

FEBRUARY 2025

qathet

LIVING

MARRIAGE YES!

STILL HAPPENING, STILL RADICAL

100% LOCALLY OWNED • FIERCELY INDEPENDENT • ALWAYS FREE

MORE TATS • PIERRE • OZ • FILM FEST • FESTIVAL OF PERFORMING ARTS • IMMIGRATION

Our Lives

Births • Weddings • Obituaries • & more

Your life matters to this community. Each year, about 120 locals are born, 75 couples are married, and 300 of us die. At *qL*, we believe the most important moments of your life should be shared, because these moments are a part of all of our lives.

That's why, starting in the March 2025 issue of *qL*, every birth, wedding and death among the people of this region can be acknowledged, for free, in this magazine.

What is free?

An 18th size space (see right) for every birth, wedding, or death of a person whose home is in this region. The event must have been within the last three months.

How to book it

By the 15th of the month, send an email to ourlives@qathetliving.ca, with the image and text you'd like included. The free ads are big enough for one photo and about 30 words of text – including the name(s) and dates.

What if I want a bigger space?

Yes, you can book more space – up to a full page – and include more images and more text, for a fee. Email ourlives@qathetliving.ca and we will send you more information.

I'd like to announce a different life event, such as a retirement, a new hire, a graduation, a memorial, an anniversary, etc.

You bet! These events matter to the community, too. They are not part of the free package, but they are certainly welcome in the **Our Lives** section.

(See left for details) **Free:**



Welcome
James Charles John
Born February 15, 2025

Proud parents Emma and Devin John, with big sister Maisie, were thrilled to bring baby John home to Town-ville. Thank you to the qathet Hospital maternity staff.

SAMPLE


Married February 15, 2025

Ginnie Chen & Aaron Gustafson

Ginnie and Aaron met and fell in love at LaFarge Quarry. They said their vows in front of 100 close friends and family members at the Bay Community Hall.



SAMPLE



Thelma Kerr
Born Feb. 15, 1939 in Timmins, ON. Died February 15, in Lund.

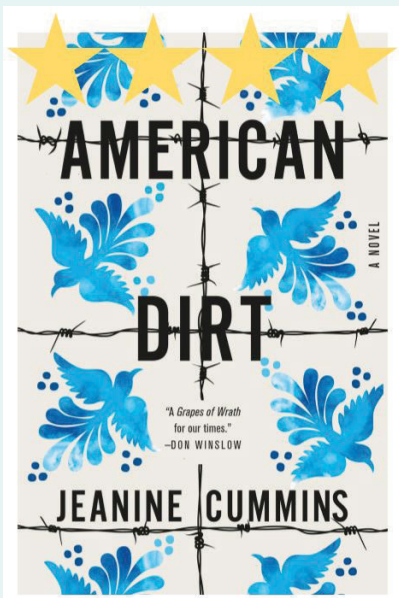
Thelma was pre-deceased by her life-long partner Pat. A celebration of life will be held April 15, at 2pm at the Legion. In her honour to the Canadian Cancer Society.

SAMPLE

Watch for the **Our Lives** section in the March issue of *qL*. Anyone who was born, married or died since the New Year 2025 qualifies for a free announcement.

604-485-0003
ourlives@qathetliving.ca

**Book
of the Month:**



American Dirt
by Jeanine Cummins

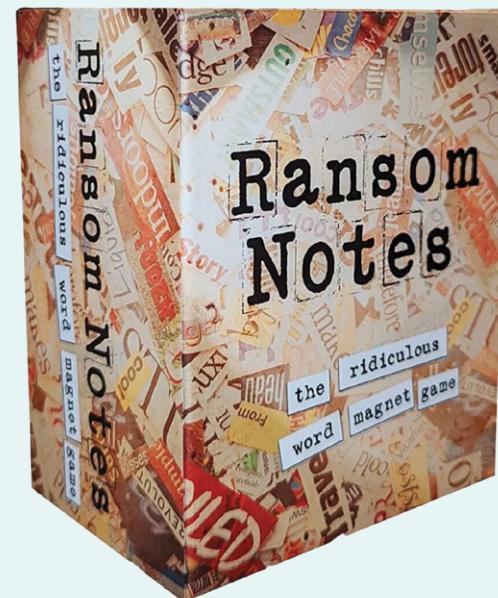
Lydia lives in Acapulco. She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while cracks are beginning to show in Acapulco because of the cartels, Lydia's life is, by and large, fairly comfortable. But after her husband's tell-all profile of the newest drug lord is published, none of their lives will ever be the same. Forced to flee, Lydia and Luca find themselves joining the countless people trying to reach the United States. Lydia soon sees that everyone is running from something. But what exactly are they running to?



**Oceanside
Entertainment**
Tuesday to Saturday
10 am to 5:30 pm
4721 Marine
604-489-3028

**High Tide
Games**
Wednesday-Sunday
12pm-6pm
7030 Glacier
new phone number
604-208-6169

**Board Game
of the Month:**



**Ransom Notes - The Ridiculous
Word Magnet Party Game**

A creative party game for making hilariously terrible sentences.

Players respond to outlandish situations like "Tell someone you've clogged their toilet at a party" with just their limited pool of word magnets, leaving even master wordsmiths no choice but to create awesomely horrendous phrases.

With hundreds of word magnets included, every round is always fresh, wildly creative, and tears-streaming-down-your-face funny.

**Creative people find
treasures at Oceanside!**

- Studio Ghibli, Pokémon & More
- Pride-Positive Gear
- Books, Graphic Novels & Manga
- Crystal Jewelry & Earrings
- Video Games & Consoles
- Puzzles: 2D and 3D
- Board Games
- Tarot Cards & Books
- Fantasy Figurines:
Dragons & Fairies

- Magic: The Gathering Cards
- Fluffy Blankets
- Dungeons & Dragons Supplies
- Squishmallows, TYs & More
- Decals, Stickers & Patches
- Essential Oils & Sage
- Art Supplies, Craft Kits & Stamps
- Hockey Cards
& Much More



**Concerned
about Porch
Pirates?**

**Need a safe address
to ship your things to?**

We will order almost anything for folks. We have ordered clothes, wallets, car parts, patio umbrellas, etc.

Our only rule is it must be able to be carried in the door - so no couches, appliances, etc.

Special order charge is \$5.00.

CONTENTS

FEBRUARY 2025

And So It Begins 6
Federal politics comes to qathet

Fire on ice: female hockey 9
Winter 2025 is unparalleled

Weddings 11
Still happening, still radical

How to talk with love 18
With the people you love

Opticians to Honduras 20
An annual Powell River project

Tattoo Tales 22
More local skin art

I Made the Very Big Move 25
Immigrants and immigration

Bullying still stings 31
Decades later

Cancer Diary 33
World Cancer Day

REGULAR FEATURES

I Made the Move 36

Blast from the Past 39

Business Affairs 40

Events Section 41

Take a Break 52

Last Word 54

ON THE COVER:

Jasmine Lawrence and Ken Sanderson arrive by ATV at their "redneck wedding" at Creekside Campground. See the Weddings section, starting on Page 11, and their story, on Page 16.



The A-Team plan

"I love it when a plan comes together."

The cigar-chomping leader of the iconic A-Team, John "Hannibal" Smith made the quote famous in the '80s television show.

Despite *never* having watched the show as a kid (ahem), the pop culture reference kept coming to mind as I watched our editor put together this month's edition.

Our wedding section, which frankly started as an advertising-driven feature, turned into a beautiful recounting of the variety of celebrations qathet has enjoyed, and a heart-warming examination of why this institution remains important today (pages 11 to 19). That wasn't originally our plan, but it surely turned out well when local couples shared their stories with us.

Meanwhile, as the country and continent blew up politically, qathet found itself in the limelight as the likely future prime minister, Pierre Poilievre visited here. It wasn't our plan, but it surely worked out

for our pre-election coverage (starting on Page 6).

Every month, we run the "I Made the Move" feature, introducing you to new qathet residents. Editor Pieta Woolley has been mulling an expanded "Made the Move" feature on how immigrants from overseas adapt to life in qathet. It came together this month (immigrants share their stories starting on Page 25) – at the same time Immigrant Services funding was cut

by the federal government and the new American president made immigration a top-of-mind subject.

In the '80s television adventures, the "plan comes together" less because of the plan, and more because of the A-Team. We'd love to say Pieta's plans really came together this month, but we know it's more because of the team. We're continually grateful to this community for being on *qathet Living's* team.



IN THIS ISSUE

SEAN PERCY

qathet LIVING

Volume 20, Number 2
ISSN 2817-1667 (Print)
ISSN 2817-1675 (Online)

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

No part of this publication may be reproduced without prior written consent of the publisher. While every effort has been made to ensure accuracy, the publisher cannot be held responsible for any errors or omissions that may occur. © 2025 Gastropod Media. We reserve the right to refuse any submission or advertisement.

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



Editor & Owner
Pieta Woolley
editor@qathetliving.ca



Publisher
Sean Percy
sean@qathetliving.ca



Sales & Marketing
Suzi Wiebe
suzi@qathetliving.ca



Office Manager
Lauren Diemer
office@qathetliving.ca

qathet Living
is 100% locally owned and operated by
Gastropod Media

We acknowledge
the financial support of the
Government of Canada



qathet Living is a proud member of:

Magazine Association of BC
International Magazine Centre
Tourism Powell River

Powell River Chamber
of Commerce
Coastal Women in Business

qL is your magazine!

Give us your feedback

Email your comments and Letters to the editor@qathetliving.ca.

See you online

Join us on Facebook and Instagram. Visit our webpage at qathetliving.ca

Show off your community

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

Publish your work

Pitch us an article or a photo spread. Email editor@qathetliving.ca

Advertise with us

Contact sean@qathetliving.ca 604-485-0003 or suzi@qathetliving.ca 604-344-0208

qL

“

Today's world is of the disposable nature, so marriage should be honoured and worked on continuously. I learned this from my grandparents. Through all of life's troubles they stayed by each other's side until the end. And we plan to do the same. - Ken Sanderson, **Page 17.**

”

FEBRUARY'S CONTRIBUTORS



LARRY LAW is married with two sons. He was born in Burnaby, and grew up in logging camps. Larry was a heavy equipment operator. Safety and security along with first aid propelled his career. **See Larry's story, Cancer Diary, on Page 33.**



Life time resident **DOUG LOVE** reflects on this month's Pink Shirt Day topic regarding bullying and his school years. **See Doug's story, Bullied at Brooks, on Page 31.**



LANA JOY PARRA is a mother and intentional community member supporting parents-to-be as a doula. She brings people together to deepen wellness through enriching relationships. **See Lana's story, Talk with Love, on Page 18.**



JULIE VENSELAAR is the Female Coordinator for PRMHA and the head coach of the U18 Queens. She loves nothing more than being on ice with the girls and watching them shine. **See Julie's story, Fire on Ice, on Page 9.**



HELEN WHITAKER is an independent licensed optician living in Powell River since 2007, with her dog Cherry and husband Bart. **See Helen's story, Opticians to Honduras, on Page 20.**

WB WARREN BEHAN
PERSONAL REAL ESTATE CORPORATION

**Making plans for a move in 2025?
Let my 34 years of experience go to work for you.
Call, text or email today.**

ROYAL LEPAGE® DIAMOND AWARD 2024
ROYAL LEPAGE® AWARD of Excellence LIFETIME MEMBER
ROYAL LEPAGE® NATIONAL TOP 5% 2024

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

Warren Behan • Broker Owner
Cell: 604.483.8173
Office: 604.485.2324
warren@warrenbehan.com

*Providing honest advice and
professional service for 34 years*



Powell River

Independently owned and operated



And so it begins

Parliament is prorogued until March 24. The Liberal Party selects a new leader (and Prime Minister) March 9. We will probably have a federal election this spring.

So last month was “Jockeying January,” where everyone from every position tried to set the agenda.

BY PIETA WOOLLEY

Let’s set aside for a minute whether you’re a Conservative, Liberal, NDP, Green, or other federal voter – or if you don’t know, or don’t vote at all. Something big and political happened here last month.

On January 14 and 15, the man who may become Prime Minister, maybe this spring, showed up in this little coastal town and held two “Axe the Tax” political rallies.

At the first, on the Tuesday night, Conservative Party leader Pierre Poilievre attracted at least 800 people, who packed Dwight Hall. Introduced by the Powell River-North Island Conservative MP candidate Aaron Gunn, he held the room for about 40 minutes. The energy felt more like a hockey game or an old-time revival meeting.

At the second, about 100 forestry

folks came out to Lois Lumber, where Pierre delivered a shortened version of the same speech, with more references to forest industries. He spoke about trade, taxes, money, bureaucracy, housing, inflation, drugs, border security, crime, the military, and more.

He didn’t start with a land acknowledgment or speak about Indigenous issues – in spite of the protest in front of Dwight Hall. Or immigration – although a man with a placard (see Page 25) soap-boxed his way around the lines waiting to get in. Nor did Pierre address benefit programs, the way the federal government shows up most directly in most of our lives: Employment Insurance, parental leave, Old Age Security, the Guaranteed Income Supplement, the Canada Child Tax Benefit, the Canadian Dental Plan, Child Care, and, ultimately, the *Canada Health Act*.

All of these federal issues – those discussed by Pierre and those not discussed – are up for review, as we head into a resolution to the recent mayhem in the House of Commons.

What happens next?

Since 2015, NDP MP Rachel Blaney has represented this riding in Ottawa. She won’t be running again.

Before 2015, this riding was represented mostly by the Conservatives and Reform (although shifting electoral boundaries complicate things). Pierre was likely here because he thinks a Conservative candidate can win this riding again. Is he right?



CHARASMATIC MEGAFUNA: Left, Ta’kaiya Blaney and others sing their protest outside the Pierre Poilievre “Axe the Tax” rally at Dwight Hall January 14, as RCMP officers look on and rally attendees go through security. Above, Poilievre at Lois Lumber January 15, with local forest industry professionals. Above right, Rachel Blaney (right) hosted a panel on Ending Residential School Denialism on January 20, attended by about 350 locals at the Evergreen Theatre. Doreen Point welcomed the audience with a prayer. Right, local musicians Geoff Allan, Scott Ritter, Pat Buckna, Lesley Sheila, Shaun Coburn and Grant Elgaard recalled folk music’s contributions to tense political moments, with “Hard Times Come Again No More, We Need to Sing,” at the Cranberry Community Hall January 18.

Photos by Pieta Woolley, and photo of the concert by Annabelle Tully-Barr

MEET YOUR CANDIDATES FOR NORTH ISLAND-POWELL RIVER MP, SO FAR



Jessica Wegg lives with her family in Comox, on the Unceded Traditional Territory of the K'omoks First Nation.

She is a lawyer with a background in psychology (BA, MA), and is currently expanding her practice to include criminal defense work through Legal Aid BC and Prisoners' Legal Services. Within the Green Party's Shadow Cabinet, she is Critic for International Trade. Jessica is a hockey mom, PAC Chair, and loves singing.



Aaron Gunn is a lifelong advocate for taxpayers and common sense.

After serving in the Canadian Army Reserves and working with the Canadian Taxpayers Federation, Aaron went on to produce a series of hugely successful documentaries.

"A Campbell River resident, Aaron is now running to be your next Member of Parliament to bring common sense back to Canada and to go to work for you, the people of this riding."



Tanille Johnston was born and raised in Campbell River and is a member of the WeWaiKai Nation.

She has her Masters in Social Work, has been employed in Health Care for seven years, in various levels of politics for 15, and is "extremely committed to the riding of North Island – qathet (Powell River)."

"As MP, I'm committed to providing affordable housing and access to health care, and bringing in equitable taxation to curb the rich getting richer."



Take-Out | Dine-In | Patio

Thaidal Zone RESTAURANT



Thank you for voting for us, qathet!

See our menu at thaidalzone.ca

604-485-5171

Mon-Sat 11:30-8 • Sunday 3:30-8



Rivercity Mini EXCAVATING LTD



Excavation & Site Preparation, Trenching, Backfilling, Drainage, Retaining Walls, Driveway Prep & Repair, Landscaping, Stump Grinding and More!



Can you dig it?
Check out our projects!

604-483-6366

office@rivercityminiexcavating.com
www.rivercityminiexcavating.com



2025 is fire on the ice for female hockey – here and everywhere

BY SUZI WIEBE

On January 8, I made what proved to be a surprisingly emotional trip to Vancouver: the first Professional Women’s Hockey League game played at Rogers Arena.

I went with my daughter Aubrey. She and I have made multiple trips over the years to watch US and Canada women’s rivalry games.

We are both life-long hockey players and coaches – and big fans.

The PWHL Takeover Tour game in Vancouver, between the Montreal Victoire and the Toronto Scepters, was icing on my Hockey Celebration cake.

If you had told my 20-year-old self (40 years ago) that hockey-playing women were no longer going to change in janitors’ closets, storage rooms, and public bathrooms, without access to showers or a proper bathroom, and that we would be able to safely lock up our belongs while we played, I would have said, “How can I help make that happen?!”



A TAKEOVER TOUR OF OUR OWN: On January 8, 37 Powell River Queens and Ice Cats & alumni journeyed to the first Professional Women’s Hockey League game at Rogers Arena.

great taste in windows™...and more

38+
years of making
windows in
Powell River
BC

MODERN

Improve your home this year with Modern

Get your quote today
604.485.2451
modern.ca

glerups
Our passion is felt



Glerups: for indoors and outdoors

Fits to a T FASHIONS

Shop online

604 485-6163

Shop in-store

fitstoat.ca

Why buy new?
Buy used—save hundreds



Like-new Apple computers & iPhones

IN STOCK NOW

1-year warranty

Sales / Service / Tutoring / Home set-up

Open Tuesday—Friday
10:00am—5:30pm

604 578-1320
4691 Marine Avenue

Look for the red awning



Only the Best
Used Macs

“It shows girls that a future path in hockey is now a possibility for them. Girls have professional female players to look up to and cheer for, players whose jerseys they can wear and whom they can now regularly watch play on TV.”

— Julie Venselaar

If you would have told me, “We are going to start a league of our own, and be paid enough to make playing hockey our full-time job, our only job,” I would have said, “I, too, hope for that someday.”

Female hockey players and supporters of the growing female game have worked year after year to ensure that women, and the girls following them, have an opportunity to play professional hockey.

Women now know that there is an opportunity to earn a living playing on, coaching, and managing teams in the game they love, with the Professional

Women’s Hockey League and beyond.

Young girls can now look into the future and see themselves making a career out of their sport.

On the night of the PWHL Takeover Tour, when that puck first dropped, my tears did, too, and my heart was so full!

Looking over at my daughter next to me, with a big smile on her face, I could tell that she also was overjoyed at what she was witnessing.

A Hockey Night in Canada to remember! A hockey paycheque to call their own!



POWELL RIVER'S ICE CATS & ALUMNI: Suzi Wiebe, far left, and her daughter Aubrey, far right. Both grew up playing hockey in a time before women players had a league of their own - or even change rooms.

BY JULIE VENSELAAR

This is an unprecedented winter for girls hockey, both in Powell River and in North America. Here at the Hap, we just hosted the U9 Queens Cup Jamboree January 25 and 26, with teams from the Lower Coast, Vancouver, and Comox.

On Family Day Long Weekend this month, there will be 13 female teams in town for the U11, U13 and U18 Queen’s Cup—10 are from out of town. In total, 58 local girls will be playing in that tournament. In fact, our Queens Cup tournament was so popular this year that we had to turn several teams away as we do not have access to enough ice time to host them all.

Everyone involved with Ice Cats Hockey and the PRMHA Queens program has worked hard to support the growth of female hockey here – and it shows!

But this winter, the support is also coming from outside this region, with the second season of the Professional Women’s Hockey League.

The PWHL Takeover Tour game on January 8th at Roger’s Arena in Vancouver saw 23 of Powell River’s hockey-playing girls in attendance. Also in attendance were 10 members of the Powell River Ice Cats

women’s team, and four alumni members. These are women who grew up playing on boy’s teams, often without their own change rooms and without other girls on their teams.

What a long way the female game has come since they first started playing!

The turn out of Powell River players was just amazing, girls from age eight all the way to women over 60, from girls who are just beginning their hockey journeys to girls and women playing on island rep and zone teams.

We were all so thrilled to join in with the incredible sold-out crowd at Roger’s arena. How empowering for these girls to watch a professional woman’s hockey game.

It shows girls that a future path in hockey is now possible for them.

Girls have professional female players to look up to and cheer for, players whose jerseys they can wear and whom they can now regularly watch play on TV.

Living out west can make Team Canada and the PWHL feel really far away sometimes and not as much of a reality. This game brought it right home to us and it was so special to be a small part of. **PL**



Weddings

Each year, about 75 weddings take place in this region. As you'll read in the following pages, each event is absolutely unique - although the pledges the couples make to each other are eternal.

Most importantly, a wedding marks the beginning of a marriage. Which, especially in 2025, is still a radical act of bonding and stability in an ever-more individual and chaotic world.

HOLLY HAGEN & BROCK PAGANI

This winter, Holly, 31, and Brock, 27, are planning their July 2025 wedding. It will take place in a family friend's back yard in the Upper Nootka neighbourhood. That's the area where they both grew up, but didn't ever quite meet.

Instead, the carpenter and Grace House staffer met in 2020 at a party up the lake. "He was playing beer pong, and I thought he was lovely looking," said Holly. He was in a relationship at the time, but as soon as he was single, she made her move.

Brock asked her to marry him when they were staying at the Kingfisher, four years later.

Now, just five months out, they've yet to decide on catering and a few

other key aspects of their wedding. But they have locked down their guest list: 65 for the ceremony, and another 80 for the reception.

Macyn, 8, and Liv, 7, already have their gauzy bridesmaids' dresses.

"Food is the most stressful part," said Brock, noting that the two are sharing the planning and decision-making for their wedding. "Everything else is falling into place."

It's important to both of them that the wedding feels intimate and personal, so they can enjoy the event and their guests.

"It's important we spend time together because it's our day," said Holly. "That's just how we do life."

"It's a team effort," said Brock.



HAPPY FAMILY: Brock Pagani and Holly Hagen with daughter and step-daughter Macyn and Liv. They'll be married this coming July. *Photos by Tara Burnett*

Look & feel amazing for your special day

- Glowing skin
- Base Tans
- Flip flops
- Resort wear
- Sunglasses



Simply **BRONZE**
Tanning & Swimwear



swedish beauty

DESIGNER SKIN™



@simplybronze
simplybronze.ca

6975 Alberni
(above the Library)

10am to 8pm Monday to Thursday
10am to 6pm Friday
10am to 4pm Saturday

For holidays or honeymoons, our **swimwear** selection has never been bigger!



For all of life's celebrations



Voted #1 Florist!

www.bloom-therapy.ca

BLOOM Therapy

3500 Yukon Ave. (at Springtime)

Order online 24/7 for pickup or delivery

Open Wednesdays through Sundays

Smart Wash® Repreve® Suit Or Separate Jacket and Pants

By Haggart

Caring for your suit has never been so easy with the innovative Smart Wash® fabrics designed for home washing machines.

Machine Washable Suits

Armitage mens wear

604 485-9493

Town Centre Mall

GEORGIE CLARKE-MAGNUS & JEFF CLARKE-JANZEN

Georgie Clarke-Magnus, 27, and Jeff Clarke-Janzen, 29, met four years ago “thanks to the good old dating app Hinge!” They narrowly missed meeting each other at UBC, as they were in the same faculty, had played against each other in faculty baseball tournaments, went to the same social events. “We both studied forestry and bonded over our love for trees and wood!”

