

JANUARY 2025

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To learn more about Northside Volunteer Fire Department's Junior Firefighter Program, please contact Fire Chief Jim Brown at nvfdchief@qathet.ca.



Northside Volunteer Fire Department's Junior Firefighter Program Continues to Spark Passion and Fire Safety Awareness in Region's Youngsters

In 2023, the Northside Volunteer Fire Department launched an exciting initiative designed to spark an early interest in firefighting among local youth. The Junior Firefighter Program runs one evening a week for six weeks each fall, offering hands-on training and valuable life skills to children in the qathet Regional District. Beyond introducing the basics of firefighting, the program is a free and fun opportunity for young community members to connect, learn, and grow, and practice fire safety skills. The program also showcases the vital role of local volunteer fire departments in our region.

The idea for the program originated with Northside Volunteer Fire Department Fire Chief Jim Brown, whose vision was to inspire future volunteer fire recruits at a young age. The program was brought to life thanks to a dedicated team of committed volunteers, and completed

another successful run in fall of 2024.

"The Junior Firefighter program includes an engaging lineup of activities that mimic real-world firefighting scenarios," said Northside Volunteer Firefighter and Program Coordinator, Kimber Burge. "Participants practice hose handling, pumping, exterior attack drills, and knot-tying. They also receive first aid training, experience auto extrication, and tackle obstacle courses. The program features Rapid Intervention Team (RIT) practices, and a visit from BC Ambulance personnel. These diverse experiences not only build technical skills but also encourage teamwork, problem-solving, and leadership."

"While no junior firefighters have yet reached the age of eligibility to join the department, the program is already laying the groundwork for future recruits!" she quipped.

"Feedback in the community for

the Junior Firefighter Program has been overwhelmingly positive!" said Burge. "Young attendees have expressed newfound enthusiasm for firefighting, and parents appreciate the combination of education, physical activity, and fun."

The Northside Volunteer Fire Department Junior Firefighter Program is a testament to the dedication and creativity of local firefighters who protect our communities. The NVFD would like to thank everyone for the generous donations of snacks, firewood, and countless volunteer hours from community members and Northside Volunteer Fire Department Firefighters that have helped the program thrive.

Looking ahead, the department plans to expand the program by introducing "pop-up" practices throughout the year. This ongoing commitment ensures the program will continue to evolve and inspire more youth to explore the world of firefighting.

"The NVFD would like to thank everyone for the generous donations of snacks, firewood, and countless volunteer hours from community members and Northside Volunteer Fire Department Firefighters that have helped the program thrive."

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Azul was designed by the world famous, award winning game author Michael Kiesling. It has beautifully crafted components and a simple mechanic with endless strategic choices. This multilingual edition includes: English & French.



Family Charades

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CONTENTS

JANUARY 2025

Conversation & Peace Tattoos mark our moments	6
Families back at the centre Potlatch & naming ceremony returns	14
Isabelle's last qL issue The legacy she founded	17
Popeye to FOPA: Rotary Service Club is behind great stuff	19
Knuckleheads revamped New projects in the backcountry	20
Inland Lake Bridge: complete! Back to Anthony Island, safely	22
Camp Tillicum gets a glow-up Jr. Forest Wardens at Stillwater Main	23
A Few of our Favourite Things Treat yourself	36
Brianne Louie Obituary "You Got This" column coordinator	42

REGULAR FEATURES

What's Up	24
Letters	25
Renew our Community	26
I Made the Move	27
Blast from the Past	28
Business Affairs	30
Events	31
Take a Break	40

ON THE COVER:

Matt Day, the silviculture surveyor behind Day Light Field Services, and his first tattoo by E.T.O. Tattoo Studio's Alex Prachthauser. See his story, which starts on Page 8.



Big changes

Goodbyes are hard. In this issue, we have the difficult task of saying farewell to formative pieces of our community.

This is the last issue of *qathet Living* to be published under the ownership of magazine founder Isabelle Southcott.

That's a bittersweet milestone for me. I first worked with Isabelle as a rookie reporter at the *Powell River News*, and have worked alongside her for 17 of the 19 years of this publication's existence. I'm pleased to be taking on a new role as publisher, and delighted for her that she gets to sail off into retirement (or as retired as an active person like Isabelle will ever get.) However, there's no doubt she will be missed here. You don't just replace a lifetime of experience, connections, and leadership like that without leaving a rather gaping hole. Read more about Isabelle's legacy on Page 17.

Tragically, we also had to say goodbye too soon to our "You Got This" aya-

juthem language columnist, who died unexpectedly last month, leaving another hole in this magazine, and, far more critically, a huge hole in her family and the Tla'amin community, where she was the nation's Language Coordinator. See a tribute to Brianne Louie on Page 42.

This year will no doubt mark many changes in our community, from the re-opening (finally!) of the Inland Lake trail (see Page 22) to the celebration of 70 years of Rotary (see Page 19).

While we will continue to mark those changes in ink on paper, an increasing number of people choose to mark life's events in ink on their bodies. Editor Pieta Woolley interviewed local tattoo artists, and shares the art that graces the skin of a half-dozen locals, with explanations of what life events those tattoos mark.

No matter how you mark the big changes, here's hoping that what's to come is as rewarding as what has been.

|| sean@prliving.ca



IN THIS ISSUE

SEAN PERCY

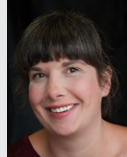
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Volume 20, Number 1
ISSN 2817-1667 (Print)
ISSN 2817-1675 (Online)

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Complete issues and back issues are available online for free at: qathetliving.ca

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We acknowledge
the financial support of the
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“

I moved to Powell River in March of 1993 to work for the old *Powell River News*. I had only planned to stay in Powell River for a year or so...

- Isabelle Southcott, **Page 17.**

”

JANUARY'S CONTRIBUTORS



BRIAN BOMPRESZI is a husband, father, Junior Forest Warden leader and Community Paramedic. He enjoys walking the forest trails with his wife and dog or fishing with friends. **See Brian's story, Camp Tillicum gets a Glow-Up, on Page 23.**



JOEL NORDMAN is many things in this community, one being President of the Knucklehead Association which maintains recreational alpine and subalpine access, trails, and huts in the area. **See Joel's story, Knuckleheads, on Page 20.**



JORDAN KISS, is the play by play broadcaster and director of media for the Powell River Kings. He is in his fourth season with the hockey club. **See Jordan's story, Marleau recruited by Kings, on Page 28.**



JOYCE CARLSON has been a member of the Rotary Club of Powell River for 29 years and spent 45 years in the newspaper industry before retiring as publisher of the local *Peak*. **See Joyce's story, 70 Years of Rotary, on Page 19.**

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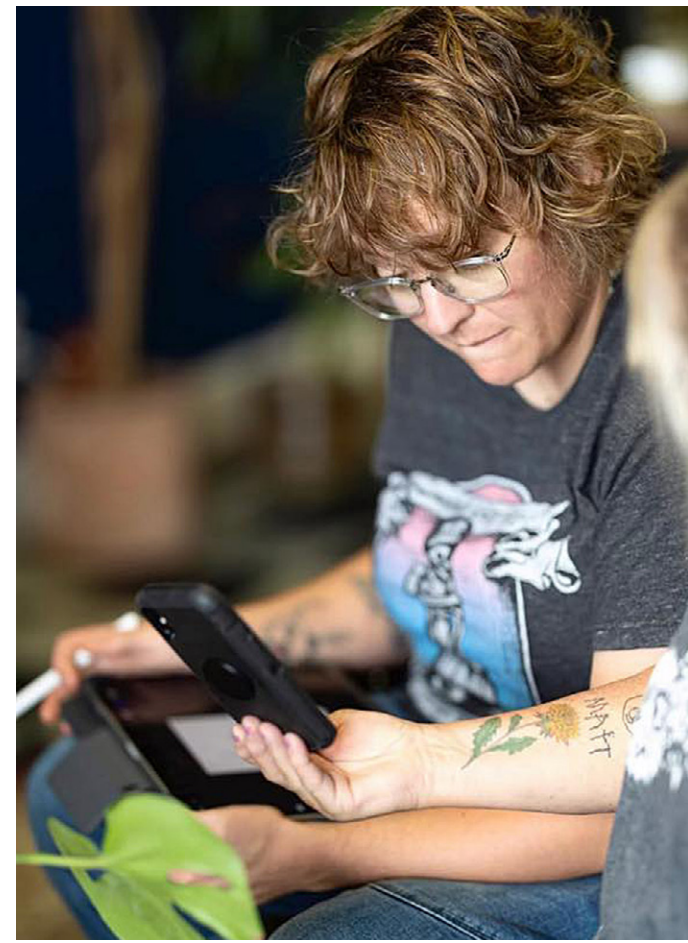
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BEHIND THE PENS: From left, Truth & Dagger Tattoo Collective's Danielle Ceulen and Poppy Wolfe Riker. Tattoos by TA's Tia Ackerman. Rev. Lucy Price collaborates with a client (photo by Justin Sparks). Alex Prachthausen makes her mark. These professionals create some of the most talked about art in the region.

BY PIETA WOOLLEY

In this small town, tattooing is a little different than in the cities. The artists are part of the community, so collaboration with their clients, rather than the promise of celebrity, is what drives them to excellence. Also, all three brick-and-mortar tattoo shops, a historically-male space, are owned and operated by women.

Normally, January is when media focus on resolutions: what we promise ourselves we will change in the future. But this month, *qL* is flipping resolutions on their head, to highlight what we do to recognize change that has already happened: often, that's tattoos.

These are the local artists who are responsible for taking our innermost transformations, and broadcasting them on our skin.

E.T.O. Tattoo Studio

Rev. Lucy Price is a tattoo artist, painter, and Anglican priest who recently wrapped up a two-year term as vicar at St. David and St. Paul church in Townsite. But when her life partner, E.T.O. owner Alex Prachthausen offered to teach her tattooing, Lucy was surprised how her experience in pastoral care influenced her tattoo career.

"In church, pastoral care is about listening and being really present for someone without judgement," she said.

"When people are getting a tattoo, they want to tell the story of why. People go through incredible tragedies right here. They want to carry that story forward in a positive way. A tattoo can do that. It takes something you suffer or something you celebrate and turns it into art."

This once-edgy body modification has become a

core part of how people record their lives, and share the art that symbolizes their journey.

Alex opened E.T.O. in 2020. Originally from Florida, Alex went to University to study illustration in Hong Kong, where she lived for six years. There she apprenticed under Kin Liu at Soul Canvas Ink.

Passionate about art and travel, attending conventions and guest spots are a regular part of her art practice.

Why are so many people getting tattoos?

"I find that people want to collect art which brings them joy and authorship, potentially to bookend a significant experience. Often my clients have been thinking about their tattoo for a very long time.

"My tattoo process is collaborative; my goal is to work with my client to produce a custom illustration which resonates for them. When discussing ideas, my clients' experiences inform the narrative qualities in their artwork which make the piece uniquely theirs.

"Sometimes the meaning behind their tattoo is painful, particularly when the piece memorializes a loved one. Or sometimes it is joyful, and we make something to celebrate a significant milestone. The sharing of these stories can be a unique look into someone's world. It is a huge responsibility to create something for someone that they will wear forever, and I am so grateful for the trust of my clients."

Alex's most visible tattoo, a large piece of ornamental work, is done by Korean artist Brown Peanut. She chose a design that reminds her of armour, to cover her heart and throat.

"Coming to Canada was hard. This tattoo feels like armour to me; I had it applied after a long, tough transitional period in my life. Brown did a fantastic job, people can hardly believe the stencil was hand drawn."

Truth & Dagger Tattoo Collective

Truth and Dagger was opened by Danielle Ceulen after she left Powell River's longest running tattoo shop of 13 years. Opening the shop in the heart of 2020 was a challenge but, she says, it has been worth it.

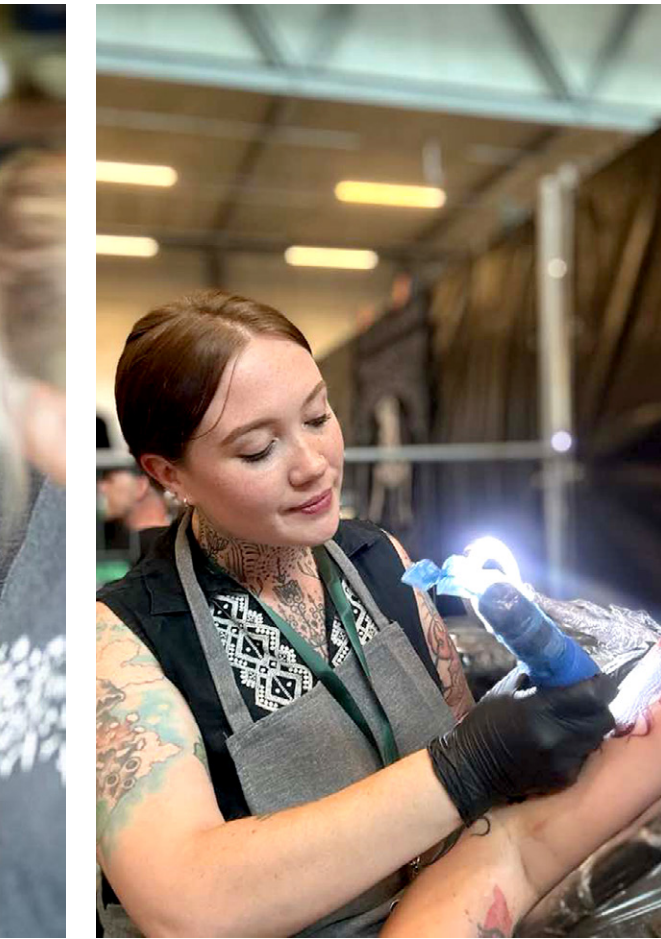
Originally from Steveston, BC, Danielle's goal of life as a 'creative has always been her focus. She provides body tattoos, permanent makeup and paramedical tattoos. She really loves to do realism and portrait style tattoos and script.

Danielle has a foundation of deep expertise in paramedical tattooing: evening out skin pigment, covering scars, and much more. When she was still a teen, she apprenticed for two years in Vancouver, and soon found herself teaching at BioTouch, a school for permanent make-up and paramedical tattoos.

The work of tattooing has been therapeutic for Danielle. In 2021, she was diagnosed with breast cancer at age 34. Although she was very sick, she kept creating art and seeing clients as much as she could while she went through chemotherapy, surgery and radiation.

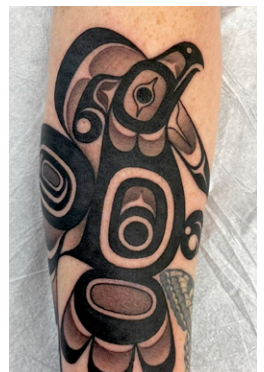
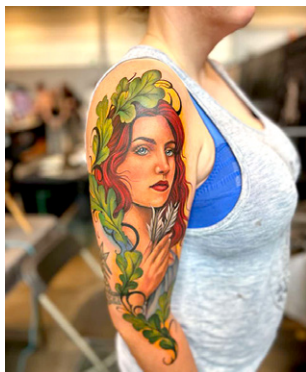
"Sometimes I'd forget I was sick," she said. "I was consumed with art and clients. This is just an awesome thing I can be a part of."

