

gathet

NOVEMBER 2024

# LIVING

The  
Helping  
Issue



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## Christmas Cheer Campaign

How to participate at Oceanside:

### Tips for donation

All tips through the month of October & November are being used to purchase items and toys for the low-income children in Powell River. We "buy" the donated gifts at wholesale cost for the campaign so every dollar goes even further.

### Shop to donate at 40% off

Also, throughout November, if anyone wishes to shop for the Christmas Campaign themselves, they can come down to the store and purchase a gift at 40% off for the program. They leave the gift here under the Christmas Tree and we will deliver them to the campaign in early December.

### Gift Cards

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

CONTENTS

NOVEMBER 2024

<b>Cost of Living: It's crisis-time</b> Incomes, Families, Gas, Food Bank	<b>6</b>
<b>How to Help</b> Holiday charity drives	<b>11</b>
<b>Remembrance Day</b> Teens and Elders remember	<b>19</b>
<b>Telephone of the Wind</b> Call your dearly departed	<b>25</b>
<b>ta'ow in Action</b> Tla'amin's Fall General Assembly	<b>27</b>
<b>Welcome, babies!</b> 94 new Tla'amin members	<b>28</b>
<b>MLA Randene Neill</b> Back in Victoria, no longer a journalist	<b>31</b>
<b>Global hip hop star</b> From qathet to North Macedonia	<b>33</b>
<b>Community Connections</b> 5 ways to navigate division	<b>35</b>
<b>Gassed on transparency</b> Gas prices still opaque	<b>38</b>
<b>Coast Mountain Festival</b> New outdoors fest in Townsite	<b>46</b>
<b>Craft Fair Madness!</b> It's the season	<b>47</b>
<b>A Few of our Favourite Things</b> qL's holiday shopping guide part one	<b>48</b>

REGULAR FEATURES

What's Up	<b>32</b>
Blast from the Past	<b>36</b>
I Made the Move	<b>37</b>
Events	<b>39</b>
You Got This	<b>45</b>
Take a Break	<b>52</b>
Last Word	<b>54</b>

ON THE COVER:

Savanna Dee, the manager of the Powell River Action Centre Society Food Bank, says the agency keeps setting new records for feeding locals, month after month. The cost of food is making it hard to keep up, and the centre needs your help. See more on Page 9, and find ways to help starting on Page 11.



# Babies are the best

A whole community coming together to meet you, drum for you, sing to you, dance with you, and feed you beautifully hand-harvested and prepared food from your ancestral territory. What a way to enter the world.

For 94 babies and young children this month, Tla'amin Nation made sure each one knew they are valued, and that they're a part of something vital.

That was the baby welcoming ceremony October 18 at the Salish Centre (Page 28), an antidote to every other piece of bad news. No matter what, babies are the best.

This month's *qathet Living* stories run the gamut from the terrible, such as empty shelves and record visits at the local food bank (Page 9), to the exuberant and celebratory, such as the kick-off to craft fair season (Page 47).

These pages also offer sage wisdom for how to navigate this community's divisions, person to person (Page 35), and practical ways to help, if you're able to give money or time to the many holiday fundraisers between now and mid-December (Page 11).

For many of us, the season between All Souls Day and Christmas can be bitter-sweet, as we particularly miss loved ones who have died. Starting

on November 3, you can reach out to them privately, on a "Telephone of the Wind" installed at Cranberry Cemetery; it's part of the annual Memento Mori festival (Page 25.)

From the morose to the jolly, this issue of *qL* reflects the many shades of qathet in the fall. But the best is always, no matter what else is happening, the babies. **qL**



## EDITOR'S MESSAGE

PIETA WOOLLEY

# qathet LIVING

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# qL

# “

You guys have been very busy during the pandemic, because there's about 90 babies to welcome. - *Ryan Pielle, Page 28.*

# ”

## NOVEMBER'S CONTRIBUTORS



**HELEN EVANS'** grandmother was a large influence on her life. She had a great memory and was a wonderful storyteller, something she has passed on to Helen. *See Helen's story, What is War?, on Page 22.*



**KATE SUTHERLAND** is a facilitator and organizational development consultant with a background in social innovation. She is fostering "livingroom conversations" this fall. *See Kate's story, Bridging Community Connections, on Page 35.*



**SAVANNA DEE**, manager of the Action Society Food Bank, was a logging camp cook, a rock band caterer, a Yukon hotel manager, and has been a life-long adventurer. *See Savanna's story, The Food Bank Needs Your Help, on Page 9.*



**ROWAN COCKSEEDGE** is qL's new intern, and a Grade 12 student with a passion for artistic creation. A passion that, at its center, is simply a love of writing. *See Rowan's Remembrance Day story, Through Teenage Eyes, on Page 20.*



After 40+ years in Smithers, writer and publisher **SHEILA PETERS** has been finding her way back into qathet through local writing projects. Find more of her work at [sheilapeters.com](http://sheilapeters.com). *See Sheila's story, Telephone of the Wind, on Page 25.*

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Inviting businesses, organizations and individuals to help fill the Powell River Food Bank this season.



This year we will again be doing the Corporate Pallet Challenge in order to reach the necessary goals to keep the food bank shelves stocked up throughout the winter and even spring!

The Corporate Pallet Challenge invites Powell River businesses to buy a 1,000 lb pallet of food for the food bank by making a \$500 donation per pallet.

Businesses are welcome to buy as many pallets as they like, and they will receive a receipt for any donations for tax purposes!

Find out how to participate at [mypowellrivernow.com/stuff-the-trailer/](http://mypowellrivernow.com/stuff-the-trailer/)

Let's fill up the food bank and help those in need this Christmas and beyond!



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

## COST OF LIVING

Food • Housing • Gas • Taxes • & More

# Something

BY PIETA WOOLLEY

With a sold-out crowd on October 19, Tidal Art Centre hosted the first Empty Bowls fundraiser in qathet. Tickets got you a pottery bowl by local artists, plus soup. The Powell River Action Society Food Bank received a much needed donation of over \$4,500.

“We started planning the event last year,” said Keltie Jeankins, who helped organize it with Nancy Jeankins, who owns the gallery. “Considering the rising cost of food over the last few years, the timing seemed right for an evening where people come together to enjoy delicious food made by some of our best local restaurants while fundraising for an organization that serves our community in such an essential way.”

Everyone in the Tidal community, Keltie explained, has been impacted by the soaring cost of living. That makes the Empty Bowls event less about charity, and more about community – sharing with each other during a challenging time for everyone.

People close to the gallery have “been affected in many ways,” said Keltie, “from living in their vehicles for a few months, to having to take on roommates... to changing their go-to grocery store and shopping habits, to no longer being able to afford to eat out at restaurants.”

In this issue of *qathet Living*, the annual Helping Issue, you can find many opportunities to donate to local agencies through the holidays, starting on Page 11.

As the cost of living crisis reaches its tentacles into every home here, giving has been down, according to Savana Dee, manager of the PRAS Food Bank (see Page 9). That compounds this precarious era for the most vulnerable among us.

And, as Keltie points out, universal access to decent food and shelter shouldn't depend on charity.

“We'd really love to see some effective government policy that results in lower housing costs (for both renters

and buyers,)” she said. “The Canadian grocery store monopoly should be dissolved, which would certainly lower food prices.”

The phrase “cost of living” seems to be on everyone's lips this fall. When she was campaigning, now-MLA-elect Randene Neill said it was one of the most frequent concerns voters spoke with her about.

Everyone agrees something needs to shift. But what?

**Governments seem desperate** to find ways to draw down soaring consumer costs. So far, successes have been limited. For mitigating real estate prices, the Province introduced a foreign buyers tax, new rules on Air B&Bs, pushed local governments to approve more building faster, allowed multiple suites on all single family lots, introduced a flipping tax, and much more.

The BC Utilities Commission was tasked with investigating gas prices – including here in qathet (see more on Pages 9 and 38).

Ottawa went after the big grocery stores with a task force to monitor and investigate pricing.

However, none of these initiatives seems to have drawn prices back in line with incomes.

**Among the most vulnerable** are, of course, young families, teens, and seniors.

For the first time this year, Christmas Cheer offers hampers to seniors. Gerry Gray Place, a drop-in and support centre for seniors, is organizing a gift drive (see Page 12).

More and more seniors are asking staff at Gerry Gray Place where to find affordable housing, reports Amy Remark, inclusion Powell River's communications manager. “Finding affordable housing is challenging for them. Transportation, like a taxi to attend a support group, is very expensive. And access to nutritious food choices is limited. Most are on fixed limited-income and/or disability [assistance],” she said.

Whether you're a business owner, a family or a senior, the skyrocketing cost of living is challenging all of us as individuals – and as a community.

# g's gotta give

## How bad is the 2024 cost of living crisis?

	2019	2024	change
Individual income in qathet, median	\$31,790 (2018)	\$37,160 (2022)	+17%
Family income in qathet, median	\$49,400 (2018)	\$56,390 (2022)	+14%
Average sale price of a home in qathet	\$383,000	\$630,000	+65%
Average rent in qathet	*	*	*
1 litre of unleaded gasoline, qathet	\$1.59	\$1.84	+16%
1 KG ground beef	\$8.78	\$14.04	+60%
1 KG Chicken Breast	\$12.29	\$16.99	+38%
Canned tuna	\$1.80	\$1.50	-17%
White bread	\$3.82	\$3.82	-
Butter	\$3.99	\$6.14	+54%
Eggs, 1 dozen	\$4.01	\$5.42	+35%
Oranges, 1 kg	\$3.66	\$4.89	+34%
Onions	\$4.21	\$5.77	+37%
Pasta	\$2.65	\$3.45	+30%
Coffee, 340 grams	\$5.68	\$7.61	+34%
Infant formula	\$31.47	\$45	+43%
Canola oil	\$6.52	\$10.45	+60%
Peanut Butter	\$5.37	\$6.09	+13%
Canned tomatoes	\$1.37	\$2.20	+61%
Dry beans	\$2.93	\$3.36	+15%

\* Anecdotally, the cost of rent has doubled since before COVID. At press time, online rentals varied from \$700 a month for a room in a shared space, to \$1,950 for a two-bedroom suite in a house, to \$3,000 for a two-bedroom full house.

Unfortunately, government statistics only calculate average rents being paid – not how much it costs to rent a place that's on the market right now. So rental stats don't represent the thoroughly impossible task of renting a place in 2024, on local wages.

Note: Info above from the Canadian Real Estate Association, Statistics Canada, and the Canadian Price Index (CPI).

### How can locals help families who are in the thick of it?

Advice from clients & staff at Youth & Family

**Be understanding.** No family wants to struggle financially; every family is trying their best with what they have. When families are really struggling to make ends meet their capacity as caregivers can be impacted; what makes this worse for families is shame from their community.

**Welcome people.** Make friends from all socio-economic backgrounds and foster a sense of community and belonging.

**Share what you can.** Donate to the local food-bank. Choose to not hugely increase the rent for the next family moving in. Offer your children's clothes on the swap and shop for free. Take along your child's friend to a fun event.

**Think hospitably.** Donate the kind of food that you would eat or need for a range of meals.

**Fill your home.** If you have a big, mostly empty house, consider turning some of it into a suite or offering a room for reasonable rent. You could be the facilitator of life-lasting positive change for a youth or family in need.

**Pay a bill.** Support a child or youth to participate in extracurricular sports, the arts, music, STEM tutoring and/or other social activities whose family is not able to pay and you will make a direct difference in someone's life.

**Surprise someone... and the system.** Get some grocery cards, put them in an envelope, and secretly give them to a youth or family in need while concurrently advocating for critical changes to the current systems that serve so few.

**Use your power.** Advocate for a better transportation network. Far fewer people can afford a new car now, or an old one, or even fuel.

creativity and resilience demonstrated by our clients and staff in times of crises, but it shouldn't have to be that way when it comes to meeting the most basic of needs."

Rachel asked clients and staff anonymously about how the cost of living is impacting them. Her notes are chilling. Teens, unable to find housing, are couch-surfing or living in tents. Parents are choosing whether to drive or eat. Children are getting pulled out of extracurricular activities. Families – including those who would be considered 'middle class,' – are making do with less nutritious food.

The crew offered some ways locals can help struggling families (see sidebar). One family enhancement counselor also noted that substantial change is needed.

"What gives me hope though is the community here and how supportive people are. Most people want to see families succeed and want to lend a helping hand. The other hope I have in regard to this is knowing what is currently occurring in BC is unsustainable and it will change, maybe not for my generation but hopefully for my children's."

**The stress is trickling up** the economic ladder, too. Davic Group owner and Chamber of Commerce president David Formosa knows this economic era can't last.

Among the Chamber's business-owning members, he said, they've seen that the cost of housing here is putting stress on the workforce. You can't attract employees if they can't afford to live here, he said.

And, the costs that impact families – food, fuel, rent – also impact businesses. Plus, costs that are hidden from consumers, such as container shipping costs which increased four-fold since 2020, hit businesses directly.

"It's unreal," he said. "People are living in a daze since COVID. Like, when is this nightmare going away?"

Cost of living forces are impacting his businesses, too. Currently, the Powell Lake Marina is subsidizing the Shinglemill Restaurant, Dave said. His City land taxes there alone are almost \$42,000 a year – an increase of approximately 9% this year.

Inflation on food, fuel, labour, repairs and more mean he has to charge over \$20 for a hamburger – as other independent restaurants in town do.

Limited numbers of locals, he knows, can afford to go out frequently for \$30 lunches.

As president of the Chamber, former mayor, and local president of the Knight of Columbus, Dave wonders how much longer our region can endure sharp rises in the costs of... everything. [pieta@prliving.ca](mailto:pieta@prliving.ca)

At Youth and Family, an agency that supports all kinds of families, programs manager Rachel LeBlanc reports that the cost of living crisis is hammering people. Apart from the practical problem of putting food on the table and securing a roof, financial stress is weighing on teens and parents, especially, leading to "depression, anxiety, nihilism, anger, shame and, of course, the resulting unhealthy coping mechanisms and isolation," said one family enhancement counselor who works there. "We're inspired by the

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COST OF LIVING

# Gassed!

BY ISABELLE SOUTHCOTT

**G**as prices vary wildly across Canada and those of us who live in Powell River often feel ripped off that we have to pay a lot more for fuel than many other BC residents do.

Most times we compare the price of our gas in Powell River/qathet to the price of gas in the Comox Valley, elsewhere on Vancouver Island, or the Lower Mainland. Recently, I drove across Canada to attend Tollermania with my three Nova Scotia Duck Tolling Retrievers. On route, I took note of the price of gas across this great country of ours. Here's what I found.

Powell River had the highest gas price in all of Canada on my route. The lowest was in "friendly Manitoba" where the folks at the Co-op gas stations pump your gas and clean your windshield with a smile for no extra charge. Gas there cost \$1.28 compared to Powell River's \$1.84.9 for regular unleaded. In some parts of Manitoba gas was as low as \$1.20 a litre on the same day.

Like food prices, the price of gas differs greatly depending on where you live. Is it fair? Is it fair that groceries cost more in some communities than others? Is it fair that some provinces and even communities have access to better health care than others? The answer is no and I realize that this story

## Road Tripping on Gas Prices

Here are some of the gas prices (regular unleaded) from coast to coast at the end of September this year.

- Powell River, BC - \$1.89.9
- Surrey, BC - \$1.68.9
- Merrit, BC - \$1.60.2
- Golden, BC - \$1.69.9
- Canmore, AB - \$1.54.9
- Saskatoon, Sask - \$1.41.9
- Brandon, Manitoba - \$1.28.9
- Hadashville, Manitoba - \$1.31.9
- Nipigon, Ont - \$1.65.9
- Wawa, Ont - \$1.63.9
- Iron Bridge, Ont - \$1.52.9
- St. Andre, NB - \$1.54.3
- Perth Andover, NB - \$1.55.9
- Debert, NS - \$1.52.3

will not change the price of gas, but I hope it will make enough people angry at the injustice of it all so they will continue to pressure their MLA and MP for gas price fairness so that the gap between Powell River gas prices and nearby communities isn't so big. 🐾



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**CHEAPER EVERYWHERE ELSE:** Left, \$1.28.9 a litre for regular unleaded in Brandon Manitoba in late September. Right, \$1.52.3 in Debert, Nova Scotia.



## COST OF LIVING

BY SAVANNA DEE

March and September of this year were the busiest months ever recorded at our local food bank in its 30-year history.

We had almost 200 new clients in 2023 and as of October 1, we are almost at that amount right now, part-way through 2024.

With over 3,000 visits to our food bank last year, and 338 visits in the month of September alone this year, and the outrageous cost of food, we are struggling to make ends meet. We need help to keep the doors open and fulfill our motto of “Feeding our Community.”

At the same time, donations are down as people are struggling to feed themselves and their families. Even big corporations have cut their donations in half as they are laying off workers. We truly are in a crisis and very worried about the future.

Statistics Canada recently released bleak new data. The March 2023 Hunger Count Report shows nearly 2,000,000 visits to over 5,100 food banks and community organizations across Canada. Food Banks Canada polling confirms that almost half of all Canadians who earn under \$50,000 a year are struggling under intense financial hardship.

Food banks are desperately trying to keep up with



# The Food Bank Needs You

**RECORD BREAKING:** Food bank staff, assistant manager Mary Black and intake worker Jusnaidy Cantillo with helpers Mike deVries and Glen Pavlick are trying to keep up with increased demand for food.

# SANTA'S BREAKFAST!

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**Doubled in price:**  
The cost of the Food Bank's bags of monthly staples is soaring.

Food bank manager Savanna Dee said that the cost to provide a monthly staples bag for a single person is \$86.80. That bag includes items such as peanut butter, pasta, canned soup, beans and other basics. Anyone who shops knows, the cost of food is rising.

She explained that these bags are augmented with fresh produce, bread, eggs and meat donated by local grocery stores and farmers.

skyrocketing demand as people's incomes no longer stretch far enough to meet the everyday cost of living. This food crisis and food insecurity is at an all-time high and shows that food bank usage has doubled since 2019.

Food banks alone are not the solution to hunger and food insecurity in Canada—and if the latest StatsCan forecasts come true, we will not be able to support the tidal wave of people needing support in the months and years ahead.

**Food Banks Canada** has mandated that all Food Banks in Canada be accredited by March 2025. This is a project the Powell Rver Action Centre Society Food Bank is currently working on.

It is imperative that all Food Banks follow the same protocol, no matter how big or small. To that end, they have created a Standards of Excellence set of rules for all food banks to follow. The sections to the standards include: Governance and Administration, Financial and Legal, Client Service and Care, Public Engagement, and Fundraising,

The local food bank has contracted with a consultant who has been writing policy and procedure for each of the sub-sections within the six sections.

Food Banks Canada has provided funds to help create the policies and procedures and to train staff and board members on familiarizing themselves with the standards of excellence. They have also provided funds to upgrade the Food Banks to meet the standards. This is so food banks do not have to use their own funds, funds that they use to purchase food. Items such as stainless-steel food grade tables for sorting, food grade bins for storage, locking cabinets for cleaning supplies, and other items are paid for through the generous funding from Food Banks Canada.

The Powell River Action Centre Society Food Bank is the only food bank in the region that is a member of both Food Banks BC and Food Banks Canada.

There are online meetings taking place each month on each section of the standards and food banks across Canada are working together to ensure that everyone understands the task ahead.

Another aspect of this project is getting feedback from stakeholders. We look forward to hearing from food bank clients and having them become part of the way we provide services to them.

Once the project is complete, Food Banks Canada will send representatives to ensure that all standards are being met and will then give the Powell River Action Centre Society their Accreditation as providing Standards of Excellence in service and support.

The Powell River Action Centre Society Food Bank has always followed the Food Banks Canada Ethical Food Banking Policy.

