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Having grown up in Gibsons, BC, Anastase maintains strong ties to the community. While he currently resides in Vancouver, he considers the Sunshine Coast his true home and brings his family there regularly.

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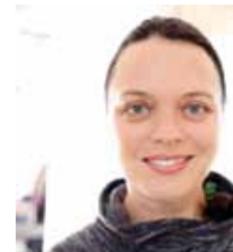
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Founder of the Valley Vibe magazine on Vancouver Island. Megan's passion is to connect the local community to all the amazing places, and business.



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She is a photographer, writer and Red Seal Horticulturist. She is excited to explore and learn all about the people and places in the Valley.



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A local freelance writer, Heather has called Sechelt her home since 1997. Over the years Heather has contributed to many local publications, and spends her free time with her Mexican rescue dog Daphne.

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

To DISTRIBUTE the CV contact welcometothe coast2020@gmail.com

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

Letter from the Editor

"If you want to really fly in your life, if you want to soar higher than you ever thought humanly possible, then feel free to be yourself. Feel free to follow your nature" by Kevin Hall.

For over 22 years the Sunshine Coast has given me an opportunity to soar and fly. To spread my wings and connect with the incredible people, gifts of nature and amazing businesses that support us all. As I sit here watching the sun rise, I am overwhelmed with gratitude for the beauty of the Coast with the sounds of the ocean waves crashing, and songs of the birds as they come together in the morning. Whether it's the wildlife wandering in the woods or yards looking for delicious flowers in our gardens, what a gift to have an opportunity to share with others.

This beautiful magazine is an extension to connect new & longtime residents together and I am so honored to be a part of that

bridge which has always been my passion and to share the first of many issues to come. As you expand, experience, and explore our incredible Sunshine Coast, *The Coastal Vibe* is honored to support our large and small businesses that make it so special. We invite you to take advantage of fishing, hiking, biking, swimming, running, boating, yoga on the beach or just to sit and reflect on how the ocean and sky meet as one. Don't miss one moment to enjoy your life here. Get to know the hard-working people that contribute so much to our community to make it so incredible. So, whether you're here for business, visiting, family vacation, welcome. Thank you giving us an opportunity to be a part of your journey and wish you so much happiness, love, and community spirit as you too, bring your gifts to share, contribute and change our lives. Welcome Home!!

Stephanie Taylor

PATRICK WEILER
YOUR MEMBER OF PARLIAMENT FOR
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The Coast is an incredible place with so much to offer, and I wish you all the very best as you settle into your new home.

It is an honour to be your federal representative. I am committed to be a strong voice for our riding in Ottawa, so if there is anything you need, please do not hesitate to reach out to our Constituency Office.

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Welcome to the Sunshine Coast

Stretching 180km from Howe Sound to Desolation Sound northwest of Vancouver are the traditional territories of the Squamish (Skwxwú7mesh), Sechelt (Shíshálh), Sliammon (Tla'Amin) and Klahoose First Nations, and home to the beautiful Sunshine Coast; nestled between mountain, forest, and ocean. Originally named in 1941 by the Roberts of Roberts Creek to promote the creek as a summer destination, before evolving a decade later to encompass the entire coastline.

The southern communities along the Sunshine Coast include Gibsons, Roberts Creek, Sechelt, Halfmoon Bay, Pender Harbour, and Egmont. The southern coast offers spectacular adventures year round; kayaking, hiking, mountain biking, fishing, and snowshoeing, there is always adventure to be had.

Gibsons Landing is an ideal destination to spend an afternoon exploring local businesses, enjoying local eats and brews, wandering through the farmers market, or relaxing on the beach. This quaint village is known for its delicious eats, rich culture, and beautiful scenery.

Heading up the coast to Roberts Creek, a rural community between Gibsons and Sechelt, home to beautiful beaches, lush forests, and friendly faces. Roberts Creek is well known for its arts culture with a variety of local art studios and galleries to explore. This rich community comes together once a year to repaint a mandala located at the base of Roberts Creek

Pier. This beautiful destination also offers an array of water activities, from relaxing on the beach, kayaking, and paddleboarding, perfect for water lovers.

Surrounded by mountains, Sechelt is not only a town, it's a peninsula. Named after the original First Nations people of this region, the Shíshálh. Sechelt is an oceanside community perfect for enjoying local cuisine and supporting local businesses. Located midway up the Sunshine Coast, this is an ideal homebase for those looking to explore on land and water, complete with free marine access campsites along the Sechelt Inlet, mountain biking trails, and multiple golf courses.

