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Letter from the Editor

Stephanie T

"Not everybody can be famous, but everybody can be great because greatness is determined by service" Martin Luther King Jr.

What is being of service all about?

In every job we do, when we switch the paradigm to be of service we automatically make our job more fulfilling. No matter what your occupation or business is - singer, accountant, teacher, mechanic, nurse, entrepreneur, etc.

So, how do you use this to serve something bigger than yourself? By changing your perspective: From job to passion. From self-defining to life-defining. From reframing from the "I" to the "we". And in so doing, you begin to understand community and the vital part each of us plays in the process.

When you can turn a situation around and grow from it, and in turn share that with others to enhance or make a difference in a small way, you are being of service. Giving that extra kind gesture to make someone smile, sharing a compliment, showing appreciation of thank you that the person is using your services or business. It all matters.

So as you go about your day today, think about the small difference you can make because you never know....it may be a "huge" difference in someone else's life.



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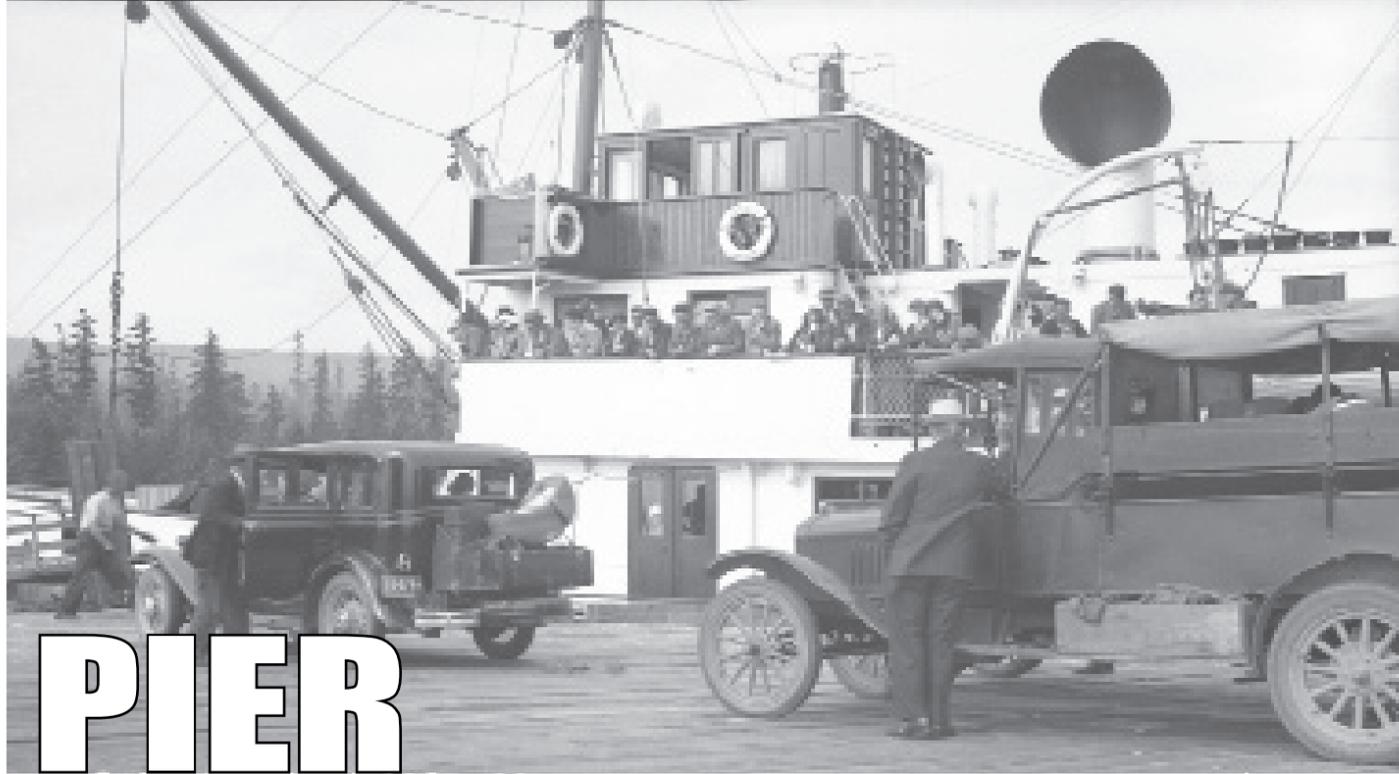
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# PIER PRESSURE

Written by Heather Jeal

Visitors to the Sunshine Coast may notice that each community seems to boast its own pier, or wharf, or float. Usually built and/or maintained by Fisheries and Oceans Canada, the local dock is more than just a place to tie up a boat. Since the days of the first settlers, when steamships brought supplies, visitors, and “daddies” home from a week’s work in the city, the community wharf has always been a gathering place to swap news, play music, or just watch the waves.

Regardless of its official name, no one has tied up a boat to the Roberts Creek Pier since 1970. Which doesn’t mean it doesn’t exist – it’s just not a pier in the traditional sense. And not doing things in the traditional sense speaks to the community culture of The Creek.

The Will Roberts family who gave their name to the settlement first rowed the boat ashore on their pre-empted acreage at what is now known as the Roberts/Clack Creek estuary in 1889. As the quarter-section was subdivided and other pre-emptions brought more settlers to the area, the gentle sandbar served as a landing place for various small boats, canoes, and dinghies.

When steamships began regular service to coastal communities early in the 20th century, residents and visitors would row out to load or unload passengers and supplies. Harry Roberts (grandson of William and a pivotal character) would row out to collect mail and supplies for his general store and post office or later, use his motor launch and scow to transport passengers and cargo. It was a cumbersome and often-dangerous (in rough weather) process. The community duly petitioned the federal government for a proper wharf to serve the growing community.

They got a float, anchored about 300 metres (1,000 feet) offshore.

It was destroyed during the first of that winter’s storms.