Poppy Riker joined the shop in 2022 with previous industry experience. In Poppy's lifetime of relentlessly creating drawings, and mixed media artwork, nothing has been so soul-satisfying for her, as tattooing. Poppy really enjoys making the eclectic variety of tattoo styles that come from working in a street shop. Collaborating and holding space for people during their transformations-through-ink will always take priority over her portfolio.



Conversation & peace

Over the past 20 years, tattoos have become a vital way we tell each other our stories. Especially, how we mark moments that changed us.



Here, qathet's remarkable crew of artists reveal the significance of their work, the power of the pain, and the reward of being in the room where it happens.

On the following pages, six locals share the meaning behind their own ink.

FAVOURITE TATTOOS: Above from left, Alex Prachthausser's ornamental chest piece by South Korean artist Brown Peanut. Rev. Lucy Price's colour illustrative portrait, by Alex. Danielle Ceulen's thunderbird, by Indigenous artist Logan Howard (Narrow Waters tattoo, Kelowna). "This design is inspired by Haida artist Charles Edenshaw who was born in 1839. I asked Logan to pick an animal that would represent that health journey I was on in 2021-2022." Tia Ackerman's favourite tattoo is all about the message. Right, Poppy Riker says, "It's one of my oldest tattoos, dandelions will grow through concrete and out of death comes life. I love this tattoo all day long."



If you have a tattoo story you'd like to share, please email it to the editor, with photos, by January 15: editor@prliving.ca.

Her personal artistic journey is veered toward neo-traditional work, and high contrast black and grey tattoos.

She studied fine arts in Nova Scotia, where she also spent her youth, and studied carving in the Nass Valley under Nisga'a master carver Alver Tait. Her obsession with human anatomy, realism and surreal drawing practices, mixed with a genuine compassion for others all lend to creating the right tattoos for people's many varying needs, wants, and whimsies.

Although they have styles they love to do, being that they are a shop on the main shopping street in town they see a variety of styles requested which they are happy to do as well. They hope to provide an experience where their clients feel heard and are happy with the result.

Tattoos by TA

Growing up here, Tia Ackerman obsessively watched the reality TV show *Ink Masters* with her dad, Stu. The show, now in its 15th season, features a group of tattoo artists competing for a \$100,000 prize. Tia and Stu drew tattoos on each other – a favourite bonding moment. At 16, Tia got her first real one: a Blackberry Fest flash on her ankle.

"I've always wanted to be quite tattooed," said Tia, who now has a full sleeve and much more. "For myself, when I was having a really hard time mentally, tattoos helped. It's not about being broken or dysfunctional. It's about transforming those dark moments into something beautiful."

Tia, who apprenticed with Alex at E.T.O., has her

own studio behind Snickers: Tattoos by TA. One of her first clients in 2024 had graduated from the program at Miklat Recovery Program, working through the fallout from his addictions. He joined the staff there, she said, and comes to see her weekly, always working on new art, or transforming older art.

Since then, she has seen many, many more clients who are in recovery from addictions.

"It's like therapy," said Tia. "Emotional and mental pain can be hard to process. Sometimes pain has to be physical to work through it."

Her Miklat client, she said, "taught me a lot. The tattoos he got in the dark parts of his life, he doesn't want to cover them. He wants to transform them into something he can wear more proudly knowing he made it through those dark times."



I'm still

BY PIETA WOOLLEY

Until Matt Day was 49 years old, his skin was a blank canvas. Looking back, he's relieved.

There was that one time he partied with a friend in the trailer of a guy who did ink. Hours into the party, the tattoo gun came out. His friend "got a bad one," Matt recalled. Or, that time decades ago his friends toured the seedier tattoo parlours up and down Hastings in Vancouver, looking at ill-thought-out flash (pre-made art). Again, no regrets from that night.

Although Matt contemplated getting inked since he was a child, the ideas were never right (he's glad he never executed his initial vision: a wound with monsters crawling out.)

"My concern was always, 'Is this what I really want? What will others think?'" Tattoos were a lot less mainstream then, than they are now."

Instead, Matt waited until 2021. Over the past three years, he's spent more than 120 hours mostly under Alex Prachthausser's needle, at E.T.O. Tattoo Studio just off Glacier and



Joyce. Symbols of mortality, plus local plants and animals from the forests he works in, surround two major pieces: a raven on his chest, and an Azure dragon on his back. The raven symbolizes life amid death. The Azure dragon, in Chinese mythology, symbolizes strength, power, good luck, and oneness with nature.

Like so many tattoo stories, Matt's begins with change.

On November 13, 2020, the silviculture accredited surveyor was work-

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Alive



ing from home, writing reports. Matt, a former tree-planter, is a self-employed boots-on-the-ground expert who ensures forests are planted in ways that will thrive, through his company, Day Light Field Services. Sunny fall weather beckoned him outside; he drove near Haslam Lake where he was building a new climb on a rock face. By himself, and without wearing a helmet, he scaled 20 metres up a Douglas-fir to prune branches away from the rock face.

“I leaned back, and I knew right away

I was in trouble.” He tried to grab on to the ropes, but they weren’t secure.

Matt fell backwards out of the tree, all 20 metres, and landed on his back, on rock.

“I woke up on the ground. I thought I’d crawl to my truck, but I couldn’t move,” he said. “Luckily I had my cell phone in my pocket, and it still had one bar. I called my ex.

“That was at about 3:30 pm. The light was fading. As the sun was going down, I was watching a nice golden light through the trees. I thought to

JOURNAL ON SKIN: Far left, the Douglas-fir Matt Day fell out of in 2020. The red marks at the top show where his rope is. Left, Matt’s torso, his first tattoo. Middle, pins holding Matt’s broken vertebrae in place after the accident. Middle, his Azure dragon, outlines only. Above, the completed Azure dragon.

Welcome to Powell River

There's No Place Like Home

Austyn was great to work with. She was quick to respond, hard working and a good source of local information. I would happily work with Austyn again and highly recommend her to anyone looking for a realtor in Powell River.

- Jesse Horn



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myself, I just need to wait another minute. I thought that over and over again.

The pain, of course, was excruciating. Matt didn't know it yet, but he had broken his jaw, his neck at C7, crushed several vertebrae, broken four ribs – two of which had poked into his lungs – bruised his heart, crushed his sternum, and broken the bottom off his tibia.

Although he's not a fan of the band, the Pearl Jam song "I'm Still Alive" wound through his head:

*Oh, I, oh I'm still alive
Hey, I, oh I'm still alive
Hey, I, oh I'm still alive
Hey, oh*

He hoped someone would find him before dark – behind a rock at the top of a steep hill.

Finally, nearly three hours later, Matt could hear the search party. He tried to yell for them but couldn't. So he played his cell phone ring tone, until an RCMP officer found him. The crew included the local Search & Rescue group, the RCAF's 442 Rescue and Transport Squadron from Comox, paramedics, and local policing. Because of his location and how severe his injuries were, it took until almost midnight to get him into the ambulance. Then, he was flown directly from the local hospital to Vancouver General, where he went straight into surgery.

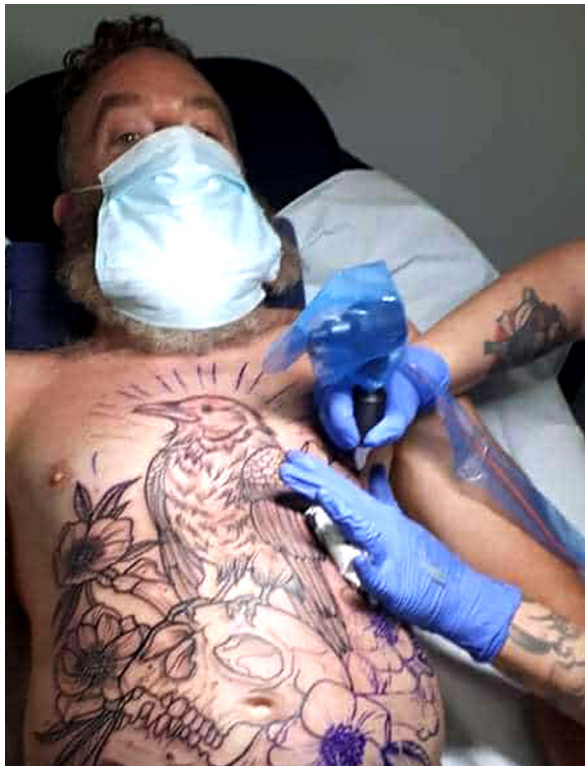
Sleeping was next to impossible in the hospital and for the first two months at home. The injuries, the drugs, COVID: Matt knew his future was uncertain. To stay sane, he started focusing on the moment, rather than on what-ifs. It was the beginning of a life-saving mindfulness practice, and the origin of his transformation.

"I was on this path years before, and the accident helped me remember. I wanted to eventually be stronger than I was before the accident."

Back in Powell River, Matt spent a month in a wheelchair, in physio four hours a day.

"I really wanted to be able to go back to my job," he said. "I've always worked outdoors in the forest. What else can I do? It's where I feel good: active and outside."

"Once the fog started to wear off from the meds, I started thinking about tattoos. By late January, I had



CHRONIC DISCOMFORT: After his accident, Matt Day learned to use mindfulness to manage his chronic pain. It's a skill he applied to his 120 hours in the tattoo chair since, including his first tattoo (above left), an eight-hour ordeal at E.T.O. Above right, Matt found this house sparrow in the street, raised it and named it Peepers.

a consult with Alex."

His first session was in June 2021, where Alex inked most of his chest. It took eight hours. Her business partner at the time didn't think he'd make it through the pain of the session. But Matt, of course, had become an expert in handling pain. Mindfulness, he said, can be a path to achieving a Zen state of being completely in the moment. Pain is transitory, he understands. The needle is there. Then it's not. When the pain is intense, it's hard to bring your mind elsewhere.


"I've always liked ravens and crows," Matt said. "They are seen as harbingers of doom and death, but they're so much more. Corvids are highly intelligent and resourceful animals. Crows symbolize transformation and change and are believed to be cleansers of both land and mind. Ravens are thought to hold ancient wisdom and represent the balance between

the light and the dark."

Matt calls himself a "post-accident person."

His tattoos are symbols of his values, his ownership of his changed body; his imagination; his strength. Before, he was worried what other people might think. Now, he genuinely doesn't care.

He's back to work doing what he loves; currently, he's on the ground in Stanley Park, helping to regrow the urban forest in the wake of windstorms and looper moth. He skis. He climbs (and quadruple checks every rope now). He just can't do it for 10 days in a row anymore.

Eventually, Matt finished installing the bolts on the climb he was working on when he fell. It's called "Golden Hour," a reference to the sunlight streaming through the trees as he lay broken, at the bottom of this climb, in 2020.  || pieta@prliving.ca

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Jacquie Dawson • Manager, Max Cameron Theatre

What is your tattoo?

Jacquie • To mark 10 years as a breast cancer survivor, I commissioned a colourful dragonfly and phoenix rising from the ashes tattoo over the scars of my double mastectomy.

When, where, and which artist?

Jacquie • An artist from Mexico was visiting in town for a short time.

Why did you decide to get this piece?

Jacquie • Before, the scars were quite visible at the collar of most shirts. Sometimes people would say, "What the hell happened to you?" Now when the tattoo peeks out, they'll say, "Oh! What a fabulous tattoo!" It gives me joy and other people joy.

What's meaningful to you about it?

Jacquie • Dragonflies are the symbol of rebirth, and so is the phoenix. When I was

grieving – when my mom died from breast cancer, when my partner died from a heart attack, and when I was processing my own cancer diagnosis – dragonflies always seem to find me. When I look in the mirror I see hope and strength which is much more positive than scarring.

Anything else folks should know?

Jacquie • It hurt like hell. Because the surgeon stripped so much flesh off my chest, the scarring is right on bone, and that's a painful place to get ink. There's something about pain that exorcises the heartbreak, though. It took eight hours straight; I've never cried so much. You're releasing all the stuff you're holding on to. I cried about my mom, about my partner. I ran out of things to cry about. I was such an empty vessel at the end of that. The experience was a moment when I could start to regroup and look to the future.



Erin Lurkins • Farmer, Andtbaka Farm

In 2020, during COVID, I started farming with my mother-in-law and quickly became interested in chickens.

The first two chickens I ever had were Pickle and Peck, they hatched with their moms, but they weren't doing too well so we made them a little home in our home. They got better, grew up to be big and have their own babies and I was obsessed with them all.

Unfortunately, they fell prey to a very bad raccoon the next year and I

was devastated. I wanted to remember them and I felt like the best way to honour my first chickens was to get them memorialized on my body.

I have many tattoos, some of them are meaningful and some are just cool art and most of them are done by Tia Ackerman at TA tattoos and she was the perfect artist for this. I don't think she could have done a better job and I love seeing the chickens that got me started in farming on my legs everyday.

Literacy for Life

JANUARY EVENTS AT THE LIBRARY

Meet the authors!

Novelist presents *Legacy of Blood and Moonlight* series. **Aurian Duncan**, Jan. 11

Standing on High Ground with **Bob Hackett & Romily Cavanaugh**, Jan. 18

FAMILY LITERACY WEEK EVENTS:

JAN. 25: FAMILY BOARD GAME NIGHT

Try out a selection of board games. Coffee and snacks provided!

JAN. 28: PRINT-A-BABY

Using non-toxic inks on quality papers, replicate small hands and feet for your wee one's scrapbook. We'll be joined by speech and language therapist Alyssa Dixon from VCH to answer questions you might have about speech and language development.

JAN. 28: SILENT BOOK CLUB

NEW! A book club for introverts. Bring your current book and read in silent camaraderie.

JAN. 29: READING FOR LIFE

Life changes can make reading more challenging. Learn about technologies and services that can keep you reading.

JAN. 30: ASL STORY HOUR

Join deaf storyteller and ASL Specialist Donna Lee and Children's Services Coordinator Sonia Zagwyn for an enchanting storytelling experience presented in both American Sign Language and English.

JAN. 30: COMMUNITY STORYTIME

Newcomers from the Immigrant Welcome Centre present stories and rhymes that tie in with our Family Literacy Week theme: Being Green Together!



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Bobby Fields • Radio personality and animal champion

What is your tattoo?

Bobby • I've had eight new pieces done since July of 2024, adding to my collection of 11 others. The new ones are: Anne Frank and Frieda Khlo (representing strong women); a medical bracelet (warning doctors to not give me an MRI because it would compromise my aneurysm clips); a lotus; "Let Them," (from the poem of the same name); "Good Thoughts, Good Words, Good Deeds" (What Freddie Mercury's father said to him each night); a golfing tattoo that matches my dear friend Shannon's; and a 1963 photo of my mom and dad.

Where and which artist?

Bobby • Most of these were by Danielle Ceulen at Truth & Dagger.

What's meaningful to you about them?

Bobby • This has been a strange era in my life; I'm on



19 PIECES AND COUNTING: Bobby Fields commissioned this piece—a photograph of her parents in 1963—from Danielle Ceulen at Truth & Dagger Tattoo Collective in 2024.



leave from work. It's given me time to reflect and figure out what is important. All of these images mean something to me.

