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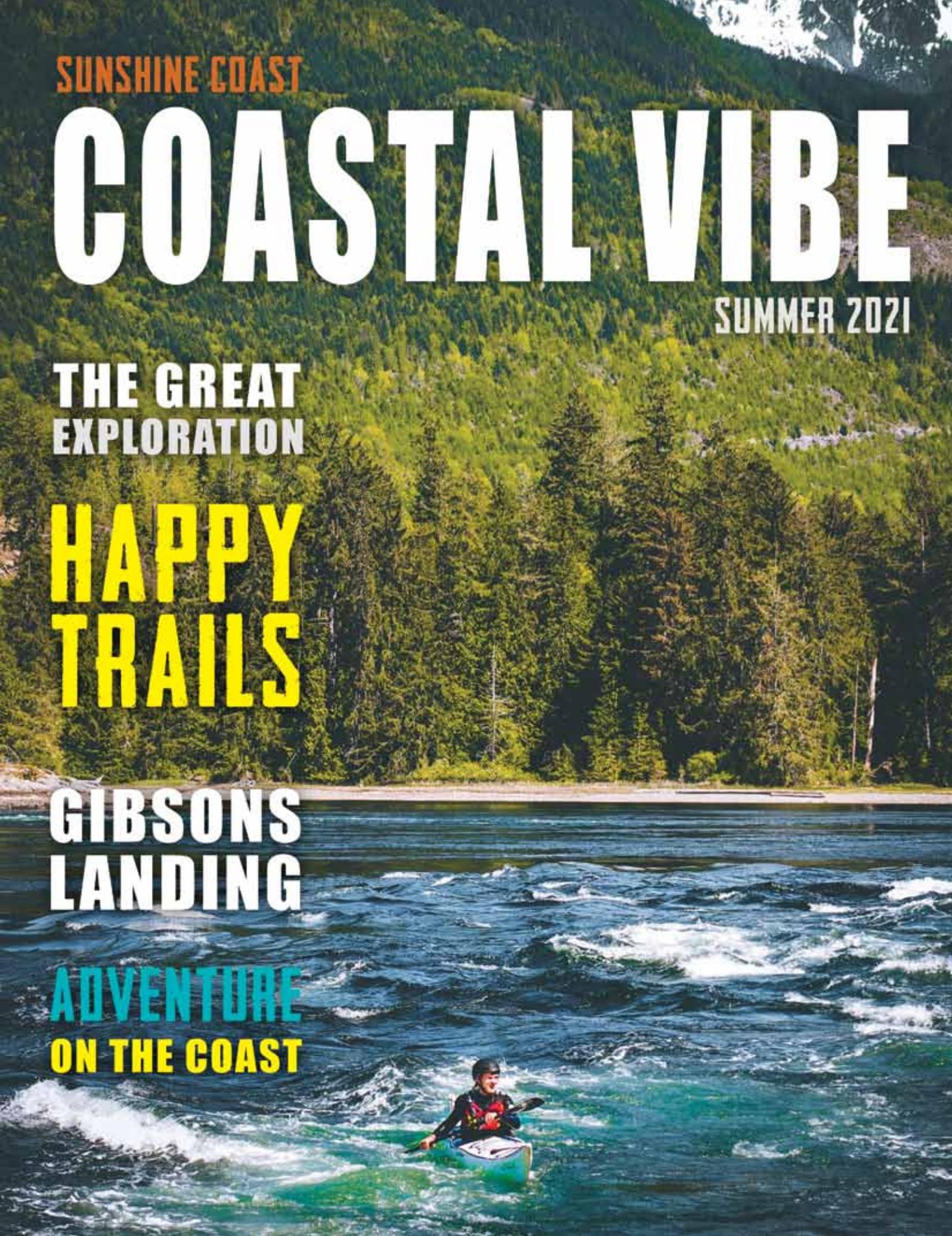
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Oscar Taylor 2005-2020

Letter from the Editor

"The only way of finding the limits of the possible is by going beyond them into the impossible"

I am so proud and excited to share our second issue of the Coastal Vibe. In this issue you will learn more about our beautiful community. Stories of people who went beyond what some of us would have thought impossible and the feeling of great satisfaction in a job well done.

You will learn about the unlimited adventures that are laying in wait all around you. The opportunities to go past the limits we set for ourselves, and to learn to grow by reaching out to what is possible. I invite you to explore, ask questions and come out of your comfort zone. It is a way to connect with others that you may not have ever had the chance to do on another level or time.

Two years ago, I would have never thought I would be given a gift to share with residents – our incredible community. Every day is a blessing to be living here. Everyday is a blessing to not only go out and try something new, but to take the limits off what you think you can accomplish with your life. Every day is a blessing to take what you have learned and share it with others.

Enjoy reading this beautiful magazine, and please take advantage of getting to know your inner child. Thank you for being a part of our community.

Stephanie Taylor

To VIEW our online edition go to
www.thevalleyvibe.ca

To DISTRIBUTE the CV contact
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THANK YOU to the Sunshine Coast for your support on our first issue. By enjoying this issue you're supporting our coastal community.



Happy trails to you!

Whether hiking or biking, the Sunshine Coast's trail network offers hundreds of options year-round for every use, every age and every ability – including those using mobility-assist devices.

The most popular trails are well-groomed and well-marked, maintained by the SCRD recreation department and easily accessible by car. The most challenging are at higher elevations and suited to advanced-level mountain bikers or experienced, fit and well-prepared hikers. Whichever you choose, prepare by wearing appropriate footwear and clothing, bring water and a communication device and be prepared to be awed.

Longtime Coast residents tend to take the beauty of our natural surroundings for granted. Leave it to the

visitors, then, to rave over the number and quality of our forest trails – and they do – as the Sunshine Coast enjoys a growing reputation as a destination for cycling tourism ("bikepacking") and international-calibre downhill and cross-country racing.

Brice Shirbach, a reviewer for the widely-read pinkbike.com site, visited the Sunshine Coast in Sept of 2019 and fell into a state of awe. "I experienced two full days of sunshine out of my seven on the Sunshine Coast, and this would still prove to be one of the most impactful and eye-opening mountain bike trips of my life. The people, the scenery, and the trails would, in the end, prove to be game changing for me" he wrote, adding that he "loved everything I rode. All of it. Nothing left me feeling anything short of pure joy." The many photos he posted to accompany his review bore testimony of that joy.

