated by Collective Interiors, across from the bowling alley. “I’m looking forward to bringing some fresh style and adding more variety to the clothing scene here, and making it a fun place to shop locally and encourage local shopping.” For more information, call 604-208-7288, visit anchor-apparel.ca, or email info@anchor-apparel.ca.

Shredding the documents

The **Kiwanis Club** is launching a paper shredding service. Inclusion Powell River quit offering the service during COVID, and Kiwanis is giving up on book sales, so shredding became a natural progression for the service club. They charge \$1 per pound, and paper can be dropped at 4943 Kiwanis Avenue. For information or to set up a drop-off, call 604-483-1440. You can also get shredded paper from Kiwanis. Shredded paper can be used for compost, gift baskets, growing mushrooms or worms, weed control, pet cages, shipping, or a variety of other purposes, says Kiwanis spokesperson Kathy Maitland.

Coastal Convenience

A wholesale store is taking over the long-empty former video store at Joyce Avenue and Glacier Street. The first **Coastal Convenience** opened in Port Hardy in 2023, and the 5,000-square-foot store in Powell River will be Coastal Convenience Corp’s second location. Renovations are underway, and the owners hope to open this summer, possibly as early as late June. The store sells wholesale size items of familiar grocery and household goods, including Costco’s Kirkland brand. Shoppers will also find some new brands now currently available here. The company owners are from Vancouver Island and spent time on the Sunshine Coast, and felt qathet was a good fit. “It makes sense to provide our model of service to coastal remote communities, where it saves time and money,” said **Ron Ryan**, who co-owns the stores with **Ed Doyle**. In addition to an online store, they



BUSINESS AFFAIRS

SEAN PERCY

are working on being able to provide deliveries to Savary, Texada and outlying communities. Ron says he expects the store will employ 10 or more staff.

Marine goes Evergreen

The **Marine Inn** has sold, and will be re-opening this summer. **Evergreen Hospitality Group** purchased the hotel from 1009149 BC Ltd, which has owned it for the past decade, and who was represented by Nick Bodie of Royal LePage Commercial. The sale completed April 26. The price was not disclosed. The hotel was assessed at \$1.3 million last year. Evergreen owns and operates more than 20 hotels in BC, including a couple new acquisitions on the lower Sunshine Coast, notably the old Bella Beach Inn at Davis Bay that was recently renovated and rebranded as The Oceanside, and, most recently the Rockwater Secret Cove Resort in December. The Marine Inn has 23 rooms, a restaurant and pub and meeting rooms with some 20,000 square feet of building. Plans are to do minor renovations to get the hotel back running for the summer, then plan more extensive renovations in the off season. They are also looking for a food and beverage partner to lease the restaurant space. “We look forward to partnering with the community in Powell River to bring new life, activity, and tourist traffic to the area. We invite members of the community to reach out to us with any ideas as we move forward,” said Shakil Adam, president of Evergreen Hospitality Group.

Barber cuts new path

Barber and hairdresser **Joel Nicholson** has opened his own shop in the Georgia Centre Shopping Plaza on Franklin Street beside Iguana’s. He is open now, taking clients and cutting hair Friday through Tuesday, 11 to 7 pm, while also renovating the space into his vision for the **101 Barber Lounge**. Milo, his French bulldog, is the shop greeter. In 2017, Joel went to London Barber and Beauty in Vancouver to become a barber and hairdresser. Colour blindness meant he couldn’t do a lot of the traditional hairstyling, so he focused on barbering. He spent nearly a full year at Townsite Barber before stepping out on his own. The 101 Barber Lounge offers a beer with each haircut, and he plans to install a pool table to complete the lounge feel in the 1600 square-foot space. Joel hopes to welcome another barber or stylist and an esthetician.

Chilean baker

Guido and Erin Periano are bringing a taste of Chile to qathet. Seven years ago, the couple, with their two children, now 10 and 12, moved here. Now they, along with Guido’s adult son, have opened **The Chilean Baker**, located in the old Base Camp coffee shop on Marine Avenue. Erin has Powell River roots, with grandparents, aunts and uncles – all long-time locals. She married Guido, from Chile, 20 years ago. He brings Chilean recipes and baking expertise. The bakery is quickly making a reputation for delicious empanadas (with beef, chicken, and vegetarian options), and also has tempting desserts, including vanilla and chocolate cookies, mousse and pies. They also make personalized cakes for weddings and birthdays. And, of course, the bakery has a wide variety of breads, such as amasado, batido, dobladitas, colizas, milagros, cachitos, and a special seven-grain “pan integral.” The Chilean Baker opens at 7:30 am.

New home for RVs at Skelhp

A new selection of short or long-term RV sites are ready for visitors near the Skelhp ferry terminal at **RV By the Sea at Saltery Bay**. The campground, developed by **Rick Cousins** and **Sunny Dawn Kostelnik** has ocean views, 50-amp electrical service, water and septic, and is close to the head of the Sunshine Coast trail. Sites are available for \$50 per night. For spots with septic, there’s a two-night minimum stay. Call first, as availability is limited, and talk to the Captain at 604-578-0068. You can also email rvbythesea123@gmail.com or find them on Facebook at “RV by the Sea, Saltery Bay Ferry.”

Sleeping on the job

Supply challenges during COVID prompted **Dream Life Beds** to switch from being a distributor to manufacturing their own mattresses. “It’s all made in BC, right down to the threads – every component,” said owner **Rick Lindley**, who has moved to qathet (his wife’s family is from here) and set up a bare bones warehouse on Duncan Street behind Relay Rentals. In addition to the factory in the Lower Mainland, Dream Life Beds now has 12 locations throughout BC and are expanding, said Rick. He says there’s a market here and in other small towns because “everyone who sleeps needs a mattress, but there aren’t a lot of options. We’re locally owned and operated and cost about a fifth of the price of the big box guys because we don’t have a lot of overhead.” He’s considering a showroom here, but in the meantime, check out one of the 16 mattress options at dreamlifebeds.com, then give Rick a call at 604-353-5345 to test out one at the warehouse. He can then deliver it and even take away your old mattress. 📞



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Alert for Auroras

On the night of May 10, hundreds of locals converged on Mowat Bay to view auroras: a rare treat from this southern latitude. By 10:30 pm, the lights had arrived, filling the sky with radiating, luminous colour.

A huge solar flare - the biggest in 20 years - was responsible for the show. Local astrophotographer Carl Anderson believes we'll see more this summer.

"My far-from-expert opinion is that there remains a good chance that we will get another big show and maybe even bigger. There has already been a bigger CME [coronal mass ejection] since the May 10th show, but it was not directed at Earth.

"Here's hoping that when there are more auroras here, it isn't raining!"

For those who crave auroras, Carl suggests signing up for Aurora Alert emails from the University of Alberta website aurorawatch.ca

Carl also offers a service just for qathet residents: for \$5 (a lifetime membership), he'll send you a text when the aurora is likely to be visible here. Just send an e-transfer to seaforestphotography@gmail.com

Photo by Carl Anderson, seaforestphotography.com

June in qathet



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JUNE EVENTS

1

Saturday

Party • Celebrate 70 years of inclusion

Games, classic cars, dancing. This event will be at the ARC Community Event Centre. It is a fully accessible, inclusive, and FREE event for everyone in our community and beyond.

Minimum wage rises to \$17.40/hour

This is the tenth consecutive June 1 with an increase in BC's minimum wage. It had been stuck under \$11 an hour until 2017, and increased from \$11.35 that year to \$17.40 today – a 53% increase in seven years.

In 2023, the living wage in this region was \$25.06, according to the Living Wage for Families Campaign.

Open Air Farmers' Market

10:30 am to 12:30 pm, Paradise Exhibition Grounds.

New location for qathet Art + Wares opens on Marine

See ad on Page 49.

Film • IF

1:30 pm matinee and 7 pm, The Patricia. From writer and director John Krasinski—Starring Ryan Reynolds, and an A-list voice cast including Emily Blunt, Steve Carrel, Matt Damon, Maya Rudolph, Awkwafina, and more! IF is about a girl who discovers that she can see everyone's imaginary friends – and what she does with that superpower.

2

Sunday

Open Air Farmers' Market & Miniature Railway

12:30 to 2:30 pm, Paradise Exhibition Grounds.

Community Conversation on Climate Change

2 to 4 pm, Lund Community Center. Come and discuss with your neighbours what our community might be facing in the upcoming



4

Tuesday

Bike Week Celebration Station

7:30 – 9:30 am at Magpie's Diner

Concert • Stephen Volger

6 pm Carlson Club, Free.

