

gather

SEPTEMBER 2024

# LIVING



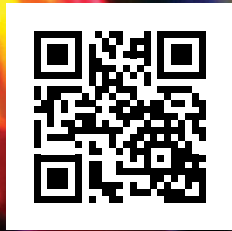
Our best (chicken)  
feet forward at the  
**Fall Fair**

100% LOCALLY OWNED  
FIERCELY INDEPENDENT  
ALWAYS FREE

BC ELECTION: HOUSING • BIKE TO SCHOOL • TLA'AMIN BALLET • KINGS ON ICE



# Free Your Vote NOW



## Greg Reid for Independent MLA

Every Saturday in September  
7 to 9pm  
Crucible Gallery

Artists! Citizens! You're invited to...

### P'art'y

**Artivism at Townsite Market**

*A unique opportunity to introduce  
direct democracy to the Sunshine Coast*

art • live music • guest performers • Crucible Crew •  
discussions, surveys, speakers • singalong & dancing

With Aya VeLenz & Robert Probert and the Doppelgang



## Direct Democracy Vote on All Legislation\*

Win the Election for Yourselfes  
Vote Independent on October 19

Discredit unjust legislation  
Neutralize lobbyists  
Exercise your voting power

## Greg Reid

**Public Servant**  
*GregReid.website*  
*alterindustries@gmail.com*  
604-414-3016

\* visit [gregreid.website](http://gregreid.website) for complete details  
Authorized by Greg Reid, financial agent



# SMART. NOT SLICK.



**VERECAN**

CAPITAL MANAGEMENT INC.

Verecan Capital Management Inc. is registered as a Portfolio Manager in all provinces in Canada apart from Manitoba.

[verecan.com](http://verecan.com)



CONTENTS

SEPTEMBER 2024

<b>Glorious Food</b> A Fall Fair Celebrity	6
<b>taqəš: Coast Salish ballet</b> Cameron sinkwə Fraser Monroe's qathet debut	9
<b>3 Ears Indigenous Film Fest</b> And Truth & Reconciliation Day	12
<b>Touring the Legislature</b> With Brooks grad Finn Thoms	13
<b>BC Election: Housing</b> qL's second of three-part series	15
<b>Belonging is a Skill</b> How to connect to the community	21
<b>Bike to School Safely</b> Fall GoByBike Week	24
<b>"Quick! Free Beer"</b> The last summer birdsongs	28
<b>Stillwaters Run Deep</b> New landscape photo gallery	31
<b>Lang Bay Waterworks</b> From the Wild West to What the Heck	35
<b>Loose Tights Pull Up</b> Punk musicians perform again	47
<b>Kings Aim to Conquer</b> Junior A team enters its 26th season	48

REGULAR FEATURES

You Got This	27
Blast from the Past	30
I Made the Move	37
What's Up	38
Business Affairs	40
Events Section	41
Last Word	54

ON THE COVER:

Fall Fair superstar Violetta Norquist with her three children Emilia, 9, William, 6, and Andrew, 3, plus a handful of Polish chickens and a Flemish Giant rabbit on the family's farm off Manson Avenue. See story, Page 6.



# Change & Chaos

When my kids were little, September was a predictable time of change. On their first day back to school, I'd always take a photo of the two of them on the doorstep. Sometimes, when I had my act together, with a sign saying which grades they were entering: 'Grades 1 and 4.' 'Grades 7 and 10.' 'Grades 9 and 12.'

This year, September is extra intense. Kid #1 graduated and is off on a global adventure; this is the first time in many years that just one kid will be photographed on my doorstep.

At qL, publisher Isabelle Southcott is soon heading off on a new adventure to Nova Scotia, starting a pre-retirement vacation that will last, more or less, until she officially retires in January. That means, among many other more significant things, Jigs, Zunga, and Decoy will no longer

greet folks dropping by the office.

After a summer on chemo, associate publisher Sean Percy will have already had surgery by the time this magazine hits the streets September 4. Hopefully, his September transition includes becoming free from bladder cancer. His kid #2 also moved to Vancouver this summer for school.

More change.

Life is almost always chaotic. September brings at least a bit of welcome order.

School days demand schedules. Sports (Page 48) and groups (Page 21) re-start. Elections require that we pay attention, and participate (Page 15). Schedules of events fill up again, as folks return from away and seek out music, film, sports, learning, and more (Page 41).

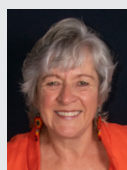
I hope this issue of qL helps you find new ways to plug into this community, as you restore cool-weather order to your 2024. **qL**



## EDITOR'S MESSAGE

PIETA WOOLLEY

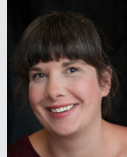
# qathet LIVING



**Publisher & Managing Editor**  
**Isabelle Southcott**  
isabelle@prliving.ca



**Associate Publisher & Sales Manager**  
**Sean Percy**  
sean@prliving.ca



**Editor & Graphics**  
**Pieta Woolley**  
pieta@prliving.ca



**Sales & Marketing**  
**Suzi Wiebe**  
suzi@prliving.ca



**Office Manager**  
**Lauren Diemer**  
office@prliving.ca

Volume 19, Number 9  
ISSN 2817-1667 (Print)  
ISSN 2817-1675 (Online)

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

No part of this publication may be reproduced without prior written consent of the publisher. While every effort has been made to ensure accuracy, the publisher cannot be held responsible for any errors or omissions that may occur. © 2024 Southcott Communications. We reserve the right to refuse any submission or advertisement.

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

qathet Living  
is 100% locally owned and operated by  
**Southcott Communications**



We acknowledge  
the financial support of the  
Government of Canada



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

- The Magazine Association of BC
- The International Magazine Centre
- The Powell River Chamber of Commerce
- Tourism Powell River
- Coastal Women in Business



## qL is your magazine!

### Give us your feedback

Email your comments and Letters to the Editor to [isabelle@prliving.ca](mailto:isabelle@prliving.ca).

### See you online

Join us on Facebook and Instagram. Visit our webpage at [qathetliving.ca](http://qathetliving.ca)

### Show off your community

Send a subscription to an out-of-town friend. \$60 a year in Canada.

### Publish your work

Pitch us an article or a photo spread. Email [pieta@prliving.ca](mailto:pieta@prliving.ca)

### Advertise with us

Contact  
[sean@prliving.ca](mailto:sean@prliving.ca) 604-485-0003  
or [suzi@prliving.ca](mailto:suzi@prliving.ca) 604-344-0208

# qL

# “

I joined my first band at 45. It's never too early or too late. Joining a band is a great motivator to learn a new skill. If you are thinking about it, stop thinking and go for it!

- bad karen, **Page 47.**

# ”

## A FEW OF SEPTEMBER'S CONTRIBUTORS



**LANA CULLIS** is an ardent writer, avid scrapbooker, lapsed musician, and wandering pet and house sitter. You will find her at [lanacullis.com](http://lanacullis.com). **See Lana's story, *Belonging is a Skill*, on Page 21.**



**FAITH NITSZA**, from Whati, NWT, visited Powell River in July. She volunteered with the qathet Museum and Archive, learning some of the local history of Powell River. **See Faith's story, *The S.S. Princess Mary*, on Page 30.**



**JORDAN KISS** is the play by play broadcaster and director of media for the Powell River Kings. He is entering his fourth season with the team. **See Jordan's story, *Kings Aim to Conquer*, on Page 48.**



**MERRILEE PRIOR** is "The Bird Lady" and founder of PR Orphaned Wildlife Society. She cares for hundreds of birds and small animals in her home each year. **See Merrilee's story, *"Quick! Free Beer!"*, on Page 28.**

**WB WARREN BEHAN**  
PERSONAL REAL ESTATE CORPORATION

Are you thinking of selling your home?

Let my 34 years of experience go to work for you. Call, text or email today.

MY LISTINGS INCLUDE VIRTUAL TOURS, HIGH QUALITY PHOTOS, 360 VIEWS AND FLOOR PLANS

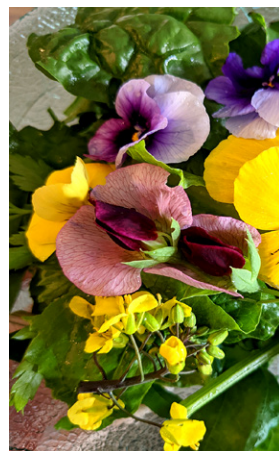
Warren Behan • Broker Owner  
Cell: 604.483.8173  
Office: 604.485.2324  
[warren@warrenbehan.com](mailto:warren@warrenbehan.com)

Providing honest advice and professional service for 34 years

**ROYAL LEPAGE®**  
Powell River  
Independently owned and operated

ROYAL LEPAGE® TOP TIER MEMBER 2022-2023  
ROYAL LEPAGE® EXECUTIVE CIRCLE™ AWARD 2022-2023  
ROYAL LEPAGE® NATIONAL TOP 2% 2022-2023





**HOW THEIR GARDEN GROWS:** Above top, just off Manson, the Norquists grow in raised beds, on lattices, and in a large greenhouse surrounded by blackberries and bogs. Left, assorted squash, pickles, edible flowers, tomatoes, and peppers. Above, a purple cauliflower. Facing page, some of the family's blue-ribbon wins include potatoes, jam, rabbits, giant pumpkins, and the "Market Garden Collection."



## A GROWING CONCERN

**O**n their boggy Manson Avenue acreage, the Norquist family's vibrant green thumbs get noticed each year at the Powell River Fall Fair. In 2023 alone, this family of gardeners won first place for watermelon, garlic, onions, potatoes, pumpkins, winter squash and "Market Garden Collection." Plus, they took home blue ribbons for their marmalade, ketchup, and tomato paste – all from ingredients grown by their own hands.

Violetta and David Norquist moved here from Kimberley, BC, in 2011, after Violetta finished her nursing degree. David is a carpenter, specializing in interior finishing. They have three children; Emilia is 9, William is 6, and Andrew is 3.

Violetta was born in Germany and moved to Canada in 1999 to the East



**BLUE-RIBBON GROWER:** Violetta Norquist and her family are top winners at the Powell River Fall Fair.

Kootenays. She started participating in the Kootenay Country Fair when she was about 11 years old, mainly with farm animal entries. Once she started growing a garden at about age 17, Violetta branched out to include vegetables, fruit, and canning.

"I was thrilled when we moved to Powell River and there was a Fair too. Going to a country fair is a harvest celebration to me," she said.

Shortly after moving here, the family put in a garden and built a chicken coop. They now have chickens and rabbits too.

"I enter lots of different vegetables, fruits, canning, and flowers [to the Powell River Fall Fair]," said Violetta. "My biggest wins have been winning

### FALL FAIR

**When:** Saturday September 14 and Sunday September 15

**Where:** Paradise Exhibition Grounds (where the Farmers Market is)

**What:** Agricultural fair featuring contests for growing food, preserving and preparing food, crafts, etc. Plus, a large farm and vendors market, Zany Zucchini Races, miniature railway, ready-to-eat food, music and much more.

**Compete:** The official competitors guide was distributed through the August *qL*, but is still available online at [prfarmers.ca](http://prfarmers.ca) or [qathetliving.ca](http://qathetliving.ca). Entry forms were due by September 1, although late forms are being accepted for a small fee. Non-perishable entries are due September 6, and perishable entries are due September 13. See full details on the website.

**For more info:** [prfarmers.ca](http://prfarmers.ca)

best in a section, and of course the first, second, and third ribbons. Last year I did very well in the fruit and canning categories."

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

**Violetta** • I started gardening way back in Germany; my parents made my sister and me a strawberry patch when I was five years old.

In Germany, we lived in a small farming community, so everywhere you went there were farm animals and gardens. My mother and grandmother had vegetable gardens as well. I didn't really get too interested in growing food until my later teens.

I had a small garden in Kimberley BC. The growing season is very short, which made it difficult to grow the majority of foods we liked. When we moved to Powell River we put a garden in, that has been slowly getting larger and larger. I love that we are able to grow a large variety of food to feed our family here.

I learned gardening from my family and my community, through trial and error, reading books, and I also use online sources now. I am also a member of the Powell River Garden Club, where one can learn so much about gardening. My favourite beginner book that has helped me on my garden journey is "The Zero Mile Diet" by Carolyn Herriot.

**Tell us about your current garden.**

**Violetta** • We live on three acres, in Cranberry with three cats. The garden is about 3,000 square feet plus an orchard. We also

# F Glorious FOOD

It's harvest time for the Norquist family. Over the past 12 years, this crew of now-five transformed a blackberry-bramble bog of an in-town acreage into a food-rich, family-feeding oasis.

They've truly earned their place as Fall Fair celebrities.







**EYE TO EYE:** Emilia Norquist, 9, with one of her Polish chickens.

# Essential Information on Student Transportation in qathet School District

## Bus Passes

All authorized riders will be issued a physical bus pass and only students who have been pre-approved will be eligible for transportation services. For any riders who did not meet the bus pass pick-up deadline, they will still be available for pick-up at the Bus Garage at 6580 Cranberry St. **It is required that students carry their bus pass with them when using school district buses.**

## Replacement Bus Passes

If a pass is lost or damaged, replacement passes are \$5 each and can be picked up from the school office.

## NEW Student Rider App: My Ride K-12

The previous Zonar bus app is being replaced by a new My Ride K-12 App and will be able to provide **bus location status** and district communications, such as specific bus route delays, cancellations, or other bus-related messaging. This new app will be available for download in September.

**If you have questions or require more information, please call the district's Transportation Department: 604-414-2612 or email [transportation@sd47.bc.ca](mailto:transportation@sd47.bc.ca)**

## Most Frequently Asked Questions

### Q: My bus is late?

**A:** Occasionally there are events that disrupt the normal operation of the bus; such as traffic, an incident on the bus, bad weather, etc. We ask that families be patient and accept that a bus may arrive up to ten (10) minutes after the scheduled stop time with the recognition that it will not depart from the stop prior to the scheduled time. If the bus is running more than ten (10) minutes late the Transportation department personnel will do everything they can to use a combination of the methods (My Ride K-12 app, district website, social media (@qathetschooldistrict), and possibly email) to ensure that we communicate information to parents as quickly and efficiently as possible.

### Q: What happens if my bus is cancelled?

**A:** If there is a need to cancel a bus, Principals will be notified immediately and let riders know by email. Additionally, there will be updates shared via district communication channels when possible. In most instances the district will do its best to have another bus cover the stops later to ensure students are not left stranded. Bus cancellations are rare and occur only if the district does not have sufficient drivers, or if the district has a bus breakdown with no spare available.

### Q: Does my bus always run in the snow?

**A:** The decision on whether a bus can run is made on a route-by-route basis. The decision to run the bus is separate from the decision to close a school. In the instance of a bus not running in the morning, or an all-day closure, a decision will be communicated via My Ride K-12 app, the district website, social media, and possibly email by 7:00 am.

have chickens and rabbits, which play a very important role in the garden. They supply most of the manure and fertilizer I use and they eat leftover produce and the weeds.

Our cats have been doing an amazing job at keeping the rats away. One year we lost most of our tomatoes due to the rats eating them. Everything is interconnected.

Currently, there are tomatoes, cucumbers, peppers, garlic, kale, cauliflower, broccoli, cabbage, onions, potatoes, lettuces, beans, peas, parsnips, carrots, corn, many varieties of squashes, celery, blueberries, raspberries, rhubarb, strawberries, blackberries, currants, peaches, apples, pears, kiwi, quince, melons, nuts, etc.

We have harvested most of the garlic, peas, brassicas, lettuces, berries, and peaches for this year. There will still be lots of the above to harvest through September and October.

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

**Violetta** • Some of my gardening successes have been growing a huge variety of squashes, garlic, tomatoes, and potatoes. It is hard to name a few.

Everything growing all together in the area is amazing and rewarding. I am happy to take my garden harvest to the Fall Fair and hope it inspires others to start growing food and entering it in the Fair. It's always wonderful to see what everyone has been growing and harvesting in the area, and meeting people with similar interests.

Last year there was a significant increase in entries in all the categories, which made it more interesting.

There is also something special and exciting about winning a ribbon, there is recognition for your hard work and community pride, and personal satisfaction.

My biggest gardening success and what I

am most proud of has been seeing my children's love for gardening grow. They love being able to forage the yard. They are now starting to grow their own little gardens, and enter in the Fair things they grew.

### What are your greatest gardening challenges?

**Violetta** • The weeds! Especially the grasses, blackberries, and morning glory. The slugs were also a huge problem this year. The weather has also become more challenging, either it is too cold, too hot, or too wet.

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

**Violetta** • I invest in good quality seeds. My favourite brands are Renee's seeds and Ecosedbank Canada. Plus, irrigation, and manure/soil amendments (mostly from our chickens and rabbits). I try to set up my irrigation on timers and use a drip system. Before doing that, I spent a significant amount of time moving hoses and sprinklers.

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

**Violetta** • We eat a significant amount of food fresh from the garden. I also preserve a lot of food through canning, freezing, and dehydrating. I have branched out the last few years and have learned how to use lacto fermentation to preserve vegetables. We also share the bounty with family and friends.

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

**Violetta** • 1. Harvesting a lot of produce and processing it. 2. Getting ready for the Fall Fair. 3. Cleaning out my greenhouse. 4. Planting my overwintering produce (broccoli, kale, corn salad, carrots, and radishes). 5. Planning next year's garden. **PL**



4351 Ontario Ave • 604 485-6271  
[www.sd47.bc.ca](http://www.sd47.bc.ca)



# taqəš

The first Coast Salish ballet, created by a Tla'amin choreographer, comes to qathet September 11.



Photo by Abigail Wiens

**O**n September 11, Cameron sink<sup>wə</sup> Fraser-Monroe brings two new ballet works to the Max Cameron Theatre: *The Cowboy Act Suite* and *taqəš*. Both are part of Ballet Kelowna's Fall Tour, where Cameron is Choreographer in Residence.

Cameron, a Tla'amin Nation member (son of Dr. Evan Adams) is the only First Nations professional ballet dancer working in Canada.

In dance, Indigeneity matters. Ballet is a premiere discipline by which Canada tells stories, creates a national narrative, and imagines itself.

For more than 50 years, Canadian ballet companies have grappled with how to bring Indigenous stories onto the stage, from *The Ecstasy of Rita Joe* (1971, Royal Winnipeg Ballet) to *Ghosts of Violence* (2018, Atlantic Ballet.)

Now, there's Cameron, a dancer and choreographer. Before he premieres his newest work, *šegatəm*, in New York City, he spoke with *qathet Living*:

**How does it feel to bring these works to the Max – on Tla'amin traditional territory, and with Tla'amin Nation in the audience?**

**Cameron sink<sup>wə</sup>** • It feels incredible to bring the story of "Raven Returns the Water" told through *taqəš* back to its home. The work has toured from the Atlantic to the Pacific, and even down into the US, but it was maintained here by Sue Pielle.

I also know that as a self-governed Nation, Tla'amin people will appreciate the humorous critique of the *Indian Act* in *The Cowboy Act*. We lived under it for so long and its oppression shapes our lives to this day, but laughter is the best medicine.

**Will we see you dance?**

**Cameron sink<sup>wə</sup>** • Not this time! While I do join Ballet Kelowna as a dancer from time to time, I've recently relocated to the National Theatre School as the Indigenous Artist in Residence. While it is an excellent opportunity to

## THE COWBOY ACT SUITE, TAQƏŠ AND BOLERO

**When:** 7 pm, Wednesday, September 11

**What:** Tla'amin choreographer Cameron sink<sup>wə</sup> Fraser-Monroe's Ballet Kelowna works. [balletkelowna.ca](http://balletkelowna.ca)

**Where:** Max Cameron Theatre

**Tickets:** In person at The Nutcracker and The Peak, online at [powellriveracademy.org](http://powellriveracademy.org). \$30 adult, \$20 youth.

learn about storytelling in another medium, I don't have any time to rehearse with the company!

**Have you ever performed here in qathet?**

**Cameron sink<sup>wə</sup>** • Funnily enough, I competed at the BC Provincials for dance at the Max Cameron Theatre in qathet when I was 15! I have learned a lot since then.

**BRECON**  
CHOCOLATE ORANGE GIN

**CAPONE'S**  
Cellar

**Brecon Chocolate Orange Gin**  
Serve with ice and chilled tonic water,  
Garnish with cinnamon and a twist of orange

**Great Selection • Cold Beer • Coolest Prices**  
Sun to Thurs 9am to 10pm • Fri & Sat 9 am to 11 pm • Duncan & Joyce • 604 485-9343

**LAST CHANCE FOR PATIO SEASON!**

**THE SHINGLEMILL**  
"Gateway to the lake"  
Est. 1986

Many of our dishes can be made:

- Vegetarian or Vegan
- Gluten-Free
- Keto or Low-Carb
- Allergy-friendly

[www.shinglemill.ca](http://www.shinglemill.ca)  
604 483-3545  
[reservations@shinglemill.ca](mailto:reservations@shinglemill.ca)   
Proud Member of the PR Chamber of Commerce





**What are your favourite moments in them?  
What should the audience be watching for?**

**Cameron sinkwə** • One of my favourite parts of taqəš is when poho (or Raven) flies to find the source of drought, and we build her a massive set of wings out of seven dancers. Definitely a moment to watch for.

The Cowboy Act is chock full of physical comedy, two highlights would be when someone gets run over by the full-size chuck wagon, and another would be the (finger) gun fight.

**Last time we talked, you were Canada's only First Nations professional ballet dancer. Is that still true?**

**Cameron sinkwə** • I have long been alone as a First Nations professional ballet dancer in Canada, but Ballet Kelowna has two full-time Métis ballet dancers. McKeely Borger will perform as poho, and MacKye White will be debuting as The Deputy in The Cowboy Act.

Ballet Kelowna's commitment to these dancers is a large reason why I continue to create new work for the company. I hope other ballet companies will catch up!



### Watch and Listen

Listen to **Tom Wilson**, whose music is featured in *The Cowboy Act*:



Listen to **Jeremy Dutcher**, whose music is featured in taqəš:



Watch a Ballet Kelowna interview with **Cameron sinkwə Fraser-Monroe**:



**How did you choose the music for each of these works?**

**Cameron sinkwə** • I was taught that we rise together, so a large part of my work as a choreographer is featuring other Indigenous artists as collaborators on music, costume design, lighting, and projection.

The music for taqəš is from Polaris-prize winning operatic tenor and composer Jeremy Dutcher, who brings together recordings of his ancestors with his classical technique.

The music for *The Cowboy Act* is from Mohawk baritone Tom Wilson of Blackie and the Rodeo Kings, which suits the concept perfectly. In both cases I arranged their existing music to help me tell my narrative.

**As a choreographer, you're wildly in demand, with works commissioned by The National Ballet of Canada, Canada's Royal Winnipeg Ballet, Ballet Kelowna, The Winnipeg Summer Dance Collective, the Artist's Climate Collective, TRANSFORM Cabaret Festival at the Cultch, and both PULSE and Indigenous Day Live! on APTN. Why is the dance world so hungry for Cameron?**

**Cameron sinkwə** • It certainly seems to be taking off! Right after qathet I head to New York City to premiere a work for Fall for Dance on the Royal Winnipeg Ballet. These beautiful stories and talented collaborators have been



## U-Pick, We-Brew!



**Make beer, wine and cider from your own fruit.**

Stop in, call, email or Facebook us for details on how much fruit you need, and how to prepare your fruit for brewing.



**Put on a batch today. We make it easy!**

7030 Glacier St | 604.485.0345 | jeremy@prbrews.ca





here for a long time, but I think these Euro-centric worlds of art are just now starting to notice.

**What does it feel like to dance stories that are Indigenous stories, and intimately personal stories?**

**Cameron sinkwə** • I think it is so healing, for myself and for others. For so long I felt out of place in the European stories, and I want to bring a sense of belonging to more people in dance.

**What's next for you?**

**Cameron sinkwə** • I'm wrapping up this tour, then premiering a new work šegatəm ("to lift someone up") in New York City!

I'm also continuing to learn at the National Theatre School before another commission for Whim W'Him in Seattle.

I hope to be back to qathet to visit family next summer.

