

SUNSHINE COAST

SPRING 2023

COASTAL VIBE

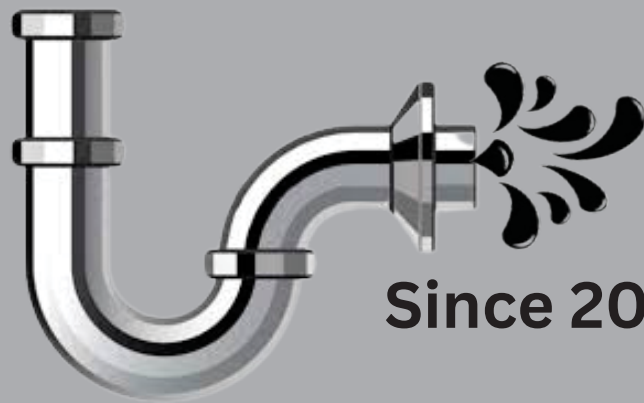
LIGHTS,
CAMERA,
ACTION

SPRING
INTO LIFE

THE GREAT FIRE
OF 1908

ELDERDOG
COMMUNITY

KELLY'S PLUMBING & GAS



Since 2009

"Our Top Priority is Your Satisfaction"

Specializing in the Plumbing & Gas Fitting Industry

Licensed . Insured . Bonded

Serving the Sunshine Coast!

Kelly did an excellent job taking care of all our plumbing needs.
Fast, efficient and very thorough
B.Taylor

Kelly does a great job and is easy to communicate with. He shows up on time and gets the job completed
Karly Winfield

Kelly Rabb . 604-816-7501

email: kellysplumbingandgas@gmail.com

website: www.kellysplumbingandgas.com

Our Summer Adult WORKSHOPS

May to August 2023



Intimate groups of six attendees
Lunch & Snacks included
Starting at \$275
If booking more than one workshop,
15% discount
\$100 deposit on booking
Credit Cards accepted

Present Moments
EQUINE FACILITATED LEARNING

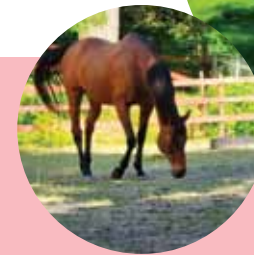


Melanie O'Leary
Earth & Soul Medicine

*you owe yourself the gift
of self care*



Ellen & Ru



ELLEN WHITE
Present Moment,
Equine Facilitated
Life Coach



Pat Robinson
Expressive Healing
Arts

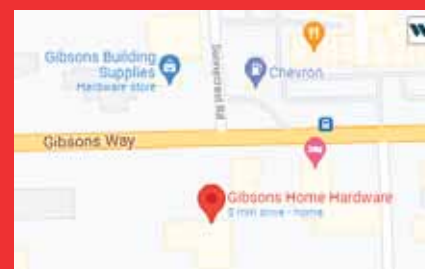
For more information & bookings:

www.presentmomentsefl.com . 604-764-9275 . presentmomentsefl@gmail.com



With 2 Locations To Serve All Your Seasonal Needs

Gibsons Home Hardware
921 Gibsons Way,
Gibsons, B.C V0N 1V9
604-886-2442



<http://www.homehardware.ca/store/51970>

Trail Bay Home Hardware
5484 Trail Ave,
Sechelt, B.C V0N 3A0
604-885-9828



<http://www.homehardware.ca/store/51784>

Our magazine is
about sharing the
heart of our
Community ~
You!

Let us know how we can
serve you

In partnership with Sunshine
Coast Neighbourhood Welcome

Sales & Distribution Enquires
coastal@vibemediagroup.ca


Follow .Tag . Like us on
 **FB Coastal Vibe**

Photo Credit: Janet Slater . Along the Coast

VIBE TEAM

Publisher & Founder
Megan Warrender
megan@vibemediagroup.ca

Editor & Marketing
Stephanie Taylor
coastal@vibemediagroup.ca

GRAPHIC DESIGN
Houle Printing

WHERE TO FIND US

The Coastal Vibe is located in many locations on the Sunshine Coast,
for a full list please visit our website at: <https://vibemediagroup.ca/>

*Are you a New Resident to the Sunshine Coast?
Call/Text Stephanie @604-992-6261 for your
FREE Neighbourhood Welcome package TODAY!
or welcometothecoast2020@gmail.com *
please include best number to reach you

CONTRIBUTORS

WRITERS

Rhona Law
Heather Vince
Mikayla Custance
Shannon Hobson

PHOTOGRAPHY

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

Brian Coxford
Heather Jeal
SC Museum & Archives

Susie Browne
Pamela Fayerman
Phil Harrison
Cheryl Linsley
Janet Slater
Bruce Pond
Frank Thorburn
Carol McKee
Margot Hallman
R. Taylor
Linda Mitchell
Karen Wells



Letter from the Editor

Stephanie T.

"Welcome the challenges. Look for the opportunities to learn and grow wisdom" Brian Tracy

In life we are brought opportunities, but it is what we do with them, that makes the biggest difference in our lives. What I've found as I reflect back on my life is that a lot of my past experiences were a prelude to what was to come in the future.

The biggest gift you get in life is the small stepping stones that lead to greater things. It's the challenges that open up your eyes to the possibilities of what you "can" accomplish. It's about stepping past the fears of what others may think, pursuing what's truly in your heart and taking those steps to learn what's needed to grow.

It's discovering your greater purpose, your dreams, your gifts, your talents, and building or leaving a legacy for the next generation. The challenges you may face are; self-doubt, lack of courage, feelings of not deserving or you're good enough. It's not listening to others who can't seem to see past staying comfortable where they are, and then wanting you to do the same. I heard a quote recently "Sometimes the people closest to you, can't see the greatness in you".

I challenge you to sit back for a quiet moment and look at the many great opportunities that have crossed in front of you. What has held you back? Is it trying something new and thinking your going to fail? If a child stopped trying to walk, they would crawl for the rest of their life.

We are going into our "third year" with the Coastal Vibe magazine. Within these pages I hope you feel the love, and care that goes into each issue. It's an opportunity to give back, share stories and the gifts of those around us, support the beautiful community we call home. Also, to pursue what's truly in my heart...be of greater service to others. Thank you all for your encouragement, kind words and allowing me to share my gifts with you.