Once complete, the Policy and Procedure manual of the Standards of Excellence will be available for anyone to see in a hard copy at the Food Bank and will be posted on the Food Bank website: [powellriverfoodbank.com](http://powellriverfoodbank.com)

Many of the policies will also be posted on the wall at the entrance to the Food Bank.

Staff, volunteers, and the board are all excited to take this next step.

We will continue "Feeding our Community" until Food Banks are no longer needed ... we hope that day does come! 🍌



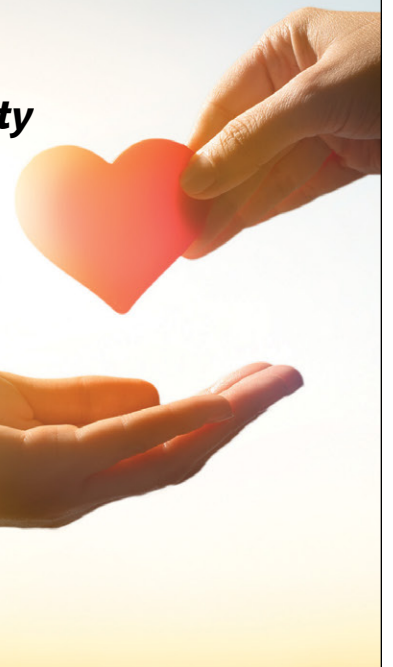
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**SANTA'S BUSINESS:** Both Mike Cameron (left), president of Underwriters Insurance, and Colin White (right), president and CEO of Verecan Capital Management, are in the business of helping families achieve stability and security. So it's no surprise they'll embody those values December 1, at their annual Breakfast with Santa Toy Drive and Fundraiser for Powell River Christmas Cheer and the Salvation Army. See Pages 9, 12 & 13 for more.

Each year, locals work together throughout the holiday season to care for each other through fundraising, gift giving, and donations of time and skill.

It's something we can all be proud of, and something we can all participate in.

## How to Help Your Neighbours

# How to Help

### Stuff the Trailer/ Corporate Pallet Challenge

**December 2 – 14 • At FreshCo**  
Major fundraiser for the Powell River Action Society Food Bank. Sponsored by Coast FM, Freshco, City Transfer, Designer Signs and *qathet Living*.  
**How to participate** • Powell River businesses: join the Pallet Challenge. Buy 1,000-pound pallets of food for the Food Bank (\$500 each), and receive a donation receipt for tax purposes. No limit to the quantity of purchased pallets per business. Individuals: Drop off donations at the Food Bank, buy \$10 gift cards at FreshCo, or contact Corinne at [cwilliams@vistaradio.ca](mailto:cwilliams@vistaradio.ca) to have donations picked up. Cheque, cash, or direct deposit donations can be made at the Food Bank.  
**Contact** • [mypowellrivernow.com/stuff-the-trailer/](http://mypowellrivernow.com/stuff-the-trailer/) and see ad on Page 6.



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## Christmas Cheer Hampers

### Now through December 6

The Powell River and District Christmas Cheer Committee was founded in 1948 by a group of women that worked out of their basements in Townsite. The shutdown of the Mill left many families destitute within the community so they gathered in a basement of a home to collect food and gifts for their neighbours in need. The Christmas Cheer program helps between 150 and 300 families per year. Last year, for the first time, seniors were included in the hamper program.

Since Covid we no longer provide "Food" in the hampers, we supply grocery cards and hygiene items to each family. This allows the families to purchase food items to cover their individual dietary needs. We purchase gift cards in large amounts from the major grocery store in town giving us a corporate discount. Our grocery cards are ear marked specifically for groceries, not allowing the purchase of tobacco, alcohol and lottery tickets. Every year the families are given a hygiene bag that includes soaps, toilet paper, shampoo, and other toiletry items. These bags were decorated by Miss Adams class at Edgehill, Miss Devita's class at Assumption, and Miss Sauve's class at Westview Elementary. These bags were a big hit with the recipients.

**Apply for a hamper at** • The Town Centre Mall (by the lottery center), Townsite Grocery, Youth and Family Services (Ash Street), Lang Bay Store. Gerry Gray Place, Cranberry Senior Center. Drop off for the applications will also be at Gerry Gray Place, deadline of Friday December 6. Applicants

need to provide proof of income and child tax benefits in order to qualify.

**How to donate money** • Donate directly via pr-christmas-cheer.com, mail cheques to Shelley Stephen #302-4477 Michigan Avenue, Powell River, BC V8A 2S4, or send an e-transfer to prchristmascheer@gmail.com. Christmas Cheer volunteers will be in person in the Town Centre Mall to accept applications and to answer any questions noon til 4 pm November 19, 22, 26, and 29, and December 3 and 6. Hamper distribution day is Saturday December 14th.

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

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

## Christmas Cheer Adopt a Family/Senior

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

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

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

## Breakfast with Santa Toy Drive

**December 1 • Carlson Club Loft** Annual breakfast buffet event with Photos with Santa, kids crafts, and more hosted by Underwriters Insurance and Verecan Capital Management. See Page 9.

**When** • Dec. 1 9:30 am – 1:30 pm

**How to participate** • Bring a new, unwrapped gift (or gift card) for a child or teenager, or make a monetary donation to support families in need this holiday season.

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

## A good time to give: Bluegrass concert

**December 14 • Cranberry Hall** Bluegrass fundraising concert with Scout Mountain and the Cranberry Hall Association. All proceeds to the Action Society Food Bank.

**When** • Door 6:30, concert at 7pm.

**Details** • \$20 (at The Nutcracker on Marine), and bring a non-perishable item for the food bank. Watch for more on social media and in the December issue of *qL*.

## Family Place Toy and Food Drive

**November 1 to 30 • Family Place**

Now more than ever we are seeing young families struggling to put food on their tables and provide regular, nutritious meals for their kids. All too often we are hearing that families are having to choose between making rent or making lunch. Help spread some joy and healthy food with local

young families this holiday season by donating non-perishable food items and new toys to our young families in need.

**What is Family Place?** • Celebrating 20 years this year, Family Place Resource Centre has been supporting local families since 2004 with drop-in groups and activities for kids; classes, workshops and resources for parents and caregivers; a food pantry, snacks and meal support; and information and resource sharing to help young families get through the early days of parenting. We support approximately 50 families at any given time. Now more than ever we are seeing young families struggling to put food on their tables and provide healthy and regular meals for their kids.

**How to participate** • Drop off new toys or non-perishable food items to Family Place Resource Centre in Town Centre Mall (across from Shefield Express) between 9:30 am and 2:30 pm, Monday-Friday, November 1 to 30, or bring them by Family Place's 20th Birthday Party on Wednesday, November 27 from 11 am to 1 pm.

**Contact** • Grace Chasters, 604-414-5603

## Lang Bay Hampers

**December 3 – 14 • Lang Bay Hall**

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

**How to participate** • Items can be dropped off at Lang Bay Hall Tuesdays, December 3 & 10, 12:30 pm to 1:30 pm, and Saturdays, December 7 & 14, 10 am to noon.

**Contact** • Carol at 604-487-1259 or July 604-487-4499.

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**THE HOLIDAY HUSTLE:** Brooks' Students for Change annual Jingle Jog, December 14, raises funds for the Salvation Army this year. *Photos courtesy of Tanya Larkin*

## STUFF the ORCA BUS with Youth & Family

November 1 to 30 • Youth & Family

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

**What is Youth & Family?** • Offers a wide variety of free programs and services for families and young people from birth to 19 years of age. Visit [www.youthandfamily.ca](http://www.youthandfamily.ca) for more information.

**How to participate** • Drop off your donation at Youth & Family from 12-4 pm Tuesday to Thursday at 5814 Ash Ave. Businesses are invited to put a drop box at their location! Contact us for more information. We will be collecting gifts during the month of November at our offices and anywhere you see the ORCA bus!

**Contact** • [admin@youthandfamily.ca](mailto:admin@youthandfamily.ca) or 604-485-3090.

## Knights of Columbus Charity Appeal

Through December 14

A BC-wide raffle that raises money for local charities. Winners get cash prizes, and the grand prize is a 2024 Ford Escape Hybrid.

**What Knights of Columbus is** • A Catholic men's service club started in the 1800s to support widows. Now, locally, the KOC raises money for coats for kids through the PR Food Bank, addiction recovery at Miklat House, for inclusion PR, and other local initiatives.

**How to participate** • Buy a ticket from KOC volunteers in the Mall near Wal-Mart most days. Tickets are available Wednesdays at Capones. Cash, credit and debit accepted. One ticket for \$5, 10 tickets for \$25, and 50 tickets for \$50. Available til December 14.

**Learn more** (and buy tickets at) [kofc-bc.org/charityappealhome/](http://kofc-bc.org/charityappealhome/)

## Jingle Jog

**December 14 • Brooks Secondary**  
**What it is** • A yearly fundraiser put together by the Students for Change club at Brooks Secondary School. Fundraising for the Salvation Army. Prize draw at the event.

**How to Participate** • Register to walk or run either a 6 km or 3 km route. Pre-register at the Brooks office (and other businesses TBD), and online starting mid-November. Watch for posts on social media.

**Cost** • Registration is \$10 per person and \$25 for families

**Contact** • [Studentsforchangebrooks@gmail.com](mailto:Studentsforchangebrooks@gmail.com) or StudentsforChange on Instagram

## Salvation Army Kettle Campaign

Our yearly Kettle Campaign raises money for our various programs that help local low-income or struggling individuals and families.

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

## Salvation Army Christmas hampers

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

**How to participate** • Drop off new toys, food, or money at the Salvation Army on Joyce. Contact us if you need to organize an after-hours drop off, or to inquire about adopting a family. Please apply by November 30 if you would like to be a hamper recipient this year. Last year we distributed about 195 hampers.

**Contact** • 604-485-6067 or [contact@salvationarmypr.ca](mailto:contact@salvationarmypr.ca)



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## Santa Train

December 6 & 7  
Paradise Exhibition Park

Miniature train rides in the dark, but with many Christmas lights, a bonfire, and the Kiwanis food concession in the quonset hut. Fundraiser by the Powell River Forestry Heritage Society.

**When** • 6 to 8 pm each night.

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

## Gerry Gray Gift Drive for Seniors

Now to December 9

Gifts will be distributed at an event, and others delivered in person.

**What Gerry Gray Place does** • Gerry Gray Place (at the ARC Community and Events Centre) is a drop-in centre for older adults. The centre hosts the Better at Home and Supporting Older Adults through Recreation (SOAR) programs, and a Frozen Meal Program.

**How to participate** • We are asking for gift cards for gas, groceries, and restaurants. They can be dropped off at the ARC, 7055 Alberni Street by December 9.

**Contact** • Belinda in person at the ARC, ggp@inclusionpr.ca, 604-485-4008.

**Want to help more?** • Gerry Gray Place is always on the hunt for volunteers. Applications can be filled out online at [inclusionpr.ca/pages/volunteer](http://inclusionpr.ca/pages/volunteer)

## Kiwanis Adopt-a-Family

Now through December • Quality Foods & online

Families receive hampers. Funds raised at our October garage sale, plus donations from the Wishing Well, go towards the hampers.

**How to participate** • Toss loose change into the Wishing Well at QF October through December.

Or people can donate through [pr-christmas-cheer.com](http://pr-christmas-cheer.com)

**Contact** • Kathy Maitland at [kmait@hotmail.com](mailto:kmait@hotmail.com)

## Everybody Deserves a Smile (EDAS)

November 12 to December 9

**What EDAS is** • A homegrown, grass-roots community project that started 21 years ago to bring a smile to the faces of under-housed, addicted, and vulnerable people in our communities during the winter holidays.

EDAS qathet has had five successful years in the region with a growing number of local support agencies participating and Kindness Bag requests increasing from 100 in 2019 to 525 in 2023.

We work with students from kindergarten to Grade 12 to make homemade, hand-painted care packages filled with hand-made cards, homemade cookies, warm socks, toques, mitts, scarves and toiletries – all donated by our phenomenal community.

**Who receives the bags** • Last year we distributed 500 Kindness Care Bags in Powell River, qathet Region and the Tla'amin Nation, through 10 different local support agencies.

**How to participate** • Donations of

gloves, warm socks, mittens, toques, scarves and toiletries will be gladly received during the campaign at all SD47 schools as well as the Powell River Library and the Knitter's Nest in the Townsite Market. Volunteers are needed to help students at Henderson School fill bags on December 9.

**Hands-on participation opportunity for families** • A community cookie decoration evening will be held at the Powell River United Church December 5 at 6:30 pm.

**Contacts** • Community Lead Doe Fraser 250-898-7698. Henderson School Lead Kate Boyd 604-483-9162. Or email [qathet@edas.ca](mailto:qathet@edas.ca) and follow Everybody Deserves A Smile on Facebook or Instagram @edas.powerfullove

## Sunshine Gogos holiday treats sale

December 14 • Town Centre Mall

The Sunshine Gogos are a Grandmothers to Grandmothers group affiliated with the Stephen Lewis Foundation. We raise money to support African grandmothers who are raising their grandchildren due to the AIDS pandemic. Our donations fund community, educational, and medical initiatives.

When • 10 am to 4 pm

**What** • Bring your loonies and toonies – this sale is for everyone. Holiday decorated packages – all at \$7 each.

**Contact information** • Malerie Meeker, [malerie.meeker@gmail.com](mailto:malerie.meeker@gmail.com), 604-483-6413.

## Remembrance Day Poppies

Until November 11

Poppy lapel pins are a symbol of remembrance. Monies raised from the Legion's annual Poppy campaign

are put into our Poppy Trust Account and are used to assist Veterans and their families.

Money raised in Powell River stays in Powell River.

**What the Legion does** • The Royal Canadian Legion is committed to ensuring Canadians never forget the sacrifices of our Canadian Armed Forces, RCMP, Peace Officers, Merchant Navy, and Reserves. We remember Canadian Veterans from all conflicts, as well as those who have made sacrifices on the home-front. We also remember our military families—the mothers, fathers, sons, and daughters of Canadian Veterans.

**How to participate** • On November 1 and 2 there will be Veterans, Legion members, firefighters, and volunteers around town with a poppy tray (pins by donation). Cadets will participate on November 2. Poppies will also be available at The Royal Canadian Legion.

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



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# How to Help Local Organizations

## 10th annual Mother Nature Santa Photos with Pets

November 23 • Mother Nature Fundraiser for the PR SPCA, Therapeutic Riding, & PROWLs. See Page 30.

**How to participate** • Bring your pets to the back of Mother Nature. For a donation, take photos with Santa.

**When** • 10 am to 4 pm.

## Therapeutic Riding Open House / Silent and Online Auctions

November 30 • At Therapeutic Riding Barn

This event is open to the public, and is a great place to pick up a Christmas present from our silent auction or bake sale. Bring the kids along and enjoy our petting zoo (with a photo booth).

**When** • 1 am to 3 pm

**Missing this event?** • Online auction launching December 1. Follow along at @prtherapeuticriding.

**What it's for** • Raising funds for the PRTRA program. The goal of our therapeutic program is to relax and stretch tight muscles; develop strength and endurance in weakened areas; improve posture, balance, coordination, concentration, and attention. This all leads to better social skills, communication and confidence which helps the riders to be better prepared for school and to participate more fully in all aspects of daily living.

## Hay is for Horses!

Your donation will help purchase hay or grain for one of PRTRA's therapy horses.

**How to participate** • Drop by the Therapeutic Riding Facility to donate in the name of someone special or email sara.prtra@gmail.com. Tax receipts are issued for donations of \$20 or greater. \$50 for a bale of hay or a bag of grain.

## Brooks Music December Mandarin & Coffee

Through November 14 / 21

Beautiful, in-season mandarin oranges in time for the holiday/vitamin C season. This is part of the annual Brooks Music Citrus Fundraiser that stretches back to the 1970s (Music teacher Mr. Cramaro still holds the record, with 84 boxes sold in 2005). And, bags of locally-roasted coffee.

**What it supports** • The money is for Chamber Choir, Jazz Choir, Jazz Band, and Concert Band student travel.

**How to participate** • Find a Brooks Music student and order bags of coffee by November 14 and boxes of mandarins by November 21. Pick up

mandarins at Townsite Fruit & Veg, in Townsite Market, December 7. Pick up coffee from the Brooks Winter Nights of Music December 4/5 at Max Cameron Theatre, or through your student.

**Cost** • Price per box/bag was TBA at press time.

**Contact** • Steven Cramaro if you don't know a student to order through: steven.cramaro@sd47.bc.ca.

## Brooks Dry Grad Gift Wrap and other fundraisers

Dry Grad is an annual event that is open to all Grade 12s, where they join together in a safe way to celebrate their last year of school together. The evening includes, food, music, prizes, and more.

**How to participate** • 1. Bring your purchases to the booth in the Town Centre Mall for gift wrapping by donation. 2. Every spring, BC Liquor customers are invited to support dry grad celebrations by donating \$1 or more to support high schools in their community organize alcohol-free graduation celebrations. All money collected is passed on to local school districts. 3. We have an account set up at the Bottle Depot: 'Brooks Dry

## Retail Therapy

### Pollen Salmon Sweaters

A fundraiser for the Powell River Salmon Preservation Foundation, these limited-edition salmon-coloured sweaters sell for \$250 each and support local salmon. See ad on Page 42.

### Oceanside Entertainment & Christmas Cheer

If you're planning to donate new toys to Christmas Cheer this year, you can buy your toys for donation at Oceanside Entertainment for 40% off. That's just one way this Marine Avenue store is supporting Christmas Cheer. See more on Page 3.

Grad 2025' open to the public to drop off bottles. 4. Watch for the pizza fundraiser where the community is encouraged to place an order and a percentage from each order is given to Dry Grad. 5. Look out for other Dry Grad fundraisers, which will be announced soon.

**Direct support** • Donations can be made to "Brooks Thunderbird Dry Grad Society." We are also always looking for prizes for raffles and donations of gift wrap. If you have a fundraising idea or way we can partner with you for a fundraising opportunity please email us.

**Contact** • drygradpr2025@gmail.com



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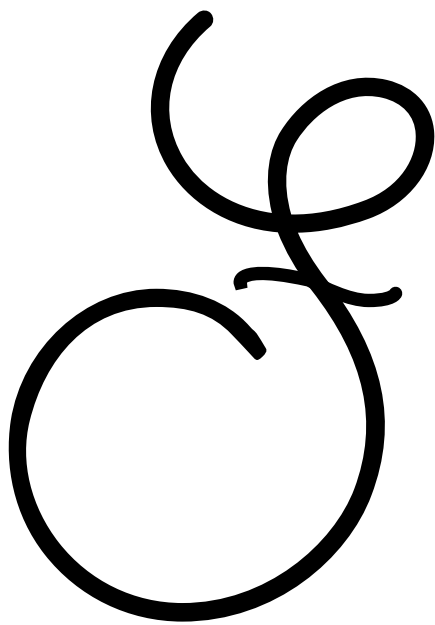
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**THE BRAINS BEHIND THE AI:** Hospital Foundation Executive John Catcher, Treasurer; Meaghan Westie, Secretary; Jan Sanderson, Vice-President; Ken Dickson, President.

# Hospital Foundation Supports Stroke Diagnosis AI Software Expansion Project

BY JAN SANDERSON

**S**troke is a serious condition that can lead to long-term disability or even death, and it can be caused by other health problems like high blood pressure, diabetes, or heart issues. When it comes to stroke diagnosis and treatment, timing is everything: for every minute delay in treatment, 1.9 million brain cells are lost.

Currently, a special treatment for certain stroke cases called Endovascular Therapy (EVT) is only offered at Vancouver General Hospital (VGH). To make sure this treatment is used wisely VGH uses artificial intelligence (AI) software to scan images and identify which patients are likely to benefit from EVT.

The Powell River Hospital Foundation, along with the Lions Gate and Sechelt Hospital Foundations, has provided funds to a Vancouver Coastal Health (VCH) project which will expand the use of artificial intelligence software (Rapid.AI) to our hospitals so local doctors can work more effectively with stroke experts at VGH and make better decisions about transferring patients to VGH for EVT therapy.