5

Wednesday

Bike Week Celebration Station

7:30-9:30 am at River City Coffee Roasters.

Bank of Canada meets on interest rates

Will the Bank keep interest rates at 5%, or will rates start to decline again as predicted?

3

Monday

PRIDE • Flag raising at City Hall

10 am on the lawn. All welcome

Registration Opens for the Summer at the Rec Complex

See ad on Page 3, or go to www.powellriverprc.ca

Rec • GoByBike Week begins

Through June 9. Go By Bike Week is a province-wide callout for folks to ride their bike to work or around town and win awesome prizes. There are prizes for registering your rides at gobybikebc.ca/ as well as local prizes for those living in qathet. Enter at one of our Celebration Stations by bicycle and fill out an entry form. Or, fill out an entry form at either Taws Bike Garage or Suncoast Cycles.

Patricia Theatre Closes for renovations

Reopening July 1.

6

Thursday

Bike Week Celebration Station

7:30-9:30 am at 32 Lakes Cafe and Bakery.

Earth • New Moon

Best time of the month to observe faint objects.

7

Friday

qathet School District Professional Development Day & Rec Complex Programs

No school for students. Pro-D day camp at the Recreation Complex, 9 to 3 pm. \$45, ages 6 to 12. See powellriverprc.ca for full details. Also, Home Alone and Babysitter Training are being offered by the Rec Complex on the same day.

Pride Month





**Photo Contest
Deadline •
The Seasons**

Annual Library photo contest. Email your entry to mmerlino@prpl.ca. See more at prpl.ca. Winners will be printed in a calendar, in the July issue of *qL* magazine, and the top photographer wins a \$100 prize. Landscape orientation and high-res, please.

**Final Bike Week
Celebration Station**

4:30 - 6:30 pm at Townsite Brewing.

**My Life as an
International
Conductor**

7 pm, Library. PRISMA Artistic Director Arthur Arnold will share stories and adventures from his life as an international conductor. For information contact Mark at mmerlino@prpl.ca

**Holiday • qathet
School District
Professional
Development Day**
No school for students.

8

Saturday

**Motorcycle Show &
Shine & High Roller
Tour & PR Food
Bank Fundraiser**

9 am, all motorcycles to the parking lot in front of Lordco off Joyce. Coffee, Domino's Pizza and more. 11 am ride to Craig Road, Black Point, and Saltery Bay. \$5 per roll. Non-riders welcome to play too. Everyone welcome.

**PRIDE • Pancake
breakfast for
LGBTQIA2S+ only**

Old Courthouse Inn / Edie Rae's.

**Open Air
Farmers' Market**

10:30 am to 12:30 pm, Paradise Exhibition Grounds.

**Food Systems
Un-Conference**

12:30-5:30 pm at VIU *tiwsemawtx*™ Campus, 100-7085 Nootka St. How can we strengthen our food systems? From growing and processing to distribution, access, and more! Free entry. No RSVP required, drop-ins welcome! More info: kate@emergecollab.com

**The Painted Word:
Paintings and
Assemblages by
Jo Forrest Opening**

4-7 pm, Crucible Gallery. 5831 Ash Street, Tiskwat

**Event • Brooks
Secondary
Grad Ceremony
and Dry Grad**

At the complex.

9

Sunday

**Open Air Farmers'
Market & Miniature
Railway**

12:30 to 2:30 pm, Paradise Exhibition Grounds.

Spring Garden Tour

10 to 5 pm, tickets \$20 available at Springtime Nursery and Mother Nature Garden & Pet. See story on Page 56.

**Coastal Women in
Business Awards**

1 to 4 pm, Townsite Brewing. Celebrating the many hats women wear. \$40 members, \$45 non-members. coastalwib.com

10

Monday

**Concert • Choral
Extravaganza**

7 pm, Evergreen Theatre. By donation. Academy of Music event with the Apprentice Choir (Joanne Hansen and Stephanie Davidson, conductors); Academy Children's Choir and Chor Musica (Walter Martella, conductor), and the Academy Chamber Choir (Walter Martella conductor with Moira Hopfe Ostensen, accompanist). See ad on Page 60.

11

Tuesday

**Presentation •
The Community
Notification System**

2 pm, Library. Powell River Fire Rescue Coordinator and Public Educator Trish Greenwood will present how the qRD Community Notification System has and will be used in wildfires, water supply interruptions and floods. For information contact Mark at mmerlino@prpl.ca

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[qathet.ca/services/waste-management/
community-wood-smoke-exchange-program/](http://qathet.ca/services/waste-management/community-wood-smoke-exchange-program/)



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Ages 15 - adult
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Ages 9 and up (some experience needed)

July 08-12 | 10-2 pm | \$150

On-Camera Acting Summer Camp

Open to all levels and experiences

with Paloma Kwiatkowski

Ages 12-17

July 8-11 | 9:30-3 pm | \$200

Learn more about
these camps and register at

powellriveracademy.org

Or visit 7280 Kemano Street
or call 604 485-9633



Célébrations francophones du solstice d'été

JUNE EVENTS CONT.

12

Wednesday

Holiday • Shauvot

Day of the first fruits

Orchid Lounge: liquid drum & bass / downtempo tunes

8 pm, The Wishing Well. \$10 presale, \$15 advance. Exotic art, espresso, herbal elixirs.

13

Thursday

PRIDE • Trivia night at Townsite Brewing

Doors 6 pm, trivia 7 to 9 pm. 19+.

14

Friday

Event • BC Family Fishing Weekend Begins

Through Sunday. Fish for free in lakes. See gofishbc.com for more.

15

Saturday

LIFT's 40th anniversary fair

11 am to 2 pm, Willingdon Beach. Food, music, gaames, bouncy castle, resources & more. See ad on Page 8 and story on Page 43.

Urban Sketchers Meetup

2 pm, location TBA. Email create@qa-w.ca to get on the list. qathet Art + Wares.

Lang Bay Hall Market
10 am to 1 pm, Lang Bay Hall.

Harmony Vespers with Susan Lines and Kristian Hansen

4 pm, Powell River United Church. All welcome. "A Little Jazz."

The Sutcliffes Beatles Anthology
7:30 pm, Evergreen (Rec Complex). See ad on Page 41 and story on Page 55.

Cinematic Saturday • The Hate U Give

1:30 pm, Library, free. Popcorn provided!

Open Air Farmers' Market
10:30 am to 12:30 pm, Paradise Exhibition Grounds.

PRIDE • Queer-only meet-up

10 am meet at River City Coffee and walk to Willingdon Beach.

PRIDE • Free Bowling

4 to 7 pm, Strikers. All-ages bowling event.

16

Sunday

Father's Day

Call your dad.

Open Air Farmers' Market & Miniature Railway

12:30 to 2:30 pm, Paradise Exhibition Grounds.

18

Tuesday

PRISMA: Garneau String Quartet / Viennese Elegance and Bohemian Spirit

7:30 pm, Evergreen. Mozart - *String Quartet No. 1 "Prussian" KV. 575*. Schulhoff - *Five Pieces for String Quartet*. Dvorak - *String Quartet Op. 106 in G major*. \$30/\$15 students under 18/\$10 under 12.

Celebrate the summer solstice at the exterior grounds of Club Bon Accueil at 5110 Manson Avenue, Powell River on June 21st. Free admission. Everyone is welcome!

5 pm • Grounds Open : family friendly lawn games (pétanque, croquet, ring toss, bean bag toss etc.)

6 pm • Opening Ceremony: with Pascale Gibeau, prayer with a

Tla'amin Elder and music by Spirit Singers

6:30 pm • The Beach Crashers

8:30 pm • DJ ELM

10 pm • Grounds Close

Enjoy throughout the event: Beer Garden - Townsite Brewing; Big O Bagels; Just Frys - and Dogs.

clubbonaccueil.com

19

Wednesday

Free Two Block Diet Workshop

Help each other grow more food (and community!) 6:30-8:30 pm. Presented in collaboration with Skookum. Register at simpli.events/e/TBDiet or kate@emergecollab.com.

PRIDE: Trans qathet Education Event

6:30 to 8:30 pm, qathet Art Centre

Seniors Together Program

11:30 am to 1 pm, Cranberry Seniors Centre. Free, but pre-registration required. powellriverprc.ca, or 604-485-2891.

PRISMA: Concerto Competition, Young Virtuosos: Prelude to Glory

7:30 pm, Evergreen. A thrilling display of talent as select students compete to play solo with the PRISMA Festival Orchestra. By Donation.