Reflections

Bed & Bath



- Duvets
- Pillows
- Bed Linens
- Sleepwear
- Throws & Cushions
- Towels
- Soaps
- Bath Accessories
- Candles & Gifts

5668 Cowrie St ~ 604-885-4893

@reflectionssechelt www.reflectionsbedandbath.ca



- Personal Tax Returns
- Small Business Tax Returns
- Payroll
- Foreign Asset and Income Reporting
- Corporate Tax Returns
- GST Filing
- Rental Income
- Trust & Estates
- Bookkeeping
- Compilation
- Consultation



"Your Finances Matter"
Book Your Appointment Today
604-886-7882
vincent@eagleaccounting.ca

GIBSONS HERITAGE THEATRE

Lights, Camera

Action



Photo of a scene from Howe Sound Dramatic Society's performance of "Bachelor's Honeymoon" at Womens Institute Hall, Gibsons Landing, c1935. Florence Wiren (nee Charman), Jim Drummond Sr., seated, Roby Kidd are rightmost 3. Photo Credit Gibsons Museum and Archives photo #653.

written by Heather Jeal

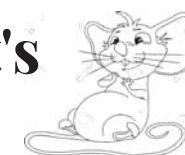
It may be renowned for a TV series, but Gibsons – and the Sunshine Coast – also features a rich and vibrant live theatre tradition. Drawing on the talents of local writers, costumers, musicians, dancers, actors, and directors – both amateur and professional – a bevy of players prove that “all the Coast's a stage.”

And the troupes didn't always need a stage to perform. School gymnasiums, parks, restaurants, art galleries, museums and churches have all hosted play performances and readings, improv, dinner theatre, and revues.

One of the most venerable theatre societies, Driftwood Players, sets the standard for production values – even to the point of creating a prime performance venue out of a deteriorating maintenance shed. Gibsons Heritage Playhouse now sits on nicely landscaped grounds at “Heritage Corner” – where the junction of Gibsons Way, North Road and School Road is anchored by Gibsons Heritage School (built: 1911), St. Bartholomew's Anglican Church (1892) and the Playhouse (originally constructed during the early days of the Depression as the Howe Sound Women's Institute Hall). From its grand opening for a community dance in 1929 to its current incarnation, the building's interior has morphed from a hall to a school annex, a gymnasium, a maintenance shed, and finally an intimate venue for live performances, lectures, film screenings, readings, dance recitals, and community events.

The Women's Institute borrowed from local resident William Edwards to purchase the property and hired Gibson's carpenter Fred Fisher to supervise the hall's construction by volunteer labour. Fred's salary, a whopping \$6 a day, the cost of materials, and the repayment of Edwards' loan, were all funded by the HSWI (Howe Sound Women's Institute) through bake sales, bazaars, twice-weekly dances during tourist season, and winter performances by the newly formed drama club (a forerunner of Driftwood Players). By 1941, the building – now debt-free – had become a drain on the HSWI resources and it was handed over to the School Board which had

Oh, That's
Funny!



Knock, knock.
Who's there?
Ice cream.
Ice cream who?
ICE CREAM SO YOU CAN HEAR ME!

Why do hummingbirds hum?
Because they don't know the words!

How do you get a squirrel to like you?
Act like a nut

Why are blonde jokes so short?
So men can remember them

What did one toilet say to the other?
You look a bit flushed

I told my wife she should embrace her mistakes...
She gave me a hug

What do you call a sleeping bull?
A bulldozer

When potatoes have babies what are they called?
Tator-tots

Save a bunch
with a bundle

Save \$110/mo for 24 months
1Gb Fibre Link Internet + TV + Smart Home

\$109⁹⁵/mo

Regular price \$219.95/mo



Call us today at
1-888-345-1111

eastlink

*Certain conditions apply. Taxes, and movie/event rentals if applicable, are extra. Offers valid for a limited time, while supplies last and subject to change without notice. Available to new customers (new customers means not have subscribed to Internet, and TV within the past six months). Your promotion consists of monthly savings off the regular price. If the regular price increases, your monthly price will increase, but you will continue to receive your monthly savings during the promotional period. Changes to your services may result in loss of savings. At the end of the promotional period, the regular price will apply. Professional installation fee of \$69.95 may apply. Bundle displayed include unlimited Internet data. Smart Home packages are conditional upon entering into a 3-year (36 month) service agreement. Monthly equipment fees apply and vary by the equipment selected. If this agreement is terminated or your services are cancelled prior to the end of your term, you will be required to pay an amount that is equal to the fair market value of the total equipment provided to you pro-rated based off the number of months remaining on your term.

WEST COAST WILDERNESS LODGE

CELEBRATE THE START OF

SPRING

WITH SOMETHING TRULY

SPECIAL

BOOK 3 NIGHTS IN MAY USE CODE MAY23

AND GET THE 3RD NIGHT FREE

Join us at our oceanfront lodge for 3 nights in May and get the 3rd night on us! Take in breathtaking views of Sechelt Inlet with your meal, venture out in a kayak, or kick back with a beverage on our expansive waterfront decks. [Reserve Now!](#)

CALL NOW TO BOOK

WEST COAST WILDERNESS LODGE
778.280.8610 | WCWL.COM

Mark's

Clothes That Work

Mark's

At Mark's, we stand by all things simple in all that we do. So, whether you're gearing up for your job or easing into your downtime

Refresh your closet at LOWER prices!

- Women
- Men
- Accessories
- Shoes
- Workwear
- Work boots
- Shoes

Gibsons location locally owned & operated to serve you

604-886-4626

Unit 15-900 Gibsons Way, Sunny Crest Mall
Gibsons, British Columbia
OPEN 7 DAYS A WEEK!



Members of the Gibsons Athletic Association (Club) men's team, at the Women's Institute Hall. Front L to R: Sam Topham; Norm Berdahl; Roby Kidd; Les Peterson. Back row: Mert Davies, coach; Walter Peterson; Hugh MacDonald, Marvin Kullander; Fred Holland. Photo Credit Gibsons Museum and Archives photo #925.

the financial means to continue operating the Hall as a community resource.