What put the Sunshine Coast's trails on the map?

Photo credit: Krysta Norwick



Some would argue it was the BC Bike Race incorporating the Sunshine Coast as a two-day component of its marathon annual race each June. But the race wouldn't have come to the Coast without the work of dedicated, near-fanatical volunteer trailbuilders who carved out the 690-odd trails through the brush – turning old logging skids into challenging, well-built routes. And those trails wouldn't be so excellent if it weren't for the dedicated, near-fanatical cyclists who helped design and build them and who groom them with religious fervor.

The first set of purpose-built cycling trails evolved near Langdale, where Doug Detwiler's team of students from his Sprockids club set up the first routes that would help newcomers to the sport gain confidence and ability. In the ensuing decades, club members have continued to build and maintain the trails and add levels of complexity and challenge. As with most of the Coast's trail networks, the ones nearest the base are easiest. Terrain becomes more challenging as the trail network ascends the mountain. Even here, there are plenty of ride-around options, also areas to practice jumps and stunts.. *Getting there: At the top of the Gibsons Bypass (at the flashing signal light) turn right on Stewart to go into*

the park area and watch for the signs.

To access the lacy network of trails in Roberts Creek, download the map at sunshinecoast-trail.com/plan-your-hike and head up B&K Road from Highway 101. These are the trails featured in the 2009 film "Kranked 8: Revolve" that is a cult favourite with mountain bikers. Starring the "Coastal Crew" and the breathtaking wilderness scenery, the fast-paced documentary follows riders along the trails' switchbacks, jumps, and challenges. Most of those trails were built by the Crew and volunteers with the Coast Mountain Bike Trail Association (cmbta.com). A decade after Kranked hit the internet, Shirbach rode the route and noted that "the depth of loam and organics throughout virtually every single trail is staggering." This is an exceptionally easy network to shuttle between trails.

Sechelt's trails offer slightly different terrain, with more rock outcrops and varying elevations in the trail network. This can provide more of a cross-country experience rather than a downhill mountain biking ride. Trails at Kinnickinnick Park can be very muddy, even underwater for long stretches, during the rainy season. These connect through much wider,

more groomed trails to West Porpoise Bay and West Sechelt neighbourhoods. These are designated off-leash areas for dogs, but owners must keep their animals close and well-supervised as coyotes, bears and deer also make their homes in these areas.

Sechelt's East Porpoise Bay neighbourhood has several networks of walking trails, notably in the Community Forest and just a bit further up the road, at Hidden Grove (which has a nice, big sign to let you know it's there.) Nearest the parking area, the well-groomed and well-marked blue trail is designed to be wheelchair-accessible. More challenging trails following the parks varying elevations, in and out of ravines, require appropriate footwear. Also designated an off-leash area, the same rules apply as for Kinnickinnick.

For the ultimate adrenaline surge, Sechelt's internationally famous Coast Gravity Park (coastgravitypark.ca). BC's only year-round, shuttle-accessed mountain biking facility. Built by the Coastal Crew on 160 hectares of privately-owned land, the park accesses 4,448 meters of trails, including 16 downhill trails of varying challenge. The whole park is designed for gravity-fed speed with significant challenges for the ultimate XC and downhill cyclist – but with easy riding trails for those new to the sport too. Coast Gravity Park offers lessons for all levels, and a comfortable open-air base "lodge" with a fire pit, grill, seating area, and a chance to chat with other cyclists.

For "bikepackers" intent on exploring the BC Bike Race route or other major long-distance rides, the Sunshine Coast Trail can be a tailor-made adventure. The trail is used by hikers as well as cyclists, and each must make space for the other. Make space for the wildlife also, and prepare to keep food and other attractants out of reach of passing bears when camping or stopping at one of the cabin shelters. Check the trail map for access points. □

For information on other areas, or to network with other bikers, hikers or trailbuilders:

- [Sunshine Coast United Mountain Bikers \(scumb.ca\)](http://SunshineCoastUnitedMountainBikers.com)
- [Coast Mountain Bike Trails Association \(cmbta.ca\)](http://CoastMountainBikeTrailsAssociation.com)
- Trailforks.com
- Mtbproject.com
- Pinkbike.com
- SunshineCoastCycling.ca
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True Peace on the Water

It's an addiction.

Getting out on the quiet, protected waters of West Howe Sound or Porpoise Bay or paddling across one of Pender Harbour's serene lakes is seductive. The almost silent dip of the paddle, the smooth glide across the ocean's surface, the sense of being one with the natural surroundings is different from any other water sport except, possibly, stand-up paddleboarding.

Today's lightweight kayaks, and the sport's reliance on finesse with the paddle rather than brute strength, make it an ideal activity for all ages and abilities. Women have discovered the joy of kayaking in recent years and now make up almost 50 percent of the activity's participant base.

Kayaking is easy to learn. An introductory session can take as little as two hours; with a morning's instruction, paddlers can be out on the water in the afternoon (preferably in a group with the instructor).

Part of the joy of kayaking is its flexibility. It can be a solo activity, or a couple can hop into a dual canoe and paddle off together into the sunset. Or a group can gather for a relaxing paddle to a shared destination, enjoy a picnic or just rendezvous and return to cap off the journey with a beverage or a meal. Or it can be competitive, with races or endurance tests. It can be a quick in-and-out activity, or a days'-long adventure involving portages and overnight camping.

Whatever the choice, kayakers agree: there's no better way to spend their down time than having a paddle in hand, and hearing the water lapping at the sides of their vessel.

There is no single, one-size-fits-all kayak design. Most, but not all, have closed cockpits; some are designed for paddlers to sit atop rather than inside. Some are designed to be extra roomy for taller paddlers, or for those planning to bring extra gear or a ride-along child or pet. Virtually all have some form of leash to attach the paddle because that is not something one wants to lose.



Losing a paddle is nothing compared to losing a life, and any novice kayaker is strongly advised to take lessons from a pro, to learn how to recover from being capsized – which can happen to anyone, if a rogue wave catches one unaware and amidsthips – or caught in a strong current.

The Sunshine Coast is fortunate to have many excellent kayak training facilities, all of which have safety first in mind for each of their students. Most instructors have received training from, or are registered with BC Kayak Centre or Sea Kayak Guides Alliance of BC. All are passionate about the sport and committed to sharing their joy with newcomers to the sport.