20

Thursday

PRISMA: Grand Opening Concert "Ice, Silk and Turkish Delight"

7:30 pm, Evergreen. Co-presented with the qathet Film Society. Guest artists - *Antarctica: Life Emerging* (with projection) *The Silk Road* (with projection). Mozart - *Violin Concerto no. 5* (Maya Kilburn, Violin, Concerto Competition Winner 2023) and PRISMA Festival Orchestra - Arthur Arnold, Conductor. \$30/\$15 students under 18/\$10 under 12.

Earth • Summer Solstice

Sunrise 5:09 am, sunset 9:30 pm.

21

Friday

National Indigenous People's Day

Celebrations TBA.

Célébrations francophones du solstice d'été

5 pm to 10 pm, Club Bon Accueil. live music, food, beer garden and lawn games at 5110 Manson Avenue. Tla'amin Spirit Singers, Beach Crashers, DJ Elm. Poutine & bagels. See ad on Page 18 for more.

Deadline to apply for a volunteer board position with LIFT

See ad on Page 38.

PRISMA: Symphony Concert 1, "Dances from Distant Lands"

7:30 pm, Evergreen. Kodály - *Dances of Galanta*; Ron Royer - *Rhapsody Concerto for Viola and Orchestra*; Farkas - *Romanian Dances from Bihar* for Viola and Orchestra; Bernstein - *West Side Story*;



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Symphonic Dances; Ravel - Bolero. \$30/\$15 students under 18/\$10 under 12.

Folk Punk Hootenanny

6 pm, Saltery Bay Snack Shack. Poutine and usually trespassing, Lumpen Soup, N.F.Aok, The Other White Meat, From The Ghost, and Vomit Lips.

22

Saturday

Open Air Farmers' Market

10:30 am to 12:30 pm, Paradise Exhibition Grounds.

Fundraiser • Tour de Cure at Springtime Summer Solstice Market

11 am to 3 pm, Springtime Garden Centre. Sunday, too. See ad on Page 10.

Springtime Summer Solstice Market

11 am to 3 pm, Springtime Garden Centre. Sunday, too. See ad on Page 40.

Rec • qathet Fondo

7:30 am to 3 pm. Road race up to 120km. See Facebook for more.

The Seasons Photo Competition Reveal and Display

11 am, Library. All of the submissions from the 2024 The Seasons Photo Competition will be shown, and the finalists and winner will be announced. For information contact Mark at mmerlino@prpl.ca

Kiwanis Book Sale: final day ever

10 am to 1 pm, 4943 Kiwanis. Fill a brown paper bag or grocery bag for \$5.

Concert

• Catherine McNeil
2 pm, Library. Sunshine Coast based author Catherine McNeil will present her new book Emily & Elspeth, share poems and sing songs on her button accordion and guitar. For information contact Mark at mmerlino@prpl.ca

Fundraiser

• Move to Cure ALS
Registration 8:30 am, walk 9 am, Willingdon Beach. All funds raised stay in BC and the Yukon to support people living with ALS, patient care and ALS research through PROJECT HOPE. powellriverwalk@alsbc.ca

PRISMA On the Beach Free Concert, "Cultural Connections"

Food vendors open at 5, music at 6 pm. A free, family-friendly concert showcasing highlights from PRISMA's 2024 repertoire. Blankets and lawn chairs encouraged! Featuring Tla'amin Singers & Drummers; PRISMA Festival Orchestra; Arthur Arnold, conductor; Máté Szücs, viola.

23

Sunday

Open Air Farmers' Market & Miniature Railway

12:30 to 2:30 pm, Paradise Exhibition Grounds.

Fundraiser • Tour de Cure at Springtime Summer Solstice Market

11 am to 3 pm, Springtime Garden Centre. See ad on Page 10 and story Page 62.

Springtime Summer Solstice Market

11 am to 3 pm, Springtime Garden Centre. See ad on Page 40.

Earth • Full Moon.

Strawberry Moon, Rose Moon and Honey Moon.

24

Monday

Holiday • St. Jean Baptiste Day

Quebec's day

PRIDE • Fried with Pride

5 to 8 pm, Supercharger Pizza. Fried chicken and champagne.

25

Tuesday

Powell River Garden Club meeting

6:30 pm, Cranberry Seniors Centre, corner of Manson and Cranberry St. Presentation on flower arranging, plus annual general meeting and a social. All welcome.

PRISMA for Kids, "Rhythmic Rangers"

6:30 pm, Evergreen. Pre-show activities & crafts start at 5:30 pm. Are you

JUNE ART SHOWS

June 1-31

Donna Huber Show
The Old Courthouse Inn

June 1-29

The Painted Word: Paintings and Assemblages by Jo Forrest

Crucible Gallery. Wednesday through Saturday 2-6 pm. Opening Saturday June 8, 4-7 pm. 5831 Ash Street, Tisk'at.

June TBA

Tidal Art Centre

Early June, Group Show. Claudia Medina's Naguala and mixed media artists. Details TBA.

Until June 12

ARTIVISM

qathet Art Centre, Mon-Wed 12-5. ARTIVISM - 'committing art' that opens up possibilities for instigation and transformation. This is a challenging, thought-provoking

group show of mostly local artists.

Through mid-June

Eros Erotic Art Show
5 pm through late daily, The Wishing Well gallery.

June 7

Photo Contest Deadline • The Seasons

Annual Library photo contest. Email your entry to mmerlino@prpl.ca See more at prpl.ca. Winners will be printed in a calendar, in the July issue of qL magazine, and the top photographer wins a \$100 prize. Landscape orientation and high-res, please.

June 22

The Seasons Photo Competition Photo Display

11 am at the Library. All of the submissions from the 2024 The Seasons Photo Competition will be shown, and the finalists and winner will be announced.

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JUNE 1, 2024

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in for a good story? Sonia Zagwyn & Select Students Wood? Brass? An Introduction to the Orchestra Instruments with Maestro Arthur Arnold -Intermission- Who is afraid of Loud Bangs? PRISMA's Percussion Ensemble Can you Count 16 Strings? PRISMA's Quartet in Residence.

27

Thursday

Holiday • Last day of classes before Summer Vacation
Schools re-open September 3.

Artist Trading Cards meet-up
5:30 to 7:30 pm, Westview Bowling. Family friendly. Hosted by qathet Art + Wares.

PRISMA: Chamber Music Concert "Transatlantic Tones – Two Muses and a Maestro"
7:30 pm, Evergreen. Jan Koetsier -Metamorphoses on a Theme from 'The Moldau' for Harp and Brass Quintet. Amy Beach

-Pastorale for Woodwind Quintet. Jan Koetsier - Unterkagner Ländler for Violin and Tuba. Amy Beach - Piano Quintet in F-Sharp minor. Louise Farrenc - Nonet for flute, oboe, clarinet, bassoon, horn, violin, viola, cello, bass. PRISMA Guest Artists and Select Students. \$30/\$15 students under 18/\$10 under 12.

Concert • Music in the Park
7 pm Willingdon Beach, Rotary Pavillion. Sponsored by the City.

First Thursday Night Market of the season
6 to 9 pm, Willingdon Beach gravel parking lot.

28

Friday

PRISMA: Symphony Concert 2, "Stars Rising to Mahler's Majesty"
7:30 pm, Evergreen. Tobin Stokes - Just Keep Paddling. Concerto Competition Finals. Mahler - Symphony No. 5. Soloists - Finalists of PRISMA's Concerto Competition 2024. PRISMA

Festival Orchestra - Arthur Arnold, Conductor. \$30/\$15 students under 18/\$10 under 12.

29

Saturday

Concert • Big Fancy and the Shiddy Cowboys with The Burying Ground
7 pm at The Wishing Well, 6251 Yew.

PRIDE • Gender-bender clothing swap and fashion show
1 to 4 pm (clothing swap), 6 to 8 pm (fashion show) Academy of Music.

Open Air Farmers' Market
10:30 am to 12:30 pm, Paradise Exhibition Grounds.

PRISMA: Stars Rising to Mahler's Majesty - Sail to the Symphony
1:30 pm, Evergreen. Tobin Stokes - Just Keep Paddling. Concerto Competition Finals. Mahler - Symphony No. 5. Soloists - Finalists of PRISMA's Concerto Competition 2024. PRISMA Festival Orchestra - Arthur Arnold, Conductor.

30

Sunday

Open Air Farmers' Market & Miniature Railway
12:30 to 2:30 pm, Paradise Exhibition Grounds.