**NEW NARRATIVES:** Far left, Cameron sinkwə Fraser-Monroe (left) dances Bolero. Centre, The Cowboy Act Suite. Top, this page, Cameron himself. Above, McKeely Borger, a dancer with Ballet Kelowna, in The Cowboy Suite. She is a member of the Saskatchewan Métis Nation, and one of a very small handful of Indigenous professional ballet dancers in Canada.

Photos by Abigail Wiens, Sylvain Senez, and Christine Love Hewitt

# New Cocoon Wellness Pod

Light Therapy • Tanning • Self-Honouring

- FEATURING:
- INFRARED HEAT
- RED CHROMOLIGHT
- RADIANT HEAT
- RED AMBIENT LIGHTING
- OXYGEN READY
- ADJUSTABLE COOL FACIAL AIR



- NEW COCOON WELLNESS POD FOR:
- PAIN MANAGEMENT
- WEIGHT LOSS/MANAGEMENT
- DETOX
- MENTAL HEALTH
- SKIN REJUVENATION
- BETTER SLEEP



Simply  
**BRONZE**  
Tanning & Swimwear

Follow us on Instagram @simply\_bronze\_tanning\_swimwear

Shop online at [simplybronze.ca](http://simplybronze.ca) • 604 485-4225 • Visit us above the Library



Reduce your carbon footprint with

**38% OFF\***  
installed vinyl windows

Locally Made Windows

**38**  
years of making windows in Powell River BC



great taste in windows™  
...and more

Improve your home this year with Modern Windows & Doors

Get your quote today

604.485.2451

modern.ca

\*Discount on windows only, labour and materials not included. Offer expires June 30, 2024. See website for details.

windows • gutters • doors  
siding • garage doors  
patio covers • awnings  
Duradek™ • railings  
and more

## TRUTH & RECONCILIATION DAY

# Docs, drama, and comedy connects cultures at 3 Ears



Tla'amin mortuary poles: the subject of *Path to Reclamation*, a film by Tla'amin journalist Abby Francis. Screening on October 1.

BY GARY SHILLING

The second annual 3 Ears Indigenous Film Festival honours Orange Shirt Day and the National Day for Truth and Reconciliation. The name “Three Ears” is derived from a quote in Jody Wilson-Raybould’s book *True Reconciliation: How to Be a Force for Change*:

“Patience and trust are essential for preparing to listen to stories. Listening involves more than just using the auditory sense. Listening encompasses visualizing the characters and their actions and letting the emotions surface. Some say we should listen with three ears: two on our head and one in our heart.”

The films programmed for the festival support the qathet Film Society’s mandates to prioritize anti-racism, inclusivity and equity in our programming and organization; and to engage with Tla’amin Nation in the ongoing process of decolonization and reconciliation.

### 3 Ears Indigenous Film Festival @ The Patricia: Admission by donation

#### Wilfred Buck

Friday September 27 – 7pm

English, Cree documentary written & directed by Lisa Jackson, 2024.

Preceded by *Welcome Home*, directed by Tla’amin member Sosan Blaney, and qathet’s Megan Dulcie Dill, Claudia Medina.

#### Singing Back the Buffalo

Saturday September 28 – 7pm

Documentary directed by Tasha Hubbard, 2024. Preceded by *Sisters & Brothers*, directed by Kent Monkman.

#### Aitamaako’tamisskapi Natosi: Before the Sun

Sunday September 29 – 1:30pm

English, Blackfoot documentary directed by Banchi Hanuse, 2023.

Preceded by *Bringing the Salmon Home, It Takes A River of People*, directed by Teresa Marshall & qathet’s Jeremy Williams.

### EVENTS FOR NATIONAL TRUTH & RECONCILIATION DAY

**3 Ears Indigenous Film Festival:** September 27 to October 1, at The Patricia. Presented by the qathet Film Society. Many films by Tla’amin and qathet filmmakers.

**Walk for Reconciliation:** September 30, 2pm gathering, 2:30pm walk begins from tisk’at and goes to Ah Joo Miexw Willingdon Beach. Wear orange to honour the children.

The films provide an opportunity for the settler community to learn about the multi-generational harm of colonialism. For our Indigenous audience, the stories told celebrate the strength and rich culture of their people.

#### Café Daughter

Sunday September 29 – 7pm

Drama directed by Shelley Niro, 2023.

Preceded by *The Handsome Man*, directed by Misty Shipman & Hope Shipman. Starring Lily Gladstone & Tla’amin member Evan Adams.

#### The Great Salish Heist

Monday September 30 – 7pm

Comedy directed by Darrell Dennis, 2024.

Preceded by *Rez Carz*, directed by qathet’s Clancy Dennehy.

#### Sugarcane

Tuesday October 1 – 7pm

English, Secwepemctsin documentary directed by Julian Brave NoiseCat and Emily Kassie, 2024.

Preceded by *The Path to Reclamation*, produced by Kaitlyn Ngo, Tla’amin member Abby Francis, Richard Davis, Sebastian Arancibia.





## BC ELECTION

**IN THE HOUSE:** Left, 2023 Brooks grad (and current SFU student) Finn Thoms takes a group of visitors on a tour of the BC Parliament Buildings in Victoria. You can see former qathet resident Judi Tyabji in the second row of photos. Right, the Parliament Buildings feature Texada Island marble.

**“It’s incredibly rewarding to see someone’s face light up when they learn something new.”**

qathet teen spends his summer explaining BC’s government to visitors

**B**orn and raised in Powell River, I (Finn Thoms) have spent my whole life enjoying the qathet region for all it has to offer. However, after graduating from Brooks in 2023, I decided it was finally time to head on down to the Lower Mainland and try the big city life (it’s not as nice).

After finishing my first year at Simon Fraser University, I was looking for summer jobs when my mum sent me this pretty cool-looking opening for students to give tours at the British Columbia Legislature in Victoria.

**Tell me about your job. What do you actually do?**

**Finn** • I’m part of the parliamentary education office’s summer tour team! My job consists of giving tours and welcoming people into the building, whether that be outside on the front lawn of the building, or at the front desk.

Our tours share the history, architecture, and functions of the Assembly with visitors, and I guide groups through various parts of the building, explaining the legislative process, the roles of MLAs, and the significance of different rooms and displays.

**What attracted you to working at the Legislative Assembly? Why did you want to do this job?**

**Finn** • I was drawn to this job because of my passion for history, politics, and public service.

Having been involved in youth leadership programs such as the British Columbia Youth Parliament, I already had a strong interest in the workings of government. Additionally, as a student currently studying political science, this seemed like an ideal way for me to spend my summer learning about the legislative process in British Columbia.

The role seemed like a perfect opportunity to combine that interest with my love for engaging with people and sharing knowledge. It’s also a unique chance to work in such an iconic and historically rich setting.

**What do you enjoy most about it?**

**Finn** • What I enjoy most is meeting people from all walks of life and helping them connect with the history and governance of our province.

It’s incredibly rewarding to see someone’s face light up when they learn something new or gain a deeper appreciation for the work that happens here, or to help compare our system of government to systems in other places of the world and appreciate how these different ways of organizing

**Local Lawyers - where the coffee is always on and we answer your phone calls.**

Katya Buck • Stacey Fletcher • Rob Villani  
Warren Peters • Brandon Henderson



**Real Estate  
Commercial Law  
Wills & Estates  
Divorce  
Family Mediation  
Criminal Law  
Civil Disputes**

**Our goal is to provide quick, responsive services, creative solutions and sophisticated strategies for our clients**



**VILLANI & COMPANY**

Phoenix Plaza • 604 485-6188 • villaniandco.com



government fit best depending on the history and people.

I also love the fact that every day is different, with new visitors and questions to keep things interesting.

### What's the most challenging part?

**Finn** • The most challenging part is adapting to the wide range of knowledge and interests that visitors have. Some people might be well-versed in politics, while others are completely new to the subject. Balancing the tour to be informative and engaging for everyone can be tricky.

There's also a lot of detailed information to remember, so staying sharp and accurate is essential.

Additionally, as a non-partisan employee of the Legislative Assembly, it's not my job to tell people what my biases and political ideologies are. This part has been especially challenging, as I'm always willing to share my opinions with people, so learning how to discuss things in an impartial, neutral manner has certainly been a challenge for me.

### What are some interesting things you've learned about the BC government and the buildings?

**Finn** • One of the most interesting things I've learned is the amount of thought and symbolism that went into the design of the Parliament Buildings. For example, the architect (a man named Francis Rattenbury\*) used stained glass to quote certain famous thinkers from history, and it's interesting to see where his ideologies lie and whether his design reflects those ideologies.

\* *Editors note: Architect Francis Rattenbury was immortalized by more than his many BC buildings (which include Victoria's Parliament Buildings and the Empress Hotel, plus the original BC Courthouse, which is now the Vancouver Art Gallery).*



**THE CENTRE OF POWER IN BC:** Political Science student Finn Thoms took part in BC Youth Parliament while still at Brooks, in early 2023.

His dramatic personal life was also the subject of an opera: *Rattenbury*. The opera was written by qathet-raised composer, Tobin Stokes. Tobin's brother-in-law, qathet-based maestro Arthur Arnold, conducted the first full production of *Rattenbury* in Victoria, in 2017.

### What are some common questions people ask you?

**Finn** • Of course, the most common question is always, "Where's the nearest wash-room?" (haha). Other common questions include, "How old is the building?" (126 years old) and, "Who was the architect?" (Francis Rattenbury). However, the question that I get often that I most enjoy answering is whether we have a Senate in BC.

While Canada does have a Senate federally, which makes it a bicameral body, none of the 10 provinces in Canada have one, which makes them unicameral legislative bodies. Cameral actually comes from the same Latin root as the word camera, which means chamber, in Latin.

### What's the craziest thing you've been asked?

**Finn** • One crazy question that I always get is whether the buildings were built backwards. There's this urban myth running around that

has people believing that for some reason, the building was supposed to have been built with its front facing away from the water, and it's completely made up!

I'm just impressed that this story has stuck around for so long - it seems crazy to me that a building like the legislature would look away from the harbour!

### Would you go into politics?

**Finn** • This job has definitely reinforced my interest in public service and government. While I'm not sure if I'll go into politics directly, I'm certainly inspired to continue working in fields that involve civic engagement, education, or public policy.

Being a tour guide here has shown me the importance of making government accessible and understandable to everyone.

### What don't those of us back home in qathet understand about the BC Government?

**Finn** • This is a really tough question to answer - first of all, I think people in qathet have a pretty incredible understanding of our government, and I think it's great that there are so many people who are interested and passionate about what happens in the province.

Perhaps one thing that I think everyone

I challenge everyone in qathet to not just get out there and vote themselves, but talk to your friends and family and encourage them to vote as well, especially the young people in their lives who might not have ever voted before!

- Finn Thoms

- not just those in qathet - could remember is just how important it is to vote. In 2020, BC had less than a 55% voter turnout, which is one of the lowest voter turnouts in the province's history.

Voter turnout is so critical to the health of our democratic system and ensuring that the people in government are a representation of everyone's feelings.

I challenge everyone in qathet to not just get out there and vote themselves, but talk to your friends and family and encourage them to vote as well, especially the young people in their lives who might not have ever voted before! 🗳️



# ISLANDMEDIQUIP

## HOME MEDICAL EQUIPMENT SPECIALISTS

### HOME ACCESSIBILITY EQUIPMENT SALES, RENTALS & SERVICE

**Call Us Today for a Complimentary Home Assessment**

Contact Steve MacLean

Tel 604-830-7618 | [steve@islandmediquip.com](mailto:steve@islandmediquip.com)

**We are Mobile & Come to You!**

Visit [www.islandmediquip.com](http://www.islandmediquip.com)

**Now Serving Powell River & the qathet Regional District**



Steve MacLean  
Powell River Based Rep





# Housing:

BC's greatest seemingly-unsolvable political problem

BY PIETA WOOLLEY || pieta@priving.ca

Since the mid-1990s, Maggie Hathaway has been working on the housing crisis from both the front lines, and through politics: as a legal aid provider helping renter clients navigate the Residential Tenancy Act, as a Constituency Assistant to Powell River-Sunshine Coast MLA Nicholas Simons helping constituents grapple with housing challenges, and as a Powell River City Councillor.

Now, she's retired, and can speak freely – and perhaps with the greatest hands-on knowledge of anyone in qathet – about housing as an issue in the October 19 provincial election.

“As a society, I believe we have failed to provide adequate housing for those with low income,” she said. “It appears to not be a priority at the local level. We provide lip service at best. We form committees, make recommendations, hire consultants, hire staff, do nothing, and start over.”

City government matters, Maggie

explained, because to solve housing problems the Province and municipalities must work together.

That's why, frustrated by glacial uptake in cities, the BC NDP government introduced legislation forcing cities to allow multiple units on single family lots, introduced the Housing Supply Act forcing cities to meet new residential development targets, and put a leash on urban short-term vacation rentals, such as AirBnB, that remove potential housing from the supply.

Housing, of course, costs exponentially more in 2024 than it did when the NDP took office in 2017, both real estate and rental, plus the cost of building and the price of land. In qathet and elsewhere, the COVID-19 pandemic meant a flood of new residents, which squeezed housing supply.

The price and the scarcity of housing mean there are very few first time homebuyers getting into the market, and there are now a significant number of homeless people, and many more renters who are living in unsafe



**MORE HOUSING, BUT ALSO MORE CRISIS:** Left, Tipton Place is one of several projects BC Housing has completed in qathet. Right, Maggie Hathaway.

or cramped situations.

As Maggie points out, the NDP government has been successful at delivering new social housing here since 2017, including BC Housing's LifeCycle family housing project in Cranberry, Lift's supportive housing on Joyce, and inclusion Powell River's Tipton Place, which together represent nearly 100 new units of affordable housing (see the next page for a detailed breakdown).

“BC Housing is the Province's most successful program for Powell River,” she said. In addition to building, BC Housing delivers direct subsidies.

However, relatively few locals receive these payments. For example, the The Rental Assistance Program (RAP), which has been in place since 2006, supports just 16 working families in qathet (see next page). SAFER, which has been in place since 1977, supports just 160 senior renting households.

Maggie also points out that although this government has raised the “shelter” portion for income assistance

and disability assistance, it's not nearly enough to afford an actual home. When the NDP took office in 2017, an individual receiving these benefits got \$375 to spend on housing; now, they receive \$500 (see more, next page).

“A one-bedroom apartment in Powell River is \$1,700 a month,” said Maggie. “The province needs to be more realistic in their rental allowance.”

Maggie is also critical of the Province's newest relief program, the Renter's Tax Credit of up to \$400 per year.

“Is this really about assisting with rent, or encouraging folks to complete their tax return?” she asks.

So, what should the candidates do?

“Continue supporting BC Housing,” Maggie said. “I would ask them to meet with the developers, meet with the non-profits and meet with the City Council. Meet with the folks at the Ministry of Social Development and Poverty Reduction; they see it all first-hand. They know what is needed. And understand that the Province cannot solve the housing crisis alone.”



## Yes! You can co-buy a home. I did.

My husband and I bought our first home with another couple. Building equity with another couple, allowed us, when we later sold it, to each purchase our own homes.

Ask me about:

- Multigenerational and multi-family co-buys
- Finding homes in your group's budget
- What kind of home sets up your group for success

Let Austyn help you get into the market!

There's  
No Place  
Like Home

Austyn MacKinnon  
778-986-1691  
austyn460@gmail.com



austynprhomes.com





# Cash for the housing crisis

**W**hen the BC NDP formed government in 2017, the housing crisis was already being felt even in relatively-affordable qathet. New housing subsidies and buildings have been a major focus of this government.

**qathet Living asked BC Housing exactly how much is being spent here, and on what.**

**This is their response (with edits for length and clarity):**

The Province and BC Housing are committed to ensuring that everyone in BC has access to an affordable place to live. The Province is making the largest investment in housing supply in BC's history—\$19 billion—and working with partners to deliver thousands of homes.

## BC Housing subsidies in qathet: 2023

### \$305,916 for senior renters

SAFER provides monthly cash payments to subsidize rents for eligible B.C. residents who are aged 60 or over. In 2023, \$305,915.94 of SAFER funding was distributed to 160 households in the qathet region. **(Or, \$1,912 per household)**

### \$78,696 for working families

Similarly, the Rental Assistance Program (RAP) provides eligible low-in-

come working families with monthly assistance to help with their monthly rent payments. To qualify, families must have a total before-tax household income of \$40,000 or less, were working at some point in the last year, and have at least one dependent child. In 2023, \$78,696 of RAP funding assisted 16 families in the qathet region. **(Or, \$4,919 / family)**

### \$1.16 million for shelter guests

In Powell River, the Powell River Shelter at 4746 Joyce Avenue is operated by LIFT Community Services of qathet Society. The shelter, which has spaces for 20 guests, opened in early April 2023. Through to March 31, 2024, 121 unique guests stayed at the shelter for a total of 722 stays. Note that stays of consecutive nights are considered one stay. BC Housing provided \$1.16 million in operating funding during this period. **(Or, \$9,587 per shelter guest)**

### \$1.2 million for supportive housing

The Supportive Housing building operated by LIFT at 4910 Joyce Avenue received a \$1.2 million operating subsidy for the period Apr. 1, 2023, to Mar. 31, 2024. **(Or, \$27,273 per housing unit)**

### Unknown: for renters

The Province also offered the Renter's Tax Credit for the first time on 2023 tax returns (due April 30, 2024), **a credit of**

**\$400** to low- and moderate-income renter individuals and families with an adjusted income of \$60,000 or less. As it is such a new program, the Province does not have data on how many people used it.

### Unknown: Shelter Allowance

Editor's note: BC Housing's list of subsidies does not include the "shelter" portion of income assistance and provincial disability assistance—which are administered by a separate ministry. **Maximum rates are \$500/month for a single person;** \$695 for a couple; and \$840 for four people. Rates increase slightly up to 10 people, which is \$1,140.

## BC Housing capital expenditures in qathet, 2017 to present

### \$10.5 million for Tipton Place

Tipton Place, located at 4872 and 4897 Ontario Avenue, is another local example of housing diversity. This two-stage project received construction grants of \$10.5 million from BC Housing and provides 42 homes for people who are living with disabilities and/or single parent families. Tipton Place, operated by Powell River Inclusive Housing Society, does not receive an operating subsidy from BC Housing. **(Or, \$250,000 per unit)**

### \$2.5 million for family homes in Cranberry

In response to the need for additional family housing in Powell River, BC Housing provided a \$2.5 million grant for construction of 25 family homes at 6647 Cranberry Street. These homes opened in 2023 and are operated by Life Cycle Housing Society. The Soci-

ety did not receive operating funding from BC Housing in 2023. **(Or, \$100,000 per unit)**

### \$9.5 million for supportive housing

The supportive housing at 4910 Joyce Avenue. This housing project, operated by LIFT Community Services of qathet Society, provides 44 units to those experiencing or at risk of experiencing homelessness. BC Housing provided a \$9.5 million grant to build this housing. **(Or, \$215,909 per unit).**

### More supportive housing planned

BC Housing is working on a proposal towards a new supportive housing, shelter, and complex care project in the City of Powell River, with partners. This project is in early development and more information, including project timeline and overall funding, will be made public once details are finalized pending approval by Powell River City Council.

## Summary:

### 417 homes planned on the Sunshine Coast, 158 already open

We know [BC Housing knows] there is more work to do, which is why we're working with all partners and orders of government—federal, municipal, and First Nations organizations—to ensure that we're building housing to match the growth we know is coming to the region. Since 2017, the Province has nearly 80,000 homes delivered or underway, including 417 homes on the Sunshine Coast. Of these, 158 are open.

*Editor's Note: Tla'amin Nation's 24-unit Elder's Housing Complex was jointly funded by the Federal and Tla'amin governments, not the Province.*



**Custom Residential Construction of new homes and cabins in Powell River. Specialists in remote locations including Savary Island and Desolation Sound.**



*Built on trust, focused on quality, we can tackle all aspects of your home renovation from new decks, to fences, out buildings, kitchens, bathrooms, and remodelling.*

**PARIS JONES**

CONSTRUCTION & RENOVATION



Kelly Paris and Gareth Jones have worked locally in the construction business for over 20 years

parisjones.ca • 604-578-8006 • gareth@parisjones.ca



## BC ELECTION: HOUSING

### Greg Reid, your Independent candidate for the riding of Powell River-Sunshine Coast

**H**ousing is a concern of everyone since we all require shelter. Yet the needs of the various groups that are clamouring for help require different solutions.

As it stands, the very wealthy need no help at all. Professionals and tradespersons want to reduce their real estate costs while maintaining or raising their level of disposable income.

Lower income folk and families face rising costs for everything; they may already be in danger of losing their homes and are often saddled with unsustainable debt. Those living at the poverty level with fixed incomes or government assistance might very well have to decide whether they eat or live on the street. And the homeless are simply that.

Senior citizens can fall into any of these categories and may also be dealing with health issues that complicate their decisions.

This is a vast and diverse landscape for discussion and a broad area for government to address. Even to begin, all who engage in conversation on this matter face hurdles.

Each social grouping has to be evaluated separately; indeed it really boils down to the simple truth that each and every case has its own unique set of circumstances.



In the 70's and 80's we had very successful co-op housing programs that were inclusive, providing affordable housing for people of all ages. Sadly, that model has long since been abandoned.

Right now, in many ways, the solution to housing problems revolves more around the distribution of wealth than any other factor.

It is no secret that the very wealthy continue to get wealthier at the expense of everyone else. This fact alone generates more people at the lower end of the scale.

So where do we go from here?

Asking an MLA candidate what they are going to do to address the housing issues, if elected, appears to be a fair question, one that is certainly worthy of

comment. To begin with, it is important for all of you to understand the role of candidates.

If the candidate belongs to a political party, they will be confined to representing their party policy – they are charged with the responsibility of winning your vote. Policy decisions are not their domain. I have the highest regard for our slate of candidates, but I must inform you that their role within our system of government, now and upon election, is primarily liaison and public relations for their party, not policy development – not just for housing, but for everything.

However, as an independent, I have a different role, that of public servant, to discover and inform the electorate what all areas of government are doing, preparing you to decide what you want.

How will that be accomplished?

If elected, I will keep you updated on my website and also provide you with a secure and private app so that you can vote on every piece of legislation over the course of the next government's term of office, not just housing.

Collectively, you will be the MLA for this riding. In this way the Sunshine Coast will be directly engaged in government, doing what no other riding has ever done in the history of BC, let alone Canada.

However, if you vote any other way on October 19, your democratic experience will abruptly end the moment you leave the polling booth.

For in depth information on the topic of housing, go to my website and select politics on the menu bar.



Four Tides  
Hospice  
Society

***Providing end-of-life, caregiver and bereavement services in community***

#### ***Ways to give:***

- One-time or monthly donation
- Plan a future donation, through wills, estates, legacies or bequests
- Talk to a financial advisor on how to get started

For more information on our services or to give  
go to [fourtideshospice.org](http://fourtideshospice.org) or call 604-208-4378



**RENE BABIN, CFP & LESLIE ECKLAND, PFP**  
Financial Advisors, Raymond James Ltd.  
[rene.babin@raymondjames.ca](mailto:rene.babin@raymondjames.ca)  
[leslie.eckland@raymondjames.ca](mailto:leslie.eckland@raymondjames.ca)

This space sponsored by:

**RAYMOND JAMES®**

Unit D - 4670 Marine Avenue  
Powell River, BC, CA V8A 2L1  
T: 604.489.9797 | F: 604.489.9867

Raymond James Ltd., Member-Canadian Investor Protection Fund. Raymond James is not affiliated with the organizations listed.



# BC ELECTION: HOUSING

## Randene Neill, your NDP candidate for the riding of Powell River-Sunshine Coast

### How has the housing crisis impacted your own family, or people close to you?

**Randene Neill** • I am extremely fortunate I was able to buy my first leaky condo in Vancouver in the 1990's for \$142,000 (even though I didn't feel lucky at the time).

I was still paying close to 40% of my gross income to my mortgage, but I made it work. The rapid rise in housing prices meant, even with the leaky condo loan, I was still able to recoup my losses.

Those kind of prices don't exist for homes in our region today.

It's a completely different situation for first time home buyers.

### Here in qathet, how would you describe the housing crisis right now? What are the big issues?

**Randene Neill** • There is a housing crisis not only in qathet but the entire country. Housing affects every aspect of our community.