As instructors, and reputable equipment rental

agencies, will drill into kayakers at every level: make sure you have a map of your intended paddle route; file a paddle plan with a responsible person before you set off; paddle with a companion if at all possible, especially in unfamiliar waters; never remove your life jacket when on the water; take a communication device with you and ensure it is well protected in a waterproof case that is easily accessible (and floats).

For ocean kayakers, the same restrictions pertaining to marine life apply to paddlers as to other vessels: do not approach them. If marine mammals are spotted approaching you, paddle out of their path if possible or come to a complete stop until they have passed. Remember that many species are protected and/or endangered, including waterfowl. Enjoy them from a distance. Happy paddling! ☐

The Great Exploration!

Geocaching adds all the fun of a treasure hunt to regular trail walking.

Armed with a downloadable map and compass or a GPS device (a well-charged smartphone with GPS app works too), anyone, of any age, can enjoy the hunt.

Geocaching is not just a hobby, and it's not just exercise. It's an adventure, and it teaches very useful skills in navigation, map reading, use of GPS, and even sharing as cache items are swapped out. It is ideal for all ages and can be as challenging, or as basic, as participants wish. Some caches are "puzzles" with clues that must be deciphered to find the coordinates. Others are very straightforward and great for beginners or very young seekers. This inclusiveness makes this a great summertime family activity, or an all-year-round hobby for singles, couples or teams.

Each cache is different and each cache changes from day to day, as hunters find them, swap out trinkets and record their discovery in the cache logbook. New caches are added regularly, so access to an online map from geocaching.com is most useful. The cache may vary in size, from a small waterproof baggie to a larger Tupperware container and anything in between. Contents may include painted rocks, crystals, small toys (like those found in Kinder Surprise eggs) or joke items which finders swap for their own items of similar value. There are hundreds of caches hidden all over the Sunshine Coast, and finding them is a great way to discover the beauty of this community.

Start by setting up an account on geocaching.com. It's free, and allows access to maps of geocache sites on the Coast and beyond. The map for the Sunshine Coast even provides hints and other data about the various locations. Most people use code names when signing the log books. Since this is a hunt for buried or hidden treasure, it might be fun to invent a pirate name, or take on a Dora the Explorer type of persona to mix role-playing with geocaching.

Now for the hunt.

On the geocaching.com website, choose a cache destination and enter the coordinates into the GPS. Head for that location, and begin the search. When or if the cache is found, participants enter their name and date in the logbook and if there are items to be traded, then swap out whatever trinket your team has brought for that purpose. Remember: having the coordinates does not guarantee a cache will be found,

and urban, wilderness and even undersea caches are hidden in very sneaky locations.

Some of the caches are right in the heart of the urban areas. The locations of these are among the sneakiest, even if they are most accessible to all abilities.

Getting out on the trails provides a chance for all ages to enjoy the natural beauty of our provincial and regional parks and awesome trail systems. However, since WiFi reception might be problematic on some of the more remote trails, printing off as much information as possible before you go – and relying on a compass as well as a GPS – makes sure the fun isn't interrupted by a poor signal.

Some geocache teams add metal detecting to the hunt, but this does require more specialized equipment – namely, a metal detector. With one in hand, though, a trip to the beach or walk in the park becomes much more exciting – like prospecting for precious metals.

Happy hunting! ☐

The Wonder of Princess Louisa

The myriad waterfalls of the Sunshine Coast, beloved by local and visiting artists and photographers, include perhaps the most spectacular natural wonder of North America's west coast: Chatterbox Falls, at the head of Princess Louisa Inlet (swiwełát). Tumbling 40 meters (120 feet) down the sheer cliff face, the falls are the final awe-inspiring view in a cruise up this five-kilometer-long fjord.

Long-ago glaciers gouged this narrow, hidden waterway from the granite mountainside. Its entrance from Jervis Inlet is tucked behind a curve of rock outcropping and can be accessed only by water or floatplane, and accessed safely only during slack tide. Like the Skookumchuck Narrows, the ebb and neap tides present serious challenges to navigation at the entrance to the inlet. Chartered tour operators in nearby Egmont, and floatplane tours from Sechelt,



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My passion, my years of schooling (5 years+), my love and openness to want to help others with herbal medicine had finally commenced. 2 years in, I have always reinvested anything I have made back into my business. I now have a budding therapeutic herbal practice, helping locals through in-depth consultations and custom herbal protocols, I do eastern bodywork techniques like cupping and moxibustion, and I make numerous wild-foraged, garden-grown herbal medicine products, which I sell at the same market I started in! This year I opened my doors to my new East-West herbal apothecary/office/shop right in my own front yard, which is a restored 104-year-old log cabin. Keep me on your radar for new and exciting growth come 2022 and thank you to everyone for supporting my small business throughout these amazing/trying 2 years. I am so grateful to be a part of such a loving community like the Sunshine Coast and I am excited to see what the future holds. **Start your traditional and modern herbal healing journey today!**



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provide safe and informative access to Princess Louisa Inlet Marine Park.

Most of the area bordering the inlet is either designated provincial parkland (donated to the province for this purpose in the 1960s), protected from further development, private property covenanted for future parkland, or shísháhlh Nation territory. Discoveries of ancient artifacts in the bordering lands have sealed its importance as an indigenous historical site.

Termed “the most beautiful anchorage in the world,” in summer months, the available mooring buoys, boat and dinghy docks are usually filled by visitors and local tour operators.

In late spring and early summer, as the mountain snowpack melts, the fjord is rimmed with waterfalls cascading down its sheer sides, some towering as much as 2100 metres (7000 feet) above the water’s edge. And of course the centerpiece of this natural wonder, literally, is Chatterbox Falls at the extreme head of the inlet.

The current provincial park area was first purchased by James F. Macdonald in the 1920s for \$420. Using huge peeled cedar logs, just at the start of the Depression he built a lodge and welcomed visiting yachts, fishers, and forestry workers to his home. According to legend, “Mac” was a gregarious host and a flamboyant entertainer – literally. His fire dance, using alcohol on parts of his body, was his prime party piece. In his last performance, he set fire to the curtains which put a damper on further entertainments of that type.

The original lodge burned to the ground in 1941 (not due to Mac’s dancing – he was away at the time).