“After only two years of dating Jeff asked me to marry him on a random Tuesday when we were working from home,” recalls Georgie. “We went for our lunch time walk on a local trail and he asked me to guess how tall a tree was. While I was looking up and thinking about the height of the tree, he got down on one knee.”

The two Campbell Riverites held a destination wedding here at Palm Beach, in September 2024. It’s where Georgie’s grandparents live and where she has always wanted to get married. “When I met Jeff it was so important to me that he loved visiting and now it holds a special place for both of us as it is where we got married.”

The Ceremony & Reception

My brother started the ceremony off with a land acknowledgment for the Tla’amin and shishálh nations. Our ceremony was then short and sweet, with us giving our vows to each other in front of our friends and family and ending with confetti being tossed as we walked out as husband and wife!

Fun fact, I saved all the petals from bouquets Jeff has given me over our relationship and used them as the confetti on our wedding day.

We had a cocktail hour with appies, live music, games and, of course, cocktails. We then all settled in under the tents and had speeches and food and the next thing we knew we were dancing the night away! Jeff and I found time to go and change into t-shirts and brought sharpies onto the dance floor to get all the guests to sign our wedding t-shirts.

The rain held off all day, which was a blessing. After dinner it did start to rain, but no one noticed as we were too busy dancing on the covered stage.

Unique to Georgie & Jeff

We DIY’d a lot of projects! Jeff hand made our signing table from a yew slab we got at an antique store. He put a lot of time and love into making the table and it now lives in our new home. He also hand made a wooden bar, photo booth backdrop, wooden easels and corn hole lawn game from scratch. Jeff



really made the vision come true.

We gave the bartender a disposable camera and she snapped some awesome pictures of everyone who visited the bar which turned out great!

I collected all the flower vases from thrift stores and my bridesmaids and I put together the bud vases the day before the wedding with local blooms from a flower farm. It was a lot of fun!

Unique to this region

We used ALL local vendors, from our tents, to the catering, musicians, hair & makeup, florals, photographers, commissioner, day-of coordinator, event rentals. And everything and everyone was perfect.

Splurge and Save

We had acoustic artists (Dawson and Renelle Wikene) and DJ Tala Mike. Dawson and Renelle played music dur-



DESTINATION PALM BEACH: Georgie Clarke-Magnus' grandparents live at Palm Beach; she and Jeff Clarke-Janzen traveled for the location. Photos by Nyah C Photography (Nyah Seib) nyahc.photography

ing the ceremony and cocktail hour and DJ Mike during the reception. Having music throughout the whole day was so great and kept the vibes flowing. Live music was worth the splurge!

We definitely saved money by having the wedding outside in the park, rather than renting a venue.

Advice to other couples

Do your couple and family photos beforehand. It was amazing to have time to mingle with our guests after the ceremony, enjoying drinks and playing lawn games. Nyah and Levi were the best and captured all our candid moments!

Also, get a day-of coordinator. Sarah from Point Group Events really made our day run smoothly – she was a star!

Why marriage?

This is an interesting question! Many of my friends with long term relationships aren't getting married and are just common-law.

We always wanted to get married, but we did consider eloping and not having a wedding, in the end the whole weekend was a milestone memory for both of us and we are glad we spent the time and money.

We aren't religious, so I think getting married was just a step we both wanted to take to show our long-lasting commitment to one another. To be able to celebrate our love and have our separate friends and family all join together in one place was really special to us.

Free Wedding Announcements

qathet **LIVING**

See Page 2 for details

bellsrental20@gmail.com • 604-414-7097

Supplies for any occasion

Marquees • Gazebos • Patio Heaters • Tables & Chairs
BBQs • Wedding Arch • Glasses • and so much more...

Your Event Professionals

We are a full service wedding & event company supporting the qathet Region.

"We got so many compliments on our wedding day about how beautiful and fun everything was, and we really owe it largely to Sarah & Point Group Events!"

Browse our premium rental collection curated and tailored for every budget. If you need it we have it.

- Rentals
- Catering
- Event design & management
- Day of Wedding coordination
- Bartending services



pointgrouphospitality.com/events-rental

RILEY & KAITLYN WHITE

Riley & Kaitlyn White got married at Dwight Hall on December 23, 2023, in front of 160 human guests and two llamas.

Kaity, 34, is a dental assistant at Burnaby Street Dental. Riley, 26, works at Valley Building. Both are multi-generational Powell Riverites.

Their families are close friends. As they grew older, their friendship deepened into a loving relationship.

Dolly, their dog, is always by their side, joining in on backcountry explorations and new adventures at the beach, and cherishing time with family.

Ceremony & Reception

We wanted our wedding ceremony to be a true family affair, so we included all our grandparents, parents, and siblings in the processional.

Our wedding party made their entrance with excitement, dancing down the aisle. Then our “flower girls,” my two older brothers, wearing sequined fanny packs, playfully tossing snow and flower petals. They were followed by my youngest brother, carrying a silver briefcase containing the rings.

Finally, my dad walked me down the aisle. I was full of tears of joy. Then Brenda Powell, our rock star officiant, started the ceremony

When being announced into our reception as first time Mr. and Mrs., we surprised our guests with llamas in a tuxedo and a veil entering in our place. The crowd howled with laughter and pure shock!

Then we entered as Mr. & Mrs. White. We made sure everyone had enough time to meet and take photos with our lovely llamas from Lllamariffic.

The rest was traditional: speeches, dances, and cutting the cake. Then it was time to party! We had an additional 50 guests come to celebrate and party the night away.

Unique to Kaity and Riley

Christmas is our favourite time of year, we have always held a December 23 Christmas party, so a Christmas wedding was a no-brainer. Our family

and friends helped decorate the hall with 30 Christmas trees with white twinkly lights, icicle lights and, we had beautiful cedar and pine greenery on all the tables with pops of red and gold.

Our beautiful wedding bouquets and boutonnieres, made by Bloom Wildly, were perfectly curated to match our theme. Our cake, made by Gingerbrute Bakery, was beautiful white opalescent fondant with snow flakes. Even Santa popped in for a visit and some dancing during the night.

Unique to this region

It doesn't get more Powell River than the historic Townsite. For most people, Dwight Hall is a cherished symbol of our city, with a backdrop of the paper mill and the ocean.

Splurge & Save

Photography was the most important thing to us. We wanted our photographer, Leah Laurie, to be with us the entire day to capture every special moment, to remember the day.

I saved on my wedding dress: my mother lovingly deconstructed her own wedding gown and combined it with a simple, modern dress we had purchased. She meticulously integrated a corset into both dresses, allowing them to be laced together seamlessly. The lacy, layered skirt from her gown was attached to the new bodice, and she hand-sewed hundreds of rhinestones and pearls, adding a sparkling touch.

Advice to other couples

Booking vendors early not only guarantees availability, but also allows ample time for thorough research and comparison.

Hiring a day-of coordinator can significantly enhance your wedding experience. This support enables you and your loved ones to fully immerse yourselves in the celebration.

Why marriage?

I (Kaity) have always envisioned myself being married. Growing up, I



CHRISTMAS AT DWIGHT HALL: Top left, Blue and Ezra from Lllamariffic helped entertain guests at the reception. Top right, Kaitlyn and Riley White. Above, Dwight Hall decked out in 30 Christmas trees and set for 160 guests.

was surrounded by great examples of healthy, loving marriages in my family, which reinforced my belief in the importance of this commitment. Marriage has always been a part of my future plans.

In Riley's family, marriage hasn't been as much of a priority. Most of his relatives aren't married, and the idea of it was never something he strongly pursued. However, he wasn't opposed to the idea either. Riley knew early on how much marriage meant to me—even before we were in a ro-

matic relationship—and when we got together, it became a natural part of our plan.

Some people argue that marriage is just a piece of paper or that weddings are too expensive to justify. While I understand that perspective, I believe marriage is far more than a formality. It's an important commitment—a declaration of love and a promise to your partner to build a life together. For me, that commitment is something worth celebrating and honouring.



Let me tell your love story

With over 10 years of experience working with a variety of couples, I will help you remember your big day forever with photos and videos that are **Beautiful. Meaningful. Memorable.**

BOOK NOW 604.719.5186 | astra@astralimages.ca
www.astralimages.ca/weddings



ALEXANDRA & KAI MILLAR



PEBBLE BEACH DAY: Kai and Alexandra Millar blended DIY with hiring local expertise for a very fun but polished event.

Photos by Nyah C Photography (Nyah Seib) nyahc.photography

Alexandra Millar and Kai Millar are best friends and were high school sweethearts. Alexandra is a registered nurse and Kai works for River City Mini Excavating.

“We’ve always have had a lot of the same views on life and what we want in a relationship, making it an easy decision from the beginning to tie the knot.”

The 23-year-olds got married in front of 50 guests in August of 2024, at the Pebble Beach Paradise Vista Air B&B.

The Ceremony & Reception

It felt like a dream, held in the front of the property, surrounded by beautiful flowers and greenery, looking out towards the ocean through the trees. Our guest list was limited to our closest friends and family, making the ceremony feel very loving and intimate.

We held the reception in the back of the property among the beautiful gardens. Dinner was catered by Off The Vine and we rented all of our furnishings from Point Group Hospitality. We also had lots of fun with different outdoor games, a Polaroid photo book station, and dancing set up for our guests.

Unique to Alexandra and Kai

We were our own DJ’s. We arranged all of our favourite songs into playlists for the different parts of our wedding. We love that we will always have those playlists and they can take us back to our special day at any time.

Unique to this region

Powell River’s outdoors is something we truly missed after half a decade in the city, so naturally we spent our days prior to the wedding with our friends swimming in the lakes and ocean and adventuring through the back country to all our favourite spots.

Splurge and Save

Our splurge items were our flowers and photos. Flowers, done by Bloom Wildly, really were the highlight of the venue’s decor. Nyah’s beautiful photos of the day are also something very special that we will be able to cherish forever.

Something we saved on was our bar. Instead of hiring a bartender, we did an open bar with a variety of beer, wine, and canned cocktails! Everyone was able to find something they enjoyed.

Advice to other couples

Our advice to other couples is to book things as early as possible, so that you are able to enjoy the excitement of the planning process.

Why marriage?

We both always knew we wanted to get married. Although marriage is not a social requirement anymore, we still hold value in it and it is a way we acknowledge our lifelong commitment to each other. Our wedding day was the perfect way to celebrate this commitment with our friends and family.

Let the magic of
Arbutus Cove Resort
set the stage for your
love story



Propose or exchange your vows at Arbutus Cove Retreat, a stunning oceanfront property north of town. Surrounded by the rugged beauty of the Pacific Northwest, your special moment will be unforgettable.



Pop the question against the breathtaking backdrop of coastal beauty and the ocean. Whether it’s an intimate candlelit dinner or a surprise by the shore, every detail can be tailored to your love story.



Say “I do” surrounded by the rugged charm of the Pacific Northwest and create memories to last a lifetime.

Book your wedding ceremony or proposal today!

ArbutusCoveRetreat.com

Photo credits: Tara Glenn Photography

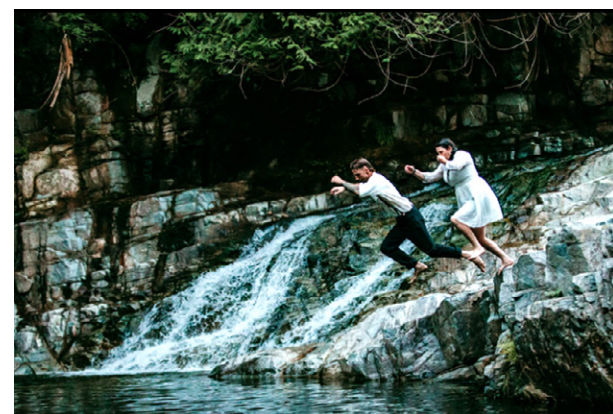
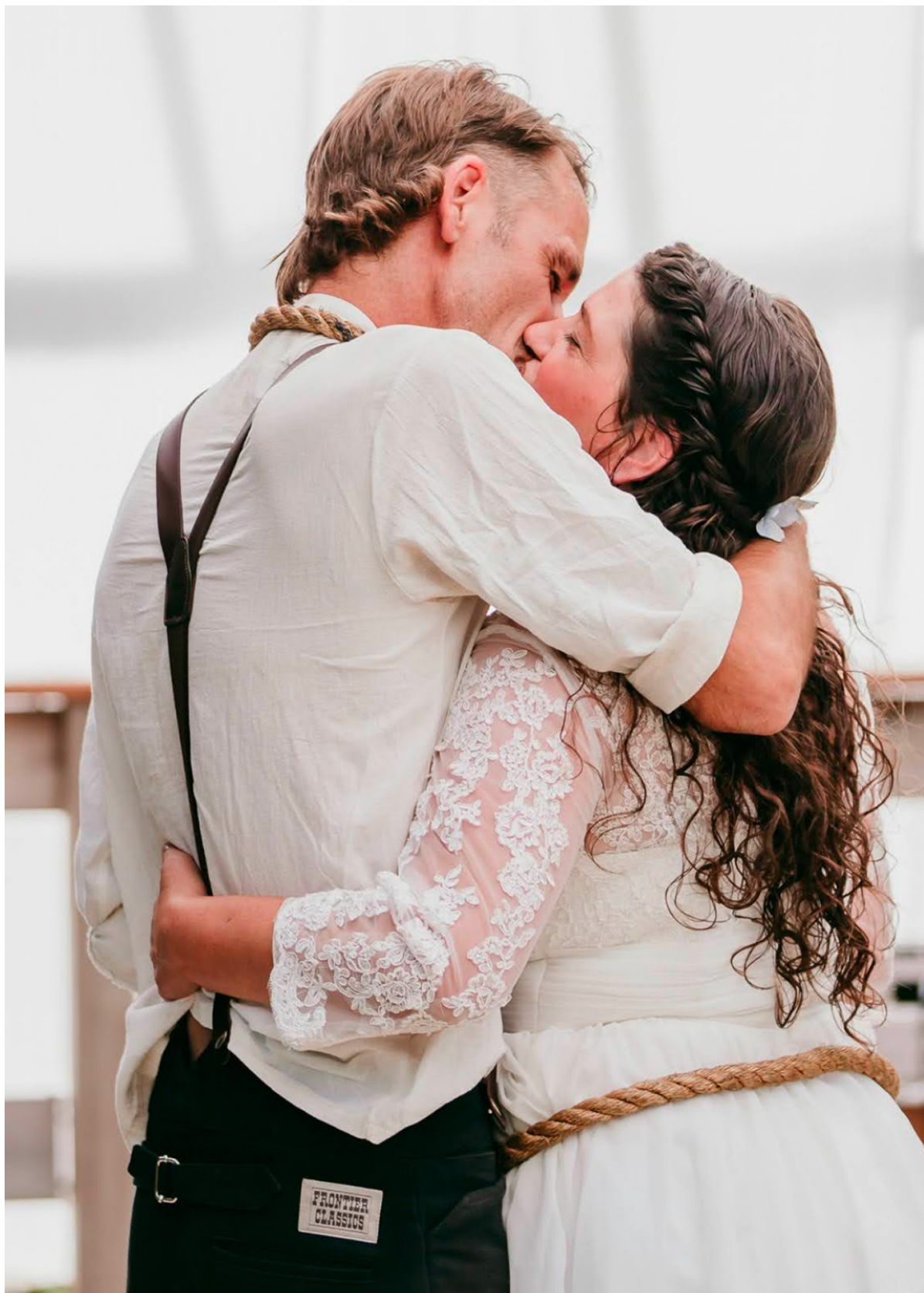


arbutus cove

escape. explore. rejuvenate.

416-819-1934 | arbutuscove retreat.com | info@arbutuscove retreat.com
Follow us on Instagram & Facebook @arbutus_cove_retreat

JASMINE LAWRENCE AND KEN SANDERSON



FREE BEER AND A WEDDING: Jasmine Lawrence and Ken Sanderson blended their families in a “redneck wedding” at Creekside Crossing Campground – plus a dip in Eagle River.

Photos by Cassia Lawrence Photography, cassialawrence.com



A day of beauty and relaxation, we offer group bookings for:

Pedicures, manicures, facials, massages, waxing, wraps and brows.

Book a hotel suite to complete your day of pampering!

604 485-9521



Beyond Bliss

• SPA •



beyondblissspa.com

Ken Sanderson, 46, was born and raised in Powell River and decided at a young age that he wanted to stay. He has three boys: Tristin, Mason, and Sawyer. Jasmine, 41, has a daughter, Freyja. She was raised in Nova Scotia, and moved to Cortes Island in 2004.

They met while Ken was working on the Cortes Island ferry. Shortly afterward, Jasmine transferred to the Salt-ery Bay ferry and they started a life together as one big blended family!

They have been together nine years, married for two.

Ceremony & Reception

We decided to have our wedding and reception at Creekside Crossing Campground two kilometres up Weldwood Road, south of town. It seemed fitting as we were taking possession of our new house and property, just one kilometre down the road, at midnight of our wedding day!

We rented the entire 22-site campground for three nights, so all 75 of our family and friends could come stay over, relax and help us celebrate! The invitation read “FREE BEER, and a Wedding”! The ceremony and reception were both done at the campground. We agreed that the ceremony should be quick and the reception should be a good long party. Hence the three-day campground rental.

Unique to Ken & Jasmine

Our unique twist was we arrived together on our ATV, did a couple laps and a burn out! We jumped off, barefoot, and Jasmine had a rope tied around her waist that I would lead her by—her in one hand, shotgun in the other!

I passed her to her mother and daughter to officially walk her down the aisle. With a blast of the shotgun, the ceremony began.

I watched my bride-to-be come down the aisle to the song “She’s a Country Music Fan” by Wheeler Walker Jr., which is a song we carefully selected. Some would say it was an interesting choice for a wedding song!

I can say that everyone in the crowd looked shocked and then laughter broke out. People still tell us how “classic us” it was. The ceremony was fun and lighthearted.

Ken’s boys were his best men, Mason was the ring bearer. Our rings were uniquely designed and made by Jasmine’s daughter Freyja, out of deer antler.

And when our officiant asked if anyone had any objections to our marriage, Tristin (Ken’s oldest son) stepped

forward and said “no one better f&\$@ing not” and threw up another round from the shotgun!

The reception was focused on fun and not formality. We had kegs of beer, a fish tote full of ice and drinks on the back of a flat bed. We ordered 40 large pizzas and lots of appetizers. The cake and cupcakes were made by good friends. We spent the afternoon eating, drinking, and hanging out with our favourite people!

Unique to this region

We like to say we had a “Backwoods Redneck Wedding.” We took advantage of the summer weather and great outdoors that Powell River has to offer. We completed the day with a dunk in our favourite swimming spot, the stunningly beautiful and refreshing Eagle River swimming hole. We jumped right in, wedding clothes still on!

Splurge & Save

The biggest splurge, to be honest, was the booze. If you call it ‘Free beer and a wedding’, you have to make sure there’s more than enough!

We saved on the venue. It might seem like a big splurge to rent an entire campground, but it was actually very affordable and worth it. There was a stage for the ceremony, a field for the reception, and accommodations for guests. And having the place to ourselves, we could party late into the night and not disturb anyone.


Advice to other couples

Just go for it! Don’t get carried away stressing about what anyone else wants or thinks you should do. Have fun with it, make it your own unique experience. It’s your day to shine, and have a good time!

Oh, and delegate! If people ask if there’s anything they can do or they offer a specific service, take them up on it. Our wedding was stress free because of planning and help from all our friends and family.

Why marriage?

When asked why get married, we would say that it is a formal commitment to your partner. Promising to be by their side for the good and the bad. To walk beside each other and to grow together. And in our case, to join two families together as one.

Today’s world is of the disposable nature, marriage should be honoured and worked on continuously. I (Ken) learned this from my grandparents. Through all of life’s troubles they stayed by each other’s side until the end. And we plan to do the same. 

A•Frame

Carpentry • Woodworking



Form • Frame • Finish

Call Brian at A-Frame Carpentry & Woodworking for:
New Construction • Renovations • Additions • Design

No job too big or too small

brianmunn@aframecw.com

778.838.7426

Power outages can be **scary**.
Unless you have a **wood stove**.
Then they’re **romantic**.

Wood stoves offer peace of mind.

And they burn cleaner than ever before.

Visit our showroom to see a selection of modern stoves, including the **Blaze King Chinook 20**. From the vertical sides to the large, rectangular glass viewing area, there is a strong European influence in the Chinook’s design. Both the door and bypass handles are painted black and made from ash hardwood. The cast iron front grille and convection deck are standard. The standard ash drawer opens on engineered runners yielding a smooth, gliding motion. An optional dual fan system further spreads the super-heated convection air into your room.

Learn more about how to cozy up your winter at the **Cadam Fireplace & Stove Centre**.



Blaze King

Chinook 20 with
Standard Ash Drawer


CADAM
CONSTRUCTION

Hot Solutions for your Cool Locations

TSBC
License #
LGA0210103

604-414-4699 cadamfire.com 7468A Duncan near the airport

“It was like an invisible double-edged sword was poised between us; any steps intended to bring us closer to one another ultimately drove this sword deeper into pre-existing wounds, wreaking havoc.” – Lana Joy Parra



SHARED EDGE: Registered Clinical Counselor John-Michael and Doula Lana Joy Parra have learned that deeper communication is the key to their lives together.

How to talk with love with those you love

BY LANA JOY PARRA

Like most people who seek to build intimate connection with others, my husband and I have quested to ground our relationship in a deep love and respect for one another, giving each other the benefit of the doubt whenever possible.

With hard work and luck, I can say that our communication practices seem to improve with time.

And yet when we found communication dissolving into trigger points, what resulted was a frustrated standstill. We knew we needed external guidance to “sit in the fire” of our conflict and come to a place of truly seeing and hearing each other once again.

We found this support in David Hatfield; a skilled conflict facilitator who holds a Masters degree in Process-Oriented Psychology (an approach for conflict facilitation) and offers his insights to organizations around Canada.

In fact, we have found his work so transformative that we have worked with him on a number of occasions to provide training and support for the intentional community in which we live.

It was a handful of years ago when we sought him out and the main takeaway, that has stood the test of time in our fatigued parent-brains, is the concept of a “shared edge.” We realized that while we both had awareness of our individual wounds and we actively worked to soften and heal them, the work with David brought us to the awareness of a shared edge between us; that place where my wound bristles against my husband’s and his bristles against mine. Our edge was an edge that many can resonate with: the too much/not enough edge.

It was like an invisible double-edged sword was

poised between us; any steps intended to bring us closer to one another ultimately drove this sword deeper into pre-existing wounds, wreaking havoc.

At times it was my perceived “too-muchness” driving into his “not-enoughness”, and other times it was the other way around. Sometimes one version would give way into the other. I have to admit: at times early on in our relationship, it had us by our throats.

Rolling our sleeves up and getting some outside perspective to see the double-edged sword was critical for us to overcome it.

Equipped with broadened awareness, we could look at our shared edges together and know what moves were needed to reach closeness without our wounds being activated. We could slow down, pause, take note of what was hurting and why, and strategize.

Ultimately, just naming the shared edge reduced its power and sharpness. With this shared awareness, we have felt much better equipped to address conflict in our relationship in clear and respectful ways.