The latest Powell River staff report on housing (July 30) found we need 437 new homes built by 2026, including deeply affordable rental, affordable rental, low end of market rental, and shared equity or attainable market ownership. That includes workforce housing for nurses, teaching



assistants, and care aides.

The good news is the government has programs in place to build the type of housing we need. BC Housing and BC Builds are funding programs for communities and community members who bring forward land. The programs provide financing, grants, and low-cost loans.

For example, the Community Housing Fund (that sup-

ported Life Cycle Housing in Cranberry) will open again in early 2025. The program has funds to finance 3,000 more homes. We can take advantage of that.

### What will you do, as MLA, to solve those issues?

**Randene Neill** • I would support local governments, developers, non-profits, and landowners navigate the provincial programs available and fight to secure the funding we need to get homes built.

BC Builds is a perfect example. It is a rental supply program specifically geared to middle income residents like teachers, paramedics, and nurses through low-cost construction financing and grants.

Construction is fast tracked and can be built in 18 months. Gibsons was one of the first towns to take advantage of the program.

We want to take advantage of it here.

### Why do you think solving qathet's housing issues has been so challenging?

**Randene Neill** • This has been a problem since the 1990's when provinces lost federal funding for housing. Capacity could not keep up with demand and it came to a head about a decade ago.

I'm optimistic we're on the right track. The tricky part is ensuring non-profit housing providers, the Tla'amin Nation, and municipal governments have the time and the staff to work with the Province to take advantage of funding programs like BC Housing and the BC Builds as well as CMHC.



**No duelling over the puzzles!**

**Oceanside Entertainment**

All puzzles on sale til the end of September

**25% off**

**Treasure Trove of Entertainment**

10 am to 5:30 pm  
7 Days a Week  
4721 Marine  
(the former Hindle's)  
604-489-3028

# FALL

*active living*

REGISTER TODAY!








**HOW TO REGISTER:**

Online: [www.powellriverprc.ca](http://www.powellriverprc.ca)

Phone: (604) 485-2891

In Person: at 5001 Joyce Ave.





# BC ELECTION: HOUSING

## Dr. Chris Hergesheimer, your BC Green candidate for the riding of Powell River-Sunshine Coast

**D**r. Chris Hergesheimer has over a decade in academia as a sociologist and a decade working for local not-for-profit agencies. Having lived on the Sunshine Coast for the last 19 years and deeply embedded in his community, Chris has a unique vantage point on the challenges and opportunities facing this region and a strong and confident vision for the future.

### How has the housing crisis impacted your own family, or people close to you?

**Chris Hergesheimer** • My family dealt with years of housing insecurity and rental evictions over the last decade. By 2010, we were already pretty much priced out of the housing market.

Our security has increased after making the decision to live intergenerationally with family and support one another.

And I totally recognize the privilege in this option— both in the fact that my parents were property owners, and we get along well enough to make the situation work—and I know that not many have this option.

Housing insecurity can take its toll on people from all age brackets and in all kinds of living situations and I feel for and understand the concerns and fears of many people in our riding.



### Here in qathet, how would you describe the housing crisis right now? What are the big issues?

**Chris Hergesheimer** • The housing crisis is challenging and complex... Housing affordability and availability are the big ones. I suspect that the slow process of construction of the highest priority housing in the continuum - that being social housing, affordable housing and purpose-built rentals plays into the current situation. Challenges around how to densify in certain areas that maintain character and community desire. Having 25% of the population in core housing need is concerning.

### What will you do, as MLA, to solve those issues?

**Chris Hergesheimer** • It's a multi-pronged strategy that will take a lot of work and many of the actions need to happen in tandem—finding resources and relationships to efficiently increase the housing stock overall and targeted types of housing is a top priority. Supporting communities with social and community plans that explore and champion mixed housing type neighborhoods to increase community supports and decrease social isolation. The pure commodification of real estate to profit, rather than house, is also taking its toll—in many cases pricing out residents who are integral to the health and vibrancy of local economies. I'm sure these are all conversations that are happening in qathet as elsewhere in the southwest part of the province.

### Why do you think solving qathet's housing issues has been so challenging?

**Chris Hergesheimer** • I think like many small towns, qathet's housing issues can get sidelined by concerns in larger metro centres. In some cases, municipal governments and regional districts may also lack sufficient resources of one or more of the input needed (capital, owned land, widespread community support, labour supply) to move as quickly and effectively as identified housing needs may require. The flexibility in many new work environments has meant that many younger people and families are choosing to leave urban centres for beautiful places like qathet. Retirees coming back to live in or sell properties that were always part of their retirement strategy may also be taking houses off the rental market. And the growing gap between housing prices and real wages; a gap which means that buying is now out of reach for many, even families with two adults working full time.



Deadline to submit new applications (or updates to existing applications) for Fall 2024 grants from the Community Forest Reserve Fund is **September 9, 2024**

Applications should be sent to our new email: [prcf.grants@gmail.com](mailto:prcf.grants@gmail.com)

More info on the process to apply and our evaluation criteria: [prcommunityforest.ca](http://prcommunityforest.ca)



6797 CRANBERRY ST • RIVERCITYMINIEXCAVATING.COM • 604-483-6366



### FOR A FREE ESTIMATE CALL RIVERCITY MINI EXCAVATING!

Excavation • Site Preparation • Trenching  
Backfilling • Retaining Walls • Drainage  
Driveways • Water, Sewer & Storm Repairs





## BC ELECTION: HOUSING

### Chris Moore, your BC Conservative candidate for the riding of Powell River–Sunshine Coast

#### Candidate bio:

**W**ith over 30 years of experience in property development and marketing, Chris understands the complexities and challenges of balancing the need for development whilst fostering and maintaining a strong sense of community.

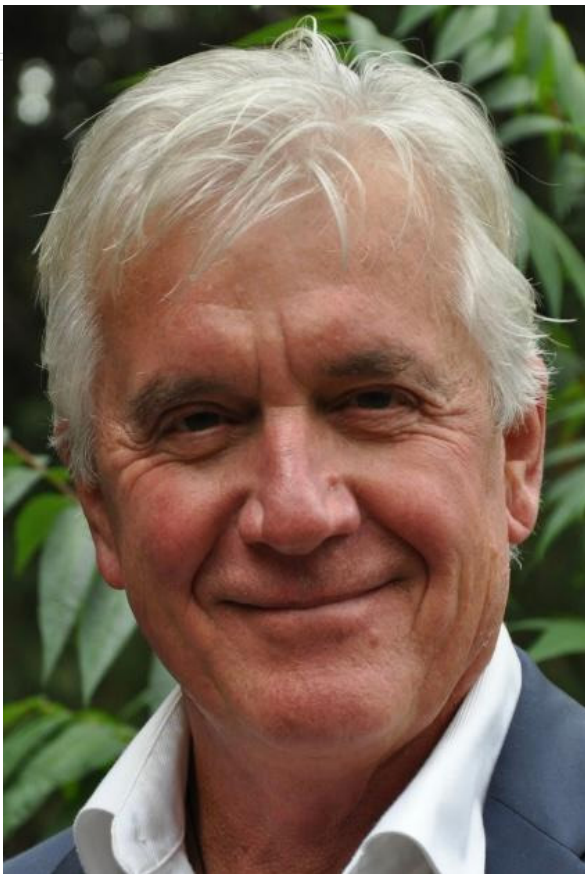
His commitment to his community is demonstrated by his service and dedication to the issues that are affecting his riding.

#### How has the housing crisis impacted your own family, or people close to you?

**Chris Moore** • Fortunately, most of my extended family were able to secure accommodation when prices were more affordable.

Having said that, some of my family members (who are working, with good paying salaries) are currently thinking of leaving the province due to the lack of affordable housing.

Looking down the road, I have 10 grandchildren on the Coast today and I am extremely concerned about their ability and desire to live and work here as young adults, potential parents and citizens of the Coast.



#### Here in qathet, how would you describe the housing crisis right now? What are the big issues?

**Chris Moore** • A lack of moderately priced housing on the Coast, full stop. The primary reason is we are not building, or cannot build, the numbers we need, whether its rental

or ownership. We aren't building it because of over-regulation on permit approvals, design approvals, and soft costs with local governments and the Province, rising insurance costs, and restrictive financing for the smaller builders.

This is further complicated by lack of water in some areas.

#### What will you do, as MLA, to solve those issues?

**Chris Moore** • I will be recommending major changes to the bureaucratic roadblocks which hinder the building and development process. This involves reducing red tape, streamlining the building/development process and reducing the soft costs.

We also need to incentivize the smaller developers and builders instead of penalizing them with more provincial and municipal regulations. Enhance and expand our secondary educational facilities to encourage more enrollment in the trades.

#### Why do you think solving qathet's housing issues has been so challenging?

**Chris Moore** • We have, over the years, made building homes unnecessarily complicated, time consuming, and extremely risky for the small builders.

The intent was to prevent things like the leaky condos and deliver better homes to the public... however, the reality is we have created a new layer of managerial theocracy (privately and publicly).

This layer is well embedded in all aspects of this world and untangling this will not be an easy task. We need to turn that around. 🗣️



Take-Out | Dine-In | Patio

## Thaidal Zone RESTAURANT



Thank you for voting for us, qathet!

See our menu at [thaidalzone.ca](http://thaidalzone.ca)

# 604-485-5171

Mon–Sat 11:30–8 • Sunday 3:30–8

## 3 don't-miss-events at the Library this month



**Saturday, September 14, 2-3:30 pm**

Meet Writer in Residence **Robin Stevenson**. Check the website for other Writer in Residence activities through September and October.



**Tuesday, September 24, 4 pm**

Preview of **Three Ears Indigenous Film Festival**. Local filmmakers discuss films to be screened, including *Café Daughter*, *The Great Salish Heist*, *Wilfred Buck*, *Singing the Buffalo Back*, and *Sugarcane*.



**Thursday, September 26, 4:30-6 pm**

Join **Kim Spencer** for a reading and discussion of her debut novel, *Weird Rules to Follow*, followed by a Q&A.



For information visit [prpl.ca](http://prpl.ca)

[info@prpl.ca](mailto:info@prpl.ca) 604-485-4796 [prpl.ca](http://prpl.ca)



# Belonging is a skill

If you're craving new friends and new interests, September offers a unique reset. It's when groups start up and we hunker down for fall.

Jocelyn Wood and Bob Littge learned how to connect to this community after they moved. Here, they offer some wisdom:

BY LANA CULLIS

In 2018, Jocelyn Wood and Bob Littge were in the lineup for the Little River ferry when Bob noticed their truck was losing power.

They made it to Lund, but on their return trip they soon realized they needed help. They pulled into Tla'amin Convenience Store's gas bar and received a recommendation for a mechanic at City Motors in Townsite.

As it was late in the day, the service tech offered the option to camp overnight in the shop parking lot. Bob remembers, "Jocelyn was having none of that idea," so they followed the tech's suggestion to stay at The Old Courthouse Inn.

That same evening, they enjoyed live music at



**STUCK DUE TO TRUCK:** Jocelyn Wood and Bob Littge never dreamed a broken alternator would lead to finding a new home. Photo in front of City Motors in Townsite.

McKinney's Pub and Eatery. The following day they strolled along Marine Avenue, lunched at Coastal Cookery, and looked at the housing listings in real estate office windows.

Jocelyn laughs, "Everywhere we went somebody recommended something" else to see. They ended up staying the whole weekend.

At the time, Jocelyn and Bob were renting in Vancouver, but hoping to make a move as their adult children had all moved out. They wanted to buy a

home, settle, and eventually retire in a rural area. Jocelyn recounts their plan to camp around Vancouver Island and the Sunshine Coast to "visit every little community along the way." When their truck broke down near Powell River, the hearty welcome they received made the decision obvious.

Deciding to move here is easy. As anyone who has done it knows, though, really becoming part of this tight-knit, isolated community is its own challenging adventure.

**AUTOMOWER®**  
Beautifully cut lawn 24/7

**X-LINE SERIES**  
**Automower®**

415X      430X/XH      450X/XH      435X AWD

Find the Automower that's right for you at:

**THUNDER BAY**  
SAW SHOP  
OUTDOOR POWER EQUIPMENT

604.485.5041  
dana@thunderbaysawshop.ca  
7125 Duncan Street  
Mon-Fri 9-5:30 • Sat 9-5





Whether it's a Lamborghini or a mini-van, we believe that your car deserves to look its absolute best.

Engine Detailing | Exterior Detailing | Interior Detailing | Custom Detailing

**Get your wheels ready for back to cool!**

Let Brian and the team get rid of the summer dust, dirt & stains. They can also help with everything from a quick spill cleanup to getting to the bottom of a major rodent infestation.



NewImageAutoDetail.ca   6984 Alberni Street • 604-485-0092

# Fits to a

## New Vibes New Fall Fashions New Location

**Now at 4670A Marine Avenue  
Hours: Mon-Sat 10-5**

 [Shop online](#)

 [Shop in-store](#)

604 485-6163  
[fitstoat.ca](http://fitstoat.ca)

The couple has integrated into the community in stages. The first: as full-time workers.

Jocelyn, a clinical counsellor and psychotherapist with decades of experience, secured employment at the Sunshine Coast Health Centre in 2021. Jocelyn's first friends were coworkers, and their bond has deepened over the years, especially with those who joined a practice support group she instigated for counsellors.

After two years at the health center, Jocelyn shifted to private practice.

She meets clients at her office in the Marine Medical Building, offers sessions by Zoom, and meets people in the community, such as at the Coastal Breeze Village. She has received cultural awareness training with The First Nations Health Authority and offers home visits in tishosum.

It took months for Bob to follow his wife to the qathet region because he needed time to wrap up his thriving high-end residential carpentry business in the city. On the fateful weekend their truck broke down, Powell River locals promised that Bob would have no trouble finding work here. Bob put his business cards around town and quickly secured finishing work and renovations as a subcontractor.

Later, a homeowner asked him to convert a cabin into a full-size house. Bob is in his second year with the project and still loves his commute, a four-minute boat ride from Lund to Seville Island.

The couple points out that working full-time turns into a huge part of one's life.

Jocelyn sums up how to belong in Powell River, "I think if I were to give any advice to somebody to integrate, I would say, follow things that they like to do, like hobbies and passions. Even just look at *qathet Living* magazine, it'll tell you everything that's going on all month long. And if you do those things, you're going to meet people."

She pauses and adds, "In all the little towns we drove through on the Island, they kind of seemed like places you were driving through; when we got here, it was a destination."

Jocelyn has since transitioned to working part-time and now has time for recreation. Upon moving she joined the online WriteOn writing group offered by the Powell River Library. Next, she started participating in a weekly Scout Mountain hiking group with a few of her close neighbours.

However, she has temporarily given up hiking while she takes pottery lessons at Tidal Arts.

Jocelyn also does yoga and swims twice a week at the Powell River Recreation Centre. And she joined a book

## Long to Belong?

### 7 steps to connecting in qathet:

1. Ask "What do you like best about living here?" to neighbours, merchants, and service providers. Then go and check out their suggestions.
2. Say yes to invitations to attend work functions or neighbourhood events.
3. Start a group based on your interests or hobbies and invite others to join. Or take a skills class offered to the community.
4. Join or start a group related to your profession or work site.
5. Volunteer. Volunteer. Volunteer.
6. Take part in one or more of the numerous activities at the Powell River Recreation Complex.
7. Read the In events section in *qathet Living* magazine to find out what's happening each month in the region.

club. Jocelyn's friend circle has widened each time she starts something new and fun.

Bob notes that, "There is some good solid recovery in this town," and has made friends by participating in meetings. He takes regular time outs for motorcycle trips, like following the coastline all the way down to Los Angeles, a trip he has made three times so far. Bob especially enjoys camping with Jocelyn and they often hike and explore new local areas on weekends.

He points out, "You know, when we lived in LA, we had to drive everywhere...and nothing was five minutes away. Then we went to Vancouver, and we still had to drive. But here we can just walk right out the door to see beauty, like Little Sliammon Lake, Powell Lake, and Scout Mountain."

And of course, they love movies at the Patricia Theatre which Jocelyn explains like this, "Going to the movies is a typical explanation of living in Powell River. You leave seven to ten minutes before the movie starts. As the movie starts, you get your popcorn, you sit down, there's no commercials, and there's no parking problem. And it always starts right at seven o'clock."

Not surprisingly Jocelyn has volunteered at the qathet International Film Festival. And this year she plans to volunteer at the Sunshine Coast Music Festival.

They have no plans to move again.



# GET INVOLVED: 2025 Budget and 2025-2029 Five-Year Financial Plan

Every year, the qRD creates a Five-Year Financial Plan to ensure the provision of services and programs now and in the future. The Strategic Plan, Electoral Area Official Community Plans, work plans, input from advisory committees, Directors and Staff, feedback from community groups and the public all contribute toward development of the Financial Plan. In line with our organization's fiscal responsibility and financial stability goals, our financial planning processes are designed to reduce the risk of significant fluctuations in taxation levels from year to year.

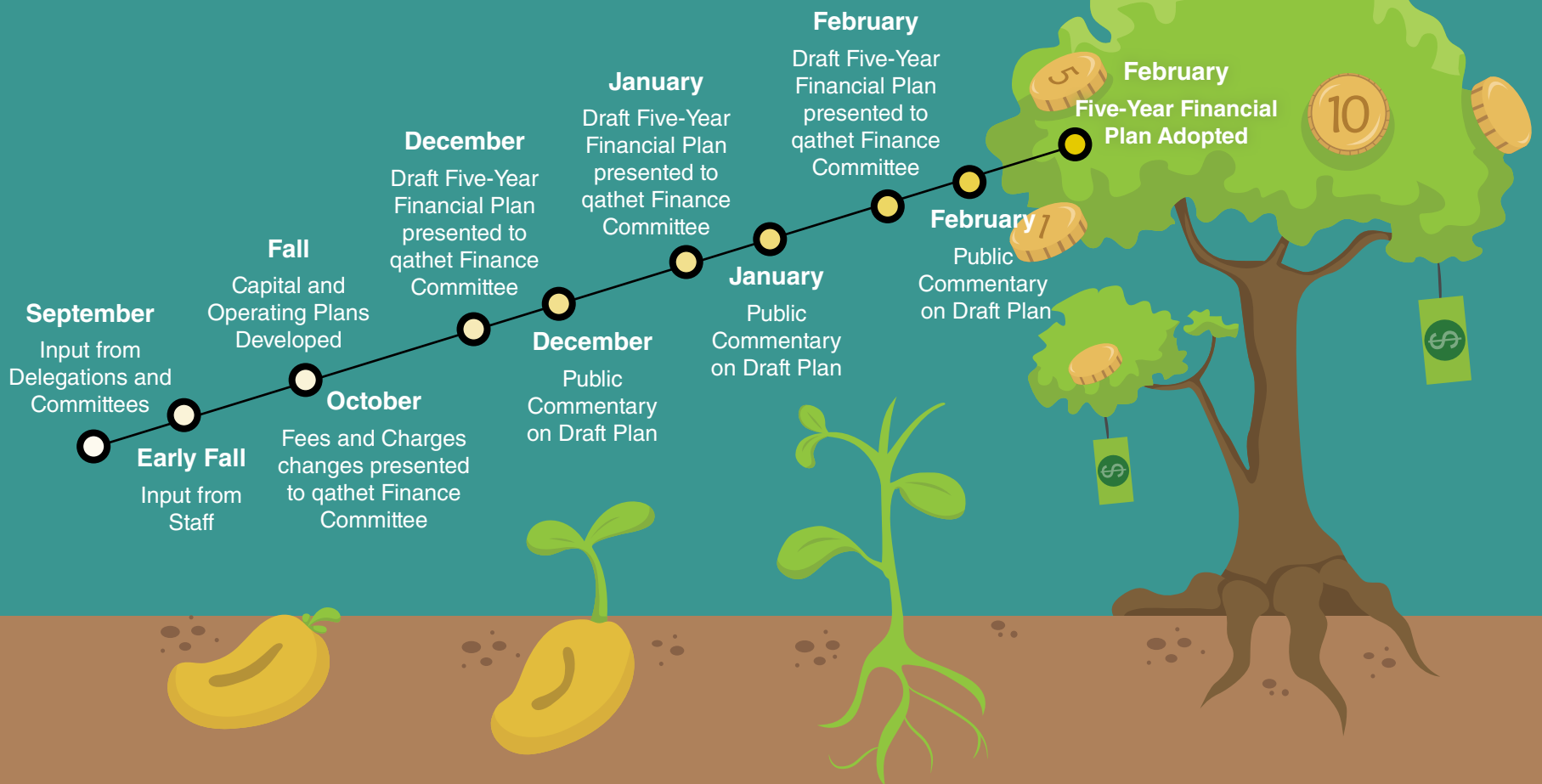
The public is encouraged to attend any of the upcoming budget meetings from December 2024 to February 2025 to ask questions about, and provide feedback on, the 2025 Budget and Five-Year Financial Plan. A detailed timeline of upcoming budget meetings is available at [qathet.ca/2025-budget](http://qathet.ca/2025-budget).

The current 2024-2028 Five-Year Financial Plan and Information about the proposed 2025-2029 Financial Plan as it develops are available at [qathet.ca/2025-budget](http://qathet.ca/2025-budget).

Should you have any questions about the current or proposed financial plan please submit them to [finance@qathet.ca](mailto:finance@qathet.ca), or call Linda Greenan, Manager of Financial Services at 604-485-2260.



## Making a Five-Year Financial Plan



qathet  
REGIONAL DISTRICT

Watch meetings live at: [qathetrd.civicweb.net](http://qathetrd.civicweb.net)  
[administration@qathet.ca](mailto:administration@qathet.ca) | 604-485-2260

[@qathetRD](https://www.facebook.com/qathetRD) [qathet.ca](http://qathet.ca)



# Back to bikes

BY PIETA WOOLLEY

When students bike to school, great things happen.

They show up having had some exercise and feeling ready to learn, according to Kristen Brach, qathet School District's Director of Instruction, Learning and Innovation – and a long-time classroom teacher.

In addition, biking students means fewer cars circling the schools in the morning, which is better for everyone's safety, she said.

Getting kids back on bikes requires a culture change. Better safety. Different habits. More knowledge. And, of course, bikes.

The City and qathet School District have taken on that challenge, and have delivered.

This September 23 to October 6 is Fall GoByBike week. During this time, expect that the roads will be extra-busy with young people cycling – some commuting for their first time.

## New road infrastructure

Thanks to a \$25,500 grant from Vision Zero, both Henderson and Edgehill schools have safer streets. At Henderson, there were no painted crosswalks or stop signs on Willow Street. Now, there's a three-way stop installed across from the school, and painted curb extensions, "to narrow the street for vehicles

and encourage lower speeds and make kids more visible before they cross," said Ana Lukyanova, the City's sustainability planner who applied for the grant. Plus, new bollards (posts). At Edgehill, flashing lights were added to the crosswalk on Manson to improve visibility and safety.

Vision Zero is a partnership between the BC Injury Research and Prevention Unit, the Government of BC, the First Nations Health Authority, and BC's five health authorities, including VCH.

## Free bikes & lessons

A successful program in Vancouver called Everyone Rides was expanded as pilot projects to qathet and Campbell River for the 2023-2024 school year. It was especially for Grades 4 and 5; each classroom received enough bikes for all the students, plus four days of bike safety instruction. "This ensures that all students at that grade level have the appropriate bike safety skills to ride safely," said Kristen.

In spring of 2024, all six elementary schools in the district benefited from this program, through [hubcycling.ca](http://hubcycling.ca).

Kristen noted that most schools encourage students to bike to school (see following page). Parents, though, are the biggest influence on whether a child cycles to school, so she urges parents to support their children in choosing to bike.



**CYCLE CLASS:** Above, the Everyone Bikes program brought bikes into the classroom for four days of learning. Above right, at Edgehill, there is a small skills park. The rest of the images: At Edgehill and Kelly Creek, Grades 4 and 5 students practice bike skills and road safety (with the occasional mishap) as part of the Everyone Rides pilot program.