In 1940 Tom Hamilton purchased the islands from Mac for \$18,000 (a nice return on investment) and another 9,381 acres at the mouth of the inlet from the Canadian government. His Camp Malibu was built and marketed as an exclusive club for millionaires – and did indeed attract many celebrities and business moguls of the day. The series of log cabins were decorated with Southwest United States First Nations art and a “totem pole” on site was carved with the faces of Hamilton’s family, topped by a thunderbird. He even barged in soil and turf for a golf course. And

then, just as suddenly as he erupted on the Princess Louisa scene, Hamilton abandoned it – leaving food in cooking pots and on dining tables, and a yacht tied to the dock with hatches open to fill with rainwater and sink.

Young Life later bought the resort and still operates it as a children’s camp.

Meanwhile, Mac – still resident in Princess Louisa Inlet and holding title to much of the adjacent land – deeded his property to the Princess Louisa International Society (princesslouisa.bc.ca), with a clause indicating the intention to turn the land over to the province as a park. An active fundraising and conservation group, the Society has acquired significant parcels of land to expand the park’s boundaries. Most recently, in 2003, the Society, working with the Nature Conservancy of Canada and the Tula Foundation, the Princess Louisa Society acquired 2,221 acres from MacMillan Bloedel’s successor, Weyerhaeuser. Private groups and individuals who shared Macdonald’s passion to keep the inlet undeveloped have purchased and placed conservation covenants on adjacent land parcels.

The park was closed for part of 2020 but has re-opened for 2021. Visitors are welcome, dogs must be leashed, and all are requested to keep to the posted trails, and camp only in designated sites. As in all provincial parks and wilderness sites, please observe fire regulations and “if you pack it in, pack it out.” In the Park Ranger’s year-end report, describing an uptick in activity in Princess Louisa Inlet marine and campsite activity, they noted “The main concerns... are waste management, fires and property damage. Hopefully it was a one season occurrence as it would be a shame to see the inlet littered with Private Property signs.”

For those wishing to get out on the water and tour the inlet, sightseeing tours can be booked through the Egmont Adventure Centre at West Coast Wilderness Lodge (egmontadventurecentre.com) or through tour operators moored at the Backeddy Resort and Marina (backeddy.ca)

Here’s to experiencing the magnificent beauty of nature as you take in all the surroundings and gather memories. □



Exploring the Bays of the Coast

Since the time of the first indigenous settlers, communities on what is now known as Canada's Sunshine Coast have clustered near – and depended upon – the Salish Sea. Its sheltered bays and fjords have provided sanctuary for boaters, and a rich source of food. The primeval, soul-soothing sound of waves on the pebble beaches are an invitation to rest, recharge, and repair the human spirit. On Canada's Sunshine Coast, we are blessed with an abundance of access in our many bayside communities.

Sechelt's Davis Bay may be the most-photographed of the Coast's beaches and byways but it is only one of several retreats (and the most urban of the crop.) The kilometer-long Davis Bay Seawalk stretches from Mission Point park and its sandy beaches to

the pebbled shores near Bay Road. It's a great spot to build sandcastles at low tide, and popular with kite-surfers and swimmers (although currents can be treacherous when the tide changes). Highway 101 skirts the seawalk's full length, and crossing it to access the seaside restaurants and other amenities can be challenging during the summer months. In countless photographs, the Davis Bay pier is silhouetted against a backdrop of vivid colour. If you're sittin' on this dock on the bay at sunset, you may be tempted to applaud the show.

For a more rustic Oceanside experience, provincial parks at Sargeant Bay, Smuggler Cove, Buccaneer Bay and Garden Bay preserve beach access and forested uplands. In addition to water activities, nearby hiking

trails in the parks offer varying degrees of challenge. Some even connect to other regional parks and local village hubs. In all the parks, signs warn visitors that these areas are shared with wildlife: deer, elk, raccoons, coyote, wolf and cougar make their homes in the forested uplands and regularly travel through the parkland in search of food. In provincial parks, dogs must be leashed at all times, for their own safety as well as that of the resident animals.

Halfmoon Bay Regional District (Salish: xwilkway) is home to four provincial parks and two regional parks.

Just north of its boundary with Sechelt, leave Highway 101 to follow Redrooffs Road to the point where Halfmoon Bay's southernmost

neighbourhood, Welcome Woods, wraps day-use Sargeant Bay Provincial Park in a forested embrace. There's no dock on this bay, but it's an easy launch site for kayaks and a favourite with divers. The reedy lagoon, separated from the beach area, is a birdwatcher's delight. Kudos to the Sargeant Bay Society (sargbay.ca), a volunteer stewardship organization which continues to work closely with BC Parks for the protection of the area's natural habitat, wetlands and watershed. Hikers and cyclists may wish to explore trails up Colvin Creek area to the fish ladder, continuing on as far as Triangle Lake, Fawn Road Market, Connor Park adjacent to Halfmoon Bay Community School, and Welcome Woods Wilderness District.

Follow Redrooffs Road north to Coopers Green regional park. This shady seaside neighbourhood hub has hosted many annual events over the years. Featuring a no-fee boat launch and proximity to excellent dive sites in sheltered waters, Coopers Green's pebble beach is busy year round.

To find a dock on Halfmoon Bay, drive a bit further up Redrooffs to Mintie Road and park by the historic Halfmoon Bay General Store. Pick up a coffee and walk a bit further along Mintie to find the Government Wharf. It's a nice spot to relax and enjoy a view of Thormanby and Merry Islands, or a glimpse of the waterfront homes now lining the bay.

Back on Highway 101, continue north and turn off at Mercer Road to discover the sheltered waters of Secret Cove. Why is it a secret? When approaching by water, the cove's entrance is not obvious until the boater is almost past. It's great for paddlers but access to the water from the shore is very limited. Within Secret Cove we find Smuggler Cove (*not* "Smuggler's" or any variation thereof) with its interesting history. Apparently the area was a hideout and landing area for a notorious 19th century human

trafficker, who would smuggle in Chinese immigrants bent on avoiding the \$100 head tax.

Secret Cove is one of the points of access to Buccaneer Bay Marine Park on the southern tip of Thormanby Island. Water taxi service runs from Buccaneer Marina daily year-round. The 45-hectare park is also easily accessible by kayak or private boat, with sandy beaches for swimming or picnicking and five backcountry campsites. However, the park's noteworthy sand bluffs are a designated sensitive ecological zone – look, don't climb.