Halfmoon Bay is a beautiful community, home to some of the most stunning coastline and beaches. Directly across the Salish Sea you'll find Vancouver Island, offering breathtaking views for those travelling by car or boat. Halfmoon Bay offers spectacular beaches, trails for all hiking levels, and a plethora of mountain biking trails. This welcoming community follows suit with the rest of the Sunshine Coast, being home to many local artists sharing their masterpieces.

The southern shores of the Sunshine Coast are warm, welcoming, and full of life. From local artists, restaurants, and businesses to the stunning mountain ranges, lush rainforests, and breathtaking beaches, the Sunshine Coast is perfect for all ages. We are thrilled to welcome you to our community. ☐



Sechelt

“the land between two waters”

By Heather Jeal

Centrally situated on the isthmus connecting the Howe Sound and Pender Harbour sections of the Sunshine Coast peninsula, Sechelt (“land between two waters”) occupies the unceded traditional territory of the shíshálh Nation. The level Village district is very walkable. Attractive waterfront seawalks at Davis Bay and downtown provide vistas of distant snow-capped Vancouver Island mountains and the ever-changing Salish Sea. Enjoying the sunsets and on-water activity from one of Sechelt’s many waterfront restaurants is a favourite experience for residents and visitors.

Sechelt is the Coast’s hub for business, recreation and education. Provincial and federal government service offices, the courthouse, main RCMP detachment HQ, and hospital are located here, easily accessible from either end of the Coast. Capilano University maintains a small satellite campus offering

introductory courses towards a general Arts degree, or a professional certificate in health care and other services.

Sechelt isn’t just where people come to shop – it’s where people come to market. From May through October, the Saturday Sechelt Farmers & Artisans Market takes over a section of Cowrie Street between the Municipal Hall and Sechelt Elementary School. Under the tents lining both sides of the street, displays of fresh-picked produce, farm-fresh eggs, local honey, preserves, spices, and home baking tempt buyers. Artisans’ displays of pottery, jewellery, knitwear and home décor and local musicians add to the fun and ambience.

Sechelt’s recreation facilities and options are a huge draw for residents and visitors. Indoor activities at the Sechelt Aquatic Centre are fun for all ages. The

nearby arena offers scheduled ice time. Two climbing gyms send people up the wall (literally). And for those who want to get outdoors, the sheltered waters of Porpoise Bay are ideal for a variety of activities. Kayaks, stand-up paddleboards, and canoes dot the waters on a sunny day. Guided tours, instruction, equipment sales and rentals are all available near the government dock, at Porpoise Bay Provincial Park, and at Tuwanek beach at the end of East Porpoise Bay Road.

Landlubbers seeking outdoor fun and adventure can find it in Sechelt. Mountain bikers and cross-country racers enjoy a network of trails with challenges every skill level. The Coast’s network of trails are widely regarded as some of the nation’s best and most challenging. Each year, the 500+ participants in the annual weeklong BC Bike Race marathon look forward to this section of the competition.



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For non-cyclists, walking and hiking trails abound across the Coast. In Sechelt, Hidden Grove (which is right out there in plain sight on East Porpoise Bay Road, about five minutes past the Provincial Park) and the Community Forest offer excellent, well-kept trails for hikers. Bonus: dogs are permitted off-leash (but watch and listen for wildlife in the woods).

Ready for some urban recreation? The Sunshine Coast Drag Racing Association takes over the Sechelt aerodrome's landing strip twice a year, in May and August, for an all-day celebration of things that go vroom. Traditionally, the event has been a fundraiser to help maintain the runway – which is scheduled for a major expansion and upgrade this year.

The August Sunday drag race is the culmination of the three-day Festival of the Rolling Arts. Drawing classic car collectors and enthusiasts from the Lower Mainland, Washington, Idaho, and Alberta, the Festival features a 20km “rod run” on the first evening. The following day, Cowrie Street is closed to traffic as the whole street is lined with upwards of 500 vehicles for the Show ‘n’ Shine hosted by the Coasters Car Club.

The Festival of the Rolling Arts is followed, the second week of August, by the days-long Festival of the Written Arts. In its 38-year history, the Festival has grown to be a pre-eminent showcase for Canada's writers and publishers. Authors reading, writers workshopping, publishers hunting new talent, and OMG there are books everywhere! For every genre, every interest, and every age group the Sechelt Festival aims to please.

In conjunction with the annual Sunshine Coast Art Crawl, the two-week Sechelt Arts Festival hosts a series of themed workshops, displays and performance events geared for all ages that are outstanding, challenging, illuminating, and/or just plain fun.

During 2020, many traditional annual events were cancelled or moved online. Organizers are hopeful that 2021 will permit a return to activities and are gearing up for festivals on a more modest scale. For more information and breaking news about above events, please visit the events website or facebook page. □

Be a Tourist in Your Home Town

by Ali Penko



Photo credit: Heather Jeal

Thinking like a tourist, allows you to experience familiar surroundings in a fresh new way. It can bring opportunities to explore and visit places that we take for granted. If you find yourself thinking, “I haven't been there in a while... or ever”, maybe it's time you went.