# THANK YOU

from the 2024 Logger Sports organizing committee



## THANK YOU TO OUR PLATINUM SPONSORS:



## THANKS TO THESE GOLD-LEVEL SPONSORS:



## MANY THANKS TO THESE SILVER-LEVEL SPONSORS:

- |                                      |                              |
|--------------------------------------|------------------------------|
| Jepson Mobile Booming & Bundling Ltd | Peak                         |
| Canadian Overseas Log & Lumber Ltd   | Subway                       |
| Tia'amin Lake Contracting            | Save On Foods                |
| Tin Hat Mountain Contracting         | Carlson Club                 |
| Texada Transfer Ltd                  | Island Timberlands           |
| Pacific Coastal Airlines             | Matt Boese Enterprises       |
| Dominos Pizza                        | Mike Hamilton Logging Ltd    |
| Crownline Renovations                | Powell River Town Centre Ltd |
| Blue Agave Tequila Grill             | Canwest Well Drilling Ltd    |
| Iguanas Mexican Grill                | Select Safety Services       |
| BC Ministry Of Forests               | Road Warrior Holdings Inc    |
| Columbia Fuels                       | Tempco Heating & Cooling     |
| Couverdon                            |                              |

## WE ALSO GREATLY APPRECIATE THESE BRONZE-LEVEL SPONSORS:

- |                                       |                            |
|---------------------------------------|----------------------------|
| Crystal Clear Engraving               | Ekoorb Enterprises Ltd     |
| DMD Accountants                       | Miklat                     |
| First Credit Union                    | Twisted Twig Tree Service  |
| Forest Lounge & Bistro                | Villani And Company        |
| Inland Truck & Equipment Ltd.         | Welper Tree Service        |
| Kiwanis Club Of Powell River          | Westcoast Endeavours Ltd.  |
| J M G Logging Ltd.                    | Bottom Up Tree Service     |
| J&D Signs                             | Ace Traffic                |
| A&W                                   | Aaron Service & Supply     |
| Modern Aluminum & Vinyl Products Ltd. | Augusta Recycling          |
| Massullo Motors                       | Bayline Enterprises Inc.   |
| Tideline Services Ltd.                | Deighton Creek Contracting |
| Zabb Dee Kitchen                      |                            |

## OUR THANKS GO TO THESE PATRON SPONSORS:

- Powell River Vintage Car Club    RONA - Powell River Building Supply Ltd    Hair N Dipity

Thanks also to the businesses who made donations for "Lucky Program" prizes.  
 We tried our best to get everyone on this list, and apologize if we missed you;  
 it took many to make this successful and we appreciate everyone!  
**And a special thanks to all the fans who came out to enjoy the show!**



# BIKE TO SCHOOL WEEK

## So Much Support

Edgehill principal **Jamie Burt** on how his school encourages cycling.

### The bike scene at Edgehill:

We are one of the only schools in the District that does not have busing, as many of our students live relatively close to the school. Biking to school is most popular in the early fall and once again when spring hits. The lighter mornings and improved weather obviously contribute to this. It is difficult to put a number on how many kids cycle because it does fluctuate throughout the year. We do have a few staff members who cycle to work all year round!

### What the school teaches:

Like all the schools in our District, we teach and talk about bike safety throughout the school year. Students and families need to be confident that their children can get to and from school safely on their bikes. Our Rippers Mountain Bike Club is another big draw at Edgehill. We have an army of volunteers that run this program in the



**RIPPING AROUND:** Edgehill Elementary's Rippers Mountain Bike Club for grades 4 to 7 is a draw to the school, and one of many ways the staff and volunteers encourage students to cycle.

fall and then again in the spring.

It is for students in Grades 4-7 but younger students see how much fun it is and are keen to work on their skills in preparation.

Last year our Grade 4/5 students participated in the Bike HUB Program and we participate annually in Bike to School Week. We are fortunate to have a number of bikes at the school that we can loan out to students in need.

Also, on our back field we have a mountain bike skills track that gets used throughout the year.

### What prevents more biking:

One of the main challenges we face is ensuring that families feel confident that their children will be safe riding to school. The majority of our students either use or cross Manson Avenue as part of their commute and it is a busy road.

I think the addition of new lights and a crosswalk would give families more confidence that their child could ride their bike to and from school more safely.

### How to 'just do it':

We encourage families to think about letting their children ride their bikes to and from school if they are comfortable. A good thing for families to do is to make sure their child's bike is in good working condition. They should also ensure their child has all the necessary safety equipment that is associated with biking. Also, mid to late August is a fantastic time to start practicing the route from home to school and back. **CL**



## 'PRISM'

hip-hop with a distinctive contemporary twist from Montreal dance company,  
**TENTACLE TRIBE**



*"It is a performance, a feat, that the artists perform for 1 hour uninterrupted. The public is dumbfounded."* mattv.ca

*"Their latest production 'Prism' is a true work of art... a colourful, kaleidoscopic masterpiece!"*  
Mountain Lake PBS

**THURSDAY, OCTOBER 10**

**7:30PM**

**Evergreen Theatre, Powell River**

**TICKETS: call 1-604-485-2891**

**in person at the Recreation Complex**

**\$32 (adults); \$26 (18 & under single ticket or '2 for 1')**  
gst included

more info visit  
**www.bcmovementarts.com**

Couverdon



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



## ʔAYʔAJUΘƏM? YOU GOT THIS

BRIANNE LOUIE

xεčič

Fall

tlwšəməwɫx<sup>w</sup>

School

patpatnahs

Friends

tlwšəm

To learn

sisayjε

Leaves

## ʔayʔajuθəm orthography

ʔəʔamən | kómoks | χ<sup>w</sup>εməʔk<sup>w</sup>u | & λohos

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

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

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

ε	eh
ɪ	ih
ʊ	oo as in look
ə	uh
č	ch
č̣	popping c
ǰ	dg
ǰ̣	popping k
k <sup>w</sup>	kw
ǰ̣ <sup>w</sup>	rounded, popping k
ʔ	Breathy L sound
ǰ̣	popping p
ǰ̣̣	popping q

q <sup>w</sup>	rounded q
ǰ̣ <sup>w</sup>	rounded, popping q
š	sh
ʔ̣	popping t
t <sup>θ</sup>	t-th
ʔ̣	tl
θ	th
x <sup>w</sup>	wh (like in who)
χ	Hhhh
χ <sup>w</sup>	Hhhhwh
χ̣	kl
χ̣̣	popping kl
ʔ̣̣̣	glottal stop: uh oh



## RANDENE NEILL AND THE BCNDP: WORKING FOR YOU

[www.bcndp.ca](https://www.bcndp.ca)

[randene.neill@bcndp.ca](mailto:randene.neill@bcndp.ca)

Visit the qathet campaign office at 4707 Marine Avenue.



- Building 300,000 more homes and getting tough on speculators
- Hiring 700 new family doctors, building a new medical school to train thousands more, and continuing record construction of new hospitals and health care clinics
- Cancelled tax breaks for the top 2% to give money back to you—MSP fees gone, ICBC rates cut \$400 and frozen, BC family benefits up \$445, child care fees down, \$200 in Hydro rebates
- Worked with the Green Party to develop CleanBC, and taking action to electrify the economy, create green jobs and grow more businesses

Authorized by Kim Seeling, Financial Agent for Randene Neill, 604-840-1769



CONSERVATIVE  
PARTY OF BRITISH COLUMBIA

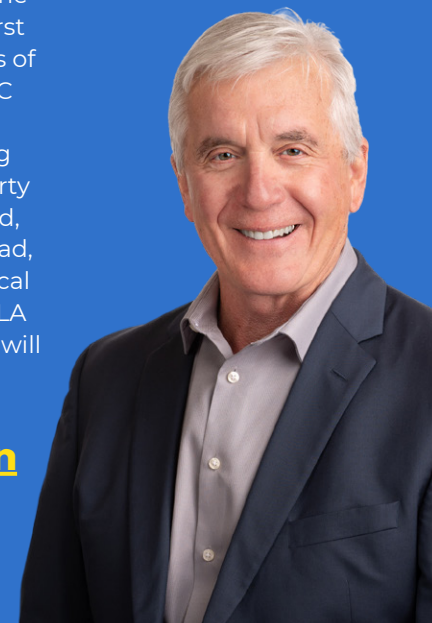
## CHRISMOORE for MLA

This community has been my home for many years and I have seen, first hand, the impact of nineteen years of NDP neglect. From improving BC Ferries connections and other transportation needs, to securing water supply, the Conservative Party of British Columbia has a plan and, under the leadership of John Rustad, will fix these problems with practical and effective solutions. As your MLA for Powell River - Sunshine Coast, I will advocate for the issues that are unique to our communities.

**Let's Bring Common  
Sense Back to BC**

[www.voteforchrismoore.ca](https://www.voteforchrismoore.ca)

Authorized by John Sutherland Financial Agent 604 889 8111







Tanager

# “Quick, free beer!”

- Olive-sided Flycatcher

## The last of qathet’s summer birdsongs

BY MERRILEE PRIOR

This is the time of year to get out and enjoy our natural environment.

From the common and cheerful robin who wakes us at dawn and serenades us until sunset to the stunning western tanager who stays mostly unseen in the forest and calls for a mate, we are surrounded by an amazing variety of birdsong.

The year-round birds are joined by the migratory birds that come back for the summer to nest and raise their babies, and they make a chorus to cheer us on, while their bright colours and different characteristics dazzle the eye.

There are our backyard birds, which we see, but to which we pay little attention, such as the robin. Northern flickers are our most common backyard woodpecker: noisy, flashy, and bold, these brilliantly-coloured birds sit on our roofs and hammer at our metal chimneys. Through the summer they chase after their noisy and scattered youngsters, scolding as they go.

White- and golden-crowned sparrows are also backyard birds all year round, and both have distinctive songs, commonly heard in late spring and early summer. They sit in the shrubbery and call each other, well camouflaged and difficult to spot.

Birds often have different plumage in the summer: their “breeding plumage.” Males lose their winter camouflage feathers and put on a brilliant show

for prospective mates, along with complex songs to catch their attention. Many different warblers, tanagers, and grosbeaks are brilliantly coloured and flit past with a flash of yellow or orange, then disappear into the shrubbery, singing distinctively. Black-headed grosbeaks will monopolize the sunflower seeds, sitting low in our fruit trees to sing sweetly.

Other songsters are to be heard in the forest or by the lake. To hear the striking red-winged blackbird, a visit to Lindsay Park is in order. Glossy black with red and yellow chevrons on the shoulders, they are noisy birds, talking to each other over long distances.

Steller’s jays with their deep blue plumage are just as noisy and much cheekier, chattering and scolding from high in the trees. From even higher in the trees, listen for the invitation from the subtly coloured olive-sided flycatcher: “Quick, free beer!”

Try to catch sight of the large flock of pine siskins twittering and laughing as they pass by, heading for the next field with seeds.

Without a doubt, though, the star singer is the Swainson’s thrush, the visitor with the quintessential west coast summer bird song. While not a showy bird, its subtle colours and lovely rising song make a walk in the forest a delight in the summer.

So, get out and tune in to the sounds around you. If you would like to know who is singing and more about them, you can download Cornell University’s Merlin app to your phone. Be careful, though: it can be addictive! 🐦



Steller’s Jay



Robin



Red-winged Blackbird



Black-headed Grosbeak

Electrical Upgrades • Renovations • New construction

Call today for a free consultation.



**FOXTROT ELECTRICAL SOLUTIONS LTD.**

TSBC Licence #LEL0201432

604.414.3929 [FoxtrotElectricalSolutions.ca](http://FoxtrotElectricalSolutions.ca) [info@foxtrotelectricalsolutions.ca](mailto:info@foxtrotelectricalsolutions.ca)

**LUTRON PRO**  
RESIDENTIAL

Control solutions for lighting, climate and motorized shades.







Pine Siskin



Flicker



Olive-Sided Flycatcher



White-Crowned Sparrow

**FALL BULBS** arrive this month.

**Tulips, narcissus, anemone, ranunculus & many more**

**SHOP EARLY FOR THE BEST SELECTION**



*Plant now for spring flowers.*

**Mother Nature**  
*Who knows better than Mother Nature?*

7050 Duncan Street

604.485.9878

Mon-Sat 9:30-5:30

PET FOOD, SUPPLIES & TREATS • LAWN & GARDEN • GREENHOUSE & NURSERY • HOME DECOR

fb.com/MotherNaturePowellRiver • mother-nature.ca • @mothernatureghp





# BLAST FROM THE PAST

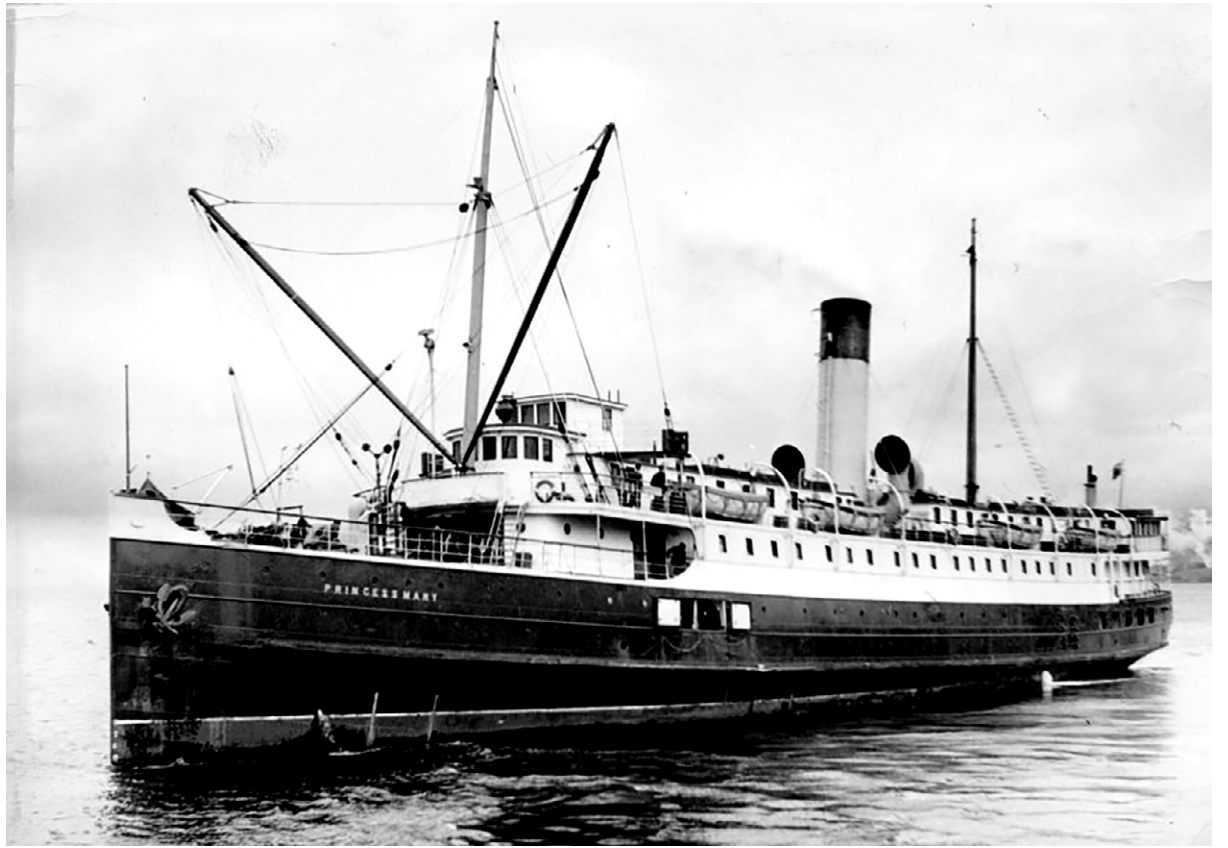
FAITH NITSIZA

## From Sea to Shore: The S.S. Princess Mary

The S.S. *Princess Mary* began as a significant passenger vessel in the coastal service of the Canadian Pacific Railway (CPR) during the first half of the 20th century. Built by Bow, McLachlan, and Company of Paisley, Scotland, the ship connected coastal communities in British Columbia, particularly Powell River.

The *Princess Mary* had dual roles as a civilian liner and a transportation ship in World War I. In 1931, she was launched to replace the *Princess Royal*, and the S.S. *Princess Mary* provided vital transportation links with tri-weekly sailings between the communities of Comox, Powell River and Texada, Hornby, and Denman Islands. For two decades, she served as the lifeline for Powell River residents, ensuring connectivity to the rest of the West Coast.

In 1951, the *Princess Mary* retired and was sold to the United Steamship Company to be used as a barge. She later sank in 1954. Most of the superstructure was scrapped, except for the cafeteria and dining room, which were retrieved and found new



**TAKE-OUT:** The S.S. Princess Mary, at this time a passenger ferry, leaves Powell River. Previously it was a war-time transport ship. Later, it was a restaurant. *Photo courtesy of the qathet Historical Museum*

life as a restaurant in Victoria. This establishment became a cherished landmark, known for its fine seafood dining. Remarkably, the restaurant's lifespan has exceeded that of the ship.

The Princess Mary Restaurant moved to Esquimalt in 2011, and the remaining structure was demolished to make way for development. Even to this day, the legacy of the *Princess Mary* lives on. 🐟

**POWELL RIVER**

**HEARING**

*Hear to make a difference in your life.*



Shannon Formby, RHIP  
Registered Hearing Instrument Practitioner

Rechargeable and Non-Rechargeable options  
**BRAIN HEARING TECHNOLOGY**  
*Start hearing what you've been missing.*

4794B JOYCE AVENUE (604) 485-0036  
**WWW.POWELLRIVERHEARING.COM**

## Health Wellness Fair

**Saturday, October 26, 2024, 10 am – 2 pm**  
**Recreation Complex Upper Foyer**  
**FREE GENERAL ADMISSION**

- Visit booths representing local businesses and organizations helping people live more healthfully
- Learn about CPR & AED Awareness
- Converse with health experts
- Attend engaging presentations
- Enter a draw for door prizes
- Get a wellness check by VK Wellness
- Take part in fitness challenges
- Attend the VCH Flu Clinic
- & much more!

**Booth Registration:** Vendor application deadline is September 26. If you are a Health & Wellness Professional, we encourage you to apply.  
**Registration Fee:** \$50 or \$70 with power per booth. Includes one 8-ft table, two chairs, tablecloth, & direct exposure and networking to community members & organizations.

For more info, please contact:  
Alex Young | ayoung@powellriver.ca  
or the Recreation Complex



**Flu Clinic | Demos | Draws | Booths | More**



# Stillwaters Run Deep



Canada's largest traditional  
photographic landscape gallery  
opened in qathet this summer

PHOTO BY JUSTIN SPARKS



# Thinking of building?

Give Chris Neath and the team at **JL Contracting** a call today.



New builds  
Accessory buildings  
Renovations  
Project management  
Site prep

JL Contracting does residential & commercial construction.

**JL CONTRACTING**  
**604-483-5364**  
cdneath@hotmail.com

Are you on track to achieve the life you've always dreamed of?

A great life is about more than the dollar value of your investments. At IG Wealth Management, we believe in holistic planning that goes beyond the numbers and money. With an IG Living Plan™ your lifestyle goals are synchronized with your entire financial picture, including your investments, estate plan, taxes, business and insurance.



Say "Yes!" to life's possibilities.



**TOBAN DE ROOY** CFP® CLU® TEP® RRC®  
Senior Financial Consultant  
IG Wealth Management  
Tel: (604) 414-8280  
Toban.DeRooy@ig.ca

Investors Group Securities Inc.

*Holistic Financial Planning*  
for you, your family, and your business.

Toban is winner of the 2022 Comprehensive Planner of the Year

IG.CA / f / t / i / IG.CA

Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Canada Life Assurance Company. Trademarks, including IG Wealth Management, are owned by Investors Group Securities Inc. and licensed to its subsidiary corporations.  
© Investors Group Inc. 2024

BY ISABELLE SOUTHCOTT

**M**oments before arriving at Ron Smid's Stillwater Gallery, I feel myself cross a threshold into another world. Homes are farther apart, and long sections of trees shade the narrow road leading to my destination. I relax and take a deep breath as I park my vehicle beside a tall, black building behind an enormous gate.

"You have arrived," Google maps informs me.

I get out and look up. A man dressed in black with a ponytail and a very thick beard smiles and greets me. "Welcome," he says "I'm Ron Smid."

I have arrived. I have arrived at Canada's largest traditional photographic landscape gallery and it is located here in qathet not far from our beloved Stillwater Bluffs. The new gallery just opened (by appointment) this month.

Ron and I walk around the outside of the building and he tells me about the five-year journey of transforming a rustic pole barn built in the 1970s into an art gallery. The 2,500 square foot facility includes both a main exhibition gallery and a custom analog darkroom studio where Ron works with the 1870's black and white silver gelatin photographic process—a tribute to the early pioneers who first settled the land in this area over a hundred years ago, he says.

Ron is dedicated to the traditional art of landscape photography using film and large-format wood field cameras without the use of digital post-production in any of his work.

He is the last Canadian artist to work with the now discontinued 1963 Cibachrom analog colour process whose "unparalleled colour, depth, and three-dimensional realism represents the pinnacle of the photographic colour medium," he says. His limited-edition colour works are created by master darkroom printer Michael Wilder, who is known for having printed some of the rare colour works of Ansel Adams.

**Ron is both an artist and photographer.** The son of Czechoslovakian refugees, Ron was born in Ontario. His earliest childhood memories are of swimming and fishing along the granite shoreline of the Canadian Shield. While working at an automotive assembly plant, Ron spent his lunch hours and spare time scouring library photography books and magazines and then, practising his craft.

Ron's canoe was strapped to the roof of his car ever ready for the after-work Friday getaway. He'd leave the auto plant behind him and embark on a six-hour drive to Killarney Provincial Park—a favourite haunt for AY Jackson of



the Group of Seven. "I looked at the art of the Group of Seven artists and what they had done in their paintings and wondered if I could capture that same spirit through photography," he said.

Large format photography isn't for the faint of heart. "The hardships pursuing this art created who I am," he said. Ron works with a 1974 Deardorff 8 x 10 Wood Field camera weighing nearly 14 pounds and a smaller 4 x 5 Japanese wood box camera. It was





with this wood box camera and an eight-minute exposure that he captured a gorgeous shot of twilight at Brier Island, Nova Scotia.

In his twenties, Ron began making solo canoe trips into the wilderness of Northern Ontario and cross-country photo expeditions lugging his heavy film cameras and gear to the perfect spot. Sometimes, he'd go for long periods of time, sleeping in his car as he made his way across the country, not taking a single picture because the right image wouldn't present itself. "It's an ego destructive medium. You have to learn to surrender, rather than force an image to

**INSIDE THE CONVERTED STILLWATER POLE BARN:** Above, Ron adjusts the frame of Alder Creek captured at Sproat Lake near Port Alberni. Left, contrast reveals the beauty in the coastal underbrush. *Photo above by Justin Sparks*

happen and be willing to walk away from a location with nothing no matter how much time you have spent there," he says.

Many of his favourite images have taken days, weeks or even years of returning to the same location until all the essential compositional elements converge into one. "Unlike with digital, when you shoot with slide film it has to be perfect," he explains.

Ron is a photographic purist. "I've chosen the slow workings of medium and large format cameras over contemporary instruments," he says.

"Whether in colour or on monochrome film, the three-dimensional realism of a hand-printed traditional photograph remains unmatched by any modern-day photographic process," he says, adding that no scanning or digital post-production work is done. "It's all analog and working in complete darkness from loading the large sheet film to developing the negative to the final print."

Any dust marks on the original photograph are re-touched by hand with a paintbrush and dye by artist Wilf Hatch of Nanaimo whose been doing photographic work for nearly 60 years.

**Ron seeks to capture the spiritual** essence of the Canadian landscape through the traditional photographic medium. He's been from Newfoundland to Vancouver Island. "I was in Newfoundland for ten days before I found my first photograph and that was of Cape Spear. It was one of the most challenging trips I ever did."

qathet  
art + wares  
quality art supplies &  
thoughtful things

September  
makers  
sale

20% off blank cards,  
clay & clay tools

proud retailer of these fine artist brands, and more

4488 Marine Ave Open Tue-Sat 10:30am-5pm  
www.qa-w.ca create@qa-w.ca 604.413.6830

qathet film society presents

## 3 ears indigenous film festival 2024

September 27 – October 1, 2024

Admission by donation

### Wilfred Buck

Friday September 27 — 7 pm

### Singing Back the Buffalo

Saturday September 28 — 7 pm

### Aitamaako'tamiskapi

### Natosi: Before the Sun

Sunday September 29 — 1:30 pm

### Café Daughter

Sunday September 29 — 7 pm

### The Great Salish Heist

Monday September 30 — 7 pm

### Sugarcane

Tuesday October 1 — 7 pm





“The... realism of a hand-printed traditional photograph remains unmatched by any modern-day photographic process.”