1

Monday, July 1

Event • Canada Day
3 to 10:30 pm. Celebration at Willingdon Beach. Music, food and fireworks.



The Shuffle

BY PATTI RUDIAK

On April 28 I completed the Marathon Shuffle, a 27-kilometre trail race along the spectacular Sunshine Coast Trail. I think I was the last to finish the race on that Sunday in April. I am okay with that. I am so okay with it, I agreed to write this piece.

There is no great story of my eight hour adventure on the trail. I am well aware people finished this race in less than three hours. Those people were running. I hiked it with only a little bit of running on flats and a few downhills.

I started at the back of the pack and I finished at the back of the pack. I did pass some hikers along the way when I started to run, but eventually I was passed by them somewhere near Little Sliammon Lake. I think I did well for the first half until Wilde Road, then I really slowed down - but I finished.

There used to be two races: the Half Shuffle and the Full Shuffle. I had done 'the Half' Shuffle several times and I had done 'the Full' Shuffle just once before in 2018.

Always a mix of more hiking than running.

After 2018 I believe I told myself "I've done it now, so I don't need to do it again." When you are hiking it, it is a long day and tough on the body, especially if you have not trained.



ALPHA AND OMEGA: Left, Patti Rudiak finally finishes the Marathon Shuffle, greeted by organizer Ean Jackson. Right, Adam Skinner, a former Powell River resident now living in Squamish, was the top male finisher with a time of 2:38. Nanaimo resident, soon to be moving to qathet, Emily Gambling was the top female finisher at 3:24.

This year somehow I was convinced to enter again. There was supposed to be a group of us, but it did not happen. And once again I had not prepared my body.

But I finished and I was only sore for a few days. This time I am quite sure I will not be entering again and I am telling my friends to not let me sign up again.

In the summer of 2014 I moved to Powell River. In 2015 I was convinced to help out and make the Marathon Shuffle possible by handing out the race bibs in the Shinglemill parking lot. I have been a volunteer every year it's been run since then and more often than not I donned a bib and took part.

For all the fit and not so fit trail runners and hikers out there, The Marathon Shuffle is a great race. I will be back next year to hand out the bibs, but no bib for me! 🐾

NYC Opera • NY Philharmonic •
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plus PRISMA

For the past 21 years, this in-demand, NYC-based musical duo has taught at PRISMA (and SOAP), motivated by friendship and long walks on the beach

Janet Arms (flute) and Marc Goldberg (bassoon) met at The Juilliard School while pursuing their Master's degrees, and have made their musical home around New York's Lincoln Center.

Both are members of the NYC Opera, and both have played extensively with the NY Philharmonic, the Metropolitan Opera, and the Boston Symphony.

They both teach extensively in the Northeast, Janet in Connecticut, New Jersey, and New York, and Marc in Massachusetts, Connecticut, and New York.

Janet has toured throughout the US, Europe, and Japan with the Boston Symphony, the St. Louis Symphony, and the NYC Opera, while Marc has toured through four continents with the Boston Symphony, NY Philharmonic, and Metropolitan Opera.

What made you decide to work with PRISMA?

Janet • I was on tour with the St Louis Symphony as guest first flute and Arthur was the associate conductor to their conductor, Hans Vonk.

Four years later, Arthur called me out of the blue and asked if I would like to join him at his new music festival in qathet (Symphony Orchestra Academy of the Pacific). I said yes and that was 21 years ago! My husband and daughter came the second week for a visit and met everyone. The bassoonist was unable to come back the next summer so Arthur asked both of us to join him.

What has kept you involved?

Janet & Marc • We have continued to come to PRISMA due to Arthur's friendship

and the joy we get playing with him and our fellow colleagues from all over the world. The festival attracts wonderful students from many countries, and getting to teach them in such a beautiful place is inspiring.

We look forward to returning each year for so many reasons—collaborating with our PRISMA musician friends and colleagues, Arthur's energy, vision, and friendship, and the wonderful welcoming warmth of the qathet community.

We have never been anywhere else where the local community has been as involved in every aspect of the festival—master classes, limelight concerts, the concerto competition, PRISMA on the Beach, chamber music concerts, and of the course the PRISMA orchestra concerts.

How has PRISMA evolved?

Janet & Marc • Arthur keeps growing the festival in new and interesting ways—this year he's started a side by side event with the Vancouver Symphony a few days before everyone comes up to qathet.

PRISMA on the Beach, Limelight Concerts, Open Master Classes, Concerto Competition, integrating students into the faculty chamber concerts are a few of the many innovations that we've enjoyed.

What are you working on now?

Janet & Marc • Janet is performing with the NYC Opera, playing solo recitals with daughter Jesse, and has a large teaching studio at The Hartt School and the John J. Cali School of Music at Montclair University.

Marc is performing with the Orchestra of St. Luke's, American Ballet Theater, and the Chamber Music Society of Lincoln Center, and is teaching at Hartt, NEC, and Juilliard Pre College.



COMING TO A THEATRE NEAR YOU: Flautist Janet Arms and Bassoonist Marc Goldberg have taught and performed at PRISMA / SOAP since 2003. Pictured above is a performance from 2022 at the Laughing Oyster.

PRISMA FESTIVAL

When: June 17 to 28

The Purpose: Pre-professional musicians from around the world gather in qathet to learn from an international faculty of master musicians, led by Maestro Arthur Arnold.

The Experience: For locals and visitors, PRISMA is a chance to experience world-class music locally and affordably. The festival features eight major concerts, plus many smaller and more intimate events.

Don't miss PRISMA on the Beach Saturday, June 22: This free event at Willingdon features a full orchestra and much more.

Learn more: See the ad on Page 2, and visit prismafestival.com for the detailed schedule of events.

What are you looking forward to most at PRISMA?

Janet & Marc • Janet is looking forward to her Limelight Concert with some interesting chamber and solo repertoire, and Marc is particularly looking forward to Marcus Goddard's new chamber work—and we're both looking forward to our daily four-mile trek along the beach.

If readers only attend one PRISMA concert, which one should it be?

Janet & Marc • All the PRISMA events are great—from the master classes to the 30 minute Limelight concerts to the fabulous orchestra concerts to the outstanding faculty chamber concerts, to PRISMA on the Beach. You really need to sample everything. 🎶



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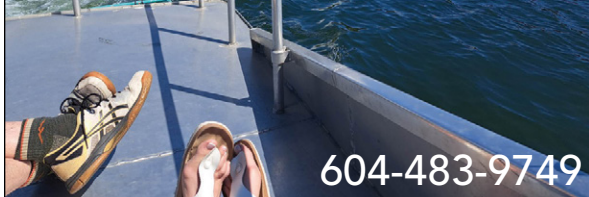
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we discover!

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JULY



FIDDLERS AT THE BEACH: Some members of qathet Fiddlers are, from left to right, Tilly Cocksedge-Hamilton, Maïna Paquette, Quinn Wallace, Charlotte Wallace, and Raina Hughes-Adam. Photo by Mizuto Hiramatsu

PRISMA: Here comes the next generation

BY LAURA WALLACE

This past April, four youth fiddlers from qathet attended the West Coast Youth Fiddle Summit in Nanaimo. The Summit brings together youth fiddle groups from BC, the Yukon and Alberta for a three-day intensive workshop resulting in a performance with a 103 person fiddle orchestra.

The qathet Fiddlers are a small group. We currently have 11 members, aged five to 13 with a wide range of experience. We rehearse weekly, playing traditional and modern fiddle music with the occasional pop song. The more advanced members of the group are hoping to attend next year's Fiddle Summit in Banff.

My own fiddle journey started when I was 11. My passion grew as I attended monthly jam sessions and summer fiddle camps. I ultimately made a career of the violin by training as a luthier. From my workshop in Wildwood, I make and repair violins, as well as lead the qathet Fiddlers' weekly rehearsals. A question that I'm often asked is "What's the difference between a fiddle and a violin?" The instrument is the same, the difference lies in the music that is played.

Broadly, fiddle music is dance music, played solo or as part of a band. Dances aren't as common as they once were, so groups now play tunes in more elaborate arrangements, generally for audiences who are seated. It is a mash-up of traditional fiddle elements and the more formal classical orchestral setting.

Fiddle music is an aural tradition, with tunes taught almost exclusively by ear. On a more technical level, fiddle doesn't translate well to written music. When tunes are written down, it is simply the basic notes that are written on the page, but the pulse, drive, ornaments, and variations are usually not noted, and have to be learned by listening to the music.