## Using AI to support faster stroke care for Coastal patients: VCH Innovation

“We want to make sure that following a stroke, individuals living in our coastal communities get access to the care they need quickly,” says Kelly Sharp, Regional Stroke Lead.

“A brilliant team across VCH is piloting an exciting initiative that will expand the use of AI-driven imaging software to our coastal communities. This technology will quickly analyze CT scans, determining the severity of a stroke and alerting VGH neurologists right away if EVT is needed.”

The diverse team, including stroke neurology, emergency department physicians and staff, radiology, medical imaging, and other key partners across the VCH region, will collaborate to support:

**Patient-centred care.** Coastal patients will receive the right care at the right place at the right time.

**Patient outcomes.** Minimizing the time to treatment is critical for preventing brain damage and improving recovery.

**Access to specialized care.** Enabling local hospitals to collaborate with VGH specialists will ensure patients receive specialized treatment as soon as possible.

**Equity in health care.** Indigenous populations and remote communities face a higher risk of stroke. Now rural and remote hospitals can provide more equitable access to stroke diagnosis and treatment.

**Provider experience.** Using AI can positively affect neurologists’ experience, helping them make faster and better-informed decisions.

**Use of health-care resources.** Only those who are confirmed as candidates for EVT will be transferred from Coastal to VGH, freeing up emergency transport for other critical cases.

**System and environmental savings.** Reducing unnecessary patient transfers relieves the burden on the health-care system and also reduces costs and environmental impacts from ground and air transport.

Donations to the Powell River Hospital Foundation enable the funding of equipment, training, and research that improve the delivery of health care in our local community, and reduce the need for patients to travel out of town to receive care.

Updates on this project as well as ways to donate can be found on the Foundation website [prhospitalfoundation.com](http://prhospitalfoundation.com). Donations can also be made through Canada Helps and Gift Funds Canada.





**ANIMALS NEED YOUR HELP TOO:** Top, the PROWLS calendar supports local wildlife rescue (see below. Photo by Ken and Kathie Pritchard) Right, therapy horses Jasper and Luna benefit from the Hay is for Horses fundraiser, and the PRTRA Open House (see Page 15 & 41).

### PROWLS calendar

The PROWLS calendar is a wildlife calendar of species that we have rehabilitated, with photos by Ken and Kathie Pritchard, aka “the K Team. **What PROWLS does** • Powell River Orphaned Wildlife Society is residents’ first call when they find injured or orphaned wild animals. Volunteers rescue the animal, rehabilitate it and release it whenever possible. This year saw a wide variety of wildlife come through the doors, from baby hummingbirds to trumpeter swans and bear cubs and bobcat kits to baby western jumping mice.

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

**Contact** • 604-483-9787

**Want to help more?** • PROWLS is always looking for volunteers, especially for non-hands-on tasks.

### Kings Hockey Dream Lottery 50/50

A fundraiser for staff wages, facility costs, office expenses, equipment, and other administrative needs. Potential jackpot of \$100,000. Winner takes half. Winner selected January 4, 2025. **How to participate** • Tickets are available only at [prkingsdreamlottery.ca](http://prkingsdreamlottery.ca) or [powellriverkings.com](http://powellriverkings.com) **Contact** • Shaun Garvey, [sgarvey@powellriverkings.com](mailto:sgarvey@powellriverkings.com)



### Special Olympics Christmas Tree Mulch

**January 5 • Parking lot near Mother Nature**

Annual fundraiser, and now, other than bottle collection, the tree mulch is Special Olympics only fundraiser in qathet. It’s a socially and ecologically-responsible way to dispose of your Christmas tree.

**How to participate** • Tree tags can be purchased and trees can be dropped off January 5, for a donation (suggested minimum donation: \$5). Tags will be available at Mother Nature.

**When** • 10 am to 1 pm.

**What it supports** • The funds support our local Special Olympics programs throughout the year. Funds help pay for the weekly costs of the facilities that we use to run our programs, as well as equipment and uniforms and travelling to competitions.

**Contact** • Dan Vincent – [vindan1959@gmail.com](mailto:vindan1959@gmail.com)



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## COZY CREATIONS ARTISAN, CRAFT, AND VENDOR FAIR!



**Saturday, November 23, 10am to 4pm**

**Sunday, November 24, 10am to 4pm**

Town Centre Hotel Banquet Room

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See our vendors list on Facebook



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3. Complete the registration form, providing your contact information and preferences

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

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# How to Help Raise Awareness

## Shoe Memorial and 16 Days of Activism against Gender-Based Violence in Powell River

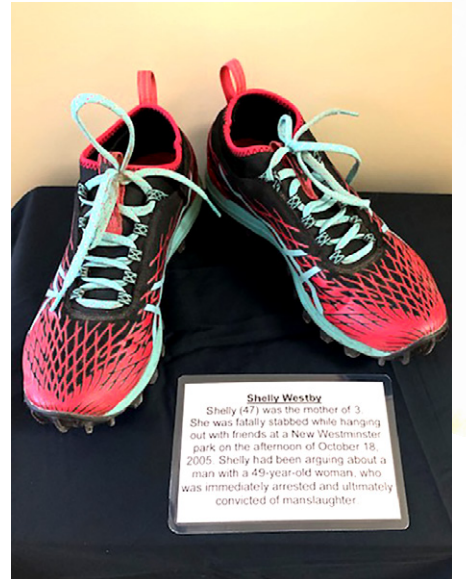
November 25 to December 10

From the International Day of the Elimination of Violence against Women, until Human Rights Day, the 16 Days of Activism against Gender-Based Violence is an international campaign to bring awareness and strategies for individuals and organizations to call for the prevention and elimination of violence against women and girls.

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

**How to participate** • On Friday, December 6, qathet SAFE's Shoe Memorial will be on exhibit in the Public Library foyer to commemorate the National Day of Remembrance and Action on Violence Against Women. December 6 is the anniversary of the 14 women murdered in a gender-based act of violence at the École Polytechnique de Montréal in 1989.

At the Shoe Memorial, 14 pairs of



shoes will be displayed and each will include a short biography of each student who died in this mass killing. The shoe memorial will focus on these 14 women but will honour all women and children who have been killed due to gender based violence. Please stop by the library foyer anytime between 10 am and 4 pm.

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

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# How we Remember & what we Remember

This year, qL's Remembrance Day section features stories about how we remember war.

Page 20 • Intern **Rowan Cocksedge** spoke to three local teenagers about their families' involvement in – and protest against – wars, and how this generation carries those stories.

Page 22 • **Helen Evans** recalls her childhood during WWII in Edinburgh, Scotland.

Page 23 • **Dino and Elva Aprilis** share how their decades-long love story began in Halifax, with Dino already in uniform.

## Important 2024 anniversaries

**S**ince Confederation, more than 2.3 million Canadians have served at home and around the world. This Remembrance Day, Veterans Affairs Canada will focus on missions to Africa.

### 30th anniversary of the beginning of the Genocide in Rwanda

From 1993 to 1995, Canada was a leading contributor to a series of United Nations peacekeeping missions in the African nation of Rwanda. However, the United Nations Assistance Mission for Rwanda (UNAMIR), led by Canadian Major-General Roméo Dallaire, was powerless to prevent the slaughter of 800,000 Rwandans in 1994.

### 125th anniversary of the beginning of the South African War in 1899

Also known as the Boer War, was Canada's first official dispatch of troops to an overseas war.

*All info from Veterans Affairs Canada.*

### 80 years since D-Day

On 6 June 1944, Allied troops stormed the beaches of Normandy (France) to open the way to Germany from the West. Victory in the Normandy campaign would come at a terrible cost. The Canadians suffered the most casualties of any division in the British Army Group.

### Royal Canadian Air Force Centennial (RCAF)

April 2024 marked 100 years of service for the Royal Canadian Air Force (RCAF) as a distinct military element.

### Monday, November 11 Public Remembrance Day Events

- 9:30 am Parade fall in
- 9:35 am March of the Colours
- 9:45 am Parade marches off to Dwight Hall
- 10 am Service begins inside Dwight Hall
- 10:45 Parade marches off to the Cenotaph
- 10:56 am Parade, O Canada, Last Post, two minutes of silence, prayers, placing of the wreaths, God Save the King.

*Afterwards, the parade will march past, salute the veterans, and the Legion will host lunch and entertainment.*

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# Through teenage eyes



## Tristan Somers and his great-great-grandfather Henri Beaudoin

**T**ristan Somers is a recent graduate from Brooks Secondary School. His great-great-grandfather, Henri Beaudoin, fought in WWI with the 73rd battalion (Royal Highlanders of Canada).

Tristan honours his great-great-grandfather's legacy by telling his story, and sharing his memory. He is currently working to save money for university. Tristan plans to study bio-chemical engineering at UBC.

This is a story Tristan heard from his grandmother.

Amidst the chaos of the Battle of Amiens in 1918, Germany's most infamous fighter pilot, the Red Baron, dropped a bomb that exploded, and tore up Henri's body.

He lost control of his legs and was forced to lay in no-man's-land for sev-

eral days until he could be evacuated from the fighting and brought to a hospital. During that time, severe gangrene spread in both his legs. Tissue death, either due to a lack of blood flow or a bacterial infection, was a common killer in wars. Most of the doctors agreed that amputation was the only option.

However, Henri knew for certain that he would rather die than lose his legs. One doctor agreed to help him. She placed Henri in a tub of bleach, where he would remain for several weeks as the infection in his legs slowly died.

After he emerged from the tub, Henri had to use a cane to walk. His legs caused him pain for the rest of his life, but thanks to that doctor, he got to keep them.

BY ROWAN COCKSEGE

Their ancestors were little older than they are now, when war came. This is how three local teens remember and honour their own families' sacrifice.

## Bennet Welde and her great-grandfather Elmer Hamilton

**B**ennet Welde graduated from Brooks Secondary School last year and is currently studying ecological biology at Thompson Rivers University.

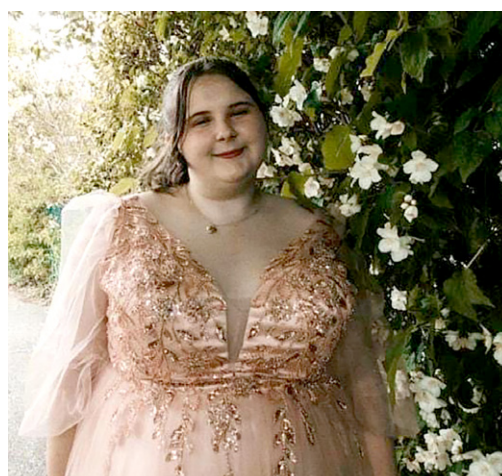
Bennet believes in the pursuit of knowledge over violence. Her great grandfather Elmer Hamilton believed the same.

When Elmer was in his early 20s, he received a letter saying he'd been drafted into the Second World War. Due to his religious faith, Jehovah's Witness, he knew he could not go, but instead of running, Elmer stood his ground. He answered the letter with his own, one that explained his beliefs, and his refusal to fight.

Again, Elmer stood his ground, waiting calmly in his home for the soldiers who came to arrest him. Instead of a prison, Elmer was placed in a working camp to assist the war effort. He served his time stoically and was released within a year. He later told his family that he enjoyed the experience, saying it taught him discipline.

However, Elmer's return home was not a joyous one. During his time at the working camp, he had contracted polio. He was forced to live in an iron lung for several months and struggled with the aftereffects of the virus for his entire life. Though despite his illness, he did live a long one.

"His refusal was a crime, and he would be jailed."



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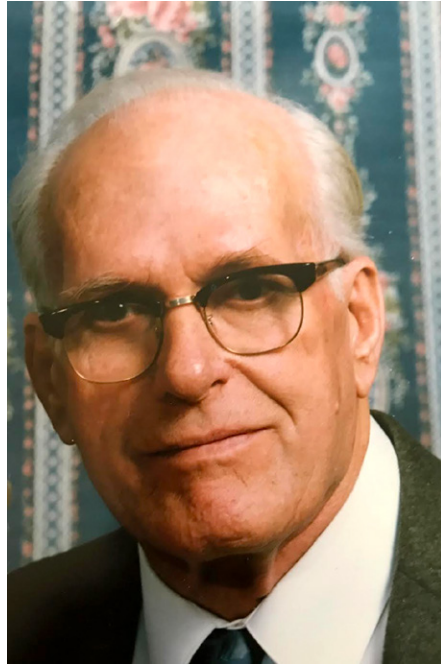


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"It was his desire to see his kids again that kept him alive."



## Julian Konstantonis and his great-grandfather George Cockledge

**J**ulian Konstantonis is an 11th grade student enrolled at Brooks Secondary. His great-grandfather George Cockledge fought in WW2 as a part of the Canadian Essex Scottish Regiment.

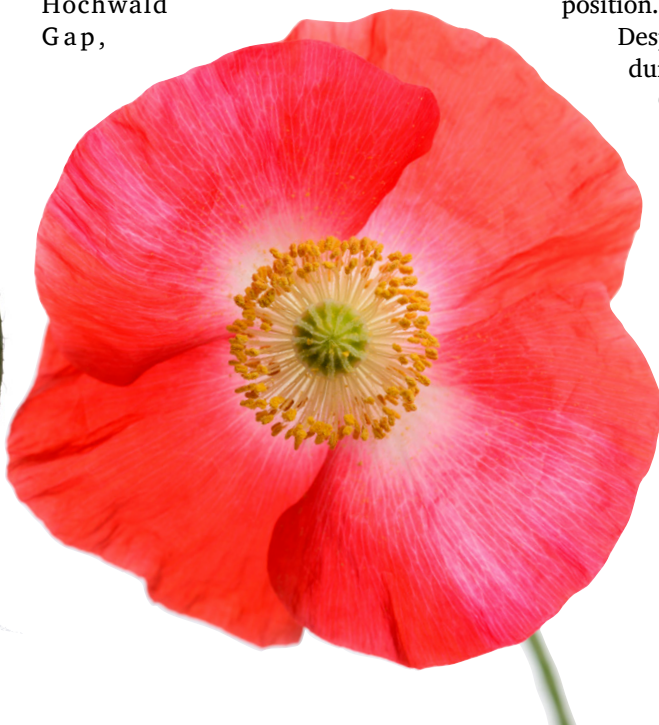
Julian is currently a member of the Air Cadets and hopes to join the military when he graduates. Julian honours his great-grandfather's memory by learning all he can about him and sharing his story. He describes his great-grandfather as a kind, patient, smart man.

In 1945, George Cockledge fought in the Battle of the Hochwald Gap,

one the most bloody and fearsome battles of the Second World War. The goal of the battle was for the allies to defend their position in the Hochwald Gap, and to stop the Germans advancement. Due to the heavy weather conditions, George's regiment was forced to abandon the heavy artillery and continue the fight on foot.

They succeeded at crossing 500 yards of open ground and 10 feet of barbed wire in order to clear the opposing forces trenches. They succeeded despite enduring heavy losses, and by nightfall, the Canadian Essex Scottish regiment was firmly holding their position.

Despite the horrors he endured during his service, George Cockledge fought as hard as he could to return home to his family. As his wife used to say, "it was his desire to see his kids again that kept him alive."



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**MUMMY KEEPS EVERYONE SAFE AND EVERYTHING GOING:** Helen Evans was a child—the eldest of five—when war broke out. Here, her family pictured near their home at Edinburgh Castle, in about 1939.

## “What is war?” I wondered at seven

BY HELEN EVANS

It was a typical Sunday at our home in Edinburgh, in 1939. Mummy was inside with nine-month old John, Daddy was at the Territorials (Army Reserves), which he'd joined because he needed the money for his family, and I was out on the street looking after Bobby, 4, Gordon, 3, and Tommy, 1, in his pram—quite a responsibility for a child not quite 7.

It was a clear September day, and the children were gathered at the square at the end of the street, where there were no gardens in front of number 14—just a large area of smooth stone slabs, where throughout the year the girls played their seasonal activities: skipping, balls, peri tops, diabolos, and peevers (hopscotch).

The boys always seemed to be off somewhere else playing football or cricket in the swing park, exploring the neighbouring parks and streets, playing marbles in the gutter, climbing backyard walls, catching minnows in local streams or playing cowboys and indians. They were always active, always busy.

The only time they played with the girls was when they needed the numbers to make up teams for rounders or kick-the-can.

On this particular Sunday, I remember walking up the street holding Gordon's hand, when a large figure in a flowing black robe came flying across the street from the church, which was kitty-corner to the square. It was the Reverend David Gordon Livingstone, known to all as DGL, and he was shouting, “It's war. War has been declared.”

At the sound of his stentorian voice, windows opened, heads popped out, children stopped playing,

and men on their way to buy their Sunday newspapers halted in their tracks.

There was a mumbling of voices, and many questions asked and answered. I had no idea what it all meant, but being a child who always needed a logical answer for everything, took a deep breath and cried out, “What is war?”

“Well, Helen,” DGL answered, “That's a good question, but there's no simple answer. War is when men fight their enemies, and this time Germany is our enemy. Now all of you go home and tell your parents,”

I ran home, pushing and pulling my three brothers. On the way I remembered the memorial plaque in the church with all the names of the men in our church who had died in the 1914-18 War. Was this going to happen again? Would Daddy die?

I rushed into the house, calling out to Mummy that war had been declared, and what did that mean? In her usual controlled manner, she replied, “The men will be going to fight, and Daddy may be late getting home.”

When Daddy did come home, it was only to have something to eat, pack some things—toothbrush, toothpaste, soap, towel, shaving stuff, underwear, socks, cigarettes, and matches and then he was off to war.

For the next five years, Daddy was like a visitor, dropping in very occasionally for a few days.

Mummy was our anchor. She held things together; she was a great organizer, but then she had to be, having five children with only six years and two days between me, the eldest, and John, the youngest.

Even with only our childlike understanding, we knew, without a shadow of doubt, that Mummy would look after us and keep us safe.



# How a soldier from Powell River met his bride from White Rock, Nova Scotia



**THEIR EYES MET ACROSS A GARDEN:** Dino Aprilis, left, and Elva Hancock, right.

**BY ISABELLE SOUTHCOTT**

**M**idway through WWII, a young Canadian soldier from Powell River walked through the Public Gardens in Halifax, Nova Scotia with two army buddies. The trio were stationed in Halifax, waiting to be deployed.

They saw three pretty young women sitting on a bench and took note. The young men eyed the young ladies and the young ladies eyed the young men.

Hoping to see the young ladies again, the soldiers walked through the public gardens the following day. The young women had the same idea and when

the three soldiers walked by, the young women were sitting on the same bench as they had been the previous day.

One of those young ladies was Elva Irene Hancock of White Rock, Nova Scotia and the young man from Powell River was Dino Aprilis.

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Join us for an evening of remembrance, candle-lighting, and reflection. This ceremony is a space for healing, connection, and comfort.

**Event Date:** Tuesday December 10, 2024, 6:30 PM

**RSVP by Dec 1:** [powellrivertcf@gmail.com](mailto:powellrivertcf@gmail.com) for the exact address in Westview, Powell River.

Bereaved parents, grandparents, and siblings are welcome. Supportive friends may also attend.

Feel free to bring a photo, memorabilia, or simply yourself. We love to get to know each other's children.

For more information contact: Ariel 604-218-6245  
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Our Mission - *To support parents on their grief journey following the death of a child.*

Coffee, tea and cookies will be served following the ceremony.

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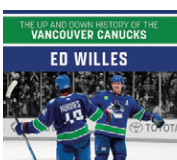
## NOVEMBER EVENTS AT THE LIBRARY



Medicinal and Edible Mushrooms with **Todd Caldecott**, Nov. 1



Dirt Relations (mountain bike film) documentary filmmaker **Patrick Lucas**, Nov. 7



Ups and Downs of the Canucks with sports columnist **Ed Willes**, Nov. 19

Plus, Barbara Lambert presents her new book *In Paradise: Wolves at my Back Door* on Nov. 8.