- Ron Smid

Ron is the polar opposite of someone who uses a digital camera and takes multiple shots of the same picture. “I embrace the zen-like approach to traditional landscape photography. I want to share and pass on the virtues of this timeless art form in a rapidly moving digital age so we don’t lose what we have,” he explains. “Coast to coast through light we are all connected. The prairies are just as significant as the mountains and the east coast is just as captivating as the west coast. All of Canada is equally beautiful when the right light and land converge at a precise moment in time,” he said.

“My work strives to raise one’s awareness of the present moment and bring pleasure to their lives,” he explains, walking me around the gallery.

**A large photograph called Alder and Mountain Stream** stops me in my tracks. At first, I think the light behind the alder could be icicles but as I move closer I see the sunlight has backlit the tree.

We continue our tour and Ron tells me that one photograph took him ten years to finalize. It’s called Sunrise Over Little Mountain and it’s on Vancouver Island. “The negative will express itself in the dark room as to how it sees fit,” he says. “When composing a scene, a fraction of an inch of difference can be the determining factor between masterpiece or mediocrity.”

The finest work is created when everything is in synchronicity. The physical, the spiritual, and the artist align as one to capture a singular powerful moment in time that can never be replicated, he explained.

Images from Ron’s many trips across this country



**JEWELBOX:** Above, the gallery’s doors reveal Ron Smid’s “Red Maple,” a pop of red. Left, Ron displays his cameras and publications. To schedule a gallery appointment call Ron at 604-483-6699, email [info@ronsmid.com](mailto:info@ronsmid.com) or for more info visit [ronsmid.com](http://ronsmid.com)

Photos by Justin Sparks



can be viewed at the Stillwater Gallery and in his photography book, *Canada, The Light on Our Land*.

“This is my lifelong series unfolding continuously. It’s not finished yet. My dream is that I can photograph the high arctic to complete the portfolio and then print and archive all my life’s work to be able to share with future generations,” he said.

Ron published and distributed his own annual Canadian fine art wall calendar. Those calendars became a best seller in the independent book market. He gained international exposure through his studio, The Canada Gallery, located in Whistler between 2011 and 2015 before moving to Stillwater.

At a time when everyone seems to be in such a rush, it’s refreshing to spend time with an artist who embraces slow. Although the allure and convenience of drive-through fast food, and point and shoot digital photography, save time, much is sacrificed in the process. It takes time to create good food and fine art and the difference in time can be felt, seen, and tasted when you slow the process down. Like a master chef, Ron does just that with his slow photography.

isabelle@prliving.ca





**ALWAYS ADVOCATING:** Bob and Margaret Sidwell at their home in Lang Bay. Bob is a retired commercial fisherman who was very active in politics.

# WATER WOES:

## What to do about pricey Lang Bay water?

**F**or the past 48 years, Bob and Margaret Sidwell have lived in Lang Bay, watching the community's water system evolve. They dug a well on their property, but also hooked in to the private water facility, the Lang Bay Waterworks, about a decade ago. So they're not dependent on the system.

Not everyone is as fortunate.

This summer, the Province approved new rates for the 139 users of Lang Bay Waterworks to pay for system upgrades: \$97 a month, plus a special levy of \$1,440 each year for three years. Water rates will go up to \$108 a month by 2026. That is a total of \$2,604 this year, and more for the next two years, for water.

"We have a grandson with special needs [who lives in Lang Bay], and he's not going to be able to afford the payments," said Margaret.

Bob added, "A lot of our neighbours can't afford it. They don't know what they can do."

But Bob does – perhaps. A life-long commercial fisherman, he was in the provincial spotlight in the mid-1990s when Ottawa's Mifflin Plan was introduced – a license buy-back plan unpopular with most fishermen. Bob was the president of the United Fishermen and Allied Workers Union, and chaired the fisheries coalition.

"I know what it is to organize, and I know what it is to fight," he said.

The problem is, fighting for the water system in Lang Bay is a bit like punching air.

Bob readily admits that the Lang Bay Waterworks' poor infrastructure and special levy solution is not the fault of the current owners. They inherited a system beset by expensive problems. In fact, there is often a "boil water advisory" in place for system users, and of the 18 provincial inspections the system has undergone since 2019, eight of them have turned up "moderate" hazard ratings. Fighting the owners? Not fruitful. They just want to deliver

### Download the qathet Waste Wise app

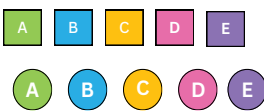
The custom mobile app will notify and deliver service reminders, alerts and all the information you need about solid waste, organics and recycling, making it easier than ever to stay connected and informed.



### SEPTEMBER

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

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



### Your carts and bins are not bear proof or bear resistant

Reduce encounters with wildlife by doing the following:

- Keep garbage, recyclables, compost and other attractants indoors if possible.
- Keep containers clean and odor free
- Make sure the lid on your carts fits tightly
- 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



## Soccer season starts in September!



**Registration is open now for the Fall season.**

**Sessions begin September 7th but you can still join anytime.**

We welcome players aged 4 to 17 of any skill level in our house program.

Visit [powellriversoccer.ca](http://powellriversoccer.ca) or follow us on Facebook for more info.






Registration questions? Email [registrar@powellriversoccer.ca](mailto:registrar@powellriversoccer.ca)





**Thank you,  
qathet!**  
**We heard you.**

Thanks to everyone who responded to our community survey! We wanted to hear from you about how Lift can strengthen our connection with qathet - and you delivered! We...

-  knocked on 300 doors
-  had 130 conversations with neighbours
-  visited 68 businesses
-  received 229 surveys
-  and 101 of you wrote in comments

**We took what you said to heart, and are taking action.**

Visit our website to read the full report, or follow us on social where we'll be sharing the results and next steps.

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

Don't be disappointed.

**Order your  
TURKEY  
now for  
Thanksgiving!**



**Come try our meat packs!**  
*A great way to save.*

4741 Marine Ave

604 485-4838



HEATHER  
BOOKKEEPING

*problem solved.*

full cycle bookkeeping  
advisory & strategic planning  
training • personal tax preparation

heatherbooks.ca  
Unit 5 - 4726 Marine Avenue  
(236) 328-0328 • info@heatherbooks.ca

**Quality  
in the  
Details**

ClearCrafftHomes.com  
604-483-6728



safe, clean water.

Fighting government also seems fruitless. Private water systems are common in rural areas, and Regional Districts are not responsible for delivering water; neither is the Province. Unless Lang Bay Waterworks goes bankrupt, Bob explained, no level of government will step in with repair grants.

But, Bob is still advocating. He called Waterworks owners Tyler and Melanie Pantalone to learn more. He went to see lawyers at Villani & Co. On behalf of his grandson, he's spoken to the Income Assistance office to secure a crisis grant. He's trying to get a meeting with the BC Utilities Commission. He has spoken to the MP, the MLA and the RD rep. He wonders if organizing a boycott of the payments, and forcing the Waterworks into bankruptcy, is the only way to get help for his community. Will the government allow people to get cut off their water, if they don't pay? Is water a human right? Bob doesn't know.

"This is a no-win situation so far," Bob said. "I've given this a lot of thought. I'm not sure where to go. I haven't given up. I'm still fighting the fight for them."

Across Highway 101, a conversation with Ed Audet reveals how the community's water situation evolved from wild west to multi-million-dollar infrastructure. Ed and his wife Brenda own Ed's UPick Blueberries in Lang Bay and depend on the Lang Bay Waterworks for their water.

"My history with the water system goes back to 1978 when we moved here. It was called Morton's Water System then," said Ed.

Buck Morton owned Morton Industries, a sawmill in the Lang Bay area. He put the waterline in for fire suppression, said Ed, recalling what he'd been told, but noting this all happened long before Ed moved to the area. "It was a very rudimentary water supply for fire suppression," he said, "but I was happy to have water."

Ed remembers throwing jugs of bleach down the pipe with Buck to get rid of the bugs and can still visualize the pile of empty bleach jugs left in a pile nearby all those years ago.

People who worked at the sawmill were drinking the water and some of them were taking it home in jugs, said Ed. They did this because their water was questionable. They were on wells and Ed was told by Buck that someone had a chicken farm in the area and they were concerned that their water was getting contaminated so people started tying onto Morton's fire suppression system and slowly it became the go-to place for domestic water in the area.

A 2009 study commissioned by the then Powell River Regional District says wells were attempted in the Lang Bay area but were found to contain amounts of arsenic that exceeded guidelines. The report says the Lang Bay water system obtains its water from a shallow infiltration gallery installed in an area of natural spring upwelling. This spring feeds Silver Creek, says the study.

Ed said he tied into the fire suppression system in 1980 and at that point many people had already tied into it. At that time, there were no regulatory standards as there are today. "We paid very little for the water, but it was terrible. In the summer many people were without water. It would be off and on sporadically because of heavy usage and there were many breakages in the line because it was meant for fire suppression and not domestic use."


Over the years, it was slowly improved and then it was sold to Tom Burns and he ran it for about 10 years. He did some capital improvements, including an upgrade to the system that was paid for by the group that was developing the Mahood property. Tom sold the waterworks to the current owners/operators, Melanie and Tyler Pantalone, who are both certified waterworks operators.

Private water companies are regulated by the provincial Comptroller of Water Rights. Water utilities are revenue neutral; they cannot profit from water. The only funding source for their operations or capital improvements are from their approved service area. They have no revenue source other than what they charge for water.

Ed, who recently retired, is an electrician and has worked on the waterworks system. He said Tyler and Melanie are keen to make the water system as efficient as possible and tidied up the loose ends of things that Tom had not got around to finishing when he sold it. "The water quality has greatly improved since Tyler and Melanie took it over."

Back in the 80s, Ed recalls, locals never complained because it was inexpensive, and people knew it was kind of a favour to be allowed to hook into the fire suppression system. People would volunteer to fix it if something broke.

"It was more like a favour to be allowed to tie into it and you were charged a little bit for doing so."

Things have changed, including Provincial regulation of private water systems. But as the government expectations have grown, no government funding has become available to meet those expectations. Instead, as Lang Bay residents are experiencing, that burden is carried entirely by those who use the system. 



## Nature for the Kindy kid: what drew this East Van fam

**D**erek Runions is a technical writer for the Provincial Health Authority. He is a rock climber and loves ninja/parkour training. Robyn Land is a naturopathic doctor and yoga teacher. She loves doing anything in or on the water.

Hazel Land-Runions is five years old and wishes she could be a mermaid.

### Why did you choose to move to qathet?

**Robyn** • I first came up here to co-facilitate a yoga teacher training out of Elements Yoga with my good friend Andrew Dow. I was up here every second week for the teacher training from April to June, and then just continued to come back throughout the summer! Right away, I had the feeling of this being “home” and knew I had to make the move up here for good.

### When? Where from?

**Robyn** • After being back and forth for the summer, we decided to take up the opportunity to house-sit for friends in Wildwood for the winter. We knew we loved the summer in qathet, but wanted to make sure we could make it through the winters. The quiet pace and community vibe made us fall in love with the area even more and we made the official move June 1 from Burnaby.

### What surprised you about qathet once you moved here?

**Robyn** • How friendly people are. Coming from the city, it's been a big learning curve to look up, smile, and say good morning. Such simple things, but not things commonly done in the “big city!”

### What made you decide to move to qathet?

**Robyn** • Our daughter is starting Kindergarten this year so it was the perfect time to make the move. We want her to grow up surrounded by nature, the ocean, close friends, and a supportive community and qathet offers all of that.

### Where is your favourite place in qathet?

**Robyn** • Donkersley Beach and trips to Savary Island with our friends.

### How did you first hear about qathet?

**Robyn** • I remember friends coming up here in high school to their cabin, but thinking that it seemed so far away. I didn't hear about it again for years – not until Andrew, who I was teaching yoga teacher trainings with, moved up here with Brooke, his partner, who was born and raised here. Then it came back on my radar.

### What would make qathet a nicer community?

**Robyn** • We already think it's incredibly nice. We love the variety of activities and community events every weekend. Perhaps having a few more restaurants where we would want to take out-of-town guest for a special dinner.



**YOGA, WRITING, MERMAIDING:** Naturopathic Doctor and yoga instructor Robyn Land, Hazel, now five years old, and rock climber and technical writer Derek Runions.

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

**Robyn** • Some more drop-in movement and recreational opportunities, especially for young people and adults in the fall and winter.

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

**Robyn** • Derek was pretty happy with life in the city and had a great community at the climbing and movement gyms he was a part of, so leaving those was really challenging for him. For me, I own a large integrative health clinic in East Vancouver and am now running that remotely and going back to offer care once a month, so sorting the logistics around that had some challenges.

As a naturopathic doctor, I held off on starting a practice here until I spoke to Dr. Lani Nykilchuk. Lani and I used to work a few blocks from each other in East Vancouver and I wanted to check in with her that she felt okay with having another ND in town. She so graciously encouraged me to make the move and I'm so happy to have another amazing colleague in town.

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

**Robyn** • Really focus on developing the tourism industry in town and making the area a destination for health, wellness, and cultural education. And encouraging more coffee shops to be open on Sundays!

### What are qathet's best assets?

**Robyn** • The ocean, the people, and the access to nature

### What is your greatest extravagance?

**Robyn** • Coffee and pastries at 32 Lakes

### Which superpower would you most like to have?

**Robyn** • The ability to understand and speak all languages.

Gas inserts that look like wood fireplaces

(but without the work and mess.)



Old wood fireplaces are highly inefficient heaters. Replace yours with a gas insert for an air-sealed, energy-efficient and easy-to-use source of home comfort.



We offer a wide variety of customizable options on all of our fireplaces, allowing you to find the perfect installation combination for your home. Valor inserts, like this G3.5, provide peak performance and improved operating efficiencies—saving you energy with AutoFire™.

For gas or wood stoves, installation, or service, visit the Cadam Fireplace & Stove Centre.

**CADAM**  
CONSTRUCTION

TSBC License  
# LGA0210103

Hot Solutions for your Cool Locations  
7468A Duncan Street near the airport

604-414-4699 [cadamfire.com](http://cadamfire.com)

lund soap  
COMPANY



COLD PROCESS  
NATURAL SOAPS  
& SO MUCH MORE  
[www.lundsoapcompany.ca](http://www.lundsoapcompany.ca)





In recognition of **Truth and Reconciliation on September 30th**, we want to take this opportunity to continue **tłtłwšəm** (learning), unlearning, and reflecting on our ongoing commitment to decolonizing and Indigenizing our education system.



### September 30 is National Day for Truth and Reconciliation

***On this day, let us pause to reflect on this country's painful history and the ongoing impacts of residential schools and honour the children who never returned home, Survivors, their families and communities. Every child matters. It's incumbent on all of us to keep fighting for healing and justice.***

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



## WHAT'S UP

### Christmas starts now: Christmas Cheer

Two new leaders are at the helm of one of the region's biggest holiday projects: Christmas Cheer. Charlene Lockstead (President) and Shelley Stephen (Vice-President), volunteers at the Powell River Health Care Auxiliary, have already started working with other groups to raise money and collect toys.

Since the 1940s, Christmas Cheer has distributed food and gifts to locals at Christmastime. Now, the organization hands out gift cards and new toys.

Starting in November, locals can apply to receive Christmas Cheer.

At Oceanside Entertainment, fundraising has already begun; owner Karyne Bailey invites customers to round-up at the till. In November, customers who buy a toy for Christmas Cheer may do so at 40% off (and leave it at the store). To volunteer or make a donation, contact: presidentprchristmascheer@gmail.com

### New! The Empty Bowl: Food Bank Fundraiser

Join Tidal Art Centre October 19 in helping support the Powell River Food Bank through The Empty Bowl Initiative. Have an amazing bowl of soup with us and keep your bowl.

Each bowl is lovingly crafted by an incredible local potter! The ticket price is \$40. The Empty Bowl Initiative is a global tradition rooted in community and compassion. Local restaurants will provide the soup, and the bowls are generously donated by the potters.

In addition to supporting our local Food Bank, The Empty Bowl Initiative creates and strengthens our community, supports our local artists, celebrates delicious food and beautiful pottery, and hopefully educates people about hunger and poverty.

Restaurants helping support the Food Bank through donating soup include: Wild Soup, Royal Zayka, Blue Agave, Strikers Bar & Grill and The Cookbook Group. Tickets via the Tidal Arts website, Instagram, or Facebook page for more



### Terry Fox Run: Laura Campbell

Laura Campbell was diagnosed with bone cancer last fall. She is one of many Powell River residents who will be participating in this year's Terry Fox Run on September 15 to raise money for cancer research.

To sponsor her, visit her Facebook page and follow directions to the direct link or visit [terryfox.org](http://terryfox.org) and click on sponsor a team/participant

and you will see Laura's name underneath participants and Powell River.

Powell River's Terry Fox Run starts at the Rec Complex. In person registration starts at 8:30 am. Run starts at 10 am. Choose the 3.5 km or 10 km route.

For full details about the September 15 event, see the events calendar on Page 43.

information as this event comes together.

- Keltie Jeakins

### Old cellphones wanted

Tla'amin Health is asking people who have old cellphones they no longer use to donate them so they can share them with a citizen in need.

Cellphones provide connection and safety, says Crystal Thomas, case manager at Tla'amin Health. Crystal is running a phone recycling program for members of the Nation who are precariously housed or at risk and is asking people to donate their old cellphones to their program.

Donated phones must have screens in good condition and all identifying information must be removed. Phones must be wiped of all personal information. This means they must be reset to factory settings.

Phones can be dropped off with Crystal on Mondays or Tuesdays at Tla'amin Health. For more information, please call 604-208-3782.

### Nonviolence in the Spotlight this Fall

As the world heats up, literally and in terms of violence and war, people around the world are working to divest from war and climate chaos and to put their energy into nonviolent solutions.

You can join in these "Campaign Nonviolence" actions:

On September 18, Parfaite Ntaha, an activist with Unarmed Civilian Protection teams in Burundi and Dieudonné Mugeni, originally from the Democratic Republic of Congo, and now on his way to becoming certified as a physician in Canada, will speak about their work to promote peace and justice, here and in Africa, at Cranberry Hall, 7-9 pm.

A display of Nonviolence and Peace resources at the Library will be featured starting September 21 (International Day of Peace). Since 1933, white poppies have been worn to symbolize working to end war. Contact [janslakov@proton.me](mailto:janslakov@proton.me) for more info.

October 1 is National Seniors





**THESE UNDERDOGS NEARLY TOOK PROVINCIALS:** This year a group of dedicated coaches, led by Scott Peters took a team of 11 and 12 year-olds from small town Powell River, all the way to the U13A West Minor Baseball provincials. They practiced hard all summer and were the underdogs in the Island divi-

sion to start the season. But they worked their butts off and shocked the Island teams when they advanced to the provincials in Tsawwassen in early August. There they beat other top teams from around the province and made it to the final game where they lost a close game to a tough team: The Van-

cover Mounties. They are **(Back row):** Assistant coach Jeff Stekman, head coach Scott Peters, Grayden Kendrick, Blake Peters, Tanner Ciarniello, Trey Lingard, Reid Stekman, Griffin Fraser, Julian Valing, assistant coach Ryan Milne, and assistant coach Andrew Messner.

**(Front row):** Cam Milne, Alex Dowding, Pearson Coburn, Brayden Messner, Tye Doxsee, Zach Labree, Daelin Austin, and Tiernan Vasseur. Congratulations to this group of coaches, volunteers and players for their dedication and hard work and on a great season!  
- Brenden Frehlich

Day. A number of Canadian Seniors' organizations are organizing Seniors for Climate actions. To see what's planned for our region, visit the [qathetclimatealliance.ca](http://qathetclimatealliance.ca) site or contact: [info@qathetclimatealliance.ca](mailto:info@qathetclimatealliance.ca).  
- Jan Slakov

## Volunteers pitch in for the new sign at The Legion

A large, tall new sign graces the Royal Canadian Legion, thanks to local volunteers. They include Warren Barrow and Charlie Doyle for the build; Merve Beyers for huge support and his garage for the build and storage; Alec Coombs and Mike Kaukis for excavation and installation; Al Austin for saving the day by stickhandling the City permit and engineering process; Cam Kleimeer for concrete forming and finishing; RONA for donating the crane truck; and Lang Bay Aggregates for donating the concrete.

- Charlie Doyle, who instigated the project and designed the sign

## Earthquake-safe school

Assumption School is entering its 63rd year with a significant improvement to its safety infrastructure. Over the summer, the school underwent a seismic retrofit of its classroom complex, a project that has been planned over the past few years. The work was overseen by structural engineer Frank Nadalini and a committee of parish volunteers, with Hanson Land and Sea carrying out the construction.

Principal Lisa Berg expressed her gratitude for the successful completion of the project, noting that this is a significant step towards the BC Schools Seismic Retrofit Guidelines and also contributes to the peace of mind of the entire school community.

"Our priority has always been the safety and well-being of our students," said Lisa. "We are thrilled to see this project come to completion as we begin another year at Assumption."

The school community is looking forward to welcoming students back this fall, confident in the enhanced safety that these upgrades provide.

- Angela Bennett

## Christmas starts now: Toy Drive for the Food Bank

On Sunday, September 9, motorcycles, classic and muscle cars are riding to collect new and gently used toys, for the Food Bank to distribute.

The number of families that use the Food Bank far exceeds the combined numbers of riders and drivers that willingly give gifts for Christmas distribution. We will also include previously loved toys that can be given to the children to enjoy immediately.

Please make sure toys, games, books, equipment, etc. are in good shape, clean and that any loose parts are secured and complete. We have drop bins in place at City Hall and the Recreation Complex and will assist with pick up if required.

Everyone is welcome to ride: Arrive at 1 pm, tour begins at 2 pm from 5399 Timberlane (across from the track).

Hot meals available from the Food Bank on site: burgers and smokies. Participants are encouraged to bring a potluck side dish or dessert.

Call or text Bob Stewart at 604-223-7488 or email [silverwing650gl@hotmail.com](mailto:silverwing650gl@hotmail.com) if you need toys picked up.

- Bob Stewart

## Second Supportive Housing Open House

On September 11, BC Housing and the City of Powell River are hosting an event about the proposed shelter, supportive and complex care housing planned adjacent to the hospital. At press time, the event was full, although organizers were working on finding a larger space.

"This project would help address the urgent need for more safe, indoor spaces for people experiencing or at risk of homelessness in Powell River," reads the release.

"The new building would offer up to 43 supportive studio apartments, some of which will have added Complex Care Housing services funded by Vancouver Coastal Health.

"The building would also include a purpose-built shelter with up to 20 spaces to support people's initial transition out of homelessness.

"It would also provide the amenity, clinical, programming and staffing space to deliver Complex Care Housing services."

Register for the event on [Eventbrite.ca](http://Eventbrite.ca). Questions may be sent at any time by email to [communityrelations@bchousing.org](mailto:communityrelations@bchousing.org).





## BUSINESS AFFAIRS

SEAN PERCY

### New driving school

qathet finally has a driving school again. The community has been without driver training services for some time, but now **Shawn Swanson** has launched **Powell River Driving School**. One-on-one courses can prepare you whether you're working on your novice licence or starting a new career with a commercial drivers licence. To reach Shawn, call or text 604-483-5281 or email [prdrivingschool@outlook.com](mailto:prdrivingschool@outlook.com).

### Dive shop moves

**Salish Sea Dive** has moved down the street to #101-4463 Marine – below the Forest Bistro and behind Koleszar Marine. “The space is a little bigger, but it’s a far more efficient space,” said shop owner **Gary Lambeth**. “It’s a better layout and better for greeting customers; it’s bright and the view is amazing.” With signage facing both the ferry and Marine Avenue, it will also raise the visibility of the dive store. After a decade as owner of Salish Sea Dive, Gary said the move was also an opportunity to freshen up the shop. The compressor, for filling scuba tanks, has its own room, making it easier to fill tanks during the day without making the shop too noisy. It also has a games room to accommodate Gary’s hobby of playing war games and painting miniatures. You can reach Salish Sea Dive at 604-344-0595, or [gary@salishseadive.com](mailto:gary@salishseadive.com), or visit the website at [salishseadive.com](http://salishseadive.com).

