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Letter from the Editor

Stephanie Taylor

"Somewhere along the way, we must learn that *there is nothing greater than to do something for others*"
 Martin Luther King Jr.

In our daily lives we have the hustle and the bustle. The running from point "A" to point "B" and it just never seems to stop at times. And in that, we at times forget to take a moment and just "Be". We forget to stop and look around, really look around.

Over the years, I have found that it's so important to stop, look and listen. To recognize that there is more to life than running. Our lives are such a gift and its about taking the time to really understand all that surrounds us, and who. When you do this, it opens your eyes to the amazing people that cross your path one way or another.

In this journey called life it's also about finding and discovering ways to help each other. Be it doing a simple kind gesture of holding a door, giving a smile, helping someone carry something or just saying "Hi, hope you're having a great day" or "How are you today?". Then, taking the time to "really" listen. We never know how that small act of kindness may have just made someone's day.

Today more than ever people need to share those simple acts of kindness and remember we are all created to give back and be of service to others. For when we do this our lives change on so many levels... more love, more gratitude, more feelings of respect and kindness for others.

When you're out today, or even at home. Stop and take the time to look and listen, really hear what the other person is saying and know that we can all make such a big difference in the lives that surround us, just by doing for others.

VIBE TEAM

Publisher & Founder
 Megan Warrender
megan@vibemediagroup.ca

Operations Manager
 Sales & Marketing
 Stephanie Taylor
coastal@vibemediagroup.ca

GRAPHIC DESIGN
 Vibe Publications
 LTD

WHERE TO FIND US

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CONTRIBUTORS

Coastal Vibe & ACTIVATE

WRITERS

Rhona Law
 Heather Vince
 Mikayla Custance
 Shannon Hobson

PHOTOGRAPHY

Stephanie Taylor
 Sunshine Coast Museum & Archives
 Blue Ocean Golf Club
 MikaylaFit

Leslie Roberts
 Tom Grant
 Heather Jeal
 SC Museum & Archives

Janet Slater
 Frank Thorburn
 Pam Mullins
 Len Stott
 Anna Miller
 Natalya Gunde
 Kathy Saunders
 Karen Abrahamson
 Stephanie



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BALLENTINE APARTMENTS

Written by Heather Jeal

Nestled on busy Marine Drive in the heart of historic Gibson’s Landing, the quirky Ballentine Apartments date back to the days of another housing shortage and building boom. In the midst of World War II, “Bal” Ballentine purchased several parcels of land in the business district and began building his tiny perfect real estate empire – some of which is still standing and still in active use.



Part of Business Section, Gibsons, B.C. Photo: HH Winn '35
Photo Credit: Gibsons Museum and Archives #2194

unit and two lower apartments are private residences.

Very little changes have been made to the units over the years, with the possible exception of the end unit that formerly housed the bakery. The bakery’s oven chimney was piped through a window and after the business closed, the window was simply boarded up, and the unit reverted again to residential use. In 2003, after acquiring the unit for her Daffydowndilly Gallery, Sharon Danroth extensively renovated the space, restored the original clear fir floorboards, and removed the chimney.

Writer Francis J. Van den Wyngaert notes in The West Howe Sound Story: 1886-1976 that the building’s wartime construction may have used substandard materials, but judging from Danroth’s gallery flooring, this doesn’t appear to be the case.



Gibsons, B.C. Photo: HH Winn '35
Photo Credit: Gibsons Museum and Archives #3449

In 1943, Ballentine purchased the sloping parcel on which the apartment complex was eventually constructed. Using wartime-quality materials, and building to a code that could be charitably described as “Wild West”, Ballentine scaled back his original six-suite design to allow for five units: three at street level, and two accessed from side stairs to the lower level. Builders Jack Allen, Roy Malveg and Fred Holland worked with Ballentine and his partner Cecil Palmer to create units that could be adapted to serve as offices, or as early iterations of the live-work spaces popular today.

Across the street, his team constructed the “Bal’s Block” commercial strip currently anchored by Fong’s Market.

Over its 80-year history, the building’s streetside units have housed a beauty parlour, taxi company, School District nurse and secretary, and bakery. Currently, the end unit (formerly the bakery) is home to Sharon Danroth’s Daffydowndilly Gallery and the other end unit serves as live-work space for an ortho-bionomy practitioner. The middle

In fact, the building has withstood the test of time remarkably well. A resident of one of the lower suites reports that the original plaster walls in her unit have hardened to the consistency of concrete over the years. The unit layouts, wiring and plumbing may be idiosyncratic, and many have been upgraded by the various tenants – but the building itself is soundly constructed. In spite of its proximity to the ocean winds and its precarious setting, the timber framed building is firmly in place, withstanding earth tremors and the effects of climate change.

Will this charming vintage building stand strong for another 80 years?

Currently, it is listed on the Gibsons Heritage Inventory, and the Gibsons Landing Heritage Society is working to have its historic importance recognized for posterity. Even so, as ever stronger winds of both climate and economic change buffet the community, the future of Ballentine Apartments is certainly uncertain.

Photos provided by Sunshine Coast Museum & Archives



Photo Credit: Gibsons Museum and Archives #1274

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Bibingka - Anton Puntavella, chef de partie, Brassica

Ingredients:
 400g jasmine rice
 1 banana leaf (optional but recommended)
 400 ml coconut milk
 60g unsalted butter, plus extra for spreading
 4 eggs
 165g sugar
 1 tbsp baking powder
 Shredded coconut to serve (optional)

Instructions
 To make galapong (rice dough), place jasmine rice in a bowl and cover with around 500ml of water. Set aside for 12 hours.
 Drain the rice, and reserve soaking liquid. Place half of the soaked rice with 1/4 cup of the reserved liquid in a food processor. Pulse until rice is finely ground, resembling a thick slurry. Transfer to a bowl and repeat with the remaining rice and liquid.
 Cover with plastic wrap and stand at room temp for 12-24 hours to soften and slightly ferment. If it is too hot, place it in the refrigerator to prevent over-fermentation.