The government replaced it with an even larger float the following year.

It met the same fate.

In 1914 the government finally determined that perhaps a wharf anchored to the shore might be a better option.



Harry Roberts, who happened to own and operate a sawmill right near the mouth of Roberts Creek (opposite the general store and post office, which he also owned) provided the lumber for the project.

The original site proved to be problematic, and the whole project moved east – requiring Harry’s general store to be picked up and moved west to accommodate the new road access for the bridge.

But who would build the road? Not the federal government; they built wharves – not roads. Road-building, they said, was the job of the province. And the province claimed they had no money, none at all, to build a road of any description on the Sunshine Coast.

And so Harry Roberts and his team of community volunteers rolled up their sleeves, emptied their pockets, funded and built the road access themselves. And then the community danced on the Roberts Creek Pier.

Almost a century later, a group of latter-day Creekers exhibited the same can-do self-reliant attitude when vandals sprayed graffiti over a paved area near the foot of the current pier, producing the first-ever Roberts Creek Mandala. And when it was done, the community danced by the Roberts Creek Pier.

In 1916, the McNair Logging operation leased access through Harry Roberts’ property and as part of the agreement, was to build a breakwater to protect both the estuary and the new wharf. When they walked away from the lease and reneged on the deal, Roberts took



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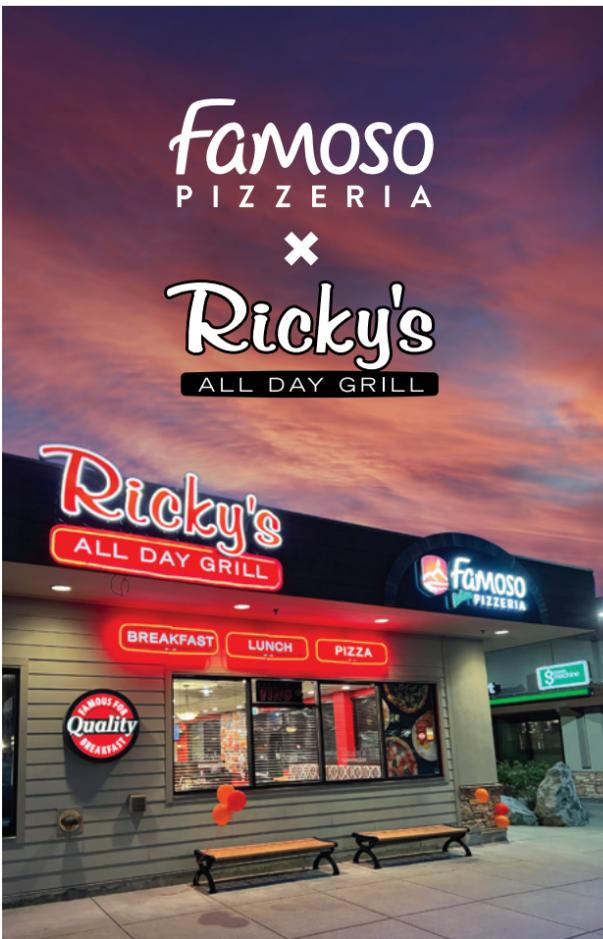
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the company to court and successfully sued for funds to build the breakwater. Unfortunately, the amount of the award meant the builders had to cut corners. Today, the ragged teeth of the pilings which anchored that first breakwater can still be seen at low tide, jutting out of the sands at the creek mouth.

Without the breakwater for protection, the winter storms continued to batter the wharf and a particularly vicious gale seriously damaged the structure in the 1930s. It was rebuilt, and continued in active service until the Union Steamships Company ceased operations in the late 1950s.

Until that point, the wharf had served as a community hub. Residents and visitors met there, to welcome the steamer – or watch the regular “run for the ferry” by folks leaving on the next boat – or check on the kids fishing or diving off the dock or just gathering for conversation and shenanigans. Roberts Creek Pier was the heart and hub of the community for decades.

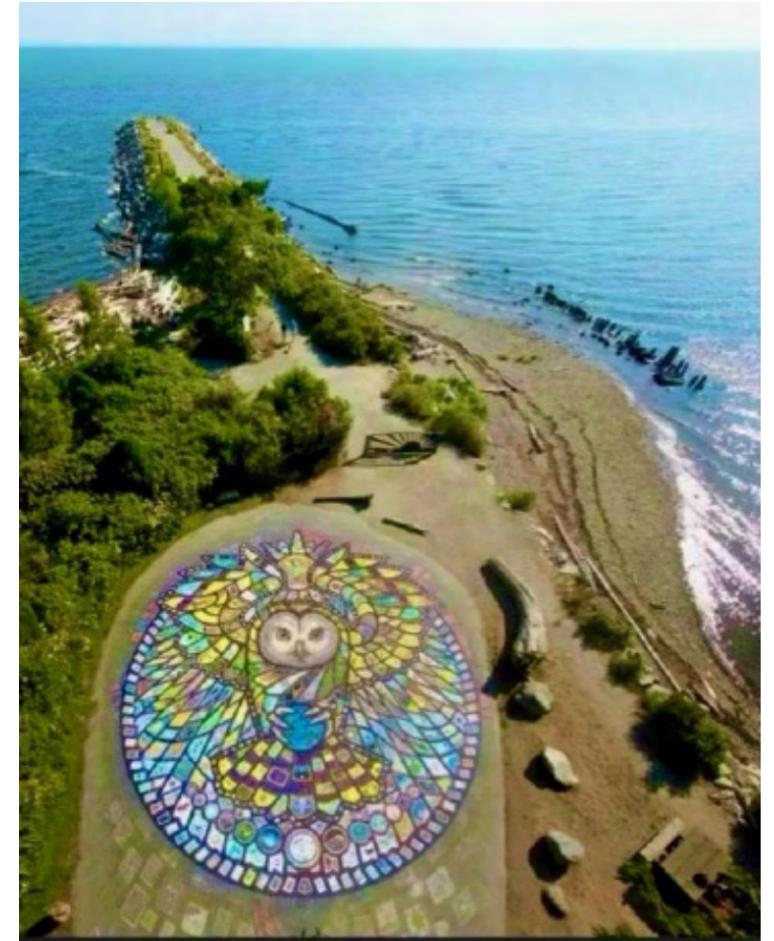
In Sunshine Coast: A Place to Be, Rosella Leslie quotes early resident Mary O'Brien:

*As teenagers, we also used the wharf for our evening escapades...it was great fun to occasionally haul out our portable wind-up gramophone and proceed to have a moonlit dance. Many a youthful romance was started at the end of that old wharf!*

By the 1960s, after a decade of disuse and battering by storms, the pier was in sorry shape. Rockgas Propane (now ICG Propane) then leased the site for its storage tanks, tore out a section of the pier and replaced it with fill to create a breakwater. The remaining portion of the pier continued to decay until, in 1970, it was deemed unsafe and torn down.

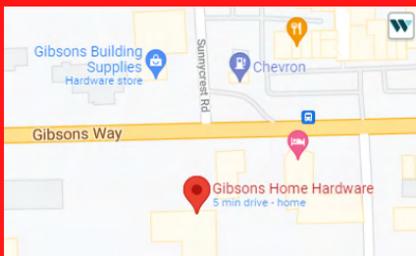
In 1987 the SCR D purchased the property at the mouth of Roberts Creek – the site of William Roberts' original orchard and Harry Roberts' mill – and dedicated it as a public park. The propane tanks were moved to Hillside Industrial Park in Port Mellon, the breakwater was extended with a walkway and viewing platform atop the jetty echoing the original wharf.

Just as in Harry Roberts' heyday, the Roberts Creek Pier and the spot where his store once stood are popular gathering spots for residents and visitors. On special occasions – Earth Day in April, Creek Daze in August, and especially Day Out of Time in July (when the year's newly-painted mandala is celebrated Mayan style) the community comes together to celebrate. And they dance.



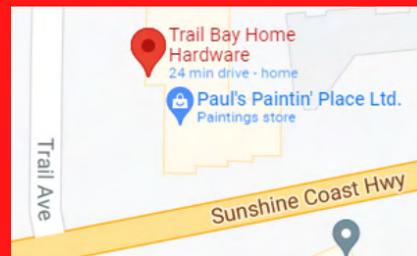
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Roksy Gratton, the proprietor and guiding spirit behind Sechelt's Run With Soup restaurant, is "all about food." And love. And caring for the community.

Arriving on the Sunshine Coast just six years ago, Roksy and her soup shop quickly became community fixtures and grew from a tiny hole-in-the-wall take-out to a dine-in restaurant with outdoor patio and live lunchtime concerts every Monday, Wednesday and Friday. During the winter season, hours are Monday to Friday 11 am to 3 pm. Run With Soup offers a wide variety of moderately priced meat, vegetarian, vegan and gluten-free options of soups, stews, sandwiches and light meals, to eat hot on the spot or frozen for take-away. For those self-isolating, the website [runwithsoupsechelt.com](http://runwithsoupsechelt.com) displays the menu, daily specials and online ordering option for pickup or delivery.

Run With Soup anchors a much larger enterprise. Together with her business and life partner, Mike, and strong community support, Roksy's team delivers on the mantra "everybody deserves good food." Roksy likens the restaurant to "a gas station for people. You come in, fill up with good food, and you go about your day." And since everyone needs fuel, everyone gets fed – whether they can pay or not. No one is turned away from their door. And according to Roksy "no one takes advantage.

On welfare days, the people we've fed will come in and want to pay for the meals they've had. We say 'Put it in the Five-Mile Jar and pay it forward.'

The Five-Mile Jar is part of the fundraising underpinning the Strattons' charitable outreach program based on the Five Mile Movement – where community cares for community within a five-mile radius.

And so, in the off-hours in the back kitchen, in tandem with the restaurant operation, Roksy and Mike operate a volunteer community feeding program that reaches out to seniors, shut-ins, the disadvantaged and the homeless. "It really doesn't cost us anything because we are already here making food for our customers. And our customers give us that extra support when they can."

The community-supported program relies on fundraising concerts, donations through the Five-Mile "tip jar" and regular deliveries of surplus produce from area farms. Last year, the program raised – and spent – over \$40,000 on food distribution to those in need. Regular callouts on Roksy's Facebook page draw donations of other needed items, particularly pre-made, easy-to-eat foods such as granola bars, easy-to-open cans of soup, stew or pasta meals, dropped off Monday through Friday, 11 am to 3 pm.

The newest fundraiser – a self-published, charming and very readable book entitled *A Cowboy's Dream* and its sequel, *Jackson's Rodeo*, both penned by Roksy in her "spare time" – directs all post-production revenue directly to feeding seniors. "We've fed 600 people so far" thanks to this fundraiser, Roksy explained. "Each book sold (at \$12/copy) feeds two seniors." The books appeal to all ages, and will make great Christmas stocking stuffers for young readers.

Noting that many who come through the doors are homeless and hungry, Roksy notes "It costs a lot and it's a lot more work to be homeless." She adds "If you want a hot meal, you have to buy it fresh – because there's no place to store food, probably no place to cook it. There's a lot of waste, too. And a lot of loss, due to theft or just not having a place to put anything. And there's the safety issue, as well. So many have had everything they own stolen. This all affects the mental health of those who are homeless."

The Run With Soup team aims to grow their community support beyond just feeding folks to address, case by case, those who are homeless. Their first success story is currently working as a restaurant team member. "Adam" had been homeless for 10 years, unable to find affordable, stable housing. He walked in, offering to clean the shop windows in exchange for food. After hearing his story and some careful vetting, Roksy and Mike found him accommodation and stood as guarantors for him with his new landlord. It has worked out better than any of those involved had dared to hope, with the landlord now singing "Adam's" praises as a tenant. As of press time, they were working to settle a homeless family of three.