Continue along Mercer Road to its reconnection point at Highway 101 and head north into Pender Harbour Regional District. Here the shoreline wrinkles into myriad small bays, coves and fjords before wrapping around the northern tip of the peninsula and flowing into Sechelt Inlet. And each of these bays and coves bristle with private and public docks. In the area's main commercial hub, Madeira Park's busy working harbor is a treat to visit. In season, fishing boats sell their catch of spotted prawns and other seafood dockside at the Government Wharf.

"The best way to see Pender Harbour is from the water," according to the operator of SloCat Harbour Tours. The SloCat began service in 1993, when the infamous "FastCat" ferries were plying the waters between Nanaimo and Horseshoe Bay. The SloCat's 90-minute tour hits the high spots of the many bays sheltered by Francis Peninsula, including notorious shipwreck sites (including the wreck of the 366-foot HMCS Chaudiere) beloved of scuba divers. For those wishing a more in-depth view of Garden or Hospital Bay, access by land is a 30-minute drive north from Madeira Park along Highway 101, then west along Garden Bay Road at the Kleindale intersection.

Garden Bay Road skirts Garden Bay Lake to arrive at Garden Bay Marine Provincial Park. Yes, there is a dock on this bay – known as a "dinghy dock" – and lots of secure anchorage off its 650 ft shoreline. The park is popular with swimmers and divers. The main trails are not accessible from the Marine Park; enter them from Garden Bay Road. Hikers are strongly advised to keep to the posted trails to avoid destroying fragile ecosystems. Some trails, including the ones that summit nearby Mount Daniel, are quite challenging. Wear appropriate clothing

and gear, carry water and communication devices for these hikes. The hike up is steep, with up to 30 percent inclines, and the hike down exercises a whole different set of muscles. Garden Bay Lake is an excellent cooling-off spot when returning to "base."

An interesting bit of local lore: The area is not named for its lush growth or lovely residential gardens. Like many a BC landmark, it was named after an otherwise-unremarkable government functionary. In this case, the surveyor who mapped and named the area was Mr. Garden. And there you have it – Garden's all over the place.

Continue down Garden Bay Road to its terminus at Hospital Bay. It's a great place to stop and enjoy the healing view. The original hospital for which the bay was named occupied the building now known as Sundowner Inn. The hospital relocated to Sechelt in the 1960s, and the Sundowner has been closed for some years (and is rumoured to be haunted.)

Wherever you choose to drop anchor on Canada's Sunshine Coast, there's a dock on a bay waiting for you to sit in peace and just watch the tide roll away. □

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The Gems of Gibsons Landing



Photo credit: Michelle Haggemuller

Across Canada and around the world, the historic original village site where George Gibson first came ashore is known as “Gibson’s Landing.”

Built in 1926 as a general store, the building that became Molly’s sat empty before the CBC rolled into town in 1972 and redeveloped it into Nick’s office and Molly’s café. After the CBC rolled on in 1990, the building returned to its empty former existence until a local entrepreneur leased the premises and created an actual restaurant, retaining the name and

ensuring a steady flow of clientele hungry for “Relic Burgers” and other diner fare. Now under new management, with a fresh new menu and refurbished interior, Molly’s is again the heart of Gibson’s Landing.

Reminiscent of mid-century Sausalito near San Francisco, historic Gibson’s Landing is home to an eclectic mix of boutiques, restaurants & unique coffee shops, specialty gift shops and galleries. Most of the Town of Gibsons’ cultural amenities are

located in the Landing: Gibsons Public Art Gallery (gpag.ca), the Sunshine Coast Museum and Archives (sunshinecoastmuseum.ca), the town hall (gibsons.ca), and the Nicholas Sonntag Marine Education Centre (gibsonsmarine-ed.org).

Built on the side of a hill, moving from the block-long shopping area on Marine Drive to the block-long shopping area on Gower Point Road (or even to the intermediate Molly’s Lane shops) requires a bit of a climb. Many of the newest entrepreneurs

have invested considerable energy and resources in adapting these historic buildings to welcome all, especially the area restaurants. The mile-long seawalk that borders Gibsons Landing is very accessible for all and offers up-close views of the marinas and marine life that thrive in this sheltered harbor.

The seawalk starts at Armour’s Beach, which offers excellent swimming in the summer months. Unfortunately nearby parking is limited. Passing a series of homes dating back to the 1920s to 1950s, walkers may spot seals, herons, kingfishers, and perhaps orcas following the spawning salmon to their home creeks in Howe Sound. At the Government Wharf, a ramp provides an easy access for all to the adjacent docks, where fishboats offer their seasonal and frozen-at-sea catch for sale. Picturesque houseboats decked with floating gardens beckon photographers to capture the colour, and the wharf leads walkers into the heart of the village.

Continuing along the seawalk, a short stroll leads into Winegarden Waterfront Park, with gently graded trails that lead to the parking area at the edge of the

Gower Point Road shopping area. During the summer months, Winegarden often hosts open-air, free concerts as part of the Town’s “Music in the Landing” program. Watch for exciting updated entertainment announcements in the near future.

A newly-constructed link allows walkers to continue past the Hyak Marine area and end at Gibsons Marina. The Marina’s pocket park, with its gnomes and mature plantings, provides a lovely shady spot to rest and admire the sculpted gate on its dock. Pick up coffee and a treat at the adjacent Gibsons Public Market, or enjoy Happy Hour at its in-house café and admire the marine display that connects the market’s three levels. Fully accessible, the Market often features live entertainment, art displays, seminars, cooking demonstrations and classes, and of course the Sonntag Marine Education Centre with its summertime day camps for the younger set.

For those who love to kayak, the boat launch at Gibsons Marina is a favourite spot to launch. Or just stroll back along the seawalk, saying hello to all the others out enjoying the sights, sounds and scents of beautiful downtown Gibsons. □

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Climb for Climate Change



When someone suggests working towards a big goal, our initial reaction may be that of failure; it can feel overwhelming and downright impossible, but as the small community of Tuwanek has witnessed, with consistent forward movement, anything is possible. Cody and his mom Megan Kelso have proved just that with their Climb for Climate Change initiative.

Cody, who is wise beyond his years, has, at 10 years old, been actively helping his community for the past couple years. At 8 he ran his first food drive for the Sunshine Coast Food Bank, followed by a fundraiser for the Sunshine Coast Wildlife Organization, before moving onto a fundraiser for the Earth Rangers to help the Wolverines. His attitude around helping his community is “why not?”, which at his age, is pretty inspiring; not everyone has the mentality to help others, just because, and thanks to Megan, Cody is cultivating his abilities to create change. Most recently, with help from Megan, they’ve moved onto an even bigger project, Climb for Climate Change.