The newly renamed School Hall did indeed become a community centre. And an overflow classroom for the Baby Boomers attending Gibsons Elementary and Gibsons High School during the 1950s. Construction of the new elementary school and high school buildings in the 1960s made the school hall redundant as an auxiliary classroom, and the building was repurposed as a maintenance shed. When the School District maintenance department moved to its new facility in the late 1980s, the building sat empty for a decade.

Enter the Gibsons Landing Heritage Society. The GLHS counted among its Board members two stalwarts of Driftwood Players and a descendant of a pioneer family. These three saw the heritage value of the building and its potential as a restored community hub for the arts in Gibsons. In 1989, the Heritage Society was instrumental in pressing the Province of BC to pass legislation designating the Howe Sound Women's Institute Hall as a Heritage site. Driftwood's Nest Lewis and Colleen Elson lobbied the Town of Gibsons to acquire the Hall and lease it to the Society to give it new life and purpose as a theatre – and an outstanding Millennium Project.

Fred Inglis was instrumental in creating the redesigned interior, featuring raked seating and a “pit” stage that ensured unobstructed sight lines from each of the theatre’s 144 Art Deco seats (from Vancouver’s Starlight cinema). Once again, volunteers provided labour and fundraised for the reconstruction. The newly renamed Gibsons Heritage Playhouse formally opened its beautiful front doors (hand-carved by artist Bradley Hunt) for its first production in June, 2000, *Arsenic and Old Lace*. (An earlier production of *Steel Magnolias* in the playhouse’s first configuration, with the stage at the Gibsons Way end of the building, gave the players a feel for the building's potential.) That opening night, the culmination of a decade-long effort to realize the potential of the derelict Women's Institute Hall / School Hall / Maintenance Shed , was a triumph for Nest and Colleen in, and for all the members of Gibsons Landing Heritage Society and Driftwood Players who brought the dream to fruition.

Driftwood, as the longest-running of the Coast's

theatre groups, is also among the most innovative – launching “travelling” and “pop-up” productions to present plays in venues from Langdale to Pender Harbour, fostering the Driftwood Theatre School to train aspiring actors from age 5 to adult, and working with local dance schools to incorporate choreography into musical productions. Refusing to be bounded by walls, Driftwood has carried performances to the Library, Museum, Public Art Gallery, parks, and schools. After decades



A postcard photo of the 1939 Howe Sound High School grads at their graduation dinner at the Womens Institute Hall. Photo Credit Gibsons Museum and Archives photo #1386.

Whether it's traditional, modern or something in between.

SYNERGY KITCHEN, CLOSETS & BATHS

can transform your space to reflect your personal style, yet always keeping in mind of our clients time & budget.

Our core commitment to our clients ~ Beauty, Value & Quality is demonstrated from design to final completion

Contact us for the Top Kitchen

Design Trends of 2023!

1877 Field Rd, Unit #2 , Sechelt B.C
604-740-3137
srl@synergykitchens.com
synergykitchens.com
synergykitchenswilsoncreek

Come In & See Our New Showroom!
New 2000 sq. ft. Kitchen, Bath & Closet Design Center



A photo of members of the Howe Sound Dramatic Society on stage at the Women's Institute Hall. Telford; Heino; Inglis; Wiren; Lowden; Skytte (nee Chamberlin); Atlee; Clarkson; Trueman. The play is unknown. Photo Credit Gibsons Museum and Archives photo #772.

of performances, the Players accumulated a wealth of costumes – all of which they generously rent out to the public. The group holds a call for submissions of plays to be considered for future productions, and the Play Reading Committee meets bi-weekly to review the plays. Their website, driftwoodplayers.ca, provides a link for information

contribute more: <https://heritageplayhouse.com/>

Most of the early performances at Heritage Playhouse were documented by photographer Daniel Bouman. Dan's crisp black and white images, displayed on regular rotation in the lobby, perfectly reflected the building's retro mid-century

for people interested in submitting plays, auditioning, renting costumes, investigating Theatre School programs and volunteer activities, and checking out upcoming productions.

Although Heritage Playhouse is the anchor location for Driftwood Players, it also hosts a wide variety of touring and local performers who appreciate the intimate venue's acoustics and sightlines. For more information on coming attractions, or other ways to

vibe while recording highlights of classic comedies and dramatic performances.

As the popularity of digital photography and videography continues to grow, as technology puts improved equipment within reach of every one of every ability and interest. Often, the Heritage Playhouse volunteers manning the ticket sales tables or refreshment stand or serving as ushers (and who all get to see the performance for free as a thank-you) will double as event photographers, sharing their scene captures with local media.

Many of the volunteer photographers are also members of the Sunshine Coast Camera Club (SCCC), which meets on the first and third Tuesdays, September through June. Through its online and in-person meetings, the club provides opportunities for members to learn from professional photographers, showcase and critique members' work, and advance their skills while building friendships. Founded just a decade ago by professional photographer Mark Benson, the SCCC members now participate in national competitions, access educational resources, and connect with other clubs across Canada through its connection with the Canadian Association of Photographic Arts. Learn more: sunshinecoastcameraclub.ca.

So, whatever your passion be it on stage, behind the scenes, catching the right camera angle or perfect shot, be a volunteer. This is a great way to discover hidden talents and just have some fun!



A postcard photo of members of the Howe Sound Dramatic Society in costume performing the play "Ghost Train" probably at the Women's Institute Hall in Gibsons Landing. Photo Credit Gibsons Museum and Archives photo #782.



The Womens Institute Hall, located at corner of North Road and Hwy 101. Photo credit Gibsons Theatre and Archives photo #1334.



Your dream burger shouldn't break the bank. We offer 100% customizable burgers and smokies with unlimited toppings, as well as flavorful fries, mouthwatering milkshakes, and more!



Voted #1 Burger on the Coast Two Years in a Row!

5666 Cowrie St Sechelt
(604) 741-0463
 Order Online, Pickup in Store
<https://pklsburgers.com/>

NEW Clients Welcome!



Health Coaching

On The Sunshine Coast!

SPECIALIZING IN

- *Weight Loss
- *Movement
- *Nutrition
- *Sleep
- *Stress Reduction
- *Biohacking
- *Emotional Wellbeing





www.heatherbattiecoaching.com
 [@iamheatherbattie](https://www.instagram.com/iamheatherbattie) 705-935-0006

History on the Coast

THE GREAT (MADDEN) FIRE OF 1906

written by Heather Jeal



Foothills of Mt Elphinstone, Gibsons Landing Photo Credit Gibsons Museum and Archives photo 43

In the same year as the devastating earthquake and fire that consumed San Francisco, a smaller but equally destructive inferno raged across the lower Sunshine Coast – fueled by resin-heavy old-growth fir and cedar and ranging from Chapman Creek in Sechelt to Langdale Creek in West Howe Sound.