Preheat the oven to 350 degrees F. Grease two 9.5-inch round pie dishes. Using the banana leaf, cut rounds that are around 1.5 inches bigger than the pie dishes. Make sure to soften banana leaves over the stove fire to make them more malleable and aromatic. Line the base of the pie plate with the banana leaf. You can also use parchment paper if not using banana leaves.

To make bibingka, add coconut milk and melted butter to the galapong and stir. Beat the eggs and sugar until creamed. Transfer the mixture to 2 banana leaf-lined pie plates. Bake for 30 minutes until the tops spring back when poked. Remove from the oven and allow to cool for 10 minutes.

Use a broiler or a hand-held torch. Generously spread butter on top, add extra sugar over the bibingka. Grill or brulee until sugar is caramelized. Top with shredded coconut.



An Unconventional Meeting

Written by Heather Vince

Can you recall the last office meeting you attended that also included oyster-shucking, cooking lessons or a wine tasting? Or have you ever learned to cure meat or make a duck rilette to commemorate a special occasion with your closest pals? Coho Commissary Gibsons is on hand to make your next gathering a memorable and tasty one.

"Seafood has so much mystery surrounding it, and ordering at the local fish counter can be intimidating. I love showing people just how easy it is to handle and prepare seafood like a boss chef!"

The woman behind Trish Talks Fish is Trish Whetstone, a seafood educator, and advocate for sustainable fishing practices; she is also an enthusiast for changing the minds and palates of those uncertain about seafood through fun lessons and entertaining social media content. Whetstone adds, "The Sunshine Kitchen is an inspiring and versatile facility to work in. Professional cooking course? Perfect. Bougie oyster-shucking and champagne-tasting? Top tier. Everything is top grade, so you're learning and working with the best people and equipment in a space that's both welcoming and professional."

The Sunshine Kitchen, located in Lower Gibsons, is nestled behind the busy restaurant Brassica and inside of the Coho Commissary Kitchen. The room is a multi-purpose space available to the public to be rented for group workshops, meetings, and celebrations. An impressive roster of culinary professionals here on the Sunshine Coast are ready to facilitate hands-on lessons centered around food and drink.

Tobi Tonis, an Executive Assistant with Howe Sound Pulp & Paper was looking for a team-building activity on par with what can be found in Vancouver but wanted to avoid having the staff travel into

the city. Tobis connected with Andrea Bothma, General Manager for Coho Commissary Gibsons to help come up with a tailored solution, which resulted in bringing in renowned chocolatier John Downs of Christopher Norman Chocolates to lead the team to make their own bespoke chocolate bars to take home.

“People love chocolate,” Downs shares emphatically.

Before moving to the Sunshine Coast, Downs and his partner had a storefront business in downtown New York City, just a few doors down from the Stock Exchange. It was not uncommon for their team-building workshops to be attended by Wall Street suits, bankers, and lawyers.

“Teaching is something I enjoy doing - passing on the information and inspiring people who are there to learn. Likewise, I enjoy learning about the people in the kitchen with me and what they do.”

While members of Howe Sound Pulp & Paper were interacting with chocolate in a new way, Coho Members in the Commissary Kitchen could be observed busy perfecting their own recipes at their stations. “The Sunshine Kitchen and Coho Commissary in Gibsons is a fabulous facility; it gives people who are just starting out an opportunity to build a business,” Downs noted. “And the energy is so positive and encouraging and it makes anyone feel they

can make a business. It’s a wonderful addition to the Coast.”

On occasion, the Sunshine Kitchen is reserved for more intensive workshops, such as full-day wine-training sessions with certified Sommelier Keith Nicholson, complete with an exam that awards successful students with a ‘Level 1 Wine Award’ certification with the internationally recognized qualifications provider Wine & Spirit Education Trust (WSET).

If school days and exams are long in the past for you, it might be worth getting a group together to enjoy a fun night of wine tasting without the test, or, depending on your dating style, bringing a new romantic interest to learn how to filet a fish—or ‘Sockeye Slay’ as Trish Talks Fish calls it.



Gibsons Yacht Club

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Caption: Happy hour is only a dock away when GYC boaters gather to compare notes on the day at sea.

You’ve just moved to the Sunshine Coast and probably marvel at all the amenities it offers. You could join a golf club, a fitness group, volunteer for a worthy cause like Community Services or the Healthcare Auxiliary. But if you are like my husband and me, you might opt to join the Gibsons Yacht Club, a perfect way to meet people who share our love of boating and being on or near the water. Twelve years later, we value our friendships and mutual appreciation of all things nautical.

Back then, as newbies to boats (even the insurers would not believe we had “no experience”), we retired professionals entering a new phase of “beginner mind.” We had all the desire but none of the experience to know how to set an anchor, tack into the wind, or even figure out which way the wind blew.

That’s where the GYC proved to be our life jacket. We didn’t

just join a club, we joined a community which practiced safety on the water, helped each other to understand the workings and repair of sail and power boats, and nurtured our naïve selves on cruises to places we’d only dreamed of seeing: Desolation Sound, the Gulf Islands from the water perspective and further north to the Broughton Archipelago, the central Coast and even circumnavigating Vancouver Island.

The wisdom and generous sharing of expertise comes at no extra cost when you join the club. Everyone here, whether they have a boat or not, loves to share tales of adventure, misadventure and man-against-the-elements sagas. Camaraderie which begins during the sailing season is continued throughout the year as the club keeps its members engaged with social events, technical talks, water safety and environmental best-practices.