### New health options

Acupuncturist **Camille Nadia Roach** has set up her own space at 4679 Marine Avenue, near Gibson’s Crossing. She formerly worked out of Timber Massage and Wellness, but now has a space where she can leave her plethora of equipment and tools set up and ready to go. The aptly named **stick + poke acupuncture** also offers fire cupping, facial rejuvenation treatments, and women’s health, fertility, and pregnancy care. Camille says she will be adding microneedling to the treatment options this fall. “The demand for complementary and alternative medicine is very high in qathet and can be a great complement to mainstream medicine,” says Camille. For more info, visit [stickpokeacupuncture.com](http://stickpokeacupuncture.com). New-to-town **Dr. Robyn Land**, naturopathic physician, is sharing the stick + poke office. Robyn considers

herself a general practitioner, with a focus in women’s health, fertility and prenatal care, and digestive concerns. She is excited to join the healthcare community here and can offer direct billing for most of her services to extended health plans. Visit her website at [drrobynland.com](http://drrobynland.com) or email her at [drrobyn@localhealthco.com](mailto:drrobyn@localhealthco.com).

### inclusion moves again

**inclusion Powell River** is making some changes to increase capacity and better serve the community. In September, **Gerry Gray Place**, where the services for older adults are offered, will be moving next door to the ARC Event Centre at 7055 Alberni Street. This will allow for far more people to access expanded services. The administration offices will be moving from Duncan Street to the former Gerry Gray space at 7075 Alberni Street, creating an accessible site. “It will also allow senior leadership to be better connected to the day-to-day programming,” says inclusion chief executive officer **Ocean van Samang**.

### Townsite family grows

**Youth & Family** is renting the entire building at 5814 Ash Avenue (formerly 76 Union Hall). Youth & Family provides free supports, resources, and programming for families and youth. The Family Centre Library is open for drop-in every Tuesday, Wednesday, and Thursday from 12-4 pm. The Youth Resource Centre did not move and is still located at the Oceanview Education Centre at 7105 Nootka Street. Youth & Family are the organization that will operate **Foundry qathet** and they are still looking for a location for it. As always, check [youthandfamily.ca](http://youthandfamily.ca) or social media for the latest updates and program schedules.

### YMCA runs daycares

For the first time, the **YMCA** is operating in qathet, running two daycares connected to Edgehill and Kelly Creek schools that open this fall. “The YMCA has a successful history of working with school districts and the level of services, quality, and supports was a strong fit,” said **Cathy Poole**, vice-president, Children and Youth Services with YMCA BC. The YMCA will be hiring 15 permanent full and part-time employees, plus on-call staff to provide 28 childcare spaces at each location (12 infant/toddler and 16 spots for ages 3-5.)

### Smoothie move

Fitness fan and personal trainer **Rosa Morin** has opened a new business on Marine Avenue that mixes tasty smoothies with supplements, massage and fa-

cial. “I love helping people reach their fitness and health goals,” says Rosa. **Viking Fitness** at 4697 Marine, serves real fruit smoothies and customers can add supplements from Viking’s wide selection of protein powders, plant-based supplements, greens, creatine, or more. The menu has 15 different drinks, including gluten-free and lactose-free options. Rosa has also been training in massage and facials, and offers that service in a separate room in the shop. Call Viking Fitness at 604-413-7077.

### Vintage shop on Marine

Moving their vintage clothing shop to qathet was a challenge for **Mysa Kaczowski** and **Forrest Silver**, but it has also had some surprising advantages. “In Vancouver, we were competing with 30 or 50 other vintage shops. The market was saturated. Here we have great foot traffic,” said Mysa. “I think we were more needed here as an alternative.” They both love the “great thrift stores” here, but there are no other curated vintage stores. The couple have a “vintage” love story, having met as separate vendors at a vintage market. Friends and family, including the owners of stick+poke acupuncture and Dump Run Provisions, had moved to qathet and gave rave reviews. So they found an 850 square foot shop at 4486 Marine and on June 29 opened **Kool Thing**, offering modern vintage wearables.

### CRC, Family Place find new home

**Lift Community Services** has found new homes for two of its programs that were going to be displaced this spring. Lift has leased space in Crossroads Village for the **Family Place Resource Centre** and the **Community Resource Centre (CRC)**. They expect a March 2025 move-in date. “The location is central, accessible, and just around the corner from our Immigrant Services Welcome Centre which will help facilitate inter-program support,” said Lift executive director Kim Markel. Family Place was bumped from the mall by a dental clinic and the Healthcare Auxiliary takes over the Joyce Avenue locations of the CRC in March. “We are thankful for the long-term in-kind support the Mall has offered us over the past 20 years,” Kim states. “We’re pleased to be moving Family Place into a new permanent location with purpose-built facilities including accessible bathrooms and kitchen facilities.” Lift will be renovating the Crossroads Village space, and, before opening, will hold a community open house for neighbours and community members to tour the space and learn more about the programs. Lift is still looking for a new home for the Emergency Shelter and Overdose Prevention Site, which had been housed with the CRC, but won’t share space at Crossroads Village.

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

## Energy Advisor Services - Based in Powell River

### HOMEOWNERS:

- Thinking of solar?
- Consider Canada Greener Homes Loan (up to \$40,000 - 10 years interest free)
- Take advantage of BC Hydro Solar Rebates (up to \$10,000)

### BUILDERS:

- New Build BC Step Code Compliance Modelling & Reports
- Whole home air tightness/blower door testing



**DAN TATHAM**

B. Industrial Design, LEED AP  
NRCan Registered Energy Advisor

Call or email Dan: 604-399-8655 [dan@flexhomeenergy.com](mailto:dan@flexhomeenergy.com)



## Dance into Fall

Twice this season, the BC Movement Arts Society brings professional contemporary dance to the Evergreen Theatre.

Graveyards and Gardens is on stage September 8. It's a collaborative performance installation conceived, created and performed by Grammy Award winning composer, violinist, vocalist Caroline Shaw and award-winning choreographer and dancer Vanessa Goodman.

PRISM is on stage October 10. It's Montréal-based Tentacle Tribe, whose singular style blends hip-hop, martial arts, and contemporary dance. Limbs, reality, and illusion.

For tickets, call 604-485-2891 or buy them in person at the Recreation Complex

\$32 (adults) \$26 (18 & under single ticket or '2 for 1')

# September Events



**CITY TRANSFER**

Next day delivery. 100% guaranteed.

**CALL TODAY**  
to schedule  
your next  
delivery

POWELL RIVER | SUNSHINE COAST | VANCOUVER

**604.485.8100** [CITYTRANSFER.COM](https://www.citytransfer.com) 



**Why buy new?**  
Buy used—save hundreds



Like-new Apple computers & iPhones  
**IN STOCK NOW**  
1-year warranty

Sales / Service / Tutoring / Home set-up

Open Tuesday—Friday  
10:00am—5:30pm

**604 578-1320**  
**4691 Marine Avenue**  
*Look for the red awning*



Only the Best  
Used Macs



**ROYAL ZAYKA**  
**RESTAURANT & BAR**  
The Cuisines Of India  
Dining • Takeout • Delivery



**We do catering for events**  
Vegetarian, Vegan & Gluten-Free Options Available  
Enjoy fully air conditioning. Patio also available  
Buffet every Sunday from 4:30 to 9:30pm

**604-414-0143**

**1st Winner for Best Buffet and Best Curry**



6275 MARINE AVENUE, POWELL RIVER, BC, V8A 4K6, CANADA  
Lunch: 11 am to 2:30 pm; Dinner: 4:30 to 9:30  
[www.royalzayka.com/powellriver](http://www.royalzayka.com/powellriver)

## SEPTEMBER EVENTS

# 3

**Tuesday**

### Schools re-open after summer

Part-day.

### Toy Drive donation bins at City Hall and the Rec Complex

Please donate new or gently-used toys. See Toy Drive event on September 8 for more.

# 4

**Wednesday**

### BC Conservative Leader John Rustad talk

Event with Powell River-Sunshine Coast candidate for MLA Chris Moore. 5:30 doors open, 6 to 8 pm, talk. Beach Gardens Resort. Meet John Rustad and candidate for Powell River Sunshine Coast MLA Chris Moore for an evening talk. RSVP: [tinyurl.com/RustadPowellRiver](http://tinyurl.com/RustadPowellRiver)

# 5

**Thursday**

### qathet Concert Band open rehearsal

7:30 pm, Brooks School Band Room. If you play an instrument (woodwind, brass, percussion) and are interested in joining qCB, attend to find out what we're all about. For more information please email [qathetconcertband@gmail.com](mailto:qathetconcertband@gmail.com)

# 6

**Friday**

### There is Still Survival Out There

7 pm, Library. Scholar and order of Canada recipient Michael Robinson shares a ground-breaking study on traditional land use mapping of the Fort McKay First Nations in northern Alberta. For information contact Mark at [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

### Fall Crib Tournament: registration deadline

Lang Bay Hall. Lunch provided. \$25. Register by September 6 at [langbaycommunityclub.treasurer@gmail.com](mailto:langbaycommunityclub.treasurer@gmail.com) or 604-483-1440.

# 7

**Saturday**

### Texada Paint Out

Capture the stunning scenery of Texada Island at Shelter Point. [texada.org](http://texada.org)

### qathet Symphony Orchestra rehearsals begin again

10 am to noon, Cranberry Seniors Centre at Cranberry and Manson.

### Villa vs. Sooke Celtic FC

1:30 pm, Timberlane Park.

### First Kings Exhibition Game

1:30 pm, Hap Parker. vs. Alberni Valley Bulldogs.

### Ladies Malaspina Golf Tourney begins

Myrtle Point Golf Club. 36-hole amateur event. [myrtlepointgolf.com](http://myrtlepointgolf.com)

### Open Air Farmers' Market

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

### Greg Reid for MLA activism P'art'y

7 to 9 pm, Crucible Gallery. Featuring art, live music, guest performers, volunteer brigade, discussions, surveys, speakers, snacks & beverages, singalong & dancing. With Aya VeLenz & Robert Probert and the Doppelgang.

### Powell River Youth Soccer season starts

Join anytime. See ad on Page 35. For ages 4 to 17, any skill level. [powellriversoccer.ca](http://powellriversoccer.ca).

# 8

**Sunday**

### Graveyards & Gardens dance performance

7:30 pm, Evergreen. Graveyards & Gardens is a collaborative performance installation conceived, created, and performed by Grammy Award-winning composer, violinist, vocalist Caroline Shaw and

award-winning choreographer and dancer Vanessa Goodman. For tickets, call 604-485-2891 or visit the Recreation Complex. \$32 (adults) \$26 (youth 18 & under single ticket or '2 for 1'). See ad Page 45.

### Motorcycles: Food Bank New and Used Toy Roundup

Arrive at 1 pm, tour begins at 2 pm from 5399 Timberlane (across from the track). Call or text Bob Stewart at 604-223-7488 or email [silverwing650gl@hotmail.com](mailto:silverwing650gl@hotmail.com) if you need toys picked up. Collecting new and used toys for Christmas distribution. Motorcycles, classic cars, and muscle cars welcome to participate. Hot meals available from the Food Bank on site: burgers and smokies. Participants are encouraged to bring a pot-luck side dish or dessert.

### Kings vs.

**Alberni Valley**  
1:30 pm, Hap Parker.

### Ladies Malaspina Golf Tourney

Myrtle Point Golf Club. 36-hole amateur event. [myrtlepointgolf.com](http://myrtlepointgolf.com)

### Open Air Farmers' Market

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

# 9

**Monday**

### Deadline to apply for a Community Forest Reserve Fund Grant

Learn more from the ad on Page 19, or at [prcommunityforest.ca](http://prcommunityforest.ca)

### You Got Talent? Show Us! Auditions begin

This October 18 event by the Rotary Club of Powell River asks that potential performers submit an audition online between September 9 and 23. Learn more on Page 43.

# 10

**Tuesday**

### Farmers' Market Work Party

5 to 9 pm, Paradise Exhibition Grounds. Everybody welcome.

### Bridging Community Differences

6:30-9 pm, Cranberry Seniors Centre  
Really listening to each other brings healing and change. Learn about the LivingroomConversations.org approach so you can bridge community differences, one conversation at a time. To RSVP or for more info, email [kate@emergecollab.com](mailto:kate@emergecollab.com).

# 11

**Wednesday**

### Ballet Kelowna's taqəš and Other Works, by Tla'amin choreographer and dancer Cameron sinkwə Fraser-Monroe

7 pm, Max Cameron Theatre. Tickets \$30 for adults and \$20 for 18 and under, at the Peak, the Nutcracker Market, online at [maxcamerontheatre.ca](http://maxcamerontheatre.ca), and at the door (although it's likely to sell out in advance.) See Page 9 for more.

### Sing with the PR Chorus

7 pm registration, 7:30 pm start at James Hall. All-ages, no-audition choir with Walter Martella. See ad on Page 52.

### Registration for the PR Skating Club

In-person. Fall session starts Sept. 11.

# 12

**Thursday**

### qathet Concert Band open rehearsal

7:30 pm, Brooks School Band Room. If you play an instrument (woodwind, brass, percussion) and are interested in joining qCB, please plan to attend to find out what we're all about and what happens at rehearsals. For more information please email [qathetconcertband@gmail.com](mailto:qathetconcertband@gmail.com)





**STAR SEARCH:** Ade Awopetu and other members of The Rotary Club of Powell River are looking for performers for an October talent show / fundraiser.

## Talent show to raise money for Family Place

“You Got Talent? Show Us!” is the latest project for The Rotary Club of Powell River.

An audition committee will select 14 amateur acts to perform at Evergreen Theatre on Friday, October 18.

Cash prizes of \$500, \$275 and \$150 go to the top three acts as chosen by a panel of judges. Tickets will be available in late September at several locations and the door.

A variety of acts by performers of all ages will be considered.

Solo, duets, trios, and small ensembles in dance, poetry, slams, musical theatre, piano, percussion, acoustic strings, folk, or classical are encouraged to enter.

Audition performance links of no longer than four minutes can be submitted from September 9 to 23 to Paul.Cummings@sd47.bc.ca. Names and contact information are also required.

There will be a \$10 entry fee for selected performers who will be notified October 1 of acceptance to perform in the concert.

In addition to the show, there will be a silent auction to raise money for Family Place as well as local projects and Rotary Foundation for international projects.

Organizing Rotarians are calling this a “Variety Show meets Powell River Idol.”

# 13

Friday

### Building Tomorrow: Paddy Le Flufy

7 pm, Library. Author Paddy Le Flufy presents his new practical book about averting environmental crisis with a new sustainable economic system. For info mmerlino@prpl.ca

### Stewart Alsgard receives medal

11 am Former Mayor, Stewart Alsgard, Captain (N)R Ret'd, to be presented with King Charles III Coronation Medal by MLA Nic Simons.

# 14

Saturday

### Tla'amin Election

The hegus and eight Legislators to be elected.

### Fall Fair begins

Paradise Exhibition Grounds. Harvest festival with a judged competition in growing, baking, crafting, and more.

### Meet the Library's 2024 Writer in Residence Robin Stevenson

2 pm, Library. Robin Stevenson, award winning author of more than 30 books of fiction and non-fiction for kids and teens, offers consultations with writers and several workshops for the next two months. See ad on Page 20.

### Villa vs. Lakehill Victorian Painters FC

1:30 pm, Timberlane Park.

### Greg Reid for MLA activism P'art'y

7 to 9 pm, Crucible Gallery. Featuring art, live music, guest performers, volunteer brigade, discussions, surveys, speakers, snacks & beverages, singalong & dancing. With Aya VeLenz & Robert Probert and the Doppelgang.

# 15

Sunday

### Terry Fox Run

Powell River Recreation Complex, lower level. In-person registration starts at 8:30 am. Run starts at 10 am. Choose the 3.5 km or 10 km route. Run, walk, ride, roll! Pancake breakfast to follow. For more information or to buy T-shirts, contact Leslie Paul at 604-483-2023 Register and/or donate through this link: [run.terryfox.ca/powellriver](http://run.terryfox.ca/powellriver)

### Fall Fair

Paradise Exhibition Grounds. Harvest festival with a judged competition in growing, baking, crafting, and much more.

### Texada Island Inn Raise the Rooms Jam Session

4 to 7 pm, at the Inn. Bring your talent, your instrument, your voice, your support, and bring the rooms back to this hotel.

### Zany Zucchini Races

At the Fall Fair. Ages 5 to adult. See Page 13 of the *Fall Fair Guide* for more. Don't have a copy? Download one at [qathetliving.ca](http://qathetliving.ca)

### Fall Mixed Scramble

[myrtlepointgolf.com](http://myrtlepointgolf.com)

### Cranberry Community Hall annual AGM

3 pm sharp, Cran Hall. For further information contact [info@cranhall.org](mailto:info@cranhall.org). New members and new interest in serving on the board very welcome.

### Boys & Their Toys: an Exhibition

1 pm-3 pm at Lang Bay Hall. Boys of all ages showcase their hobbies or projects, unique or experimental. The public is invited to be inspired by free time passions and projects. Entry by donation. Contact Chris for more info. 604-223-0553

## We've got it to go.



(And you can feel good about it.)

For a wide variety of eco-packaging, visit Aaron Service & Supply. We have take out containers made from a variety of environmentally friendly products, such as compostable paper, bamboo, bio-degradable plastic, wood, and sugarcane fibre.

- Cups
- Soup cups
- Salad bowls
- Straws
- Bags
- Cutlery
- and more...



# Aaron

service & supply

[aaronservice.com](http://aaronservice.com) • [trevor@aaronservice.com](mailto:trevor@aaronservice.com)  
604 485-5611 • 4703 Marine Ave



## Top 5 reasons to get a Pollen Sweater for school

1. Locally made, so you'll have something to feel good about, even on Mondays.
2. Available in 25 colours, including James Brown, Midnight, Black Opal, and Dark Roast, all of which are super cool, right?
3. Pollen Sweaters are machine-washable and dryer safe, which you'll appreciate when you start doing your own laundry.
4. Reduces acne by boosting confidence.
5. All the cool kids have one. Except they're warm, not cool. Because that's what sweaters do.

For more fun, and washable wool sweaters, ponchos, and toques, along with books and jewelry find us above Nancy's Bakery in Lund.



Made in Lund, BC, Canada since 1986

Open 10-4 Tuesday-Saturday, 10-2 Sunday  
604 483-4401 • [pollensweaters.com](http://pollensweaters.com)



### POWELL RIVER ACADEMY OF MUSIC

- Private Lessons
- Choir for all Ages
- Preschool Music 6 months to 7 years
- Dance Ballet • Tap • Jazz

7280 Kemano St  
For more information, call 604 485-9633

## REGISTRATION ONGOING

Registration Week is Tuesday, September 3 to Friday, September 6 9:30 - 4:30 Tuesday-Friday

Ongoing registration during open hours or any time online at:

[powellriveracademy.org](http://powellriveracademy.org)





## LA NIÑA IS BRINGING AUTUMN TO QATHET EARLY!

### Now is the time to book

- ✓ Fall pruning and weeding
- ✓ Composting and mulching
- ✓ Spring bulb and fall tree planting
- ✓ Tree care, hedge pruning, garden clean up
- ✓ Fencing, decks, and more!



office@coastgarden.ca

www.coastgarden.ca  
604-223-9408

### Myrtle Point Environmental Services Ltd

**RURAL SEPTIC SERVICES**

**FALL CLEANING**

35 years of efficient, professional service to Powell River, including Lund to Saltery Bay and all outlying areas!

- Assessments, installations & repairs
- Septic tank pumping
- Filter cleaning
- RV & boat tank pumping
- Portable toilets - events
- Hand wash stations
- Grease trap cleaning
- Catch basin cleaning

MENTION THIS AD TO  
**GET 10% OFF**  
YOUR NEXT  
SEPTIC TANK PUMP

Valid until Sept 30, 2024.

Offer only includes STP, not valid on disposal or any other services.

DAN ROBINSON, ASTTBC Certified



CALL US FOR FAST, FRIENDLY SERVICE  
**604-487-1175**

RuralSeptic.ca

RuralSeptic.Dan@gmail.com

## SEPTEMBER EVENTS



### Italian Day

11:30 to 2:30 Sept 15 at the Italian Hall 5866 Lund Hwy. The Italian Club's first Italian Day in 2019 was extremely successful; unfortunately, COVID happened and everything came to a halt. Now we're back! It is a family event, where people can enjoy authentic Italian food and baked goods, and make new friends.

### First Annual Lund Full Moon Festival & Lantern Procession

7:30 pm, Tidal Art Centre. For more info about this event and how to make a lantern, see above right.

**18**

Wednesday

### Supermoon

Get up early (or stay up late Tuesday) for a super harvest moon.

**16**

Monday

### Community Pasta Dinner

4:30-6 pm, Powell River United Church (6932 Crofton). By donation. Looking for volunteers to assist: 10 am to noon and 4 pm to 6:30 pm. Contact Doe Fraser, 250-898-7698.

**19**

Thursday

### AWAKENING - a musical performance by Sue Dixon and Cris Greenwell

7 pm, Crucible Gallery. Music at 7:30 pm. By donation. Original spoken-word and songs by Sue, with a universal consciousness theme with a psychedelic twist.

**17**

Tuesday

### International Day of Peace / 'Campaign Non-violence' speaker from DR Congo

7 to 9 pm, Cranberry Hall. Parfaite Ntahauba, active with Unarmed Civilian Protection teams in Burundi and Dieudonné Mugeni, originally from the Democratic Republic of Congo, now on his way to becoming certified as a physician in Canada, will speak about their work to promote peace and justice, here and in Africa.

### Kid Lit 101: Workshop with the Library's Writer in Residence

1:30 to 3 pm, Library. With Robin Stevenson. See prpl.ca for more.

**20**

Friday

### Pro-D Day

School is not in session, qathet School District

### Food as Medicine: Peri-Menopause

7 pm, Library. Local author and medical herbalist Todd Caldecott will delve into the complexities of peri- and post-menopausal health exploring diet, herbs, supplements, and lifestyle changes. For information contact Mark at mmerlino@prpl.ca

## First Annual Lund Full Moon Festival and Lantern Procession

Join artist Joey Mallet on Tuesday, September 17, at 7:30 pm for the first Annual Lund Full Moon Festival & Lantern Procession, starting at the Tidal Art Centre. A family and community event, we will celebrate the full moon, which this month is both a Harvest moon and a Super moon! Our lanterns will magically light our way along a forest path and along the water's edge.

In the lead-up to the event, Tidal is offering lantern workshops over two weekends - September 7 & 8, and September 14 & 15, from 1-3 pm.

Tidal offers a two-hour Globe Lantern Workshop, ideal for kids aged 5+ - with parental supervision. The cost is \$20, including all materials. Tidal is also hosting Nature Lantern Workshops, priced at \$25, which are more suitable for teens and adults due to the use of hot glue guns.

Artist Joey Mallet is looking for volunteers to assist with various tasks during the workshops and to act as procession guides. Musicians are also invited to join the procession and add to the atmosphere.

For more information or to get involved, contact Tidal Art Centre tidal.community@gmail.com or reach out via social media.

- Joey Mallet

### Season Opener: Kings vs. Victoria Grizzlies

7 pm, Hap Parker.

### Building A Community Casket: A Family-Friendly Event begins

10-4 pm Friday and Saturday. Rotary Pavilion, Willingdon Beach. Drop-in. Free. Come learn about and lend a hand in oiling, sanding, and finishing a wooden casket. A finished casket will also be on

display. As we work, we'll have the opportunity to chat about community deathcare, local natural burial options, and local end-of-life resources. This is a gentle way for folks of all ages to learn about the end of life. Drop by this informative and interesting event. For more information, email csdqathet@gmail.com. Sponsored by Community-Supported Dying qathet and qathet ART Council.