Where the too much/not enough wounds would previously show up in the shadows; invisible, unnamed and wielding a greater power over us due to their hidden influence, now we name them when they come up.

When triggered, the pace of communicating can quicken. David taught us how to slow down enough to name what lay in the shadows; that invisible double-edged sword and the wounds it touches upon. Naming our own wounds allows us to then see



**River City Music
DJ Service**

Mike Lang
Owner/Operator
604-414-9670
rivercitymusicpr@gmail.com

Weddings
Dances
Corporate

“Any music
for any crowd”

Music for all occasions

AVANT SOFT WASH
604-578-0116

CALL FOR A FREE ESTIMATE



HOUSE CLEANING
SIDING
ROOFS
WINDOWS
CONCRETE
GUTTERS
WOOD BRIGHTENING



Buying or
selling a home?
I can help.

Ashleigh Hawkins
Real Estate Agent

604-414-5383
HAWKINSREALESTATE.CA
ashleigh@hawkinsrealestate.ca



The Art of Conflict Transformation Workshop

David Hatfield writes that the approach he teaches, process-oriented facilitation, "is for those who are open to working with conflict as a challenging ally and wanting to develop their own capacity to become more conflict effective in their organizations and lives."

If this appeals to you – whether for a romantic relationship, friendship, relationships with in-laws, political work, or community organizing – we have invited David to come and offer a 3-day weekend workshop, Feb 21-23, in The Art of Conflict Transformation. His teacher, Arnold Mindell, wrote in his book, *Sitting in the Fire*, "Every conflict is, in a way, the most important one. It can be the beginning of change."

For more information, visit:
parrawellness.com/events

and recognize the same wound in the other.

For example: I'd be excited about sharing something important, interesting, or meaningful for me. And as an extroverted philosopher who spends much of my day with a toddler, I'd be eager to speak at length with my husband about these new ideas upon his return home from work. He'd be taxed after a long week; feeling a deep need to recharge his introvert batteries particularly after a week of talking with people and tuning into their nervous systems. (While this situation may not seem so challenging or charged on its own, as a pattern where neither of us are consistently able to have our needs met, it can add up and pile onto related or more charged issues.)


He might start by naming the way this double-edged sword is affecting him: "I know how much you are wanting to share and connect, but I am just tapped. I wish I had enough juice and energy to show up, but I don't. And that definitely doesn't feel good, not being able to show up the way I want."

This naming and owning opens the door to both my empathy for him as well as my awareness of what's coming up for me: "This pattern is bringing up a feeling of being 'too much' or asking 'too much' – a pattern that has come up before and hurts. And then that gives way into my own 'not enoughness' because I feel like if I did x, y, z more, then maybe you'd have the energy to connect."

By owning the parts each of us play while also empathizing with the other person, we are able to navigate the shadow of not-enough/too-much and realize that neither of us are either.

With these expressed emotional needs and limitations now talked about in the context of these wounds, it shines a light on the invisible so that we can hold the wound in the other with honour and tenderness.

This tender holding of each other's hurt is what fortifies the foundation of deep love and respect that holds our relationship together.

We can only truly see our partner's wounds when our own are held in empathy. One path to that place of empathy is conflict and triggers – if we can weather the storm, and "sit in the fire" until the conflict transforms the relationship. 

POWELL RIVER ACADEMY OF MUSIC

Music • Dance • Theatre • Visual Arts

Upcoming Concerts

Friday February 14th, 7:30pm

Gergana Velinova Jazz Trio

James Hall, \$25

Saturday March 9th, 2:00pm

Accordion Extravaganza

James Hall, by donation

Join us for our new Group Classes:

Beginner Strings: Group Violin Lessons

Start your musical journey. Learn, play, and grow together. Violins provided if needed!

Tuesdays 4:30-5:15pm, \$50/month

Child's Art Class

Hands-on Fun with Mixed Media. Let your child's creativity soar!

Tuesdays 3:30-5:00pm, \$65/month

powellriveracademy.org - 604 485 9633

Did you know that you can get a great dress for your **MILESTONE EVENT** right here at home?

Choose from these popular brands

Sophie Tolli Australia

Lorange from Ukraine

Ellie Wilde, La Divine, Cinderella

Andrea & Leo Couture

Milano Formals

and more...

We carry myriad styles and sizes to suit anyone, from 00 to 28!

Explore Perfect Fit online

PerfectFitforBridesandGrads.com

Perfect Fit
for Brides & Grads

Call or text Guadalupe for you personal appointment
 604.483.1800  lupitad@telus.net

81st ANNUAL
FESTIVAL of the PERFORMING ARTS

Collaboration Concert


A Musical Journey: Classical to Jazz
 Featuring qathet Concert Band and qathet Symphony Orchestra with guests St. George's School Senior Concert Band

Friday, February 28 at 7 pm
 Evergreen Theatre
 Entry by Donation

Grand Concert

Saturday, March 8 at 7 pm
 Evergreen Theatre
 Ticketed event

Learn more at musicfestivalreg.com/qathet



Landscaping
 Hard and Softscaping
 Garden Clean up & Maintenance
 Water Features
 Pop-up & Micro Irrigation

Renovations
 Additions
 Fences
 Siding
 Decks @coastgardenpr
 Kitchen & Bath

 Residential & Commercial



604-223-9408
www.coastgarden.ca
 office@coastgarden.ca 6753 Cranberry St



**Locals help every year.
Here's how you can help
in the future:**

Donate: Every contribution brings us closer to our goal and helps us bring more team members to provide care. Accommodation and food for seven days is \$650/person shared room in a safe space. Flights range from \$500-\$1,250 dependent on where the volunteer is flying from into Honduras. Extra funds help pay for safe passage across the country and through small internal airports.

[GoFundMe.com/gift-the-joy-of-sight](https://www.gofundme.com/gift-the-joy-of-sight)

Spread the Word: Share our mission with your network to help us reach more potential supporters.

Volunteer: If you're an optician interested in joining this life-changing mission, please reach out to us!

For more information or to get involved, please contact Helen via Facebook or Linked In.

Together, let's make a difference and give the gift of sight to those who need it most.



Optician and many other locals pitch in for annual eyesight clinic in Honduras

BY HELEN WHITAKER

This month, three locals are working with Virginia Medical Brigade for another week of intense work to provide essential vision care services to the people of Comayagua, Honduras, and the surrounding mountain villages.

Two lovely Powell River residents, Anji Smith of Anji Smith photos, and Jeanette De Haas, are volunteering their time alongside me.

We will be offering remote refractions, eye health checks, and glasses to over 1,500 individuals – averaging 300 a day – under challenging conditions.

To achieve this, we are working with a dedicated team of 10 opticians and optometrists from across Canada and North America.

As team leader, I am responsible for all co-ordination of activities, and team motivation!

Those 12-hour days in extreme heat and challenging conditions need a positive approach, because we work tirelessly in daylight hours.

Many locals helped make this work a reality. We ran a GoFund Me seeking to cover the costs of airfare, food, basic accommodation, and renewed supplies and equipment for the team members, and Powell River residents and Secure Vision Clients raised over \$3,000!

The rest is paid for by the volunteers themselves.

While the majority of the glasses are generously provided by the Lions Club, our opticians are donating their time, expertise, and making significant sacrifices by taking time off work and away from their families.

With a larger team, we can provide more comprehensive care and reach even more individuals in need.

We are committed to returning to Comayagua and continuing this vital work, but we need your support to make it possible.

Thank you to the Virginia Medical Brigade and the people of Comayagua for the incredible respect and gratitude they showed us last year. Their support and kindness inspire us to continue this important work. 🐶



LONG ROADS, LONG LINES: *Inset above,* Powell River optician Helen Whitaker (right) is a team leader with Virginia Medical Brigade's work in Honduras. She is with a teacher from the school hosting eye tests. *Top left,* everyone gets seen and assessed and treated – no matter how long it takes! *Centre left,* our team is made up of incredible professionals and we rely on local student interpreters from Grade 11/12 – they are amazing. *Centre right,* glasses can literally change someone's world. *Bottom right,* the people of Comayagua queue for up to six hours in extreme heat to see us. Even the remotest of villages gets a visit and sight tests – even if we have to hike equipment up mountain roads. *Bottom left,* we are never short of locals to help us, including Perro the Pup.



Roofing you can trust.

As Powell River's leading roofing contractor since 1980, we provide high-quality installations of all types of roofing systems, and all of our workers are trained and ticketed in each specific roofing application.

- Commercial and residential
- Torch on membrane systems
- Single ply roof systems
- Hidden fastener metal roofing
- Cladding and corrugated metal
- Fiberglass asphalt shingles
- Composite shingle roofs
- Repairs and maintenance
- Roof consulting and planning
- Custom sheet metal and flashing sales
- Mechanical and HVAC sales and service
- Government Certified Tradesmen



Member Better Business Bureau and Roofing Contractors Association of BC
nelsonroofing.com  (604) 485-0100

Tattoo Tales

Adianta Cocksedge-Hamilton

• Sunset

Adianta Cocksedge-Hamilton (age 15) got her first tattoo in February of 2024 at Truth and Dagger tattoos. The tattoo, placed on her upper right leg, features a sun on the water.



Adianta chose this design to represent her connection to the coast, as well as her love of swimming. Because she was so young, the tattoo artist took extra care to ensure that Adianta was confident in her decision and happy with the design.

Some people in Adianta's life expressed some concern about her tattoo, saying that she is too young to have made this choice, but thanks to the lengthy decision-making process, Adianta is confident and happy with her decision.



In the January 2025 issue, qL documented this region's emerging skin art scene: how we tell each other our stories.

Here, qL intern **Rowan Cocksedge** shares a dozen more.

Graham Cocksedge

• Eagle

Graham Cocksedge got his very first tattoo in 1994 in East Vancouver when he was 20 years old.

The tattoo, placed on his shoulder, features a circular Salish design of an eagle. As it was 1994, Graham had to go to great lengths to get the right design at the right size.

His copy of the design didn't quite fit his arm, so he convinced his father to take it to work and photocopy it to the right size. Graham jokes that his parents did not approve of his tattoo, saying that he received a disapproving glare when he returned with the design on his arm.

According to him, his father had no idea why he had been asked to photocopy the design and was not amused to find out that it had been for a tattoo.



Wendy Cocksedge

• Lightning Bolt

In 2001, Wendy Cocksedge and the UVIC Vikes track team decided to get matching tattoos featuring their team's lightning bolt logo.

The tattoos were a celebration of their team's win at the Canadian University national cross-country championship. In 2001, the UVIC Vikes track team set the Canadian record for the largest margin of win.

Wendy does not regret her decision to get the tattoo. However, she remarks that if she could go through the process again, she would choose to get it somewhere other than her foot.

According to Wendy, a runner should never get a tattoo on their foot if they ever hope to show it off.

Grace Ostensen • Angel

On October 18th, 2024, Grace Ostensen got her very first tattoo done by her sibling, Sawyer. The tattoo, on her upper left arm, features an angel in flight playing a violin. Grace chose this design as an homage to her late grandmother, who used to decorate her house with similar figurines.

Grace remarks that her tattoo, though meaningful, was an impulse decision. She happened to be in Montreal, visiting Sawyer for her birthday, and decided to take advantage of their time together.

Grace had already known that she wanted her first tattoo to be done by her sibling, and since they don't get to see each other often, the timing was perfect.

Grace says that reactions from family and friends have been entirely positive, whether they know the meaning behind her tattoo or not.



Saphire Mitchell • Huckleberries

Saphire Mitchell got her first tattoo done in 2023 in the traditional stick-and-poke method by an artist named Echo. The tattoo, placed on her upper left arm, features a wave of water flowing through a line of five huckleberries, with the huckleberries' roots stretching out below.

The line of berries symbolizes each of her five family members, while the roots symbolize beading strings. The wave of water represents Saphire's connection to her family as well as her Coast Salish heritage. The decision to use huckleberries instead of another type of berry carries significance as well, as huckleberries are non-invasive and native to the area. The design itself was freehanded by the artist during their second sitting. Saphire spent the first meeting with Echo simply talking about herself and her family so that the artist could get a sense of what she wanted from the design.

Saphire mentions that her choice to get a tattoo was rather spontaneous, as the artist happened to be passing through the area at the time. However, she emphasizes that the experience was truly amazing and unforgettable.



Liam Gottfried

• Branches of PR

In 2023, Liam Gottfried (age 20) got his first tattoo done by a Squamish-based artist named Salomé Stella. His tattoo is a set of branches wrapping around his forearm, each representing one of the most common trees in Powell River: Western Hemlock, Western Red Cedar, and Douglas fir.

Liam chose this design to symbolize his connection to his home as he prepared to leave for college. This design itself took eight months of communication with the artist to ensure that it fit with what he wanted.

As it was his first tattoo, he didn't want to make the choice lightly. The tattoo is a beautiful representation of the land and was well-received by Liam's friends and family. He frequently receives compliments about how well the design is done. Liam felt that the timing for getting the tattoo was just right.

He had saved enough money for it, and ultimately, he was very pleased with how it turned out.



Jadyn Bentley

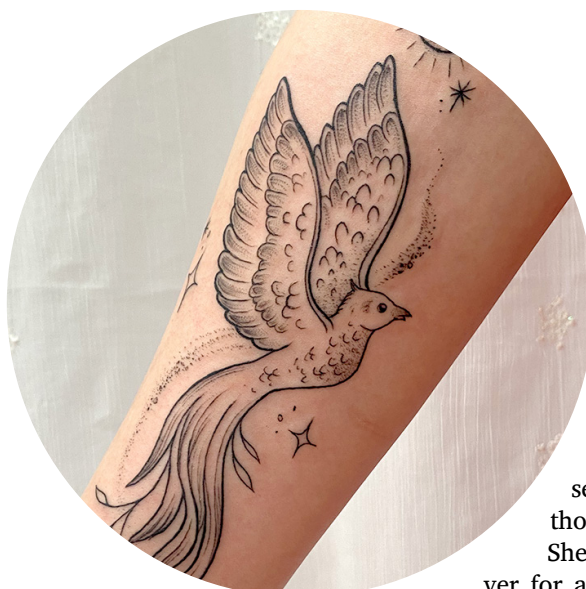
• Phoenix

Jadyn Bentley (age 17) got her second tattoo at the start of 2024. It features a phoenix in flight between a sun and a moon. According to Jadyn, her decision to get her second tattoo was much more thought out than her first.

She happened to be in Vancouver for a concert and passed Patchwork Art Studio, a local art studio and tattoo parlour. While Jadyn does enjoy the symbolism behind her tattoo, a phoenix rising from the ashes, she chose the design simply for aesthetic reasons.

Jadyn is thrilled with the result of the tattoo and often receives compliments for it. Jadyn is much happier with the placement of her second tattoo.

She remarks that although her first tattoo, a circular cherry blossom tree design, is beautiful, the placement on the back of her calf makes it hard to show it off.



Electrical Upgrades • Renovations • New construction

Call today for a free consultation.



FOXTROT ELECTRICAL SOLUTIONS LTD.

TSBC Licence #LEL0201432

604.414.3929 FoxtrotElectricalSolutions.ca info@foxtrotelectricalsolutions.ca

LUTRON PRO
RESIDENTIAL

Control solutions for
lighting, climate and
motorized shades.



Would you share your own tattoo story?

Email it with a photo to editor@qathetliving.ca by February 15, and it could appear in the next qL.

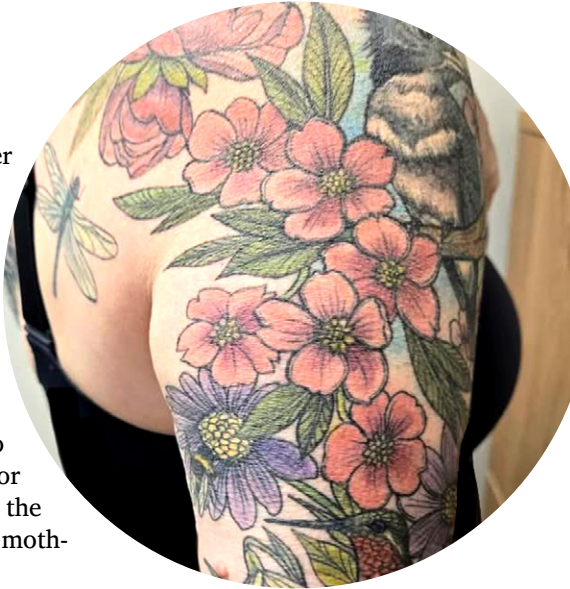
Rhonda Dixon

• Kingfisher & Fireweed

Rhonda Dickson got her second tattoo in 2022 as a memorial to her mother. The tattoo placed on her upper right arm features a kingfisher surrounded by fireweed, as well as a hummingbird, a bumblebee, and a dragonfly.

Each element of the tattoo represents great meaning for Rhonda. The kingfisher and the hummingbird represent her mother's love of birds.

According to Rhonda, her mother often drew pictures of kingfishers. The fireweed symbolizes Rhonda's connection to the Yukon, and the bumblebee is meant to symbolize hidden strength. A bumblebee's wings are so light that they shouldn't be able to support its flight, yet somehow, it still flies.



Darren Bennet

• Celtic Knot

Darren Bennet got his first tattoo done in 1991 by a tattoo artist in Vancouver, whom Darren refers to as "the Dutchman."

The design is a Celtic knot wrapping around his upper left arm. Darren describes how difficult it was to convince the artist to give him the tattoo, given that he was only sixteen at the time. The design itself doesn't hold much meaning for him, as he got it simply to immortalize his transition to adulthood.

As an artist himself, Darren sees tattoos as a beautiful form of self-expression that has now become much more mainstream.

As an adult, Darren is now "all inked up" and inspiring his students to express themselves in their own way and to stay true to their beliefs.



Ulrich Herl

• Viking Ship

In 2021, Ulrich Herl got his first tattoo done by Alex Prachthausser at ETO Tattoo right here in Powell River. The tattoo, placed on his forearm, features a Viking sailing ship. The tattoo design was inspired by a trip to his birth home. Ulrich is Danish by birth and chose the design as a memorial to his parents. The tattoo represents a connection to his family and his heritage. Ulrich took

several years to choose the right design for his tattoo because, as a friend once told him, a tattoo is like a piece of art you hang on your wall forever.

Jason Schreurs • Skull

In 2024, Jason Schreurs got a line art tattoo of a skull with long flowing hair on his right forearm. The tattoo was done by Tami at Six Gills Tattoo in Sechelt. As an artist himself, Jason is fascinated with dark, heavy metal themes. He wanted a tattoo that represented those themes while also maintaining a softer element. The design itself is based on the style of Pushead, an American graphic artist known for designing several Metallica album covers. According to Jason, people who


know him often say that the tattoo fits his artistic punk personality, while people who don't know him simply appreciate the art.



Tai Brown

• Feather

In 2024, Tai Brown (age 18) got his first tattoo done at Studio Sashiko in Vancouver. The tattoo, placed on his right forearm, is an intricate black and white feather. The design of the feather is meant to represent his late grandfather. After he passed away, Tai's family saw birds and feathers as a sign that he was still with them. Tai had

known for several years that he wanted to get a tattoo, and he had had the feather design in his head for four or five years leading up to his tattoo. Now that he has a few tattoos, Tai recalls how shocked some people in his life were when he got his first one, as they stated they never thought of him as someone who would get tattoos. 



I made the Great Big Move

Q&As compiled by Emily McKee, the education coordinator at LIFT's Immigrant Welcome Centre

BY PIETA WOOLLEY

Immigration is all over the news this month. Here in qathet, we're in danger of losing the Immigrant Services Society, which supports nearly 200 locals. Federal funding to the centre, near River City Coffee, was abruptly cut this winter. Ottawa pays for 85% of the centre, with the province chipping in the remaining 15%. Funds were cut because Canada's Liberal government drastically cut immigration levels for both temporary and permanent residents—and cut support funding at the same time.

Although LIFT is searching for new sources of revenue, there is no clear solution.

"Our entire team is distressed by the anti-immigration message this funding decision sends," said Kim Markel, LIFT's executive director, in a media release January 21. "I don't think the general public is aware of how much our local medical, health, childcare and hospitality sectors rely on immigrants. These changes in funding and immigration targets will make it harder and harder for immigrants to settle in Canada, and I can't help but note the irony that most of us are immigrants to this land ourselves."

Indeed, this region has been a landing pad for immigrants and refugees for more than a century: Ukrainians fleeing famine, Italians leaving post-war poverty, Vietnamese leaving during and after the war, and more recently, people leaving wars and seeking financial stability from all over the world. Even within Canada, Powell River has offered solid employment,

relatively affordable real estate and—during COVID—uncrowded safety for many new folks from other cities and provinces.

South of the border in January, newly-inaugurated President Donald Trump threatened a trade war with Colombia, after that country refused to receive two planes carrying deported US immigrants.

Trump's anti-immigrant measures, listed succinctly by CBS News, "include sealing the US asylum system for those without proper documents; tasking the military with deporting immigration violators; and empowering deportation officers to target most unauthorized immigrants, including those without criminal records. But, with less fanfare, Mr. Trump's actions have closed pathways for vetting and legally admitting hundreds of thousands of people fleeing war-torn Ukraine, Taliban-controlled Afghanistan, and other troubled parts of the world, including crisis-stricken Haiti and Venezuela."

In other words, North America has very quickly closed its embrace of folks fleeing poverty and violence.

Away from the grandstanding, of course, immigration is about people and their stories.

Coming to Canada is a hard decision, even when a great big move is unavoidable. Most of us know this intimately; the vast majority of our families immigrated to Canada within the last 150 years.

On the following pages, several recent local immigrants tell their own stories—no politics, no stakes.

Just understanding.



DO YOU AGREE WITH THIS GUY?: Just before Pierre Poilievre's "Axe the Tax" rally here, this man (above) walked around Dwight Hall, soapboxing to the line-ups about immigration levels. Although Pierre didn't say anything about immigration at the rally inside Dwight Hall, the event clearly demonstrates that an election is likely nigh, and immigration will doubtlessly be part of the discourse.

Toban de Rooy has been bestowed the designation of **Fellow of the Canada Securities Institute (FCSI®)** is one of the investment industry's most prestigious professional distinctions. It is reserved solely for an elite group of experienced financial services professionals who meet the highest standards for advanced education, ethical conduct, industry experience and peer endorsement.



Toban de Rooy Y CFP® CLU® TEP® FCSI® RRC®
Senior Financial Consultant
IG Wealth Management
Tel: (604) 414-8280
Toban.DeRooy@ig.ca
Investors Group Securities Inc.

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

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



© Investors Group Inc. 2025

My name is **Alaa Badran** and my husband is Mo. We are a small family, with both of us just enjoying our first year of the fourth decade, and we have a four-year-old who is so bright and artistic.

I have a BA in Arts from Damascus University, I worked mostly administration jobs back home. I love soccer, tennis, martial arts, calligraphy, and writing poetry. I now work with Lift Community Services.

Mo also works with Lift Community Services at Head Office. He studied Chemistry, and Law at Damascus University. Mo used to work as a Government Relation Manger in a Pharmaceutical Company in Damascus before coming to Canada. Mo likes reading and swimming.

Why did you come to Canada?

Alaa • I came to Canada in 2019 with my husband as a refugee from Lebanon. We were fortunate to be sponsored by the United Church and the Lutheran Church.

What were the hardest parts about leaving Lebanon?

Alaa • Leaving home meant grieving the cherished memories we created there and adapting to an entirely new life in a foreign land. Recognizing that we have been brought to a stolen land adds extra layer of grief.