LOCAL FIDDLERS AT PRISMA

When: Before the main concert at PRISMA on the Beach (June 22); at the PRISMA kids concert (June 25) and on BC Ferries for Sail to the Symphony (June 29).

What: The qathet Fiddlers, a group of 11 children aged five to 13.

Join the group: The qathet Fiddlers have room to grow and are excited to welcome new fiddlers to our group. This summer, Serena Eades Academy of Music will be holding an Introduction to Fiddle weekend workshop for any kids interested in playing. More information about Serena's fiddle workshops can be found at serenasmusicacademy.com, and information about the qathet Fiddlers can be found at goodvibrationsstrings.ca/qathet-fiddlers

Stringed instruments
have a resonance that
can be felt in your bones.

- Laura Wallace

Fiddle Summit has the ambitious task of coordinating over 100 musicians learning more complex arrangements than traditional dance tunes. Students are given written music and recordings to help learn the pieces. During the three day Summit, rehearsals run all day, with kids perfecting their parts and adding choreography.

Having memorized all the music, the performers stand on stage moving together to the music. The experience of hearing the power, energy, and beauty in their music is breathtaking. Stringed instruments have a resonance that can be felt in your bones. 🎻



OPENING PRIDE MONTH: On June 3, the community is invited to help launch PRIDE month with a flag-raising at City Hall. qathet has often celebrated in August; this year, it's in June – coinciding with elsewhere.

JUNE IS PRIDE MONTH

Pride parade, at last

Donna Gillenardo-Goudreau (She/They) is the president of qathet Pride Society. She is married to Christianne, and they have two cats, Pancake and Cheese. They have lived in the qathet Regional District for about three years now and they love being a part of the community.

Why is having a parade a big deal?

Donna • Having a parade is a big deal because it is an expression of queer joy and a visible sign that we live, work, and are an integral part of our community. It is also a great opportunity for local businesses and organizations to show their support for the LGBTQIA2S+ community.

Who is welcome to march in it?

Donna • Anyone who is part of or wanting to show support for the LGBTQIA2S+ community in the qathet Region. We especially welcome our indigenous siblings whose land we live, work, and play on.

qathet Pride Month Events

June 3
Flag Raising
City Hall, 10 am

June 13
Trivia Night at Townsite Brewing
19+ Only. Doors open at 6 pm, Trivia is 7 to 9 pm

June 15
Queer Only Meet Up and walk to Willingdon
10 am, River City Coffee
Free Bowling! All Ages Bowling Night
Strikers, 4 to 7 pm

June 19
Trans qathet Public Education event
6:30 to 8:30 pm, at the Art Center, above the library

June 24
Fried with Pride!
5 pm to 8 pm, fried chicken with champagne at Supercharger Pizza

June 29
Gender Bender Clothing Swap /Fashion Show
At the Academy of Music. Clothing Swap 1 to 4 pm. Fashion show 6 to 8 pm.

July 6
Drag Story Time
Noon at Willingdon
Pride Parade
2 pm, starting at Marine and Duncan Street, ending at Willingdon
Pride in the Park
3:30 – 11 pm, Willingdon.
Speakers, vendors, activities, bands, etc.



Tour de Cure Fundraiser June 22 & 23

50% of any bracelets sold June 22 & 23 will be donated to the Tour de Cure Fundraiser. Buy something pretty for yourself or someone else and donate to a great cause!



Found Stone cargo trailer popping up at **Springtime Garden Center** Saturday, June 22, 11-3 & Sunday, June 23, 11-3
found-stone-jewelry-decor.square.site
604-344-0208

This Canada Day, let's continue to reflect on the path to reconciliation.

Rachel Blaney, MP
North Island - Powell River
4863 Marine Ave
604-489-2286
Rachel.Blaney@parl.gc.ca

Nicholas Simons, MLA
Powell River-Sunshine Coast
109 - 4675 Marine Ave
604-485-1249
Nicholas.Simons.MLA@leg.bc.ca

Your qathet Region Representatives





Thank You

We recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada.

#NIPD2024



Together we discover!

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On June 21st, National Indigenous Peoples Day, let's honour and celebrate Indigenous contributions, culture, and resilience.

Rachel Blaney, MP
North Island - Powell River
4863 Marine Ave
604-489-2286
Rachel.Blaney@parl.gc.ca

Nicholas Simons, MLA
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Nicholas.Simons.MLA@leg.bc.ca

Your qathet Region Representatives



DEMONSTRATING TOLERANCE: In August of 2023, a small group of local folk protested drag storytime at the Library. A larger group of locals came to support the event. Drag Story Time is July 6 at Willingdon.

Why didn't the parade happen in earlier years?

Donna • The qathet Pride Board has had a small number of board members in previous years, but we have had a few smaller walks hoping to build up to a parade once we had time and resources. We finally did this year.

What makes you enthusiastic about Pride, generally, in 2024? What are the biggest things to celebrate, and challenges to meet?

Donna • The Pride Society is celebrating that we were able to get permission from the city and the Ministry of Transportation to have this parade! We have come so far, but still have work to do to. I am passionate about everyone feeling safe and welcomed in our community. Homophobic and transphobic rhetoric still has a stronghold in the qathet Region. This is felt especially on social media and in the local high school, where homophobic graffiti was recently sprayed. I want the people in this town who hold on to these archaic beliefs to see that queer people are their friends,

co-workers, and family members. We are business owners, work in non-profits, and help keep this community running. We are here and we are not going anywhere.

How did the new board come to be? It seems really big and bold! And, who's on it?

Donna • We have had a strong relationship with Volunteer Powell River and many of the youth that have recently graduated joined the board this year. We are very lucky to have passionate and driven people on the board.

If you want to see a list of our new and returning board members, please take a look at our Annual Report which will be available on our website, qathetpride.ca, soon.

What else should people know?

Donna • We are really trying to represent as much of the LGBTQIA2S+ community in the qathet Regional District as possible, so if anyone has an idea for an event, please reach out. We would love to discuss and connect you to potential funding!

Having a parade is a big deal because it is an expression of queer joy and a visible sign that we live, work, and are an integral part of our community.

- Donna Gillenardo-Goudreau



Mania Forever

The Sutcliffes started back in 2007 “because we loved the Beatles and saw a need to perform their music in and around Victoria,” said guitarist Shaun Wilson.

At their June 15 show, expect to experience The Beatles Red and Blue Anthology: 1962-1970. The Sutcliffes will cover every phase of The Beatles and their hits from the mop-top era to psychedelic masterpieces and beyond in this new exciting multi-media presentation.

Shaun explains the enduring appeal of this range: “The Beatles again changed rock history with the release of a career defining greatest hits collection fifty years ago... From the first single (Love Me Do) to the last (Let It Be) these albums traced the evolution of The Beatles as the greatest artist of the century.”

Here, the members of The Sutcliffes recall who The Beatles were to them, in their own graduating year – and now:

Shaun Wilson, guitar, vocals

Belmont Secondary, Langford BC, grad 1979

Grade 12 bands • The Cars, AC/DC, The Knack
Who The Beatles were to you, in high school • The Beatles were always playing in the background somewhere.

Favourite Beatles song then • It Won't Be Long
Favourite Beatles song now • All I've Got To Do

Pedro Arbour, drums, vocals

Watchung Hills, Warren, NJ, grad 1997

Grade 12 bands • Frank Zappa, Parliament, Ween, Tom Waits, Primus.

Who The Beatles were to you, in high school • My family and I moved from Guatemala so I didn't know the Beatles much. My parents or siblings didn't really listen to them but I did have a friend who showed me The White Album in high school and then it was hard to not get into them more after that.

Favourite Beatles song then & now • Dear Prudence or Norwegian Wood or I'm Only Sleeping

Arman Tesoro, keyboards, vocals

Shaftesbury, Winnipeg, grad 1989

Grade 12 bands • David Bowie, Prince, Duran Duran, Talk Talk, and Tears For Fears. My music choices were based on my love of lush and mysterious synth/keyboard sounds which turned my ears towards 80's



LOVE ME DO TO LET IT BE: The Sutcliffes cover The Beatles 1962 to 1970 at The Evergreen June 15.

new wave. I also had a soft spot for the earlier Beatles hits (a la Red Album).

Who The Beatles were to you, in high school • I liked to spin the occasional Beatles 45 as a DJ on student radio. I used to go to house parties and serenade the girls, singing and playing piano. This led into sing-alongs with the remaining folks who stuck around to the end of the night. We often got into the Beatles, Stones, CCR, Joni Mitchell, David Bowie, Billy Joel and Blue Rodeo. I bought my first Beatles vinyl LP during my high school years.