Anything else folks should know?

Bobby • Like me, artist Frieda Khlo was in a catastrophic car accident, so I understand a small part of what she went through. Also like me, as her body got stronger, her personality did too.

Writer Anne Frank has always been very meaningful to me. She was born just two days before my dad, in 1929. For my 13th birthday, he bought me a copy of *The Diary of Anne Frank*, and a journal for me. He read about Anne Frank with me, and told me his own story of what he had lived through at the same time as she was growing up under Nazi rule. Anne became my hero. There is nobody like her.

Aaron Reid • Owner, Banking on It Bookkeeping

What is your tattoo?

Aaron • My tattoo is two side by side seals resembling ying and yang placement complemented by tall fir trees, tulips, and a hummingbird as well as two signatures.

When, where, and which artist?

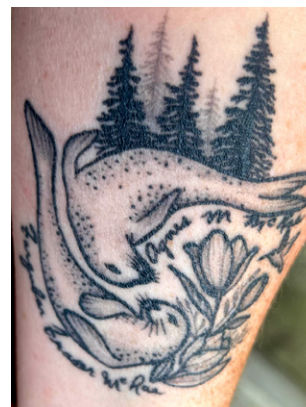
Aaron • By Leanne Maximuk at her home studio in September of 2022 and it's on the inside of my left forearm above my wrist.

Why did you decide to get this piece?

Aaron • I've always wanted a tattoo to represent my maternal grandparents as they were a very important piece of my life.

What's meaningful to you about it?

Aaron • Seals have always been special to me. I used to row out into McRae Cove in a little wooden rowboat with my grandparent's dog for company and sing to the seals when I was very young. They would follow me around—probably wondering at the screeching noise I called singing! When my mom and I spread their ashes



MATERNAL GRANDPARENTS: Aaron Reid's piece is an ode to her family and childhood.

together in the ocean in a bay normally full of seals, two made themselves present and followed us. We felt like it was a sign that my grandparents were with us in that moment.

The fir trees represent my granddad who was a farmer and a logger. He passed away from a heart attack on his skidder.

The tulips represent the beautiful tulip garden my Grandma tended.

The hummingbird reminds me of the busy hummingbird feeder I would

watch from their kitchen window. This is all complemented by their original signatures which are unique to only them and help me feel that I'm carrying them with me.

Anything else folks should know?

Aaron • Those who aren't fans of tattoos will often ask how I'm going to feel about my tattoos when I'm 80. My response is that each day is a gift, we never truly know there will be another and if I'm still alive at 80, I'll be proud of a life well lived and won't give a hoot how my tattoos look to others.



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This program is funded by the Government of Canada and the Province of British Columbia.

Erik Blaney

First Responder and Tla'amin Nation Fire Chief & Tla'amin Nation Legislator

What is your tattoo?

Erik • I have received the honour of getting the first eye medicine tattoo in many generations for the Tla'amin people. The design is owl wings which are my protectors and now permanently protecting me going forward.

When, where, and which artist?

Erik • Keith Callihoo from Ohana Tattoo completed the stick and poke work on each side of my eyes. [Editor's note: Keith was the Artist in Residence at Tidal Art Centre in November 2024].

Why did you decide to get this piece?

Erik • I have been struggling with CPTSD after two decades of First Responder and Emergency Service work and the eye medicine was done through ceremony to help protect what spirit I had left. After witnessing things no human should ever have to feel, hear and see, a piece of me felt missing for the past few years. Each call takes a piece of your mind, heart, and soul, and it's important to have the tumuth there to protect what's left.

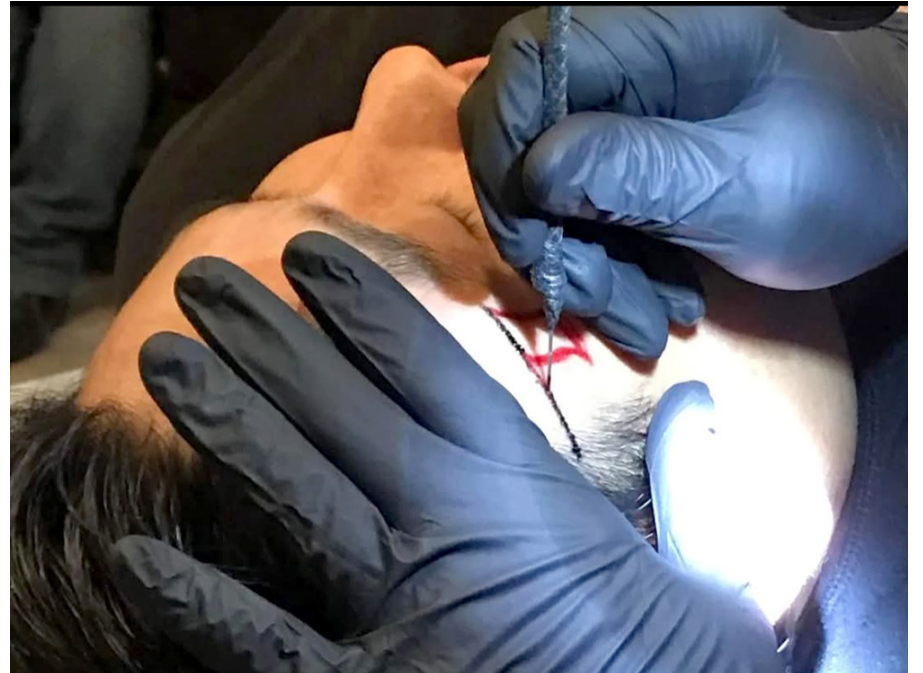
What's meaningful to you about it?

Erik • I started creating a logo which my good friend Tristan Bellmane helped bring to life just before he passed. The logo is a first responder/firefighter skull with an owl wrapping itself around the responder for protection. I now sell those items to help pay for mental health programming for first responders and my people.

We are currently fundraising for dry cedar and materials for this year's sweat lodge. I am also working on some plans to assist people in the industry with psychedelic assisted therapy, which is not covered by health plans or WorkSafe, even though it has been proven to help people like me immensely.

Anything else folks should know?

Erik • Traditional tattoos are emerging and for us a very sacred tradition that tells a story or let's people know someone's lineage or inherited duty to their people. It's okay to ask people about their tattoos and I enjoy educating people about mine, but not every marking can be talked about in certain situations so don't be offended if people are not able to talk about theirs just yet. 🐼



TRADITIONAL TAT: Tla'amin Nation Legislator and Fire Chief Erik Blaney receives owl wings on his temples, from Ohana Tattoo's Keith Callihoo. Keith uses a stick-and-poke technique—a historic technology from around the Pacific Rim and beyond.

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Words from leadership on the Nohom

Hegus John Hackett

“Nations beyond our territory gathered in celebration for a mask gifting ceremony here in tišosəm and our hands are raised in thanks to činey (Cyndi Pallen) and Autwell (Sherman Pallen) for arranging the amazing event.

All four gifted masks were carved by Autwell and will be used in ceremony at ʔəms ʔayε, our new cultural building when it’s completed. Each mask has amazing history and story which was shared on the floor.

We thank the family for this amazing gift to Tla’amin. It’s so great to see these ceremonies come back to our Nation.”

Losa Luaifoa, Executive Councillor

“In the past, it was our families—not government—that served as the foundation for how we organized and governed ourselves.

This ceremony resonated deeply with me because it reconnected us to that tradition, revitalizing the family’s role as the social backbone of Tla’amin society.”



GIFTS: From top left, Nevaeh Harry and Brandi Marriott with Ezikel and Sabrina Harry - two children receiving traditional names. Top centre, Glen Pallen dances the raven mask, guided by Randolph Timothy Sr. Takyah Blaney dances the eagle mask. Hassan Paul wears the killer whale mask. Amy Paul was among the youngest to receive a name. Makayla Harry wrapped in a red blanket. Above, Nevaeh Harry, Sabrina Harry, Dion Marriott, Brandi Marriott, Leanne Paul and Brandon Paul at the naming ceremony. Left, Chennay and Gwen Pallen.

Photos by Phil Russell and courtesy of the Pallen Family.



THE PALLÉN FAMILY PUT IT ON: From left, Glen Pallen, Cyndi and Sherman (Chennay and Autwell) Pallen, Steven Pallen, Dawn Pallen, Lorraine Pallen, Lawerance Pallen and Mckayla Pallen. Inset below, Mario Paul (Chegahgeemuix) and Kingston Paul (Gemi - little eagle feather).

Photo courtesy of the Pallen family

The Nohom is back

Masks, the potlatch, traditional names, and families are back at the centre of Tla'amin society

Fifty beaded eagle feathers; 12 hand-carved paddles; dozens of cedar hats; hundreds of blankets, shawls, bags, and backpacks: it took nearly nine months for the Pallen family to prepare for Tla'amin Nation's first large family potlatch, a Nohom, since the ceremony was banned in 1888.

On November 2, more than 200 people gathered at the Salish Centre for the event, from as far away as Ontario. Apart from funerals, it was the first time the family gathered. The day started with Sherman, Cyndi and Dawna Pallen giving traditional names to 25 of their family members. Although the ceremony was planned especially to give names to their grandchildren, every generation was represented.

The Pallens laid out blankets in a row on the floor, and invited those receiving names to line up – eldest to youngest. Each was wrapped in a blanket, and brushed with cedar. Then, Sherman and Cyndi gave them their new name.



Some names are ancestral. Cyndi's traditional name is Chennay, for example.

"I carry the name of my great grandmother, who was a basket weaver," Cyndi explained. "Ancestral names ground us in who we are, and it's an honour system. We try to live up to them."

"Historically, you had to earn your name," adds Dawna. "My late father-in-law was part of the last generation who had to go out into the woods and earn his name. That tradition went out when residential schools started."

Some names are new. Gemaih was given to the youngest niece, 5 (who took a nap on her blanket, while she was waiting). It means "little eagle feather."

In Cyndi's family, naming ceremonies were revived first in 2003, when Cyndi was in university and came home with questions about her ancestry.

"My dad held strong a strong believe system and family was everything," said Cyndi. "Shortly after, I, my sister Ginger and Jeff prepared our first naming ceremony, and there was sixteen of us named! It's important to do this work with our elders and at the time, my Dad Joe D. Paul, Toquanen Chegagemooulx guided us and all his children now carry ancestral names. It was our parents teachings, is to always know where we come from and who our family is."




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TLA'AMIN NATION'S NEW MASKS: Clockwise from top left, the wild woman (T'al), killer whale, raven and eagle. Their home will soon be the new cultural centre.

Photos courtesy of the Pallen family.

"Names are closely tied with identity at many levels," Cyndi continued. "We all have personal names that are used in different contexts or may change over time.

"For First Peoples, personal and place names have been passed down for countless generations. These traditional, ancestral and spiritual names are a part not only of their personal identity, but also their relationships with the land, the ancestors and family stories.

"Multiple factors led to the loss of traditional names. Epidemics killed many people, resulting in some names being forgotten. The forces of colonialization attempted to erase the Indigenous identity by replacing names, both personal and place names. Today First Peoples are successfully reclaiming the power of their names on many fronts."

The centre of the potlatch was the gifting of Sherman's masks to the community. Since he retired as a logger, Sherman has dedicated himself to carving, both the poles for the new Tla'amin cultural centre which is currently under construction, and recreating the masks his grandfather carved, which are currently housed at the Royal BC Museum in Victoria and at the UBC Museum of Anthropology.

During the ceremony, Losa Luaifoa (Executive Councillor) accepted the Eagle mask, Brandon Louie (Executive Councillor) accepted the T'al mask, Drew Blaney (Culture and Heritage Manager) accepted the Raven mask, hegus John Hackett accepted the Killer Whale mask. Each mask was danced for the gathering, following a lunch of deer and salmon.

Glen Pallen danced the raven mask.

"For me, it was healing because of what the 60s scoop did to me," he said. "It felt so good to be dancing my culture in front of a lot of people. It took courage for me to do that. I danced with the eagle,

Sherman and Cyndi Pallen's words from the invitation

I, Autwell, carry the name of our forefather and my wife Chennay will be passing on our ancestral names to our grandchildren, nieces, and nephews through a blanket ceremony. It will be an honour to be with friends and family!

I, Chennay, will be passing on 18 names to all my nieces, nephews, and grandchildren.

I, Chennay, carry my great grandmother's name on my dad's side of the family and my two nieces, Leanne and Melissa, will be the second and third. The names have been given as a way of carrying the name of our ancestors who walked before us, and is an honour to carry the name, which grounds us in our identity and where we are from.

too, and it was very emotional doing that, and getting a name: Hunkoo. It means rapids.

"It was nice to witness all the gifts. I did not know that was happening. To witness that and the dancing. It was so heartfelt. Especially to see the young people dancing without any trauma of what the whites did to us. Being around family. Being all together."

That togetherness is bonded through gifting. Each person who received a name had to give away the blanket they stood on, and give away small gifts to the gathering, such as apples or notebooks.

This Pallen family potlatch is just the first of many more to come. One of Sherman's relatives from Homalko Nation came to take notes, so the ceremony can be replicated in that sister Nation. Two more Tla'amin family potlatches are already planned for after the cultural centre opens this summer. 🐻

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Iz's legacy



2006

In February of 2006, Isabelle Southcott published the first issue of what was then *Powell River Living* magazine. This issue is her last. She is retiring, and has sold to her long-time editor Pieta Woolley.

It's impossible to describe the nearly 19-year journey from then until now. Instead, in Isabelle's own words, here is a too-short retrospective. Hopefully, when she is back in town, Isabelle will let us throw her a proper retirement party.

What brought Isabelle here originally

I moved to Powell River in March of 1993 to work for the old *Powell River News*. I had planned to stay in Powell River only for a year or so – and move back to Nova Scotia once the economy recovered – but in the meantime Joyce Carlson approached me and told me about a new newspaper she was starting called the *Powell River Peak*. Joyce hired me to be the editor and I started there in the fall of 1995.

Why Isabelle jumped ship

Several years passed and I began to get itchy feet. I needed a new challenge and short of moving to a new community, I realized I wasn't going to be able to find another media job in Powell River. I had also outgrown my role at the *Peak* and knew it was time for a change. And, I believed the region needed another storyteller. Too many wonderful stories about the people who lived in this special community weren't being told because the vehicle to tell them didn't exist here.

In 2004, I came across a lovely magazine in the Comox Valley called *In Focus*. It was a free distribution magazine filled with feature stories, event listings, and ads. As I read this magazine from cover to cover I thought, "Powell River needs a magazine like this!"

Of course, over the past 19 years, *qL* has grown up into something quite different and absolutely unique in Canada... maybe the world.

Important things Isabelle has done here, besides start PRL / qL

The most important thing I have done is be a mom to Matthew and Alexander. On my death bed if anyone asks me what I am most proud of, I will tell them being Matthew and Alex's mom.

Most of the other things I have done here were accomplished by being part of a team. When I think about it, there are very few things I could have done alone, including learning how to run a marathon, which I did with my best-in-the-west friend Carma Sacree. When I was 40, I ran my first full marathon, when I was 42, I ran my second full marathon. I've also run a dozen or so half marathons and other fun races along the way.