Check out our events calendar for more information. [prpl.ca/calendar](http://prpl.ca/calendar)



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Dino and Elva struck up a conversation and before you knew it they were dating. The couple fell in love and were married in December 1944.

Elva continued to live with her parents and nine siblings while Dino lived in the army barracks.

Halifax played an important role in the war as an assembly point for supply convoys and troops heading overseas. The Halifax Citadel served as a transit barracks, the headquarters for the city's anti-aircraft defences, and a depot for the Canadian Women's Army Corps.

### In the beginning


Dino was born in Italy and when he was an infant, his father (also a soldier – see sidebar) emigrated to Canada by himself. Dino, who was now six, and his mother Rosalia, followed in 1929. Dino attended Henderson and Cranberry Elementary Schools and graduated from Brooks High School.

“After graduating, Dino went to work in the wood room at the Powell River Company mill,” said Barbara Lambert in her book *War Brides and Rosies*.

“In 1941, at the age of 18 he volunteered for service with the Canadian Army. Dino was stationed at Halifax, Nova Scotia, after initial training in Camrose, Alberta.”

Lorraine Franzen of Wildwood is one of Dino and Elva's four daughters (Carole Thulin, Kathy Davis, and Cindy Stutt). She said her father was not deployed overseas as he had very weak ankles. Instead, he spent a lot of time training young cadets during the war years and became a Sergeant Major.

Like many others, he never spoke of his time in the army, said Lorraine. “If he had gone overseas, I might not ever have been born,” she said.

After the war was over, Dino and Elva headed to Powell River where Dino had a job waiting for him at the mill as the Powell River Company had promised all their former employees that they would get their jobs back once the war was over. 

### Two generations, two wars

Dino's father Angelo was born into a poor peasant family in the then-province of Udine, Italy. At the age of 19, Angelo was drafted into the Italian army just as Italy declared war on the Austro-German axis (1915).

Early in the war he was taken prisoner by the Austrians and interned for seven years in the slave labour camp near Mauthausen. After his release, the Italian army discharged him with just enough money to buy a good meal and a coat.

In 1923, not long after his discharge from the army, he emigrated to Canada and arrived in Powell River where Angelo found work at the mill. In 1929, Rosalia and Dino joined him. Angelo built a house in Cranberry, and the couple had two more children, Bruno and Ida.

Although Angelo's children approached the Italian consular authorities repeatedly to obtain the recognition and small pension he was entitled to for his service, they were given the run around. At first, they were told they had no records of him, then they were told his records had been lost, then they were told his records had been destroyed and then the authorities were told the matter was out of their hands.

Finally, two weeks before Angelo died, his records were mysteriously found and the Italian government sent him a medal with no mention of pension entitlement. – Summarized from *The Powell River Italian Club Celebrates 150 Years of Italian Regional Pride in a Unified Nation*, by Tony Culos (2011).

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# Reach out on the Telephone of the Wind

BY SHEILA PETERS

In 1956, when I was three, we moved into a new house and got a new phone number. It followed us when we moved a dozen years later. It was the number I always called to talk to my mother, and it stayed hers until she died last year. We still have that number on our landline. My cell phone lists it as Mom.

A few weeks ago, on our way to catch the ferry home, we received a phone message from Mom. My sister was staying at our house, so I assumed it was her. But when we played the message through the Bluetooth, my mom's voice filled the car.

## TELEPHONE OF THE WIND LAUNCH

**When:** Sunday, November 3, starting at 2:30 pm

**What:** To open the Four Tides Hospice Walk of Memories at the Cranberry Cemetery on Sunday, Nov. 3, the telephone will be given a blessing in a ceremony

**Where:** Cranberry Cemetery.

**CALL SOMEONE YOU MISS:** Harvey Chometsky, Sheila Peters and Roger Langmaid celebrate the installation of the Telephone of the Wind at the Cranberry Cemetery.



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“When I remember all the times I dialed Mom’s number over the years and all the emotions we shared, it’s easy to believe the connection is still, in some way, there.”  
*- Sheila Peters*



**BUILDING A MACHINE TO REACH THE OTHER SIDE:** Harvey Chometsky in his outdoor studio during the construction of the Telephone of the Wind.

“I don’t know why you would be calling me,” she began.

We were stunned because Mom had been gone for almost a year. I remember hearing and deleting that message when we first received it. But there it was. We were more than a little shaken.

Her message was all the stranger because I’d been working on The Telephone of the Wind Project with Harvey Chometsky and Roger Langmaid. With the blessing of Four Tides Hospice Society and the support of qathet Regional District we were preparing for its installation in the Cranberry Cemetery in November as part of community Memento Mori activities.

In 2010, Japan’s Itaru Sasak placed an old phone booth in his garden, installed a rotary phone and

called a cousin who had died of cancer. He called it The Telephone of the Wind. The next year, he made it available to the thousands of people who never had a chance to say goodbye to a loved one they’d lost in the huge tsunami of 2011. His project struck a chord; since then hundreds of wind phones, of every imaginable design, have been installed around the world.

It is a way for you to say goodbye, to say you’re sorry, to offer forgiveness, to give good news, to share your grief. Ours is an old rotary phone (donated kindly by the PR Health-Care Auxiliary Economy Shop) sitting on a shelf built into a beautiful slab of

local maple and lovingly attached (without screws) to a venerable cedar in the graveyard. A spiral of beach pebbles above the phone changes from grey to white to signal the lightening of your spirit as your words are carried on the wind to the one you miss.

When I remember all the times I dialed Mom’s number over the years and all the emotions we shared, it’s easy to believe the connection is still, in some way, there. By the time you read this, the phone will be in place. And I will have stood in the shelter of that grove of cedars and dialed. After I say hello, maybe I’ll cue up Stevie Wonder’s I Just Called to Say I Love You. 📞

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**BUILDING A NATION:** Elders Elsie Paul and Bev Dixon led the cedar brushing ceremony for Tla'amin's newly-elected leadership October 19. Top, Tanner Timothy, Erik Blaney, Brandon Louie, Gloria Francis, Brandon Peters, Dillon Johnson, Callum Galligos and Hegus John Hackett. Above, Elsie Paul with Hegus John Hackett and Tanner Timothy. Above right, Elders Elsie and Bev lay boughs before the ceremony.

## ta?ow in action

**K**icking off Tla'amin Nation's Fall General Assembly mid-October, the Hegus and Legislators were blanketed and brushed with cedar. At the centre of the gathering – printed in the program with pronunciation links, worn on t-shirts – were Tla'amin values, the ?əms ta?ow: accountability, communication, discipline, fairness, honesty, humility, integrity, respect, sharing, and spirituality.

The agenda included community updates on the tiskʷat specific claim (the former mill lands); housing arrears forgiveness; the 2024 financial audit; name change, and more.

Tla'amin hosts General Assemblies twice a year. Although 280 members registered, many out-of-towners missed this one, due to the atmospheric river. That included emcee Michelle Washington. Newly-elected Legislator Tanner Timothy stepped up into that role last minute.

He recognized that gathering “in song and ceremony and dance is not something that the last few generations were able to do.” 🏴

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# čęęhαθę

Tla'amin Nation welcomed 94 babies and young children on October 18 – the first baby welcoming ceremony since before COVID.

“You guys have been very busy during the pandemic,” joked Ryan Pielle, Tla'amin’s child and family services manager, when he opened the ceremony at the Salish Centre. He’s right: 94 babies in six years, in a nation with just 1,200 members, is a remarkable birth rate.

The event started with a community feast, which included salmon and halibut, fish egg soup, oysters, prawns, bannock, and salads.

Although the atmospheric river kept about 50 expected parents and children away, the energy in the room was electric. After the feast, families gathered at the front of the room in groups, starting with ba-



# č, babies!

abies born in 2023. Each family received a cedar brushing, a certificate, and a gift.

Among those who made it from afar was Tla'amin member Chastity Davis-Alphonse, who traveled with her husband Chief Joe Alphonse, from Tsilhqotin Nation (near Williams Lake) so their one-year-old son Chinook could be welcomed by the community.

"The fish egg soup was his favourite," she said.

Culture and heritage manager Drew Blaney explained that traditionally, Coast Salish babies are welcomed in a 10 Moons ceremony. That is, after about five months, "they're considered safe to stay on the earth," and are given their first name.

"This is an adaptation of that," said Drew. "We're growing so big as a Nation, a lot of us don't know who the kids are. Most of the community is here tonight. This feast helps us learn who all the parents are, who the babies are, to make those family connections. More than likely, you'll learn it's your little cousin."



**SO MUCH TO CELEBRATE:** Top left, from toddlers to elders, drummers kept the beat while the community danced. Below left, fathers get cedar brushed. Above, dancing and singing, to welcome the babies. Left, twins in the balloon photo booth. Above left, Chastity Alphonse with Chinook, a 2023 baby. They came from Williams Lake for the ceremony. Above right, born in 2018, six-year-olds received certificates. Top right, mom Carly August and daughter Charlotte are brushed with cedar. Right, the youngest babies were brushed first. Far right, Jessica Johnson pins a button blanket on her daughter.



**WORKING THE EVENT:** Left, Kylie Paul and Trista Tom-LeBlanc at the registration desk. Right, Gail Blaney, Jolene Sutcliffe, Karen Lawford, Tori St. Amand and Stephanie Larkin made (and cleaned up from) the extraordinary seafood feast.

Aunties House Coordinator Trista Tom-LeBlanc is the mom of three boys, aged 11 and 10-year-old twins. She was working the registration desk for this event, and recalled how meaningful the ceremony was for her family, when the boys were born.

“It made me really proud to continue the tradition of our people, and to

show the boys how special they are,” she said.

A more private tradition that continues, Trista said, is burying baby buttons under a tree at home. After a baby is born and the umbilical cord falls off, it’s supposed to be buried on the family’s property. “It’s a connection to the mom, so they will always have a con-

nection to their community and their home.”

Kylie Paul, Tla’amin’s citizenship registrar and membership clerk, is also the mom of three boys, ages 10, 7 and 4.

“My belly button and my boys’ are all buried under a tree at my parents’ home, where I moved in at four months,” she explained. “So they’re all

together. We’ll always be drawn back to that spot.”

This is likely the last time the baby welcoming ceremony will take place in the Salish Centre. It, and all important ceremonies, will be centered at ʔəms ʔaye “Our House”- the new log long house under construction, starting next year. **PL**

# Pics for charity

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**FIRST TIME MLA:** Randene Neill, wearing a red scarf, celebrates at her campaign headquarters in Sechtel on election night October 19. The NDP MLA-elect represents Powell River-Sunshine Coast in Victoria.

## Newly-elected MLA felt this election was a nail-biter

**A**ffordable housing, BC Ferries, the cost of living crisis, health care, crime, highway safety, public transit: these are the issues our newly-elected MLA heard about most often when she was campaigning on doorsteps, here in qathet.

On October 19, Randene Neill continued Powell River-Sunshine Coast's two-decades-long run of NDP MLAs, when the first-time candidate won the riding with half the votes.

The preliminary results revealed that Conservative Chris Moore attracted 36% of the vote; the Green Party's Chris Hergesheimer got 13%, and qathet's

own Greg Reid, running as an independent, took 1%. Although polling before the election considered this riding "safe" as an NDP stronghold, Randene wasn't sure, when she was out campaigning. She credits the hard work of her team for keeping support steady.

"I honestly didn't know how it would go. We felt it was tight when we were knocking on doors. Of course, we're very happy with the outcome."

As a journalist, Randene used to report from the Legislative Assembly. The swearing-in this fall will be her first time back since that era. **PL**

### Votes for the NDP stay very stable here, and around BC

After the preliminary Provincial election votes were tallied October 19, Premier David Eby said the results sent a "strong message" to his team.

British Columbians "want their emergency rooms open and running, they want their family doctor, and anything less is unacceptable. When it comes to their downtowns, they want to feel safe with their kids going downtown when they run a business downtown," said Eby. "That's a lesson that I take: that we didn't do enough and we've got to do more to make sure that we're supporting those kinds of communities, those kinds of strong public services."

While all of this is probably true, and while the NDP lost about 11 seats to the renewed Conservative Party, which must have *felt* like a spanking, the NDP's share of the (preliminary) popular vote only fell by three points provincially, and barely two points here in qathet, from 2020's results.

Considering the impossible mandate of the past four years, which included governing during COVID; the revelations at Kamloops Residential School; the atmospheric rivers that took out the Coquihalla Highway and the Fraser Valley; the worst wildfire season on record; the cost of living

	NDP votes: BC-wide	NDP votes, Powell River-Sunshine Coast
2024 Election: Preliminary	45%	49%
2020 Election	48%	51%
2017 Election	40%	50%
2013 Election	40%	55%
2009 Election	42%	58%
2005 Election	42%	43%

and housing affordability crisis and the illicit drug crisis, and so much more, it seems that British Columbians are either delighted with the NDP's leadership—or terrified of a potential Conservative government.

Either way, in terms of the popular vote here, this was a no-news election for the NDP.





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## WHAT'S UP

### Kings change coach

Kings head coach Glenn Anderson is stepping away from the team.

“I would have to miss a large portion of this season to juggle certain unexpected personal affairs and other part-time commitments that I took on years before joining the Kings; this would be unfair to the players and the coaching staff,” said the six-time Stanley Cup champion and Hall of Famer.

Current general manager, Stephan Seeger Jr., has been named the new head coach and vice president Chad van Diemen will take on the duties of director of hockey operations.

### Land and water defenders share how to ‘Protect all our relations’

qathet residents have an opportunity to hear from four women who have taken substantial risks and given generously of their time and resources in their efforts to protect fundamental rights and a liveable future on Earth: Protecting All Our Relations: Thursday, November 14, Cranberry Seniors Centre, from 6:30 to 8:45 pm.

Land and water defenders, Secwepemc Matriarch April Thomas, Billie Pierre of the Nlaka’pamux nation, and environmental engineer Romilly Cavanaugh were arrested and sentenced to jail as part of their efforts to protect us from the TMX pipeline expansion, which is shipping toxic diluted bitumen across BC, to be shipped out through the Salish Sea to other nations, built at a staggering cost to taxpayers of over \$30 billion.

Readers may remember when Romilly Cavanaugh was first arrested blocking the then Kinder Morgan pipeline; the arrest made headlines, as Cavanaugh had worked for TransMountain before it was purchased by Kinder Morgan.

They will be joined by journalist and author Laura Robinson, who spoke about women in sport at the Recreation Complex and showed her film, *Niigaanibatowaad: Frontrunners*, at the Powell River Public Library last year.

She has testified in a Canadian Human Rights Tribunal case regarding anti-Indigenous discrimination and conflict of interest in the RCMP and will read from her book, *Crossing the Line: Sexual Assault in Canada’s National Sport*. She was the first journalist in Canada to write about sexual abuse in sport in 1992.

Local band, the Beach Crashers has offered to liven up the evening with some great vibes! Let’s join in welcoming these dedicated, courageous guests and see what we can do to amplify their efforts to protect life on earth, to protect all our relations.—*Jan Slakov*

### Have you lost a child? Candlelighting Ceremony in loving memory of our children

Each December, The Compassionate Friends gathers for a special event in honour of our precious children, whose lives we hold forever in our hearts but no longer in our sight. As we approach this holiday season—a time when family and friends come to-

gether in joy – we know it can also be a time of deep sadness when we are missing our children.

We invite you to join us for an evening of remembrance and reflection. Together, we will light candles in memory of our children; sharing stories of love, laughter, and the little things that made them unique. This ceremony is a space for healing, connection, and comfort. Through our memories, we will come to know our children as we remember them.

The event is Tuesday, December 10, from 6:30 pm. RSVP by December 1 to powellrivertcf@gmail.com. The location will be in Westview – please email or phone for the exact address.

Bereaved parents, grandparents, and siblings are welcome. You may bring a supportive friend. Cookies, tea, and coffee will be served following the ceremony.

Please feel free to bring a photo, a memento, a special story, or simply yourself as we create a safe space to remember our children together. Your presence is a gift, and we hope you can join us.

Call Ariel at 604-218-6245 or Zella at 604-486-0464 (Texada) for more about the Powell River Compassionate Friends Society. Our mission: To support parents on their grief journey following the death of a child.  
–*Ariel Turcotte*

### Can you help older dogs and older people?

ElderDog officially launches in qathet on November 13. The national organization and its local chapters help older adults care for their canine companions and help older dogs whose lives have been disrupted due to illness, relocation, or death of a human companion.

Locally, ElderDog is recruiting volunteers to help with transportation to and from vets and groomers; minor grooming; assistance with obtaining food and feeding; dog walking; and temporary care/fostering. The chapter is also looking for some leadership roles, including board secretary and treasurer, event organization, administrative support and more.

If you can offer help, visit ElderDog.ca and contact Sidney Clare at 604-741-7823.

### YMCA Child Care Grand Opening

Last year, qathet School District was awarded the “ChildCareBC New Spaces Fund” by the provincial government to help create new licensed child care spaces in our community.

With this funding, the district is able to offer 56 new child care spaces for ages 0-5 at Kelly Creek Community School and Edgehill Elementary. Construction of the facilities has been underway for some time, and in the summer the qathet School Board finalized its partnership with YMCA BC to be the independent child care operator at both locations.

The Grand Opening is November 2, 10 am to 12 pm, Edgehill Child Care Centre, located at 7312 Abbotsford Street (next to Edgehill School).

Brief speeches at 11 am, and there will be refreshments and the opportunity for families to explore the new centre and learn more about what services YMCA BC has to offer. All families welcome! 🗣️

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“Hearing our team being called is something I will never forget, emotions run so high and it’s a feeling I can’t even put into words!” – Mia Curtis



## Local hip hop dancer steps onto the world stage

**GLOBAL CHAMPION:** Mia Curtis, who earned her place on Team Canada, was one of 4,000 dancers from 30 countries competing at the International Dance Organization’s Hip Hop World Championships in Macedonia mid-October.

Mia Curtis, 17, was among the youngest members of Team Canada at the Hip Hop World Championships in October. She helped Team Canada place fifth overall out of 30 countries.

The Grade 12 student, who is in the Brooks-VIU dual-credit Health Care Assistant program, is new to international competition.

Mia and her mom Heidi Elvy travelled to Macedonia.

“It was our first international trip together,” said Heidi. “To take this journey with Mia was surreal in itself and I was so proud to stand beside her because all her hard work has paid off.”

This is how Mia did it:

### What was the process for getting to Worlds?

**Mia** • My dance coach Paige Anderson suggested I audition after she saw the In-

stagram post on the Team Canada Dance page. I was auditioning for the adult team which was ages 17-30 years old.

I had never auditioned for anything outside of Powell River so I was excited for the experience, making the team would be a bonus.

The audition was in Vancouver and consisted of free style segments, learning choreography and then performing it in smaller groups while the coaches filmed us. The audition lasted three and a half hours and I loved every minute of it!

Three weeks later I got an email stating I had made the team; it was one of the most exciting moments of my life! I trained with my team in Vancouver over the summer and every weekend in September before we left for North Macedonia on October 6.



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*Brenda Tucker & Perfect Fit*

## In qL, ads connect people to people, and keep locals shopping locally

**E**arlier this fall, Brenda Tucker remembered an ad she had seen in *qathet Living* magazine, for a local business that makes formal wear and wedding dresses. Brenda was looking for the perfect dress to wear to her son's wedding.

What was that business called?

She phoned the qL office to help. Do we know the name of that business?

Of course we do!

Publisher Isabelle Southcott let Brenda know that Perfect Fit was the ad that she saw, and it's owned by Guadalupe Dufour.