Favourite Beatles song then • I Saw Her Standing There

Favourite Beatles song now • In My Life and Something

Terry Marshall, bass, vocals

Nanaimo, grad 1984

Grade 12 bands • AC/DC, Led Zeppelin, The Beatles, Cat Stevens, Simon and Garfunkel.

Who The Beatles were to you, in high school • I could sing the words to every Beatles song by the time I was in high school.

Favourite Beatles song then • Why Don't We Do It In The Road

Favourite Beatles song now • I Am The Walrus

THE SUTCLIFFES: THE BEATLES TRIBUTE

When & Where: June 15, 7:30 pm, Evergreen Theatre

What: Vancouver Island's The Sutcliffes takes the audience from the mop-top era through psychedelic masterpieces.

Tickets: Call 604-485-2891, or visit the Rec Complex. See ad on Page 41, and check out the band at thesutcliffes.ca.

Chuck Simms, guitar, vocals

Belmont, Victoria, grad 1979

Grade 12 bands • Cheap Trick, The Beatles, Led Zeppelin, The Cars, Clash, Talking Heads. I listened to radio, and that's the canon!

Who The Beatles were to you, in high school • Watched Yellow Submarine when I was 14, and that made me a lifelong fan.

Favourite Beatles song then • Lucy in the Sky with Diamonds

Favourite Beatles song now • Baby, You're a Rich Man

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MEET THE MASTERS OF THE GARDEN UNIVERSE: They'll be on hand at the Spring Garden Tour June 9. Bring your questions.

Above, Shirley Cole in her garden. She is particularly proud of her Gertrude Jekyll (named after famous British horticulturist) pink, highly fragrant rosebush. These blooms are in the close-up photo.

Right, this page, Jennifer Martin in her garden. "As we do not have an established garden yet, having purchased the property as bare land, we are most proud of the restoration work we have done over the past four years. This included removing diseased trees, truckloads of invasive plants such as blackberry, bindweed, periwinkle,

horsetail, curly dock, vetch, etc., building living soil with compost, leaf mold, and heavy mulching, and developing sustainable drainage systems that capture and redirect ground water where it is most needed."

Opposite page, centre, Sharon Schultz. "I use wood chips to provide habitat for many worms, beetles, centipedes, and others. I love that I have transformed a lawn into a haven for insects. This clematis also provides food for insects and pleasure for me."

Opposite page, top, Valerie Yule. Helping in her daughter's garden.



Master Gardeners: experts on gardening with grit – and a sense of humour

Every once and a while, a crew of qathet Master Gardeners will descend on someone's yard, and offer the gardener free wisdom. It's wisdom they've gleaned from a lifetime in gloves and bearing snippers, sprinklers, and seeds. And also, wisdom they must pass on: that's a condition of being certified as a Master Gardener through VIU, Van Dusen Garden, and elsewhere (mgabc.org).

"Gardening can be complex; it takes a village sometimes," said the region's newest Master Gardener, Jennifer Martin. She took the Master Gardener class at Van Dusen Garden in Vancouver just before COVID. She is in the process of restoring an acre of land north of town – from logging it, to growing flowers and native plants.

Garden visits are one of the group's favourite missions. But only a lucky

24TH SPRING GARDEN TOUR

When: Sunday, June 9, 10 am to 5 pm

What: The chance to view a wide variety of local gardens, and chat with gardeners. Seven gardens are participating in this self-guided tour from Kelly Creek to Cranberry. Lunch is available for purchase. You can also pick the brains of some Master Gardeners.

Tickets: At Mother Nature and Springtime Garden Centre. \$20 each. Children under 12 free.

few have received such a direct infusion of knowledge. At the Spring Garden Tour June 9, you can bring your

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“When I was younger, people didn’t want to get dirty... Now young people want veggie patches – and they’re passing that down to their kids.”

- Valerie Yule



questions directly to the Master Gardeners; a few of these local gems will be at Garden #6: buy a ticket to find out where that is.

There, you’ll also meet Shirley Cole, who also took the Master Gardener class at Van Dusen – back in 2001. She confesses that her garden is “full of weeds at the present moment,” after a wet, cold June last year delayed her weeding, and they’ve taken over. Still, she says, she is managing to grow a thriving orchard of apples, pears, plums, and nuts. Flowers, native plants, tomatoes in her greenhouse, and a large veggie garden round out her bounty.

Master Gardener Sharon Shultz notes that “‘Master’ does not mean we are experts – not by a long shot. We just have some training and are willing to volunteer to share what we know.” Sharon has had to adapt her skills to several places she’s lived – each with a unique zone: Fort McMurray and Rankin Inlet among them.

“I had no idea how to garden on the coast when I moved here,” she said. “But I wanted to learn.”

Now, she grows berries, currants, zucchini, kale, tomatoes, herbaceous fennel, borage, and much more.

Sharon gardens for both herself, and

for bugs and animals, too. Attracting pollinators and spiders and birds and worms to her garden makes her plants thrive, and also amplifies her own enjoyment of the garden. “I love hummingbirds,” said Sharon, who calls herself an ‘insect geek’. “We assume they eat nectar, but they also eat about 8% insects. If I am maintaining a garden with lots of insects and spiders, I attract hummingbirds.”

Jennifer adds, “It is so joyful to wander and see bees and butterflies. If you ever have a bird follow you around the garden as you dig, looking for worms from the soil, you’ll understand the positive mental health benefits of gardening.”

Since moving to a condo, Valerie Yule no longer maintains a large garden – but she does keep a thriving container garden on her deck. Hummingbirds and butterflies visit her there. She also helps her daughter in her yard.

“I’m really happy with the uptick in interest in gardening these days,” said Valerie.

“When I was younger, people didn’t want to get dirty, or they’d live in a condo where they didn’t have to bother. Now young people want veggie patches – and they’re passing that down to their kids.”

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Join Us for an Interactive Community Workshop Northern Sunshine Coast



Date: Wednesday, July 3, 2024

Time: 6:00 - 7:30 PM

RSVP for full event details.

We’ve gathered a list of the feedback we’ve heard from your community and Ferry Advisory Committee. Now we need your help!

We want to understand which, of the many topics we’ve heard about, are most important to you.

Join us for an interactive workshop and help us shape the list of your community priorities.

Learn more and RSVP at bcferriesprojects.ca/powell-river or scan the QR code to learn more.



bcferries.com

BC Ferries

q/s 2024

Summer Planner

July 1

Canada Day Party & Fireworks

3 to 10:30 pm, Willingdon Beach. Live music and entertainment, vendors, and a fireworks finale!

July 6

Drag story time

Noon, Willingdon Beach.

qathet's first Pride Parade

2 pm, Marine and Duncan to Willingdon Beach.

Pride in the Park

3:30 pm to 11 pm, Willingdon Beach. Speakers, vendors, food, activities, bands, etc.

July 6 & 7

Powell River Working Equestrian Classic and Clinic

Paradise Exhibition Grounds. WeCan-licensed hose show open to the public. More info at powellrivertrailriders.com.

July 11 to 14

Powell River Logger Sports & Carving Competition

Loggers Memorial Amphitheatre, Willingdon Beach. Canadian and world championship events, from pole-climbing to axe-throwing, hot saw and much more. Entertainment, prizes, etc. Chain-saw competition starts on the 11th; Logger Sports begin on the 13th.

July 15 & 16

Texada Sandcastle Weekend

Bed races, moonbags, laser light show, pancake breakfast, dog show, beer garden - and sandcastles. Texada.org

Saturday, July 20

Powell River Outdoors annual Top Rod Fishing Derby

Stay up to date at proutdoors.com (pro report) and on Facebook.

Texada Skim Jam

10 am, Gillies Bay.

July 20

Third Annual Showtime and Shine: Vintage Cars & Motorcycles

11 am to 1:30 pm. Movie at 2 pm. Prizes at 1:30 pm. At & outside the Patricia Theatre. Free feature movie, *World's Fastest Indian*, is about a 1920 World Speed record holding motorbike set in the mid 60s! To register your vehicle (free), go to reelcars@shaw.ca.

July 21

Savary Island Fun Triathlon

The Savary Island Fun Triathlon supports the Savary Island Volunteer Fire Department (SIVFD) and brings the community together annually for a family-friendly event. savarytriathlon.wixsite.com

July 22, 24, 25

Grant Lawrence, Jill Barber, Ashleigh Ball & Sarah Jane Scouten Live

July 22, Laughing Oyster, Okeover. July 24, Hacienda Pascalito, Savary Island. July 25, Dockside Kitchen, Refuge Cove. Tickets on Eventbrite.