What have you found challenging about adapting to life in qathet?

Alaa • Initially, the jet lag was the hardest to overcome. Later, challenges included building a social life, making friends, and having my skills recognized by the Canadian labour market and culture.

What surprised you once you moved here?

Alaa • I was surprised by the presence of racism, systemic oppression, and corruption. On the brighter side, I was deeply touched by the unconditional love and support from the United Church and the Lutheran Church communities.

What do you miss most about your home country?

Alaa • I miss the food and the unique, unforgettable scent of Damascus.

What do you tell your friends and family back home about here?

Alaa • I describe qathet as a paradise—peaceful and serene, with an outstanding sense of community.

What is your favourite thing to do here?

Alaa • I enjoy visiting the beaches and playing soccer, either alone or with friends.

What aspect of your home country would make qathet a nicer place?

Alaa • Bringing my home country's vibrant nightlife to qathet would add more energy and liveliness. In Damascus, the streets are bustling with activity, including late-night food trucks offering beverages, snacks, and sandwiches. Adding similar options in qathet would be wonderful.

If you were Prime Minister, what would you do?

Alaa • Advocate for truth and take meaningful, transparent steps toward Reconciliation. Provide additional funding to organizations to build affordable housing for their employees, capping rent at under \$1,000. Invest

in building residential compounds for diverse populations. Make daycare, school, and university education free for all. Subsidize ports and arts. Support local businesses by refining regulations, policies, and laws to promote a genuinely free market. If I couldn't make significant progress toward these goals, I would resign out of accountability.

What do you wish qathet residents understood about the immigration experience?

Alaa • Most immigrants do not leave their home countries by choice. When immigrants arrive here, they bring their dreams, hopes, and traumas with them. Many residents I've met are empathetic and well-aware of the challenges immigrants face, including the complex journey of paperwork, applications, and integration into the community.

If you could have any talent or superpower, what would it be?

Alaa • I would choose the power to heal human beings all over the world.



Meet your M

My name is **Jacqui Patterson** and I've made beautiful qathet area my home for the last six years. I moved here when I was 60 years old to start over again. There's just me, however I have my sister and her family here as well as friends who are now family.

I'm grateful to work at Vancouver Coastal Health doing intake for our Withdrawal Management program. Being a part of a small community is something I value and I tend to enjoy the creative side of things like dancing, singing. I also love to travel.

Why did you come to Canada?

Jacqui • I came to Canada for a couple of reasons. I lost a loved one in a major disaster and needed to leave Scotland and have a new start. As well, my brother and sister had already emigrated to Canada. I first moved to Calgary in 1988 after living in Aberdeen, Scotland for a few years.

What were the hardest parts about leaving Scotland?

Jacqui • The hardest part about leaving was saying "cheerio" to my parents, nieces and other family members.

What have you found challenging about adapting to life in qathet?

Jacqui • I don't know that I've found challenges living here. Having family here made the transition much easier. I enjoy small town life.

What surprised you once you moved here?

Jacqui • The calibre of musicians. World class music academy, local musicians, and opportunities to be part of the greater musical community.

What do you miss most about Scotland?

Jacqui • The greatest thing I miss about Scotland is my family. I miss stone, history, and the old buildings. One of the first things I do when I arrive is touch ancient stones. It grounds me.

What do you tell your friends and family back home about here?

Jacqui • I live in a rainforest by the beach.

For legal expertise, keep it close to home

Katya Buck* • Brandon Henderson
Stacey Fletcher • Rob Villani*
*Denotes a law corporation

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

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

VILLANI & COMPANY

Phoenix Plaza • 604 485-6188 • villaniandco.com

Neighbours



What is your favourite thing to do here?

Jacqui • My favourite thing to do here is go the beach and to sing in the choir.

What aspect of your home country would make qathet a nicer place?

Jacqui • I enjoy the uniqueness of both places so I don't think I'd change anything.

If you were Prime Minister, what would you do?

Jacqui • If I were Prime Minister I'd make sure there are enough homes to house our homeless, sustainable food programs to feed our hungry and more funding for our seniors.

What do you wish qathet residents understood about the immigration experience?

Jacqui • It's difficult for any immigrant to leave their home country in search of a different life. At first it seems like a big adventure. However, as time passes, the realization of what you've lost kicks in. Family relationships and friendships are the biggest losses for me.

If you could have any talent or superpower, what would it be?

Jacqui • I'd love to be able to fly. Would save a lot on air-fares!

My name is **Jaspal Singh Rana**, and I am 44 years old. Our family of five, which includes me, my wife Chanda Rana, 44, my daughters Kirti Rana, 20, and Rakhi, 18, and my son Karti, 13, all contribute and play active roles in both my restaurants, Royal Zayka and Little Hut Curry.

If you haven't been to either, both places offer a different ambiance and we plan to come up with some fresh ideas in 2025 so that both restaurants offer slightly different culinary experiences to foodies in the qathet region!

Why did you come to Canada?

Jaspal • Our decision of moving to Canada was based upon better opportunities we could give to our three children and how I could bring my special skills as a chef to the community that I would make home. I moved to Powell River with family in 2015. I am from India, but my work took me to Singapore in April 2005. Then an opportunity knocked on my door to be a chef in 2007 and that's when I moved to Canada, alone.

What were the hardest parts about leaving India?

Jaspal • Relocation from your place of birth is not easy especially leaving behind your parents, extended family, and childhood friends. But then, for the future of my children and family, I took this gamble and when I see my children now, I feel extremely satisfied that I made that decision.

What have you found challenging about adapting to life in qathet?

Jaspal • Initially there were lot of struggles, as I was an employee. After many years of hard work and saving, I was able to invest in the same business and became the owner. It took me many years of hard work to be a tile in the mosaic of "Culinary Theatre of qathet!"

What surprised you, once you moved here?

Jaspal • One thing that comes straight to my mind is the friendly and embracing nature of the community. We never

felt we had left home as they showered us with so much of their love and support.

What do you miss most about India?

Jaspal • We do miss the family occasions of marriages and celebration. Also, some unique street foods that we used to enjoy as teenagers!

What do you tell your friends and family back home about here?

Jaspal • Social media is a great way to relay how we were received in this embracing country and community. We always have our friends and family asking how they can make the decision which we took.

What is your favourite thing to do here?

Jaspal • Apart from a hectic schedule of work, when we get a break ... we usually go to a beach with family and enjoy a simple meal or pick a local restaurant and go and dine there!

What aspect of your home country would make qathet a nicer place?

Jaspal • qathet already has what it needs in terms of natural

beauty and an embracing community, but if there is one thing from my home country that I would add: we feel that it would be great to share some of our festivals and celebrations, especially once our community grows here in years to come.

If you were Prime Minister, what would you do?

Jaspal • It's very hard for me to fit in those shoes. I prefer to stay away from politics, but I would love to spread the aroma of culinary arts from the Indian Subcontinent to this place I now call home... qathet!

What do you wish qathet residents understood about the immigration experience?

Jaspal • We are immigrants who have relocated with an intention to make this place home and to contribute in a positive manner towards the community which we chose to live in.

If you could have any talent or superpower, what would it be?

Jaspal • I wish I could feed the world and free it of hunger.



STUBBERFIELD FUNERAL HOME LTD

Powell River has been trusting Pat and Joanne with funeral preparations for more than a quarter century.

Providing dignified service to the region since 1969



Why choose Stubberfield Funeral Home?

- Stubberfield handles all your funeral needs right here in Powell River.
- Stubberfield has Powell River's ONLY crematorium.
- Stubberfield has reception facilities and a full chapel, conveniently located on site.
- Stubberfield is a locally-owned, independent business.
- Pat & Joanne are licensed, experienced, professional funeral directors who help you every step of the way.

7221 Duncan Street • 604 485-4112 • stubberfieldfh.com

My name is **Riam Diana**. I am 51 years old. I was born in Thailand, as was my beautiful daughter, Nanthida Sutnoi, who turned 25 this year.

When I lived in Thailand, I worked for a clothing business sewing jerseys for local sports teams. I moved here to Canada after meeting my husband, Norman, who is Canadian.

I started working as a cook at a restaurant in town soon after moving here. Now, I am the proud owner of The Dragon House Restaurant here in Powell River, which I run alongside my daughter and my sister, Sasiwimon, who recently moved here from Thailand as well to help me with the restaurant. I am very happy to be here with my family doing what I have always dreamed of, for as long as I can remember.

Why and when did you come to Canada?

Riam • To be with my husband. I moved from Thailand in 2008.

What were the hardest parts about leaving Thailand?

Riam • The hardest part of leaving home was leaving my family behind.

What have you found challenging about adapting to life in qathet?

Riam • Adapting to the colder climate in Canada has been the most challenging for me.



What surprised you, once you moved here?

Riam • I was surprised by how clean the air is and how beautiful this town is. The trees and mountains and ocean are different than in Thailand.

What do you miss most about Thailand?

Riam • I miss the liveliness and the way that everyone is always outside socializing with everyone. Thai people are very warm and friendly to everyone all the time!

What do you tell your friends and family back home about here?

Riam • I tell them that Canada is really beautiful and cold!

What is your favourite thing to do here?

Riam • My favourite thing to do here is go on hikes.

What aspect of Thailand would make qathet a nicer place?

Riam • More Thai food. The spices, flavours, and fresh fruit would make qathet more delicious.

If you were Prime Minister, what would you do?

Riam • I would make Thai holidays more represented for the people here who celebrate them.

What do you wish qathet residents understood about the immigration experience?

Riam • How difficult adapting to a different language and culture can be.

If you could have any talent or superpower, what would it be?

Riam • I wish I had the ability to clone myself, so that I could share the work!

My name is **Sharkani Shabani Jeancy**. I am Congolese and 25 years old. I was living in Zimbabwe as a refugee under the care of UNHCR. During that time, I was living alone without my parents because they had both passed away in the war in Congo. They were all killed, leaving me alone.

I started loving music when I was a young child. However, I didn't have anyone to support me when I was growing up. My first music project began in the year 2014.

But even now, it's still the same—I haven't received any support. Despite this, I believe that one day God will hear my cry, and I will become a great musician in the world. The type of music I make is Afro Hip Pop.



Why did you come to Canada?

Sharkani • I came here to Canada to fulfill my dreams, and I believe that my dream will come true. I arrived in Canada on December 5, 2024, and I am from Zimbabwe.

What were the hardest parts about leaving Zimbabwe?

Sharkani • What saddened me the most was leaving my children and their mother behind. That is also the biggest thing that brought me here, so that I can support them better one day.

What have you found challenging about adapting to life in qathet?

Sharkani • The challenge I have is that I am lacking friends.

What surprised you, once you moved here?

Sharkani • I have been surprised by many

things; for example, people live in extreme cold, yet they are not affected by any problems.

What do you miss most about Zimbabwe and Congo?

Sharkani • I don't miss anything from my home country because I had nothing and didn't leave anything valuable there. However, I do miss my children and their mother, whom I left in Zimbabwe.

What do you tell your friends and family back home about here?

Sharkani • I have told my friends and my family that Canada is a beautiful country with good weather, and that people eat on time. They get food without any problem.

What is your favourite thing to do here?

Sharkani • I enjoy making music here in Canada.

If you were Prime Minister, what would you do?

Sharkani • If I got the opportunity to become Prime Minister of Canada, first I would provide significant support to refugees, especially in various parts of Africa, refugees suffer a lot. Then, in Canada as well, I would build large music universities. Musicians would

be given more opportunities, and those with talent would be given more recognition in Canada.

What do you wish qathet residents understood about the immigration experience?

Sharkani • I would like them to understand that I am newcomer, and I may do things wrong without knowing; so, I would ask they be patient with me and I will gradually adjust.

If you could have any talent or superpower, what would it be?

Sharkani • I would use my talent for my own benefit and for the benefit of others. Also, I would have extraordinary powers, and I would use those powers to fight against any form of oppression, to the best of my ability. This is because I do not like to see anyone being oppressed.

STRIVE LIVING POWELL RIVER

would like to thank the local business community for all the generous donations that have helped round out another successful year. A special thanks to **Springtime Nursery**, the **Patricia Theatre**, **Quality Foods**, **Save-on Foods**, **Dairy Queen**, **FreshCo**, and **Domino's** for their generous donations.



604-485-2220 • Unit 200 - 6975 Alberni

Strive Living Society is a non-profit registered charity providing community living services. To learn how you can help, visit striveliving.ca

POWELL RIVER FARMERS' MARKET

Open year round!

SUNDAYS 12:30 - 2:30

Indoors until spring!

Closed on snow days.

604.414.3327 | 4365 McLeod Rd.

PRODUCE

EGGS

MEAT

BREAD & PIE

ARTISANS

My name is **Sisi Wang**, and I am 43 years old now. We arrived from Beijing, China around seven years ago. Now, I have three kids, two daughters (12 years old and seven years old) and one boy (16 months).

Both daughters are in Assumption school. The teachers are all friendly and help them improve English as well.

My husband and I have run the Gourmet Canton restaurant since 2019. We are very glad to have a business in Powell River, actually this is our first business in Canada.

Why did you come to Canada?

Sisi • As you know, Canada is one of the most beautiful countries in the world. Many people would like to travel here. We had a good trip at the beginning of 2017 and loved this country. So, we decided to move here.

What were the hardest parts about leaving home?

Sisi • Moving from one country to another country is really difficult. We took as much stuff as we could to save money. It was lucky that we arrived in Vancouver after flying for 10 hours and my young daughter slept all the way, without crying, she was only five months at that time. I clearly remembered my elder daughter

talking with the airline stewardess on the way and never stopped talking, obviously she was very very excited, as she was five years old.

What surprised you, once you moved here?

Sisi • What surprised me is that Canada's air is really excellent; you can feel fresh air when you breath and see the stars in the sky clearly at night. It is amazing. The trip from Vancouver to Powell River is a long way. You need to travel the highway along the Sunshine Coast, with many



turns. It was my first time taking a ferry. I had taken trains, planes, buses or vehicles, but not a ferry, so it was different.

What do you tell your friends and family back home about here?

Sisi • Powell River is a small town, and people are very kind and nice. It is easy to live here because you can get any help from the local people, like your neighbour, or Lift Immigrant Services. And the traffic here is smooth, without worries of traffic jams. In my country, heavy traffic is very common. Also, shopping is convenient, several markets circle around the city.



My name is **Asele Rhoda** and I'm 34 years old. I have a son who is six, and my husband has just arrived to Canada, so now we are a family of three again. I work as an education assistant with qathet School District and my hobbies are running and enjoying the nature in and around qathet.

Why did you come to Canada?

Asele • I came to Canada for safety, so that I could live without the fear of being killed.

When and where from?

Asele • I am from Congo and after spending time in Namibia, I came to Canada in 2018.

What were the hardest parts about leaving home?

Asele • The hardest part was leaving my people behind, in a place where you see people being killed in front of your own eyes, where families are being separated, and children are left holding on to their dead mothers.

What have you found challenging about adapting to life in qathet?

Asele • Adapting to the different climate and different culture has been very challenging.

What surprised you, once you moved here?

Asele • I was surprised by the amount of welcome and support that we received from the community here.

What do you miss most about your home country?

Asele • I miss the celebrations. The way that people celebrate Christmas, weddings and even deaths in our culture is something that I miss, and of course the food. I miss our food!

What do you tell your friends and family back home about here?

Asele • I tell them that there is freedom here, and opportunity to improve your life.

What is your favourite thing to do here?

Asele • My favourite thing to do here is to play with my son in the snow.

What aspect of your home country would make qathet a nicer place?

Asele • In my home country the young people treat their elders with so much respect, and I would like to see more of that here. 🇸🇨

CUSTOM LAND DEVELOPMENT

"A" BETTER BOBCAT SERVICE LTD

Celebrating 35 years in business
Office: 604-487-0466 • Cell: 604-208-2010

**Perimeter Tiles/Drainage
Landscape Preparation
Certified Onsite
Wastewater Systems
Excavating &
Site Services
Rock Walls**

Find us on

HARWOOD ELECTRIC

LICENSED • BONDED • INSURED

RESIDENTIAL • NEW BUILDS
ELECTRICAL UPGRADES • RENOS
COMMERCIAL • SOLAR

Contact Dan today at
DanHarwoodElectric@gmail.com
604.223.7901

Pink Shirt Day:

A Powerful Catalyst for Meaningful Dialogue and Advocacy Against Homophobia and Transphobia

In qathet school district, Pink Shirt Day is more than a one-day event – it’s a reminder of the empathy, kindness, and respect we strive to practice and instill in our students every day.

While this day is designated to stand against bullying, its true value lies in the lasting impact of the conversations and the actions it inspires.

Wearing a pink shirt is a symbol of allyship for those who have experienced bullying or discrimination based on who they are, who they love, or how they look. More importantly, it serves as a call to action, reminding us of our shared responsibility to create safe, inclusive spaces where everyone feels valued and respected.

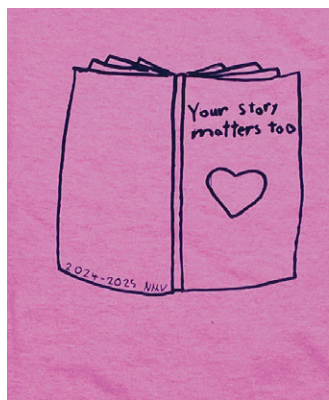
Pink Shirt Day is a powerful catalyst for meaningful dialogue and advocacy against homophobia and transphobia among students, staff, families, and the broader community.

This year, February 26th offers us the opportunity to reflect on and reinforce values such as understanding, inclusion, and the courage to stand up for one another – values we strive to uphold daily in classrooms and playgrounds across our district. It allows us to annually reaffirm our commitment to building a culture of kindness and respect that extends throughout the year, shaping our school communities into places where every student and staff member can thrive.

When it comes to addressing homophobia and transphobia, our schools benefit from the work of our District SOGI 123 (Sexual Orientation and Gender Identity) Committee – a team of educator Leads from each school who advocate for: inclusive policies (1), environments (2), and learning resources (3).

Recent research from the UBC Stigma and Resilience Among Vulnerable Youth Centre reports that “SOGI 123 appears to be effective for reducing violence and fostering more inclusive environments in BC schools. The longer it has been implemented, the greater the improvement. Gender and Sexuality Alliances (GSAs) also have an impact, but SOGI 123 has effects above and beyond GSAs, including for heterosexual students.” Acknowledging and celebrating the diversity that already exists in our communities benefits everyone.

Recently, our District SOGI Committee and the Brooks GSA organized a Pink Shirt Day contest for all students in grades K-7. We are thrilled to announce that the winning design for the 2024-2025 Pink Shirt contest was created by Nan Voghell, a student in Grade 3 at James Thomson Elementary.



Wear pink shirts on February 26: Top photo, Rowan Cockledge with Nan Voghell, Georgia Clark, Bileaux Voghell, and Orielle Clark. Above, James Thomson student Nan Voghell designed this year’s pink shirt.

Supporting Student Mental Health through the Integrated Child and Youth (ICY) Program

qathet School District is proud to be part of a dynamic system that responds to the ever-evolving mental health needs of students in our community.

Through integrated service delivery, we are able to provide a strong support system for children and youth to receive the care they need in a timely manner and easily accessible way.

What is the ICY program?

The ICY program was introduced to address the increasing mental health needs of children and youth as part of British Columbia’s “Pathway to Hope” initiative, launched in 2019. ICY is an integrated approach to providing mental health supports through collaboration with the Health Authority (VCH), Ministry of Children and Family Development, and qathet School District.

This program provides essential mental health and substance use support within schools and the community, ensuring that children and youth receive timely, coordinated care without navigating multiple services. In 2023, the qathet region became one of the selected communities to implement this model.



Who is part of the ICY team?

The ICY team is multidisciplinary, bringing together expertise in clinical counselling, substance use and concurrent disorders, peer support, and family support.

How does it serve qathet School District students?

The ICY program brings clinical counselling and peer support into the school setting, bridging gaps where school counsellors may not have the capacity for intensive clinical work. By centralizing support, ICY provides school counsellors with a streamlined way to refer students, aiming to connect them with services within weeks.

How are students able to get referred?

Students are typically referred to ICY through school counsellors or the local youth clinic. ICY counsellors work flexibly with schools, holding sessions on school grounds when needed to ensure accessibility.

53 years ago, Doug Love dropped out of Brooks due to bullying.

He worries it's even worse
for young people now.

BY DOUG LOVE

As I tip my hat and think of all the good that David Shepherd and Travis Price did for their fellow schoolmate years ago by creating "Pink Shirt Day", I can't help but wonder in reality how much bullying has increased.

With social media I truly believe it has accelerated immensely. As well, I was horrified last fall when I saw the damage done to a local family's home by bullies targeting another student. That went way beyond minor bullying; that was a criminal offence that could have run into the thousands of dollars to repair.

I am not sure of the outcome, but one can only hope that it wasn't entirely swept under the rug as "kids being kids." My heart ached for the victim of that incident.

As 2025 begins, I have started thinking about the upcoming "Class of '75" reunion that will be held this August in Powell River. Fifty years have passed since my classmates graduated and I have joined them a little each time they have held a get together celebrating their academic successes.

They have always invited me and on occasion, when I had perhaps planned on letting it pass by, they have phoned and asked "Where are you? People are looking for you. Why aren't you here?"

For you see, I never graduated. I was never part of the Grad Class of '75. I never even made it to Max Cameron, which was then a senior secondary school.

I was one of the kids that was caught up in the being bullied game. I would



A TARGET: You can see from the sadness in this Grade 8 photo of Doug Love, then 12, at Brooks Junior Secondary that the bullying was already taking its toll.

"It was hell. Pushed around, physically assaulted, verbally assaulted, mentally harassed daily, it just went on, non-stop.... I couldn't hold up any longer; I just couldn't take any more. I got my first report card in the late fall in Grade 10 and it was horrible. Five D's, two E's and a C-. This boat had sunk."



Reiki Energy Sessions
Relax while stimulating health & wellness

Reiki Courses at VIU
Community Education & Training in PR

HERON REIKI AND WELLNESS

Bonnie Harrison
Reiki Master Teacher
(604) 208-2244
www.heronreikiandwellness.com




Re-opening
Feb. 19

Tug-Guhn
GALLERY & STUDIO



at Lund Resort at Klah Ah Men
Open 10 am - 4 pm
Closed Tuesdays
Find us on Facebook 
604 413-0637
debrabevaartcreations.com



**TIDY T'S
CLEANING SERVICE**

TIARA CHRISTIE

COMMERCIAL • RESIDENTIAL
ECO-DISPOSAL PROGRAMS
PREMIUM FLOOR CARE
+ MORE

604-223-8030
BTCLEANINGLTD@GMAIL.COM
TIDY-T-CLEANING.COM

All proceeds go to the food bank!

A Night in New Orleans

Carlson Loft - 4463 Joyce Ave, Powell River
Food for sale, provided by Blue Agave Tequila Grill

with Gary Comeau
The Sounds of New Orleans

Saturday, March 8th

Tickets: \$40

- Downstairs at Carlson Club: 4463 Joyce Ave, Powell River
- The Food Bank: 6816 B Alberni St, Powell River (Downstairs in the back)

Silent Auction! 50/50 Draw & more!




IT GOT BETTER: In 2017, Doug Love and his grandson Ashton posed with signs celebrating their Grade 7 graduations from the same elementary school.

have graduated less than four months after my 17th birthday had I been able to weather the storms. Academically I was fine. I was 12 years old when I entered Grade 8 at Brooks Junior Second School.