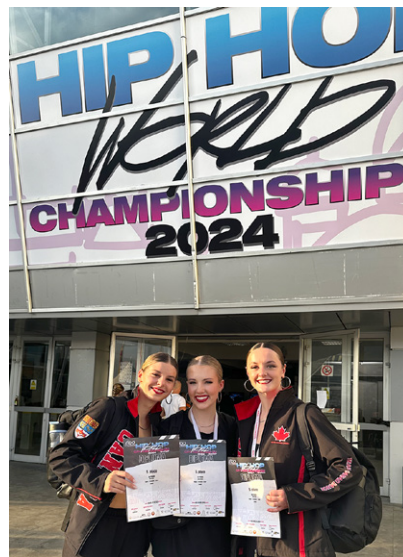
"I told Brenda that Guadalupe is an incredible dressmaker and seamstress and how lucky we are to have someone as talented as Guadalupe living in Powell River,"

said Isabelle, who is also a client of Perfect Fit's. "Guadalupe made two beautiful dresses for my mother a few years ago. My mom wanted dresses made just like her old ones, so I brought over my mom's old dresses along with fabric that she picked out. Guadalupe made a pattern from the old dresses and created two beautiful dresses that my mother loves!"

Isabelle then gave Brenda the phone number for The Perfect Fit.

Brenda went to see Guadalupe the same afternoon and guess what? She bought a dress!

Brenda was so excited to have found the perfect dress to wear to her son's wedding in October that she stopped by *qathet Living* on her way home to thank Isabelle for putting her in touch with Guadalupe.



**TEAM TIME:** Top, Mia Curtis celebrating with Team Canada in Macedonia. Left, Mia with two teammates with their top-5 certificates. Right, Mia at the auditions in Vancouver this spring – an exhilarating 3.5 hour audition.

### Tell us about your dance background.

**Mia** • My dance career has been studying all genres at Laszlo Tamasik Dance Academy for the past eight years, including contemporary, ballet, jazz, musical theatre, lyrical, and hip hop. My two favourites have always been hip hop and contemporary. I have been a member of the competitive dance team and am currently dancing my final year as a senior.

### Why hip hop?

**Mia** • The reason I love hip hop so much is because the movements can be very playful and fun and you can really put your own individual style into it. I also love the music and so much of my love for dance comes from my love of music.

### What did you think and feel when you first arrived at the event?

**Mia** • When we first arrived at the venue it was so surreal, it was the biggest stage I had ever seen and the vibe was so energizing! There were groups of different jackets and flags hanging from all over the world and I couldn't wait for our turn to be on that stage, never had I been more proud to be wearing a Team Canada Jacket!

### What happened at the competition?

**Mia** • During the competition you start in the preliminary round which consisted of 30 teams from other countries around the world. During this round and the semi finals, (if you make it) you compete any-

mously so that the judges from other countries don't have any bias.

We were thrilled we made it to the semi finals where they cut the number of teams from 30 to 16 and must perform your number again. Then there are finals. Finals are the goal as they cut it down to seven teams and you get to perform one final time with all the judges and spectators knowing your country this time! We were so excited to make it to the final round and placed fifth in the world! Hearing our team being called is something I will never forget, emotions run so high and it's a feeling I can't even put into words!

### What did you learn at the Worlds?

**Mia** • That this experience is so much more than dancing. It's a commitment to one another, it's teamwork, and it's a group of individuals that become more like family to one another. Getting to do what I love most was a bonus!

### What's next for Mia?

**Mia** • I plan on enjoying my final year at Laszlo, attending some workshops in Vancouver and on the Island this fall and winter and then next year after I have graduated I hope to branch out and gain more exposure at some out-of-town dance schools. I can't wait to see where dance will take me in the future and I can't imagine not being part of the dance community for years to come. **qL**



**CONNECTING BEYOND OUR BUBBLES:** In the Living Room Conversation process, two co-hosts each invite two others to make a group of six. Here is the pilot group, Kate Sutherland, Brenda Laycock, Robin Murray, Bill Bailey, Sherry Sakamoto, and Paul Miniato, after the third 90 minute session – “basking in the joy of each others’ humanity, even though we see many issues very differently.”

# Bridging Community Differences

BY KATE SUTHERLAND  
WITH PAUL MINIATO


Many of us express concerns about divisiveness and lack of civility here and across the world. About how we’ve lost the ability to talk to each other in ways that build community rather than tear it apart.

So, across our community, small groups are having “living room conversations” – a transformative way to bring people who have different perspectives together. The conversations are designed to help people truly listen to one another.

I (Kate) started this “Bridging Community Differences Initiative” in collaboration with the Education Committee of Westview Ratepayers Society thanks to my background as a facilitator and organizational development consultant. This fall, I am leading a se-

ries of orientations. The next one is on November 18 (see event box).

The five pointers I’ve included here are adapted from the conversation agreements used in Living Room Conversations. Together they are a secret sauce for great interactions. Applying any one of them will take your conversations to deeper more connected places. You might ask yourself, “Which one resonates most?” And then run with it!

The resulting conversations have real potential to heal divisions and bring us closer. When we take the time to listen and connect, it strengthens not just our personal relationships but the whole community. Little by little, these moments create ripples that spread understanding and trust. As more people join in, we can bridge divides and build a stronger, more welcoming community for everyone. 

## “The Secret Sauce” 5 ways to talk through our differences

We can all be part of this initiative. Here’s how you can apply the same “living room conversation” principles at home, at the grocery store, at work:

### Invite a deeper conversation

Prioritize listening, understanding, and connecting rather than debating, proving a point, or cross-talking. Instead of jumping in to share your perspective, slow things down and draw people out. “Tell me more about that” or “How did you come to have that perspective?” Even if only for a few minutes, invite conversations to go deeper than small talk. Discover how good it feels to connect.

### Listen, listen, listen

Truly listening means we open our mind and heart to another person and what they are saying. It doesn’t mean we agree with them or have to give up what we think. But it does mean we listen without interrupting, curious to understand what the other person cares about and how they see things. Ask yourself, “Why do they think the way they do?” “Given their life experience, how does their perspective make sense?” You’ll learn about others, and also yourself.

### Set aside judgments

To go to new and more life-giving places in our conversations, set aside judgments when they pop up. And they will. Notice when your body gets tight. Lean into those moments. Don’t feel that you can’t have your judgments, but explore what happens when those judgments don’t have you – closing your mind and heart to another person. Be curious about the possibility that no one is 100% wrong. If you can find a way to be open to other people then

## BRIDGING COMMUNITY DIFFERENCES

**When:** Monday, November 18, 6:30 to 9 pm, Cranberry Seniors Centre.

**What:** Really listening to each other brings healing and change. Learn about the LivingRoomConversations.org approach so you can strengthen the fabric of our community, one conversation at a time.

**To RSVP:** Or for more info, email Kate@emergecollab.com.

you can find a way to see that competing views are often complementary. Collectively, we will create better outcomes if we tap the wisdom in our different perspectives.

### Be authentic

Share what’s important to you. Speak from your experience. Be considerate of others who are doing the same. When we are authentic what we say generally has more resonance/impact than if we are strategizing what we say or speaking to persuade or convince. Ironically, when we stop trying to influence others, our genuine authenticity is what is most compelling. And on the flipside, we will be touched and enriched by the authenticity of others!

### Own & guide the conversation

Take responsibility for the quality of the conversation as a whole. Instead of watching a conversation go sideways, help it get back on track. You can always ‘name the moment’: “I notice we’re interrupting.” One person naming a specific dynamic can help a group see itself and creates space for others to share what they see or are experiencing.

## Santa Parade

Sunday, December 1 from 3-5 pm

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**BEFORE THE INTERNMENT CAMPS:** Above, Japanese camp on one of the Gordon Pasha Lakes (now Lois and Khartoum). Right, the shingle mill in 1915. Photos courtesy of the qathet Museum.

## “Exodus”: The Displacement of Japanese Canadians from Powell River

Japanese immigrants first arrived in Canada during the mid-1800s. Although they were eligible for citizenship, it was significantly restricted, including prohibitions on voting and certain professions. Consequently, many Japanese Canadians were recruited as labourers in lumber mills.

In 1913, the shingle mill was established on Powell Lake, and by the late 1920s, a community began to form around it. Many modest homes in the area were rented by Japanese Canadian families, while single men worked in the shingle bolt camps further up the lake.

Japanese and Chinese Canadian workers were paid significantly less than their non-Asian counterparts – approximately \$1.50 a day compared to \$2.50. Although little is known about life in the Japanese shingle bolt camps, records indicate that several camps

existed along Powell Lake and in the Stillwater area, at Khartoum Lake.

Following the attack on Pearl Harbor in 1941, the Canadian government intensified actions against Japanese-Canadians. Under the War Measures Act, all Japanese individuals within a 100-mile radius of the BC coast were forcibly removed to internment camps inland.

This period was marked by an atmosphere of distrust, as coastal residents feared a potential attack from the Pacific.

In 1942, approximately 20 Japanese Canadian workers at the shingle mill were the first to be escorted out. Soon after, the McNair Company in



### BLAST FROM THE PAST

DEVAN GILLARD

Stillwater was ordered to relocate the Japanese-Canadians from their shingle bolt camps. This directive deeply affected Nat McNair, who reportedly carried out the task “pretty much in tears,” as recalled by his son.

This event, referred to at the time as the “Exodus,” saw over 200 Japanese

individuals escorted out of Powell River with one-way tickets to Vancouver.

The *Powell River News* interviewed locals during this time and reported mixed opinions about the government’s decision, with many residents supporting the actions taken against the Japanese community.

Many of those displaced were second-generation (Nisei) and third-generation (Sansei) Canadians. Tragically, none of these families returned to Powell River after the war. ☐



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## I MADE THE MOVE

**G**arrett Brandsma was born and raised in Powell River/Qathet, I spent the last 12 years living and working on Vancouver Island and then in Alberta, where I met my wife Laura and had our first and only child, Madeleine.

During those years Garrett was perfecting his craft as a brick/stone mason and earned his ticket as a Red Seal Bricklayer. "When I am not working, I enjoy sports, fishing, cold beer and spending time with my family."

### Why did you choose to move here?

**Garrett** • I have always wanted to have a life here again and knew this was the place that I would want my children to grow up. As kids, we had such a fun and stress-free life that was full of opportunity, and I just want our girl to have the same experience I did. Having family here, and close by from Comox and Nanaimo, made our decision simple.

### When? Where from?

**Garrett** • We moved back at the end of March 2024 from Calgary, Alberta. We will miss our family and friend group and also what the city had to offer, but I will not miss the commute in traffic to work (sometimes two hours each way) and the harsh, cold winters.

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

**Garrett** • The thing that surprised me most when we got here was the amount of construction happening and how much busier the town feels. I used to go to the grocery store or gym and you would recognize every face you saw. Now I feel like a stranger in town!

### Where is your favourite place here?

**Garrett** • As a family we really enjoy second beach. It's a great place to take the kid and dogs for a swim and also a perfect spot to view those awesome sunsets we get all summer. I also love the arena. It was my second home growing up and walking through those doors gives you a bit of nostalgia every time. I can't wait for my daughter to get to experience all of that in the coming years.

### What would make qathet a nicer community?

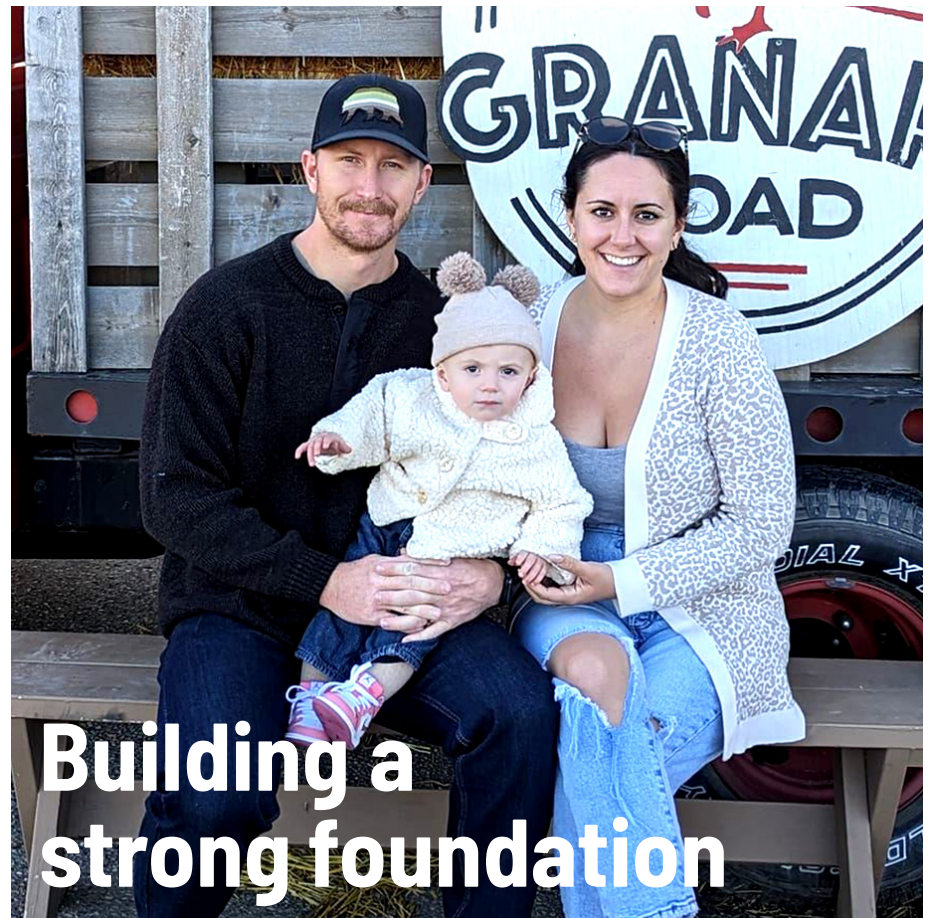
**Garrett** • I am biased and think our community is pretty awesome already, but we could use some proper baseball diamonds or multi-sport fields. I also think if the town invested in a larger sportsplex it would not only increase opportunities for kids in sports, but Powell River could be a host to concerts and other live events.

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

**Garrett** • The recycling, compost and garbage bins were much larger than the ones supplied here by the city. We never had an overflow of garbage or recycling and that can be pretty frustrating to some especially if you don't have the time to go to the recycling depot on your own time.

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

**Garrett** • I think because we had so many friends, family and acquaintances here already it's been a smoother transition than we would have expected. My wife luckily found work before we made the move, but I have started my own business - Mountain View Masonry and that has had and will



## Building a strong foundation

**MASON MOVES HOME AGAIN:** Garrett Brandsma, now a bricklayer, returned to his hometown this Spring after more than a decade away. He brought his wife Laura and toddler daughter Madeleine with him.

have its own challenges.

### What are qathet's best assets?

**Garrett** • Of course, the outdoors and fishing are a couple things that make this community so awesome. How friendly and kind the people are, and compared to the city, it is a much safer place to live and raise children.

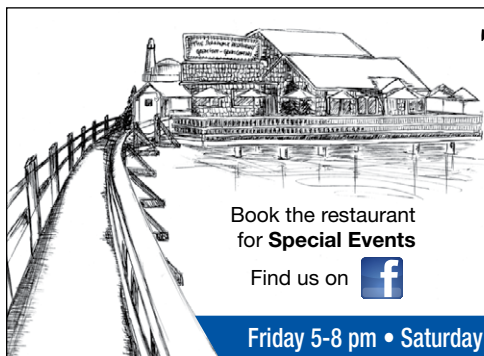
### What is your greatest extravagance?

**Garrett** • I would have to say it's my currently unpacked room of sports memorabilia.

I have been collecting autographed hockey and baseball stuff since I was little and just carried that on throughout my adult years. I just need a bigger house to store it all and keep collecting.

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

**Garrett** • Being able to play any song on a guitar just by listening to the music. There is something about the sound of an acoustic guitar and I wish I could play so I could just get lost in the music. 🎸



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# Stop the presses

The BCUC has finally revealed the secret as to why qathet's gas prices are super-high.

BY PIETA WOOLLEY

Just before *qathet Living* went to press, the BC Utilities Commission, after five years of work, the passage of the *Gas Prices Transparency Act*, and a gas prices investigation budget, issued a staff report about the qathet region's bizarre gas price situation.

On October 25, a litre of regular unleaded in this region was \$1.89.9, most places. In Comox, that same litre cost \$1.65.9, a difference of 24 cents. In Sechelt, it was \$1.73.9, a difference of 16 cents.

In Vancouver, gas was about \$1.63.9 – but drivers there pay an additional 12.5 cents a litre to Translink, so really, \$1.76.4. That's an astounding 38.5 cents a litre difference from where qathet's gas comes out of the pipe, to where it is sold.

Why?

Here's what the BCUC revealed:

"In early summer 2024, the BCUC received complaints regarding the retail price of fuel in the Powell River market and, in particular, the lack of a corresponding decrease in the local pump price for gasoline when pump prices had decreased in other BC markets, such as Vancouver," it said.

"In response to the BCUC's data request, retail station owners reported that retail fuel prices in Powell River do not track wholesale fuel prices as closely as those in larger markets,

such as Vancouver, largely because of lower volumes of fuel sales; more logistically complex and costly fuel supply routes, and greater distance from supply hubs."

"Retailers indicated that these market dynamics can result in periods of price asymmetry. In other words, when pump prices in larger cities like Vancouver decrease soon after wholesale prices decrease, retail stations in less populated and more isolated areas have yet to resupply with cheaper fuel and thus maintain higher prices at the pump. Retail station owners also noted the importance of maintaining competitiveness relative to other stations in their local market."

Read the full report at [engage.gas-pricesbc.ca/News/Reports/](https://engage.gas-pricesbc.ca/News/Reports/).

In other words, exactly what *qL* discovered five years ago when this magazine began covering gas prices – and when a litre of unleaded was \$1.59.9.

I'm not proud of this, but I had a little spaz at the BCUC's communication team on email:

"Surely this staff report can't represent the sum total of the BCUC's findings. I mean... this is basically what I managed as a local journo doing this off the side of my desk, without the *FPTA* behind me," I wrote.

"Will there be more BCUC investigation in PR? More coming out?"

So far, no response. Alas. I'll keep you posted, but don't hold your breath. 🐼



Did you miss the window to hand-write personalized cards again?

(You're not alone.)

**NO WORRIES**  
**qL has your back.**

Contact Suzi Wiebe to book your holiday greeting in the December issue of *qathet Living*.

Wish all your colleagues, clients & community a very merry.

suzi@prliving.ca  
604-344-0208

qathet  
**LIVING**

Barbara Lambert reads from her memoir at the Library Friday, Nov. 8, 2pm. Books will be available.

Memoir by local teacher, farmer, and author Barbara Lambert

**"In Paradise: Wolves At My Back Door"**

\$20, Available at the **Lang Bay Hall craft sale**  
Saturday November 9 10-2pm  
Sunday November 10 11-3pm

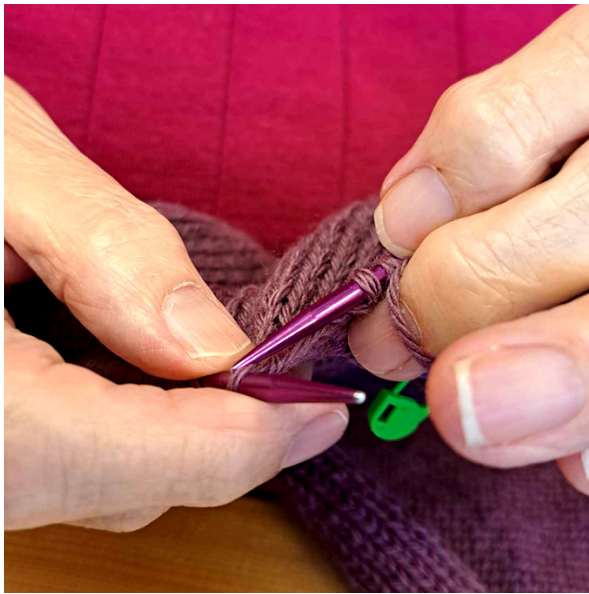
\$20 (kids 12&under free)  
Tickets available from Chorus Members, Nutcracker Market & at the door

**Christmas Concert**

Evergreen Theatre  
5001 Joyce Ave  
at 7:30 pm  
Doors open at 7 pm

**Saturday December 7th**

Directed by Walter Martella



## Every season is craft season, for these knitters

**A**t the Assumption Christmas Bazaar on November 23, you'll be able to pick up hand-knit wool socks for just \$10 or \$12 a pair, cable-knit toques, childrens' sweaters, and more, made by hands that have been knitting for decades. The sale itself has been an annual event for who knows how long, said Pierina Canil. It was going strong when she moved here 57 years ago, she said.