July 23

Power Paddle to Puyallup

Tla'amin's paddlers will be joining the event at Lummi Nation.

July 24 to 27

Texada Aerospace Camp

For ages 10 to 16. Texada.org

July 25

Concert • Music in the Park

7 pm Willingdon Beach, Rotary Pavillion. Sponsored by the City.

July 27

Lund Daze

Lund Klaha men Gazebo. Music & food, kids activities. Everyone welcome.

Townsite Garage Sale

9 am to 1 pm. Neighbourhood-wide sale.

August 3 & 4

Texada Island Blues & Roots Fest

Texada.org

August 7

BC Day Stat

August 10 & 11

Fins & Skins Golf Tourney

Morning fishing derby and afternoon golf tournament followed by dinner and prizes at Myrtle Point Golf Club. Net proceeds support the Powell River Salmon Society. Hosted by Josh Statham Group. Myrtle Point Golf Club. To register, call 604-223-5674.

August 16

Blackberry Fest Street Party

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

August 18

Run the Rock

Texada marathon / half marathon / 8K. runtexada.ca.

August 24 & 25

qathet Studio Tour

A free self-guided event featuring artists from Lang Bay to Lund. Tour artist homes and studios to see where the creative magic happens. qathet-studiotour.ca

August 29

Concert • Music in the Park

7 pm Willingdon Beach, Rotary Pavillion. Sponsored by the City.



SHOW 'N' SHINES: Throughout the summer, there are plenty of opportunities to check out the vintage car scene and more. Above, the Third Annual Showtime & Shine Vintage Cars & Motorcycles Show takes place outside The Patricia July 20. The weekend before, you can catch a show 'n' shine at Logger Sports. Each Thursday night, find a casual car event outside A&W from about 4:30 to 6:30 pm. And catch an all-motorcycle show 'n' shine outside Lordco on Joyce from 9 am to 11 am June 8. *Photo by Paul Lavigne*

September 2 & 3

Sunshine Music Fest

Line-up TBA. Week-end-long music fest at Lang Bay, plus vendors, food, kids area and more. sunshinemusicfest.ca.

September 7

Texada Paint Out

Capture the stunning scenery of Texada Island at Shelter Point. texada.org


September TBA

Mushroom Run

Details TBA.

September 14 & 15

Fall Fair

Paradise Exhibition Grounds. Harvest festival with a judged competition in growing, baking, crafting, and much more. Vendors, music, food, meet the animals, and celebrate fall. 

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Summer Stuff for kids & teens

Beaches, trails, camping, and so much more: qathet is quite the region to spend a summer when you're young (at heart).

Keep your kids adventuring in new ways by signing them up for more formal learning (see below). This is not an exhaustive list of everything that's available in the region this summer – just a taste.

qathet School District

- Summer School for Grades 8 to 12 – earn a full academic credit, or pass a class already completed.
- LEAP outdoor program for Grades 6 to 9
- Summer Learning Program for Grades K to 5. Monday to Friday 9 am to noon, July 8 to 26.
- sd47.bc.ca for more and registration. See ad on Page 19.

The City's Recreation Complex

- Day camps
- Swim lessons & more
- powellriverprc.ca for *Active Living Guide*, coming out June 3. See ad on Page 3.

Club Bon Accueil

- French immersion summer day camps. Come have fun in French with us this summer! For kids ages 6 to 12, weekly registrations from July 8 to August 24th, 2024. Camps take place on the exterior grounds of Club Bon Accueil and in the banquet hall, as well as includes weekly outings to the beach and lake.
- Email admin@clubbonaccueil to register. See ad on Page 18.

The Powell River Public Library

- Summer Reading Club
- Workshops & Book Clubs & more!
- prpl.ca for full list, and ad on Page 30.

Academy of Music

- Rock Band Camp
- Screen Acting Camp
- Vocal and Songwriting Camp (for adults 15+)
- powellriveracademy.org/programs. See ad on Page 47.

PR Youth and Family

Throughout July and August the Orca Bus will continue weekly visits around the community. Stay tuned for details regarding another fun, outdoor Early Years Playgroup that will also happen weekly during July and August! For more information, contact Lesley Sutherland, Early Years Coordinator at lsutherland@youthandfamily.ca or visit our website www.youthandfamily.ca 🐬

Is Run the Rock Canada's toughest road marathon?



According to organizers, the "Run the Rock Marathon" on Texada Island (August 18) is "Canada's toughest road marathon," and this year they're backing up their claim.

Any runner who can complete the marathon in under three hours earns a free lifetime entry to future "Run the Rock" events.

In the 10 years that the event has run, only one competitor has done a sub-three hours race, and only 10 have managed to beat 3:30.

The gravel and paved course begins by the ocean at Shelter Point and follows the "high road" to Van Anda before looping back across the island to the finish line at the beach.

For those who want an easier challenge, "Run the Rock" also offers a fast eight km course and a half marathon. See runtexada.ca. 🐬

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TAKE A BREAK

In Favour of the Long Dream

Tight schedules, instant messages, weekend certificates, speeding traffic, fast internet, long work hours, short appointment times – there’s pressure to live at a rat race pace rather than following natural rhythms of seasons, the ebb and flow of personal energy, or waiting for the right time.

Consequently, quality, skill, and expertise is generally sacrificed while anxieties of “Life is short” pushes many folks through experiences faster than can be fully integrated.

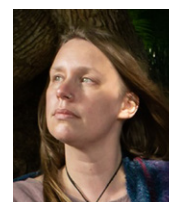
Cultivating long dreams helps provide an antidote, sometimes even a life extending one.

Allowing ourselves to slowly work on an undertaking affects our well-being in a number of ways. The most obvious perhaps is giving us something to live for, with studies of Blue Zones and anecdotal evidence proving a positive effect on longevity.

Having a reason to wake up each morning is a powerful force against depression, overcoming illness, addiction or trauma by clearly declaring, “I want to be here.” For some, it might be an all-important only reason until circumstances shift.

Being unafraid of slow progress also settles our nervous system and builds self-confidence while we truly get to know the nuances and details of our interest. Notice I didn’t say “goal.” This is more about our process rather than completion.

Calmly dedicating to a long dream lets us take our time enjoying the juicy parts without rushing



RETURN TO REVERENCE

JULIETTE JARVIS

through. We learn things more deeply, not only with our minds but our bodies too.

The way a new word of a cultural language rolls around in our mouth, how over-spun wool feels between our fingers and seeing what it does to a finished garment, taking our learning into our daily living, and experiencing being present with each stage, be it building a house, learning a craft, achieving a university degree, reinventing ourselves, or recovering from hardship.

Long dreams get to be as wild or as practical as we see fit. Those who have created “5+ year plans” often have certain milestones laid out with a schedule to follow, but some dreams don’t require high levels of structure.

We don’t always need to know every step before beginning. Instead, we enter into dialogue with the great mystery, Creator, God(s), the universe, or life itself through an act of co-creation. Our job becomes one of dreaming the dream, then noticing opportunities that arise – and being courageous enough to take them – refining as necessary.

I call it following the breadcrumb trail.

Sometimes those tid-bits are few and far between, but if we keep dreaming and walking, progress becomes undeniable.

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



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 E A T T I E L E C L I M B I N G C U I I
 N R I O O V M S S P R I S M A V Z R D N
 T A D N G R I E T O T J P P F S W O H L
 A T T U C E C S N I U M R R H U S R R A
 L H F O X E T Y M T C R G I J M H A A N
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 B C E T A C E A N X O D W H A L E D S A
 W H K D R E A M P W L I B G A R D E N F

CAN YOU FIND THESE WORDS FROM THIS ISSUE?