I helped organize Jody's Run – a Team in Training run for leukemia research that was held in Victoria in 2003 to support a local girl, Jody Rodonets, who had leukemia. It was one of the most powerful, emotional events I've ever been involved with. Fifty-three people from Powell River, including Mayor Stewart Alsgard, travelled to Victoria in support of this brave young woman and her family. I've never cried so much in one weekend as I did back then. To see the love that a community has for its people was one of the most beautiful things I've ever had the privilege to be a part of. Sadly, Jody died, but not without knowing just how much she was loved by her entire community.

I have also been involved in the Sunrise Rotary Club of Powell River, Toastmasters – I helped charter a new club here many years ago and served on the provincial board of Toastmasters – I've been on the



2024

board for Townsite Heritage Society, Tourism Powell River, Westcoast Access, co-founder of Powell River Women in Business (now Coastal Women in Business) and am a lifetime member of that organization.

I had a lot of fun working with a group of fantastic volunteers on Who's Smarter Than a Sixth Grader, an event we created as a fundraiser for Success By Six. I helped create a Women's Trade Show and Social Mixer, the Powell River Small Business Fair in 2008, and the Faces of AIDS campaign to raise money for the Stephen Lewis Foundation back in 2004.

How Nova Scotia Duck Tollers fit in

In 2019, I decided to pursue a long-time passion of mine: the world of Nova Scotia Duck Tolling Retrievers. I was seven when our family got our first Toller back in Nova Scotia in the 60s and I've loved the breed ever since. I'd given my son Matthew a Toller for his 12th birthday. Hunter reconfirmed everything I'd always loved about the breed.

When I was thinking about what to do as I transitioned into retirement, I decided that I'd like to show and breed Tollers on a small scale. I bought Jigs, a female pup from Nova Scotia, just before COVID hit. While hunkering down, I made future plans with my amazing dog show family – Siona and Panagiota Rounis. It was a whole new world for me, but I loved it and dove in head first.

I show my own dogs in conformation and compete in Rally Obedience, Obedience, dock diving, and sprinter trials. I'm having a lot of fun and love the people, challenge and, of course, my own three Tollers: Jigs, Zunga and Decoy.

Jigs and I have raised two litters of pups together and I'm grateful for this emotionally exhausting, but rewarding experience. I'm also grateful to all the people who have helped make my dreams a reality, such as cartoonist Graham Harpor who did the



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amazing illustrations for the book I published about Jigs and Zunga.

Who remains at qL

The team that we have today at *qathet Living* is probably the best team a publisher could ever ask for and I will miss them all very much. That's one of the hardest things about retiring...leaving the people who are like family to you.

Sean Percy has been a very important part of my life since I first arrived in Powell River in 1993 and we worked together at the *Powell River News*.

Although Sean left to work for the *Hay River Hub* for 10 years, we remained in touch. I jokingly called him my little brother because, like Sean, my own brother Russell also has red hair. Sean and I are exactly 10 years apart in age – to the day – and we both have ink in our veins. Sean is the kind of guy you want as your friend. He can do anything and everything and he's just a good person, too. He moved back to Powell River to grow the magazine two years after it launched and has been here ever since. Sean has always been more than a colleague; he's been a true-blue friend to me and I hope I have been the same to him.

When Suzi Wiebe moved here and applied for a job with us in 2010, little did we know just what an important member of our team she would become. We'd struggled with finding the right person to sell advertising for a while and knew this was our weakest link, since all our revenue came from ad sales. I knew that the job wasn't for everyone and that very few people can sell ads successfully.

Anyone can book ads when clients call or email you with a request. Those people are order-takers, but not everyone can serve their clients and do cold calls. Suzi could and she can. With a background in sales, Suzi had sold ads for community newspapers and been a beer sales rep while always giving back to her community.

Suzi is a fantastic athlete – hockey and baseball – and coached girls hockey. She's also a tireless volunteer and fundraises for the cancer society, while running her own small business, Found Stone Jewelry, on the side.

Last, but not least, is Pieta Woolley. I didn't know that we needed Pieta at the time, but Sean did. The two of them had worked together at the *Hay River Hub* for several years and Sean wanted to bring the design of the magazine in-house so it could grow. Pieta was living in Vancouver at the time and Sean suggested that Pieta and her family might like to visit Powell River for a camping holiday.

I remember meeting Pieta for the first time, like it was yesterday. She had on these great big gumboots and her hair was all askew. One of their kids had been the sick the night before and she was a bit frazzled. I think that was probably one of the reasons why I thought she'd fit right in. Kids, life, being frazzled, and just going with it. That's kind of what this magazine was and still is all about. That's what community is, and if Pieta figured she wanted to work here with us then I figured she must have felt the same.


Like Sean, Pieta can do everything and her passion and dedication is unsurpassed. Like a terrier with a bone, she is one of the most tenacious journalists I've

ever met and she will let nothing stop her from finding the truth while on the hunt of a good story. She's an excellent writer, editor and graphic designer. A Jill of all trades with a heart as big as all outdoors.

Retirement plans

I had planned to retire at the age of 63 and when I do retire I'll be three months short of 63 so I'm close! A few things precipitated my retirement at this moment in time. One, my youngest son moved back to *qathet* to work for Tempco last year and when he did, he moved back into the family home on Cranberry Lake that his late father left to him and his brother.

I'd sold my house on Maple Avenue after both children left, as I had no need for a five-bedroom house anymore, and they needed a renter who would take care of their home. I've always loved the property, so I moved in. Although Alex and I are good roommates, no 25-year-old man needs his mother living with him, and since I already owned a house in Nova Scotia, it made sense to move my retirement date up by a bit. Two, I have found that I have less energy than I used to and can no longer work all day and attend evening meetings and remain enthusiastic and energetic.

If you've been reading *Last Word* over the past several months, you know that my original retirement plans have changed somewhat. But I have found that in life, you have to leave something behind that you love in order to make room to find something new – sometimes, many times over – and that is what this journey is all about.  isabelle@prliving.ca



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70 years of service

Rotary volunteers are behind this region's best assets and initiatives

BY JOYCE CARLSON

Westview Rotary Club received its charter in June 1955 and for the past 70 years has been building projects and providing service to the community.

Don Logan is currently the longest-serving member of what is now known as The Rotary Club of Powell River.

"I've been a member of Rotary for more than 40 years and believe in it so much," said Don.

He has served in every executive capacity with the exception of secretary, including two terms as president.

"I couldn't have made a better choice than become a Rotarian when I was asked to join. Members share the same drive and goals to make our community and the world a better place through our many local and international projects."

Looking around the region, Rotary projects are many and varied. Willingdon Beach is the location of several including the campsite with its showers and laundry facility, Popeye and friends, the water park, pre-school playground equipment, outdoor exercise section, and, most prominently, the Rotary Pavilion.

Elsewhere, projects include the Viewpoint with its Millennium Monolith, dog park, playground equipment and a gazebo at Palm Beach, huts on the Sunshine Coast Trail, playground equipment and a gaze-



IN THE COMMUNITY: From top left, **Popeye and friends** characters at Willingdon Beach. **Don Logan** joined The Rotary Club of Powell River earlier than any current member and has served as president twice. No project is used more than the **Rotary Pavilion** at Willingdon Beach.

bo on Texada Island.

In addition to capital projects, Rotarians have funded many activities such as the annual Bike Safe Rodeo, helped with the Fall Fair and supported the Festival of the Performing Arts when it was about to be discontinued. Most recently, the club worked

with the Chamber of Commerce to organize the Blackberry Street Party and then took on the Santa Claus Parade.

In some cases, the club uses its fundraising prowess to provide high school bursaries, send students to Rotary Youth Leadership Academy and Adventures in Citizenship, donate to the Christmas Cheer Fund, and help so many other community organizations.

Other times it is people-power that helps with projects like construction of a new building for Powell River Forest Wardens camp, painting Cranberry Children's Centre or creating the garden at Jean Pike Centre, building raised planter boxes and pouring a concrete floor for the gazebo.

International projects include funding a Mothers School in the slums of Dhaka, Bangladesh, sending Max Cameron School desks and items to Nepal, collecting and shipping medical and dental equipment to Morocco and building homes in the jungles of Guatemala.

Members also support Polio Plus, a program whose goal is to eradicate this crippling disease. From a high of 350,000 cases annually in 125 countries, there are now only a couple dozen in two, Afghanistan and Pakistan.

In June there will be a 70th anniversary celebration combined with the installation of new officers for 2025-26 as well as the installation of Jan Gisborne as district governor for District 5040 which includes approximately 50 clubs from Richmond to Prince Rupert, as well as Rotaract and Interact clubs for young people and students.

Jan is the first member of the local club to serve as district governor and she will be installed by Dean Rohrs, past president of The Rotary Foundation of Canada. **CL**

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From outhouses to info kiosks: Knuckleheads volunteers grow amenities & access

BY JOEL NORDMAN

I first visited the Emma Lake cabin 12 years ago, and it grabbed a hold of me.

I kept returning, and was interested in how this cabin is kept in such great condition, and how I could help. When I went to one of my first Banff Mountain Film Festivals, I met the Knuckleheads Winter Recreation Association for the first time, and learnt who was involved.

The following year I volunteered at the film festival, and then started on the board soon after. I stepped into the president's role in 2017, and have been learning ever since.

What do I get out of it? The obvious rewards of working with a talented group of volunteers in beautiful settings are hard to beat. Creating and maintaining recreational access and infrastructure for the public is a responsibility we don't take lightly and this also adds more meaning in life.

It's been a while since we've shared an update, so we've got a lot to catch you up on!

2023 Highlights:

Pond Peak Trail: After a successful work party, the Pond Peak Trail is now ready for hikers! Brushed and marked from top to bottom, this moderate alpine trail offers stunning views, making it perfect for families and beginner hikers. Follow signs to the Chateau or A-Branch cabin for access.

Chateau Rotary (A-Branch) Cabin: We upgraded the wood stove to a larger model. Huge thanks to Cadam and the volunteers who transported and installed it!

New Kiosks: We've installed new kiosks to help you explore the area, based on public requests for more signage. Special thanks to Whitney Joy for creating the maps for these kiosks, which are also available for download.

Emma Cabin Upgrades: The Emma Cabin has seen major improvements, including new benches outside, thanks to the hard work of our volunteers!

2024 Updates:

Centre Lake Trail: Over 20 volunteers contributed more than 350 hours to improve the Centre Lake Trail access, one of the region's best alpine routes. With these improvements, the trail is more accessible than ever!

Emma Lake Cabin: The trailhead outhouse is up and running, and we've delivered propane, outhouse duff, and brand-new sleeping pads to the cabin.

Hillton Cabin: New door and entrance installed.

Vic Cole Cabin: Heating fuel helicoptered in for the next season, leak fixed from chimney.

2025 Plans

Freda trail brushing: The Freda trail, the lower portion from Alpine main, is in need of brushing.

Hillton cabin area trail work: Near the Hillton cabin there is a need for brushing to the Moose Knuckle, a great area for skiing and snowshoeing!

Finish the Knuckleheads Winter Recreation Association's long term planning report.

Hutstay Reminder: Just a quick reminder that #Hutstay is not a reservation system. Our cabins are first come, first served. If you plan to visit, please be aware that multiple groups may be using the cabins at the same time, especially on busy weekends. If the cabin is full, finding a spot on the floor or bringing a tent is a good idea.

For Dog Owners: Please be considerate of space, as multiple dogs in small cabins can be challenging. Let's share the space and make room for everyone to enjoy the backcountry.

A huge thanks again to all of our volunteers and supporters! Keep enjoying the trails and cabins, and remember to have fun, be friendly, and respect the space and fellow adventurers. See you out there! 🐾




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How to support the Knuckleheads Winter Recreation Association

A big thank you to all who support the KWRA through memberships and donations. Your contributions help with trail and hut maintenance, as well as providing essential supplies.



If you'd like to join or donate, please use the QR code or send an e-transfer to kwrapr@gmail.com.

Another great way to support us is to stop by TAWS or the Gear Attic and get tickets to the Banff Mountain Film Festival this year (February 21 and 22, see ad on Page 30), as we are organizing this event for the first time. See you there!

We will be looking for help on work parties in spring and summer of 2025 for projects listed on the previous page. Keep an eye out for info on Facebook and in *qathet Living* magazine.



WORK AND PLAY: From the top, Al Parsons and Kyle Vasseur installing the new outhouse at Emma Lake trail-head. New kiosk and volunteers at the junction – left to Mt. Alfred, right to Center Lakes. New door finishes off Hillton renos. New wood stove at Chateau Rotary cabin. Al Parsons and Brendan Delaney trying out the new mattresses at Emma Lake Cabin. Work crew finishing brushing out Pond peak trail. *Photos courtesy of KWRA*

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Finally, the Inland Lake Bridge is restored

BY PIETA WOOLLEY

The Inland Lake bridge to Anthony Island was finally repaired at the very end of 2024, after it collapsed in multiple places during the flooding in early 2023. Red danger tape criss-crossed the entry to this essential connector on the popular 13-kilometre trail, an amenity built for accessibility and inclusion during the 1980s.

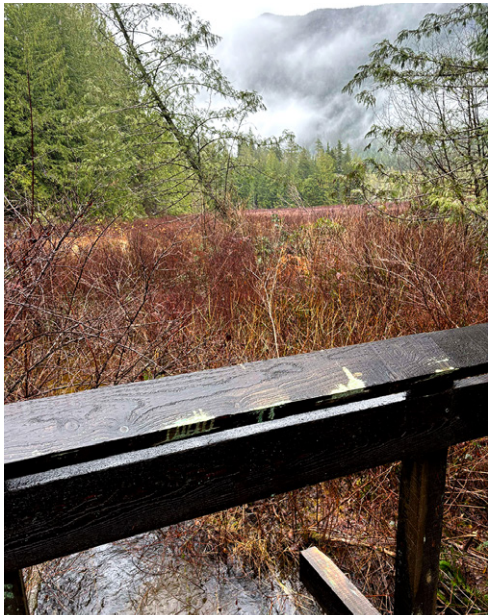
The new bridge, BC Parks spokesperson David Karn said, “will be more resilient to future climatic events.” He also noted that “the facility will re-open in the new year once final inspections are completed, and construction equipment has been removed.”

Todd Nichols owns the Squamish-based Thimbleberry Contracting. A former long-time park ranger (with a diploma in resource management), Todd is also a journeyman carpenter who builds bridges in parks all over BC.

For this one, the crew used treated Douglas-fir. It took the trio 19 days, many of them wet, in a wetland, to bring the bridge back to code.

Todd expects this bridge to last at least 35 years.

The bridge is just one challenge crews are addressing. Much of the trail was underwater for parts of 2024, and there is a log jam contributing to the bog-giness surrounding the lake. Many trees have blown down. The campground is currently closed. 🌲



WET N’ WILD: From top, the crew from Thimbleberry Contracting: Mark Nichols and Nico Watson, with owner Todd Nichols (right). The view from the bridge. The 500m trail from the campground to the bridge was pretty marshy in December.