The school work was no problem. Oh yeah, I was young. I had been part of an accelerated school program in elementary school, which, in hindsight, wasn't such a good idea. Having that age difference during your puberty years when you don't match up physically or have the mental "life skills" of kids at least a year older than you, didn't really work.

Top it off with having a last name like "Love", and they were just waiting for someone like me to pick on.

It was hell. Pushed around, physically assaulted, verbally assaulted, mentally harassed daily, it just went on, non-stop. Home life was not much better, either, with what was going on there.

I managed to hang in there a couple years, keeping my grades up, my attendance reasonable, and my attitude good until Grade 10. We had the option at Brooks to be able to go to Max for Grade 10 or remain at Brooks. I chose to remain at Brooks, thinking that I would be older than most of the school and perhaps safe for that year. Foolish me ... of course, bullies are going to have the same thoughts. They will be older than everyone else and be able to tease and hassle way more students. So they stayed, I stayed, and it was bad.

I couldn't hold up any longer; I just couldn't take any more. I got my first


report card in the late fall in Grade 10 and it was horrible. Five D's, two E's and a C-. This boat had sunk.

A month later, on the last day of school before Christmas break, I went up to the office and told the secretaries that I wouldn't be back and asked what they would like me to do with my locker of books. They told me I couldn't quit, I was too young, and I politely asked them again what they would like me to do with their property before I left. They told me to drop it there.

I then went and took my text books and lock up to the office, said my goodbyes and walked out the door. I couldn't take the bullying another minute. I was 14 years old. My school days were over.

As time passes by, I have looked back at my attackers and have viewed the local one with empathy, another has passed away early, and the leader of the pack - I don't know about his life. I wish him no harm or evil thoughts, for to think any other way would make me just like one of them and I refuse to allow that to happen.

And finally, as an adult, rather than worrying about whether or not you have a pink shirt to wear at the end of the month, how about just sticking up for someone when you see a wrong being done, for there surely is a lot of that out there these days.

Bullying is bullying, no matter the age, race, gender, or any other issue. Let's just be nice to each other and stick up for those who can't, because the world surely needs you to, these days. Pink shirt or not. 

FEBRUARY EVENTS AT THE LIBRARY

TALKS WITH:

FRANCIS PRING-MILL (AUTHOR)

- **THERE IS NO SOMEWHERE ELSE** - Friday, February 7 at 5pm

Scholar Francis Pring-Mill presents his new book *There is No Somewhere Else*, a journey with Lao Tzu into the Tao Te Ching.

GORDON F.D. WILSON (AUTHOR)

- **ONE WEEKEND IN MAY** - Saturday, February 15 at 2pm

Local scholar Gordon Wilson will present his new novel *One Weekend in May*, an insightful story on life's challenges, dementia and confronting fears.

LISA HAU - ARTIST ON DISPLAY IN LIBRARY

IN PARTNERSHIP WITH QATHET ART - Friday, February 28 at 7pm

Local painter Lisa Hâu will be discussing the healing power of art and the inspiration behind her work that is currently on display at the Library.

FOR TWEENS & TEENS:

TEEN WRITERS GROUP - Tuesdays 3:30-4:30pm

For writers aged 13+ seeking a place to take their writing further. Talk about writing, learn techniques, and explore the secrets of professional writers.

FANTASY ADVENTURE CLUB - Wednesdays 4-5:30pm

Youth 12+ are invited to immerse themselves in the world of role-playing games. Tunnel Goons or DnD.

YOUNG WRITERS' GROUP - Fridays 3:30-4:30pm

Informal writing group! Talk about books, do fun activities, make new friends. Ages 10+ welcome.

MINECRAFT AFTERNOONS - Saturdays 2-3pm

Youth aged 10+ are invited to play Minecraft, explore Minecraft books, or make art.



Check out our events calendar

for more information: prpl.ca/calendar info@prpl.ca 604-485-4796 prpl.ca

Cancer Diary

If you live here and have cancer, you know how expensive and stressful commuting for treatment can be. But, as **Larry Law** found out, the experience can also bring out the best in your relationships, and yourself.

About 25 years ago, I was stationed in Squamish with the BC Ambulance Service. With the knowledge that comes with the training, I always paid attention to what my body was telling me, because you are more aware of how your body functions and when some thing is out of whack you quite often pick up on it sooner.

It was summer time and I started getting a lot of acid indigestion, eating a lot of Tums was not helping so I made doctor's appointment to get this resolved. Sent for x-rays, I was soon diagnosed with a hiatal hernia. A prescription was issued to reduce the acid.

After retiring, we moved here to Powell River in 2004. I was enjoying the good life, and lots of travel.

As the years went by, I noticed that when lying flat in bed, I was starting to get a lot of phlegm in my throat and that was causing me to swallow a lot. My doctor's advice was to elevate the head of the bed by about six inches.

As time passed that was not enough, so my bed was elevated to 12 inches at the head end. This seemed to work better, so I left it at that and life carried on. But by late January, 2024, I noticed that when swallowing food it felt like it was stuck in my oesophagus. So off to the doctor I went. That started the chain of events that follows.

The result of a scope was that, yes, there was something there and a biopsy and CT followed.

In early March, the results of the biopsy came in. With my background, I think I knew for some time what this was and I just kept it to myself.

The doctor told me it was cancer.

I'm not sure exactly how I reacted but I just kind of sat there. The doctor asked if he could recommend a surgeon at St Paul's Hospital that was having great success at removing small cancers from the oesophagus via a scope. I agreed.

Driving home, I was thinking, "How do I tell my wife I have cancer?"

When I got home she asked, "How did the appointment go?"

"I got cancer," I replied.

There was some discussion on that, but not the shocking, crying, very upset type of reaction that some people would have.

It was later when she read the email I had sent to my sisters explaining more about what was going on that it hit my wife and the shock of all this hit her, and me as well. A good session of hugs and crying followed.

I don't think most people ever think about dying, but when it hits you in the face, you do think, and



BELIEVE IT OR NOT: Retired paramedic Larry Law with his cat Ripley, back home in Powell River after chemo and radiation therapies to treat his oesophageal cancer.

some of those thoughts that arise are scary. I just thought, "You can't run from it, can't hide, so just face it honestly and openly and get on with your life."

Some research on the internet on oesophageal cancer provided a lot of info to absorb. Some you have to ignore, some you can believe depending on where it came from. The bottom line is that oesophageal cancer does not go away. It can be controlled to a certain extent. At this time, I already knew that this is probably going to be fatal at some point.

I reached out to my sons and sisters. We all wondered if this could be hereditary. We learned that underlying medical conditions can allow cancer to start. My older sister had lost a son due to cancer from smoking. When she got the news that I have cancer she started to re-live the time she lost her son. That was hard on her. I had talks with both of my sons and that went well.

Time was passing and it seemed like things were not progressing as fast as I would like. Later I learned that things were moving along quite well. And, some people wait a lot longer than I did for treatment.

In the middle of April, I had a scope at St. Paul's Hospital and learned the tumor on my oesophagus was much larger than what they thought. He was not able to remove it, but he did dilate my oesophagus so I could swallow much easier.

Later that month I went for a PET scan in Victoria. That involved having a radioactive chemical or medicine injected. You get comfy in a nice big recliner with a warm blanket and wait for 45 minutes. Then off to the scan. The chemical they injected attaches itself to the cancer cells and they light up like light bulbs. The doctors then can see where all the cancer cells are.

In my case, the lights were in the upper right chest lymph node, the oesophagus where it joins the stomach, and a very small light on my tailbone.

Two weeks later I was off to Vancouver to the Cancer Clinic. Both chemo and radiation doctors were very blunt in describing what was going on with the cancer, once they knew that I was a retired paramedic. The comment was, "That makes it a lot easier to talk about this."

The two ways I could receive the radiation were: one, to make me comfortable so I could eat and relax; two, maximum effort to stop the cancer. I chose the maximum effort.

The side effects were outlined in the many booklets and brochures that were given to me. Back home, my wife and I started to figure out transportation, accommodation, the cost of all this, and many other aspects of me being in Vancouver for treatment. We had already decided she was going to stay home and we would utilize the messenger app on our phones to keep in touch.

All I knew at this point was that I was going to go for treatment for five weeks, but no date had yet to be announced.

Most of our immediate neighbours knew I had cancer and they said lots of best wishes, good luck, and stuff.

One morning I was making my morning coffee and I heard a lawn mower in the front yard. So I went outside to see what was going on. My neighbour from across the street was mowing my lawn. He said not to worry, he would like to do this, and he did that for the rest of the summer.

Many family members, friends, and neighbours helped us out in various ways, for which we are very grateful.

At the beginning of May, I went for a CT Simulation Scan. It was explained that small tattoos would be placed on different locations on my body to line it up with the radiation machine to aim the radiation to the correct spot.

Now I was scrambling to figure out transport to Vancouver and accommodation as the appointment was early in the morning. I booked a flight with Harbour Air to Vancouver and return to Powell River. Now, where to stay?

A friend of ours had cancer few years ago and he stayed at the Jean Barber Lodge which is right beside the Cancer Clinic on West 10th by Vancouver General Hospital. I managed to get a room there for the one night. Jean Barber Lodge is for cancer patients and family to stay. Rooms and meals are free, no cost at all, so that was quite a relief.

Aaron service & supply

RESOLVED TO DRINK MORE WATER IN 2025?



Get a cooler and filtered
water deliveries from
Aaron Service & Supply.
Resigned to drinking
more coffee? We can help
with that, too!

WATER COOLERS - 5 Year Warranty

Glacier Black C&C DG-SS Enerstar	\$450 \$400
Glacier Black DG H&C SS	\$420 \$380
Glacier White H&C Dg Enerstar	\$410 \$370
Storm H&C Bottom Load	\$494 \$430

Storm Cafe Black (Coffee Pod Machine) \$850 ~~\$725~~
(Get three 5-gal bottles of water free with this machine)

Prices that are good for your heart
- during February only!

FILTERED WATER

Water 3 Gal Bottle Pick-up	\$3.00
Water 5 Gal Bottle Pick-up	\$5.00
5 Gal Bottle with delivery (Min. order of 3)	\$8.25
3 Gal Bottle with delivery (Min. order of 3)	\$5.25

We maintain and service all **Crystal Mountain** water coolers purchased
in our store and we offer cooler cleaning services on all water coolers.

604 485-5611 • 4703 Marine Ave
aaronservice.com • sales@aaronservice.com

Myrtle Point Environmental Services Ltd

RURAL SEPTIC SERVICES

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

OUR SERVICES

- Assessments
- Installations
- Repairs
- Septic Tank Pumping
- RV & Boat Holding Tank Pumping
- Filter Cleaning
- Portable Toilets
- Hand Wash Stations
- Grease Trap Cleaning
- Catch Basin Cleaning

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

Valid until February 28, 2025.

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



CALL US FOR FAST, FRIENDLY SERVICE

604-487-1175

RuralSeptic.ca

RuralSeptic.Dan@gmail.com

(DAN ROBINSON, ASTTBC Certified)

I suppose we thought that a room for me at the lodge would be a given, but as we found out, it was not guaranteed. Treatment started May 16; we only had four days to find accommodation and to book a flight into Vancouver.

First choice, we called the Lodge. There was nothing available until May 31. Now the pressure started to build, calling hotels and B&B's to find a room. Nothing was available in the area I needed to be. I finally found a hotel at Broadway and Boundary.

Transit schedules and maps on the internet provided answers. The No 9 Alma bus stopped a two-minute walk away from the hotel and if I got off at Broadway and Ash it would be a 3-4 minute walk up to the clinic. A 20-minute bus ride was not too bad.

The hotel was going to be expensive. Word got out, and relatives, friends, and neighbours all contributed to assist, which was very nice and well appreciated. I got a seniors Compass Card for the month and when I had free time and was feeling okay, I did take advantage and used the buses and Skytrain quite a bit.

The first day of the treatment was chemo as well as radiation. The chemo went well and the doctor was very pleased that my body accepted the treatment so well. Then the radiation. All settled and the radiation machine is clicking, whirring, and revolving around for about 15 minutes.

The first week at the hotel, dealing with loss of appetite, quite often a lot of pain, was a challenge. When I was still at home it was much easier to deal with. Every day except weekends treatments continued.

When I was feeling okay, I would walk up to a mall and go shopping for food as the hotel had a kitchenette. Close by was a White Spot and sometimes I would treat myself to fish and chips.

The physical demands I would make on my body to try and keep active were a real challenge and the contact via messenger with my wife at home was a very big part in staying positive. Good mornings and good nights were always there, love and lots of support. The staff at the hotel knew why I was there and they would always ask "How are you," and most always called me by name. Messages from family, sisters, my sons were always great to get. Friends would quite often check in via email or messenger.

My son came down from Kelowna to visit me, my wife and other son also came out and they stayed over for the weekend. For me it was quite sad to see them leave to go home.

The staff at the cancer clinic were always right on top of anything that was different, even day to day, wanting to know how the pain was and how my appetite was, as I was losing weight quite rapidly.

They would offer advice on what to eat and how much. Calorie-rich foods were very big on the list of must-do items. Each week after the radiation and chemo there would be an appointment with the doctors and go over pain control, eating habits, sleep patterns - all discussed at length.

Eventually it was time to leave the hotel and check into the lodge on West 10th in Vancouver. Got all checked in, met my roommate. The room was okay, just a curtain separating me from the other person. You have a night table and shared a dresser and the bathroom facilities. The food in the cafeteria sometimes was not very good. I would see what they were serving for lunch or dinner. Sometimes I would eat out. A&W was not far away.

Lack of appetite was an ongoing problem. When I was hungry, my stomach felt upset, and the pain was knocking the crap out of me. That's when messenger on the cell phone and my wife would help me. To see her really helped.

She loves Vancouver so when I was out walking around, I would put the cell phone camera on so she could see where I was going. I know she loved that.

I got to know people in the lodge, hear their stories, and to be able to share mine was quite an experience. It was sad sometimes, as one day I was talking to someone, then the next thing I heard was that they passed away.

Twice, my half-sister from Langley drove in to visit me. She would pick me up and off we went somewhere for lunch, spent time chatting and having a great visit. I thought that was very special that she came in to visit. That little extra bit of support went a long way.

Getting close to the end of my treatments, I was really looking forward to going home. The day arrived that would be my last treatment, which was scheduled for early morning to allow me to get a flight home on that day. Back in Powell River, there was a very emotional welcome home, with hugs, kisses, and a lot of tears, mostly on my part.

Then to get settled and await the consequences of the six-week recovery period. Side effects from both the chemo and the radiation were multiple: pain, lack of appetite, abnormal sleep pattern, and fatigue, which was in a tie with the pain for the worst effect.

The weeks went by, and at the end of the fourth week I could feel the side effects beginning to ease off, and at the end of six weeks I was feeling almost normal again. The support from family while at home was the best. Messages and phone calls from distant family members were a blessing.

At the end of August I had a PET scan, and it was several days later that I got my copy of the results. The cancer in the lymph node was gone. At the oesophageal site, it had been drastically reduced but was still there, basically not very active. But the one that showed up previously in my tailbone was now quite a bit larger.

The next step was some chemo treatments here in Powell River. I was also sent for another scan to take a closer look at my tailbone. A doctor asked if I still wanted the chemo. At this time I was having lower back pain, which soon changed to severe pain in the tailbone area. Quite often the pain would just go right off the scale for a while before subsiding: pain flares.

I returned to Vancouver for radiation on my tailbone. I was able to stay at the Lodge, which was a relief, as I would not have hotel expenses. I saw some familiar faces at the Lodge. Some people were there for months receiving treatment.

The five days went by quickly and back home again, the side effects kicked in: pain and feeling totally wiped out at times. I spent a lot of time just resting.

One month has gone by now since the last radiation treatment and I'm almost feeling normal again. The process of weaning myself off the pain drugs is almost finished.

That's my story up to now. Many thanks to my wife and family, friends, the doctors, and staff at the BC Cancer Clinic. 🙏

Understanding the qathet Regional District Financial Services Department

The qathet Regional District Finance Department is responsible for financial administration of the services qathet Regional District provides to its residents. Finance activities include: financial planning and reporting, banking and investments, insurance and risk management, grant administration, payroll, accounts payable, accounts receivable and utility billings. The Finance Department also manages financial administration for the Regional Hospital District.

Annual Budgeting Process

qathet Regional District (qRD) administration and operations are governed by the *Local Government Act* and *Community Charter*. Each year the qathet Regional District must undergo an annual budgeting process which includes opportunities for public input.

The annual budgeting process provides a road map to the organization, and assists in the day-to-day management of the qRD. The budgeting process enables the qRD to set their service tax rates for the year, assess liabilities, capital financing and manage assets sustainably.

In addition, the annual budgeting process feeds the Five-Year Financial Plan, which outlines five-year projections for operations, capital project planning, and asset management for the entire region.

The qRD will meet to consider draft three of proposed 2025 budgets and the 2025-2029 Financial Plan at the Finance Committee meetings with adoption of the budget and the Five-Year Financial Plan scheduled to occur at the February 26, 2025 Board meeting.

Whenever possible, the qRD works collaboratively with local key actors, as well as the Provincial and Federal government to acquire grant funding to help pay for services and projects to reduce the tax burden on our residents.

The public are welcome to attend budget meetings. A schedule of meetings is available at qathet.ca/2025-budget.

Financial Assistance

The qRD can provide financial assistance to community organizations for special projects, events, capital or general operating expenses. More information on intake dates and application requirements are available by visiting qathet.ca/financial-assistance.

The qRD also considers applications from societies and not-for-profit organizations for permissive tax exemptions in recognition of these organization's community contributions. Permissive Tax Exemption application forms must be submitted by August 1st, to be considered for a tax exemption in the following year.

Regional Hospital District

The Province of British Columbia established Regional Hospital Districts as a means of financing a local contribution to the costs of constructing or renovating major health care facilities such as acute care hospitals or long-term care facilities.

Regional Hospital Districts are governed by the *Hospital District Act*. The main purposes of the Regional Hospital District are to establish, acquire, construct, reconstruct, enlarge, operate and maintain hospitals and hospital facilities, and provide grant aid for the establishment, acquisition, reconstruction, enlargement, operation and maintenance of hospitals and hospital facilities.

The qathet Regional Hospital District will meet to consider the final draft of the proposed 2025-2029 Financial Plan at the Regional Hospital District Board meeting on January 28, 2025. The financial plan is required to be adopted by March 31 each year.

Parcel Tax Rolls

Each year, the qRD prepares parcel tax rolls for the Lund Sewer Local Service Area, Myrtle Pond Water Local Service Area and Savary Island Marine Facilities Service Area as required by Section 208 of the *Community Charter*. The parcel tax roll lists the parcels eligible to be taxed for each of the above noted services in 2025.

This is an annual process to review the roll to ensure that the properties to be taxed are correct. Property owners within these service areas can request to view the parcel tax rolls or request information regarding an amendment by contacting finance@qathet.ca or calling 604-485-2260.

Requests for an amendment to the parcel tax roll must be in writing and received no later than Friday, February 21, 2025 at 4:30 pm.

| MADE THE MOVE

The Middle Kingdom to just in the middle

Helena Rae & Peter Goodin are a Canuck/Kiwi combo, who met while living in China.

Peter was teaching Mandarin to expats and Helena was gifted some classes from a friend. They enjoyed a few years of living in the tropics together before making the move back to Canada in the winter of 2018.

Fun fact: the Chinese name for China is Zhōngguó, which means 'The Middle Kingdom.' Peter always says, "I'm from New Zealand, Helena's from Canada. We had to meet somewhere in the middle!"

Peter works in sales & management, is an avid baseball fan, loves his man cave, and enjoys a cold brew at Town-site.

Helena is a graphic designer, illustrator, and artist. She recently started a business selling her watercolour paintings and products, and enjoys life as a market vendor. Find her there and at helenarae.ca

Why did you choose to move to qathet?

Peter • Helena's artwork business was kicking me out of our house!



LANDED IN LANG BAY: Find artist Helena Rae and marketer Peter Goodin at local markets, with Helena's watercolour paintings and products.

Helena • Yeah, we definitely needed more space! Silence and seclusion, too. We were living in a crowded trailer park. Now we wake to the crow of a rooster, and chickens roam in our backyard. Being a ferry ride closer to family on the island was a major incentive. Also, we like change. In the 10 years that we've been together, we've moved eight times and lived in three different countries... but we're hoping qathet will be our forever home!

When? Where from?

Helena • We moved on September 1, from Sechelt on the Lower Sunshine Coast.

What surprised you, once you moved here?

Helena • We can see the Milky Way from our deck on a clear night!

What made you decide to move here?

Peter • We found a perfect, spacious, affordable home in Lang Bay.

Where is your favourite place in qathet?

Helena • I have barely begun to explore! But I love cycling and swimming at Inland Lake, and I'm sure I'll find a favourite beach to swim at next summer.

Peter • Townsite Brewing.

How did you first hear about qathet?

Helena • Well, I've lived on and off the Sunshine Coast for over 30 years, and have had family living on the Sunshine Coast and in the Comox Valley for even longer. Needless to say, ferry layovers in qathet have been aplenty over the years. (And I'm ashamed to say that I've only just started discovering

the beauty of qathet in the last few years. Better late than never though, right?)

What would make this a nicer community?

Peter • Honestly? Nothing we can think of as yet!

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

Peter • Competition amongst local gas stations, because it's the only thing that we've found more expensive here.

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

Helena • Getting used to life without curbside pickup. Never thought of garbage removal as a luxury until now!

If you were mayor, what would you do?

Helena • We haven't really lived here long enough to form an opinion, but you can't go wrong with boosting tourism, and cycling lanes would be a nice upgrade.

What are qathet's best assets?

Helena and Peter • It might be a cliché, but the variety of outdoor adventures and great restaurants. The friendliness of people, which reflects how relaxed and laid back the vibe is here.

What is your greatest extravagance?

Helena • My 'Helena Rae Artwork' business. I'd make way more money at a minimum wage job, but love what I do, and have to trust that one day the money will follow!

Which talent or superpower would you most like to have?

Helena • Teleporting, so I can visit places I have lived, and travel to new destinations.
Peter • Being able to play baseball. 🏈

SPRING IS COMING! LEVEL UP YOUR LAWN

Hydroseeding • Dethatching • Aerating
Irrigation install and start up
Call us for a quote today!



GCS YARD MAINTENANCE
Your trusted outdoor partner for over 25 years

NOW BOOKING FOR OUR 2025
FERTILIZER PROGRAM

Greener pastures ahead in the New Year!

PREPAY TO SAVE BIG!



Phone: 604-485-6628



Email: gcsoffice@telus.net



Instagram: @gcsyard



**Registered
Massage Therapy**

Book now at
kostaliwellness.ca

236-328-1200 • 4518 Joyce Avenue

We direct bill with Pacific Blue Cross



In May, qathet Living will publish the 15th annual edition of

Home Grown

- Want to get on the food map?
- Want to get the word out about your farm, products or services?

Contact Sean at 604-485-0003
sean@qathetliving.ca
or Suzi at 604-344-0208
suzi@qathetliving.ca

Thanks for supporting the 2024 Stuff the Trailer & Pallet Challenge

Presented by **95.7 Coast FM** and sponsored by **Fresh Co**, **City Transfer & Designer Signs** in support of the **Powell River Action Centre Food Bank**, this annual event raised more than \$62,500. Corporations and individuals were invited to purchase a “pallet” of food for the Food Bank, and **125 pallets** worth of food were donated. Thanks to all those donors listed below for your generosity!