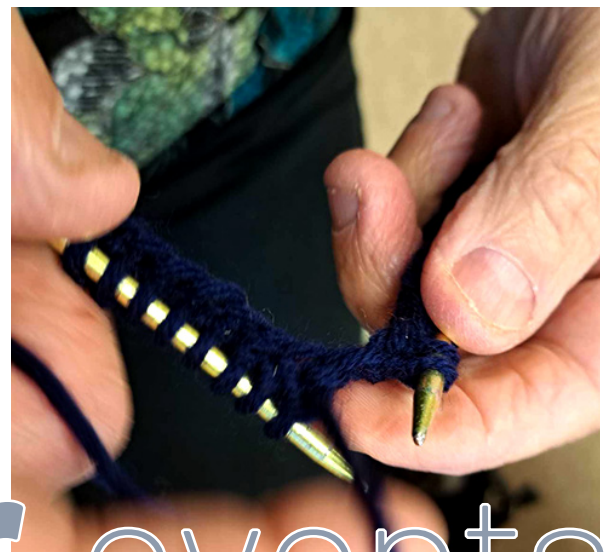
Craft sales have become a November rage in qathet, with at least 18 events between now and Christmas (see Page 47). But for these Catholic knitters, making pieces to sell for charity is a passion that lasts all year. In fact, they've already started knitting for next year's event. At left, they are: Luisa Ius, Pierina Canil, Eileen Hannon and Rina Bonnici. All

four of them learned to knit at about age six – Luisa, Pierina and Rina in Italy, and Eileen in England.

"I learned in school, but I had a problem: I was left-handed," said Eileen. "Finally my aunt, who is also left-handed, showed me." This would have been near the end of the Second World War.

"My grandma and my mom showed me," said Rina, who grew up near the Amalfi Coast. "Just the basics. It wasn't until I had children in the 1980s that I started again with little blankets."

Luisa, who grew up near Venice, learned to knit from her great-aunt. She knits tiny, perfect stitches in vibrant wool. Pierina grew up near Luisa and said everyone learned to knit at six years old in the 1940s: "It was a necessity!"



# November events



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# NOVEMBER EVENTS

# 1

Friday

**Powell River's Own Craft Fair begins**  
Nov 1, 5 to 9 pm, Nov 2 10 am til 4 pm. Dwight Hall.

**Medicinal and Edible Mushrooms**  
7 pm at the Library. Medical herbalist and author Todd Caldecott will explore the rich history and health benefits, from ancient traditions to modern science. For information contact Mark at mmerlino@prpl.ca

**Poppy sales**  
Watch for vets and cadets and others selling poppies around town. Poppies will also be available from stores until November 11.

**Film • We Live in Time**  
7 pm, The Patricia.

# 2

Saturday

**YMCA Child Care Centre Opening**  
10 am to noon, Edgehill Child Care Centre at 7312 Abbotsford Street (next to Edgehill School). Brief speeches at 11 am, and there will be refreshments and the opportunity for families to explore the new centre and learn more about what services YMCA BC has to offer. All families welcome!

**Veterans, cadets and others selling poppies**  
Watch for those who have served and are serving selling poppies around town. Poppies will also be available from stores until November 11.

**Memento Mori • Community Ofrenda**  
Collective Remembrance. Day of the Dead Celebration with Blue Agave. Part of the qathet Art Centre's Memento Mori celebration.

**Community Clean Up**  
9 am, meet at the Resource Recovery Center's recycle centre (turn right at the giant pop tin) for a disposal fee waiver (valid til 3 pm), gloves, a bag and litter pickers, and a brief safety meeting. Illegally dumped trash only (no household).

**Powell River's Own Craft Fair**  
Nov 1, 5 to 9 pm, Nov 2 10 am til 4 pm. Dwight Hall.

**Artisan & Entrepreneur Show**  
Coastal Women in Business. 10 am to 3 pm, Legion.

**Patricia Letterpress drop-in handbill workshop**  
1 to 4 pm, in the Letterpress space at The Pat Theatre. \$10, limited to four people each day. Saturdays through November. Email Gary at geshilling@gmail.com.

**Family-friendly opening event for Gumboots Art Studio Winter Gallery**  
Noon to 6 pm, Gumboots Art Studio. Outdoor activity stations set up for families and kiddos free of charge. Pumpkin smashing to bring on November, as well as free popcorn and snacks to celebrate our first day open of the season. It is an opportunity to peruse locally made pottery, soaps, ornaments, gifts and fine art as a family.

**Turn your clocks back: Daylight Savings Ends Tomorrow**  
Today's sunrise, 8:10 am. Sunset at 5:52 pm.

**Film • We Live in Time**  
7 pm, The Patricia.



**.Skaboom November 8**

# 3

Sunday

**Farmers' Market**  
12:30 to 2:30 pm, Paradise Exhibition Park inside the quonset hut. Local produce and meat, baking, canning, hot foods, artisan crafts, and much more.

**Memento Mori • The Telephone of the Wind installation launch**  
2:30 to 5 pm at Cranberry Cemetery. Telephone blessing at 2:30, followed by the Walk of Memories with Four Tides Hospice at 3 pm. Walk of Memories, honouring all who have experienced loss. This interactive and ceremonial walk will feature four thoughtfully designed stations, each providing a space for reflection and remembrance of your loved one or any other losses you may have encountered. The event will culminate in a gathering where refreshments will be served, offering an opportunity for friendly conversation and connection. See story on Page 25.

**Daylight Savings Time Ends**  
Today's sunrise, 7:11 am. Sunset at 4:50 pm.

**Film • We Live in Time**  
1:30 pm and 7 pm, The Patricia.

# 4

Monday

**Wise ways to ritualize stress management**  
6:30 pm, Kelly's Health Shop. With Suzanne Berry. Limited seats. RSVP to kellystore@telus.net.

**Taurids Meteor Shower Peak**  
Minor shower.

**Film • We Live in Time**  
7 pm, The Patricia.

# 5

Tuesday

**2 for 1 Tuesday: Kings vs. Surrey Eagles**  
7 pm, Hap Parker. Buy one ticket and get a second ticket of equal value free

**Film • We Live in Time**  
7 pm, The Patricia.

# 6

Wednesday

**Watercolour Technique Workshop**  
5 to 8 pm, qathet Art & Wares, with Noelle Blue Moon. Learn more at qa-w.ca

**Memento Mori • Exploring Playlists: Creative Workshop on making your own playlist through love, loss, grief and lived experience**  
7 to 8:30 pm at qathet Art Centre by donation

**Memento Mori • Advance Care Planning Workshop**  
with Four Tides Hospice Society. 6:30 to 8:30 pm at qathet Art Centre by donation

**Screening of Someone Lives Here**  
Co-hosted by Cinema Politica qathet and Lift 7 pm, Patricia. By donation. 2023 Canadian documentary about carpenter Khaleel Seivwright who

# 7

Thursday

# 8

Friday

**National Aboriginal Veterans Day**  
Celebrate by thanking a veteran.

**Local author Barbara Lambert reads from her memoir, "In Paradise: Wolves At My Back Door"**  
2 pm, Library. See ad on Page 38. *In Paradise: Wolves at my Back Door*. Local author and historian Barbara Lambert will present her new book, a collection of stories from her life in England, Townsite, Paradise Valley and Douglas Bay.

**Memento Mori • Guided Meditation on the Cycle of Life and Death with live ambient music**  
6:30 to 8 pm, qathet Art Centre. \$20 suggested donation

**Kings vs. Coquitlam Express**  
7 pm, Hap Parker

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Nightly  
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# ART SHOWS IN NOVEMBER



**UNMANAGEABLE:** The Western Manager, by Prashant Miranda (the bird is a western Tanager), from his show pacifiq transendance at Tidal Art Centre.

## Through November Memento Mori festival

Coordinated by the qathet Art Centre, several events on the theme of mortality. For the full list, see [qathetart.ca](http://qathetart.ca), or look for "Memento Mori" in the calendar.

## To November 8 Earth Bodies Exhibition

Monday to Wednesday noon to 5 pm, qathet Art Centre

## To November 10 pacifiq transendance:

**Prashant Miranda**  
Tidal Art Centre, Wednesdays to Sundays, 2 to 7 pm.

## November 8 to 15 Artist in Residence - multidisciplinary artist and dance educator Kait Ramsden from Vancouver, BC

at qathet Art Centre:

## November 18 to December 24

## Present Market and Fundraiser (a fundraiser for qathet Art Council)

At qathet ART Centre Monday - Thursday from 12-5. No entry fee to visitors, donations happily accepted. A selection of thoughtfully curated art pieces made by local artists - for everyone and every budget. 100% of sales go to the artists and to directly support qathet arts and culture activities - making this THE annual fundraiser for arts and culture in qathet!

## To December

## Artist Hana- Louise Braun

November 22, 7 pm, Library. Local artist Hana-Louise Braun will discuss the inspiration behind her artwork, which is currently on display at the Library. For information contact Mark at [mmerlino@prpl.ca](mailto:mmerlino@prpl.ca)

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# NOVEMBER EVENTS

## Skaboom ska band in concert, with OCD

Door 8 pm, Carlson Loft. 19+. Advance \$35, at the door, \$40. Advance tickets available at: Townskate, Saint Amore, Armitage Men's Wear, Carlson club downstairs rear entrance.

**Film • HITPIG!**  
7 pm, The Patricia.

## Adult Beginner Contemporary Dance Workshop with live electronic music

1 to 3 pm at qathet ART Centre. \$20 suggested donation.

## Lang Bay Christmas Craft & Collectibles Sale begins

10 am to 2 pm. Food available.

**Film • HITPIG!**  
7 pm, The Patricia.

9

Saturday

## Kings vs. Coquitlam Express

7 pm, Hap Parker

## Patricia Letterpress drop-in handbill workshop

1 to 4 pm, in the Letterpress space at The Patricia Theatre. \$10, limited to four people each day. Saturdays through November. Email Gary at [geshilling@gmail.com](mailto:geshilling@gmail.com) for info.

10

Sunday

## Farmers' Market

12:30 to 2:30 pm, Paradise Exhibition Park inside the quonset hut. Local produce and meat, baking, canning, hot foods, artisan crafts, and much more. See ad on Page 47.

## Lang Bay Christmas Craft & Collectibles Sale

11 am to 3 pm. Food available.

**Film • HITPIG!**  
7 pm, The Patricia.

11

Monday

## November 11

## Remembrance Day Cenotaph Service

10 am, service begins inside Dwight Hall, 10:45 am, parade outside at the Cenotaph in Townsite. See full schedule on Page 19.

**Film • HITPIG!**  
7 pm, The Patricia.

12

Tuesday

## Last day to book your holiday wine-making

Through Westview U-Brew. See Page 32.

13

Wednesday

## JUNO nominated and Canadian Music Folk Award winner, John Wort Hannam

7 pm, Cran Hall. With fiddler extraordinaire, Scott Duncan. Roots folk music at its best, folks! Tickets \$25 in advance on Eventbrite; The Nutcracker Market; \$30 at the door.

**Film • HITPIG!**  
7 pm, The Patricia.

## Chamber of Commerce Business Mixer

5:30 pm, learn more by visiting [powellriverchamber.com](http://powellriverchamber.com)

## Watercolour Landscapes

5 to 8 pm, qathet Art & Wares, with Noelle Blue Moon. Learn more at [qa-w.ca](http://qa-w.ca)

**Film • The Substance**  
7 pm, The Patricia. Horror, drama.



## Powell River Therapeutic Riding Association

invites you to attend our annual

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# 14

Thursday

**Protecting All Our Relations: Land Defenders Speak Out**  
6:30, Cranberry Seniors Centre. See more on Page 32.

**Finding a Path Forward: BC's Homelessness Crisis**

7 pm, qathet Art Centre. Featuring Carolina Ibarra of Pacifica Housing in Nanaimo/Victoria. Tickets at go.liftcommunityservices.org/path-forward. Communities are grappling with homelessness and the impacts of an illegal and toxic drug supply, which converge most visibly in form of encampments appearing across BC and Canada. Join us for an in-depth look into this reality through the examples of Victoria and Nanaimo on Vancouver Island, what success looks like and what communities can do to help bring lasting solutions within reach.

**Film • The Substance**  
7 pm, The Patricia.

### Lund Christmas Craft Fair

10 am to 4 pm, Italian Hall in Wildwood - 5866 Lund Hwy. lundtreasurer@gmail.com

### Dwight Hall Raincoast Craft Fair begins

10 to 4 pm, Dwight Hall. See ad on Page 22.

### Urban Sketching Meet-up

2 pm, Townsite Market. Hosted by qathet Art + Wares.

### Patricia Letterpress drop-in handbill workshop

1 to 4 pm, in the Letterpress space at The Pat Theatre. \$10, limited to four people each day. Saturdays through November. Email Gary at geshilling@gmail.com for info.

**Film • Conclave**  
7 pm, The Patricia.



**UNTANGLED:** Multidisciplinary artist and dance educator Kait Ramsden is in residence at qathet Art Centre this month. Kate will offer two workshops to the public: a guided meditation on the cycle of life and death November 8, and a contemporary dance workshop for adults on November 9. See qathetart.ca for more.

# 17

Sunday

**Dwight Hall Raincoast Craft Fair**  
11 to 3 pm, Dwight Hall. See ad on Page 22

**Kings vs. Nanaimo Clippers: Skate after the game**  
1:30 pm Hap Parker.

**Farmers' Market**  
12:30 to 2:30 pm, Paradise Exhibition Park inside the quonset hut. Local produce and meat, baking, canning, hot foods, artisan crafts, and much more.

**Leonids Meteor Shower Peak**  
Average shower. Up to 15 meteors per hour.

**Film • Conclave**  
7 pm, The Patricia.

community, one conversation at a time. To RSVP or for more info, email Kate@emergecollab.com. See more on Page 35.

**Film • Conclave**  
7 pm, The Patricia.

# 19

Tuesday

**An Afternoon in Europe with the qathet Symphony Orchestra**

2 pm, Evergreen Theatre. Music by Bach, Bizet, Brahms, Grieg, two Strausses and more. The concert features local violin soloists in the slow movement of the Bach Double Violin Concerto. By donation.

**Sports Columnist Ed Willes**

7 pm at the Library. Journalist and author Ed Willes will present his new book Never Boring - the Up and Down History of the Vancouver Canucks. For information contact Mark at mmerlino@prpl.ca

**Film • Conclave**  
7 pm, The Patricia.

# 20

Wednesday

**Memento Mori • Green Burial Workshop with Community Supported Dying**

6:30 to 8 pm at qathet Art Centre by donation. Come and learn about local options in qathet, including caskets, shrouding, and natural burial sites available in our region.

**Botanical Gel Prints**

1 to 4 pm, qathet Art & Wares workshop with Helen Farina. Learn more at qa-w.ca

**Film • Conclave**  
7 pm, The Patricia.

# 21

Thursday

**Artique Gallery Festive Winter Salon**

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

**Last day to order mandarins or coffee from a music student**  
See more on Page 15.

**Film • Conclave**  
7 pm, The Patricia.

# 15

Friday

**Local Author Tanis Helliwell**

7 pm at the Library. Transformation and healing writer Tanis Helliwell will present her new book The Dragon's Tale on self-awareness and cosmic dragons. For information contact Mark at mmerlino@prpl.ca

**Full moon, Supermoon**

Also known as the Beaver Moon, Frosty Moon and Dark Moon.

**Film • Conclave**  
7 pm, The Patricia.

# 18

Monday

**'Livingroom Conversations' event**

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 strengthen the fabric of our com-

# 16

Saturday

**Louis Riel Day**  
Metis National Celebration.

**Coast Mountain Fest**  
8.30 am to Late in Townsite (Townsite Market + Brewing). See more on Page 46.

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# 22

Friday

### Timberlane Fine Arts Holiday Sale begins

Noon til 8 pm, 5395 Timberlane Road. Pottery, ceramics, weaving, knitting and more, all by local artists. See ad on Page 45 for more.

### Kings vs. Alberni Valley Bulldogs

7 pm, Hap Parker

### Gosia Hagan Trio

7 pm, Max Cameron. Join European singer Gosia Hagan and Vancouver Island musicians, Scott Arkell and Brad Shipley, for an intimate evening of memorable tunes from Sinatra era....and beyond! Musicians will present renditions of Frank Sinatra, Ella Fitzgerald, Louis Armstrong, Natalie Cole, Peggy Lee and more.

### Artist Hana-Louise Braun

7 pm, Library. Local artist Hana-Louise Braun will discuss the inspiration behind her artwork, which is currently on display at the Library. For information contact Mark at mmerlino@prpl.ca

### Film • Here

7 pm, The Patricia. Fantasy.

# 23

Saturday

### Santa arrives at Town Centre Mall

11 am, Town Centre. Free event with storytime, games crafts and more. See back cover for more.

### Timberlane Fine Arts Holiday Sale

10 til 4 pm, 5395 Timberlane Road. Pottery, ceramics, weaving, knitting and more, all by local artists. See ad on Page 45 for more.

### Assumption Christmas Bazaar

10-2 Assumption School Gym and Tea Room at the Assumption Church Hall. Crafts, sewing, knitting, doll booth, baby booth, Lucky 7, baking and much more! Come and bring your friends! See ad on Page 53 for more.

### Cozy Creations Craft Sale begins

10 am to 4 pm. Town Centre Hotel. 40+ vendors, with home-based businesses and artisans. See ad on Page 17.

### Patricia Letterpress drop-in handbill workshop

1 to 4 pm, in the Letterpress space at The Pat Theatre. \$10, limited to four people each day. Saturdays through November. Email Gary at geshilling@gmail.com for info.

### Mason bee care & cleaning workshop.

10 am- noon, Lang Bay Hall. Space is limited for this hands-on workshop and must be reserved in advance. \$20. Lots of tips and information on caring for one our best pollinators. Call 604-487-1259 to reserve your space.

### Villa vs. Nanaimo United

1:30 pm, Timberlane Park

### Kings vs. Alberni Valley Bulldogs

5 pm, Hap Parker

### CJMP Radio Fundraiser Rock & Bowl DJ Dance Party

7 pm-10 pm, Strikers. Admission by donation, free bowling, all ages

### Film • Here

7 pm, The Patricia. Fantasy.

# 24

Sunday

### Farmers' Market

12:30 to 2:30 pm, Paradise Exhibition Park inside the quonset hut. Local produce and meat, baking, canning, hot foods, artisan crafts, and much more.

### Cozy Creations Craft Sale begins

10 am to 4 pm. Town Centre Hotel. 40+ vendors, with home-based businesses and artisans. See ad on Page 17.

### Timberlane Fine Arts Holiday Sale

Noon til 4 pm, 5395 Timberlane Road. Pottery, ceramics, weaving, knitting and more, all by local artists. See ad on Page 45 for more.

### Festive Wrapping

2 to 5 pm, qathet Art & Wares, block printing workshop. Learn more at qa-w.ca

### Film • Here

7 pm, The Patricia. Fantasy.

# 25

Monday

### Film • Here

7 pm, The Patricia. Fantasy.

# 26

Tuesday

### A Rocky Mountain High Christmas: Celebrating the Hits and Christmas Music of John Denver

7:30 pm, Evergreen Theatre, \$54/ticket, through the Recreation Complex.