Growing up, Megan did her part to reduce, reuse, and recycle, as most of us were taught, but she never expected to play such a huge role in actively reducing climate change. Cody has been a major catalyst for

Megan on this journey, with his go-getter mentality. When Megan first brought up the idea of raising \$30,000 and walking 115km, Cody thought she was crazy.

The Climb for Climate Change initiative has two components to it; raising money for the BC Sustainable Energy Association (BCSEA) and the BCSPCA- Sunshine Coast Branch for solar panels. At the beginning of 2021 Megan and Cody set out to raise \$10,000 for the BCSEA and \$20,000 for the BCSPCA, totalling \$30,000. Megan recognized early on that if they were asking for this much money, they needed to work for it, thus they decided to walk 115km from Gibsons to Powell River BC, finishing their journey at the BCSPCA- Sunshine Coast, which is fittingly found on Solar Road.

The BC Sustainable Energy Association is a volunteer-based charity that supports the sustainable production, distribution, and consumption of energy in BC and beyond. They have four chapters in Vancouver, Victoria, Kamloops, and the Okanagan that interact directly with their members and the general public to raise awareness around sustainable energy. They also work closely with the government

to create new laws around sustainable energy, like having new house builds include the wiring for solar panels initiatives to make BC greener and better. The BCSEA has a program called Cool It, which educates children on how to live greener within their homes and communities.

The pair wanted to help the BCSPCA- Sunshine Coast as animal welfare is incredibly important to them both. They have adopted all of their animals from the SPCA, and since they are a non-profit organization, Megan and Cody wanted to help them zero their hydro bill by installing solar panels. The Sunshine Coast SPCA has space for 42 solar panels, which would accomplish the goal of zeroing their hydro bill; so far through Megan and Cody’s efforts, they have raised enough money to install 20 solar panels, with the potential for more on the way.

The pair walked an average of 20km and 4-6 hours per day for four days over Spring Break 2021. In total, their journey took them five days, with one rest day before the big push of 30km to the finish line. It would have been easy to throw in the towel on this adventure as the pair got hit hard with rain. There were plenty of sock changes, snacks and stretching breaks. There were blisters, sore feet, and tight legs, but Megan and Cody persevered to their goal. The



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two spent their days chatting, singing, and working through riddles. Cody's proudest moment was reaching the BCSPCA after a long 30km walk on the final day, partially because that meant they hit their goal, and partially because he was excited not to have to walk anymore.

Cody's biggest take away is that if you're going to do something, there will always be a price to pay, and his price to pay was the pain he experienced on this walk. He also learned that although things may be difficult, you can always do it, which led to their motto of "Believe, Do, Achieve". When asked if Cody feels like he can do anything now that he's achieved this massive goal, his initial response was "not at all"; he then breaks it down into three categories; agility (physical), mental, expression (emotion). He feels as though he can do anything physical, because he's already proven that to himself (although, he doesn't want to ever walk this much again), but he still feels he needs to work on his mental and emotional strength. Cody and Megan both found the most challenging part of the walk was working through the physical pain; dealing with blistered and bruised feet due to the wet and rainy weather.

Megan and Cody are incredibly grateful for the support they received from their community. From financial donations, honking, and on-going encouragement, they felt incredibly supported throughout this entire journey. They received only positive vibes from their community, which helped boost their morale.

Cody reminds us all to take action; he says that if you're going to do something, then do it, because this world isn't going to change if we sit around and do nothing. Utilize the support of the ones around you, pull from the strength of others, and be proud of yourself no matter the outcome. Inspiration looks different to everyone, and that inspiration lives within us, we just need to find that spark and take action. □



Exploring the Coast: Cliff Gilker Park



Easily the most scenic, popular, and family-friendly of the Coast's many park and trail networks, Cliff Gilker Regional Park has it all.

Just south of the Sunshine Coast Golf & Country Club on Highway 101 in Roberts Creek, the 64-hectare (160 acres) Cliff Gilker park's dedicated hiking trails (no cycles, no horses) are safe, well-posted and easy to follow. Some are wheelchair-accessible; these have almost no incline and are great for all ages and abilities. Like many of the regional park trail networks, these are colour coded. Whichever route is chosen, expect to enjoy camera-friendly glimpses of rushing Roberts and Clack creeks from the rustic footbridges, myriad waterfalls, and mossy glens dense with ferns. Because the trails interconnect, a hike can be as short or as meandering as time permits. Usually, to cover the 7km total trail network will take about two hours – depending on the hiker's fitness, determination, or challenges.

The picnic area and playground get busy in the summer months as families enjoy time together in the wilderness setting. Dogs are welcome, but must be on-leash and owners must use the bags provided to clean up after them. Waste receptacles are provided.

There is ample parking near the playing fields, and the park is also easily accessible by transit. The #90 bus stops at Roberts Creek Road and Highway 101 are a short walk from the park entrance.

Fun fact #1: Roberts and Clack Creeks are now salmon-bearing waterways, and at certain times of the year, young fry can be spotted making their way down to the estuary and an eventual sojourn in the

great Pacific Ocean. This is the result of a few years of hatchery releases and spawning area development decades ago, and it's great to see that vision being fulfilled.

The man for whom the park was named settled in Roberts Creek with his wife Aletta (who gave her name to the park's major waterfall) in the 1960s. Both were active community volunteers with a strong vision for the Coast's future. As one of the founding members of the SCRD Board, Gilker eventually served as its chair. In this role, he was instrumental in stickhandling the RD's application to acquire DL1506 from the provincial government – scooping it out from under the Golf Club, which had previously applied for it. In tribute, the park was named for Cliff Gilker following his death in 1977.

Fun fact #2: The existence of the province's Regional District governance model, the Coast's water management and distribution system, the garbage collection and dump operations, and the recreation commission have all been credited to Cliff Gilker's vision and tenacity. Together with Frank West and Norm Watson, he designed an Agricultural Regional District governance model that would oversee water management. That original system was challenged by both federal and provincial levels of government but was later tweaked, rebranded and recreated as the rural Regional District local government system that would have oversight of infrastructure for rural areas. As one of the SCRD's first members-at-large, Cliff Gilker's first order of business was to get that water management and delivery system in place, then moved on driving the other infrastructure initiatives that so improved the Coast's quality of life. □

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The Wakefield Inn, 1938-2005

By Glen A. Mofford



In September 2005, after sixty-seven years in service to the public as an Inn and popular local watering hole, the Wakefield Inn near Sechelt on the Sunshine Coast closed. Gary and brother Rick Radymski with their wives, Nancy, and Donna, were the last to own the popular hostelry. They purchased the Wakefield Inn in the 1970s and turned it into a friendly social centre. The following article is a fond look back at the history of the Wakefield Inn, affectionately known by regular customers as the "Wakie."