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Caption: The salute to the Commodore at Sail Past marks the official start of boating season for GYC. (And releases us from having to salute him every time we pass) Photo Credit Gibsons Yacht Club

A few years ago, the club bought a 27-foot sailboat which subscribing members could use for a whole year. Not everyone can afford to buy a boat, maintain it, pay for insurance, moorage and upkeep. Solution? The Club Boat program. That first boat was such a success that two more have been added to the fleet. It's the perfect answer for those who want to keep their toes in the water without spending their retirement fund to do it.

There is a second aspect of belonging to the Gibsons Yacht Club that is singularly appealing. Each spring and fall, the Cruise Master issues itineraries for a Gents' Cruise (to get the winter kinks out in late March), a Spring Cruise to Desolation Sound and a Fall Cruise to the Gulf Islands. These cruises are a perfect way for boaters to share the beauty of the West Coast in a cohort of supportive, knowledgeable and fun companions.

While there is a vast array of boats and experience, members of the club share a common love of the ocean. Joining together to explore the places most people will never have a chance to see, gives each of us a sense of how Captain Vancouver and his crew must have felt when they first discovered our glorious playground.

Article & Photos Submitted by Gibsons Yacht Club.

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In 1996, while still living in Vancouver, Lesley Roberts had a vision to produce quality organic cotton handkerchiefs that would be long lasting and better for Mother Earth than disposable paper tissues. She named the business Hankettes™. Over time, customer requests for other reusable organic cotton products resulted in her and her team making many other items such as reusable coffee filters, tea bags, cosmetic squares, and baby wipes to name a few.

Looking to get out of the city and drawn to Roberts Creek, Lesley, her husband Rob, and their two young kids moved to an enchanting, wooded acreage in 2001 to homestead, build a house (with their own hands), homeschool their kids, grow food, and continue the business. At that time, Hankettes™ was primarily wholesale throughout Canada, the USA and some abroad, as well as a small amount of retail web sales.

Things evolved organically when Lesley met Lyrae who made botanically based body and home care products. They realised how well their concepts meshed so embarked on The Good Life Collective, a collaborative effort to promote their combined 100's of products to the wholesale market. Everything went well and then the 2008 financial crash hit. Lyrae decided to leave the business and offered to sell her stake.



Rob and Lesley agreed with their then land partner, Robin Wheeler (beloved author and food security activist) to continue making the products. Within a year or so all their wholesale accounts started going out of business. To stay in business, they flipped their business model from wholesale to primarily retail sales. They started selling at local markets and more online. It was during this time the business name morphed from Hankettes™ to Eco-Freako™ to better encompass all the products they offered.

When Robin passed away a few years later, she had already been mentoring Amanda-Rae Hergesheimer (Mudgirls Natural Building Collective) to create all the amazing botanical body and home care items, which she continues to do.

Come 2015 with the kids recently moved out, Rob and Lesley were ready for new adventures! First, Lesley and Rob created The Roberts Creek Directory of Everything with the primary goal of community building. This initiative continues to produce a printed booklet every other year.

Next, a perfect opportunity presented itself and on August 1st of that year Freako's L'il Shop in the Village opened its doors. Located in charming "downtown" Roberts Creek and surrounded by several other establishments, including the historic Gumbo Café, Eco-Freako™ found its magical home.

Originally the idea for the shop was to offer Eco-Freako™ products exclusively. As Lesley and Rob were setting up shop, they embraced the idea of showcasing the beautiful works of other local folks. So, that is what they did.

Three weeks later Lesley was in a car accident leaving her unable to do much for months and with diminished ability for years. Fortunately, this circumstance led the way to collaborate with Anita and Kenji of Gaia's Fair Trade Gifts who were looking for a venue to display their beautiful Fair Trade goods. Another lovely mesh of ideology and concept. Last year Kenji and Anita decided to retire, and Lesley and Rob absolutely decided to keep supporting all the lovely Fair Trade initiatives.

To experience the shop is a pleasurable treasure hunt. You will find Eco-Freako™ products and works from over 35 local artisans, artists, and authors. Nicola Blakey's art cards and paintings, Veronique Williams' jewelry, Michael Wilson's books, and so very many more...plus all the Fair Trade items such as beautiful baskets from Ghana, fun stuffies and crayons from Ecuador, and all kinds of wares from Nepal and Bangladesh.

With its peaceful, inviting atmosphere and plentiful offerings from the Sunshine Coast and around the globe, Eco-Freako™ is an amazing shop to explore for locals and tourists alike.

Article & Photo submitted by Leslie Roberts, Eco-Freako



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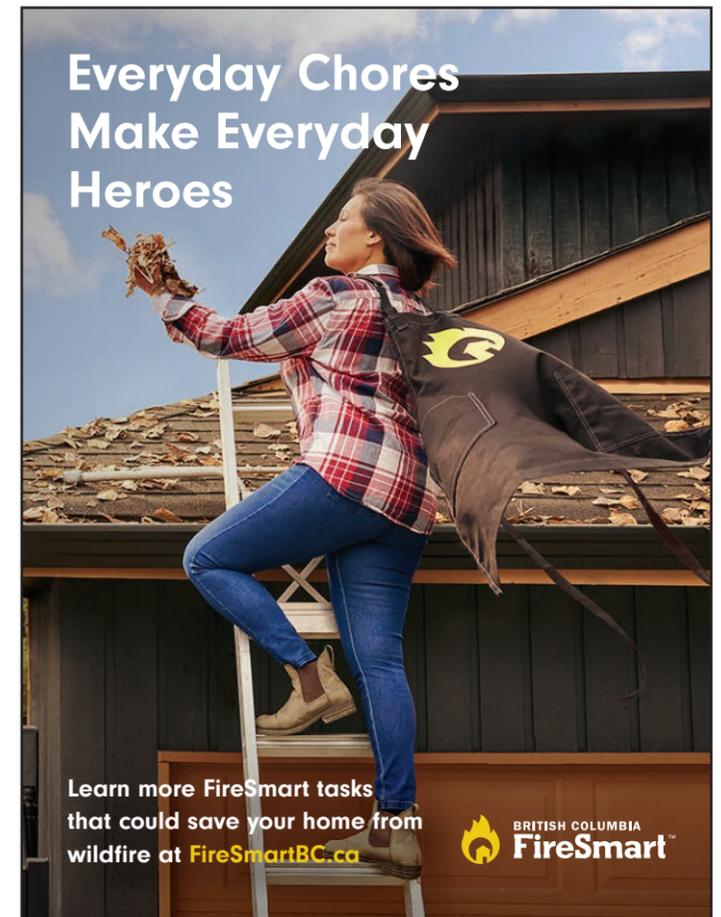
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Local markets are good for your mind, body, and soul.