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FREE EXPERTISE: Above left, On repair duty are: Brady McCracken in the window, then Brian Bompreszi, Michelle Kirk, Zander Clark, Liam Ciarniello, Heather Ciarniello holding future warden Riley Ciarniello, Ty Ciarniello, Mickey McCracken, Kevin Heinrichsohn, and Corey McCracken. Others helped too! Right and below, Volunteers replaced one of the four cabins at Camp Tillicum this fall. The camp, at Stillwater Main, is a cornerstone of the Junior Forest Wardens experience here.

Photos courtesy Brian Bompreszi

After 70 years, Camp Tillicum gets a glow-up

BY BRIAN BOMPRESZI

I have been told that Camp Tillicum has been home to the Junior Forest Wardens since the early 1950's. We use Camp Tillicum so the kids can unplug from electronics and engage with nature, run around, play, have fun, and learn about survival skills and the forest that surrounds them.

In the last couple of years we discovered that two of the four cabins' foundations had rotted, and we knew one of them wasn't going to be repairable. We weren't sure what to do moving forward. Then we learned we had been nominated by the 100+ Women Who Care for a grant of \$10,000 – which we received.

A couple months later Colin Koszman with Mosaic Forest Products told us that Mosaic also has a grant that we could apply for that could help us to build a new cabin. We applied for the Mosaic Forest Products grant and received \$5,000.

We now had the money to start building the new cabin. We knew we wanted to keep it local and if we could get the VIU Carpentry School to sign on then their students would learn from our project.

We reached out to Jonathon Bratseth at Vancouver Island University's carpentry school to see if they could build our new cabin for us. We were told that they had a large project this year and it didn't look like it could happen. A couple months later the large

project they were working on wrapped up early.

Jonathon then contacted us and asked if we still wanted our cabin built to which we excitedly said yes! The cabin build started and our new cabin was built in sections assembled and then disassembled so we could transport it to Camp Tillicum.

On October 4, the new cabin was shipped to Camp Tillicum and for the next several days, Corey McCracken and Kevin Heinrichsohn led the Junior Forest Wardens in putting the cabin together. The Rotary Club of Powell River also had three incredible volunteers: Ben Fairless, Fraser East, and Dave Gustafson, who came out and were a huge help to us. So did Steven Gresty, past warden leader.

The cabin was assembled and plywood roof installed by October 7. We still have a long way to go to reach completion. We are hoping that by this summer we will have the cabin to lock up. We can then turn our efforts toward completing the interior of the cabin.

Many other local businesses stepped up to help us, including Valley Building Supplies, Western Forest Products, Thichum Forest Products, and Fix Auto, plus the Junior Forest Wardens' leaders and parents. Those who buy Christmas trees from us, and those who donated used building materials and generators for the camp: without your support we wouldn't be able to run our group. 🙏




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WHAT'S UP

Son of Patrick Marleau recruited by the Kings

Marleau is a name that many hockey fans are familiar with. Patrick Marleau is one of the greats of the modern era. The San Jose Sharks legend played 23 seasons in the NHL and holds the record for most regular season games played all time with 1,779. He is also a two-time Olympic Gold Medalist (2010 & 2014) and his number 12 is retired by the Sharks. Now the Marleau name takes center stage here in Powell River through Patrick's son Landon. Landon is from Los Gatos, California, and he is the eldest of four brothers. The 18 year old spent last year playing at the Southern Alberta Hockey Academy.

Before joining the Kings this season he played briefly in Minnesota and Wisconsin. Landon plays centre and, like his dad, wears number 12.

"Landon is a young and exciting prospect and I'm impressed with his desire and maturity as a young man and player. Landon thinks the game and pays close attention to detail. His size, good habits, and willingness to make quick plays are a package that we believe will lead to a quick and easy transition into the BCHL." – Kings Head Coach and G.M. Stephan Seeger Jr. (Photo credit to Alicia Baas Photography)

~ Jordan Kiss

Coats- and shoes-giving group honoured

A quiet qathet volunteer group was honoured this fall by the The BC Principals' & Vice-Principals' Association (BCPVPA). Friends of qathet is the vision of Sue Cecconi and Melanie Jordan. They collect clothes and school supplies and, with no formal application process, make them available to local children and teens who need them.

The Friends and four other BCPVPA award recipients were honoured on November 22 in a ceremony at the JW



Marriott Parq Vancouver hotel.

"We are so moved each year when we see the depth and complexity of the work undertaken by individuals, organizations, and businesses who contribute to the lives of local students and schools," says BCPVPA President, Dr. Shannon Behan—a long-time qathet School District teacher and administrator.

Sue and Melanie said, "We are delighted to be selected as a recipient of a 2024 BC Principals' & Vice-Principals' Association (BCPVPA) Partnership Award. Our hope is that from our program, others will create programs they feel passionate about to help others in need. Our program is run completely by three volunteers, with no overhead. Our community partners enable the program to exist and thrive year to year with 100% of the contributions going towards food and clothing initiatives for our most vulnerable youth in the community."

Good signs

Throughout ʔišosəm, Tla'amin Nation has added ayajuthem to several street signs, immersing the community in language.

They are:

čuxʷoθen ʔemen / Klahanie Rd

čuxʷoθen čuxʷet / Klahanie Dr

četaɣɪn ʔemen / Waterfront Rd

ʔemen / Highway 101

q̓ʷətəm ʔemen / River Rd

ʔaʔamin ʔəmstən / Tla'amin Crt

seyłš čuxʷet / Salish Dr

qaykʷ čuxʷet / Eagle Dr

χʷomałkʷu ʔemen / Homalco R

ʔagayqsen čuxʷet / Harwood Dr

ʔagayqsen ʔəmstən / Ahgykson Ln

q̓ʷet ʔemen / Beach Rd

The orthography (writing) is easy to learn, and there are plenty of resources to do so, including firstvoices.com. *qathet Living* is working to make sure the "You Got This" column returns soon.

Celso Machado to bring Brazilian magic

The Townsite Jazz Festival will announce its 2025 Festival lineup at an upcoming concert.

Renowned Brazilian-Canadian multi-instrumentalist Celso Machado will return to the qathet region for an intimate performance at 7 pm on January 24, at the Max Cameron Theatre.

Known for his virtuosic guitar skills, captivating vocals, fusion of genres, and inventive use of everyday objects as percussion instruments (...last time he was in town it was a microphone stand and a McDonald's cup...) Machado continues to enchant audiences worldwide.

Presented by the Townsite Jazz Festival Society (TJFS) in collaboration

with qathet School District, this event also serves as the official launch of the 2025 Townsite Jazz Festival, happening April 10–12.

"Celso's sold-out show in 2023 left audiences mesmerized," said Paul Cummings, TJFS artistic director and Brooks Secondary School choir director. "We're delighted to welcome him back to share his magic in an even larger venue."

Adding a community flair, Brooks Vocal Jazz will open the concert and join Machado in performing Sergio Mendes' "Mas Que Nada" in Brazilian Portuguese.

The show will also feature 150 qathet School District students (grades 5–12) performing alongside Machado on the lively Brazilian folk tune, "Samba Lelé."

"The students are so excited to share the stage with him," added Cummings. "It's going to be an unforgettable experience for everyone in the room."

The night will also feature the unveiling of the full Townsite Jazz Festival 2025 artist lineup and merchandise, with attendees being the first in line for purchasing tickets and passes before they go on sale online.

Tickets for Machado's performance are \$25 for adults and \$15 for students, available online at townsitejazz.com.

~ Andy Rice



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We welcome feedback from our readers. Letters may be edited for length. Email your comments to editor@priving.ca, or mail an old-school letter in the post to **qathet Living, 7053E Glacier St, Powell River, BC V8A 5J7.**

To the qL publisher: that's just life

Hi Isabelle,

I can't agree with your hard criticism of yourself. (*Last Word, December qathet Living.*) Life is for living and you have done that.

You have had the courage to follow your dreams and find out what the other coast held for you. You had the wherewithal to not simply listen to others but to go out and find out for yourself.

I feel this should be applauded. Good for you. So many of us get stuck where we are at due to health, money, fear or reasons of habit. But you are out there living it and I think you should celebrate that.

No matter you never found what you hoped for, that too is life. You learned so much more by having the courage to go and live your dream. Celebrate yourself and don't judge yourself so harshly. Because this

was something you needed to do does not make you an idiot. Even if you feel you have failed, it is not a loss when you consider your growth and fulfillment for simply being true to yourself.

To be sure, yes, ticks ARE gross!
LOL. ~ Sheryl Wagner



Dear Isabelle,

You are not an idiot. (*Last Word, December qathet Living.*)

You've wrapped up a business, taken a grand road trip and explored returning to your roots – a goal set long ago.

Hitches arose: Changed roots, ticks, regrets for the community left behind. Don't feel sheepish about reversing direction. You've been having

a gap year – a good thing to consider every 25 years or so. Well done!

~ Jessie Simpson

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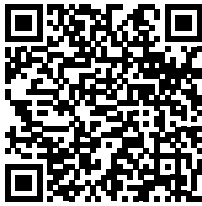
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Whether you have a family doctor/nurse practitioner or not, your feedback is invaluable. Complete the survey online or pick up a paper copy at the library. The survey is open until January 31, so don't miss your chance to help shape the future of health care in our community! Your voice matters—join the conversation today.

See ad on Page 43.

~ Vanessa Bjerreskov

Invitation Towards Transformation – qathet Climate Alliance is shape-shifting

Let's "cast [our] lot with those who age after age, perversely, with no extraordinary power, reconstitute the world."

~ quoting Adrienne Rich

People on the board of the qathet Climate Alliance have been feeling somewhat disheartened. Not only do we face unfathomable threats on this beautiful, life-filled planet, but it seems many people are tuning out "climate" news. We get it: the news can be overwhelming.

And it's not just ecological breakdown that we

face, but social breakdown as well. In fact, these different dynamics are closely related. With this in mind, it's time for a transformation!

Members of the qathet Climate Alliance see a need for a hub, where people and groups working for healthy communities (human and non-human) can connect and bring forward positive ideas and solutions.

How we communicate matters. Some social media platforms are amplifying antagonism. Fear, anger and even hatred are emotions that keep people engaged in the platforms, which is what makes them profitable. Much of our media make money selling ads to individuals and groups with agendas that undermine the common good.

Our challenges are exacerbated by underlying conditions such as:

- Serious wealth inequality (e.g. Canada's 100 highest paid CEOs make over 240 times what a typical Canadian worker makes)

- Hyper-partisan politics (where party members vote according to party dictates, not according to conscientious concern for the common good and where branding and image become more important than working cooperatively for policies that strengthen our communities)

- A colonial, extractivist economic system that depends on violence and exploitation, and requires unceasing growth.

- A worldview that sees human nature as fundamentally self-centred, entitled, and greedy

We know that how we think determines how we act. So one goal for a new version of the Climate Alliance is to provide reliable information for wiser decisions.

A simple way to translate our intent is "More Fun, Less Stuff!" That means more artistic expression, more friendly, walkable streets, more potlucks, more inclusion; less material consumption, less violence and crime and destruction of the community bonds and natural communities we need to live well.

Some concrete projects could include:

- Protecting watersheds and preventing privatization

- Expanding public transit so people can live better without private vehicles

- Establishing a community clinic
- Ensuring the federal Pharmacare program continues, despite the Conservative Party's intention to cut it

If you are engaged in caring for our community, this is an invitation: Please reflect on what could make our community healthier and come join a circle discussion we're hosting on January 25th. How can we build connections for positive solutions? Please contact us at info@qathetclimatealliance.ca if you would like to join the conversation.

We know the challenges before us are daunting. Some people will, no doubt, worry that they can't possibly take on one more activity or group. But when we come together in solidarity, we learn about all kinds of positive work being done; we can see that our contribution is like a strand in a spider's web; we can do our part, letting go of pressure to do more than we can usefully take on, because we're connected to others bringing their essential strands to the web.

~ Jan Slakov

Growing the Local Food System: a new vision needs your input

The newly formed Central Farmers' Market Working Group, comprised of members from the Powell River Farmers' Agricultural Institute and the community, are investigating the idea of a centrally located Saturday farmers' market starting in Summer 2025.

For the public:



For vendors:



Help bring more local food to your community by giving your input as a potential customer: and/or as a potential vendor: The Powell River Farmers' Market on McLeod Road will continue to operate as usual. To get involved contact AaronMMazurek@gmail.com or Ron Berezan at theirbanfarmer@shaw.ca.

January is Rotary Awareness Month

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I MADE THE MOVE

Kings' captain trades 'peg for Powtown

Joel Purdom is the captain of the Powell River Kings BCHL hockey team. He likes fishing and golf, and has recently finished his firefighting and EMR certifications. In the off-season, he works for the East Beaches Fire Department back home in Manitoba.

Why did you choose to move to qathet?

Joel • I chose to move to qathet to further my hockey experience and career with the Kings.

When? Where from?

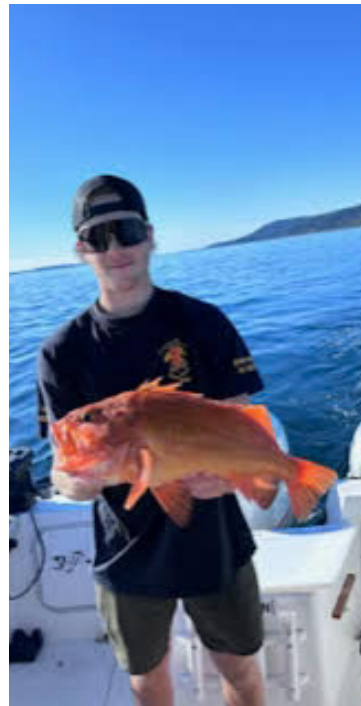
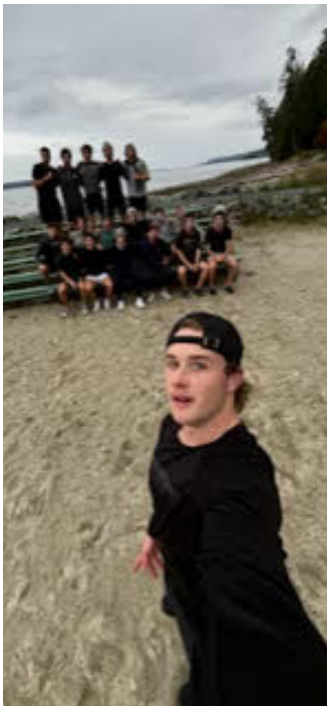
Joel • I moved to qathet in the end of August right before training camp. I am born and raised from the south end of Winnipeg, MB

What surprised you, once you moved here?

Joel • One major thing that really surprised me when I moved here is how isolated we are and all the elevation changes as I'm from a very flat part of Canada.

What made you decide to move here?

Joel • Playing hockey is the main reason I decided to come live in qathet, but also the beauty of the land and the outdoors.



FISHING LURE: Firefighter and EMR Joel Purdom was drawn to play hockey here in qathet in part by the lakes and ocean. Photos courtesy of the Powell River Kings. Alicia Bass photo, right.

Where is your favourite place in qathet?