Sparked by the Madden family's land clearance

slash-burn in the area of what is now Leek Road in Roberts Creek, the fire spread at least five miles up Mount Elphinstone, moving with terrifying speed and a searing heat to consume everything in its path. Conditions were ideal. An unusually dry Spring left underbrush tinder-dry, and a strong south-westerly wind seeded sparks from that "backyard burn" onto the surrounding dry grass, and then licked across to the bordering brush.

Trees in the fire's path went up like matchsticks. The resinous virgin firs burned extremely hot, and as they burned the wind whipped flaming spear-like branches away from the trunk to spread the flames further. Some of the old-growth cedar that caught fire from either the flames leaping from treetop to treetop or racing along through the understory brush burned from the core outward, leaving massive blackened hollow snags to mark their passing.

Without resources to fight the fire, area residents gathered their families and livestock, and ran for the beaches and safety. Although some animals could not be evacuated in time, no human lives were lost. The settlers – mostly farmers – returned to find their homestead buildings destroyed, along with a sawmill near Payne Creek, its flume, and most of the standing timber in the area.

Local and lifelong Gibsons area resident Fred Gazely recounts stories he heard from "old-timers" when he was growing up. "So according to what I know from the locals, several farms were burnt, and it was a very panicky time for the residents. The prevailing winds were from the southwest, so the fires spread up the hill, down Langdale Creek and out towards Chapman Creek in Sechelt. There was no way to stop it, until nature put it out."

According to Fred, as the years went by the farmers rebuilt using lumber reclaimed from the burned forest. "They went up the mountain and cut shingles from cedar blocks, took the big old firs that got burned as lumber for their farms. There were several little mills up the Coast then. They salvaged what they could."

As recounted by J.S. Wyngaert in The West Howe Sound Story, the so-called Madden Fire "halted logging in the vicinity for almost 20 years, but also served to open it up for more settlement."

Fred noted that over the years, many fires have ravaged the area – some caused by human activity, some sparked by lightning. And after the fires, new growth sprang up from the ashes and the forestry industry in West Howe Sound provided jobs, timber, and thousands of telephone poles.

ELITE
FIRE
PROTECTION LTD

**FOR ALL YOUR
INSTALLATION,
INSPECTION &
MAINTENANCE NEEDS**



**PROTECTING THE
COAST FOR OVER
25 YEARS**

1-877-850-0014

info@elitefireprotection.com

Eco-freako L'il Shop in the Village
 Wed – Fri 12:30 – 5:30 • Sat 11–5
 1055 Roberts Creek Rd, Roberts Creek BC
 ecofreako.ca • 604-399-8103 • info@ecofreako.ca

Fiesta sa la mesa (feast on the table)

Order Online or Dine In
<https://www.tacorepublic.ca>

Wharf Ave. #106-5580, Sechelt
 604-885-9880
 Mon-Fri 11:00 am-7:30 pm

Talbot Insurance provides a broad range of insurance products, tailored to meet the needs of our clients. Our service area includes the Sechelt Peninsula including Gibsons, Sechelt, Roberts Creek and the Coast Islands.

ICBC AutoPlan, Private Auto & Recreational Vehicles
 Home, Condo & Tenants Rental, Seasonal & Vacation Rental Homes
 Course of Construction & Renovation Projects
 Commercial & Business Insurance Pleasure & Commercial Marine
 Special Risks — Residential & Commercial

****DISCOUNTS, PAYMENT PLANS & PREMIUM FINANCING AVAILABLE****

OPEN
 Monday through Saturday
 8:30am to 6:00pm

#112-1100 Sunshine Coast Highway, Gibsons/IGA Park Plaza
 General email: ContactUs@talbotinsurance.ca
 Phone: 604-886-2555 Fax 604-886-2563



The original community hall, Workmens Hall Snags from fire of 1906 Photo Credit Gibsons Museum and Archives photo 275

Recognizing the economic value of forestry to the provincial economy, and the damage uncontrolled fires presented to that resource, within a decade of the Gibsons fire the Province of BC created the Forest Act to manage the resource and maximize productivity, and the BC Wildfire Service with an explicit mandate to fight fires.

Meanwhile, following the Madden Fire, the Madden family sold their charred property to J.S. Leek and left the Sunshine Coast.

Even today as we explore the beautiful local forests in our walks, you'll still see past evidence of this devastating forest fire. But we can always be grateful for mother nature's miraculous recovery with new growth to enjoy.



Date 1908 snags and barren ground as left by the 1906 fire Photo Credit Gibsons Museum and Archives Photo 979

SUNSHINE COAST COMMUNITY FOREST

Upcoming Events
 April - Recreation Forum
 May - Annual General Meeting

We practice community-led forest stewardship, planning 1% of logging on the Sunshine Coast, and 100% of our profits go back to the community. Follow us for more about:

- Ecosystem-Based Management
- Habitat restoration projects
- Forest educational experiences
- Community Grants and Donations
- Volunteer Opportunities

Connect with us to Learn More

E: INFO1@SCCF.CA T: 604.885.7809 W: SCCF.CA

SUNSHINE COAST MUSEUM & ARCHIVES

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 ~ Saturday 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

LOCAL FAVORITES

"Sun Rising"



Sunrise over Keats . Susie Browne



Sechelt Sunrise . Pamela Fayerman



A Moody Tug .
Cheryl Linsley



As Morning Peaks .
Stephanie



Enjoying a Gibsons Sunrise . Stephanie



Sunrise at Dakota Ridge . Phil Harrison . CC



Coastal Sunrise . Stephanie

Enjoy these beautiful photos contributed from
the folks of the Sunshine Coast
We look forward to seeing yours the next time!!



Pink Sky in the Morning . Stephanie



Ferry Sunrise . Frank Thorburn . CC



Dawn at Sargents Bay . Carol McKee . CC



Life Force .
Margot
Hallman



Early Morning in Gibsons . Janet Slater . CC



Dawn Brushes the Inlet . Bruce Pond . CC



Sunrising over
Gibsons Harbour
. Linda Mitchell



Early Risers .
R Taylor

You're invited to share your amazing photos in our magazine!