# 21

Saturday

### Wildlife Congregations – A Year by the Salish Sea

2 pm, Library. An amateur naturalist Laurel Dykstra will present a hands-on nature show-and-tell of her new book of hilarious and sometimes deeply spiritual wildlife encounters. For information contact Mark at mmerlino@prpl.ca

### Fall Rummage Sale

Assumption Gym. 10 to 12.

### Fall Crib Tournament

Doors 9:30 am, play starts at 10 am. Lang Bay Hall. Lunch provided. \$25. Register by September 6 at langbaycommunityclub.treasurer@gmail.com or 604-483-1440

### Completely Creedence

Tribute to CCR. Evergreen Theatre. Tickets available in person at the Rec Complex or 604-485-2891.

### International Day of Peace: Poppies and display at Library

Nonviolence, Peace resources display at the Library. Since 1933, white poppies have been worn to symbolize working to end war. Contact janslavkov@proton.me for more info.

### Kings vs. Victoria Grizzlies

5 pm, Hap Parker. Urban Sketchers Meet-up 2 pm, Townsite Market. Hosted by qathet Art & Wares.

### Building A Community Casket

A family-friendly event, 10-4 pm Friday and Saturday. Rotary Pavilion, Willingdon Beach. Drop-in. Free. See Sept 20 for more.

### Villa vs. Nanaimo United FC

1:30 pm, Timberlane Park.

### Greg Reid for MLA activism P'art'y

7 to 9 pm, Crucible Gallery. Featuring art, live music, guest performers, volunteer brigade, discussions, surveys, speakers, snacks & beverages, singalong & dancing. With Aya VeLenz & Robert Probert and the Doppelgang.

# 22

Sunday

### Fall Equinox

Cool.

### Open Air Farmers' Market

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

# 23

Monday

### Fall GoByBike Weeks begin

See story on Page 24.

### You Got Talent? Show Us! Last day to submit links for auditions

This October 18 event by Rotary asks that potential performers submit an audition online between September 9 and 23. Learn more on Page 43.

# 24

Tuesday

### 3 Ears Indigenous Film Festival – Preview

4 pm, Library. Local filmmakers will discuss films to be screened, including *Café Daughter*, *The Great Salish Heist*, *Wilfred Buck*, *Singing the Buffalo Back*, and *Sugarcane*. For information contact Mark at mmerlino@prpl.ca

# 26

Thursday

### Artist Trading Cards Drop-in

5:30-7:30 pm, Westview Bowling/ Strikers. Hosted by qathet Art & Wares. Artist Trading Cards are self-made unique works or small series, signed and dated on the reverse by the artist/producer, exchanged and collected by the people who participate in this collaborative event. There are only two "rules": the cards must be 2.5"x3.5", and they are only to be traded, not sold. Make them ahead of time, or make them on the spot. Blanks and other art supplies provided. This is a family-friendly event!

### Weird Rules to Follow: Reading and discussion with author Kim Spencer

4:30 pm, Library. Winner of the TD Children's Literature Award, this debut novel is about family dysfunction, racism, and the ups and downs of friendship as well as economic disparity between Indigenous people and others in society. Kim is Ts'msyen, from Gitxaala, BC.

# 27

Friday

### 3 Ears Indigenous Film Festival begins with *Wilfred Buck* and *Welcome Home*

7 pm, The Patricia. *Wilfred Buck* written and directed by Lisa Jackson. Preceded by *Welcome Home*, directed by Sosan Blaney, Megan Dulcie Dill, Claudia Medina.

BC MOVEMENT ARTS SOCIETY

BC Movement Arts Society Presents

## 'GRAVEYARDS & GARDENS'

SUNDAY, SEPTEMBER 8th

7:30PM

Evergreen Theatre - 5001 Joyce Ave.  
POWELL RIVER

An immersive & beautifully executed performance conceived, created & performed by Grammy Award winning composer, violinist, vocalist **CAROLINE SHAW** & award-winning choreographer & dancer **VANESSA GOODMAN**

"a mesmerizing production"  
The Georgia Straight



"surreal soundscape and visual experience..."

ethereal. cryptic, ultimately thought-provoking."

My VanCity

### TICKETS:

Call 1-604-485-2891 In person at the Recreation Complex  
\$32 (adults) \$26 (18 & under single ticket or '2 for 1')  
price include gst

for more info visit  
[www.bcmovementarts.com](http://www.bcmovementarts.com)





# WE'VE GONE FULL FROSTED.

Try our new frozen beverages.

Whether you like it fruity or coffee-y, our new beverages have your taste buds covered. We've been hard at work to create great tasting smoothies, shakes and cold brews, as well as a frozen twist on our classic A&W Root Beer®, all crafted with natural flavours. So you know—the deliciousness is real.

Try them now at select locations. Learn more at [aw.ca/brewbar](http://aw.ca/brewbar).



Open at 6 am, 7 days a week  
Open late on Fridays & Saturdays  
4696 Joyce Ave • 604-485-6277

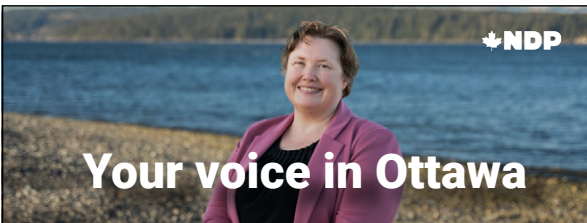
## Tug-Guhm GALLERY & STUDIO



Open daily  
Open 10 am - 4:30 pm

The Lund Resort at Klah Ah Men

604-413-0637 • [debrabevaartcreations.com](http://debrabevaartcreations.com)



## Your voice in Ottawa

Rachel Blaney

MP for North Island - Powell River  
[Rachel.Blaney@parl.gc.ca](mailto:Rachel.Blaney@parl.gc.ca) // 604-489-2286



# WE HAVE MOVED

New location: 5814 Ash Ave.

Family Centre Library open Tues-Thurs, 12-4pm

Youth Resource Centre opens at Oceanview Sept 9th.

Find our fall programming at [www.youthandfamily.ca](http://www.youthandfamily.ca)



**SUMMER INTO FALL:** Painter, beader, and fibre artist Hana Louise Braun's ethereal paintings show at the Library through January. A qathet Art exhibition.

# 28

Saturday

**Hobby Hackers Wind-up (golf)**  
[myrtlepointgolf.com](http://myrtlepointgolf.com)

**Lang Bay Market**  
10-1, Lang Bay Hall.

**Gold Panning**  
With Yukon Dan at the Town Centre. 10 am or noon. Kids get hands on with minerals and gold rush stories. See Page 56.

**What Ever 4**  
7 pm, Cran Hall. Featuring the eclectic undefinable mix of Walter Martella (keys), Karina Inkster (didgeridoo), Sasha Uhlmann (drums), and Jacob Krauss (bass).

**Greg Reid for MLA activism P'art'y**  
7 to 9 pm, Crucible Gallery. Featuring art, live music, guest performers, volunteer brigade, discussions, surveys, speakers, snacks & beverages, singalong & dancing. With Aya VeLenz & Robert Probert and the Doppelgang.

**3 Ears Indigenous Film Festival • Singing Back the Buffalo**

7 pm, The Patricia. Preceded by *Sisters & Brothers*, directed by Kent Monkman

# 29

Sunday

**Dave Court Memorial Golf Tourney**  
[myrtlepointgolf.com](http://myrtlepointgolf.com)

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

**Cran Hall Coffee House**  
7 pm, Cran Hall. Where you are the show. 10 minute slots. Sign up 6:30 to 7 pm. \$5 donation or membership appreciated. All talents are welcome.

**3 Ears Indigenous Film Festival • Aitamaako'ta-misskapi Natosi: Before the Sun**  
1:30 pm, The Patricia. Preceded by *Bringing the Salmon Home*, *It Takes A*

## SEPTEMBER ART SHOWS

Through September

**Patricia Sparks**  
qathet art + wares

Through September 8

**Tidal Art Centre**  
Imbalance in Balance. Local artists Andy & Yeonmi

Through January

**Hana Louise Braun Exhibition**  
qathet ART at PR Public Library

To September 15

**Art and Culture Grant Intake**  
[qathetART.ca](http://qathetART.ca)

September 20 to October 5

**Naguala, Claudia Medina Exhibition**  
qathet ART Centre

**River of People.** Directed by Teresa Marshall & Jeremy Williams.

**Café Daughter**  
7 pm, The Patricia. Preceded by *The Handsome Man*, directed by Misty Shipman & Hope Shipman and starring Lily Gladstone & Evan Adams.

**Walk for Reconciliation**

Starts at 2:30 pm in tiskw'at at the old hospital site in Townsite, to 'ah?jumix', Willingdon Beach. Arrive at 2 pm to prepare. We will take a moment of silence when we reach the beach. Everyone is welcome to join us for the walk and "wear orange" to honour the children who survived residential schools and remember those who did not. Tla'amin Elders can follow in a car. Following the walk, join us for the closing ceremony in recognition of National Day of Truth and Reconciliation and the 94 Calls to Action. The Walk for Reconciliation works with Tla'amin, qathet SAFE, with First Credit Union support.

- Cyndi Pallen

# 30

Monday

**National Truth and Reconciliation Day**  
Schools Closed. Federal stat (not provincial),

**3 Ears Indigenous Film Festival • The Great Salish Heist**  
7 pm, The Patricia. Preceded by *Rez Carz*, directed by Clancy Dennehy.

**Thai Yoga Massage  
Hakomi Counselling  
Reiki**

Sage by Sea Wellness Practice

Deanna Ishawk RN, RYT, CHT  
604-223-1957

[sagebyseawellnesspractice.janeapp.com](http://sagebyseawellnesspractice.janeapp.com)





# Loose Tights pulls up to the stage once more

**B**ack in 2022, John Wright (Dead Bob / NoMeansNo / Hanson Brothers) needed someone to open for Ford Pier at the Wildwood (RIP). He reached out to Karen “bad karen” Skadsheim to see if Women’s Punk Rock Choir (WPRC) was still happening.

The choir was still on a COVID hiatus, but she said she would see what she could come up with. She reached out to fellow choir members Jennye “The Velvet Hammer” Rieper and Suzan “Suzy Roo” Roos (and former GODZBALLZ bandmates) and they managed to cobble together a five-song opening set of mostly WPRC songs. The legend had begun.

So far, the band has opened for Ford Pier, Carolyn Mark and Hank & Lily, and Dead Bob, played Farm Fest in Sooke, and played private functions.

In short, Karen says “Loose Tights is a cover band but chances are, you’ve never heard the original.”

She adds, “The DIY aspect of punk is still totally relevant and so important. You don’t have to be perfect, just get up and try. Why play four notes when two will do? Honestly, if bad karen can do it, so can you!”

## The Velvet Hammer

Drummer (and song arranger)

**You may know Jennye as:** The Women’s Punk Rock Choir Director; CJMP Community Radio volunteer; PRPL volunteer.

**Musical influences:** My mum (she sang Fado and Flamenco); the legendary Victoria BC punk scene in the 80’s and 90’s. I saw so many great gigs in my teens and



**TIGHT SET:** The Velvet Hammer, Suzy Roo and bad karen, AKA Loose Tights, backstage at the Wildwood Pub before opening for Carolyn Mark / Hank & Lily show.

20’s (and even played a few).

**Where she learned to play / sing / perform:** I dabbled in piano lessons as a kid. In the mid 80’s, I got ahold of the high school drum kit for a summer and spent it figuring out a couple of U2 songs. I played drums in my first band in 1986, an all girl punk band. I forget the name. We played Nancy Sinatra and The Clash. I played and toured as the keyboard player in a punk band in the late 80s/early 90s. Choir directing was my start in dabbling in song arrangements back in 2008. The Abbie Hoffman Society was my start in song writing.

**How does it feel to perform with Loose Tights:** The Loose Tights are just rhythm section and singer. For that 15 minute set, it all counts. It’s exhilarating... partly for just getting through it.

## Suzy Roo

Bass Guitar

**You may know Suzy from:** You can find me at the beach with my fellow Sea Hags, working at Springtime Garden Centre or walking the trails with my big dog, Bo, and his little sidekick, Sugar. I also volunteer for qathet’s com-

munity radio station, CJMP 90.1FM.

**Musical influences:** I was also influenced by the Victoria punk scene in the 80’s and 90’s. Jennye and I were probably at many of the same shows in Victoria, but we didn’t connect until moving to qathet.

**Where she learned to play / sing / perform:** It all started with the Abbie Hoffman Society. I got together with a few lady friends and we decided to start a band. The name came first, then we learned how to play our instruments—except for Jennye, who had played in bands before. Around the same time, Jennye started up Women’s Punk Rock Choir. Most of us who joined had never sung before. It was incredibly liberating to realize that anyone can sing!

**How does it feel to perform with Loose Tights:** Awesome! I love the excitement of it all.

**Fun fact:** I started playing guitar when I was nearing 50. It’s never too late to start!

## bad karen

Singer

**You may know Karen from:** I’m at the beach swimming every morning

## ROOTS ROUND UP, WITH LOOSE TIGHTS

**When:** 8 pm, October 4

**Where:** Carlson Loft

**Tickets:** \$35 advance, \$40 door

with the Seahags, or I’m at my shop qathet Art + Wares, and you can catch me on qathet community radio station CJMP 90.1FM every Friday from 5:30-7 pm where I have hosted Every Day Is Like Sunday for the last 13 years.

**Musical influences:** Gosh! I experienced the Vancouver music scene in the 80s and 90s and saw a ton of great live music. I also got a lot of my music from the legendary underground cable TV video show Soundproof. The music I play on my radio show is pretty heavily influenced by those formative years, but these days I can often be found listening to West Coast jazz. I also love listening to all the other amazing programmers on CJMP!

**Where she learned to play / sing / perform:** Like Suz, it started with Women’s Punk Rock Choir and although I wasn’t actually in the Hoffmans, I was hanging around with them and shot a few of their videos. The three of us were also in a local band called GODZBALLZ which (at 45 years old!!) was my first band experience.

**How does it feel to perform with Loose Tights:** It feels GREAT! Our first gig was terrifying (of course) and the impostor syndrome was palpable, but the audience was so forgiving and generous it really gave me a lot of courage. Being on stage is still terrifying, but I think we really support & encourage each other. The mutual admiration society is strong in this band.

**Fun fact:** I joined my first band at 45. It’s never too early or too late. Joining a band is a great motivator to learn a new skill. If you are thinking about it, stop thinking and go for it! 🎸



**FLEMING & ASSOCIATES**  
BARRISTERS & SOLICITORS

Experienced  
Local  
Professional

Call Ian Fleming today.



4571 Marine Ave 604-485-2771 [fleminglaw.ca](http://fleminglaw.ca) Real Estate • Wills & Estates • Commercial • Corporate





# Kings aim to conquer

qathet  
**LIVING**  
SHOWCASING THE BEST OF OUR COMMUNITY

## Do you provide health services in qathet?

Contact Pieta Woolley by September 10 to get your free listing in Zest magazine / directory.

pieta@prliving.ca  
604-485-0003

And, contact Suzi Wiebe by September 16 to book your ad.

suzi@prliving.ca  
604-344-0208



Perhaps no other period in the Junior A team's 26-year history has seen so much change, so fast, with such high stakes.

**O**n September 7 at the Hap Parker, the Kings face off against the Alberni Valley Bulldogs in the first exhibition game of the season, and the season home opener is on September 20 against the Victoria Grizzlies.

This will be the first full season with Glenn Anderson as head coach and general manager, Cliff Ronning as skills coach, and the power of the Birch Group behind the franchise.

*\* Note: Billets are still needed. To learn more, contact Aaron Reid at 604-414-5195.*

**BY JORDAN KISS** | KINGS DIRECTOR OF MEDIA

## What's new this year

The main new thing that everyone has most likely noticed by now is a new logo. We have taken the "Kings" script logo from last season and made a few tweaks, mainly adding a crown and changing our colour scheme slightly (see below).

While we usher in a new era with a new primary logo, we honour the past with our alternate logo (see top of page), which is the crown from the original "P" logo that has been an iconic part of hockey in Powell River.

It may be the second logo change in a year, but I can assure you this one is here to stay. The new logo will also be accompanied by a new look on the ice that will be one of a kind with a new set of jerseys.

There are two new faces behind the bench with the addition of **assistant coaches Chris Klack and Michael McNiven**.

Chris played in the BCHL for Penticton and had a great college career at Clarkson University while Michael was a goalie who had a great junior career and a successful run in pro hockey. He played in the Ontario Hockey League for the Owen Sound Attack and was named the CHL's Goaltender of the Year in 2016. He spent several years in the AHL and got into an NHL game with the Montreal Canadiens.

Adding all their experience at the junior, college, and pro levels to the coaching staff will be super beneficial to the players and team.

We are also very excited to reveal that we will have official video review at the Hap this season. New camera angles will help make sure all goals are called correctly.

## Kings' strategy choosing new players

At all levels of sports, you see that teams with the most experience tend to be more successful, and that is the main thing I have noticed in the recruitment of new players – they have brought in guys with a lot of experience playing at the junior level.

There are several new faces that have played over 100 games of junior hockey (Beaudoin, Mansueto, Purdom, Lofgren, Grabner, Wright). You have guys that have played in the BCHL, Major Junior, other Canadian Junior A leagues, and in Europe. All of them have had great success statistically and some have won championships with their previous teams.


Bringing in all these guys who have gone through the ups and downs of junior hockey will not only help the young guys who are making the jump to the junior level for the first time, but it will also help the veterans, as you get many different perspectives on learning what it takes to win, how to battle through adversity, and what it takes to be successful.

## Goals for the season

The Kings want to be a winning team this season. This is an organization that has a great history of winning.

While there hasn't been a ton of that over the past few years, everyone involved with the team wants to begin anew and re-establish the Kings as a winning franchise and that starts this season.

This is a team that expects to be very competitive, have a winning record, be at or near the top of the Coastal Conference, and make a strong run in the playoffs. **Glenn Anderson and Stephan Seeger Jr.** have had the chance to build the team they want to this season and it's going to make a huge difference.

The expectations may be high, but with the additions made on the ice and behind the bench, to go along with all the returning members from last year who are all very motivated to turn things around, I'm very confident this team will take a big step forward this season and be a top tier team in the BCHL once again. 



# YOUR 2024-2025 KINGS TEAM



**#86 Ryan Arnold**

St. Albert, Alberta  
Forward • Second Year • 2005



**#2 Calvin Beard**

Southborough, Massachusetts  
Defence • First Year • 2006



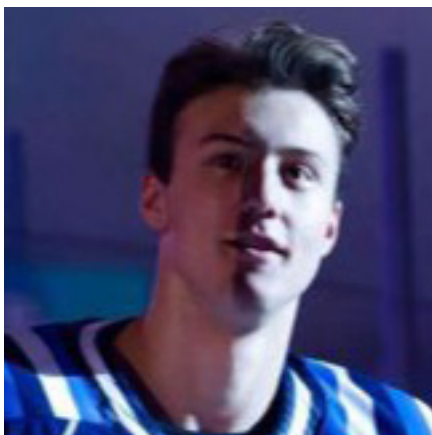
**#11 Thomas Belzil**

Trois Rivieres, Quebec • U Mass  
Forward • Second Year • 2006



**#18 Brendan Giles**

Ridgefield Connecticut • U Conn  
Forward • First Year • 2005



**#21 Marek Beaudoin**

Vercheres, Quebec  
Forward • First Year • 2006



**#77 Wyatt Davis**

Cobden, Ontario  
Defence • Second Year • 2005



**#8 Eli Friedman**

Rye, New York • Yale  
Forward • Second Year • 2005



**#4 Sam Grabner**

Ottawa, Ontario  
Defence • First Year • 2004  
*Photo courtesy Christina Gillett*



**#13 Kurt Gurkan**

Darien, Connecticut • Yale  
Forward • First Year • 2004  
*Photo courtesy Renegades Photography*



**#14 Jace Harder**

Lake Country, BC  
Forward • Second Year • 2006



**#32 Vincient Lamberti**

Los Angeles, California  
Goalie • Second Year • 2004



**#3 Henryk Lasky**

Greenwich, Connecticut  
Defence • Second Year • 2005

**STUBBERFIELD FUNERAL HOME LTD**

Providing dignified service to the region since 1969  
Visit our website to view obituaries and send condolences online

7221 Duncan Street    www.stubberfieldfh.com    604 485-4112

**HARWOOD ELECTRIC**

LICENSED • BONDED • INSURED

RESIDENTIAL • NEW BUILDS  
ELECTRICAL UPGRADES • RENOS  
COMMERCIAL • SOLAR

Contact Dan today at  
DanHarwoodElectric@gmail.com  
**604.223.7901**



# YOUR 2024-2025 KINGS TEAM



**#70 Alex Lofgren**

Lulea, Sweden  
 Defence • Second Year • 2005  
*Photo courtesy Oliver Åström*



**#37 Niccolo Mansueto**

Verona, Italy  
 Forward • First Year • 2004  
*Photo courtesy Mauro Cantamessi Photography*



**#10 Michael Mardula**

Lemont, Illinois  
 Forward • First Year • 2007



**#9 Christian Maro**

Stamford, Connecticut • Holy Cross  
 Forward • Second Year • 2005



**#26 Tre Peck**

Orono, Minnesota  
 Forward • First Year • 2007



**#29 Elliott Pratt**

Toronto, Ontario • Robert Morris U  
 Goalie • First Year • 2005



**#15 Joel Purdom**

Winnipeg, Manitoba  
 Forward • First Year • 2004



**#55 Willem Terwood**

Salmo, BC  
 Defence • Second Year • 2005



**#6 Asher Wites**

Boca Raton, Florida  
 Defence • Second Year • 2004



**#27 Ben Wright**

Mill Bay, BC  
 Forward • First Year • 2005  
*Photo courtesy Christina Gillett*



**#1 Cooper Flemming**

Hammonds Plains, NS  
 Goalie • First Year • 2006



**#17 Jaxon Fuder**

Surrey, BC  
 Forward • Second Year • 2006



## Registered Massage Therapy

Book now at  
[kostaliwellness.ca](http://kostaliwellness.ca)

236-328-1200 • 4518 Joyce Avenue  
 We direct bill with Pacific Blue Cross

**Landscaping Services & Property Maintenance**  
 residential & commercial

- Hydroseeding
- Irrigation system installation & maintenance
- Dethatching & aeration
- Tree & shrub & hedge pruning
- Complete yard design & construction
- Yearly maintenance programs
- Fertilizing programs
- Weeding & more

Call for a free estimate • **604-485-6628** • [GCSoffice@telus.net](mailto:GCSoffice@telus.net)



Serving Powell River  
 and area for over 30 years

Licensed & insured





# OCTOBER EVENTS PREVIEW

## October 1

### National Seniors Day

A number of Canadian Seniors' organizations are organizing Seniors for Climate actions. To see what's planned for our region, visit the [qathetclimatealliance.ca](http://qathetclimatealliance.ca) site or contact: [info@qathetclimatealliance.ca](mailto:info@qathetclimatealliance.ca)

### 3 Ears Indigenous Film Festival • Sugarcane

7pm the Patricia. Preceded by *The Path to Reclamation*, produced by Kaitlyn Ngo, Abby Francis, Richard Davis, Sebastian Arancibia.

## October 2

### Westview Ratepayers All Candidates Meeting

6 to 8 pm, Seniors Centre.

## October 3

### A Story of Thriving Empowerment

2 pm, Library. Heather Conn will present her memoir *No Letter in Your Pocket*, about romantic adventures in India and her solo quest for healing from incest and sexual assault. For information contact Mark at [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

## October 4

### Feast of St Francis of Assisi

Celebrating 12th century patron saint of animals and the environment.

### Roots Rounds Up and Loose Tights in concert

Doors 8 pm, Carlson Loft. Advance: \$35, door: \$40 (if available). No minors, 19+

## October 5

### Men's International Golf Tourney

Myrtle Point

### Uptown Winter Market

Starting first Saturday in October, 10-12 noon, rain or shine, on Joyce Avenue.

## October 6

### Last day of Fall GoByBike Week

See story on Page 24.



**A BEAUTIFUL BOWL OF SOUP:** On October 19, Tidal Art Centre is hosting a new fundraiser for the Powell River Food Bank at the Carlson Community Club. Eat soup, keep a hand-made bowl.