Written by Shannon Hobson
Photo Credit CBR Photography



“Peace of mind”

As customers and vendors of a local community market, we want to have peace of mind that we are keeping sustainability at the forefront of our minds and supporting local economies to the best of our ability.

It seems to be a broken record now-a-days, but sustainability is the main topic of many conversations. Local markets usually have vendors that live very close to the market they sell through. This not only reduces their carbon footprint, via reducing the need for long-haul delivery and transportation, but many vendors tend to focus on the simplest packaging and marketing materials thus reducing overall waste. I know many vendors that now use biodegradable cellulose packaging for microgreens or bread, whilst others offer products in reusable glass jars. Many artists around the Sunshine Coast use foraged materials for their one of a kind art pieces, for example beach wood or beach glass, or they tend to upcycle items, like using old clothing to make new, or repurposing silverware to make beautiful ocean breeze wind chimes.

“Treat your body like a temple”

Farmer’s markets are a great place for local food producers, small time gardeners with extra produce, local seed collectors and the like to have a close and supportive place in the community to sell their items, which is good for your health.

I always tell my clients that seasonal eating is something



important to focus on. Nature has a way of knowing. When something grows during a specific season, it is said to have the highest nutritional value for that season, which means if you eat it you gain the greatest benefit from it.

Local farmers tend to use fewer chemical interventions to grow local produce as their yield of production is smaller, i.e. producing for the local population/community/visitors. Local food vendors tend to use less preservatives in their minor processed-food items, i.e. baked goods, as they usually make these fresh on the day of the market, so no preserving is necessary. Less chemicals means better for you.

Markets are a great place to explore new and tasty treats. There is never a dull moment at local markets where you can find tasty treats in all shapes, colors, sizes, and flavors. Food items tend to be handmade so they are usually fresher, made with better ingredients, and smaller in size. Seasonal vegetables, fresh fruit, homemade baked goods, unique flavors, exotic choices, and more. Markets are a great place to try something new in moderation, so your taste buds are happy, but so is your waistline.

Local markets support local businesses, and every business needs to start somewhere. Farmer and artisan markets are not somewhere you automatically think to start a business, but it’s the best place! Low overhead costs, sometimes as little as \$20/vending spot, instead of crazy brick and mortar rental spaces, which cost a fortune in rent, insurance, utilities, etc. As a young, or old, entrepreneur (because you can start your dreams at any age) a local market is a great way to know if people like your product and help you determine if you should continue to invest in your budding business.

Local markets keep the arts alive in the community through local artists and creators. Throughout history there had never been a time that arts, crafts, song and dance didn’t have their place. Oil paintings hung in castles, people used pottery for serving food, metal work for battle, poets sung songs of love and war, now these are old-timey examples, but today art brings conversation, critical thinking, creativity, and love into our homes, offices, cars, and to our general daily lives.

Socialization, what we need right now more than ever. To keep sane, it is best to get outside and socialize with like-minded people, the local market can allow you to do just that. It’s a great place to ask questions, chit-chat with vendors, get creative juices flowing by seeing others items, and have interesting conversations about like-minded topics.

“There is immense power when a group of people with similar interests gets together to work toward the same goals.”

Local markets make for strong community bonds. We get to know our neighbors, kids can socialize, dogs go on walks, people laugh, listen to local music, eat tasty food, and they bond. I have seen many smiling faces at a local market and heard many suggestions of how to grow, plant, make, or find something that a person is in need of. Local markets are the heart of any community, so get out there and support them!



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the folks of the Sunshine Coast
We look forward to seeing yours the next time!!



White Hummingbird . Janet Slater CC



A Merganser Yakking...to no one .
Trail Islands. Frank Thorburn CC



You Are A Mess .
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WOMEN'S GOLF SPOTLIGHT: RHONA LAW



In her mid-40s, Rhona Law reached an impasse. She was a single mother working in the pulp and paper industry who woke up one morning and said to herself, "I don't want my children thinking this is the only thing they can do." She quit her stable yet boring job, and decided to radically alter her career plans, entering the golf industry.

She began her new adventure working at golf facilities in Northern BC, and eventually gained the confidence and skills to pursue membership in the PGA of BC. Since earning her status as a professional, Law has shown a strong commitment to teaching and helping the next generation of golfers improve. She said one of her key goals is to introduce beginners to the sport and help them avoid frustration and stick with golf. Recently, she took up her current position as a Class "A" Teaching Professional at Blue Ocean Golf Club in Sechelt.

"I started practicing. And I applied for membership. I did my Playing Ability Test, and here I am. I'm proud of the fact that I had the guts to just go do it. My happiness is more important than my paycheque."

Despite a later start in the industry than most, Law has enjoyed an illustrious career with some cherished memories to hold onto along the way. Her teaching abilities have given her unique opportunities, including the chance to play with a legend of the sport.

"When I was younger, I had the opportunity to play at Torrey Pines with Billy Casper. I worked for his golf school, and Billy would come visit the students. Billy and I and a couple other camp counselors went to play Torrey Pines together. It was a real thrill! I mean, playing with a Masters winner is awesome," said Law. "But a better memory is the fact that a few years ago, I got to play in the best foursome of my life. That consisted of my dad, my sister, my son and me. My dad is in a retirement home now, he just turned 89. He still talks about, 'Remember

that time when we all went out to play golf?' That's the best story I can tell people, when I'm trying to talk them into, 'Hey, give golf a try,' because this is what you can do."