Next issue is "Birds of a Feather"

Email to: coastal@vibemediagroup.ca

Please include your name, location or picture title no later than June 10th, 2023

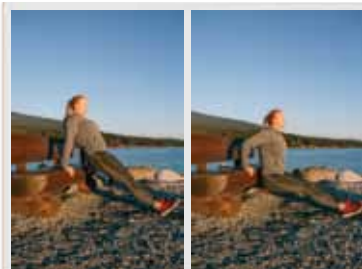
If you're looking for a fun and effective workout that can be done outside, look no further than this outdoor bench workout! All you need is a sturdy bench and you're ready to get started. Here are five exercises that can be done using a bench



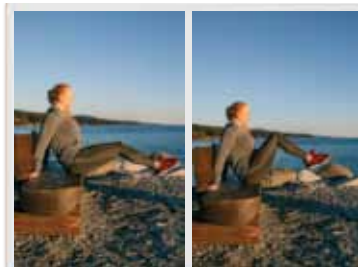
Bench Squats: Stand in front of the bench with your feet shoulder-width apart. Lower your body down as if you were sitting on the bench, then push back up to the starting position. Repeat for 10-15 reps.



Bench Step Ups: Stand in front of the bench and place your right foot on the bench. Push off your right foot to step up onto the bench, then step back down with your left foot. Repeat for 10-15 reps, then switch sides and repeat on the other leg.



Bench Dips: Sit on the edge of the bench with your hands on the edge beside you. Lower your body down until your arms form a 90-degree angle, then push back up to the starting position. Repeat for 10-15 reps.



Bench V-Ups: start with your hands on the bench with your arms bent and legs extended. Use your abs to lift your legs up off the bench, forming a "V" shape with your body. Hold for a moment, then lower back down to the starting position. Repeat for 10-15 reps.

These four exercises can be combined for a full-body workout that will challenge your muscles and get your heart rate up. For best results perform each exercise for 2-3 sets, taking a short break between sets. Get outside and enjoy the beautiful weather while getting in a great workout!



MIKAYLA FIT

- MEAL PLANS
- NUTRITION GUIDES
- WORKOUT PROGRAMS
- HEALTHY RECIPE E-BOOK
- ACCOUNTABILITY AND SUPPORT
- FOLLOW ALONG WORKOUT VIDEOS

Visit MikaylaFit.com for more information



Joe's on The Beach.. Serving Up Great Food, Great Times, Great Memories

written by Brian Coxford

Their vision is to create a landmark restaurant and bar on The Sunshine Coast, a beautiful destination where the approachable food and drink will be memorable for locals and visitors alike. In the restaurant community, success is built around location, friendly efficient service and amazing food. *Joe's on the Beach* on the waterfront in Davis Bay, works daily on getting all this right. Since opening their restaurant in Sechelt in late September, owners Joshua King and Mariano De Barba have been touched by the overwhelming response. They have welcomed a steady increased flow of satisfied customers who come to savor the many choices on a menu which they define as being casual West Coast casual.



Joe's on the Beach, situated beside the newly branded Oceanside Coast Hotel has by far one of the best waterfront locations in BC. The breathtaking views across the Salish Sea to Vancouver Island are constantly changing and the amazing sunsets give *Joe's* guests a front row seat to some of the best of Super Natural B.C.

Timing has been everything for *Joe's*. Josh has been eyeing the location for three years, visualizing and hoping one day to secure the property and fulfill his restaurant dream. For him food reflects over 40 years as a chef, first as an employee, then as an owner and restaurant consultant to landmark restaurants such as Bridges, Browns and Joe Fortes in Vancouver. Josh was the chef at El Segundo when

they got to the coast. Mariano is the bright and cheerful face of *Joe's*. Canada's gift from Argentina, Mariano is there to greet you when you arrive, guide you through menu choices, mentor the friendly and loyal staff and thank the valued guests when your dining experience is complete.

Josh estimates "there is a potential for up to 1000 people, visitors, and locals to dine on The Sunshine Coast every day, particularly in the summer months. We need to promote it right, locally and in Vancouver. Come to the coast and while you are here stop in at *Joe's on the Beach*, savor our dining experience and try other restaurants while you are here. The cross pollination without being selfish will benefit everyone."

The plan at *Joe's* is to expand to 100 seats, adding 40 more places on a partially enclosed patio, bringing guests closer to that iconic view of Davis Bay. The two owners believe restaurants on the coast have opportunities not found in many big city diners. The food at *Joe's* is unique and has regular patrons returning time and time again. Their menu ranges from their non-traditional eggs Benny or old-fashioned pancakes to Mariano's grandmother's calamari recipe at lunch, to favorites like prime rib and seafood. Their food is delicious.



We do all types of returns.

- Personal
- Small Business
- Rental
- GST, Corporate
- U.S.
- Trust & Estate
- Bookkeeping

5654 Cowrie Street, Sechelt

604-885-4010

hrblock.ca



As a former webmaster Josh does all the internet posting and social media. Mariano is the technology guy looking for ideas that make their restaurant better. Their theme is “Joe’s Loves You” and that caring message is amplified everyday among the staff members and customers alike. The two partners have created a different work culture. They believe that if Joe’s is to survive, the happiness, well-being of their employees is paramount, and it has been nurtured in every way. Josh says, “We told them in the beginning that Joe’s would not be run like other restaurants. We want to be a respected restaurant with an open-door approach. We don’t hide anything from our staff. We are a family and a team.”

Employees vary in age and with good old fashion interaction, real friendships have developed. It’s a mindset and decorum they are hoping guests will notice. They want Joe’s to be known as a purveyor of great times, great food and lasting memories and they believe that together they have the winning formula to make that happen. The team at Joe’s looks forward to inviting you to experience all they have to offer.