Joel • My favourite place in qathet has to be Powell Lake, as I love fishing and the outdoors.

How did you first hear about qathet?

Joel • I first learned about qathet after I spoke with the Kings in the summertime and started to do a little bit of research on it.

What would make this a nicer community?

Joel • I couldn't think of a single thing that would make this a nicer community, as it has everything you need.

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

Joel • One aspect from my community back home in Manitoba I would bring to qathet is a good steakhouse and BBQ restaurant.

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

Joel • The only challenge and adjustment for me when moving to qathet was having to take a ferry everywhere I would like to go.

If you were mayor, what would you do?

Joel • I would build another top golf course.

What are qathet's best assets?

Joel • qathet's best assets are definitely the outdoors and the awesome lakes around it.

What is your greatest extravagance?

Joel • Definitely fishing.

Which superpower would you most like to have?

Joel • If I could have one superpower it would be the ability to magically make money appear. 🦊

January Clearance!

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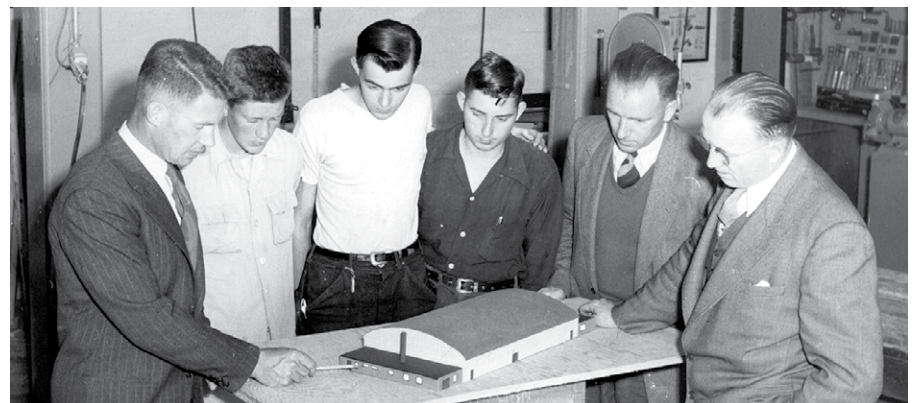
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Willingdon Arena: A legacy of community spirit

In April 1955, the ribbon was cut on the Willingdon Arena, officially marking the completion of a project that would stand as a shining example of community cooperation.

The arena's construction was made possible through the combined efforts of many. The Willingdon Arena Committee sold bonds, with 500 Powell River Company employees participating in the canvassing efforts. In addition, the Powell River Company donated \$20,000 towards the project.

A variety of fundraising events helped raise further funds, including concerts at Dwight Hall, students selling skating lessons, and local plays—just a few initiatives that contributed to the arena's creation.

However, the funds raised through these efforts would only cover the cost of materials. To build the arena, local volunteers organized "working bees" giving their time and energy day after day. Whether it was shovelling sand and

BLAST FROM THE PAST

DEVAN GILLARD





ARENA BY THE SEA: Clockwise from bottom left: Model of Willingdon arena, 1955. Arena working bee lunch, 1955. Puck drop at Willingdon Arena's opening ceremony, 1955. Pitching in on the construction of Willingdon arena. Willingdon Arena- May 15 1954, first trusses going up. *Photos courtesy of the qathet Museum*

gravel, raising the roof trusses, or laying the pipes for the ice sheet, the community came together. After work and on weekends, residents pitched in, each contributing to the building of the new arena.

Though the nearly completed arena was used for the 1954 Powell River Exhibition, its official opening took place in April 1955.

The final cost of the project was estimated to be between \$250,000 and \$300,000 (or about \$3.4 million in 2024 dollars)—around \$125,000 went towards purchasing materials, while labour contributed by hundreds

of local volunteers was valued at a similar amount.

That fall, the arena hosted the Vancouver Canucks for their training camp. The players stayed at the Rodmay Hotel and played two exhibition games in Powell River, ending a successful inaugural year for the arena.

The building no longer stands—having ceased operations after the construction of a new recreation facility in the mid-1970s and eventually being demolished—the legacy of the arena and the community spirit that built it remains a cherished part of Powell River's history. **PL**



Toban de Rooy has been bestowed the designation of Fellow of the Canada Securities Institute (FCSI)

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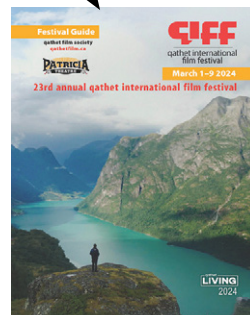
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qathet international film festival

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in the 2025 Festival Guide
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The 2025 Film Festival Guide will be distributed inside the February issue of *qathet Living*. In addition to that priceless distribution of 7,000 copies, you also get your ad displayed on the silver screen prior to the films. For more information on the festival, visit qathetfilm.ca.

Deadline is January 12

To advertise, contact:

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BUSINESS AFFAIRS

SEAN PERCY

Supplements and nutrition

Nutritionist **Kelsea Farr** wants to be qathet's leading source of health and wellness supplements for discerning consumers who value ingredient integrity. So in December she opened **ELDR** at 4493-C Marine Avenue, with everything from mushrooms to antioxidants to skin care to fitness supplements. "We focus on enhancing athletic performance while promoting ancestral health," said Kelsea, explaining that the focus on ancestral health teachings was the inspiration behind the company name. "I really believe in pure products, so you can be sure what we have here is the cleanest – only the highest quality." Follow @eldrsupplement on Instagram, visit eldrsupplements.ca or email info@therealeldr.ca

Storage in the can

If you're looking for a place to store your stuff, temporarily or permanently, **Dylan** and **Garrett Parsons** have the solution for you. They recently formed **Padgett Storage Solutions** on a property across from Valley Building Supplies. They have a commercial building that houses **Magnetic Millwork**, a custom cabinet builder, with sea cans for storage. You can store items at the Padgett location, or purchase a sea can and have it delivered to your property. Or rent one and have it delivered, then picked up when you're done. It's the latest in a series of business moves for Dylan, who, with wife **Ingrid Parsons**, earlier this year bought **Coastal Interiors Flooring**, and moved the operation to the building further up Duncan Street, which is also home to their **Relay Rentals** operation. Dylan says the location beside Relay offers a larger warehouse and expandable space, and makes their residential and commercial flooring and custom tile service more visible to contractors already visiting the rental shop.

Lift on the move

Lift Community Services is moving its offices from above the library to 4448 Marine Avenue at the corner of Duncan and Marine – the space formerly occupied by First Credit Union, and, briefly, by inclusion Powell River, or, for long-time Powell Riverites, perhaps best known for its time as the Seahouse Restaurant. Lift purchased the build-

ing in June – the organization's first property purchase – and is relocating its head office there this month. Lift is occupying the main floor, and renting out the bottom floor. "This purchase was an exciting opportunity for us that provides significant and immediate cost-savings for the organization," said Lift communications manager, **Alexandra Bissley**. She said the sale earlier this year of the Joyce Avenue property they were renting for the Community Resource Centre (CRC), the Overdose Prevention Site, and the emergency shelter, demonstrated the impact not owning a property can have on the organization and its programs. "Owning this building gives us more security and flexibility in responding to space and location needs in the future."

Savary sales guys

Less than five years after joining **Savary Island Real Estate**, **Todd Habekost** is taking over the operations from the company founder, **Rick Thaddeus**. Rick will be staying with the agency. "When I joined Savary Island Real Estate in 2020, Rick had nothing to gain and everything to lose by hiring me! He did it anyway. Little did we know how successful Savary Island Real Estate would be in the following years," said Todd. Todd says he's grateful for Rick's mentorship and friendship and is looking forward to the new chapter. Visit savarycoast.com or call 604-483-3218 for Rick or 604-223-1494 for Todd.

Stellar Green-Up

Under a new partnership between **Brendan Behan's Stellar Services** and **Matt Pence's Mr. Green-Up** brand, locals have a one-stop shop for irrigation and lawn maintenance.

The change comes with the retirement of **Andy Davis**, who had been running the Mr. Green-Up brand in Powell River and has provided irrigation and underground sprinklers services for decades.

"When I heard that he was planning to take a step back, I reached out and we began working closely over the last year and a half," said Brendan.

"Along with our custom fencing and gate work, including chain-link, cedar and Galvalume options, it was really important to me that we were able to create a seamless transition as we took over existing contracts and customers that Andy cared for over many years."

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FOLK MUSIC BY OUR FOLK: Local songwriters Geoff Allan and Scott Ritter. See below, right.

Democracy, human rights, and, key to the movement, music

Join local musicians Geoff Allan, Scott Ritter, Pat Buckna, Lesley Sheila, Shaun Coburn and Grant Elgaard for “Hard Times Come Again No More, We Need to Sing.” The January 18 event is by donation to the venue, Cranberry Community Hall (\$10 suggested), and music starts at 7 pm. Below, two of the performers share a chorus from their original songs:

“Peace in Our Time”

By Geoff Allan (2011)

We all wish for peace in our time
When the lion lays down with the lamb
When the branch of the olive is offered
And the dove is the bird in the hand.

“Can Anybody Tell Me?”

Scott Ritter (2020)

Can anybody tell me?
Does anybody know?
Will we find the truth around the bend,
Or still have miles to go?
Can anybody tell me?
Can anybody see?
The answers that we seek, my friend
Come from you and me.

January events

An elegantly political start to 2025 here

While the House of Commons melted down in December, locals quietly brewed a genius diversity of political events, aimed at deepening both understanding and discourse. They went low, we went high.

The month kicks off on January 4, with **Cinema Politica qathet** hosting a film at the Pat, **Goodwin’s Way**. The historical labour-rights film tells the story of Cumberland, BC union organizer Ginger Goodwin.

A double-header January 18 includes both **Standing on High Ground** at the Library, where authors **Bob Hackett** and **Romilly Cavanaugh** will discuss climate sustainability and their contributions to a new book about civil disobedience on Burnaby Mountain, as well as the concert, **Hard Times Come Again No More**, at Cranberry Hall (see right).

January 20, local MP **Rachel Blaney** co-hosts **From Truth to Action, Ending Residential School Denialism**. Two days later, the **Westview Rate-payers Society** hosts a talk by Sean McAlister from Pender Harbour Area Residents Association, on the **lawsuit against the impacts of the United Nations Declaration on the Rights of Indigenous Peoples**.

After all that, if you want to re-learn how to talk to your neighbours, a three-session **Bridging Community Differences** series of living room conversations begins on January 29.

We’re also being called to help renew qathet in three initiatives this month: a new survey about **primary health care**; a proposed **central farmers market**; and a new vision for the **qathet Climate Alliance** (see Page 26). ~PW



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of qathet
WINTER
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JANUARY EVENTS

3

Friday

Hockey Tournaments

U11 Development & U18 Kings Cup tournament. Hap Parker Arena. Through January 5.

Kings vs. Cowichan Valley

7 pm Hap Parker

Film • Moana II begins

7 pm nightly at The Patricia, with a 1:30 matinee on Sunday, January 5. On through January 9. Disney's epic animated musical takes audiences on an expansive new voyage with Moana, Maui, and a brand-new crew of unlikely seafarers. Riding high on a wave of truly stunning animation, Moana 2 delights as a creative and exciting cinematic experience.

This is a must see, fun, family movie, perfect to bring in the new year with!

Quadrantids Meteor Shower Peak

Best viewed after midnight. 40 meteors per hour.

4

Saturday

Uptown Market

10 am to noon, on Joyce at the Community Resource Centre.

Kings vs. Cowichan Valley

5 pm Hap Parker

Film • Cinema Politica qathet presents Goodwin's Way

2 pm, The Patricia. Director Niel Vokey will be hosting a Q+A. 'Goodwin's Way' is a short documentary examining the life and struggling legacy of BC labour martyr Ginger Goodwin, whose politics and untimely death as a WWI draft-dodger continues to cast a shadow of controversy over the community of Cumberland. Suggested donation of \$10 to \$20 to help support the screening of future films.

Dream Lottery

PR Kings Dream Lottery winner announced.

5

Sunday

Farmers' Market

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

6

Monday

Epiphany

Celebrated by Eastern Orthodox traditions

8

Wednesday

Nourish: Cultivating a healthier you

Eight-week Whole30 health coaching program with Terri Cramb. At Kelly's Health Shop. Register by calling 604-485-5550 or in store, or kellystore@telus.net.

Rotary Club of Powell River meeting

6:30 pm at Julie's Airport Café. If you're new and planning to attend, please contact the club through Facebook to ensure this scheduled meeting is on. Learn more about what this club does at prrotaryclub.org.

10

Friday

Film • Gladiator II begins

7 pm nightly and matinee Sunday, January 12 at 1:30 pm. Through January 16. Gladiator II picks up years after Lucius (played by Paul Mescal) witnesses the death of Maximus at the hands of his uncle. Lucius enters the Colosseum after the powerful emperors of Rome have conquered his home. With rage in his heart and the future of the empire at stake, he looks to the past



to find the strength and honour needed to return the glory of Rome to its people. Echoing its predecessor with impressive and grisly battle scenes, Ridley Scott shows off his directorial prowess, upping the visuals, blood-sport and camp! Denzel Washington is an unmatched force of talent amongst the stellar cast. Gladiator II is an action extravaganza blockbuster movie you will want to see on the big screen.

11

Saturday

Regals vs Apollos

5 pm Hap Parker

Local Fantasy author Aurian Duncan reading

2 pm at the Library. Novelist Aurian Duncan will present the *Legacy of Blood and Moonlight* series, set in a captivating world

ART SHOWS

Now to February 20

PRESENT qathet resident exhibition and fundraiser

Over 70 local artists' recent work on view and available for purchase. A portion of sales go towards the ongoing work of the qathet Art Council and qathet Art Centre in supporting arts and culture in the region. Viewing hours: Mon, Tues, Wed, Thurs, noon to 5 pm at qathet ART Centre

January to March

Lisa Hau exhibition - qathet ART in the library

qathetART.ca for more information

Above: Absorbed, by Texada-based artist Deborah Dumka is one of the pieces for sale at PRESENT, on until February 20.

Handmade wool felt, 22" diameter, wool fibre, silk fibre, silk fabric, mirror pieces. Techniques: Traditional wet felting. This felted frame is a circle distorted off the round by materials embedded within it. Implying the form of an eye, it suggests looking, but not being able to take in an entire scene.

The mirror pieces are a reflection of the pale surface motif and both influence the edges of the work, implying that what is held within can manifest in external ways that distort the perceived shape of things. deborahdumka.ca

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Bridging Community Differences

Wednesday, January 29, 6:30-8:30 pm at Cranberry Seniors Centre

Have authentic conversations with people sharing different perspectives on key community topics, using the LivingroomConversations.org process.

To RSVP or for more info, email kate@emergecollab.com.

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12

Sunday

Second Sunday Song Circle

1pm Cranberry Hall. Everyone welcome

Farmers' Market

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

15

Wednesday

Rotary Club of Powell River meeting

6:30 pm at Julie's Airport Café. If you're new and planning to attend, please contact the club through Facebook to ensure this scheduled meeting is on. Learn more about what this club does at prrotary-club.org.