The Run With Soup corporate model is based on generosity. "Anyone in need can come in and ask for soup, and we'll feed them. Because everybody deserves good food and everybody deserves to be in a special place that's happy. We're going to keep on reaching out, and we see that people want to spend their money where it's worthy. We're a little community here. There's a lot of love in this place."

Written by Heather Jeal



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# BIKERS RIDE TO KEEP KIDS SAFE



On a quiet autumn afternoon, a cavalcade of motorcycles rumbled down a suburban street to a local park, where a young boy waited to be inducted into the “family” of leather-clad riders.

The riders – men and women – are members of Bikers Against Child Abuse® (BACA®) gathered from around the province to provide emotional support and, if needed, physical protection to a child dealing with trauma. At that first meeting (Level 1), the child receives their own BACA® biker vest and patch, blanket and a stuffed animal that has been pre-hugged by each rider to imbue it with extra love, chooses a biker ‘road name’ (nickname) and is introduced to their local support members who will be available to them 24/7/365. And while that initial meetup might be a bit overwhelming at first, “by the time we leave,” reports Greater Vancouver BACA® member ‘Torque,’ “the child has a smile on their face, and that’s payday for us.”

BACA® members go through a rigorous pre-screening. After an 18-month membership and training period, police record checks, and subsequent biannual record checks, riders with BACA® work as team members with the single goal of empowering the child to feel safe in their home and community. Members respond to emergency calls referred from the local 24-hour helpline (778-953-2004), raise funds for therapy sessions and escort vulnerable children to court.

Any calls to the helpline by children, or by legal guardians or concerned family or community members, are referred to the chapters Child Liaison. At that point, BACA® members step in, as the organization’s mission statement sets out.

...Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.

Founded 28 years ago in Provo, Utah, BACA® International operates in 17 countries, with half a dozen chapters in BC. Under the umbrella of the Greater Vancouver chapter, the Sunshine Coast currently lists “four or five” members and could use more.

Potential supporters – of any gender – must be over 18 years old, have access to a motorcycle, and attend meetings and events throughout the year. After attending six meetings, the Chapter votes on admission and, if unanimously accepted, the candidate undergoes a criminal record check. Once cleared the supporter will receive their road name and supporter patches. From there a rigorous 12 months of training leads to full “patched” membership and, ultimately, to become a Primary contact to a child.

‘Torque’ notes that women are particularly welcome and vital to the success of the organization (“without the sisters, we couldn’t do what we are doing.”)

‘Torque’ also stressed that members are not volunteers – rather, they are committed. They commit their time to providing emotional and physical support to the abused. They commit all donations through public and corporate support to fund whatever therapies, sports or music lessons might assist in the child’s healing. And always, in all ways, they commit their strengths as needed, where needed, for the vulnerable children in their community.

To find out more, visit the website: <https://bacaworld.org> or email the Greater Vancouver Chapter: [ingo@gv-can.bacaworld.org](mailto:ingo@gv-can.bacaworld.org).

Article by Heather Jeal and picture submitted by B.A.C.A.

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# Embracing Your Unique Non-Linear Path:

## Navigating Wellness Through Authenticity

In a world that often lauds the straight and predictable, the notion of forging your unique non-linear journey might seem unconventional. Yet, within this divergence lies a treasure trove of authenticity and self-discovery. Life, much like a river's course, takes unexpected turns and unveils the extraordinary beauty of embracing the path less traveled.

The essence of your journey lies in its unpredictability. Your life's narrative is a canvas painted with vivid experiences, unexpected twists, and personal triumphs. Your journey is not bound by a single track but is a blend of diverse moments that shape your identity and grant you the power to influence your trajectory.

In the midst of challenges and uncertainties, your grace shines brightly. The obstacles you encounter aren't roadblocks, but rather stepping stones toward growth. Embracing these trials as opportunities for transformation allows your grace to emerge from the depths of your courage and resilience.

To be aligned with your inner truth is to find your equilibrium amidst life's shifting currents. Just as a river's flow finds balance within its meandering course, aligning your actions with your values fosters a state of natural harmony. This alignment keeps you grounded and centered, allowing you to navigate the complexities of your journey with authenticity.

As you traverse the intricate pathways of life, somatic practices become your anchors. These practices—whether through yoga, meditation, or mindful movement—cultivate a deep connection between your mind, body, and spirit. Much like a tree's roots stabilize during storms, somatic practices anchor you in the present, providing stability amid life's uncertainties.

Amid the cacophony of external influences, your intuition whispers softly. Trust its guidance, for it's a compass that points toward your true self. Your intuition is a wellspring of wisdom that emerges from your core. It is a gentle reminder that your inner voice is a trustworthy guide, leading you toward choices that resonate with your essence.

"We will become something new, something which has never been before. We will become death."  
- Kel Carpenter, Scion of Midnight

This quote resonates deeply with the essence of embracing a non-linear path. Just as the journey of life is characterized by change and evolution, so too is our transformation through its various phases. We are not stagnant beings; we continuously shed old layers and emerge anew. The concept of becoming "death" symbolizes this shedding—the death of

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# BIO

**Eva-Marie LeBoutillier**

“I’m a passionate RTT Hypnotherapy Practitioner and Somatic Body Guide. My journey into this transformative work began with a powerful realization - the profound impact of unlocking the authentic self. Guided by Marisa Peer’s revolutionary RTT modality, I’ve embraced the art of guiding others beyond illusions, igniting their true potential, and nurturing a deep connection between mind and body. With years of personal growth and professional training, I stand as a beacon of compassion, ready to help you embark on your own healing journey. Together, let’s rewrite the narrative and shine the light on your unique zinc spark.”

outdated beliefs, fears, and limitations that no longer serve us. This allows us to birth something new and unprecedented within ourselves.