The following people and businesses donated at least \$500 - one pallet – or more:

Stephanie Ackroyd

Steelworkers Humanity Fund

Veyron Properties Group

PR Healthcare Auxillary

Ian Gould

Villani & Company

Bob & Megan Kimbalt & Friends

Kiwanis Club of Powell River

Sherry Sakatmoto/Terry Martyniuk

Lockstead & Hunt Families

Mardee Oakworks

John King

Ian & Renee Burke

N. Knapp

Pacific Coastal

Western Forest Products

Westview Flying Club

Cinnamama's Bakery

Ben Bouchard

Lund Harbour Edge

Koleszar Marine

Ann & Merrill Mantoani

PR Real Estate Board

Paul & Ariel Turcotte

Powell River Curling Club

Winmar

Relay Rentals

Dennis & Beverly Mcrae

plus many more anonymous donors
who in total contributed 88 pallets.

*A special thank-you to **gathet Living**
magazine for promoting the event.*



MYPowellRiverNow.com

Who is behind the curtain at *qathet Living*?

When you read *qL*, you'll quickly realize that every issue comes from the keyboards and cameras of dozens, or even hundreds, of locals.

The office crew? We're just the lion tamers.

Suzi Wiebe • Ad Sales & Marketing

Suzi has been with *PRL/qL* since June 2012 so it will be 13 years in June 2025. She remember when the magazine was smaller and mostly black and white!

She loves to play hockey and cycle - the picture is of Suzi, her daughter Aubrey, and Suzi's husband Rod playing hockey together for the RCMP/ Firefighters Charity game.

Suzi is married to retired RCMP Staff Sergeant Rod, has two kids Aaron (Caitrina) and Aubrey (Curtis), and grand-kids Mekiah, Ansley, and Addy. Suzi and Rod's transfer to Powell River was move number five. "We always said we come to a community for two years and stay for five. We fell in love with Powell River and all it has to offer. It's been 13 years, Rod has officially retired, and we plan on staying." Suzi plans on travelling, spending time with family near and far, of course all this fun around her job at *qL*.



Sean Percy • Publisher

Sean heads up advertising, prepress, and technical details at *qathet Living*. He has been with *PRL/qL* since 2008, when he moved back to his hometown from Hay River, NWT. His first gig, in high school, was at the *Powell River News*. After a bladder cancer diagnosis in April, Sean has been riding the dragon that is cancer treatment, but still makes time to create ads, interview business owners,



and do all the computer stuff that gets a magazine ready to print. And in between, he's still finding time to volunteer with his congregation, dabble in photography, and even explore a few backroads.

In January, in between surgeries, he got temporary clearance from his doctor to go scuba diving, something he hadn't been able to do since August, and he jumped at the chance to get back into *qathet's* cold waters and check on the lingcod, rockfish, nudibranchs and anemones that he loves to photograph.

Pieta Woolley • Editor & Owner

After working for *qL* for the past 12 years, Pieta bought the business in January 2025. She will continue to ride the sandworm of stories and images each issue, and hammer together layout, ads, and bigger projects, now with occasional mopping and recycling.

She's married to Martyn Woolley, and mom to Abi (Grade 10 at Brooks, razzle-dazzling in School of Rock this May) and David (travelling in Europe & Asia with his buddies).

Frankly, Pieta is on a bit of a break from pursuing or achieving anything particularly interesting. She might start doing compelling things again soon. Stay tuned.

In the meantime, she's trying to learn how to run a business, run that business, stretch occasionally, and sleep through the night. You might see her at stuff, as she's planning to re-join society this spring.



Lauren Diemer • Office Manager

Lauren shoulders accounts receivable, accounts payable, proofing, and editing, and anything else we send her way!

Her mom retired to the Powell River area 20 years ago and Lauren has been jealous of her ever since. Her partner Tim is retired and they have been immersing themselves into the *qathet* community since moving here 2.5 years ago. "Stories make the world an interesting place and



what better way to learn more about the people and the place than to be a part of a fabulous local magazine like *qathet Living*?"

Lauren has also found a magical way to integrate into her new community through her enjoyment of CrossFit and she has kept tabs (perhaps somewhat surreptitiously, her sources know who they are) on the community since Powtown Crossfit opened in 2018. She is a regular member and has made some wonderful connections through the Powtown CrossFit gym.

Other things to know... She has two astonishingly well-adjusted (way to go, kids!) adult children and one mystery grand baby in development. Lauren proudly serves as vice-chair of the Powell River Library board. Throw a book, a knitting project, a DIY house project her way, and she'll likely find her way through it. But always beware of the squirrel...!

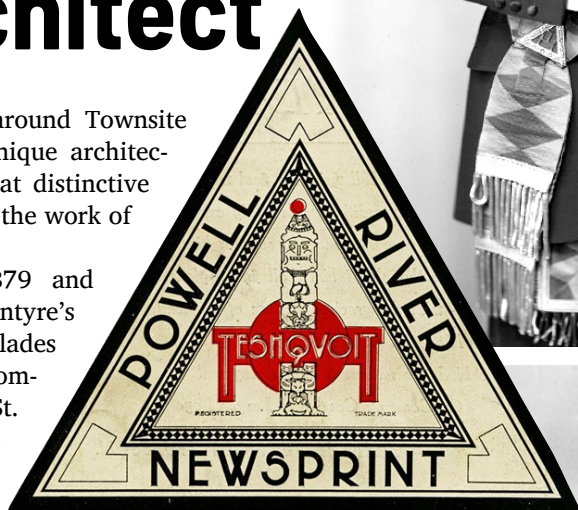


BLAST FROM THE PAST

John McIntyre, Townsite's Tudor Revival Architect

Have you ever walked around Townsite and marvelled at its unique architectural style? Much of that distinctive charm can be traced back to the work of John McIntyre.

Born in Scotland in 1879 and trained in Edinburgh, McIntyre's early work won him accolades including a prestigious competition in 1905 to design St. Paul's Church in Glasgow, a project that became part of the University of Strathclyde.



BLAST FROM THE PAST

DEVAN GILLARD

In 1910, he moved to Vancouver, where he partnered with Gordon Lorimer Wright to form the architectural firm Wright and McIntyre. By 1915, McIntyre had moved to Powell River and joined the Powell River Company, eventually becoming Townsite Manager. During his time with the company, he also designed the Powell River Company logo, incorporating "Teshquoit"—likely a phonetic of the Indigenous word *tiskʷat*.

McIntyre was particularly fond of the Tudor Revival style, which became a hallmark of his designs. As the Powell River Company's in-house architect, he was responsible for designing and constructing several key landmarks, including Dwight Hall, the War Memorial site, the original Brooks School (1926-

HE DESIGNED "THE LOOK": Top left, John McIntyre, architect. Top, newly built Dwight Hall in 1927. Centre, Bank of Montreal Powell River branch looking west. Above, the original Brooks School, in 1926. The building has since been demolished and replaced with the current school. Inset logo: McIntyre's 1925 Powell River Company logo, with the word "Teshquoit" in the centre—a phonetic of "tiskʷat."

All images courtesy of the qathet Museum.

1993), and the Bank of Montreal. He also designed over 250 houses for company employees, developing standardized house plans while varying the exterior to give each home a sense of individuality.

In addition to his architectural contribution, McIntyre was a pillar of the Powell River community. He served on numerous committees. In a 1941 article in the *Powell River News*, it was noted that McIntyre

was reliable, and always ready to serve on or lead committees in town.

Given his many contributions to the town's development, it was no surprise that in 1944, when Powell River selected its first "Good Citizen" they chose John McIntyre. He became affectionately known as "Mr. Powell River", a testament to his pivotal role in shaping the town and its community. 📌

Naloxone Training for Youth

Wednesday, February 19, 5:30-7 pm at the Library

Overdose response and naloxone training for youth hosted by the Creating Opportunities for Real Employment (CORE) program. RSVP by Feb 15 to kahlan.pedlar@liftcommunityservices.org.

This space available to non-profit organizations, courtesy City Transfer



CITY TRANSFER

Where service and safety move volumes.

Next day, damage-free delivery.

WWW.CITYTRANSFER.COM POWELL RIVER | SUNSHINE COAST | VANCOUVER 310-CITY (2489)

Quality in the Details



ClearCraftHomes.com
604-483-6728





20th Annual

Seedy Saturday

MARCH 8TH 2025 10AM - 3PM

DWIGHT HALL 6274 Walnut Street
Admission by donation

- Meet Local Farmers & Master Gardeners
- Speakers, Demonstrations, Vendors
- Workshops
- Seed Swap

To vend or volunteer
contact Ellen (604) 487-1304
gmofreeseed@gmail.com

Scan for more info





Meet the Makers

Designer Signs and *qathet Living* magazine, together with the Powell River Chamber of Commerce, invite you to celebrate our refreshed, post-flood office space and meet the staff.

Come for the **FOOD**
Endure the **PERSONALITIES**
Leave with marketing **INSPIRATION**

Wednesday, February 19

4:30 pm to 8 pm

7053 Glacier Street

(our offices are side-by-side)

Missing from photo are Suzi Wiebe and Lauren Diemer, but they'll be at the social!



BUSINESS AFFAIRS

SEAN PERCY

Doctors shuffle

Dr. Felix Nwaeze has moved his obstetric and gynaecology practice to a larger space at 101-7075 Alberni St, the former home of the Veterinary Hospital. The practice is now known as **MedXpanse Medical Clinic**. You can reach their office at the same number: 604-485-7779. The move opened space in the bottom floor of the building housing the Harvie Medical Clinic, so **Dr. Charles Van Zyl** has moved downstairs. He's still associated with the Harvie Clinic, but has his own larger space and a new number at 604-414-6928. Since the Harvie Clinic is part of the qathet Primary Care Network, it also provides more space for the travelling members of that network.

New head at Brain Injury

The **Powell River Brain Injury Society** has a new executive director, **Tricia Collingham**. Most recently, she worked as executive director with Stanley Park Ecology Society. Tricia will be receiving training from the Society's founding executive director, **Debbie Dee**, until the end of March. "We're thrilled to welcome Tricia to the team and look forward to seeing her lead the Society to new heights," said Debbie. For more information, you can contact the Brain Injury Society at 604-485-6065 or reach out to Tricia directly at prbig@telus.net.



Tide is high for Oceanside

High Tide Games has become a division of **Oceanside Entertainment**. Oceanside owner **Karyne Bailey** is keeping both locations (Marine Avenue and Glacier Street) and adding more gaming options. Karyne says that when she moved Oceanside across the street into the former Hindle's building, she had hoped to add a gaming room upstairs, but fire code restrictions meant they couldn't have non-staff upstairs, so that dream was put on hold. But when High Tide Games owner **Morgan Roosenmallen** wanted to sell his operation, it made sense. In addition to the regular Magic The Gathering Sunday evening games, the new owner plans to add D&D, board game, and chess nights. They're also

adding eight different consoles where customers can play by the hour and try games before they buy. Two employees will be key at High Tide Games, with **Trevor Stutt** going back and forth between both locations and heading up the video gaming department, while **Ethan Tegtmeier** leads the board games area.

Going green

Fresh local micro-greens are now available from a Paradise Valley grower. **Tania Shortridge** has launched **Micro Me Power Green**, offering fresh hydroponically-grown micro-greens from a kiosk at 4071 Padgett Road. Tania says microgreens are young seedlings, often more concentrated in nutrients than fully grown vegetables, offering essential nutrients and vitamins in a small package. She's planning to soon offer freeze-dried microgreens. One teaspoon is a serving of vegetables, Tania says. With harvests coming every 10 days, she always has something fresh to offer. The menu includes pea shoots, broccoli, radish or a mix. For more info or to order, text 604-578-8707 or email mmpgreens@gmail.com.

For the records

After four years in the Cowichan Valley, **Full Bug Records** has relocated to 4548 Marine Avenue – the former home of Base Camp Coffee. "We wanted a positive change in a beautiful new community," said **Matt Hewlett**, who, with partner **Kristy Lynn**, owns the shop. Full Bug has an extensive curated selection of vinyl records with a focus on classic rock, hard rock, metal and punk. But they are fans of a variety of music and carry all genres. Since their new location was a coffee shop, they will be pouring coffee and expanding their offerings later this month.

Wildwood Pub re-opens

The Wildwood Pub will have a "humble re-opening" on Feb. 7, under the management of **Thomas Lonergan-Pilotto** at the bar and chef **Marie Hilton** in the kitchen. While ownership remains the same, the owners won't be involved in day-to-day operations. Thomas says he's starting simply, with no pizzas, a limited menu and fewer seats – "something doable, nothing fancy" – but there will be a long list of craft beers, cocktails, mocktails and kombucha on tap. Darts and pool will be available, and the pub is open to booking shows. Contact Thomas at info@wildwoodpub.com for more info. 📞

Dancing through February

My name is Charlotte Koopman-Gough. I am a 15-year-old dancer who has been with Laszlo Tamasik Dance Academy for the past nine years, eight on the Competitive Team, and have loved every minute.

I am currently on the Senior A team and am so excited for LTDA's tenth annual competition fundraising show, "Dancing Through the Decade" at the Evergreen on February 21 and 22.

This show is a wonderful opportunity to share our dances with the community before we go and compete with them. This year we will be competing at Shine and Evolve Dance Competitions. LTDA has become a second home for so many dancers and the feeling of performing together for the first time each season is unmatched.

Another exciting event coming up locally is the Festival of Performing Arts. I compete in both the Dance and Vocal categories and have been honoured to represent Powell River in the Vocal category at the BC Provincial Festival each year since I was nine, as well as having multiple group dances and my ballet trio be selected in different years.

In 2022, I had the privilege to be invited to attend the National Festival of Performing Arts in Saskatoon, which was an incredible experience.

Both the February Show and Festival are wonderful opportunities to share the arts with the community and bring joy to both the performers and audiences.

Note: This photo of Charlotte, right, dancing at Grief Point Beach, was captured by her mother, Rachel Koopman-Gough. The image won LTDA's photo competition and appears on the poster for Dancing through the Decade.



February events



CITY TRANSFER

Next day delivery. 100% guaranteed.

CALL TODAY
to schedule
your next
delivery



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



Hot Tub Repairs and Maintenance

Email: contact@powellriverhottubs.com
Text or call: 778 558 9689

-  **Water Treatment and Balancing**
-  **Repairs and Maintenance**
-  **Fast and Reliable Service**



Powell River qathet Texada Island

FEBRUARY EVENTS



6

Thursday

Big West Wrestling

Doors 5:45, opening bell 6:15 pm, Brooks Secondary School. \$5 from each ticket will be going towards the Brooks Dry Grad. Tickets at Blue Agave Tequila Grill and at the door, \$20.

Film • A Complete Unknown

7 pm at the Patricia. The Bob Dylan story. Directed by James Mangold (Walk the Line, Girl Interrupted, Indiana Jones). Starring Timothée Chalamet, Edward Norton, Elle Fanning.

7

Friday

Insights from the Tao Te Ching

5 pm, Library. Scholar Francis Pring-Mill presents his new book There is No Somewhere Else, a journey with Lao Tzu into the Tao Te Ching.

Bob Marley turns 80! Come Celebrate!

8 pm, Striker's. Dance! Bowl! Drink! Love! Fund-

raise! DJ Triple Bob (aka Ari Dublion) is spinning three hours of Bob Marley classics and rarities. All ages CJMP Community Radio fundraiser. By donation. No one turned away for lack of funds.

U7, U8, & U9 Hockey Jamboree begins

Hap Parker

Kings vs. Alberni Valley

7 pm Hap Parker

Evolugen Mixed Open Bonspiel begins

Curling Club

Film • Mufasa: The Lion King

7 pm. At the Pat. A Lion King Story. Directed by Barry Jenkins, music by Lin Manuel-Miranda.

8

Saturday

Uptown Market

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

Community Garage Sale

10:30 am to 1:30 pm, Legion.

80s Day at the Rec Complex

Wear your 80s outfits and groove to 80s tunes at all

regular drop-in fitness classes.

Rock n' Bowl

7 pm doors, Strikers. Victoria's top skate-punk bands, Class Of 1984 And Knife Manual. Also With PR's Very Own, The Equals. All-Ages Show with alcohol service for those 19+.

Kings vs. Alberni Valley

5 pm Hap Parker

U7, U8, & U9 Hockey Jamboree

Hap Parker

Evolugen Mixed Open Bonspiel

Curling Club

Mid-Winter Market

1:30 to 4:30 pm, Cranberry Seniors Centre. powellriverevents@consultant.com

Film • Mufasa: The Lion King

1:30 and 7 pm. At the Pat. A Lion King Story. Directed by Barry Jenkins, music by Lin Manuel-Miranda.

9

Sunday

Second Sunday Song Circle

1 to 3 pm, Cranberry Community Hall.

U7, U8, & U9 Hockey Jamboree

Hap Parker

Evolugen Mixed Open Bonspiel

Curling Club

Farmers' Market

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

Super Bowl LIX

3:30 pm from New Orleans.

Film • Mufasa

1:30 pm and 7 pm. At the Pat. A Lion King Story. Directed by Barry Jenkins, music by Lin Manuel-Miranda.

10

Monday

Film • Mufasa: The Lion King

7 pm. At the Pat. A Lion King Story. Directed by Barry Jenkins, music by Lin Manuel-Miranda.

11

Tuesday

OVERCOMING, with Guy Felicella

7 pm, Max Cameron. Free public talk from international speaker and drug policy reform advocate,



OVERCOMING

with Guy Felicella

Join us for a free public talk from international speaker and drug policy reform advocate, Guy Felicella.



With a powerful personal story of recovery, Guy passionately promotes harm reduction, trauma therapy, and faster access to treatment, advocating for compassionate drug policies and substance use support.

TUESDAY, FEBRUARY 11

7:00 PM AT THE MAX CAMERON THEATRE

Free tickets available at overcomingqathet.eventbrite.com





Fashion • Dance • Food & more February 15

Black History Month

The African & Afro-Caribbean Association of qathet will be organizing this region's second annual Black History Month celebration, and we would love to have you join us. It's noon, Saturday, February 15, at Dwight Hall. And it's free—including food.

The event aims to: promote understanding and inclusivity; celebrate achievements within the Black community; preserve cultural heritage; showcase Black culture, traditions, fashion, music, entertainment, and

cuisine; advocate for social justice and equality.

The theme for this year is “Honouring the Past, Inspiring the Future.”

The day will feature live African music performances, dance and fashion showcases; engaging lectures and keynote address; photography exhibitions; refreshments, and more.

While there are no ticket sales, we welcome donations, sponsorships, and partnerships to support the event.

— Godson Akhidenor

Guy Felicella. Free tickets at overcomingqathet.eventbrite.com. See ad on Page 42 for more.

Northside Community Recreational Centre Upgrade Open House and Public Information Session
5 pm to 7 pm, 9656 Larson Road.

qathet Regional District Finance Committee

1 pm, #201-4675 Marine Ave.

qathet Regional District Board Meeting

4 pm, #201-4675 Marine.

Film • Mufasa: The Lion King

7 pm. At the Pat. A Lion King Story. Directed by Barry Jenkins, music by Lin Manuel-Miranda.

12

Wednesday

Bridging Community Differences

6:30-8:30 pm, Cranberry Seniors Centre. Really listening to each other brings healing and change. You are warmly invited to be part of authentic conversations with people sharing different perspectives on key community topics.

POWELL RIVER



Hear to make a difference in your life.



Shannon Formby, RHIP
Registered Hearing Instrument Practitioner



Rechargeable and Non-Rechargeable options

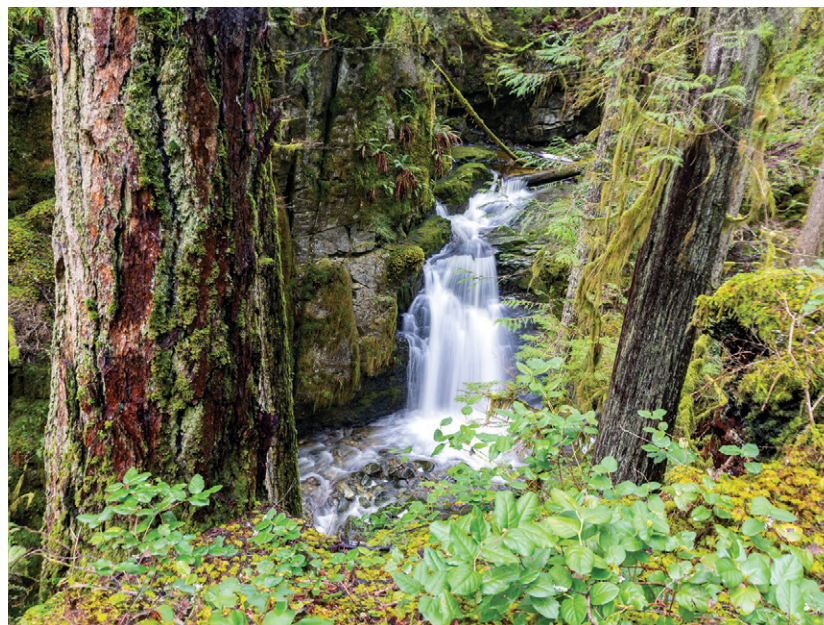
BRAIN HEARING TECHNOLOGY

Start hearing what you've been missing.

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



POWELL RIVER
COMMUNITY FOREST
www.prcommunityforest.ca



Deadline to submit new applications (or updates to existing applications) for Spring 2025 grants from the Community Forest Reserve Fund is **April 1, 2025**

Applications should be sent to our new email: prcf.grants@gmail.com

More info on the process to apply and our evaluation criteria:
prcommunityforest.ca



\$6 BUDDY BUNDLE

BUDDY WITH CHEESE
Small Combo
620-780 Cals

OR

CHICKEN BUDDY
Small Combo
610-770 Cals

Pick your fave Bundle and save.

Sink your teeth into savings with A&W's new \$6 Buddy Bundle. Get either a Buddy Burger with Cheese made with juicy grass-fed beef and sautéed onions, or a hot and juicy Chicken Buddy Burger, plus a small order of fries and a small drink—all for just six bucks. Come on down to your local A&W today to claim this limited-time offer.

Available in restaurants and on the A&W mobile app.
© 2024 A&W Trade Marks Limited Partnership

Open at 5 am, 7 days a week
Open late on Fridays & Saturdays
4696 Joyce Ave • 604-485-6277



Beanstalk's Wizard of Oz




Planning to Cut Trees?

WARNING!
Cutting trees less than 3 meters (10 feet) from power lines is dangerous.

STAY SAFE AND AWAY FROM POWER LINES.



Evolugen | 1.604.485.2223
BC.info@evolugen.com
evolugen.com/publicsafety

Join Dorothy Gale and her beloved dog Toto, as they befriend magical beings and battle wicked witches on a thrilling journey to find the Wonderful Wizard of Oz. Based on the 1939 motion-picture classic, this Beanstalk Theatre production features all your favourite toe-tapping classics such as “Follow The Yellow Brick Road,” “We’re Off to See the Wizard,” and “If I Only Had a Brain.”

This production stars an all-local youth cast, is directed and choreographed by seasoned vet Sydney Spent, and features the lavish costumes of design-whiz Loretta Cameron. These triple threat performers will have you in stitches, in tears, and on the edge of your seat clapping along.