19

Sunday

Tea & Tarot Readings

1 to 4 pm, Henderson House Living Museum. A fundraiser for the Townsite Heritage Society. See ad on Page 15.

Ping Pong Tournament

11am to 3 pm, AFqa, 5110 Manson Avenue. \$5/person at the door. Whether you're a beginner or a pro, everyone is welcome!

Farmers' Market

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

17

Friday

Metallica Tribute/ Master of Justice

9pm, Legion. Tickets at Eventbrite.

18

Saturday

Standing on High Ground

2pm at the Library. Authors Bob Hackett and Romilly Cavanaugh will discuss climate sustainability and their contributions to a new book about civil disobedience on Burnaby Mountain.

Tea & Tarot Readings

1 to 4 pm, Henderson House Living Museum. A fundraiser for the Townsite Heritage Society. On January 19 as well. See ad on Page 15.

Uptown Market

10am to noon, on Joyce at the Community Resource Centre.

20

Monday

From truth to action: ending residential school denialism

6 pm to 7:30 pm, Evergreen Theatre. Join MPs Rachel Blaney and Leah Gazan for a discussion and refreshments. See ad on Page 35.

22

Wednesday

Rotary Club of Powell River meeting

6:30 pm at Julie's Airport Café. If you're new and planning to attend, please contact the club through Facebook to ensure this

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scheduled meeting is on. Learn more about what this club does at prrotaryclub.org.

Westview Ratepayers hosts a talk on Sunshine Coast DRIPA lawsuit

6:30 to 8:30 pm, Cranberry Seniors Centre. Talk by Sean McAlister from Pender Harbour Area Residents Association (PHARA) who will be speaking about their lawsuit that they initiated earlier this year. PHARA is seeking a declaration from the court that DRIPA is "unconstitutional and inconsistent with section 35 of the Constitution Act, 1982 and is, to the extent of such inconsistency, of no force and effect."

24

Friday

Duo Concertante – violin & piano

7:30 pm, James Hall. \$25

Tech Savvy – Google Docs

3 pm at the Library. Learn about the free web-based Google Workspace applications – Google Docs (word processing), Google Sheets (spreadsheets) and Google Drive (file hosting). To register contact Mark at mmerlino@prpl.ca

Kings vs. Nanaimo

7 pm Hap Parker

2025 Townsite Jazz Festival preview party Celso Machado

7 pm, Max Cameron Theatre. A Brazilian-Canadian treasure, Machado is renowned for his extraordinary guitar mastery, engaging vocals, and ability to make a percussion instrument out of just about anything within reach. Tickets: \$25 Adult, \$15 Students.

25

Saturday

Youth Soccer season starts

Register in advance for the Powell River Youth Soccer Association. See ad on Page 13 for more.

Family Literacy Week • Family Board Game Jam

10 am til noon, Library. Try out a selection of board

games. Coffee and snacks provided!

Powell River Comedy Classic: Stand-up

7:30 pm, Evergreen Theatre. Line-up includes Syd Bosel (Canada's Got Talent) Alex Carr (touring comic and national radio host) Aaron Arya (Just For Laughs Vancouver). Tickets \$35 (with the early bird discount) on eventbrite.

Kings vs. Nanaimo

5 pm Hap Parker

Uptown Market

10 am to noon, on Joyce at the Community Resource Centre.

26

Sunday

Farmers' Market

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

27

Monday

qathet Friends of the Library Book Donation Day

3 to 5 pm at Powell River Public Library. Looking for current, gently-read books.

28

Tuesday

Family Literacy Week • Print-a-Baby

10:30 to 11:30 am, Library. Using non-toxic inks on quality papers, replicate small hands and feet for your wee one's scrapbook. We'll be joined by speech and language therapist Alyssa Dixon from VCH to answer questions you might have about speech and language development.

Silent Reading Club

New! 6 pm, Library. The first meeting is on Tuesday, January 28 from 6 to 8 pm at the Library. The program will continue every fourth Tuesday of the month. For more information check prpl.ca.

Last day to register for Festival of Performing Arts

All amateur performers are welcome. See Page 25 for more.

29

Wednesday

Family Literacy Week • Reading for Life

11 am, Library. Learn about technologies and services that can keep you reading even if you have changes to your vision, or other life changes that make reading more difficult. We will talk about reading on various devices, large print and audiobooks, Daisy readers, strategies for making it easier to navigate your computer, and more. Drop-in.

Bridging Community Differences

6:30-8:30 pm, Cranberry Seniors Centre. Really listening to each other brings healing and change. This is a series of three sessions that guide participants to have authentic conversations with people sharing different perspectives on key community topics. We'll use the Livingroom-Conversations.org process – small groups (of 4-6) that give us an opportunity to really hear from each other and come to know each other's humanity. Sessions 2 and 3 will be February 12 and 26. Each session both stands alone and builds on the ones before. To RSVP or for more info, email Kate@emergecollab.com.

Scott Cook & Pamela Mae in concert

7 pm, Cranberry Hall presents Scott Cook and Pamela Mae. This modern day troubadour plays guitar and sings with his sweetheart Pamela Mae, who plays upright bass. They have been van living and touring since January 2022, clocking 150 shows a year. Scott is a writer, poet, singer, philosopher, and a genuine folk artist. An unforgettable experience awaits! Tickets at The Nutcracker Market \$25/\$30

Rotary Club meeting

6:30 pm at Julie's Airport Café. If you're new and planning to attend, please contact the club through Facebook to ensure this scheduled meeting is on. Learn more about what this club does at prrotary-club.org.

30

Thursday

Deadline to enter the logo contest

For Powell River First Aid and Training. See ad on Page 41.

Family Literacy Week • Community Story Time

10:30 am, Library. Newcomers from the Immigrant Welcome Centre present stories and rhymes that tie in with our Family Literacy Week theme: Being Green Together!

31

Friday

Family Literacy Week • ASL Story Hour

3:30 to 4:30 pm, Library. Join deaf storyteller and ASL Specialist Donna Lee and Children's Services Coordinator Sonia Zagwyn for an enchanting storytelling experience presented in both American Sign Language and English.

John Reischman & The Jaybirds

7 pm, Max Cameron. Like the powerful mandolinist and composer at its helm, John Reischman and the Jaybirds fashion a stylish take on bluegrass that seamlessly blends original songs and instrumentals with Appalachian old-time music for a truly unique band sound. Now in their 20th year, with seven acclaimed albums and two Juno nominations, the Jaybirds are simultaneously innovative and unadorned, sophisticated and stripped-down, happily old-fashioned and 21st-century contemporary. Tickets \$30 at maxcameronthatre.ca

Mrs. Henry in Concert

Doors 8 pm, show at 9 pm, Carlson Loft. \$40 in advance, \$50 at the door. Tickets at J&D Signs, Saint Amore, Armitage, and Carlson Club. 19+ show.

Last day for Primary Care Network online survey

See more on Page 43.

Local, live & coming soon:

If you need some glitz to look forward to, to get you through the soggiest and stormiest seasons, qathet's theatre community is stepping up this winter and spring with musical theatre, serious drama, variety shows and dance.

The Wizard of Oz

Beanstalk Theatre Company
Feb 13 to 15, Evergreen Theatre

qathet's celebrated Beanstalk Theatre Company invites you over the rainbow into the wonderful world of The Wizard of Oz. It's sure to be an evening of fun and entertainment for the whole family.

Dancing through the Decades

Laszlo School of Dance
Feb 21 & 22, Evergreen Theatre

All genres of dance will be showcased.

qathet Festival of the Performing Arts 2025

February 26 through March 8

Share your talents! New online registration system.

H*tlers' Tasters

March 2025, Townsite Actors Guild

Toward the end of World War II, an increasingly paranoid Adolf Hitler worried about poison. To protect himself, he required young women to taste his food before each meal. Playwright Michelle Kholos Brooks award-winning play is a dark comedy with unexpected twists.

Annie

qathet School District Elementary Program
May 1-3, Max Cameron Theatre

Grades 3 to 7 students from Kelly Creek, Westview, Edgehill, Henderson and James Thomson perform the classic Musical, with Miss Hannigan, Daddy Warbucks, Pepper and other unforgettable characters.

Beanstalk Theatre Company Showcase 2025

May 9 & 10 Evergreen Theatre

Featuring performance numbers from some of your favourite Broadway musicals, the 2025 Beanstalk Theatre Company Showcase is sure to have you on your feet. Join us for an evening of musical theatre magic and entertainment for all ages.

School of Rock

Brooks Theatre Company
May 22-25, Max Cameron Theatre

Get ready for this high energy, feel-good musical about big dreams, coming together, and the irrepressible power of rock 'n roll! From the brilliant minds of Jack Black and Andrew Lloyd Webber, this adaptation of the 2003 film will have dancing in your seats. 🎸



Our Christmas Dinner and Silent Auction on Dec. 14 raised a total of \$14,371.94!

Thanks to our volunteers and individual donors, and also thanks to these businesses:

- | | |
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| Aaron Vending | Christine's Electrolysis |
| Chopping Block | Top Shelf Feeds |
| Paperworks Gifts | Mother Nature |
| Dr Varma Dental Clinic | Anchor Apparel & Lifestyle |
| Myrtle Point Golf Club | The Nutcracker Market |
| Marine Traders | qathet Art + Wares |
| Shingle Mill Pub & Bistro | Bloom Therapy |
| Putters Mini Golf | Halo Hair Studio |
| Ocean Woodworking | Happy Barn Photography |
| Townsite Actors Guild | Vital First Aid |
| New Beginnings Laser Centre | Tattoos by Ta |
| Julie's Airport Cafe | Junkery to Jewellery |
| Springtime Garden Centre | Woodchip Creations |
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From Truth to Action: Ending Residential School Denialism

JAN 20 2025

6:00 - 7:30 PM

DOORS OPEN AT 5:00 PM

EVERGREEN THEATRE

Join MP Rachel Blaney with special guest MP Leah Gazan (Winnipeg Centre) in a discussion about the harms of Indian residential school denialism, and how we can move forward as communities and nationally in the pursuit of truth and reconciliation.

Snacks are included!

RSVP NOW!

[HTTPS://FROMTRUTHTOACTION-ENDINGRESIDENTIALSCHOOLDENIALISM.EVENTBRITE.CA](https://fromtruthtoaction-endingresidential schooldenialism.eventbrite.ca)

📞 604 489 2286

✉ Rachel.Blaney@parl.gc.ca

Rachel Blaney
Member of Parliament
North Island-Powell River



EMBRACE THE BLUES

Put a Cobalt Blue bottle in your kitchen, for serving oil and or vinegar. They come with rose gold, gold, and silver weighted pour spouts at **Kelly's Health Shop**.



THREE DOORS DOWN

The Stuv 30 woodstove from **Cadam Construction** turns 360° and has three doors. The loading door allows the quick and easy add-on of logs and the occasional BBQ. The full glass door offers a spectacular view of the fire as it warms the atmosphere. The full door radiates comforting warmth throughout the night.

TRUCK TOUGH, BUGGY FAST

The Jato® 4X4 delivers agility and toughness in a platform that is both fun and rewarding to drive. Wes at **Paradise Valley RC Hobbies** promises that he won't tell anyone that this is what you really wanted for Christmas. You'll love the way the Jato 4X4 handles with the precision of a race buggy and the durability of the Traxxas' toughest off-road trucks.



DIP INTO THIS

Fresh from the oven, the richest, tastiest dips ever, ready to enjoy with a crusty artisan bread or crackers. Perfect for a rainy evening in, you can enjoy like a cheese fondue. These dips from Gourment Village are available in a variety of flavours at **Mother Nature** for just \$5.99. They make the perfect appetizer but at 2.5 cups are satisfying enough to enjoy as a meal in itself. The dips are prepared with the finest ingredients, natural blends of herbs and spices along with dried vegetables and tangy cheeses.

A FEW OF OUR



SPECIAL FOR ALL YOUR SPRING THINGS

Weddings, graduations, and more: when you want to look smashing, head to Guadalupe Dufour's **Perfect Fit** to find the gown of your dreams - and have it altered to fit your body. This exquisite dress comes in Barbie pink, black, Periwinkle, and lilac, and features a sweetheart neckline, ball gown silhouette, corset bodice, side pockets, and a dropped waistline.



PAINT BY NUMBER

Those dark winter nights will seem a little brighter with a paint-by-number art kit from **qathet art+wares**. The kit is hand-made and has everything you need to create your own beautiful piece of art, including instructions, an 8"x10" wood panel with lines engraved, brushes, and water-colour paints.



CULINARY ADVENTURE & LUXURIOUS RELAXATION

Indulge in a weekend of culinary exploration and unparalleled luxury at **Arbutus Cove Retreat**. Delight your senses with exclusive culinary workshops and savour locally-inspired flavours while enjoying elegant accommodations. Be among the first to unwind in the newly completed sauna, a serene escape designed to rejuvenate your body and mind. This is your opportunity to treat yourself to a truly unforgettable experience, right here in the heart of the qathet region.



DON'T FORGET FLOWERS

Make 2025 the year that you don't forget to buy her flowers. With **Bloom Therapy's** flower subscription, you'll be starting the year off right with fresh flowers at all the right times.

OUR FAVOURITE THINGS

BRIGHTEN
THE BEGINNING
OF 2025

BOMBS AWAY

Give yourself time to relax in 2025, with bath bombs and steamers in fresh and floral scents, from **Oceanside Entertainment**.



UNDER PRESSURE

Keep your yard, home and vehicle clean with a power washer from **Thunder Bay Saw Shop**. The X-Stream pressure washers, available in a variety of configurations, are powered by reliable Honda and Kohler engines.



NOT IDENTICAL

Sometimes it's better if socks are siblings, not twins. **Armitage Mens Wear** has more than 15 designs of Stance socks, such as these mid-cushion crew socks that are made with a soft, combed cotton blend.



IT'S A COVER UP

From beach to dinner this 100% cotton dress features pockets, adjustable waist, and a cute slit for comfort. The perfect big shirt coverup by Koy Resort is available at **Simply Bronze**.



GLASS ACT

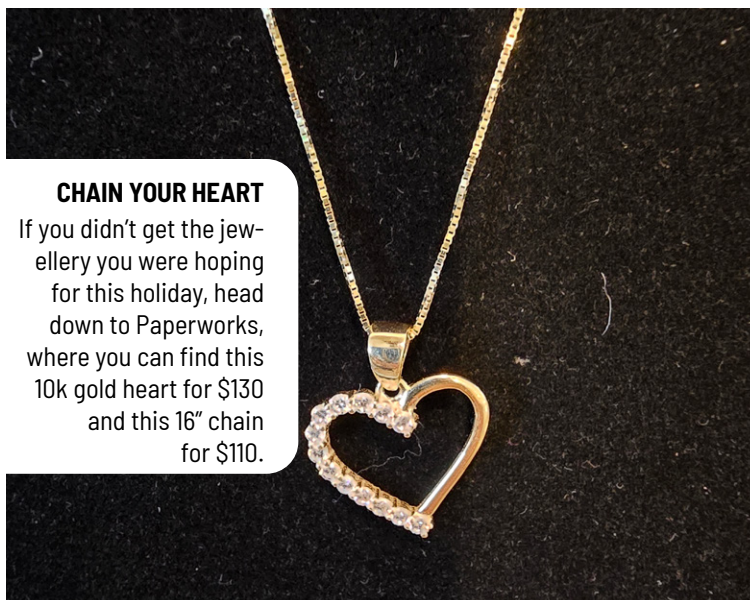
It's hard to get more local for a gift than a **Found Stone** pendant. Made from locally-sourced beach glass, this pendant also includes a sand dollar design and chain.