Book your table today!
<https://joesonthebeach.com/>



THE SUNSHINE COAST’S NEWEST LOCALLY
OWNED & OPERATED HEARING CLINIC



BOOK YOUR FREE HEARING TEST WITH US

WWW.ANCHORHEARING.CA
604-740-7455

#3 - 4330 SUNSHINE COAST HWY • SECHELT, BC

FIND US ONLINE @ANCHORHEARING
FACEBOOK / INSTAGRAM / YOUTUBE

Shannon Hobson studied Naturopathy in Melbourne Australia for 2 years, excelling in physiology, anatomy, pharmacology, nutrition, and biochemistry. Now, Shannon is Certified in East West Herbalism, Traditional Chinese herbal medicine/diagnostics, Ayurvedic (Indian) herbs, and Western herbalism.

She went to school for Herbology in Santa Cruz California and later continued her education in BC Canada to specialize in pharmaceutical-herbal interactions. Call, text, or email to book an appointment today, or visit the Natural Know-How website to learn more

Shannon Hobson, Certified Herbalist
Natural Know-How: Therapeutic Consultations,
Herbal Products & Manufacturing
Sechelt, Sunshine Coast BC
604-993-0169

Email: natknowhow@gmail.com

Natural-Know How
 natural_knowhow



Natural Know How
www.naturalknowhow.ca



Pigeon Popcorn & Drinks



“No Pigeons were harmed in the making of this popcorn.”

Founder Shannon Hobson, wanted to create a tasty and healthy snack to bring to local Sunshine Coast markets and events. She developed over 10 delicious, uniquely flavored, herbal-inspired popcorn toppers, as well as multiple unique seasonal lemonade flavors.

You can find ‘Pigeon Popcorn & Drinks’ at the Davis Bay Farmer’s Market every Saturday 12-4:30pm from April to October, and follow our social media pages to see where else we will be.

Pigeon Popcorn Instagram
 Pigeon Popcorn

***ALWAYS vegan, organic ingredients, gluten-free, hot & fresh**



ElderDog Providing Support To Seniors and Their Dogs



ElderDog represents a coming together of two things; a recognition of the vital connection between older adults and their dogs and the importance of preserving the lives and dignity of older canines. The program is committed to making a difference in people's lives, volunteerism, and knowledge of the power of the human-dog relationship.

Our own Sunshine Coast ElderDog is a local branch of ElderDog Canada, a nationwide non-profit that works to keep love in the home by supporting the amazing bond between seniors and their dogs. "Having a dog in your life provides comfort, companionship, laughter, support, and well-being," said a member of the team.

The ElderDog volunteer team assists older adults

in the care of their canine companions through personalized in-home support. Home support comes in many forms from; volunteers walking dogs for seniors in need of such assistance, helping with basic dog grooming, dog care, delivering dog food to senior's homes, and transporting dogs to their appointments.

The ElderDog program offers temporary fostering care for dogs in the event a senior has a medical emergency or is hospitalized, so the senior can focus on getting well, with assurance that their lovable dogs are being supported and cared for.

ElderDog also provides rehoming assistance for dogs and helps to find homes for dogs when they are left without a caregiver, or when they are otherwise in need of a new home.

ElderDog is 100% volunteer based and support is provided free of charge to seniors in need of such services,



Bella, Diego, Rufus, Quin



Audrey Herz with "Rocky"

and is funded by donations, legacy gifts and fundraising activities. With such a large area to serve, from Port Mellon to Egmont, new volunteers are always needed and welcomed.

The amazing teammates who volunteer with ElderDog have a love for dogs and compassion for helping others. "It is an energetic, conscientious, kind, positive group that is good with people and has a skill set to share."

Being a volunteer is very rewarding, as this group enjoys making a positive contribution to the lives of seniors, their dogs. "By assisting seniors to take good care of their canine companions you will feel a sense of purpose, compassion, community, and belonging. Seniors are happy that their pets are getting out into the fresh air for walks and having social time. Dogs are excited to go outside and explore. Volunteers also get exercise and are greeted with tail wags and smiles."

To learn the history of ElderDog Canada including activities, mission, and vision, please visit www.elderdog.ca You can also reach out to our Sunshine Coast Elderdog community: 604-865-1877 / elderdogsunshinecoastldr@gmail.com . Facebook at "ElderDog Canada Sunshine Coast".

Elderdog Photo Credits to Karen Wells



Hellen with "Quin"



Sue Campbell with "Diego"



IS GOLF

Your Game in 2023?

**MAY 1ST DISCOUNTED
MEMBERSHIP PRICING OFFERED
2 WEEKS EARLY ON APRIL 15TH**

- \$2400 - 18 Hole
- \$2300 - 18 Hole Couple (ea).
- \$1600 - 9 hole
- \$1450 - Twilight after 1pm
- \$170 - Junior 18 & under
- \$725 - \$1575 Intermediate 19-34
- \$175 - Advantage Club
- or... Save with 5 Round Passes

Pre-tax. Payment Plans available
Prices above begin April 15th

**Blue Ocean Bar and Grill
Reopens Wednesday March 15**

604.885.2700
blueoceangolf.ca



PHOTO CREDIT: mollymcphersonphotography.com



THE CASE FOR STARTING SMALL

written by Heather Vince

These days, ‘side hustles’ are thought of less as passion projects and more as a means to generate extra income in a time of rising costs, but one entrepreneur on the Sunshine Coast has chosen to use their confectionery creations as a means to marry passion with profit.

For Fiona Witham, founder of The Little British Bakery, it was an opportunity to bring traditional British baked goods to expats like herself, something she had been doing for loved ones from her home. After conducting market research to determine what people consider to be ‘traditional British baking,’ she settled on a few select treats: Bakewell Tarts, Shortbread and Lemon Drizzle Cake, and set out to figure out how to get started selling.



The first hurdle for Witham was not having access to a commercial kitchen; the second was trying to determine the next steps to get her business approved and off the ground. “I didn’t anticipate how much was involved before you can sell,” Witham noted, “It’s not very well explained anywhere and there’s no step-by-step process to follow.” Then she learned about the Coho Commissary and its manager, Andrea Bothma. “Andrea was really great at telling me what boxes to tick to get started.”



“It can be an overwhelming experience for someone who just wants to share their love of food,” Bothma explained. “There’s so much talent and opportunity here on the Sunshine Coast for this region to be a culinary hub, so Coho strives to support entrepreneurs at every stage so they can see their dreams into fruition.”