No stranger to audiences here in qathet, Beanstalk Theatre Company has been producing wildly popular live musicals and showcases since 2023. Notable past productions include Mary Poppins (2023) and Beauty and the Beast (2024). Voted Best Live Theatre of 2024 by readers of *qathet Living* magazine, Beanstalk Theatre Company is dedicated to providing exceptional and entertaining live theatre experiences for the qRD community. —Michelle Morris

THE WIZARD OF OZ

When & Where: Feb. 13 to 15, 7 pm nightly, Evergreen

Tickets: Tickets are available at the door. Advance tickets are available for purchase at 32 Lakes. \$25.

Wizard of Oz Cast List:

- Torrin Anderson – Ensemble
- Blair Babcock – Toto
- Mira Blacklaws – Dorothy
- Maya Burnett – Tree/Ensemble
- Gabriel Chartier – Winkie Leader/Ensemble
- Bronwyn Chernove – Uncle Henry/Ensemble
- Avery Dodgson – Ensemble
- Sydney Dodgson – Ensemble
- Emily Dunn – Ensemble
- Howard Durnin – Professor Marvel/Oz
- Portia Dyck – Nikko/Ensemble
- Safiyah Dyck – Tree/Emerald City Guard/Ensemble
- Isabel Harvey – Ensemble
- Loane Herman-Deslauriers – Ensemble
- Simone Herman-Deslauriers – Ensemble
- June Hilleren – Ensemble
- Abigail Fitzgibbon – Zeke/Lion
- Neave Fitzgibbon – Hunk/Scarecrow
- Esiana Hargrave – Miss Gulch/Wicked Witch
- Katherine Isert – Ensemble
- Indy Morwood – Hickory/Tinman
- Lydia Parsons – Glinda/Ensemble
- Panagiota Rounis – Tree/Ensemble
- Danielle Welp-Ellis – Aunt Em/Ensemble

FEBRUARY EVENTS

We'll use the Living-roomConversations.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. All encouraged to participate in a further conversation on February 26. Each session both stands alone and builds on the ones before. To RSVP or for more info, email kate@emergecollab.com.

Full Moon
Snow Moon

Film • Mufasa: The Lion King
7pm. At the Pat. A Lion King Story. Directed by Barry Jenkins, music by Lin Manuel-Miranda.

13

Thursday

Beanstalk Theatre's Wizard of Oz

7pm each day. Tickets at the Evergreen Theatre door. Advance tickets are available for purchase at 32 Lakes Café & Bakery.

Film • Mufasa: The Lion King
7pm. At the Pat. A Lion King Story. Directed by Barry Jenkins, music by Lin Manuel-Miranda.

14

Friday

qathet School District Pro-D Day
Schools closed

Financial Literacy Program for Immigrants workshop

5:30 pm, Library. Hosted by the African and Afro-Caribbean Association of qathet in partnership with First Credit Union.

U11, U 13 and U 18 Queens Cup Hockey Tournaments begins
Hap Parker

Beanstalk Theatre's Wizard of Oz

7pm each day. Tickets at the Evergreen Theatre door. Advance tickets are



Eel-free environment

In the fall, qL and Designer Signs' offices flooded badly. Come check out our refreshed offices on Wednesday, February 19 4:30 to 8 pm, and get your very own, free, 'qL Reader' decal, designed by local artist Jenny Allen Taves. There will also be food, and friendly faces (see wolf eel, above, and the ad on Page 40.)

available for purchase at 32 Lakes Café & Bakery.

Valentines Day Dinner & Dance
5 pm, Legion. Band: Swear Jar. Tickets available til Feb. 7 at the Legion bar.

Gergana Velinova Jazz Trio
7:30 pm, James Hall, \$25. Prepare to be captivated by the artistry of vocalist, songwriter, and poet Gergana Velinova, accompanied by Miles Hill on bass, Kristian Alexandrov on piano, and a special guest appearance by our own Walter Martella on trumpet. Their exceptional talent and musicianship promise an unforgettable performance that will leave you mesmerized.

The Garfield Movie
1:30 pm, The Patricia. Family fun day pricing- all tickets \$5 and \$5 popcorn/pop combos.

Film • ONE OF THEM DAYS
7 pm, The Patricia. Comedy. Black Excellence for Black History Month selection.

15

Saturday

Black History Month: Honouring the Past, Inspiring the Future

Noon, Dwight Hall. Free. Food, dance performances, lectures, fashion and more. Hosted by the African & Afro-Caribbean Association of qathet.

Urban Sketching Meet-Up

2 pm, 32 Lakes. Hosted by qathet Art & Wares.

Uptown Market

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

Kiwanis Giant Fundraiser

10 am to 1 pm, Kiwanis Annex

Beanstalk Theatre's Wizard of Oz

7 pm each day. Tickets at the Evergreen Theatre door. Advance tickets are available for purchase at 32 Lakes Café & Bakery.

Author Gordon F.D. Wilson reading: One Week in May

2 pm, Library. Local scholar Gordon Wilson will present his new novel, an insightful story on life's challenges, dementia, and confronting fears.

Jeff Plankenhorn in concert

7 pm, Cranberry Community Hall. Plankenhorn's musical style (and "The Plank", his own designed hybrid lap steel guitar) encompasses elements of blues, folk, Americana, and roots music, creating a sound that's uniquely his own. Tickets \$25/\$30 at The Nutcracker Market or through info@cranhall.org and arranged etransfer.

U11, U 13 and U 18 Queens Cup Hockey Tournaments

Hap Parker

Film • ONE OF THEM DAYS

7 pm, The Patricia. Comedy. Black Excellence for Black History Month selection.

Download the qathet Waste Wise app for service reminders



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



FEBRUARY

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

Organics and Garbage Day: A B C D E

Organics and Recycle Day: A B C D E

Show your love for the planet this Valentine's Day by recycling responsibly. Remember to separate your solid waste materials into the correct cart. Consult the [WASTE WIZARD](#) when in doubt!



DO YOU KNOW? Paint cans, wood stains, aerosol sprays, and similar products don't go to the curb. They can be recycled at the Resource Recovery Centre and other depots.

2025/2026 School Registrations are now open!



IMPORTANT!

PRIORITY DEADLINES

- Kindergarten French Immersion **Feb 28**
- Elementary Schools for 'in catchment' enrolment **March 31**
- Elementary Schools for 'out of catchment' enrolment **March 31**
 - **subject to availability, spot to be confirmed no later than May 31st.*

AGE (Kindergarten)
Children born in 2020

APPLY ONLINE THROUGH MyEd
Information & instructions available at sd47.bc.ca

Go to sd47.bc.ca for registration instructions, information on your catchment, and transportation eligibility.

FEBRUARY EVENTS

16

Sunday

Farmers' Market

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

Naduh: Live hip hop

7 pm, Carlson Club.

U11, U 13 and U 18 Queens Cup Hockey Tournaments

Hap Parker arena.

The Garfield Movie

1:30 pm, The Patricia. Family fun day pricing- all tickets \$5 and \$5 popcorn/pop combos.

Film • ONE OF THEM DAYS

7 pm, The Patricia. Comedy. Black Excellence for Black History Month selection.

17

Monday

Family Day Long Weekend

Stat holiday.

Pasta Dinner at the United Church

4:30-6 pm, by donation.

Free Family Day at the Rec Complex

See the Active Living Guide at powellriverprc.ca for details.

U11, U 13 and U 18 Queens Cup Hockey Tournaments

Hap Parker.

The Garfield Movie

1:30 pm, The Patricia. Family fun day pricing- all tickets \$5 and \$5 popcorn/pop combos.

Film • ONE OF THEM DAYS

7 pm, The Patricia. Comedy. Black Excellence for Black History Month selection.

18

Tuesday

Heritage Week Begins

Until February 23, visit the Town Centre Mall between 11 am and 3 pm daily to hear about "Pastimes in Past Times," the theme for this year's events. See more in the ad below and the story on Page 51.

Overdose response and naloxone training for youth

5:30 to 7 pm, Library. Hosted by the CORE program 5:30-7 pm - by RSVP kahlan.pedlar@liftcommunityservices.org

Ian Maskin: "Songs of the Vagabond Cello"

7 pm, Evergreen Theatre. \$30 to \$60. Eventbrite. In this amazing musical voyage across time and space in 37 languages, Ian will take you across the Sahara desert and Mongolian steppes, the mountains of the Balkans and the Caucasus, and the shores

of the Pacific Ocean and Mediterranean Sea.

Film • ONE OF THEM DAYS

7 pm, The Patricia. Comedy. Black Excellence for Black History Month selection.

19

Wednesday

Party with Designer Signs and qL magazine

4:30 to 8 pm, 4053 Glacier. With the PR Chamber of Commerce. See ad on Page 40 for more.

Film • ONE OF THEM DAYS

7 pm, The Patricia. Comedy. Black Excellence for Black History Month selection.

20

Thursday

Moving Beyond Polarization: The Courage to Dialogue in Dangerously Divided Times

6 to 8 pm, VIU tiwšemaw-tx™ Campus 7085 Nootka Street. Guest Speaker: Jennie Barron, Chair of the Mir Centre for Peace at Selkirk College. Free.

-9656 Larson Road. Everyone welcome

"Dancing Through The Decade" begins

7 pm, Evergreen. Laszlo Tamasik Dance Academy's annual fundraiser; all proceeds going towards the dancers' competition fees. \$25. Tickets on-line or from your favourite dancer. Hip hop, jazz, ballet, lyrical, musical theatre, latin, contemporary & jazz funk.

U13 Rec Tournament begins

Hap Parker arena.

Banff Mountain Film Festival

Max Cameron Theatre.

21

Friday

The Art of Conflict Transformation: A Workshop begins

Three days with David Hatfield. See parrawellness.com/events for more, and the story on Page 18.

Lund Community Society AGM

7 pm, Northside Community Recreation Centre

22

Saturday

Diversa Collective Film Screening

1:30 to 3:30 at The Patricia Theatre. Admission by donation. See ad on Page 49.

qathet art + wares
quality art supplies & thoughtful things



FEB CANVAS SALE

20% off every in-stock canvas

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

Now open Mondays!
proud retailer of these fine artist brands, and more!


















dream • create



HERITAGE WEEK 2025

"PASTIMES IN PAST TIMES"

COME AND SEE US AT TOWN CENTRE MALL
FEBRUARY 18-22 BETWEEN 11 & 3

LET'S TALK ABOUT PASTIMES IN PAST TIMES! ASK OUR DOCENTS QUESTIONS, ENJOY OUR POSTER PHOTOS AND SLIDE SHOWS, PURCHASE YOUR ANNUAL MEMBERSHIPS FOR \$10, CHECK OUT OUR OLD DIGESTERS FROM DAYS GONE BY AND VISIT PAST TIMES

MAYBE YOU HAVE A FAMILY STORY TO SHARE WITH US THAT HAS BEEN PASSED ALONG DOWN THE LINE TO YOU, OR ACTIVITIES OR ENTERTAINMENT FROM THE OLD DAYS. THERE'S NOTHING LIKE PASSING THE TIME THINKING BACK TO PASTIMES IN PAST TIMES!

Check out our new product drop:
Beach Glass "Bones of Fish"





Made from locally-found beach glass.

Limited release.
Pictured actual size.



See more on Instagram!



604-344-0208





YOU'LL PAY FOR YOUR WHOLE SEAT, BUT YOU'LL ONLY USE THE EDGE: Good Theonius, AKA Mike Holt, is a local who is also a professional wrestler, and he's about to put on his first show. It's March 1, at Dwight Hall, featuring local rock n' rollers Cat Daddy, seven matches, Townsite Brewing, and much more. "I'm very excited," he said. "I wanted to go big." The 44-year-old grew up watching WWF in Ontario, the era of Hulk Hogan and Andre the Giant and "Macho Man" Randy Savage. Wrestling, he said, "is all I ever wanted to do." As a kid, it landed him in trouble. But for the past 25 years, it has been his passion. Left, he's in character as Good Theonius, and above, in the glowing moth costume Good Theonius emerges from at the beginning of his matches. Check him out on Insta - you can see a video of his entire "hero's journey" entrance.

"Dancing Through The Decade"

7pm, Evergreen. Laszlo Tamasik Dance Academy's annual fundraiser; all proceeds going towards the dancers' competition fees. \$25. Tickets on-line or from your favourite dancer. Hip hop, jazz, ballet, lyrical, musical theatre, latin, contemporary & jazz funk.

Out in the Wild: Fundraiser for qathet Pride Society

8pm Dwight Hall. Bring your authentic wild side out, whatever that means to you... a wild tiger? a sexy forest dweller? Doors open at 7:30. Music at 8. 18+ event. Elixir bar. Bring your own wild side and let's dance, party, and celebrate queer culture. Tickets on Eventbrite.

Uptown Market

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

Spring Care of Mason Bees - for success.

1pm to 2:30pm at Lang Bay Hall. Lang Bay Community Club will host an informal discussion and presentation on locating your mason bees in favourable locations. Cost \$20. Call 604 487 1259. There will also be limited mason bee cocoons & houses available for purchase

Final Game, McCallum Cup Regals / Nanaimo / Lake Cowichan

7pm, Hap Parker.

U13 Rec Tournament

Hap Parker

Banff Mountain Film Festival

Max Cameron Theatre

23

Sunday

Law enforcement torch run polar plunge for Special Olympics BC

Noon, Willingdon Beach. Everyone is welcome to plunge or watch. Refreshment tents by donation. Local RCMP and fire departments, EHS and Coast Guard. All proceeds to Special Olympics BC. Donations also accepted at: plunge4specialolympics.crowdchange.ca/91507.

Farmers' Market

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

U13 Rec Tournament

Hap Parker.

24

Monday

Econoline Crush

8pm Carlson Loft. \$40 advance \$50 at the door. Advance tickets available at The Nutcracker, Saint Amore, Armitage Menswear, J&D Signs and at The Carlson Club at the back door. No minors, age 19+

FEBRUARY ART SHOWS

Now to March

Lisa Hau Exhibition

View recent paintings by new exhibiting artist Lisa Hau. "In the Library" is a partnership of qathet ART and PR Public Library. During library hours.

To February 20

Present

Second annual resident group exhibition and fundraiser. Over 70 participating artists. qathet Art Centre. Viewing Hours: Mon, Tues, Wed, Thurs 12 - 5pm.

March 31

qathet Studio Tour Registration

Registration open for artists, groups and galleries to participate in this year's tour August 23 & 24. Deadline to apply is March 31. Register at qathetART.ca.

Friends of the Library Book Donation Day

3pm to 5pm at the Library.

25

Tuesday

Garden Club: Seed Starting

7pm, Cranberry Seniors Center. Local qathet resident and Chief Executive of i-DIG Gardening, Tracey Loslo will speak on starting seeds.

qathet Regional District Planning Committee

4pm, #201-4675 Marine Ave.

26

Wednesday

Pink Shirt Day for anti-bullying

See ad on Page 30 and story on Page 31.

81st Festival of Performing Arts begins

See musicfestivalreg.com/qathet/ for schedule. Events take place through March 8.

Festival of Performing Arts • Band/Instrumental

Max Cameron Theatre, with adjudicator Dr. Stephen Capadalo.

27

Thursday

Artist Trading Card Night

5:30pm, Westview Bowling. Free. Hosted by qathet Art & Wares. Supplies supplied. Family-friendly event!

Festival of Performing Arts • Vocal/Choral

Daytime, James Hall. Voice and Voice Workshop.

Bridging Community Differences

6:30-8:30pm, Cranberry Seniors Centre See February 12 listing.

PRISMA AGM and Appreciation Reception

Doors open at 6pm at the Italian Hall for membership renewals and sales. Enjoy a performance by the qathet Symphony Orchestra at 6:30pm, followed by the meeting. RSVP to attend: prismafestival.com.

qathet Regional District Board Meeting

4pm, #201-4675 Marine Ave.

qathet Regional District Committee of the Whole

1pm, #201-4675 Marine Ave.

28

Friday

Festival of Performing Arts • Community Choirs

Evening at Evergreen Theatre, with adjudicator Kim Greenwood.

Kings vs. Victoria

7pm Hap Parker

Artist Lisa Hâu presentation

7pm, Library. Local painter Lisa Hâu will discuss the healing power of art and the inspiration behind her work that is currently on display at the Library.

qathet Concert Band and qathet Symphony Orchestra's A Musical Journey: Classical to Jazz

7pm, Evergreen. Featuring guests St. George's School Senior Concert Band. Entry by Donation.

Festival of Performing Arts • School Choirs

Evergreen Theatre, with adjudicator Kim Greenwood.

New Moon

WHAT'S UP

Food Bank use way up. Solution: a New Orleans-style party

\$50,000. That's how much of a shortfall the Powell River Action Society Food Bank is facing right now. Christmas fundraisers didn't raise as much as manager Savanna Dee needs. So, on March 9, she is hoping you'll come out for a new fundraiser: A Night in New Orleans at the Carlson Loft. Tickets are \$40, and food by Blue Agave will be for sale at the event. Music is by Gary Comeau & The Sounds of New Orleans. See more on Page 32.

"We're seeing a landslide of new people. The higher food, rent and bills go, they come to our doors for help. They can't feed their families. Food is going up by 5% again this year. We served 3000+ people last year."

At the same time as more people are relying on the Food Bank, grocery costs are way up. Staff used to spend \$90,000 on food. Last year, the Food Bank spent \$155,000.

If you can't go to the event but still want to donate, you can do so from home at powellriverfoodbank.com. If you'd rather donate food, bring it by Tuesday to Thursday 10 to 2 pm. Best items are pasta, sauce, beans and other canned staples.

"And fresh vegetables: potatoes, carrots. We used to buy them through the winter – but we can't afford them now."

Seedy Saturday: harbinger of spring

In Powell River it is our 20th year since the first Seedy Saturday held in 2005. That first year about 60 people attended a Seedy Saturday seed swap. This was an extension of the more informal seed swaps that members of the Powell River Farmers' Agricultural Institute (PRFAI) had held internally in the past. Since that time the event has grown from a small one-room venue to being held at Dwight Hall, with the addition of workshops, a silent auction, and information/vendor tables to the original, but still thriving, seed swap.

Seedy Saturday has been a harbinger of spring since 2005 in Powell River. It is part of a much larger movement of 170 Seedy Saturdays across Canada. The focus is on promoting the local growing of seed, encouraging gardeners to save seeds and providing information on how to do so.

At the event there are workshops where gardeners can learn more about growing in general, and saving seeds specifically. A lot of the sharing and learning happens more organically, however, through chats between seed savers, new and old. One of the most rewarding things for a seed saver at Seedy Saturday is talking with people and sharing experiences.

Prior to the actual Seedy Saturday, we hold a seed packing party. This is a pot luck dinner followed by the packing of seeds brought by growers/gardeners as well as donated seeds. It will be held on February 19th in the evening. Look for more information on Facebook or the PRFAI web page.

At our recent planning meeting, Gary and I realized that we also have a significant event – we have now attended 25 years of Seedy Saturdays. From those before we moved to Powell River to current



Juno-award guitarist shakes up Francophone Fest

Alpha Yaya Diallo, guitarist, singer, songwriter is a three-time Juno Award winner. A true multi-cultural artist, he performs in French, English and his native Guinean languages of Fulani, Malinke, and Sosoxi.

He plays the Festival Francophone de qathet on Saturday, March 8. The event also features a maple sugar shack, family activities and much more. See ad on Page 21.

days we have experienced the event in Ottawa, Toronto, Montreal, Kingston, Comox, Nanaimo, and, of course, Powell River. While it is exciting to see the number of people working on saving seeds in larger communities, the Powell River Seedy Saturday is so much more personal. Here we have more time to chat with people, savers old and new, to share experiences, frustrations, and successes. We look forward to seeing all our usual, and some new, fellow seed savers on March 8th. – Ellen de Casmaker

Retreat for those grieving a child

The Powell River Compassionate Friends warmly invites you to our second annual retreat. It's September 4-7, 2025, at Bethlehem Retreat Centre, Nanaimo. Registration opens in early March.

In September 2024, we hosted our first retreat. We filled up our maximum 38 places in just under three weeks. The retreat exceeded all our expectations. We laughed, cried, connected, and nurtured our souls.

The love and support shared during the retreat will remain with us for a long time. Many parents left asking, "When is the next retreat?"

If you feel ready to explore new ways to process your grief and connect with other bereaved parents, we would love for you to join us. We are placing this article to give Powell River a heads up to register before we fill up.

For more information or to register, please contact Ariel or Zella at powellrivertcf@gmail.com



MAIL BAG

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

Hi Pieta,

I just want to say thanks for the great piece you included in *qathet Living* about our January 18th show at Cranberry Community Hall. I heard from a number of people who found out about the show from your article.

We had a full house with a spirited audience that sang along with many of our tunes. We were able to donate the door take of \$559 to the Cranberry Community Hall Association and hopefully raise the spirits of the 70 people in attendance.

Thanks again for supporting positive events in the qathet community. – Scott Ritter

Accordion Fest Preview

Join us for a matinée concert and preview of the fourth annual qathet Accordion Fest! This one-hour performance will feature classical, jazz, and tango music, including new repertoire.

Also enjoy a sneak peek of an upcoming album we recorded with a five-piece tango band. Don't miss this opportunity to enjoy unique music and support a local tradition!

Find this event at James Hall March 9, at 2 pm. Festival co-directors Walter Martella and Karina Inkster (accordion and piano), with Terry Martyniuk (percussion) will perform. Tickets are by donation at the door. All proceeds will go toward the Accordion Fest.

International Women's Day screenings at qiff

On March 8, the qathet International Film Festival is offering two screenings celebrating women.

First up is *All I Imagine As Light* at 1:30 pm, by director Payal Kapadia. There's a discussion beforehand with Claire Sanford and Josephine Anderson, directors of *Texada*, about their VR production on view before each screening, and their VR workshop Monday, March 10 at 1:30.

At 7 pm on March 8, MP Rachel Blaney will introduce IWD and Yukon filmmaker Jessica Hall, who will talk about her short film *Saturday*. It's about her sister, who has cerebral palsy and lives independently, and works on dollhouses with her mother every Saturday.

The feature film *Bird*, directed by Andrea Arnold, will also screen that evening. Cottage Creek bakery is providing cupcakes to our audience in celebration of IWD. And, qathet Safe will host a display. ♣

MARCH EVENTS PREVIEW

March 1

Smackdown in the Townsite! Wrestling

Tickets at 365prowrestling.com

FOPA • Piano

James Hall, with adjudicator Carl Montgomery.

March 2

FOPA • Strings /Orchestra

James Hall, with adjudicator Arthur Arnold.

March 3 & 4

FOPA • Speech Arts

Evergreen, with adjudicator Robinson Wilson.

March 5 & 6

FOPA • Dance

Evergreen Theatre, with adjudicator Jade Leech.

March 6

Comedy Misfits

jumpcomedy.com.

March 7 to 16

qiff

For the full film fest schedule, see the insert in qL.

March 7 to 9

U11 Rec Hockey

Tournament at Hap Parker

Coy Cup qualifier

Regals vs Rosland best of three. Hap Parker.

Saturday, March 8

Seedy Saturday

At the Rec Complex

Food bank dance

See ad on Page 32.

Francophone Festival

See ad on Page 21.

Women's Day Films

See previous page.

FOPA Grand Concert

7 pm, Evergreen Theatre.

Diner en Blanc

Brooks Dry Grad fundraiser. Tickets at Mother Nature.