The positive and grateful attitude that Law carries has guided her to sustained success and a wealth of professional options. She said she is motivated every day by her peers in the Association, as well as seeing her students gain love for the game as they make progress with her as their guide.

"If I can make anybody's day better, that gets me up in the morning. If I can put a smile on your face, that gets me up in the morning. If I can say, 'Hi, how are you?' and you're doing great, that gets me up in the morning. I'm living the dream. Look at me now, I'm living in one of the most beautiful places in the country. I'm working with the greatest team in the golf business. I'm a member of an Association that I never thought I would be good enough to join. It's such a great family. I wear the maple leaf on my shirt right next to the PGA of BC logo with pride, you better believe that gets me up in the morning."

Law said she hopes to act as a role model to other women, and to show them that they can have fun and be comfortable on a golf course. She recognizes that women face additional barriers and challenges that are not present for male golfers. For example, when Law worked in Northern BC, she was approached by a young single mother who wanted lessons but was apprehensive as she also had to look after her child and didn't know when she would have time. Law responded by telling her to bring her child to the lessons, and that they could watch them together. Now, Law said she makes sure to tell her students that they can bring their own children: "The important thing is that the student actually comes out and plays!"



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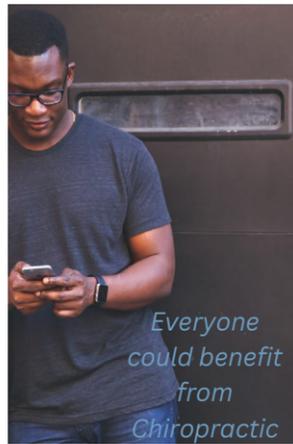
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The presence of more female professionals will serve to increase overall women's participation in golf, according to Law. She has noticed a difference in engagement and excitement among others when she coaches.

"There's not as many women working in the industry and I think the game of golf could grow. These women who are a minority of the golfers in our province, but they're out there and they want to learn, when they hear that there's a woman teacher coming, they're like, 'Hallelujah!' Women, especially when they're new to the game, they're intimidated. So, when they see a woman like me come to teach, they're going, 'I think I can learn something from her.'"

Law shared some invigorating advice for other women hoping to break into the industry and become professionals themselves.

"It's easy, do it, pull up your socks, let's go! We've got the resources; the Association has the resources. They'll give encouragement, and they really want more women in the business to grow the game. So, just do it. Simple as that... Why do I want the game to grow more among women? Because I want more friends to play golf with. If I'm playing with three other girls, I have their undivided attention for four and a half hours. Can you imagine what we talk about? You don't even want to know!"



Artice & Photos Submitted by Rhona Law,
www.rhondagolf.ca



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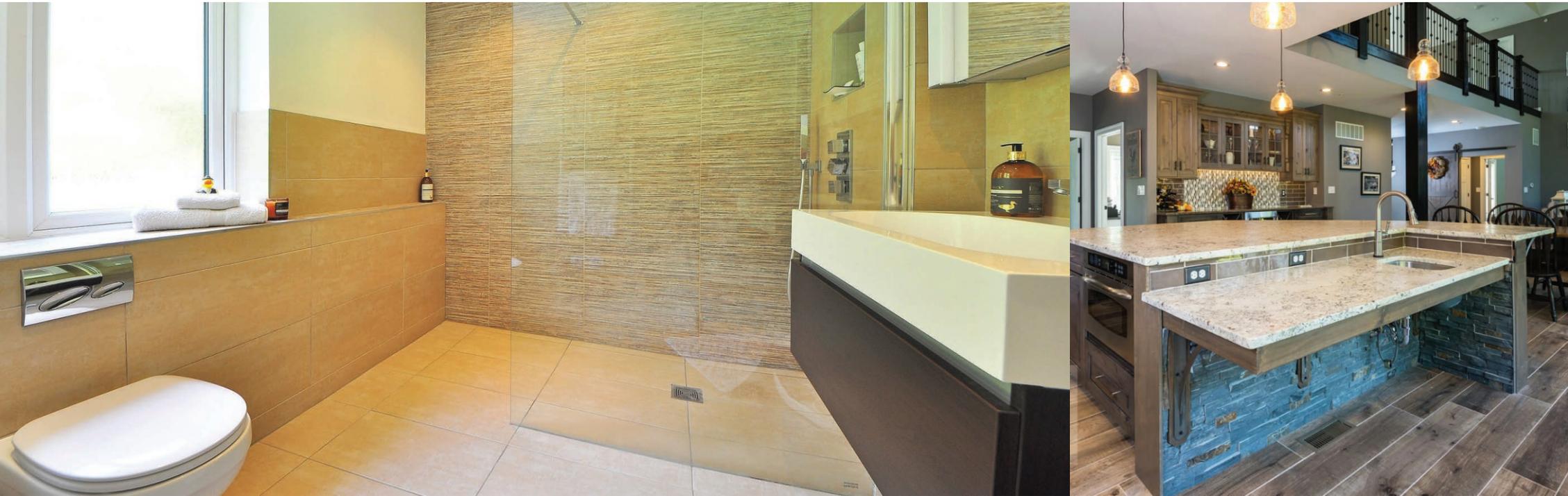
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Home is where the heart is

- keep it that way!



There are lots of expressions related to the concept of 'home': Home is where the heart is; Home sweet home; There's no place like home. That is because for most people, there is something indescribably special about home. We spend a lot of time there: it's estimated that Canadians spend around 60% of our time at home – whether sleeping or while awake. Your home is not always perfectly the way you would like it to be, but it is familiarity, safety, and your nest. Almost everyone, no matter what age, would express a preference for staying in their home into their oldest years, versus moving to a supported living facility such as assisted living or residential care. Despite our preference to stay at home, market analysis suggests that over 80% of Canadian homes need to be modified to be suitable for aging-in-place, thus creating a problem.