Our unique non-linear path mirrors this process of becoming. Each twist and turn, each challenge and triumph, contributes to the constant evolution of our identity. The path less traveled encourages us to embrace the unknown and boldly step into uncharted territories. Just as the quote suggests, we are destined to become something that has never been before—something that reflects our individuality and authenticity.

In conclusion, your journey is not linear, but it’s authentically yours. It’s a canvas that paints the intricate tapestry of your experiences, your resilience, and your growth. Within its twists and turns, you discover your grace, align with your truth, and ground yourself through somatic practices. As you venture forward, trust your intuition’s guidance, and remember that just as the ocean calms itself, so can you. Embrace your unique non-linear path as a testament to your individuality and the remarkable depths of your being.

Article by Eva-Marie LeBoutillier  
 Contribution by Simon Berger (from Pexel)  
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Baby Robins .  
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"Mommy Wait for Me"  
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The Three Bears .  
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Baby Barred Owl . Guillaume Monsergent CC



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# The Journey to Recovery

## The Role of Fitness, Spirituality and Nutrition



The journey of recovery from addiction is a remarkable feat! If one is serious about the decision to abstain from drugs and alcohol, this decision can result in a profound personal transformation. Is it easy? Ask anyone who has 'recovered' – the answer is a resounding 'No'! Making the decision to stop drinking and/or drugging is a huge step that requires a holistic approach to healing. Achieving and maintaining sobriety is a lifetime work-out and the beginning of a new life adventure! Fitness, spirituality, and nutrition are the cornerstones to creating a feeling of wellbeing and balance, allowing the healing path to begin. They are the key to one's recovery process.

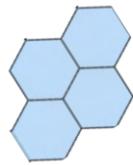
Physical fitness played a vital role in my recovery journey. Regular exercise not only improved my physical health, it made me feel better and my day improved! Physical activities stimulate the release of endorphins ("feel-good" hormones) which help alleviate anxiety and depression. A gym session or a gold plunge can release the same amount of "feel-good hormones" as using cocaine. Think about that...

Routines help build a sense of safety and self-confidence and discipline. Daily exercise replaces unhealthy habits which in turn helps us maintain our focus on recovery goals. What's your choice? Boxing, hiking, yoga, or strength training – it's all available! The result becomes a

sense of achievement, pride and body awareness, all crucial in rebuilding self-esteem post addiction.

Spirituality, regardless of one's religious affiliations, is a powerful tool in recovery.

We begin to connect with a deeper purpose, find meaning in life and begin to understand what a support network feels like. It's called human connection and it's powerful. Whether it's through mindfulness, breathwork, meditation or engaging in a spiritual community, cultivating a spiritual aspect of recovery can provide a sense of grounding, and inner strength, as fitness does for our body and muscles. Spiritual practices encourage self-reflection, acceptance, and forgiveness, all of which are essential to letting go of past mistakes. We learn to focus on the present moment. Living in the moment and being present takes practice and repetition much like in the gym. This is how my life began to change and that's when the rewards began. I've found my spiritual practice helps me manage stress; I can catch those triggers before the reaction! The stronger the body, the stronger the mind, which brings a sense of resilience. Nutrition is a huge pillar of recovery which also ties into the physical element. They both work together to create good mental and emotional balance.



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A balanced diet rich in nutrients supports the body's ability to repair itself, create balance, regulate moods, and reduce cravings which are vital to maintain sobriety. Choosing wholefoods, balanced meals and staying hydrated are simple yet powerful steps in promoting overall health. Just like everyone's journey to recovery is unique, so are the physical and nutrition elements. Perhaps begin with creating a personalized plan for your specific needs so you can restore your body's vitality.

We are talking about changing one's life! When fitness, spirituality and nutrition are integrated into the recovery journey, they create a synergy that speeds up and amplifies the healing process. The physical and mental benefits of exercise will align with the self-discovery and mindfulness cultivated through spiritual practices. A well-nourished body supports mental clarity and emotional stability!

Recovery from addiction is a complex journey that requires dedication, courage and a commitment to holistic well-being. However, when these elements come alive in one's life and become a daily practice, individuals can be released of their obsession and are able to sustain a sober lifestyle. That's when the adventure begins!

This was the basis of our programming at Coastal Recovery Community. We were a part of a process that allowed men to shift from desperation to living a healthier more balanced lifestyle with hope and change. They became aware of their future choices and challenges of their addictions and were able to see what a brighter and healthier future for their loved ones and most importantly for themselves, looks like. Some were successful; some weren't. It takes what it takes.

My journey on the Sunshine Coast allowed me to work

closely with numerous men for extended times in a home environment. It was an education; both hard and rewarding. My work in recovery has taken me to Calgary where opportunities abound it seems. By identifying blind spots, reframing adversity, and setting meaningful goals, I remain strongly committed to helping individuals on their path to empowerment and positive change. Recovery work, for me, has fortified my belief in the power of transformation.

Just as the sun pierces through the clouds to illuminate the coastlines' beauty, individuals have the capacity to overcome challenges and uncover their brilliance.

Tj Sheehan  
www.coastalrecovery.ca  
www.pivotsociety.ca  
coastalrecoverycommunity@gmail.com

# SKATING IS COOL!!!



Ice skating season begins in August on the Sunshine Coast. Regardless of record warm temperatures happening outdoors, inside the Sechelt Arena and the Gibsons Area Community Centre, the ice sheets are ready for all ages and abilities to enjoy this very cool activity.

The Sunshine Coast Skating Club, in partnership with Skate Canada, offers group and one-on-one lessons for figure skaters and hockey players ages 4 through 18, under the guidance of professional Skate Canada coaches. The CanSkate (for figure skaters) and CanPowerSkate (for hockey players) programs are so popular, they are usually fully enrolled early in the season. CanSkate teaches the fundamentals: balance, posture, forward and backward skating, stopping, turning, spinning, jumps, and learning how to manage the basic four edges of the skate blade. Students advance through the various levels according to ability, adding new skills to their toolbox as they go, with final adjudication at season-end. The club's website (sunshinecoastskatingclub.ca) contains a wealth of program information and registration.