YOUR FAVOURITE PAIR

Discover your new favourite jeans with Wit and Wisdom from **Sublime Fashions**. Crafted with their exclusive Contour Shape Technology, every pair offers a flawless fit that hugs your curves in all the right places. Thoughtful design details ensure comfort and style, making these jeans your go-to for effortless, everyday confidence. Experience the perfect combination of style, fit, and function – because your favourite things should fit perfectly, too.



A FEW OF OUR



CHAIN YOUR HEART

If you didn't get the jewellery you were hoping for this holiday, head down to Paperworks, where you can find this 10k gold heart for \$130 and this 16" chain for \$110.

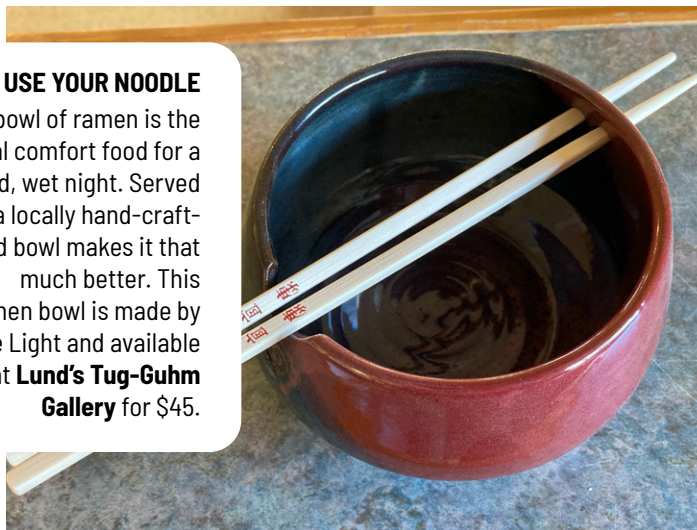


IRISH CREAM

Made with fresh Irish cream, rich caramel, and savory sea salt, Carolans Salted Caramel is a favourite for winter evenings – whether you're adding it to coffee, a dessert, or just sipping it sweetly neat. Get this product of Ireland at **Capone's Cellar**.

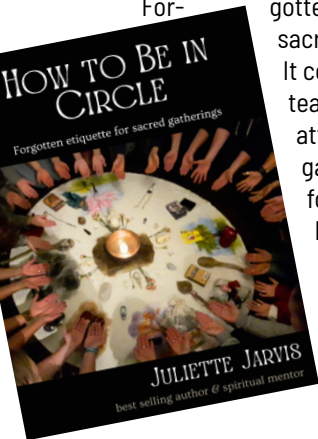
USE YOUR NOODLE

A bowl of ramen is the ideal comfort food for a cold, wet night. Served in a locally hand-crafted bowl makes it that much better. This ramen bowl is made by Dee Light and available at **Lund's Tug-Guhm Gallery** for \$45.



SACRED ETIQUETTE

Local author **Juliette Jarvis** will get you in the right frame of mind for the new year with her book *How to Be in Circle: Forgotten etiquette for sacred gatherings*. It contains gentle teachings for attending sacred gatherings and for those who host them. It's a top new release in Women's Spirituality. Find it on Amazon.



WESTERLY ON SALE

Didn't find **Westerly** under the tree? Now is the time to get what you want, and it might be on sale! Westerly's end-of-season January sale is on till the 12th, after that they will be on hiatus until the spring.

OUR FAVOURITE THINGS

A SOPHISTICATED AND STYLISH START TO THE YEAR

ONE FOR THE GRAVEL ROAD

A **Pollen Sweater** is appropriate pretty much anywhere, but the one in this colour, Gravel Road, is particularly well-suited for backroad adventures. They're warm, washable, and super comfortable. If you still haven't got one (or two or three) it's past time to get qathet's favourite sweater.



DRINK MORE WATER

Live up to your resolution to drink more water with a water cooler and service from **Aaron Service and Supply**.

FITS FOR FOOTWEAR

Fits to a T is establishing itself as the go-to place for women's footwear, first with its ever-growing selection, then with its move to the former location of the venerable Pagani & Sons Shoes, and this month by putting all boots and shoes on clearance prices for January! So if you didn't get the footwear you were hoping for under the tree, now's the time to go get for yourself something like these Water Resistant Blue Serena Boots.



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Rachel Blaney
MP for North Island - Powell River
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TAKE A BREAK

Relationships vs. Resolutions

Post-Solstice is a prime time of year for making declarations, setting goals, naming intentions, or otherwise making new year resolutions. The sun has returned with each day growing a little longer in life giving energy. Ideally with it, so do our promises.

It's a season with many cultural observances, holy days, and sacred nights encouraging a sense of reverence or belief. We might make such vows to ourselves casually at a New Year's party, or while in deep prayer and ceremony. Either way, it's common for the experience of them to come with some level of personal pressure. If our resolutions go unfulfilled, we might treat ourselves less than kindly about it.

The darkest half of the year is often a time where * things * can feel a little extra tender, a little more raw, poignant or stressful. I feel it, and many who I'm close with feel it too. Moving through these months in a good way can be challenging – in hard and really fantastic ways both. For the most part, I'm a pretty big fan of not making things harder on ourselves.

Taking a page out of Amy Blackthorn's book (not literally), they recently asked an inspiring question: what herbs would we cultivate a relationship with in the year ahead. Focus on establishing a nourishing relationship, rather than setting a bar to adhere to.

It had me wondering about what other nourishing relationships we might slowly, mindfully develop this coming year. Shifting our mindset here offers us a little grace. Right when it tends to get colder and harsher outside too.

We might consider deepening or softening relationships of all sorts. With our friends, family, and co-workers of course, but also with our own Self. Perhaps how we relate to old hurts, or inner critic. Maybe developing a familiarity with a new favourite place in nature. The way we think about money



RETURN TO REVERENCE

JULIETTE JARVIS



or assume how the world works. It might be with our beliefs and faiths, how they fit into our lives – or don't. A new medicine. An herb or tree. How we know ourselves, and beloveds.

If you sit with it a minute, how does it feel? A few breaths considering time spent stepping into right relation, or greater alignment, reveals a lot. It might be that a resolution really is more your style. They're great for bringing in a motivational edge, especially if we crave a greater sense of self accountability.

Thank you so very much for reading. It's been a fantastic six years writing for you and I look forward to more! Archives and other reads can be found at juliettejarvis.com

PAPERWORKS IS EXCITED FOR 2025!

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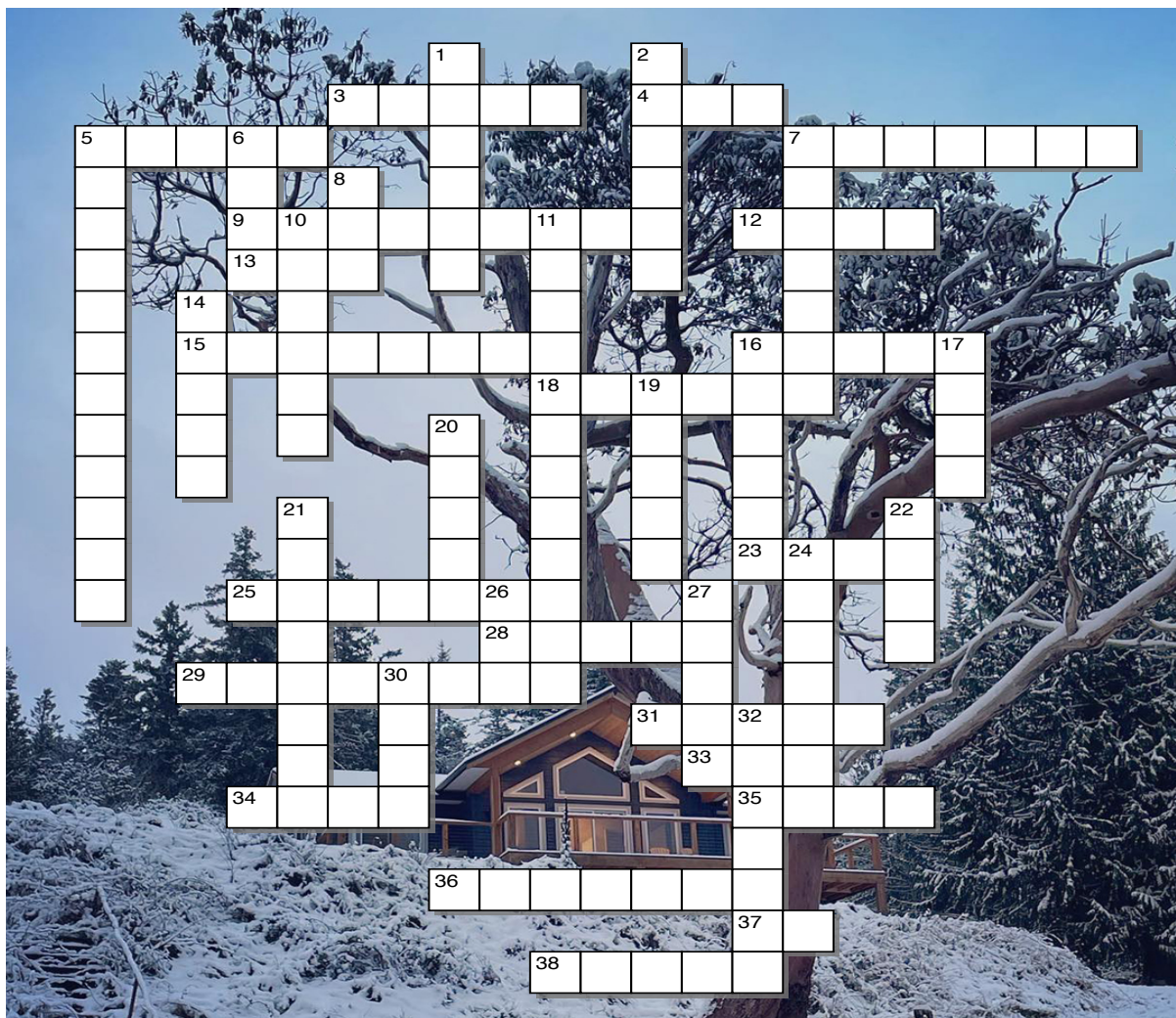
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TAKE A BREAK



Across

- 3) School of Rock colour
- 4) Erik's tat bird
- 5) Reality, Trump's social
- 7) Tree or retreat
- 9) Jacquie's tat
- 12) Flower stalk, science class
- 13) To put on, or longest Rotarian
- 15) qL's outgoing owner
- 16) Little orphan
- 18) Doctor type needed
- 23) Alpine lake
- 25) Prevailing weather
- 28) The gravel lot in 1955
- 29) Farmer's tats
- 31) Potlach
- 33) Thanks ahead, tattooist
- 34) Alpine lake
- 35) Charlie's holder, Rev tattooist
- 36) Local art show a gift
- 37) Where the wizard was
- 38) Largest corvus

Down

- 1) Skin ink
- 2) Olive's beau
- 5) Bridge builder
- 6) Savary realtor
- 7) Inland bridge island
- 8) Governor to be Gisborne
- 10) 70 years of service
- 11) Jr program hopes to recruit
- 14) Everywhere there's...
- 16) Beyond the trees
- 17) Supplement store
- 19) Pallen gift
- 20) qL's new owner
- 21) Jr Forest Warden camp
- 22) Machado's music
- 24) Shark and King
- 26) Mother in ayajuthem
- 27) Townsite's cards Jan 18
- 30) Knucklehead acronym
- 32) Cabin, not Paris

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SOLUTION TO DECEMBER PUZZLE

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I N Z P L A C E R Y J T D C E I M N L H
G D A Q U A C U L T U R E A C L I P A H
N M X G L A U C O U S A S L O L K S B G
U A Q O Y S T E R C N D O E R I L F C Q
M R B Y T R I F L E H I F N A N A E C A
W K P F U S T D U I S T V D T G T S U M
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V B C M U S I C A L E N H U N N B V A N
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R A T C O N V E R S A T I O N I U X T I
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E C P Z T T X T P Q J I Y R E P K A K Y
I R E D O N D A U C H E E Z I E D O H G

hɛʔ ʔəms Brienne kʷʊnɛtumoʔ

It is Brienne
who takes care of us



On November 27, Tla'amin Nation's Language Coordinator, Brienne Louie, passed away.

She was 29 years old. Brienne leaves behind her four-year-old son, Shane, and multitudes of grieving family members, co-workers, her canoe family, and community members. No cause is yet known.

Brienne has expertly curated words and phrases for *qathet Living's* "You Got This" ayajuthem and orthography column since March of 2024. She introduced QR codes to the column, to connect readers with the sound of elders speaking the words.

As a unique tribute to Brienne, the language team she worked with, including ochele Betty Wilson, Gail Blaney, and Randolph Timothy Sr, put together this column. In her honour, we hope that *qL* readers listen to and try to say these words: values that describe Brienne's legacy.



tan • mother



payɛʔot ʔi
kʷaʔanəns

Always patient or gentle



pit qʷayɛgəns

Humble



tisxʷas jɛjɛs

Treats her family highly



qatʰqatʰ

Hard worker or persistent



titɫwʂɛmsxʷas
maʔnas kʷʊms
taʔaw

She taught her son our traditional teachings



MOM AND MORE: Top, the late Brienne Louie with her son Shane in 2022. Above, Brienne paddled in the 2024 Tribal Canoe Journey. Brienne as a toddler.

Photos courtesy of friends and family of Brienne Louie



xalənən
precious



ɫasəm
strong

YOUR MLA OFFICE IS OPEN

— STOP BY OR CALL US TODAY!



Randene Neill, MLA for Powell River–Sunshine Coast, has opened her community office and is ready to assist with your questions and concerns!

Visit us on Marine Avenue Monday to Friday, from 10 am to 3 pm.

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604.485.1249

Randene.Neill.MLA@leg.bc.ca

Drop by, email or give us a call—we're excited to connect with you and support our community.

Primary Care
Network qathet

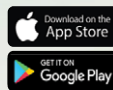
qathet
Division of Family Practice
An FPSC initiative

Help shape qathet's health care system!

The qathet Primary Care Network wants to create a primary health care system that better meets the needs of our community. We invite you to share your experiences and insights to help us improve.

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Take the survey online now!

Or pick up a paper copy at the library!



If you have any questions about this survey or how your answers will be used, please contact Christien at ckaaj@prdivision.ca.



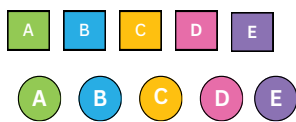
JANUARY

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Resolutions for 2025



Organics and Garbage Day:
Organics and Recycle Day:



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



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