For Witham, limiting stress and financial risk was important. “Baking is a science; if something doesn’t work out it can be stressful if you have too many orders. Starting off slow has allowed me to go with the flow, make mistakes and adjust my recipes as I go.” She shared that it’s been helpful working among other entrepreneurs in the Coho Commissary Kitchen where lessons learned can be imparted to those just getting started. She has also sharpened other skill sets along the way such as tracking expenses and managing social media.

Witham offers this advice: “Know your strengths. Don’t try to make your product into something it’s not. If your food is more homestyle, roll with that, and don’t get too fussed about it looking as nice as someone else’s.”

Her final encouragement to the dreamers, “Dream big but start small. Don’t put too much pressure on yourself. Make sure you enjoy it at each point, because if you no longer enjoy it, what’s the point?”

<https://thelittlebritishbakery.ca>

<https://www.facebook.com/thelittlebritishbakerygibsons>

Apple and Almond Cake

Here’s one I love to make when I have a few apples I need to use up:

Cake tin: roughly 20cm round or 8”

Ingredients:

2 eggs
200g granulated white sugar
225g all purpose flour
1.5 tsp baking powder
0.5 tsp almond extract
140g unsalted butter, melted and cooled
3-4 apples, peeled, cut in chunks
25g flaked almonds

Method:

1. Heat oven to 320F (160c).
Line cake pan with parchment paper
 2. Measure eggs, sugar, flour, baking powder, almond extract and butter into a bowl and beat together until fully mixed.
 3. Spoon the mixture in the tin and pour the apple chunks over, mixing them in so they are incorporated.
 4. Sprinkle the almonds on top
 5. Bake for 1.5 hours until a skewer comes out clean. Cuts into 6-8 pieces (depending on how much you want!)
- I love this cake as the apples add sweetness and moisture. Almonds and apples are a delicious combination and this cake makes a great afternoon treat or dessert.
- Learn more about Fiona’s Delicious Desserts, Catering, Special Events and Seasonal products at: <https://thelittlebritishbakery.ca/>



We’re Budget Blinds, and we’re North America’s #1 provider of custom window coverings. We do it all for you; design, measure and install — because we think everyone, at every budget, deserves style, service, and the peace-of-mind of the best warranty in the business.

Call now for your free in-home consultation!

BUDGET BLINDS
Style and service for every budget.®

604-304-4060
BudgetBlinds.com

Blinds • Shutters • Shades • Drapes • Home Automation

OK TIRE
It's going to be OK.

Alignments
Brakes
Electrical Service
Oil Change
Steering & Suspension
and more!

102-5520 Sechelt Inlet Cres, Sechelt BC V7Z 0G1
604-885-3155 or 604-885-2375
<https://www.oktire.com/stores/ok-tire-sechelt>

SWISH APPAREL
www.shopswish.ca
@swishapparelhobsons

Contact us at:
604-886-9404
gibsons@swishladieswear.com
#309-287 Gower Point Rd, Gibsons, B.C

Spring into Life

A Herbal Guide to Spring Health and Herbs on the Sunshine Coast

Written by Shannon Hobson

April, May and June are some beautiful months on the coast. The foliage starts to really 'spring to life' (pun intended) and the air has that smell of fresh morning dew.

By late April fiddleheads are awakened from their frosty slumber and can be harvested from damp, shady wooded areas. This is one of the first indications that the foraging season has begun. You also see dandelion (*Taraxacum* spp.), chickweed (*Stellaria media*), and nettles (*Urtica dioica*), other classic backyard foraging-favorites. These plants may look very different, but what do they all have in common? They can be used for spring detoxification!



Dandelion

Fiddleheads are the fresh, un-opened fern leaves or fronds of the Western species *Athyrium filixfemina*, also known as the lady fern (on the east coast fiddleheads are harvested from the Ostrich fern). Fiddleheads are powerhouses of nutrition boasting high values of potassium, vitamin K, folate and iron. These odd looking 'vegetables' make a surprisingly delicious, yet slightly bitter, addition to stir-fry's, or to cook their own garlic butter. *Note: Fiddleheads must always be cooked before ingestion.*

The bitter compounds in fiddleheads, the tannins, can be reduced by blanching before cooking, but these bitter chemicals are

what help the body in its detoxification processes. When we ingest bitter compounds, like that found in fiddleheads or dandelion root, the liver 'thinks' it is being 'attacked' or 'poisoned'. The gastric juices of the stomach are ramped up, bile salts are released in higher amounts, and the liver starts to purge itself. Why is this important? After a long, wet winter, when people tend be more stagnant and sedentary, toxins can build up in our tissues, whether that be from too many sweet treats that are holding on for dear life on your muffin tops, or show up in the form of symptoms like brain fog, fatigue and/or general inflammation.



Fiddlehead

By doing a 'spring detox', we can start to remove 'stuck' toxins and get our organs of digestion shifted back into their optimal states. These cleanses can be hard at first, intensifying sugar cravings or causing slight nausea or headaches, but these are natural detoxification symptoms. When finishing a detox protocol, most people feel lighter, have clearer thinking, and can even feel, or see, a reduction in skin irritations or joint inflammation. As previously mentioned, dandelion root, can also be used for its liver detoxification abilities, but is more palatable

Welcome to the Sunshine Coast!



Habitat for Humanity brings communities together to help working families build strength, stability, and self-reliance through affordable housing.

If you would like to make a difference in the community and meet some friendly faces, both the Habitat ReStore and Habitat Refundable/Recycling locations can always use an extra pair of hands.



If you are interested in supporting or volunteering with the Habitat please contact us at:
volunteer@habitatssc.ca
 visit online: habitatssc.ca
 or visit us at the ReStore location:
 5605 Sunshine Coast Hwy, Sechelt

Courtesy of Coastal Vibe Magazine . <https://vibemediagroup.ca/>

PACE SETTER ATHLETIC FOOTWEAR

YOUR RUN-WALK-TRAIL SPECIALISTS ON THE SUNSHINE COAST



HIT THE DIRT
 Explore our awesome trails

Let us help you find your perfect trail shoe!

604-886-0083 103 - 622 Hough Rd, Gibsons (Holy Crap building)

pacesetterathletic.ca

in a tea or tincture, rather than a food item like fiddleheads. *Note: Detoxification should only be done in small bouts and combined with lots of water and clean eating. Excessive detoxification and use of bitter compounds may cause long-term digestive issues in some people, this is an example of "too much of a good thing."*

As much as dandelion root is not usually used as a food detox item, the leaves are. Dandelion leaves can be collected, from none sprayed sites, cleaned well and mixed with chickweed to make a simple 'spring detox salad'.