*Photo credits: Bowls by Marnie Hoberg @whalerockstudio. Photograph by Brenna Middleton. Styled by Prashant Miranda*

## October 7

### All Candidates Meeting hosted by the Powell River Chamber of Commerce

Details TBA

## October 8

### Prism: Movement Arts BC

7:30 pm, Evergreen Theatre. Get ready for Montréal-based Tentacle Tribe, whose singular style blends hip-hop, martial arts, and contemporary dance. Limbs, reality, and illusion intertwine in this not-to-be-missed kaleidoscopic voyage like no other. For tickets, call 604-485-2891 or visit the Recreation Complex \$32 (adults);

\$26 (18 & under single ticket or '2 for 1') [bcmovementarts.com](http://bcmovementarts.com)

## October 12

### Villa vs. Bays United FC

1:30 pm, Timberlane Park.

## October 13

### Thanksgiving Sunday

NFL games are: Chicago Bears vs. Detroit Lions; New York Giants vs. Dallas Cowboys; and Miami Dolphins vs. Green Bay Packers.

## October 14

### Thanksgiving Monday

It's a stat.

## October 17

### First day of Sukkot

Harvest holiday

## October 18

### You got Talent? Show us!

Rotary fundraiser. See more on Page 43.

## October 19

### Provincial Election: Voting Day

Learn more at [elections.bc.ca](http://elections.bc.ca)

### The Empty Bowl Fundraiser

5 to 8 pm, Carlson Community Club. Join Tidal Art Centre in helping support the Powell River Food Bank through The Empty Bowl Initiative. Have an amazing bowl of soup with us and keep your bowl. Each bowl is lovingly crafted by an incredible local potter! Ticket Price: \$40. Tickets via the Tidal website, Instagram, or Facebook page for more information as this event comes together.

## October 20

### Texada Island Inn: Raise the Rooms Jam Session

4 to 7 pm, at the Inn. Bring your talent, your instrument, your voice, your support, and bring the rooms back to this hotel.

## October 23 - 25

### Hoshana Rabbah; Shemini Atzeret; Simchat Torah

## October 26

### Health Fair

10 am to 4 pm, Rec Complex upper floor. Free. See ad on Page 30.

## October 26

### Villa vs. Comox Valley United FC

1:30 pm, Timberlane Park.

## October 31

### Halloween & Diwali



**Perimeter Tiles / Drainage**  
**Landscape Preparation**  
**Certified Onsite Wastewater Systems**  
**Excavating & Site Services**  
**Rock Walls**

**"A" BETTER BOBCAT SERVICE LTD**

Serving the Sunshine Coast since 1991  
Office: 604-487-0466 • Cell: 604-208-2010

Find us on [f](https://www.facebook.com/betterbobcat)

## Terry Fox Run

**Sunday, September 15**

Starts at the Rec Complex. Registration begins at 8:30 am. Run begins at 10 am.  
Register and donate online at [run.terryfox.ca/powellriver](http://run.terryfox.ca/powellriver).  
Choose the 3.5 km or 10 km route. Run, walk, ride, roll! Pancake breakfast to follow.

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



*Where service and safety move volumes.*

*Next day, damage-free delivery.*

**CITY TRANSFER**

[WWW.CITYTRANSFER.COM](http://WWW.CITYTRANSFER.COM) POWELL RIVER | SUNSHINE COAST | VANCOUVER **310-CITY (2489)**

**POWELL RIVER FARMERS' MARKET**

SATURDAYS 10:30 - 12:30  
SUNDAYS 12:30 - 2:30

*Train Rides on Sundays*

604.414.3327 | 4365 McLeod Rd.

**PRODUCE**

**EGGS**

**MEAT**

**BREAD & PIE**

**ARTISANS**



PATRICIA THEATRE

Films Nightly 7 PM

New Films Weekly

IN HISTORIC TOWNSITE • [PATRICIATHEATRE.COM](http://PATRICIATHEATRE.COM) • 604-483-9345



**Sing**  
with the **Powell River Chorus**

Contact Janice Gunn  
prlady42@hotmail.com  
for more information.

At the James Hall  
7280 Kemano Street  
Conductor Walter Martella

**Wednesdays 7:30 pm**  
Starts Sept 11, registration 7 pm  
No auditions ~ No age limit

**Card Readings**  
with Juliette

\$30 per 30 mins  
20 years experience

- Sundays @ the Farmers' Market 12:30 - 2:30
- Online anytime @ selkiesanctuary.com

**Lund Water Taxi**

604-483-9749

Daily runs to Savary Island • Charters serving Savary Island & surrounding areas, including Sunshine Coast Trail • Phone for reservations • Phone hours 8 am - 5 pm

**We're HIRING!**

Certified Tradesmen • All Types of Roofing

**Nelson**  
ROOFING & SHEET METAL LTD.

www.nelsonroofing.com (604) 485-0100

**Dickies Flex Denim**

**TAKE A BREAK**

**Soul-level medicine in the 'third place'**

I've been feeling the magic of "third places" extra-much this summer, and only recently learned of this term for them while listening to a CBC radio show speak of our right to leisure; a natural law recognized to hold such value that it has been officially codified into the *Universal Declaration of Human Rights* as Article 24.

What is a "third place"? And why do they matter? In terms of social interaction, our home is considered to be the first place.

Due to the amount of time spent at work, generally, this becomes a second place.

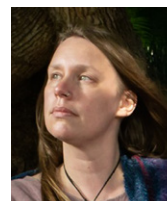
The third place is deemed as separate and distinct from the first two, solely existing to foster a sense of belonging, community interaction, and leisurely pursuit with little to no obligation. Playgrounds, plain air gatherings, free concerts, social events by donation, coffee shops that let folks linger and talk long after their cups have emptied, yoga in the park, or crib nights at a local hall. Even online interactive gaming can be a third place.

As journalist Rebekah White says, "...your third place is where you relax in public, where you encounter familiar faces and make new acquaintances." Ideally, the mood is playful, wholesome, cozy, and inclusive, where both witty and frivolous conversation naturally arise.

When gathered in this way, we are relieved of the usual responsibility and demands of work and home life, leaving us freer to enjoy a more naturally relaxed presence. Opening space between us to meet each other in a way that allows us to see each other's humanity, listen more deeply, hold more lightly, foster play, wisdom sharing, story telling, and casual but vital connection.

It's a means of building community with room for our personal differences and unique perspectives, a true balm during a time when feelings of isolation and social divide are so prevalent.

With third places holding a focus on leisure, they



**RETURN TO REVERENCE**

**JULIETTE JARVIS**

"Playgrounds... coffee shops that let folks linger and talk long after their cups have emptied, yoga in the park or crib nights at a local hall. Even online interactive gaming can be a third place."

also provide rich opportunity to nourish ourselves deeply. There is space to relax, wonder at beauty, and revel in simple joys.

My top two favourite third places this summer have been the casual social atmosphere of the Farmers' Market and the grounded goodness of fieldwork with the qathet Flax to Linen community. Both places come with familiar and newly-met friends. Both spark genuine presence and connection. Both offer opportunity to relish the good stuff of being alive.

Where are your favourite third places? Let me know at [juliette@qathetliving.com](mailto:juliette@qathetliving.com)!

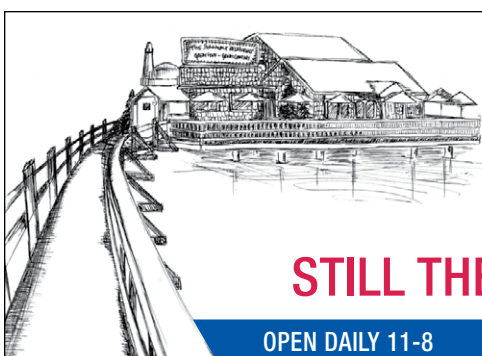
*Juliette Jarvis is a best selling author offering sacred living mentorship, devotional arts, and divination sessions. Find her at [SelkieSanctuary.com](http://SelkieSanctuary.com)*

**Back to Cool**

Long Sleeve T's • Jackets • Hoodies • Shoes  
Dickies, Buffalo, Mavi + Black Bull Jeans

**Armitage**  
mens wear

604485-9493 In the Town Centre Mall



**The Boardwalk Restaurant in Lund**

There's always a reason to come to Lund! Here's another...

**4 different types of Fish & Chips**

Starting at \$24 with coleslaw, fries & house-made tartar

**STILL THE BEST FISH & CHIPS IN QATHET!**

Thanks to all who voted - best fish & chips!



Winner, NINE years in a row!



OPEN DAILY 11-8

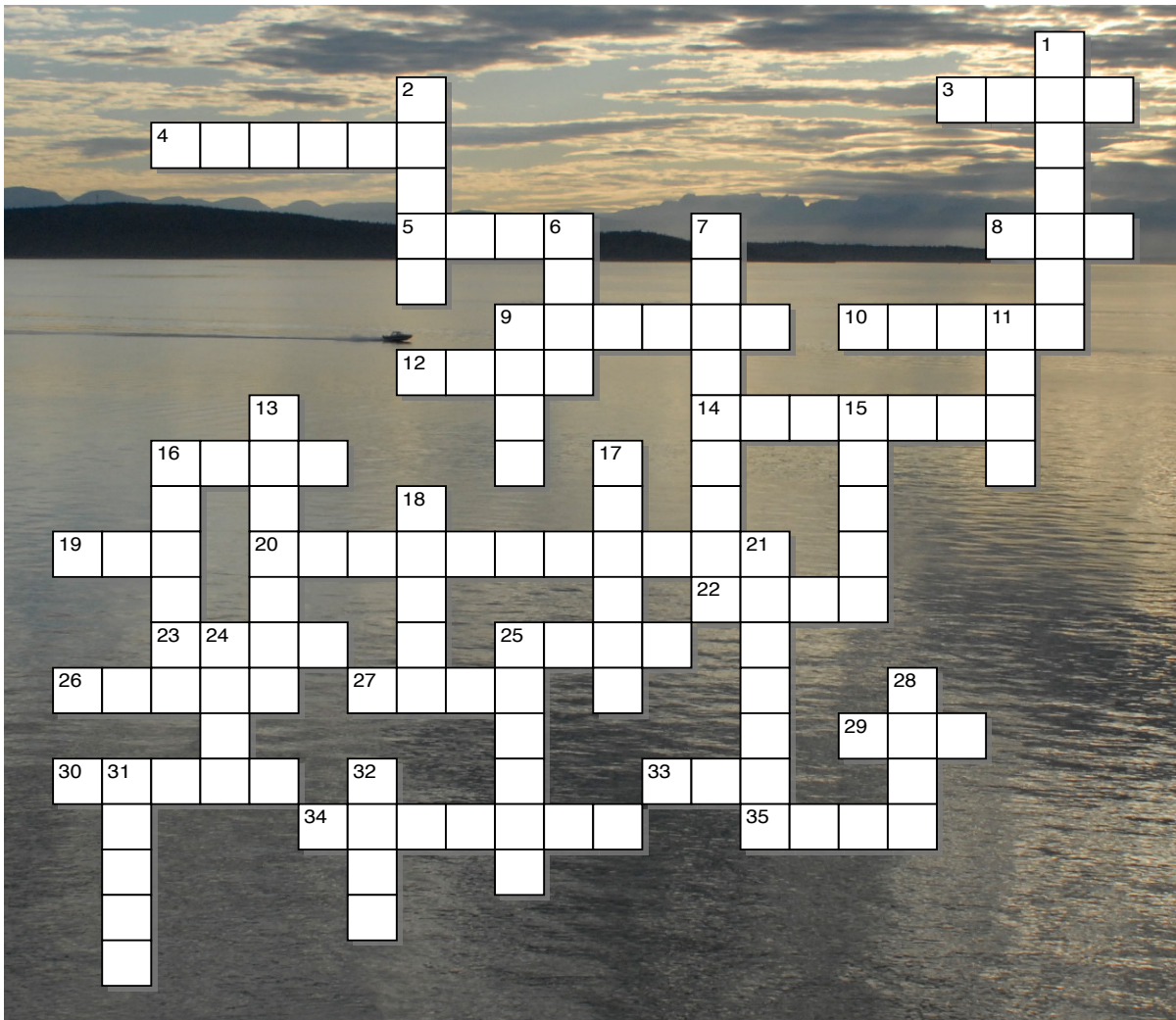
Find us on

604 483-2201

[boardwalkrestaurantpowellriverlund.com](http://boardwalkrestaurantpowellriverlund.com)



# TAKE A BREAK




## Across

- 3) Exhibition, or just
- 4) Jigsaw, crossword, etc
- 5) Not fast
- 8) Steller's bird
- 9) To be in the proper place
- 10) Round
- 12) Edibles
- 14) Cackler
- 16) Building block, or phone
- 19) Rep to Victoria
- 20) Design dance
- 22) Hearing instruments
- 23) Independent candidate
- 25) Music group or rubber
- 26) Yell supportively
- 27) Daycare operator
- 29) Terry, or the hound's foe
- 30) Actuality, fact
- 33) Group transport
- 34) NDP candidate
- 35) Ocean cycle

## Down

- 1) Old, but classy
- 2) Theft, usually complicated
- 6) Pot, or obnoxious plant
- 7) Painting or photo, horizontal alignment
- 9) Smash pins, or food bank helper
- 11) Palm Beach's bay, Wolfson's creek
- 13) Bird, hopefully not nose-picker
- 15) Conservative candidate
- 16) Leftover cash returned
- 17) Vacation rental co
- 18) Crystal to slant colours, dance
- 21) Reap
- 24) Payment for housing
- 25) Theatrical dance
- 28) Acupuncturist's move, or gold miner's bag
- 31) Red-breast
- 32) SS Princess



**Book a charter today & let's CATCH SOME FISH!**

Call 604-704-4142  
Kim Langton

**TRANSMISSION SPECIALIST**  
and so much more!

**BLACK POINT**  
TRANSMISSIONS LTD.

20 years experience  
604 487-9602

Latest diagnostic equipment saves you time and money

Full mechanical repairs  
Nation-wide guarantee

A regular transmission service keeps your transmission healthy. When was your last service?




*Holy Cross Cemetery*

Under the trees south of town on Nassichuk Road

**Plots available**

For information, call Wendy Larkin 604-485-9268

 POWELL RIVER HOSPITAL  
**FOUNDATION**

Remember your loved one.  
Donate to the Powell River Hospital Foundation.

604 485-3211 ext 4349 | 5000 Joyce Avenue, Powell River, V8A 5R3  
[www.prhospitalfoundation.com](http://www.prhospitalfoundation.com)

## Relax • Revitalize • Renew

Reiki is an ancient technique that increases energy flow within the body, supporting relaxation, health and wellness.

Offering 15, 30, & 60 min. sessions for 1-2 people. Conducted fully clothed, with the practitioner's hands above or gently on the body.

Reiki Level 1 Training available in September. Limited enrollment.



Bonnie Harrison  
Reiki Master Teacher



**HERON REIKI AND WELLNESS**

(604) 208-2244

[www.heronreikiandwellness.com](https://www.heronreikiandwellness.com)

## SOLUTION TO AUGUST PUZZLE

M H K J H U R T A D O N B L O O M Y N G  
L A E N V A L Q J L O G G E R S H H S F  
L E N A I Y Y I X P A T R I C I A S C T  
W U Z Z T P Q A L H B A R J Z C P K H S  
K G P D A H S R J A I I M A K W R L O Q  
T R A A F N E Y R U C K L O T X U D O U  
A V D S F V I R M O T Z I L Q J G A L A  
B G S B R Y D T V P C H F N E N G N Q R  
L Q U A R T E T A D H K E B G T E C D E  
A H Q K Q B Z W W M D O E M O Y D I C T  
C S T A R D U S T E R S N C G O X N Z O  
K Y S U S T A I N A B L E Y O D K G E U  
B D I F K T H E A T R E J E R V I S L R  
E M A H O N E Y V Y L I S T E R E N O F  
R F K Y W B C U C U V C A R V I N G P F  
R E D E A D H E A D K I D S W Z M D E A  
Y R E E L E C T I O N Z W P K E B H N L  
N R D K U S B B V Q U I L L A Y U T E L  
M Y H B Y N Q I T N E P S T U D I O S V  
V I H I X A C A N D I D A T E S W X U L



# Let it go

"Be brave; let it go," I tell myself as I sort through more than 30 years' worth of stuff.

Four large boxes stare me in the face. One is labelled to keep; the other, for the thrift store; the other, for the kids; and the final one, garbage.

Like many of us, I've accumulated far too many things in my 60-plus years of living on this planet. Most stuff I've used, but there's some stuff that hasn't seen the light of day since it was first put there. For example, a vase my friend gave me that I don't like, but guilt prevents me from passing it on.

There's stuff that's been hiding in boxes in the far reaches of the basement for years. Stuff I haven't seen or thought about in a very long time, but today is the day of reckoning. Today is the day that I will begin weeding through all this stuff and decide what I need, what I want, and what I can pass on.

To be clear, this is not a job I relish. Most people don't enjoy sorting through all their stuff which is why they only do it when they must. Like when they move. Or when they die and if they die without doing it, they never have to do it themselves, but their children (if they have any) are left to sort through all their stuff and decide what's worth keeping and what to pass on.

I'm in the first category. I have no choice; I must sort through my stuff because later this year I will be leaving Powell River and heading back to Nova Scotia for a new adventure. But unlike some who must clear all their stuff out, I don't because my children still have a home in Powell River so I can leave some of my stuff – like furniture – behind.

What? You're not taking any furniture?

Yes, that's right, I'm not taking any furni-

ture except an old green rocking chair that I nursed both my children in. Sentimental, I know, but I figure I can take one maybe two pieces of furniture with me in the travel trailer. Furniture costs a small fortune to haul across the country so I'm only taking boxes of stuff filled with things I need (like things for the dogs and kitchen stuff and clothes) with me. My boxes will be dropped off at City Transfer, shrink wrapped and put on a pallet where they'll begin their trip across this great land of ours.

As I sort through my stuff, I come across a box of lessons that my friend Deb and I used to teach public speaking. One of these lessons is on how to use props. To teach this, we showed students a video called "Less stuff, more happiness" that opens with a guy sitting on a big cardboard box.

I'd forgotten about this as we haven't taught public speaking in years, but I knew I had to watch this

video again because I think there's a lesson I need to learn, and that lesson might help me let go of my material acquisitions without feeling so sad.

We spend a lot of our lives working to earn money to buy stuff, says the video. Then we have to make more money to maintain and service that stuff. We have bigger homes today than we did 50 years ago, but still we don't have enough space for all our stuff, so we rent storage units to put all our extra stuff in, admonishes the video.

Crazy yes, but true.

And all this costs money and time and let's be honest, stress too.

I like the idea of getting rid of stuff and simplifying my life. I think about how satisfied I feel after I've pruned the plants in my garden or edited a story and how both are improved by a good paring down.

Editing my stuff is a good thing, I tell myself, as I sort through my clothes and put tops that no longer fit or haven't been worn in a couple years in the thrift store box.

I stop when I come across a Ziploc bag that contains an old sweater of my dad's. It was his favourite, and I have kept that sweater because when I see it, smell it and touch it, I think of him and he is no longer alive. I will keep that sweater because it reminds me of him.

You are not your stuff, I tell myself as I continue to sort. What I have does not define me. I am me and nothing will change that.

I put another very nice top in the box and know that, by doing so, someone else a size smaller will be delighted by what I've just let go.

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

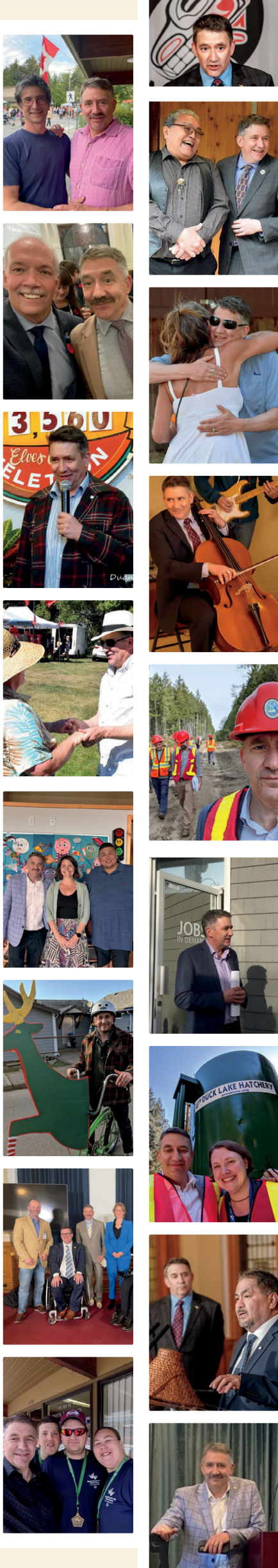


LAST  
WORD

ISABELLE SOUTHCOTT

"I'm not taking any furniture except an old green rocking chair that I nursed both my children in."





## It has been the honour of a lifetime...

I've had the responsibility and privilege of representing the Sunshine Coast for over 19 years. Thank you for the trust you have placed in me. As my time as MLA draws to a close, I find myself reflecting on this time.

As Powell River – Sunshine Coast's Member of the Legislative Assembly I've served in opposition, in government, as a Private Member, and as a Cabinet Minister of Social Development and Poverty Reduction. I've chaired committees, traveled the province, and met countless British Columbians who have all enriched my life.

One of my earliest priorities was restoring independent oversight to the child welfare system, so that flaws in the Child Welfare System could be identified and addressed. Having seen government interference firsthand, this was the focus our first session in 2005. It led to the Ted Hughes report and the creation of the Office of the Representative for Children and Youth.

As Minister of Social Development and Poverty Reduction, I introduced and passed the *Accessible B.C. Act*, which will lead to a more accessible BC. I successfully proposed the largest-ever increase in income assistance rates, and as a government we reduced child poverty beyond our targets; there's more work to be done.

I've been very pleased with our government's investment in education, childcare and in housing. From school expansions, health and safety upgrades, and new playgrounds, to over 600 new childcare spaces and hundreds of new affordable housing options – we are still catching up from years of neglect.

In addition to responding to thousands of constituents' specific issues, my office fought to protect seniors from inaccurate driving tests that did not assess their driving ability, against rules prohibiting farmers from selling their products from the farm gate, and for the regulation of recovery homes.

I have worked hard on the issues facing the Sunshine Coast, which include all the same issues as cities, suburbs, and rural areas. We have made progress on many, and others require more work. I appreciate the leadership shown by Chiefs, Mayors, Directors, Councillors, and other representatives from other levels of government with whom I've enjoyed working. But my best memories of my time will be the festivals, celebrations, sporting events and, of course, parades, which define the uniqueness of our Sunshine Coast.

I was fortunate to have Maggie Hathaway and Kim Tournat as my first Constituency Assistants, and for Michelle Morton, Rob Hill, Amy Clarke and Tracey Bellmane who have worked with me on behalf of constituents. Numerous wonderful assistants in Victoria showed me around and helped me do my job well – especially the late Anne Paxton.

Thank you to Bill Forst; we met when he was a high school counsellor and I was a Ministry Social Worker. He recruited me into politics, and kept me going with the wonderful support from community members, too many to mention. I appreciate them all.

Serving as your MLA has been a real honour, and as I step away from politics, I do so with immense gratitude for your trust and support. I leave knowing that our communities are stronger, more resilient, and ready for the future. Thank you for coming on this journey with me.

Nicholas Simons





# A Gold Rush of FUN!



**Saturday, September 28**  
**at 10am OR 12pm**

Join us on Saturday, September 28  
at 10am OR 12pm for exciting hands-on  
**GOLD-PANNING WITH YUKON DAN!**



Kids will have the chance to explore his  
amazing gold exhibit, separate minerals at  
the magnetite station, and listen to the  
wild stories of the Gold Rush!

**PLUS!** Each participant can take home  
a special mineral keepsake!

\*Find out more about Dan at [Yukondan.com](http://Yukondan.com)

**To reserve your time, email**  
**[info@prtowncentre.com](mailto:info@prtowncentre.com)**

*Together we discover!*

**WE'RE OPEN** Monday to Saturday 9:30am to 5:30pm  
Joyce Ave & Albern St | 604.485.4681 | [prtowncentre.com](http://prtowncentre.com)  

**POWELL RIVER**  
**TOWN CENTRE**

**COMING THIS FALL TO THE TOWN CENTRE**  **barBURRITO**  **NOODLEBOX.** 