It's not just older adults that may be invested in considering this conundrum though. Life throws up surprises such as accidents, injuries, and medical conditions we didn't see coming, but suddenly require a change in the way we live. And that includes changing the home so that the home works well for someone with changed functional abilities, rather than the home becoming hard work and largely inaccessible. Consider someone who suffers a spinal cord injury, a stroke, or a hip fracture from a fall – with these conditions, immediate changes will need to be made to the

home just for the person to be released from hospital and get through the front door, let alone actually 'living' once inside the house. People with progressive conditions such as Parkinson's Disease and dementia would also benefit from anticipating the changes that are likely at some point in the future, and adapting the home accordingly.

Due to house prices being so high nowadays, a lot of people are choosing to renovate their homes rather than moving. Moving may be the best option in some cases e.g. to move closer to local amenities; not having to deal with a yard that was once a fun pastime, but now feels like an endless chore. However, the physical, cognitive and psychological energy it takes for the whole process of moving, and then settling in a new home and surroundings, should not be underestimated. If the thought of moving feels difficult now, the likelihood is, it is only going to become more difficult as time continues to chip away at our personal resources.

Staying in the same home, despite the functional changes that come with aging and health issues, is what the increasingly used terms 'aging-in-place' and 'lifespan living' are all about. Early planning for flexible and periodic adaptations to the home often prevents the need for costly renovations down the road. Having a longer-term plan for your home could enable your kids and grandkids to

cohabit in the space and later on, for the adult children to support their aging parents in the same home. This would be a partial solution to the desperate shortages of both childcare and older adult home support, in which the demand massively outweighs the supply of workers. For larger properties, having an adjacent auxiliary building has become an increasingly viable and comparatively low-cost solution. It is an investment in many senses; not only financially, but also it is an investment in the continuity of familiarity and the upholding the memories of the home, which is hard to put a value on.

For sure, it is quite a shift in mindset from reactionary to proactive decision-making and it requires spending upfront rather than putting off shelling out money to the future, which can be a bitter pill to swallow. However, the proactive approach ensures a greater likelihood of more satisfying outcomes. It's the best way to make sure that home stays where the heart is, rather than the home becoming a head and heart ache. To learn more on how Tom can assist you: www.livingbydesign.ca

Written by Tom Grant, Occupational Therapist for Living By Design

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Creamy coconut & strawberry dessert



2/3 cup Greek yogurt (use dairy free yogurt if preferred)
2 Tbsps. coconut cream (use the fat part from a tin of coconut milk)
1/4 cup vanilla or strawberry flavored whey or rice protein powder (optional)
1/2 cup fresh strawberries, hulled and chopped (reserve a few for topping)
1 tsp. unsweetened coconut flakes

Place the yogurt, coconut cream and protein powder (if using) in a bowl and mix until thoroughly combined. Stir in the strawberries.

Transfer the mixture to a serving bowl and top with the coconut flakes and remaining strawberries.

Serve.

Refrigerate any leftovers for up to 2 days.

SERVES 1



PER SERVING:
413 Calories
18g Carbs
38g Protein
21g Fat

Spaghetti zucchini



2 tps. organic butter or coconut oil
3 small white onions, finely chopped
sprig fresh basil leaves and stalks, chopped roughly
17 1/4 oz. lean ground beef/vegetarian alternative*
1/2 cup closed cup mushrooms, sliced
1 vine-ripened tomato, diced
1 stick celery, finely chopped
1/2 green bell-pepper, diced
4 cloves garlic, finely chopped
1 x 400g can chopped tomatoes
2 Tbsps. tomato purée
4 large zucchinis
salt and pepper to season

* Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Heat the butter or oil in a frying pan, over a medium heat. Sauté the onions until soft. Add the chopped basil and fry for 30 seconds. Add the beef and season well with salt and pepper. When the meat is browned, add the mushrooms, vine tomato, celery, bell-pepper and garlic.

Cook gently for 5 minutes. Add the canned tomatoes and purée. Cook over a medium heat for 20 minutes.

Chop the zucchinis into thin spaghetti strips or use a vegetable spiralizer if you have one. Steam gently for 3-4 minutes or until cooked to your liking. Serve.

Once cooled, store any leftover sauce in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 4



PER SERVING:
348 Calories
20g Carbs
31g Protein
16g Fat

Summer is a great time to make healthy food swaps that can help you feel your best and enjoy all the fun activities the season has to offer. Here are some food swaps to try this summer:

1. Swap pasta for zucchini noodles: Zucchini noodles, also known as "zoodles," are a great substitute for traditional pasta. They are low in calories and carbs, and they are a great way to add more vegetables to your diet.
2. Swap chips for air-fried yams: Air-fried yams are a great substitute for traditional potato chips. They are lower in fat and calories than fried chips, and they still provide a satisfying crunch.
3. Swap ice cream for Greek yogurt and fruit: Greek yogurt and fruit are a great substitute for ice cream. They are lower in fat and calories than ice cream, and they still provide a sweet and refreshing treat.
4. Swap hotdogs for protein skewers: Protein skewers made with grilled chicken, fish, or lean meats are a great substitute for traditional hotdogs. They are a great source of protein and are lower in fat than processed meats.
5. Swap smoothies for protein shakes: Protein shakes made with protein powder, almond milk, and fruit are a great substitute for traditional smoothies. They are lower in sugar and calories than smoothies, and they still provide a delicious and satisfying drink.

Making these healthy food swaps this summer can help you maintain your health and wellbeing while still enjoying all the delicious foods the season has to offer. By choosing lower-fat and lower-calorie options, you can feel your best and have fun all summer long.