### Film • Here

7 pm, The Patricia. Fantasy.

# 27

Wednesday

### Family Place 20th anniversary celebration

11 am to 1 pm, Town Centre Mall. Everyone welcome. Family Place Resource Centre turns 20! Drop in to check out the space, meet the team, have some cake and celebrate 20 years of Family Place! We'll also be accepting donations for our winter food and toy drive.

### Community Notification System Test

2 pm, on your cell phone. See ad on Page 18

### Film • Here

7 pm, The Patricia. Fantasy.

# 28

Thursday

### Artist Trading Cards

5:30 pm, Westview Bowling. Free, family-friendly event. Bring cards or make some there. Hosted by qathet ART & Wares.

### Film • Here

7 pm, The Patricia.

# 29

Friday

### Totally Twain

Carlson Loft. Details TBA.

### Film • Red One

7 pm, The Patricia. Holiday action, adventure, comedy.

# 30

Saturday

### United Church Fall & Winter Market

9 am to 1 pm. Crafts, Christmas novelties, used treasures, baking and refreshments.

### Pedalling Across Canada

2 pm, Library. Local seniors and writers Terry Faubert and Draigh Creamer will talk about their incredible journey pedalling e-bikes across Canada from Vancouver to Newfoundland. For information contact Mark at mmerlino@prpl.ca

### Kings vs. Vernon Vipers

7 pm, Hap Parker

### Open House for Powell River Therapeutic Riding Association

1 am to 3 pm, at the Paradise Exhibition Park facility. Bake sale, silent auction, petting zoo and much more. See more on Page 15.

### Patricia Letterpress drop-in handbill workshop

1 to 4 pm, in the Letterpress space at The Pat Theatre. \$10, limited to four people each day. Saturdays through November. Email Gary at geshilling@gmail.com.

### Film • Red One

7 pm, The Patricia.

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**FAMILY PLACE'S BIRTHDAY PARTY**

Wednesday, November 27th  
11:00 am - 1:00 pm  
Family Place Resource Centre  
(Town Centre Mall)

*Drop-in to check out our space, meet our team, have some cake and celebrate 20 years of Family Place!*

*We'll also be accepting donations for our winter food and toy drive.*




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

## A LOOK AHEAD TO DECEMBER

### December 1

**First Sunday in Advent**  
Four Sundays til Christmas.

### Breakfast with Santa Toy Drive

9:30 am to 1:30 pm, Carlson Loft. Organized by Verecan Capital Management and Underwriters Insurance. See more on Page 11 and Page 9.

### Santa Claus Parade:

3 pm-5 pm. Treats available for purchase from four amazing treat makers! Hot chocolate and mulled cider available from each vendor free courtesy of The Nutcracker Market.

### Last day to RSVP for The Compassionate Friends candlelighting Ceremony

See December 10.

### Kings vs Penticton

1:30, Hap Parker. Skate with the Kings after the game.

### December 2 to 14

### Stuff the Trailer

Fundraiser for the food bank. See Page 6 for more.

### December 2 to 23

### Photos with Santa

At the Town Centre.

### December 3 to 14

### Lang Bay Hall Hamper collection

See more on Page 13.

### December 6

### qathet Safe's Shoe Memorial

And the National Day of Remembrance and Action on Violence Against Women. See more on Page 18.

### Last day to donate to Christmas Cheer

See more on Page 12

### Rad Reelz film festival

7 pm, Max Cameron. A fundraising event where all proceeds go to Brooks

Berm Busters Mountain Bike Club. All submissions are filmed and edited by local amateur creators in and around the most beautiful place in the world: the qathet Regional District.

### Cultural Christmas

5-9 pm (venue TBA).

### December 5

### Mini-Curators Exhibit Opening

4:30 to 6:30 pm, qathet Museum

### December 6 & 7

### Santa Train

6 to 8 pm each night, Paradise Exhibition Park. See more on Page 14.

### December 7

### Powell River Chorus Christmas concert

7:30 pm, Evergreen Theatre. Tickets will be \$20 available from chorus members and at the Nutcracker Market. See Page 37.

### Villa vs. Victoria Gorge

1:30 pm, Timberlane Park

### VendorFest

10-3 in the lower Legion hall.

### December 7 & 8

### Springtime Winter Market

11 am - 3 pm both days, Springtime Nursery. A family-friendly two-day curated market featuring the best of local makers and food vendors taking place around Springtime Garden Centre and undercover in the greenhouses, featuring a beer garden, professional parking attendants, free children's activities, giveaways and more! Springtime Garden Centre. 5300 Yukon Avenue. See ad on Page 8.

### Klah ah Men Winterlude

Holiday festivities Lund style.

### December 8

### Super Sunday Sale & High Tea

11-3 Cranberry Seniors Centre.

### December 9

### Everybody Deserves a Smile, last day

See more on Page 17

### Gerry Gray Gift Drive, last day

See more on Page 12.

### December 10

### The Compassionate Friends

### Candlelighting Ceremony

6:30 PM RSVP

by December 1:

[powellrivertcf@gmail.com](mailto:powellrivertcf@gmail.com)  
Bereaved parents, grandparents, and siblings are welcome. You may bring a supportive friend. Cookies, tea, and coffee will be served following the ceremony. Please feel free to bring a photo, a memento, a special story, or simply yourself as we create a safe space to remember our children together. See ad on Page 24.

### December 13

### Geminids Meteor Shower peak

The "king" of the meteor showers - but a nearly full moon means a bright sky

### December 13 & 14

### Carols by Candlelight

7:30 pm both nights, 1:30 pm matinee Saturday as well. Dwight Hall. Tickets through the Academy of Music Box Office. See Page 23.

### December 14

### Jingle Jog

Organized by Brooks Students for Change. See more on Page 13.

### Scout Mountain

100% proceeds to the Food Bank. Bluegrass concert at Cran Hall. Tickets \$20 at the Nutcracker and

bring a non-perishable food item.

### Magic of Christmas home-based business and craft fair

10 am to 4 pm, Recreation Complex upper foyer. One of the last craft fairs of the season.

### Knights of Columbus Charity Appeal last day

See more on Page 14

### Sunshine Gogos bake sale

See more on Page 14.

### Kings vs. Chilliwack Chiefs

7 pm, Hap Parker

### December 15

### Full Moon

### December 15 & 16

### It's a Wonderful Life: a live stage reading

Doors 6 pm, play 7 pm, Forest Bistro. \$25. Desserts and bar available. Tickets at Rocky Mountain Pizza & Bakery. By Townsite Actors Guild.

### December 18

### Chor Musica Christmas

7:30 pm, Dwight Hall. \$25. [powellriveracademy.org](http://powellriveracademy.org)

### December 21

### First Day of Winter Solstice

Ursids Meteor Shower peak  
Minor shower

### December 24

### Christmas Eve

### December 25

### Christmas Day

### December 26

### Boxing Day

### First day of Hanukkah

### December 31

### New Year's Eve



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



# ʔAYʔAJUΘƏM? YOU GOT THIS

BRIANNE LOUIE

New! Hear Elders pronounce the words through the QR codes:



ʔaʕiʕεθot

To clear your throat



q<sup>w</sup>ol čəx ƒəxayɪn

Bad Weather Coming



tekinuk<sup>w</sup>t

Sweater



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## ʔayʔajuθəm orthography

ƒəʔamen | kómoks | χ<sup>w</sup>emaƒk<sup>w</sup>u | & ʕohos

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](http://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	q <sup>w</sup>	rounded q
ɪ	ih	q̣ <sup>w</sup>	rounded, popping q
ʊ	oo as in look	š	sh
ə	uh	ṭ	popping t
č	ch	t <sup>θ</sup>	t-th
č̣	popping c	ƒ	tl
ǰ	dg	θ	th
ḳ	popping k	x <sup>w</sup>	wh (like in who)
k <sup>w</sup>	kw	χ	Hhhh
ḳ <sup>w</sup>	rounded, popping k	χ <sup>w</sup>	Hhhhw
ʔ	Breathy L sound	χ̣	kl
p̣	popping p	χ̣̣	popping kl
q̣	popping q	ʔ	glottal stop: uh oh

**FINE ARTS HOLIDAY SALE!**

Locally made pottery, ceramics, weaving, spinning, quilting, knitting and crochet!

**NOVEMBER 22, 23, 24**  
**Friday: 12-8pm**  
**Saturday: 10-4pm**  
**Sunday: 12-4pm**

**5395 TIMBERLANE ROAD**

# Meet up, gear up

at this all new  
winter rec festival

In December 2023, Damien Jannet opened Gear Attic in Townsite Market. One year later, with Chloe Smith at Townsite Brewing, he's putting on qathet's first ever Coast Mountain Festival.

**How did this festival come about? Who's idea was it?**

**Damien** • I can define myself as a winter person. I really enjoy a long day on my skis, more particularly in the backcountry.

I believe the qathet region is an incredible terrain for snow-lovers, and it has amazing access and resources such the cabins system supported by the Knucklehead Winter Recreation Association, the Search and Rescue, and plenty of mountains-minded individuals.

On the other side there are mountain-dreamers who are interested in joining the movement but may be less comfortable in this environment or need more information, gear, or partners to get there. The idea of the Coast Mountain Fest is to connect everyone to grow the mountain stoke!

**Tell me a bit about Gear Attic and Townsite Brewing, and why you're leading this thing together.**

**Damien** • Gear Attic is a consignment sport store, with mainly used gear. My vision of sports and adventure is not only about performing, accomplishing and expensive gear. Gearing up shouldn't be a barrier! Quality gear deserves a long life.

## THE FIRST COAST MOUNTAIN FESTIVAL

**When:** Saturday, November 16, 8:30 am til late.

**What:** An entire day of programming and activities in association with local organizations and businesses to gather knowledge and skills and be prepared to wonder and wander in those giants!

**Where:** Townsite Market and Townsite Brewing

I believe that active communities should have a place and organization to facilitate this process and cycle.

I asked Townsite Brewing to help me with the Coast Mountain Fest, as they have the community vibes that I wish and hope to develop at Gear Attic. They are such an important hub in the region, and also a place to connect. It was crucial for me to have them in the foundation of the festival!

**What's your own personal background in outdoors stuff?**

**Damien** • I am hyper-active and naturally the outdoors became the place to consume this energy. It helps me to be who I am, to educate me, and to give me values, friends, and memories.

In the last 14 years, I have worked in dif-



**THE OUTDOORS IS ALWAYS A FESTIVAL:** Outdoors Fest organizer Damien Jannet, with Steve Millar and Koos Van Sitter, near Emma Lake.

ferent organizations and businesses in the outdoor sports industry. This experience brings me knowledge and perspective, which I am excited to share with the community!

**Tell me a bit about the festival: what's going to be there, what do you hope folks get out of it? What ambitions do you have for it in the future?**

**Damien** • I dreamed that this festival will be a place where people will come spend a couple hours or even the entire day and find all sorts of opportunities: from gear, to workshops, lectures, meeting mountain partners, but more importantly a day

where you get inspired.

**Have you been to a festival like this before? Or know of one that happens elsewhere?**

**Damien** • Yes, I believe every mountain region has a season kickstarter event, and Powell River deserves one!

**What else should folks know about qathet's newest festival?**


**Damien** • Townsite Brewing and Gear Attic are working hard to create fun and educational events, I think we are doing great, and I hope people will be curious and come to check it out!



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## Sundays

### Farmers' Market

12:30 to 2:30 pm, inside the quonset hut at Paradise Exhibition Park. Fine foods and crafts each week.

## November 1 & 2

### Powell River's Own Craft Fair

New location! Dwight Hall. Friday, Nov 1, 5 pm to 9 pm. Saturday Nov 2, 10 am to 4 pm.

## November 2

### Family-friendly opening event for Gumboots Art Studio Winter Gallery

Noon to 6 pm, 7353 Haslam Street, Gumboots Art Studio. Outdoor activity stations set up for families and kiddos free of charge. Free popcorn and snacks to celebrate our first day open of the season. Locally made pottery, soaps, ornaments, gifts and fine art as a family. Open throughout the holiday season Fri/Sat/Sun 10 am-6 pm

### Coastal Women in Business Artisan & Entrepreneurial Show

10 am to 3 pm, Royal Canadian Legion, 6811 Alexander Street. A showcase event highlighting artisans, entrepreneurs, food, and crafts created by women from the qathet and Powell River region.

## November 9 & 10

### Lang Bay Hall Christmas Craft & Collectibles Sale

Saturday Nov. 9, 10 am - 2 pm & Sun. Nov 10, 11 am - 3 pm. Join us in our 104 year old building to start your Christmas shopping, we have a full selection to choose from with our 16 vendors.

## November 16

### Lund Christmas Craft Fair

10 am to 4 pm, Italian Hall in Wildwood - 5866 Lund Hwy. lundtreasurer@gmail.com

## November 16 & 17

### Dwight Hall Raincoast Craft Fair

Saturday 10 to 4 pm, Sunday 11 til 3 pm. Dwight Hall. See ad on Page 22.

## November 18 to Dec 24

### 'Present' Market and Fundraiser (a fundraiser for qathet Art Council)

Mondays through Thursdays from 12-5 at qathet ART Centre. No entry fee to visitors, donations happily accepted. A selection of thoughtfully curated art pieces made by local artists - for every-

## Yes! It's qathet's wonderful holiday arts & crafts show season



**SWAG & SWAGS:** From weaving and pottery, to fresh wreaths and food, we're blessed with extraordinary makers and bakers here on the coast.

*Photo courtesy of Nicole Quigley at Bloom Therapy*

one and every budget. 100% of sales go to the artists and to directly support qathet arts and culture activities - making this the annual fundraiser for arts and culture in qathet!

## Thursday, November 21

### Artique Gallery's Festive Winter Salon

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

## November 22 to 24

### Timberlane Fine Arts Holiday Sale

Friday noon til 8 pm, Saturday 10 til 4 pm, Sunday noon til 4 pm, 5395 Timberlane Road. Pottery, ceramics, weaving, knitting and more, all by local artists. See ad on Page 45 for more.

## Saturday, November 23

### Assumption Christmas Bazaar

10-2 Assumption School Gym and Tea Room at the Assumption Church Hall.

Crafts, sewing, knitting, doll booth, baby booth, Lucky 7, baking and much more! Come and bring your friends! See ad on Page 53 for more.

## November 23 & 24

### Cozy Creations Craft Sale

Town Centre Hotel. 40+ vendors, with home-based businesses and artisans. See ad on Page 17.

## Saturday, November 30

### United Church Fall and Winter Market

9 am to 1 pm, Trinity Hall, Powell River United Church

## December 7 & 8

### Springtime Winter Market

11 am - 3 pm both days, Springtime Nursery. A family-friendly two-day curated market featuring the best of local makers and food vendors taking place around Springtime Garden Centre and undercover in the greenhouses, featuring, professional parking attendants, free children's activities, giveaways and more! Springtime Garden Centre. 5300 Yukon Avenue. See ad on Page 8.

## Friday, December 6

### Cultural Christmas

5-9 (Venue TBA). powellriverevents@consultant.com

## Saturday, December 7

### VendorFest

10-3 in the lower Legion hall. This event is a vendor showcase where people will be selling services, crafts, arts, home-based businesses all new items. powellriverevents@consultant.com

## Sunday, December 8

### Super Sunday Sale & High Tea

11-3 Cranberry Seniors Centre. A sale where you can find Old to New. powellriverevents@consultant.com. Thea White's Retirement High Tea 1-3 Cranberry Seniors Centre Tickets \$35 Email: highteabythea@gmail.com to reserve your spot (limited seating)

## December 14

### Magic of Christmas home-based business and craft fair

10 am to 4 pm, Recreation Complex upper foyer. One of the last craft fairs of the season.

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**SOUL GARDEN**

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



**CUTTING EDGE**

If someone on your list loves trails, a Silky Saw from **Thunder Bay Saw Shop** may be just what they need. You can choose from foldable and fixed in a variety of sizes. So whether they're trimming in the garden, or hacking through a blowdown, they'll love that you've given them the edge.

# A FEW OF OUR

**LOCAL GETAWAY**

An experience at the beautiful **Arbutus Cove Retreat** offers a blend of elegance and tranquility, with none of the hassle of travel, as this oasis is nestled between the city and Lund. Visit [arbutuscoveretreat.com](http://arbutuscoveretreat.com) to book a staycation, or call them to set up a flavourful culinary adventure with Charis, the chef from Off the Vine, in this beautiful waterfront setting. Locals get a 10% discount.



**SALMON SWEATER**

To fundraise for the Powell River Salmon Preservation Foundation, **Pollen Sweaters** designed a red and green sweater reminiscent of a spawning sockeye. The project is a collaboration with the Powell River Salmon Preservation Foundation, TAWS and the Josh Staham Group. Sweaters sell for \$250 at Pollen Sweaters, and only 100 are available. Net proceeds support salmon enhancement.





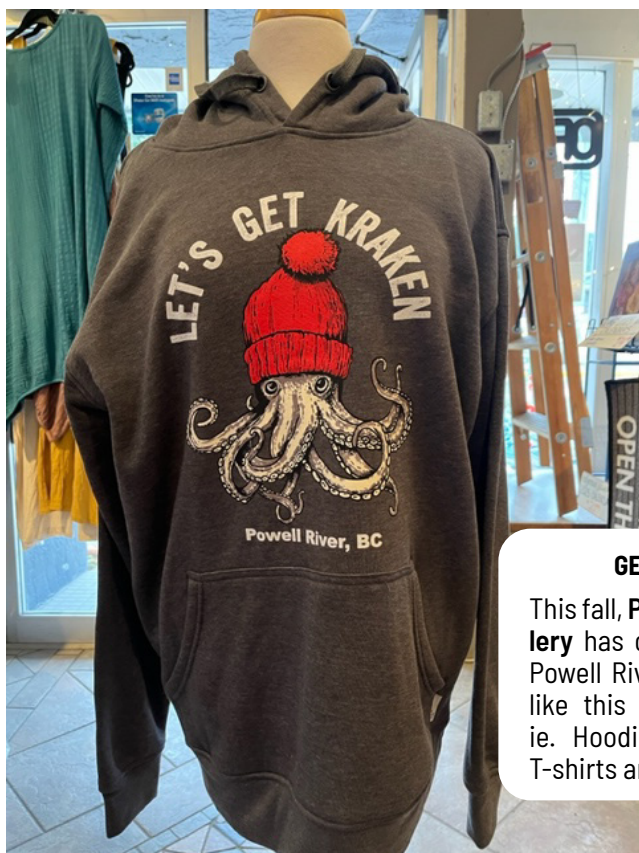
#### CHIC AND SNUG

Find this ultra-soft beanie at **Simply Bronze**. It's crafted from luxurious plush sweater rib fabric for an irresistibly cozy feel. Its midweight design not only keeps you warm but also effortlessly adds a stylish flair to any outfit, so your favourite people can stay chic and snug all season long.



# FAVOURITE THINGS

GO OUT



#### GET KRAKEN

This fall, **Paperworks Gift Gallery** has collected some new Powell River-specific designs like this "Get kraken" hoodie. Hoodies are \$52.99 and T-shirts are \$22.99.

#### SOCK IT TO THEM

Whether you're buying for the hiker on your list, or just getting a new pair of reliable lifestyle socks, you can't do better than the comfy and long-lasting merino wool from Darn Tough brand, available at **Fits to a T**. They have a lifetime unconditional guarantee.



#### LOOKING SHARP

This professional boning knife's sharp, curved blade allows you to easily separate any type of meat from the bone. The blade is semi-stiff, making it ideal for preparing thick, less tender meats, including chicken, beef, or pork. Crafted with German Steel, it also has a TPRgrip, providing a secure, non-slip grip even when wet, and some shock absorption to reduce user fatigue. Get the Schraf 6" Curved Semi-stiff Boning Knife for your favourite chef at **Aaron Service & Supply**.