Although championship skaters typically start at a very young age (CanSkate programs offer training

for children as young as four years old), it's never too late to skate! Canada's champion figure skater, Kurt Browning, recently retired from performing with Stars On Ice after 29 years. He noted that even at 16, he wasn't fully into figure skating – dividing his time between this and hockey. His father finally required him to choose one or the other as the family couldn't afford both. He chose figure skating, and went on to enter the record books and awe the crowds at the Olympics and World Championships.

Casual skaters and older hockey players may enjoy the many public skate options offered by the SCRD Recreation Program, including Parent-Tot Skate or One-Goal Hockey (for the younger skaters), Drop-In Senior Hockey, Adult Slow Pace Skate, and Everyone Welcome open skating sessions. Skates may be rented at the Sechelt Arena only; both facilities offer changing rooms, showers, and lockers for participants. Schedules and times are posted online at [scrd.ca/recreation](http://scrd.ca/recreation).

The SCRD Recreation program also features special skating events. Teens, mark the calendar for the Youth Rock 'n' Roll Skate at Sechelt Arena on October 27 from 7 to 8.15pm. Families will enjoy the traditional Winter Wonderland Skate at Gibsons Area Community

Centre on December 24 from noon to 4pm. Schools often host events at their community arena for students, as well.

Helmets are now generally required for skaters at every level (except when performing competitively) and additional protective gear – wrist guards and knee pads, for example – help protect against injury. For those new to the sport or just getting back into skating, these aids are highly recommended.

Ice skating provides a rigorous full-body workout and – like all physical activity – is a great stress reliever. For beginners or those who haven't skated in a while, and who are not opting for the Skating Club's programs, begin with a weekly session on the ice and build up to a twice-weekly skate. Combine the skating workout with off-ice training in Pilates, dance, or yoga to improve strength, flexibility and muscle memory for maximum effectiveness. This will improve heart health, strengthen leg and core muscles, improve balance and flexibility, and best of all - place 50 per cent less stress on joints than running. Because skating is weight-bearing exercise, skaters will also gain bone mineral density over the years. Now – bundle up, and go play inside!

Article by Heather Jeal

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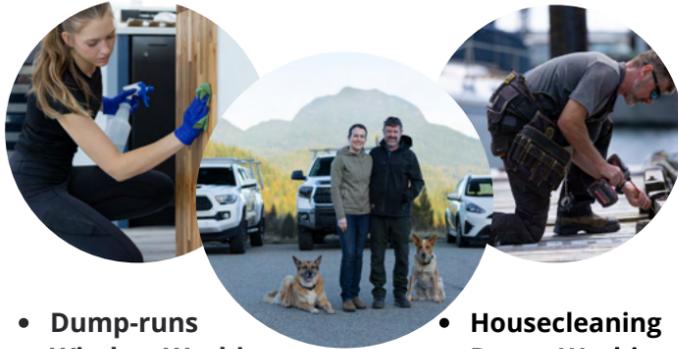


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## TURKISH LENTIL SOUP (Ezo Gelin)

### INGREDIENTS

- 2 tablespoons olive oil
- 2 medium size onions (diced)
- 4 cloves garlic
- 2 tablespoon tomato paste
- 2 tablespoon pepper paste
- ½ teaspoon chili flakes
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 1 teaspoon dried mint
- 1 cup red lentil
- 1 cup bulgur (rinsed)
- ½ cup rice (rinsed)
- 3-litre stock (vegetable or chicken)

### GARNISH

- 3 tablespoon butter
- 1 teaspoon dried mint
- 1 teaspoon paprika
- 4 lemon wedges

Put a Dutch oven or heavy-based saucepan on medium heat and add olive oil.

Add the onions and sauté until soft and slightly browned about 8 minutes then add the garlic, and sauté for another minute.

Stir in the tomato paste and red pepper paste and sauté for a few more minutes on low heat.

Add the spices and red lentil, sauté for 2-3 minutes then add rice and bulgur.

Gently pour in the stock, give the mixture a good stir and bring it to a boil.

Turn the heat down and gently simmer with the lid closed until the legumes are softened, about 30 minutes.

Remove the pan from the heat and blitz the soup coarsely with a stick blender.



Do you remember the aroma of your favorite dish from childhood? When you close your eyes, can you taste it? Did you know that for each taste we create a mental “flavour image”? Similar to the way we develop a memory bank of people’s faces after meeting them. The difference is that memories of flavours and scents seem to come back to us naturally.

TK’s childhood “flavour memories” are what has guided his menu and continues to shape his recipes that we all enjoy today. Growing up in Turkey, one of his most vivid culinary memories was being served a delicious and unforgettable red dip. These fond memories of the mouthwatering blend of walnuts, roasted red peppers, and pomegranate molasses inspired him to recreate and share these flavours with his community.

His real love affair with food started in Istanbul with his Grandfather. Friday afternoons revolved around TK, his grandpa, meats, cheeses, bread, and listening to his grandpa’s passionate conversations with the butcher, the baker, the cheesemonger, and possibly even the candlestick maker!

Inspired by his passion for food, TK began working as a commis chef at 5-star hotels in Turkey, fully immersing himself in the kitchen and laying the foundation for his professional culinary career.

At the age of 20, the call of adventure led him to Canada. Although in a new country, flavours, textures, and aromas remained his guiding stars. Tk started his Canadian culinary journey in Vancouver that led him to an opportunity in Victoria B.C. where he was fortunate to meet a very talented restaurateur, who took him under his wing. He climbed the ranks, and continued to build his tool kit of invaluable skills that helped him launch his own brand, TK’s Gourmet Turkish Cuisine.