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DISC GOLF ASSOCIATION

This booming eco-friendly, affordable, lifelong sport - is playable by all ages, genders, and ability levels. With today's youth facing a variety of unhealthy habits and potentially dangerous activities, while people are often isolated in their homes with not much to do - getting Disc Golf into the community is a top priority!

The Sunshine Coast Disc Golf Association (SCDGA) is a fully insured and registered non-profit society whose mandate is to grow the sport of disc golf on BC's Sunshine Coast. We work closely with local groups and local area governments to build more public courses so that we can help enrich the community with this accessible - low barrier, low cost and fun for all ages sport.

Currently, the Sunshine Coast has just one public disc golf course at Shirley Macey Park in Gibsons. The course was installed in 2004 and is managed jointly in a partnership agreement between the SCDGA and the Sunshine Coast Regional District (SCRD). It's a very wooded course that plays short enough for beginners, but technical enough for more advanced players as well. It's a true gem on the BC Disc Golf scene. We also supported getting a permanent disc golf basket installed at the Halfmoon Bay Community School and are helping support the growth of disc golf to the kids. Currently HMB Elementary School has their own award winning Disc Golf Club co-coached by Retired 4x Women's BC Open Champion Michelle Divecha & Vice President of the Sunshine Coast Disc Golf Association



Trevor Connors. An enthusiastic group of kids varying in grades from 3-7 are gearing up for a fun logo design contest to run over the summer break. The winner will be chosen by the kids and the logo printed onto some discs and team jerseys; for the school Disc Golf Club. Stay tuned for community announcements!

The fun physical activity of Disc Golf promotes health, well-being, and enhances core values of respect, integrity, honesty, confidence, and sportsmanship. It is low impact, easy to learn, burns calories, and improves physical abilities, body awareness, concentration, and goal setting. It's fun and can fuel excellent competition, for those that enjoy it. Disc Golf can get exercise into daily living, while instilling positive social and life skills - for all those that play.

The importance of getting outdoors, the value of moving the body, having fun, engaging with others in good sportsmanship, following fair rules of play and focussing - does wonders for better mental health. Disc Golf provides this.

For those not familiar with the sport of disc golf, it's an outdoor sport with rules similar to traditional golf in that the player with the fewest shots (throws) over a round wins the game. In disc golf, competitors throw specialized discs to navigate the air, elevation change, and around objects on their way to a basket target, where the end goal is to get the disc into the disc catcher in the least amount of strokes possible. Full courses have anywhere from 9-27 holes, plus



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Resources: Check out Udisc, a world recognized software for the Professional Disc Golf Association, that anyone can access a mobile score card, follow live scoring at PDGA Majors, Disc Golf Pro Tour events, and locate courses, tournaments, & leagues in your area. PDGA.COM - the official site of all things disc golf. Plus of course YouTube has all sorts of great tutorials for new players and for those looking to up their skill level. Private coaching and group clinics available - email michellerenedivecha@gmail.com

“Our community needs more activities for children and adults, and Disc Golf is a wonderful low impact, highly accessible sport. For the community as a whole, the installation of some permanent disc catchers and even a full course in the Halfmoon Bay region and at the school would be phenomenal! Members of the HBCA board are excited to host events in the community this year and we plan to start including the Sunshine Coast Disc Golf Association

and its volunteers into our community offerings. This is a great way to generate tourism and quiet outdoor recreation for all. It's just what our community needs”

-Halfmoon Bay Community Association

“The Halfmoon Bay PAC supports the installation of a permanent disc golf basket in a location accessible to all students on the school grounds. The PAC funded 3 portable baskets and discs, and the Disc Golf club has been a huge success. The permanent basket installation is the next step in bringing disc golf to all kids, outside club times. We find additional recreational opportunities benefit all of our students' wellbeing”.

-Halfmoon Bay PAC

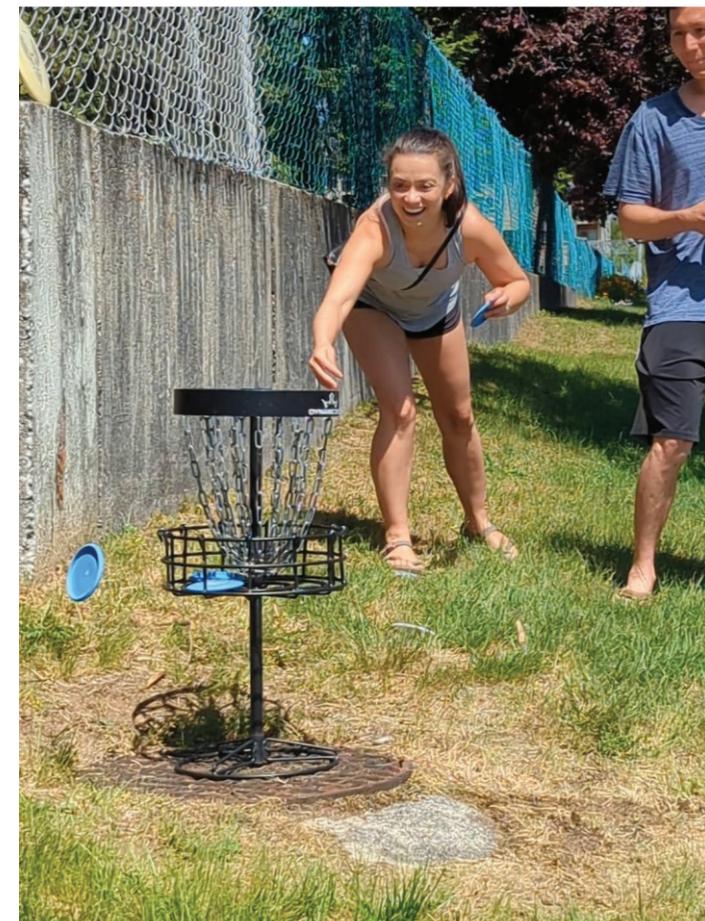
“It's been so great having disc golf equipment at the school to teach my class during our PHE classes and to have even more kids involved in Disc Golf Club. It's been wonderful to see the disc golf community grow in our school”.