Sunday, March 9

Accordion Extravaganza

James Hall

Spring Concert

qathet Concert Band 2 pm, Westview Elementary.

AC/DC Experience

7:30 pm, Tix on Eventbrite.

March 14, 15, 21 & 22

Hitler's Tasters

Townsite Actors Guild.

March 15

Urban Sketching

2 pm, 32 Lakes. Hosted by qathet Art & Wares.

Friday, March 21

Pointed Sticks

Carlson Loft

March 22 & 23

Celebration of Quilts

Dwight Hall

March 27

Artist Trading Cards

5:30 pm, Westview Bowling. By qathet Art & Wares.

March 28

LegZZ The ZZ-TOP Tribute Concert

Evergreen Theatre

March 28 to 30

U11 & U15 Rec Stars Hockey Tournament

Hap Parker

APRIL 10-12

TOWNSITE JAZZ FEST 2025

BEN WAYNE KYLE TRIO
 BROOKS JAZZ BAND
 BROOKS VOCAL JAZZ
 CAPILANO UNIVERSITY COMBO
 JULIO ÁVILA CUBAN BAND
 KAREN FLAMENCO
 LAURA CREMA QUARTET
 OAK BAY COMBO
 OAK BAY SECONDARY VOCAL JAZZ
 QATHET SCHOOL DISTRICT ALUMNI QUINTET
 REYNOLDS SECONDARY VOCAL JAZZ
 SHARON MINEMOTO QUARTET
 SOUL JAZZ
 STEVE CARSON QUINTET
 THE DEADLY NIGHTSHADES
 TWO MUCH GUITAR





TICKETS \$25-\$40 PER CONCERT + FEES
VARIOUS VENUES
 AVAILABLE AT TOWNSITEJAZZ.COM & THE PEAK OFFICE










ASK BRIAN:



Why detail the outside of your vehicle in winter when it's just going to get dirty again?


RODENT TROUBLE?
 Brian is qathet's resident expert on cleaning up the mess rodents leave behind, and helping fix the damage they do. Ask about rodent deterrent service.

SPILLED?
 New Image offers emergency drop-in service.

BRIAN SAYS: "A power polish and wax can help protect your vehicle's paint finish from the damaging effects of salt, sand, liquid de-icer, and road grime. We can help extend the longevity of your vehicle's paint with an exterior detail, especially in the winter."



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



FILM VIEWING

Presented by Diversa Collective Media

SATURDAY FEB. 22, 2025
 1:30 PM TO 3:30 PM
 PATRICIA THEATRE

ADMISSION BY DONATION

The Diversa Collective is a group of three entrepreneurs with their own diversabilities. They are finding ways through film to encourage others in the community to express their voice.



POWELL RIVER CHAMBER OF COMMERCE BUSINESS AWARDS

This space sponsored by:



NOMINATION FORM

ENTREPRENEUR(S) OF THE YEAR

A person(s) who has the unique skills and exceptional initiative to assume the risk of establishing a business, which has been open for at least 12 months. Submissions for this award should be for one person or a maximum of two equal partners.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

HOME-BASED BUSINESS AWARD

A home-operated business that consistently shows excellence and quality in service and/or merchandise. These businesses include those operating online only or selling in markets or from home addresses.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

TOURISM AWARD

This business provides and promotes an outstanding visitor experience and actively encourages the growth of Powell River and the area as a destination

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

NEW BUSINESS OF THE YEAR

A business operating for not less than 1 year and not more than 2 years that has gained an expanding positive reputation.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

SMALL BUSINESS OF THE YEAR

A business with fewer than 20 employees that has demonstrated superior quality in all aspects of its operations.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

SUSTAINABILITY AWARD

The Sustainability Award recognizes a business that has reduced their environmental impact by using sustainable practices in their supply chain, reduced their carbon footprint by minimizing waste, emissions and pollutants and recognizing efficient water, land and resource management. *Please provide examples of these practices.*

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

ABORIGINAL BUSINESS OF THE YEAR

This award goes to an Aboriginal-owned and operated business in the community.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

FORESTRY SECTOR AWARD

This business shows excellence and innovation in communications and sustainability in forestry, forest management or forest-related industry.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

CUSTOMER SERVICE - RETAIL

A business that provides its customers with consistent excellence in service that goes beyond customer expectations. It also encourages its staff to meet the changing customer needs and stands behind its products or services with minimum customer inconvenience.

BUSINESS NAME

CUSTOMER SERVICE - HOSPITALITY

As above, but specifically for the hospitality industry (hotels, restaurants, event planners, food vendors, etc.)

BUSINESS NAME

NOT FOR PROFIT AWARD

A not-for-profit organization that has recognized a need within our community and who through community responsibility, innovation, growth, sound business practices and community partnerships, has served our community with vision and integrity.

ORGANIZATION NAME

OWNER/MANAGER/CONTACT NAME

AGRICULTURAL AWARD

This award will be presented to any individual or agriculture-related business that has made outstanding contributions within the community.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

CUSTOMER SERVICE

- PROFESSIONAL SERVICES

As above, but specifically for professional services (construction, lawyers, hair salons, real estate, etc.)

BUSINESS NAME

Awards below require nominators provide written comments as to why the nominee deserves the award. Please attach a separate sheet or email to office@powellriverchamber.com

EMPLOYER OF THE YEAR

An employer of a business/organization who goes above and beyond customer/client expectations, delivers exceptional knowledge of the products and services and makes a consistent positive contribution to their workplace and community.

EMPLOYEE OF THE YEAR

An employee of a business who goes above and beyond customer expectations, delivers exceptional knowledge of the products and services and makes a consistent positive contribution to their workplace.

BUSINESS EXCELLENCE AWARD

A business that has been in operation for more than 5 years, has consistently offered outstanding service and/or product to its customers, and displays a strong commitment to community involvement.

**BANQUET & AWARDS
PRESENTATION
SATURDAY,
APRIL 5, 2025**

**DWIGHT HALL • 6:30 PM
Tickets: \$70 each**

Reserve your tickets by emailing
office@powellriverchamber.com
or call the Chamber office
at 604.485.4051

50 February 2025 • qathetliving.ca

Enter only one business per category on this form. Duplicate nomination forms for the same business are not necessary. **All entries will be submitted to a judging panel for final decision.**

Deadline for nominations is 5 pm, Friday, February 28, 2025. Businesses must have been operating for a minimum of 12 months to be nominated.

Mail or drop off your completed nomination form to Powell River Chamber, 6807 Wharf Street, V8A 1T9.

Or enter online at powellriverchamber.com.

Multiple submissions are permitted.

Enter now! Enter often! →



Your name: _____

Phone #: _____

Serious fun & games

BY ANN NELSON

There are times, living immersed in the stories of the Townsite, that I honestly feel like an escapee from a Norman Rockwell painting of an idealized small town existence. The 2025 Heritage Week prompt, "Pastimes in Past Times," reveals how unique this region truly is.

We've always been an isolated frontier town, but with fully-developed recreation amenities from the get-go. That's because of the Powell River Paper Company's commitment to the Arts and Crafts movement.

What does that mean? Well, it means that interviews for work at the mill always included questions about what sports the men played or musical instruments or other community building pastimes they'd be bringing, along with their trade.

It means that there was an expectation that everyone would enjoy the opportunity to get really good at what they liked to do for fun, because there was plenty of security and leisure time and the Company's sponsorship for the cool stuff, like the world-class pipe band, or the athletes of the day.

Baseball was huge, but so was lacrosse and track and field and boxing; the brass band was almost de rigueur, but so were the choirs and amateur theatre. Card parties were constant, and I'm not just talking Bridge, but the games of my youth, too: Canasta, Gin Rummy, Pinochle, Euchre, Whist, Cribbage, plus the family games of Old Maid and Go Fish. Board games were played on real wooden boards, like Chinese Checkers, Crokinole, or Snakes and Ladders.

My older friends tell me that some of their best memories growing up here are of playing on the forbidden log booms in the log pond, scrounging in the landfill at the bottom of the Riverside cliff after the garbage truck had been, hanging out at the stables with the horses, fetching renegade golf balls for a



SERIOUS MAN, SERIOUS PASTIMES: Bobbie Scanlon, son of PR Company founder, Michael, was well known and loved in Powell River for his athletic ability, musicianship in the Brass Band, and management of the Townsite. He was one of the Gopher Club fellows who sounded the alarm when the penstocks burst, flooding out Number 1 Machine Room.

Photo courtesy of the Townsite Historical Society

"My older friends tell me that some of their best memories growing up here are of playing on the forbidden log booms in the log pond, scrounging in the landfill at the bottom of the Riverside cliff after the garbage truck had been, hanging out at the stables with the horses, fetching renegade golf balls for a nickel for Doc Henderson and Sally Scanlon in the tall grass, and swimming at all the beaches between the log pond and Michigan Landing (Willingdon Beach)."

Beach). Sounds like Paradise for a kid, doesn't it?

One of the first really big investments the community made was to purchase a piano! The workers each threw a dollar into the pot and a piano arrived by weekly steam ship to be installed in the incomplete No. 1 Machine Room for Saturday night dances for everyone. That venue ended, of course, when the cedar stave penstocks burst in the night and flooded out the building, but the tradition carried on into the Central Building's Assembly Rooms.

That lovely mirror ball at Dwight Hall? Originally graced the mill's Assembly Rooms. Every benevolent or social organization in town held annual balls at the Central Building or Dwight Hall, after 1927, and there were parades for every danged thing you can think of, complete with costume contests and decorated bicycle and doll carriage contests. Dominion Day, Labour Day, May Day and impromptu occasions galore. Sports days with greased pig races, tug of war, cakewalks and logger sports like log birling were a feature of the summertime every year.

When I compare the tales of the truly excellent good times our little community took for granted with the encouragement of the Company, along with the adventures in the natural setting which provided hunting, fishing, and boating opportunities, it really does feel like our pastimes in past times were straight from Norman Rockwell or Main Street Disneyland, but on vitamins! 🐱

HERITAGE WEEK

When: February 17 to 23

What: Visit the Town Centre Mall between 11am and 3pm daily, Feb 18 to 23, to hear about "Pastimes in Past Times," the theme for this year's events. See more in the ad on Page 46.

nickel for Doc Henderson and Sally Scanlon from the tall grass, and swimming at all the beaches between the log pond and Michigan Landing (Willingdon

Films Nightly 7 PM

PATRICIA

THEATRE

New Films Weekly

IN HISTORIC TOWNSITE • PATRICIATHEATRE.COM • 604-483-9345

BEST of quality

PollenSweaters Inc.

Made in Lund, BC, Canada since 1986

Open 10-4 Tuesday-Saturday

604 483-4401 • pollensweaters.com

Cozy, warm, washable and made locally!

Lund Water Taxi

604-483-9749

Daily runs to Savary Island • Charters serving Savary Island & surrounding areas, including Sunshine Coast Trail • Phone for reservations • Phone hours 8 am – 5 pm

Your voice in Ottawa

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

POWELL RIVER HOSPITAL FOUNDATION

Improve the future of health care. Donate to the Powell River Hospital Foundation.

604 485-3211 ext 4349 | 5000 Joyce Avenue, Powell River, V8A 5R3
www.prhospitalfoundation.com

Holy Cross Cemetery

Under the trees south of town on Nassichuk Road

Plots available

For information, call Wendy Larkin 604-485-9268

TAKE A BREAK

In favour of
small talk

It gets such a bad rap doesn't it? "How's the weather?" "Catch the game last night?" or the dreaded thoughtless loop, "Hi how are you?" "Good. How 'bout yourself?" "I'm good, you?" "uhhh....still good."

The resistance to small talk is so great much of it has been reduced to clichés or is considered with derision. It can feel forced, inauthentic, or lacking in true depth of interest. If we initiate it, we must be on autopilot or have no substance of intellect, and it's to be avoided at all costs unless obligatorily greeting customers at work.

Shunning small talk, however, robs us of essential social connection, even if it's only a microdose sized interaction at the cash register. It creates unnecessary barriers to cultivating a sense of community, where we can stand side by side in a seemingly endless queue, but acknowledging it (and each other) is somehow weird.

We don't know the name of our favourite barista, won't point out the rainbow behind the fellow pedestrian waiting at the lights, and certainly won't ask where someone picked up their cute boots.

For many, this level of engagement becomes not just fluff, but sums the totality of human interaction. Loneliness and isolation runs so deep, a casual, "Hi! How are ya?" from a passerby can (if we're lucky) momentarily bring a person a step away from the brink.

Innocuous, low stakes conversation provides natural in-routes to more meaty conversation while also bringing relief to those who spend overtime in



RETURN TO REVERENCE

JULIETTE JARVIS

professions dominated by complex or high intensity situations, people in overwhelm, or those practicing ease in the face of social anxiety.

Friendly interaction shows us humanity can still be kind, particularly when so much in the world shows us otherwise. We learn to interpret subtle cues, micro expressions, and energy shifts alerting us to when the other is uncomfortable, doesn't want to talk, or the opposite, when they're desperate to connect more deeply, but aren't sure how.

The trick is to keep our small talk from being automatic or lacking intention. Instead of robotically answering, "I'm good," without thought, check in with yourself and answer more truthfully.

I'm not implying a trip to the grocery means an emotional outpour to the guy stocking shelves, but a brief interaction can create a moment of relatable realness like, "Today's been hard, an easy frozen supper is a lifesaver!"

So how about this weather anyway? It gives me migraines. You?

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

24TH ANNUAL GIFF
qathet international film festival
MAR 7-16

Festival Guide included with this issue
Passes, tickets & trailers qathetfilm.ca

PATRICIA THEATRE

West Coast Seeds

SEEDS

Get them now!

Vegetables, herbs, flowers, fruits, cover crops, sprouts, microgreens, lawns and more.

Pick up a **West Coast Seeds** catalogue, and start sowing the seeds of the change you want to see!

ONE SEED AT A TIME
Gardening Guide 2025

SALT SPRING SEEDS

NEW!
We also now have **SALT SPRING SEEDS!**

Mother Nature
Who knows better than Mother Nature?

7050 Duncan Street 604.485.9878

TAKE A BREAK

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

CAN YOU FIND THESE WORDS FROM THIS ISSUE IN THE PUZZLE ABOVE?

- | | | |
|--------------|-----------|-----------|
| BUDGET | HONDURAS | PINK |
| BULLY | IMMIGRANT | PLAN |
| CHEMO | JOHNSTON | POILIEVRE |
| CONFLICT | LIBERAL | PWHL |
| CONSERVATIVE | MARRIAGE | RECORD |
| COUPLES | MIDDLE | TATTOO |
| DANCE | NDP | TAX |
| ESOPHAGUS | NWAEZE | TIDE |
| FLOWERS | OBITUARY | TISKWAT |
| GREEN | OCEANSIDE | TRUDEAU |
| GUNN | OPTICIAN | TUDOR |
| HERNIA | OZ | WEDDING |
| HOCKEY | PERFORM | WEGG |
| HOME | PIERRE | WHITAKER |

How Safe Are Your Household Cleaners?



Natural and safe for your family and pets.
All-Purpose Cleaner • Deodorizer
Granny Scrub • Air Freshener • Laundry Soap
 Call Ranka at 604-578-8954
 "We discovered Old Country Clean at the Farmers Market
 —super effective, non-toxic and great-smelling products!" — Pieta



Margot J. Pronovost, MT Lymphatic Massage & Reflexology

519-301-7006
 mjpro2@hotmail.com
 at Scissors - Thursdays only - book ahead

TRANSMISSION SPECIALIST and so much more!



20 years experience
 604 487-9602

Latest diagnostic
 equipment saves you
 time and money
Full mechanical repairs
Nation-wide guarantee

A regular transmission service
 keeps your transmission healthy.
 When was your last service?



We also carry:

- Waygu
- Prime Rib
- Bacon-Wrapped Scallops
- Large Lobster Tails
- Tomahawk Steak



Date Night at Home

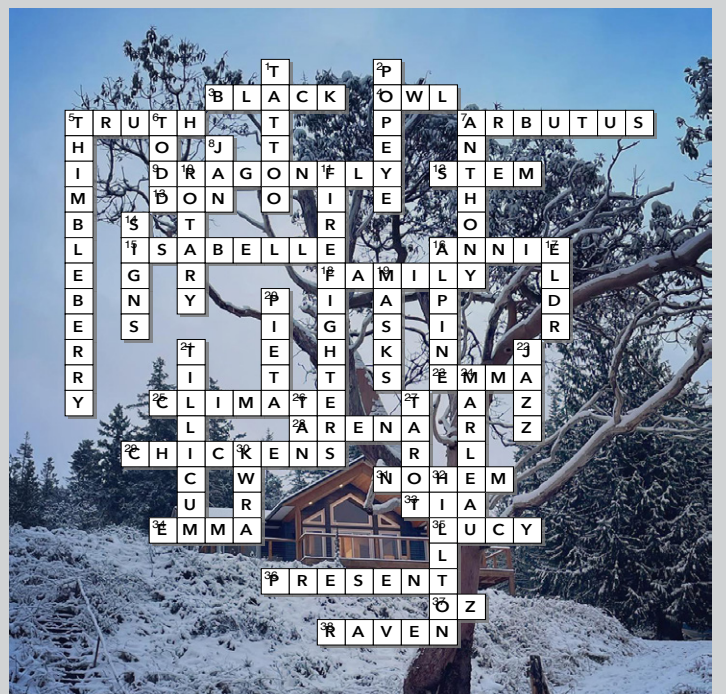
Everything you need for
 a charcuterie board:
 make it casual or fancy



4741 Marine Ave

604 485-4838

SOLUTION TO JANUARY PUZZLE



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

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

Worth it.

The evening of January 29, I blew off deadline for this issue, to go see Scott Cook and Pamela Mae play Cranberry Hall.

Leaving my computer wasn't a responsible choice. This is the first issue of *qathet Living* magazine under my ownership. I should have kept hammering on the keyboard.

But it's Scott Cook.

He's a folksy singer-songwriter who delivers killer lines such as, "I'm a better person when I'm hanging with dogs and kids," and "We all belong to each other."

Most of Scott's songs carry the same theme: as a civilization, we've lost something precious and human over the past couple of decades; we're divided and isolated and bored, stuck to our phones and couches; but love will ultimately bring us back together.

Over and over in the dim warmth of Cran Hall, I thought about how true that is. The lost part. There's nothing like a poet to take the frayed edges of your own unarticulated thoughts and smooth the strings back together. Thank God for poets like Scott.

I started making a "joke" last year, that, by buying *qathet Living*, I was joining the "20th century club." In my imagination, that's a group of folks in town working to keep the institutions of the Stuart McLean-y 20th century alive and kicking, in the Elon Musk-y 21st century.

On that list: the movie theatre; live performance venues; malls and shopping streets; service clubs, churches; the library; pubs; farmers markets; local radio; and, of course, newspapers and magazines.

There's nothing funny about it, actually. All of these are struggling. Especially print media.

My problem is, I believe in them. All of them. It's not just that I'm getting old and I'm having a case of "back in my day..." It's something that Scott Cook put his guitar-savvy fingers on.

What all of these 20th century institutions have in common is, they're places where people gather – either in person, or, where their stories gather. Where the story of a community is made.

Amazon replaces brick-and-mortar. Netflix replaces a big screen. Produce from California replaces produce from Wildwood. Facebook and Insta replace your local newspaper and town halls.

Except... they don't.

They don't replace them at all.

It's no secret that print media is in trouble, but like my "20th century club" peers, I'm willing to risk it all to double-down on this crazy old technology – words and images on pulp.

Why?

What does print do that social media doesn't replicate cheaper and brighter?



NOT DEAD YET: About 70 people came out in the bitter cold on January 19 for the Scott Cook and Pamela Mae concert at Cranberry Hall. Live venues are struggling, just like print media – places we gather.



LAST WORD

PIETA WOOLLEY

Answering that question will be my guide for helping *qL* flourish for the next decades, and beyond.

Changes will roll out slowly, and they're all driven by what I value most about print – what can't be replaced by other technologies. So my first change is to introduce the "Our Lives" section, starting in the next issue of *qL* (see the full details on Page 2).

"Our Lives" offers free small birth and wedding announcements and obituaries, to make sure everyone in this community can share their news – their lives – in a substantial, tangible way. This has been a core function of local publishing since the very beginning: a record of who is with us and who has gone. Those announcements will be printed on pages that can be physically kept, mailed, pinned to the fridge, scrapbooked, tucked into a file, and touched with your own fingers again, years later, bringing you back to these important moments of your loved ones and your town.

Nothing online can do that.

Some back-end stuff at *qL* is getting tightened up – invoicing systems and press flow, for example. From this month on, the magazine will consistently hit the streets on the first Thursday of each month. Advertisers can pay with one click online.

Also in March, watch for "25 words for 2025," the new *ayajuthem* column with Tla'amin teacher Alisha Point. This replaces "You Got This," which we lost when Brienne Louie tragically died in November.

On February 19, we're hoping you'll drop in to

meet the *qL* crew and our neighbours at Designer Signs. Strengthening our in-person ties to the community is a top post-COVID goal for staffers.

There's more, of course. New areas I want to cover, and new ways to cover them. New ways to serve. Ideas to try. Everything aimed at preserving the human-oriented, gathered, heart-centred lives that Scott Cook's and Stuart McLean's words embody – and the remarkable work that *qL* founder Isabelle Southcott relished for the past 19 years, pioneering this new model for this old technology.

When I ask people to write about what they care about, they often choose subjects that resist the division and isolationism and boredom that songwriter Scott identifies in this new, bizarre, and probably short era. In this issue, for example, Ann Nelson writes about cribbage and climbing on the old log booms – togetherness pastimes from long ago. Juliette Jarvis leans in to the value of small talk. Rowan Cocksedge reports stories about people and their tattoos – an old technology that preserves meaning and provokes conversation in the here and now. The *qathet* Film Society puts on a film festival, at a movie theatre, where folks can laugh and cry in the darkness together. People are still getting married. Married! In 2025. That's the most radical isolation-resistance movement I can think of.

At the beginning of his concert, Scott sang an a cappella thank you to the audience for making the effort to leave their comfortable homes and take a chance on a live performance.

In the same spirit, I thank you now and forever for taking a chance on print, for reading *qL*, for advertising in *qL*, for contributing to *qL*, and for keeping this kooky paper-based community gathering place brimming with West Coast soul.

editor@qathetliving.ca

Celebrating 25 Years of Excellence in Construction



This year marks 25 years since Wes Brown returned to his hometown and launched WB Contracting in Powell River. His team has been giving homeowners across the region a new look for more than two decades, so it was time for the business to have a new look, too. Watch for the new WB Contracting logo out and about in the community.



New logo.

Same quality construction.

Wes Brown • 604-485-6656 • wbcontracting.ca



SMART. NOT SLICK.



verecan.com

Verecan Capital Management Inc. is a registered Portfolio Manager in all provinces in Canada (except Manitoba).

*Powell River
Chamber of
Commerce
Business
of the Year
winner*

UPPER COAST

**PEOPLE'S
CHOICE
WINNER**



2024

20 X 24

BEST
of qathet

WINNER

AS CHOSEN BY THE READERS
OF QATHET LIVING

*Installing the
highest efficiency
heating systems
in Powell River*

ttempco

POWELL RIVER'S HEATING AND COOLING SPECIALISTS



- Energy Saving Heat Pumps
- High-Efficiency Gas Furnaces
- Whole-Home Comfort Systems
- 24-hour Emergency Services

Providing award-winning service since 2006