The Wakefield Inn and a nearby road got its name from William Wakefield, a pioneer that operated a farm on the property from 1906 to the mid-1920s. The building that housed the Wakefield Inn was constructed in 1928 by Sunshine Coast craftsman, Hector McDonald, as a residence for T. Douglas "the Major" Sutherland, army veteran, BC police constable and game warden in the area. The shake roof, ivy-covered, twin stone-chimney, two story structure had a fine view of Trail Bay, the Trail Islands and beyond to Vancouver Island.

On the eve of World War II, Major Sutherland left to rejoin the Argyle and Sutherland Highlanders. A new constable replaced Sutherland but shortly afterwards the office and small jail were removed to Sechelt. Charles Reda leased the Sutherland residence and renovated it into an Inn with a beer parlour license in 1938. "Mr. Reda had a wonderful business, and it was a pleasure to go to the Wakefield Inn and sip a cool glass of beer while sitting on the open verandah overlooking the Strait of Georgia. What a wonderful setting for a tavern." That was the beginning of the Wakefield Inn and beer parlour, later popular pub, and local music venue. Mr. Reda ran the place for the next seven years until the Inn and beer parlour was



sold to business partners Stan Walker and Dick Kline in July 1945. Walker was an experienced Alberta hotel operator, formerly of Pincher Creek and partner Dick Kline of Vancouver was an ex-RCAF instructor.

Dick Kline sold the Wakefield Inn to George Wardrope and managers came and went each adding their decorative touch to the Inn. Manager Doug Lister improved the parking lot and added lights for the guests. For a few years in the mid-1960s, Bob and Barbara Bazley owned the Wakefield Inn which they sold in 1967 for a tidy profit. The Bazley's bought the Inn and five acre property for \$109,000 and sold two years later for \$149,000. In 2006 the property was reportedly sold in excess of \$800,000 in which the developer subdivided into twenty lots for a possible plan worth \$40 million. Such was the increasing value of waterfront property.

The last owners of the Wakefield Inn and property were two brothers and their spouses, Gary and Rick Radymski with Nancy and Donna Radymski. They also owned the Inn for the longest period of time, from 1976 until they sold in September 2005. According to most of the regulars, this was the golden period for the Inn and especially for the pub that saw some exciting changes such as bringing in local talented musicians. By this time Loggers' sports days were held in the summer in the open field beside the pub and Windsurfing regattas took place off the beach.

The fine reputation that the Wakefield Inn already had with locals and the traveling public was further enhanced by the Radymski family. The food menu was expanded that featured the "Wakie" burger and fresh seafood dishes on the summer menu.



Combine the food with an extensive selection of beer on tap and in bottles plus wine and liquors and the tremendous view proved to be a recipe for success. The owners supported and encouraged live music with an impressive array of local talent plus some notable international stars that took the small stage in the pub that included, Shari Ulrich, Jerry Doucette, and Joni Michell.

Co-owner Rick Radymski organized a live record album to be recorded inside the pub of the Wakefield Inn for the surprise and joy of the guests. Local artist Stephen Hubert recorded ten songs ending with the Wakefield, described as "a novelty song about a nice place to meet your friends for a few beer." Take a listen to Still Love to Sing, from side one of the album on YouTube. It was around that time when I visited the Sunshine Coast with a friend and drove past the Wakefield Inn unaware of what we were missing.

By 2005, after nearly 30 years in business at the Wakefield, the owners decided to sell the popular Inn and Pub. In an interview with Andrew Scott published in the Georgia Straight, Donna Radymski complained about the high taxes and added, "We have mixed feelings about leaving," she said. "We've been at it for a long time. But it will probably be good for us to do something else for a change."

The Wakefield Inn is gone but its legacy remains in the hearts of those who visited and above the hearth of every one of the multi-million dollar condominiums that replaced it in that wood from the deconstructed Wakefield Inn was incorporated into the fireplace mantelpieces of each of the new units. □



The Great Tides of the Skookumchuck

On the map and in the tide tables, it might be labelled “Sechelt Inlet Narrows.” But to generations of white-water thrill seekers, hikers and locals, the old Chinook Jargon name of Skookum (great, or powerful) chuck (water) better describes this natural wonder. The rapids in this narrowing that connects Sechelt and Jervis Inlets are famous for their spectacular whirlpools and eddies; riding the huge standing waves (up to nine feet or three meters) that accompany the tidal surge is great sport for accomplished, extremely experienced kayakers from

around the world and awe-inspiring for onlookers.

Water seeks its own level, as we learned back in elementary school science class. However, the levels on either side of the rapids between Jervis and Sechelt inlets can differ by up to two metres, depending on the time of year and phase of the moon. So as the tide changes, the water flow from Sechelt, Salmon and Narrows Inlet passes over the rapids and through the narrow gap into Jervis inlet, creating whitecaps and waves even in calm weather

during Ebb Tides and reverses during Flood Tides. It’s a lot of water moving very rapidly (up to 16 knots, or 30 km/h, or 18mph). In fact, it’s reputed to be the fastest tidal rapids in the world.

The fast-moving waters and varying tidal patterns attract an interesting variety of sea life, and it has become a source of delight for onlookers to see pods of orca carefully riding the tides through the narrows in search of herring and salmon.

Viewpoints may be accessed through Skookumchuck Provincial Park’s four-kilometer-long hiking trail. Expect the walk to either Roland Point or North Point lookouts to take about an hour. Check the tide tables (can be downloaded as a PDF from sunshinecoastcanada.com or picked up at any Sunshine Coast Visitor Centre) and plan accordingly. For best waves (shown as L or XL on the table), plan on viewing at Flood Tide from Roland Point; for whirlpool and tidal pool action, watch during Ebb Tide from North Point. And in either case, don’t panic if the hike takes a little longer than planned – the action lasts from half an hour before the tidal peak, to half an hour after.