- | | | |
|------------|------------|-----------|
| ACCESSIBLE | DREAM | RESOURCE |
| ACTIVISM | GARDEN | RRC |
| ANCHOR | GRAD | SHUFFLE |
| AURORA | HUMPBACK | SOIL |
| BASEMENT | INCENTIVE | SOLSTICE |
| BEATLES | INLAND | SONG |
| BETTER | KELP | SUITE |
| BIKE | KRILL | SUMMER |
| CANCER | LANDLORD | TOGETHER |
| CETACEAN | MARATHON | TOLERANCE |
| CHARMING | MOTORCYCLE | TRAIL |
| CLIMBING | PREDATOR | WHALE |
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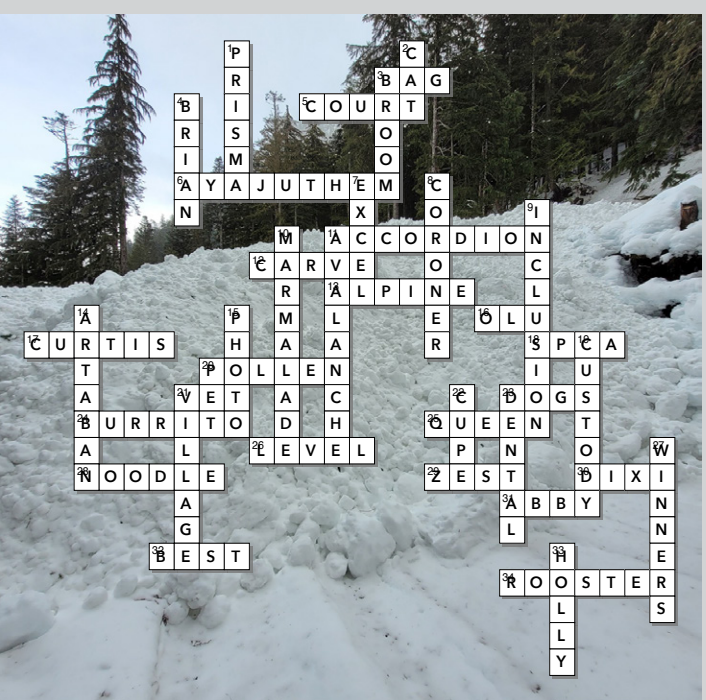



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We're in this together

We've all been touched by cancer in one way or another.

If you haven't had it yourself, I bet you know someone who's had it or is going through it right now.

My list of people close to me who have been touched by cancer is a long one, going back to my childhood. When I was 14, my mom and I went to England to visit her family and I remember asking Mom why Granny Keet had such a big arm. Mom said it was because she'd had breast cancer and lymphedema was a common complication after breast cancer treatment in the arm on the side where the lymph nodes were removed.

Apart from having a big arm, Granny was fine for many years. I've lived in Powell River for the last 30 plus years and during that time, I've known many members of this community who've had cancer. Some I knew well, others were acquaintances or people whose names were familiar, but I didn't really know. Some survived, some didn't; it was always so very sad when a child died of cancer. When that happened you could feel the entire community grieve collectively.

Jody Rodonets was one of this community who was diagnosed with cancer at a very young age. Fifty-six runners and walkers including then-mayor Stewart Alsgaard raised money for cancer research and went to Victoria to participate in a walk / run in Jody's name. Sadly, Jody passed away at age 21 to leukemia.

Although there are sad stories, there are stories of survivors. My brother-in-law had bladder cancer ten years ago; *qathet Living's* sales associate Suzi Wiebe was diagnosed with breast cancer six years ago.

We have a small office here at *qathet Living* (there are just five of us) and last month, our associate publisher Sean Percy was diagnosed with bladder cancer. As we put the finishing touches on this issue, Sean is taking his first round of chemotherapy, in between editing and pre-pressing pages.

And then there are others part way through treatment, like Gina Wood of Lund who was diagnosed with breast cancer in January. I'd heard Gina had cancer, but I didn't know that this incredible woman had raised almost \$14,000 for the Cancer Society while she was receiving chemotherapy!

While I was reading her note, I was again reminded how cancer affects all of us. We are all in this together.

Gina and Suzi are the kind of people who make lemonade when life hands them lemons. Their lemonade has been raising money for the Canadian Cancer Society.

Gina signed up for Canadian Cancer Society's 80-kilometre Walk/Run Challenge in April. She started out with a goal to raise \$1,000 and reached that goal in the first day, even though she hadn't even begun walking, so she upped the ante to \$3,000. Again, she reached her goal and again she upped the ante. Her active Facebook page kept her friends and supporters in the loop about the challenge and let them know how they could donate. By the end of April, Gina had raised \$13,903 for cancer research and hiked 180 kilometres while going through chemotherapy treat-

ments. As Gina said, she believes that keeping active helped her.

"I will continue to walk, practice yoga or workout every day as I believe it is essential to the healing of my body and mind."

Like Gina, *qathet Living's* Suzi maintained a rock star attitude while receiving treatment for breast cancer. Suzi was hit by a baseball in 2017 and when a bump remained eight weeks after she was hit on her chest, she visited the doctor and was diagnosed with breast cancer.

"I can sit on the couch or I can play outside," said Suzi. "I promise myself I will get up every day, shower, get dressed and if that is all I do that day, that is okay. I will go to work. Just because you have cancer does not mean you need to stop living. I have a family who needs me. Cancer was not going to decide my future."

That was six years ago. Since her diagnosis, Suzi and her husband Rod, have participated in three Tour De Cure's (the BC Cancer Foundation's two day, 200 plus kilometre fundraiser) – they will be riding in their fourth this August. The Wiebes are part of Team CTV and will have raised \$20,000 in total when they meet this year's goal.

The ride is truly an emotional journey as the cancer survivors all wear gold arm-bands and get to know each other. "People ride up beside you and we have these amazing conversations. Everyone is riding for someone. They are a survivor or they are riding for their mom or their dad or someone else. With Sean's new diagnosis, now I have someone else I'm riding for, too."

Suzi and Gina and so many others inspire me because despite everything they've gone through, they are doing what they can to make the world a better place for others.

"It's cancer right?" says Suzi. "It can eat you alive or you can go play outside. You can feel sorry for yourself, but that's not me."

If you'd like to help Suzi and Rod raise money for the BC Cancer Foundation for research that brings cutting edge treatment and hope to families faced with a cancer diagnosis, please support their **June 22 and 23** fundraiser at Springtime Garden Centre's **Summer Solstice Spring Market**.

"We will be popping up a tent and are planning a fun bicycle ring toss game," says Suzi. Buy a ticket for \$20 – you can put that ticket in any of the baskets filled with goodies for the draws and you also get three rings. Hook those rings anywhere on their bike and you will get another ticket for each ring hooked.

Nearly half of Canadians are expected to be diagnosed with cancer in their lifetime. The Canadian Cancer Society funds groundbreaking research into more than 100 types of cancer. Learn more at cancer.ca.

As for Gina, she wants all of her lady friends to get a mammogram! "It's really not as bad as everyone makes it out to be. And a few minutes of discomfort is definitely nothing compared to what I'm going through. So for me, please book your mammogram now."

And Sean is campaigning to let everyone know that if you see red in your urine, don't ignore it – see your doctor right away – it could save your life.

"Knowledge is power, and in the fight against cancer, we need need the whole team and all the advantages we can get," he said. 📣



LAST WORD

ISABELLE SOUTHCOTT

The Resource Recovery Centre is Opening Soon!

The Resource Recovery Centre (RRC) and Transfer Station will bring our region closer to Zero Waste.

The completion of the Resource Recovery Centre (RRC) on Marine Avenue is on the horizon, with plans to open soon! In anticipation of the RRC opening, we are pleased to share these project highlights!

The qRD has received over \$7 million in grant funding to support the RRC

In 2016, the project secured a \$6 million grant to address the remediation of the former incinerator and dump site. In 2023, an additional \$1+ million grant was secured, aimed at integrating regional waste diversion strategies and fostering a circular economy.

The success of our grant funding is thanks to the ongoing collaboration and support for the project from the Tla'amin Nation and City of Powell River, and to our region's shared commitment to the Solid Waste Management Plan and goal of zero waste.

The qRD has received provincial recognition for our remediation efforts on site

In September 2021, the qathet Regional District was honored with the Excellence in Asset Management award by the Union of BC Municipalities for its innovative stormwater runoff design implemented at the Resource Recovery Centre.

This design utilizes the natural landscape, particularly the surrounding forest, to manage and disperse runoff from the landfill closure mound, foregoing the need for artificial collection structures. Opting for this natural solution not only saved taxpayers approximately \$700,000 but also preserved over one hectare of second-growth forest.

Extensive efforts were made to restore riparian areas on the site, removing years of accumulated waste and revitalizing vegetation and water features. These efforts have significantly enhanced the natural allure of Powell River's parks and trails system.



Key Features of the RRC:

- A modern recycling depot facilitating various recycling initiatives and encouraging local waste diversion.
- Dedicated spaces for small-scale construction diversion, repair and upcycling workshops, a free store, and administrative offices.
- A composting demonstration area and educational center focused on waste management.
- A waste transfer station designed to promote landfill diversion through waste source separation.
- A designated drop-off point for organic yard waste.

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