**HERE BE DRAGONS**

Are you ready to elevate your fantasy collection to new heights? Look no further! Oceanside Entertainment's selection of dragons will captivate your imagination and enhance your décor like never before. Whether you're a collector, a gamer, or simply a lover of mythical creatures, this stunning piece is a must-have.



**FIRE THEM UP**

This gift pack available at **Capone's Cellar** comes in a candy cane containing ten 50mL bottles of the famous cinnamon-flavoured Canadian whisky. Whether it gets included in a cocktail or apple dessert, or is taken as a bold shot of cinnamon with a long, hot caramel finish, a little Fireball always warms up a cold night.

**A FEW OF OUR FAVOURITE THINGS**  
STAY IN

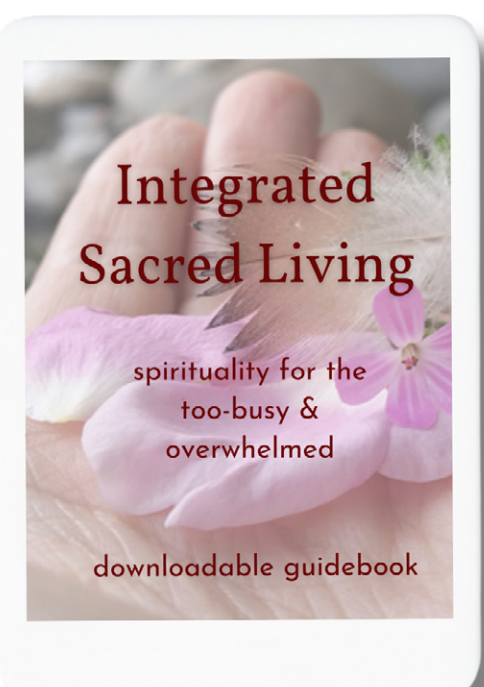
**TOP SELLER**

**Westerly's** top-selling gift (six years in a row) continues to be the **VOLO** hair towel. It's just one of those things you love so you buy it for someone else. That someone else will love it and then buy it for another person and so on. Just arrived, two new colours - purple and black.



**SACRED DOWNLOAD**

Integrated Sacred Living is a printable download from local author and *qathet Living* columnist Juliette Jarvis offering guidance for incorporating your spirituality into everyday living without it feeling like another task on your To-Do list - no matter how busy you are. Find it at [selkie-sanctuary.com](http://selkie-sanctuary.com)



**CRYSTAL CLEAR CHOICE**

Amethyst is known to purify the mind and clear negative thoughts, making this stunning, Amethyst Crystal Light from **Kelly's Health Shop** the perfect home decor piece.



**GLUG AT TUG**

**Tug-Guhm Gallery** curates the work of a number of local potters, and every piece is unique, like this gluggle jug, made in the shape of a seahorse instead of the traditional fish. This piece by Penny Eder is \$275.



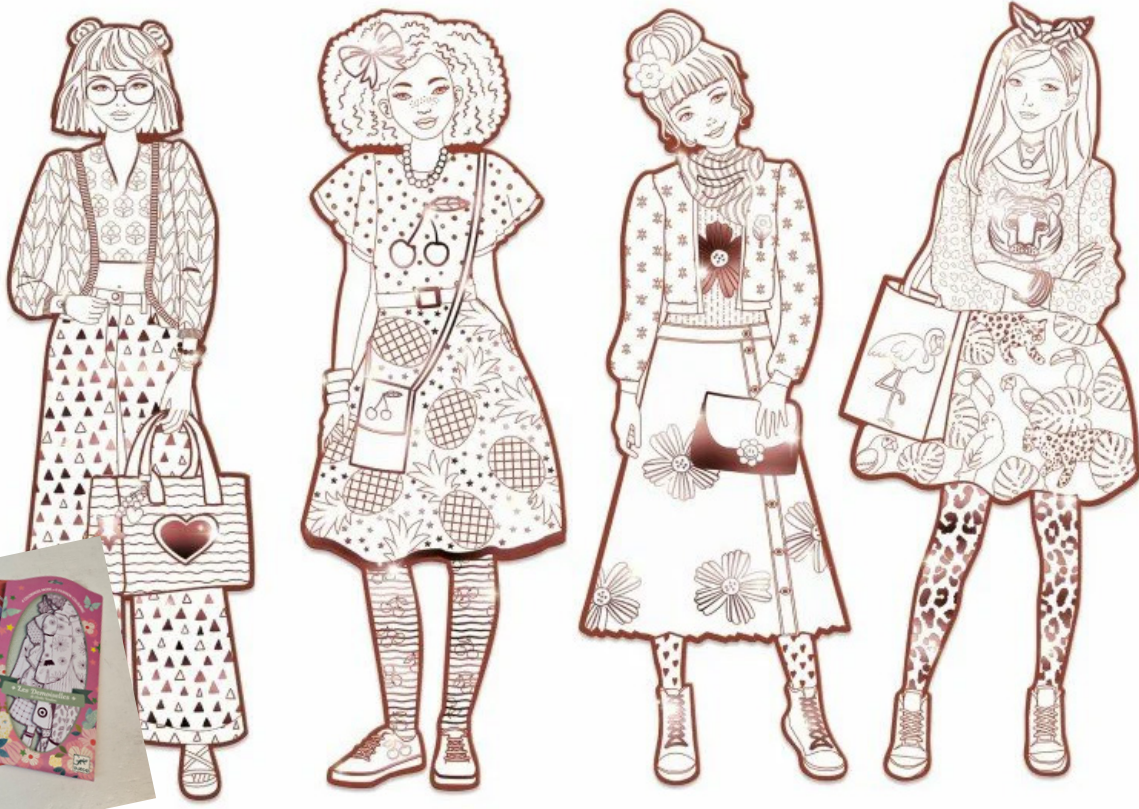
### BEACH GLASS

Made from locally-found beach glass, these dainty Angels by **Found Stone** make a great gift. Easily pop these into a holiday card and send to your favourite person!



### CHIPS ON THE BLOCK

Woodchip Lichtenberg Creations are made here in Powell River. **Mother Nature** carries their Christmas decor and more, such as charcuterie boards and coasters.



### COLOUR ME A FASHIONISTA

Adorn your own parade of fashionable ladies with these large-scale colouring cut-outs from **qathet art + wares**. A twist on the classic paper dolls, these die-cut Les Demoiselle silhouettes are 32cm tall with metallic details for you to colour-in, customize, and express your creativity. Four per package.

### HIM OR HER

For a cozy gift, choose Majestic Plush Robes for men and women. You'll find a variety of designs at **Armitage Men's Wear**, including plaid, music notes, skulls, or solid colours.



### HOT STUFF

Spread the warm air from your woodstove farther with an EcoFan from **Cadam Construction**. Wood stove fans generate their own electricity by creating an electrical current strong enough to power a small motor via the hot/cold differential known as the Seebeck effect, spreading the warmth from your fire throughout your home.



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MP for North Island - Powell River  
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## RETURN TO REVERENCE

JULIETTE WOODS

Each month I embark on a quest for the topic to write about here.

I spend about three weeks listening to the conversations that naturally arise and feel out for any patterns or common themes among them.

Then I look to the season we are in and consider any correlations with the natural world.

Publication comes in the month following the time of writing, so a bit of predictive work needs doing to guess what might be happening in our collective conscious or other levels of awareness. Maybe a holiday is coming or celestial event that the majority might be affected by.

Then I ask myself, "What am \* I \* experiencing right now?" and look for any meaningful commonalities.

What might be helpful? or at least interesting?

I try to envision the different sorts of people who might pick an edition up and flip to this page.

Trying on imagined readers of different ages, cultural backgrounds, life experiences, and spiritual beliefs.

How could I write in a way that's recognizable to as many folks as I can?

Can it be told in 400ish words?

What do I want to write? What even \* can \* I write?

Have I already covered it? Recently? Does that even matter?

What's the theme for the rest of the magazine?

Then, I actively wait.

Thinking about it with senses open for any inklings

for me to follow.

Listening. Noticing. It might come on slowly or in a sudden flash of knowing. Sometimes I need to push things a bit, searching hard for threads to track, scribbling notes and crafting drafts, until we get here – together on this page.

This time, what's been sifted out is the sense that many of us are "questing" for an answer, a path forward, or an opportunity, and how differently we each navigate our search. Fitting with late Autumn stock assessing, with more mystery in these longer nights than seen with daylight clarity.

This season, what answers in life are you feeling out for? How will you explore and test potentials? What quest are you quietly on?

Particularly, what supports do you draw from when on such a quest? Perhaps employing Pro & Con lists, taking wise counsel from elders, invoking way-finding deities or using divination tools. Maybe your body knows. Will you sift quietly and wait for the answers to reveal themselves? Or do you need to push a little bit?

*Juliette Jarvis is a best-selling author offering sacred living mentorship, devotional arts, and divination sessions. Find her at SelkieSanctuary.com*






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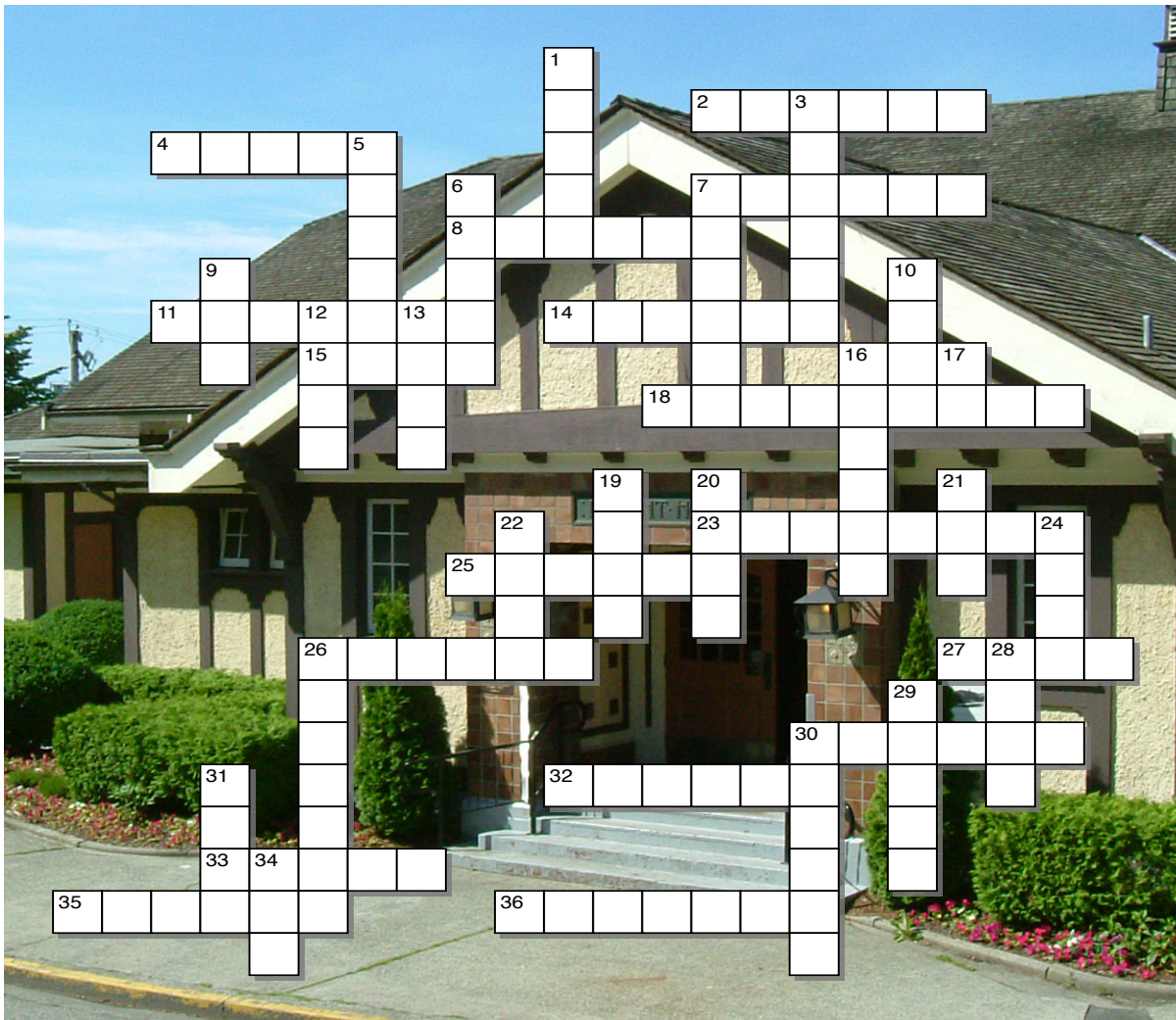
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# TAKE A BREAK



## Across

- 2) Little ones
- 4) Garden cover
- 7) Hall, Office character
- 8) Ship stopper
- 11) Wolves author
- 14) Ringing, or marketing song
- 15) Whale, or bus
- 16) Hip hopper not missing
- 18) Increase, blown up
- 23) Help for senior canines
- 25) Pams ta?ow
- 26) Rower's movement, thrombosis
- 27) Footwear
- 30) Skulls, or saves wildlife
- 32) 30 years since genocide here
- 33) Shout for joy
- 35) Market not so strange
- 36) Salmon sweater inspiration

## Down

- 1) Roof space, gear space
- 3) Over troubled waters
- 5) Laundry, or food, basket
- 6) Big jolly elf
- 7) Oceanside collectible, monster
- 9) Fuel
- 10) Stitch, unite
- 12) Lightning, or shingle
- 13) 100 years of this military branch
- 16) Sales place
- 17) Stroke project software helper
- 19) Utility regulator
- 20) Quiz
- 21) Local MLA's party
- 22) Investment spot
- 24) Sunny granny
- 26) Fighter for cause
- 28) Assist
- 29) Flower to remember
- 30) Forklift platform
- 31) New child care operator
- 34) PRTRA's staff food



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for everyone  
you meet is  
fighting a  
hard battle."**

- Ian MacLaren

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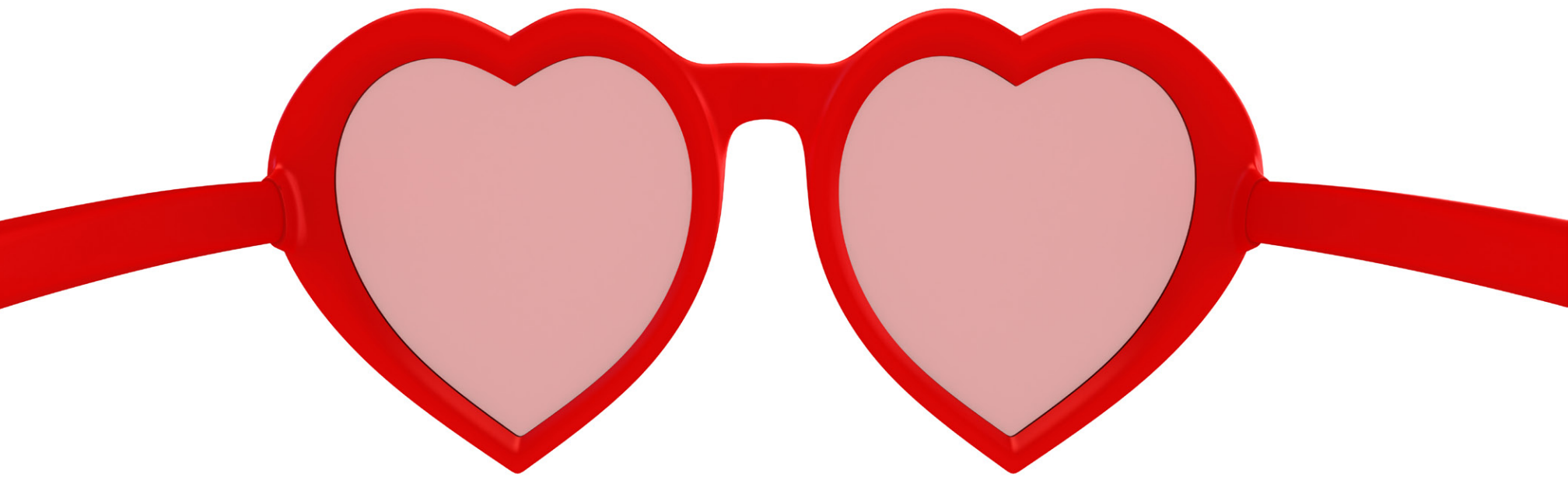
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SOLUTION TO  
OCTOBER'S  
PUZZLE

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H	N	E	J	C	R	X	V	W	A	L	B	E	R	N	I	J	Y	I	H



# THE REVENGE OF THE ROSE COLOURED GLASSES

What if you did something you'd dreamed about doing for a very long time and when it finally happened you realized you had made a mistake?

You realized that what you thought you wanted was not what you wanted after all?

I know that I'm not the first person this has happened to, and I won't be the last, but let me tell you my story because who knows, it might help someone else in the future or you might read this and smile in that knowing way, and say aha, I've done something similar.

I grew up in Nova Scotia and spent the first half of my life there. I didn't want to leave, but had to; back in the early 90s there was a recession going on and I needed to move in order to find a decent job. I found that job in Powell River and for the next 31 years, I lived in Powell River.

I always dreamed about returning to Nova Scotia. I fantasized about it, had photos on my bedroom wall of the gorgeous hardwoods with leaves of red, gold and orange. I promised myself that when I retired, I'd return. In the meantime, I married, had two children, divorced, started a business, made friends, and lived a very nice life in Powell River.

Well, a couple of months before I was due to retire I drove across the country to spend a month in a house I bought online during COVID. That house had been rented out since I bought it and although I'd seen it in person after I bought it, I think I was still looking at it with rose coloured glasses on. I didn't realize how much work would be required to make it livable, let alone comfortable! I didn't realize how much I didn't want to spend the next couple of years of my life renovating a house alone.

Reality has set in. Nova Scotia is not like British Columbia when it comes to selling houses. Far fewer homes sell during the winter months because well, most people do not want to move in the winter. So I am going to live in my house with my three dogs for the next few months and see how I feel in the spring.

I've given myself one year. Twelve months and after that, I'll revisit my decision. In the meantime I'll be back and forth to our Powell River home, but while I'm in Nova Scotia I will explore, meet people and get involved. (On my second week here I got turned around in the woods and my friend Cheryl and husband Scott and his dad had to come find me, but that's another story).

Where I will be this time next year remains to be seen. But this I know for sure, I am missing my family and friends more than I thought possible. I have cried, but then I put on my big girl panties and tell myself you can't go back; you can only go forward.

I guess it took me moving back east to figure out that life lesson.

Don't get me wrong – I'm delighted to have left the magazine in the capable hands of Pieta and the team. The time was right for that. And I'm happy to not have to go to work every day. It's just a

big change, and, like all changes, it's going to take some time to adapt.

Although I am more uncertain about my future than I've ever been, I don't regret this decision. It's pushed me out of my comfort zone and created new opportunities for me.

To that end, I am going to enjoy every day the best I can. The best cure for loneliness is action, so I will go for hikes with the dogs, meet new people, find a Toastmasters club, and plan new adventures. As my sister said, it's a good time to work on yourself. By this time next year, I hope I have some answers.

So did I make a mistake or did I do what I needed to do? I don't know, but I can tell you that I don't regret this. It takes courage to change what is familiar and the older you get the harder it is to do. Sometimes we are too scared to try something new for fear that it might not work out. It's easy to become paralyzed by fear of failure, but I don't want that. I don't want to be lying on my death bed regretting not trying something, even if it doesn't turn out the way I thought it would.

Sometimes in life you have to do something to realize that what you thought you wanted isn't what you really wanted after all. Chances and choices, I'm grateful for both, but know that it's up to us to decide which ones we take. 🐾 [isabelle@prliving.ca](mailto:isabelle@prliving.ca)



LAST  
WORD

ISABELLE SOUTHCOTT



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