Skookumchuck Provincial Park is well worth a longer visit. Since it was first established in 1957, ParksBC has developed many hiking trails through the 123 hectare site. A favourite with birdwatchers, it attracts migrating songbirds, nesting raptors and waterfowl to Brown Lake as well as the ocean shore.

Entry to the park is pedestrian only – vehicle parking is available at the park entrance on Egmont Highway, across from the Egmont Heritage Centre (open daily from 11am to 5pm until Thanksgiving) is definitely worth a visit.

Surrounded by vintage logging equipment, the Heritage Centre fits into its natural surroundings beautifully. Admission is by donation. As visitors move through the displays, the story of indigenous and pioneer settlers unfolds naturally. Exhibits of marine engines, antique glass and other artifacts are of particular interest.

The centre also offers ample parking, restrooms, wifi, internet access and an EV charging station.

Definitely worth the drive to the “top of the Coast,” visitors will find that Egmont is truly a skookum hidden gem. □

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As a "Coaster" you will find people happy. People say hi or wave a thank you as you slow down to pass them on the road. As you look around you will see peace and laughter, chatter, and smiles.

Here's some must see ideas to check out as you settle into your new home. Pop into your local Visitor Information Centres located in Pender Harbour, Gibsons or Sechelt. These folks are amazing and can show you other fun ways to experience the Sunshine Coast.

Looking for Farmer's Markets? We have quite a few: Gibsons, Gambier Island, Roberts Creek, Sechelt and Madeira Park. Gibsons Farmers Market, Sundays, 10am-2:30pm (May to Sept) Located at Persephone Brewing Company. Roberts Creek Community Farm Market & Roberts Creek Farm Gate Market, Wednesdays, 1:30pm-5:30pm (year-round) Located at Roberts Creek Hall. Sechelt Farmers' and Artisans' Market Saturdays, 9am-2:30pm (April to Sept) Located in downtown Sechelt. Madeira Park Farmers' Market: Fridays, 11am-3pm (April to Sept) And Gambier Island has its own, just hop on a boat and scoot over. And for those other days of the week, keep an eye out for some excellent farms on the side roads or highways selling their produce.

The Sunshine Coast is a place to bring out your inner child and expand your mind to the possibilities of "what if". Enjoy the amazing entrepreneurs here that have opened little businesses in their homes or shops. Take the time to explore and maybe it will bring out ideas that you have yearned to do, or talents that you have always wanted to share but have not had the courage, time, or someone willing to offer their assistance to get you off the ground.

Just remember, you're now on "Coastal Time". Slow down, smile, breathe deep, say thank you. Watch for our amazing wildlife that may cross your path in the trails, on the side roads, or highways. Please remember to always be aware of something coming out onto the road and drive with great caution, as they are a huge part of what makes our Coastal Community so special and unique.

Most importantly, reach out to the Neighbourhood Welcome program, I would love to officially Welcome you with a gift package from our outstanding business partners and the local community.

Otherwise, my wish to you is enjoy your life on the Sunshine Coast and we welcome you with open arms. Welcome Home!!

Stephanie

A BIG Thank you to our amazing partners

Advantage Dental - Angelic Visions - Aquies Mexico Restaurante - Blue Ocean Golf Club - Bravo Floors & Decor - Cactus Flower Fashions - Coastal Window Coverings Ltd. - Daily Roast - Dave Coyle Antique Repro - Deborah Interiors - Eco-Freako - Fibre Expressions Quilt Shop - Game Point - Gibsons Florist - GreenScapes - Home Hardware - IGA - Ikhaya - Just Skin - Kenmac Parts (1967) Ltd - Les Fleurs De Fi - Mikayla Fit - Montgomery Hardwood - Natural Know How - Olson Electric Ltd. - PaceSetter Athletic - Paul's Paintin Place - Pawsitive Adventures - Peggy Sue's - Pepper Creek Pizza & Pasta - Pharmasave - Pretty Natty Duds - Progress Group - Quality Garden & Pet - Rainbow Room Hair Salon - Rent-It! Canada - Roberts Creek Wellbeing - Rug Runners SC Flooring Specialists - Sechelt Legion - Sechelt Plumbing - Sechelt Pizza Co. - Sechelt Tasters Oil & Vinegar - Sew Easy - Shell - Sluggers Family Gym - South Coast Ford - Steph's The Beauty Boutique - Strait Coffee Ltd - SC Coast Appliance & Mattress Experts - Sunshine Coast Air - Sunshine Coast Golf & Country Club - SC Self-Storage - SC Community Services Society - SC Wine Making - Sweetlegs Gibsons with Sue - Swish Apparel - Talbot Insurance Services Ltd - The 101 Brewhouse Distillery - The Gibsons Butcher - The Landing Clothing Co. - Thomas Heating & Electric - Unclog It - Undercover Roofing - Underwire Bra & Boutique - Upstairs & Downstairs Shoppe - Village Dental House - Wilson Creek U Brew

WELCOME TO THE SUNSHINE COAST

**Are you new
to the
Sunshine Coast?**



**Contact Sunshine Coast Neighbourhood Welcome today
and sign up for your free welcome package.**

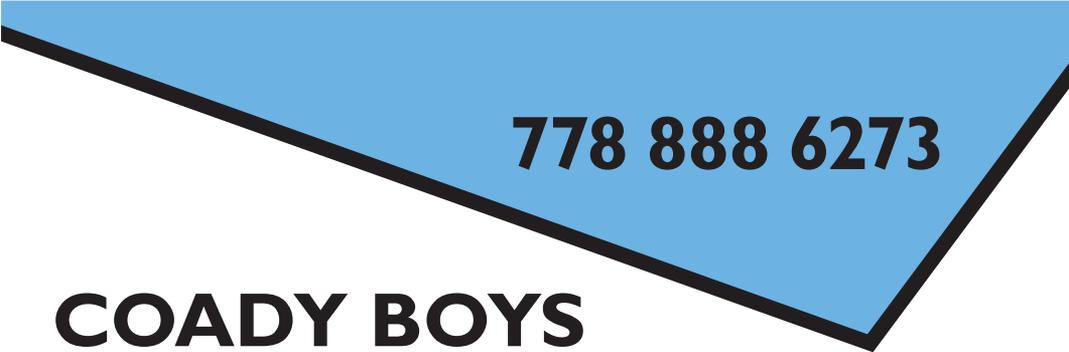
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Find us on Facebook at Sunshine Coast Neighbourhood Welcome





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