Chickweed

These plants contain similar bitter tannins to that found in fiddleheads but they are considered more detoxifying to the kidneys rather than the liver. Both the dandelion leaf and chickweed (aerial parts or everything but the root) are considered mild diuretics (increase urination), which help cleanse the kidneys, ureters (tube from kidney to bladder), and the bladder of toxins. Unlike fiddleheads, these foraged foods can be eaten raw. Dandelion leaf and chickweed can be harvested in abundance from March into late April and even into early June before they seed or flower.

From April to June the coast is abuzz with gardeners gardening and foragers foraging, it is incredibly important to encourage people to learn these traditional skills. Make sure to ask about local foraging classes (like mine) or simply start by visiting local farmer's markets and asking farmers or vendors about their insights, they may even be selling some of the foraged foods we just talked about.

Happy Spring foraging on the coast!

We hope this has encouraged you



Dandelion

to learn the benefits of foraging. Remember it is important to know your local area, go out with someone who has done this before, and most importantly never eat any wild food without first being completely sure of what it is.

Written by Shannon Hobson, CERTIFIED HERBALIST and owner of Natural Know-How: therapeutic consultations, herbal products and manufacturing on the Sunshine Coast.
www.naturalknowhow.ca



PAINTED BOAT
RESORT SPA & MARINA
Your Place On The Sunshine Coast



STAY
Waterfront
Spacious Villas

UNWIND
Spa & Serenity
Garden

NOURISH
Fine-Dining
West Coast Cuisine

Located in Madeira Park, British Columbia • open year-round •
T: 604 883 2456 | www.paintedboat.com



COASTAL VIBE

Your Local Coastal Magazine

Connecting and Sharing the Heart of our Community...You!

Want to advertise?
How we can serve you?
Call @604-992-6261
Email: coastal@vibemediagroup.ca

GOT AN EVENT HAPPENING?
We'd love to help you get the word out!

LIKE.FOLLOW.TAG US ON FACEBOOK 



SUNSHINE COAST
Appliance and Mattress Experts



Exceptional Service . Competitive Pricing
Quality Products
Professional Delivery & Installation

<https://www.sscapplianceandmattress.com>
5501 Inlet Road, Sechelt
Give us a Call Today!!
604-885-5141
sales@sscapplianceandmattress.com



SUNSHINE COAST
PEST CONTROL LTD



The Sunshine Coast's #1 Pest Control Company
For Residential, Commercial, Industrial, and Marine Markets

- We Banish Bugs
- Solutions Based Approach
- Sanitation Experts
- Monthly Maintenance Programs



Family Owned & Operated since 1976,
Owner Ron Dickinson is an Entomologist.

Main: 604-886-1977
Toll Free: 1-877-782-1976
scpc@dccnet.com
sunshinecoastpestcontrol.ca



- ✓ Dump -runs
- ✓ Yardwork
- ✓ Tree Trimmg/Hedges
- ✓ Window Washing
- ✓ Power Washing
- ✓ Moss Removal
- ✓ Housecleaning
- ✓ and more!!!

THOMAS
Property Maintenance

Fully Insured
WCB Covered

www.thomaspropertymaintenance.com
thomaspropmainenance@gmail.com

Aaron Thomas 604 - 865 - 0333
Leah Thomas 604 - 989 - 6486

RE/MAX
CITY REALTY

Serving the Sunshine Coast

Darrin Goss
RE/MAX City Realty
604-740-2333
darringossrealestate.com
darringoss@gmail.com

Whatever your dream. I can assist you throughout the buying or selling of your home & property... just give me a call!!

Client Focused . Results Driven

9 years/2022

CREEK SIGNS
creeksigns.net

Creek Signs is a locally owned family operated company. We take pride in each custom live edge sign.

604-989-4454
creeksigns@yahoo.com

By **Rhonagolf.ca**

What the HEALTH are you waiting for?

Imagine going to see your doctor for your annual check up and she suggests that you spend more time outside and get more exercise. I'm not a doctor but, if I was, I would write you a prescription to learn to play golf.

Too good to be true?

The town of Fife, in Scotland close to where the game of golf is said to have begun, (St. Andrews) doctors are prescribing a six-to-eight-week golf program designed to get people outside and exercising. The program is taught by PGA golf professionals and include 60 – 90-minute group lessons. You will learn everything from how to putt the ball in the hole, hit long drives like Brooke Henderson, (Our Canadian Superstar on the LPGA), and how to move around the golf course.

I mentioned in the last edition of the Coastal Vibe, people who play golf live on average 5 years longer than those who do not play golf. Physical exercise associated with golf can lower the incidences of diseases such as diabetes, dementia, and depression. (R and A golf and health report). I am not a doctor however I concur with the research and report from the University of St. Andrews school of medicine in Scotland that golf is good for you. What the HEALTH are you waiting for.

Learn to play golf programs are being offered at the Blue Ocean Golf Club in Sechelt, BC.
For more information contact Rhona:
780-518-0248
learn@rhonagolf.ca .
rhonagolf.ca



photo credit: Blue Ocean Golf Club

by Rhona Law . LPGA & PGA of Canada Class A Teaching Professional
Blue Ocean Golf Club . Sechelt B.C

ARE YOU READY?

COADY BOYS

**SUNSHINE COAST
PEOPLE'S CHOICE
2021-22
Winner**

PAINTING STAINING RENOVATIONS

778 888 6273

coadyboys3@gmail.com / www.coadyboyspainting.com



UNDERCOVER *Roofing* & DEMOSSING

MOSS REMOVAL & PREVENTATIVE MAINTENANCE

Roof Demossing: 604-741-8025 . www.undercoverroofing.ca



Specializing in Roof Demossing and in all types of Roofing installations and Repair Services including Torch on, Sheet Metal, and Duroid Shingles. Our team is WCB insured.



- Free Estimates On Roof Demossing & Roofing
- All Our Work Is Guaranteed
- Residential & Commercial Roofing
- Covering the Entire Sunshine Coast

WE DO IT ALL!!

E: undercoverroofing@live.com

Roofing: 604-741-5679