-Classroom Teacher, Halfmoon Bay Elementary

“When Michelle Divecha, from the Sunshine Coast Disc Golf Association, approached me with the idea of installing a permanent disc catcher on our property to further encourage and grow the sport, I thought it was a great idea. Any opportunity to get our youth outside and active is a good thing. I strongly and fully support this initiative”

-Principal, Halfmoon Bay Elementary

Article & Photos Submitted by Sunshine Coast Disc Golf Association



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- 2 RESPECT THE COURSE**
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- 3 REPRESENT THE SPORT**
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Beat The Heat Safely: Tips To Exercising Outdoors During Summer



Summertime is the ideal time to be active. As the weather heats up, many people are also turning up the heat on their personal fitness. While exercise can be particularly enjoyable during the warm weather months, it's important to take proper precautions to stay healthy and safe.

Heat adds stress to the body because it must work harder to balance a core temperature. The body sweats more to cool down when training in hot weather. Losing that additional fluid can impact performance and lead to heat-related illnesses.

Three questions to ask yourself before exercising outdoors to help you be safe and feel well:

1. What is the weather forecast?

The first step is to check the expected weather conditions for the day. According to the National Weather Service, a heat index at or above 90 poses a significant health risk when engaging in physical activity outdoors. Keep in mind, each person has a different heat tolerance and fitness level, so this is just a guideline.

Humidity is another key factor to watch. It impacts training because the moisture in the air prevents the body from cooling as efficiently through sweating and evaporation. Plus, the body responds to humidity by sending blood closer to the surface of the skin to cool down, depriving muscles of circulation, which can cause cramping.

If weather predicts heat and humidity, choose a cool time of

day to avoid midday sun. Early morning exercise is optimal. If needed, work out indoors at home or head to your local gym.

2. What clothes are best for the conditions?

During summer heat, it's important to wear lightweight clothing that will wick away sweat to keep you cool and dry, plus protect you from UV rays. Rather than hats, opt for sunglasses and visors that shade the eyes from the sun while allowing heat loss through the head to keep you feeling cooler.

Beyond clothing, look for shaded outdoor spaces to work out, like a pavilion to stretch or a shaded park path for running.

3. How much should you drink?

Your body sweats even if you don't feel like it is. When it's hot outside, it sweats even more. Add movement while training, and you can bet you're losing fluid quickly. That's why hydration should be a priority.

Replacing lost fluid is important and the amount varies depending on your size, the weather and activity level. A good baseline is for every 20 minutes of exercise to sip at least 4 ounces of fluid.

Remember, when the body sweats it loses more than just water. That's why when training it's smart to drink a sports drink, just like professional athletes, like Herbalife24® CR7 Drive Drink with electrolytes like potassium, magnesium and

sodium to help enhance hydration and replace electrolytes lost in sweat.

Beware heat exhaustion! Even professional athletes with years of experience may push themselves too far in the heat. That proves it's worthwhile for everyone to review the signs of heat exhaustion when exercising:

- * Nausea
- * Confusion
- * Fatigue
- * Excessive sweating
- * Irritability
- * Low blood pressure
- * Increased heart rate
- * Vision problems
- * Muscle cramps

If you notice any of these symptoms, stop and find a cool place to rest, like in the shade or an air-conditioned building. Take small sips of water - cool is ideal but not ice cold. If symptoms don't subside after rest and fluids, you may need medical attention. Call your doctor's triage line with any questions or concerns.

With the correct steps, you can continue to exercise safely outdoors many days this summer. Be proactive and listen to your body and you'll feel great while striving toward your fitness goals.

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Office .604-885-8910 . Reception . 604-885-3513
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info@secheltactivitycentre.com
secheltactivitycentre.com

Oh, That's Funny!

Why did the raccoon cross the road? He saw you put out the garbage.

My dog is a genius. I asked him, "What's two minus two?" He said nothing.

We're renovating the house, and the first floor is going great, but the second floor is another story.

My boss asked me why I only get sick on work days. I said it must be my weekend immune system.

The wedding was so beautiful, even the cake was in tiers.

Mom asked me to put ketchup on the grocery list, and now I can't read what else is on it.

Wife: "Our new neighbor always kisses his wife when he leaves for work. Why don't you do that?" Husband: "How can I? I don't even know her."



Visit the Regional Museum of the Sunshine Coast!
Admission by Donation - 2 floors of exhibitions including:
Skwxwú7mesh stone tools, Logging/Farming, Beachcombers, Coastal Culture & more!



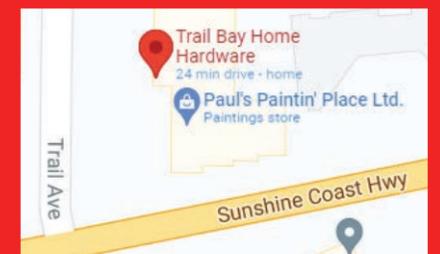
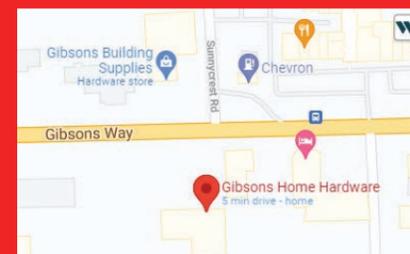
Museum Hours:
Tuesday ~ Sunday 10:30 am - 4:30 pm
716 Winn Road, Gibsons
(across from post office)
Situated on the traditional, ancestral, and unceded territory of the Skwxwú7mesh (Squamish) and shishalh (Sechelt Nation)
scm_a@dccnet.com
604-886-8232
sunshinecoastmuseum.ca



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