However, running a food business takes more than great flavours and passion for food. Ask anyone who has attempted it. Launching a food service operation is no small feat! Rising and fluctuating food costs, equipment

expenses, insurance, leases, staffing, marketing, and point-of-sale systems add up, both financially and emotionally, often becoming overwhelmingly challenging.

It also involves understanding spreadsheets, precise calculations, and managing finances. TK learned the importance of food costing from his time as a restaurant chef. A successful chef and restaurateur knows that it’s not about opting for the cheapest ingredients and cutting corners. It is about striking a balance between being savvy and staying true to your recipes through informed planning and taking calculated risks.

So, why do people do it? Opening any kind of food business might seem crazy and far from a sure thing. Or is it? To not only survive but thrive in this industry, you need a gallon of grit, a pound of passion, and a toolkit of know-how. TK possessed the grit and passion, all he needed was to build his toolkit.

Tk cultivated his skills and made flavour memories from Turkey to Vancouver, Victoria to Tofino and now the Sunshine Coast. In Fall of 2022 he was ready to take the leap and apply his well honed toolkit and passion to a food business of his own. TK understood that the key to success lay in thorough planning. While juggling two jobs, and a young family, he carved out time to craft a detailed business plan. Simultaneously, he started building excitement through word-of-mouth marketing to friends and family, all while drawing inspiration from his flavor memories to create his recipes. Countless falafels were consumed in the process!

One of the barriers TK faced was the daunting start-up costs and unpredictable expenses. This was made a little easier for TK as Coho Commissary, a shared commercial kitchen space opened its doors in lower Gibsons around the time he was ready to start cooking for the public. Joining Coho Commissary gave him the opportunity to start small and gradually, with fixed overhead and minimal capital investment. Working out of a commissary meant he could come to the kitchen each day, focused on creating and selling his delectable Turkish cuisine.



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He began by serving hot food out of Coho Commissary a few days a week. His dishes started gaining popularity and his business began to pick up speed. In just three months, the initial two days a week expanded to four. By his six-month anniversary, he had forged a partnership with a local cidery to collaborate throughout the summer. TK has proven that through careful planning, a comprehensive toolkit, and his secret sauce—a genuine connection to his food—running a successful and profitable food business can indeed be a sure thing!

You will be able to order online and pick up your favourite dishes this Fall and Winter season down the "Coho Alley" at 292 Gower Point Road. TK will also be offering customized catering menus for events and holiday parties. ! If you have not tried TK's Gourmet Turkish Cuisines, now is your chance. [www.tksourgourmet.ca](http://www.tksourgourmet.ca)

Written by Andrea Bothma

## Welcome to the Sunshine Coast

Are you a New Resident to the Sunshine Coast?



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The Neighbourhood Welcome program is an excellent resource and platform to introduce our New Residents to the Community, our local businesses and bring them together. If you are a business owner, homebased or store front. We highly recommend reaching out to learn more about this wonderful program and how you too can make a difference

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Why couldn't the sunflower ride its bike?  
It lost its petals

What did the snail who was riding on the turtle's back say?  
Wheeeee!

What did one plate say to the other plate?  
Dinner's on me

### Oh, That's Funny!

Why do fathers take an extra pair of socks when they go golfing?  
In case they get a hole in one!

What did the left eye say to the right eye?  
Between you and me, something smells

What do you call a bear without any teeth?  
A gummy bear

Why was the coach yelling at the vending machine?  
He wanted his quarter back



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# Ways to give back to our community



## The Royal Canadian Legion

Have you heard about the Royal Canadian Legion?

Did you know it was started in 1926?

For 97 years The Legion has been supporting people who supported Canada in the Canadian Armed Forces and the RCMP.

Legion Branches are the cornerstone of communities across Canada, and provide one of the largest volunteer bases in the country. With 1,350 Branches from the East Coast to the Sunshine Coast, our members provide local services and support to build a stronger Canada.

Many people these days are feeling separated, and alone. People of all races, and beliefs all have a few things in common and one of those is to be with other people in a safe and supporting environment. We may sometimes feel that we are alone, but humans have survived thousands of years because of our ability to work and be together. We support each other, work together, and play together.

Do you have any free time on your hands?

Do you like to Dance, Play Pool, Darts, Snooker, listen to music, play cards, or even just sit around with new friends and talk about current and past events? Well, the Royal Canadian Legion may be the right place for you to have some fun.

Though our main purpose has always been to support those who have served Canada, keeping us all safe and secure, the legion is also here to support all of you as well, and now it needs your support too.

Whether helping local Veterans, supporting seniors, providing youth sports programs, raising funds, volunteering to help those in need, or simply offering a place to gather for fun and celebration, the Legion is here for you.

Legions across Canada are run by volunteers, and we need each other, and welcome you to join us. There is no longer a need to have served in the military to join.

The Royal Canadian Legion welcomes everyone to join in the fun and unity, making us all stronger with each others support.

We are RCL Branch 109 - Gibsons. This is your club, your time, your chance, to make a difference in your life and the lives of those around you.

We have live music and dancing, games nights, a great venue for celebrations, weddings, birthday parties, and business meetings and special prices for all members. Membership is very reasonable. \$65 per year or less, and the prices for food and drinks are less than almost any restaurant or pub.

We invite you to drop in to our Gibsons Legion, RCL Branch 109 - Gibsons, and see how our little club of almost a quarter million Canadians can help you help yourself and maybe help some others as well.

There is no better feeling than serving to help others.

Article and image submitted by Peter Caron



## The Salvation Army

The Salvation Army on The Sunshine Coast has been in operation since the early 1990's. The mandate of the organization is to help those in need and be a transforming influence in our community. We serve everyone without bias or discrimination and operate a number of programs to assist the most vulnerable families and individuals on the Coast. In an effort to break down barriers, share cost and expertise we work closely with three other area food banks.

With your help in the past year The Salvation Army Sunshine Coast Ministries has:

- Served over 15,000 hot meals to community members
- Welcomed over 10,000 visits to our Bread and Produce distribution
- Provided over 1,400 food hampers to adults and families
- Diverted over 200,000lbs of food and materials from the land fill
- Supplied over \$3,000 in clothing and household vouchers from our Thrift Stores in Gibsons and Sechelt.
- Served over 400 different individuals
- Provided a 10 bed Extreme Weather Shelter for people who had no where else to sleep

Ways to help:

Donate clothing to our thrift stores. The fast majority of our sales come through clothing donations that have seen a decrease over the past few months. Volunteer to host a 2 hour Christmas kettle shift. Donate directly to our food bank at SunshineCoastSA.ca All funds received stay on the Coast.

Article and image submitted by Darrell Pilgrim

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## Habitat for Humanity Sunshine Coast

Caught in punishing cycles of unpredictable rent increases, overcrowded conditions, or lack of access to affordable financing, many families live with a constant burden of uncertainty, stress, and fear here on the Sunshine Coast. That's why at Habitat for Humanity Sunshine Coast partner with working, low-income families to help them build strength, stability and independence through affordable housing.

Our path to homeownership requires hard work, time, and dedication, but this helps ensure the long-term success of the families we partner with. Families who apply and are accepted to become partners in the Habitat Housing Program qualify for affordable housing geared to their income and contribute at least 500 volunteer hours to Habitat. Once they move in, Habitat families are responsible for maintaining their own home. We help families and individuals prepare for future homeownership by providing homeowner education classes, ranging from financial literacy, and budgeting to home-repair and maintenance.

Habitat provides families with more than just equity – it instills them with a renewed sense of pride and responsibility. The impact is immediate, and the effects are lasting. Research has shown that Habitat families are happier, healthier, and more financially stable, which can allow them to return to school, learn a new trade or upgrade their job skills. Meanwhile, their children are more confident and do better in school.

We are looking for low-income families that would like to benefit from our Housing Program. If you are interested or know someone who might be, please visit <https://www.habitatca.com/howtoapply/>

Article and image submitted by Douglas Dunn



## The Gibsons Lions Club

The Gibsons Lions Club was chartered on June 30th 1972. We are all volunteers. All funds raised by the club in our community stay in our community. 100% of all funds raised go back to our community to help those in need. Our Lions Motto is WE SERVE.

Some of our past activities to raise funds have been: Diamond Dinner and Fashion Shows, many Christmas Raffles, preparing and serving meals for the Outrigger Canoe Race paddlers, providing food. Concessions at both the children's and adults ball tournaments, cooking and serving Mother's Day pancake breakfasts. The club also provides a food concession for the Drag Races. We also collect used eyeglasses and hearing aids so they can be cleaned and graded by professionals to be circulated around the world.

Some of the groups the club have donated to have been, Gibsons Scouts, Elphinstone Girl Guides, Navy League, Elphinstone High School Bursaries, the Alternative School Bursaries. We also support. Cops For Cancer with an early morning breakfast as they ride along the Sunshine Coast. As well the club have helped both children and disabled adults with their individual needs.

Our current and largest project is adding to our Seniors housing complex. When it is finished, we will have 98 one-bedroom apartments. The site preparation has started. These are for seniors 55+ from the Sunshine Coast.

For more information on the Gibsons Lions Club please contact Gibsons Lions Club Vice President Jim Barnes at 604-740- 7073

Article and image submitted by Jim Barnes

# TAKING YOUR FIRST STEPS: MOTIVATION TIPS TO START GOING TO THE GYM



Embarking on a fitness journey can be both exciting and intimidating, especially if you're taking your first steps towards going to the gym. However, with the right mindset and motivation, you can overcome any initial hesitation and kickstart your fitness routine. In this article, we will explore some essential tips to help you find the motivation to start going to the gym and make it a regular part of your life.

### 1. Set Clear Goals:

Before stepping foot in the gym, it's crucial to define your fitness goals. Whether you aim to lose weight, build muscle, improve endurance, or enhance overall well-being, having a clear objective will provide you with a sense of purpose and direction. Write down your goals and keep them visible as a constant reminder of what you're working towards.

### 2. Start Small:

One of the biggest mistakes beginners make is diving headfirst into intense workouts. Instead, start with small, achievable goals. Begin by committing to a few gym sessions per week, gradually increasing the frequency and intensity as you become more comfortable. By starting small, you'll avoid burnout and build a solid foundation for long-term success.

### 3. Find a Workout Buddy:

Having a workout buddy can significantly boost your motivation. Find a friend, family member, or colleague who shares similar fitness goals and commit to going to the gym together. Not only will you hold each other accountable, but you'll also have someone to share the journey with, making workouts more enjoyable and less daunting.

### 4. Create a Schedule:

Consistency is key when it comes to establishing a gym routine. Create a weekly schedule that includes specific gym days and times. Treat these appointments as non-negotiable, just like any other important commitment in your life. By sticking to a schedule, you'll develop discipline and make going to the gym a habit.

### 5. Mix Up Your Routine:

Monotony can quickly kill motivation. Keep your workouts fresh and exciting by incorporating a variety of exercises and activities. Try different classes, experiment with various machines, or explore outdoor workouts. By constantly challenging yourself and trying new things, you'll stay engaged and motivated to keep going.

### 6. Track Your Progress:

Tracking your progress is an excellent way to stay motivated. Keep a record of your workouts, noting the exercises, sets, and reps you complete. Additionally, take measurements, photos, or use fitness apps to monitor changes in your body composition. Seeing tangible progress will provide a sense of accomplishment and inspire you to keep pushing forward.

### 7. Reward Yourself:

Rewarding yourself for reaching milestones is a fantastic way to stay motivated. Set small, achievable goals and treat yourself when you achieve them. It could be something as simple as buying new workout gear, enjoying a massage, or indulging in a guilt-free cheat meal. These rewards will serve as positive reinforcement and keep you motivated on your fitness journey.





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