The Sunshine Coast Botanical Gardens is located on Mason Road in Sechelt. This 16-hectare property has wide paths for wandering and areas for picnicking, and is a lovely place to spend a warm spring day.

The gardens are comprised of an extensive collection of Pacific Northwest native plants and a rhododendron collection with over 200 specimens. The best time to see the blooming rhododendrons is between April and June. The garden also has a demonstration vegetable garden. The produce grown is donated to the local food bank. There are a

large variety of volunteer opportunities available for people of all ages and skills.

Gibson's Public Market is a great place to visit. Open everyday except Monday, merchants serve up local food and produce. There are also ongoing art exhibitions from local visual artists. Pick up a picnic lunch and enjoy it in nearby Winegarden Waterfront Park.

The Market building also houses the Nicholas Sonntag Marine Education Centre. This 1200sq ft. aquarium opened in 2017 and is home to more than 70 underwater species that are native to the area. The aquarium showcases the marine life in 30 different themed habitats, and interactive displays. The aquarium is open Saturday and Sunday.

Want to go for a drive? Look out for the purple



Photos taken in Cliff Gilker Park, located in the Roberts Creek area on the Sunshine Coast. This park has many easy to follow trails for a family friendly afternoon hike, suitable for all ages.



Photo credit: Stephanie Taylor

banners. The Purple Banner Tours, organized by the Coast Cultural Alliance, offers a unique opportunity to visit local artists in their studios and workshops. Located from Gambier Island to Langdale and Powell River to Lund, banners represent an artist's workspace and are often (but not always) an invitation to drop by and see what they are doing. To see a complete list of participating artists, their discipline and to book an appointment, if required, go to <https://suncoastarts.com/purple-banner-tour/>

Want to go for a hike and take in the scenery? Soames Hill Park is located just above Gibsons, covering 150 acres of second growth forest and has over 5km of trails. The trail difficulty ranges from moderate to strenuous. In 40 minutes you can be on top of "The Knob" taking in amazing views of the Coastal Mountains, Keats, Gambier, Bowen and Vancouver Island.

In Pender Harbour, a lovely drive takes you to the trailhead at Pender Hill Park. This is another great place to hike to a viewpoint. A short but steep 2km round-trip hike takes you to panoramic views of Mount Daniel, Pender Harbour and Hotel Lake.

The Sunshine Coast Regional District (SCRD) maintains 30 kms of trails and paths through all of the municipalities. These trails serve the community in a wide variety of uses from hiking to mountain biking to accessible trails suitable for wheelchairs and strollers. <https://www.scrd.ca/walk-cycle#>

Boating opportunities can be found up and down the coast as well as inland waterways and lakes. Canoeing, sailing, kayaking are popular year round activities and rentals are available at most marinas. In Gibsons, a trip down to Ocean Beach Esplanade will take you to Bonniebrook Beach. This lovely coastal beach is ideal for a morning walk or watching sunsets. In Sechelt, you will find sandy beaches at Porpoise Bay Provincial Park. The park is located at the south end of the Sechelt Inlet. The inlet is also a great place to explore on the water.

Want a change of scenery? Spend a few nights in a unique dwelling. From Geodesic Domes and safari tents to historical inns and spas, there are endless opportunities for a local getaway. Treat yourself!

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describe food and drink on the Coast. There are breweries, distilleries and wineries aplenty. Fine dining, pubs, coffee shops and bakeries serve up a wide variety of fare for all of your culinary cravings.

There are a large number of tour operators on the Sunshine Coast that can help you have a great adventure while you are being a tourist in your own town. Air tours, boating and hiking tours, scooters and art tours are just a few ideas of local adventures to be had. These operators are specialists in their fields and knowledgeable about the area. You will most likely learn some fascinating things and maybe discover a new passion.

The Sunshine Coast has endless opportunities for outdoor adventure, culinary delights, pampering and enriching educational experiences. □

Come Experience Golfing on the Sunshine Coast

Blue Ocean Golf Club is a scenic 18 hole public golf course in Sechelt, British Columbia enjoying year round play on Canada's temperate west coast. A great test of golf for all abilities, the championship par 72 layout offers 4 sets of tees ranging from 5350 to 6550 yards. The Blue Ocean Bar and Grill is a local's favourite dining destination for lunch or dinner and all are welcome. The full length driving range has 15 covered stalls so practice can be enjoyed even in inclement weather. The golf shop is fully stocked with the latest golf fashion and equipment, and offers PGA of Canada instruction to suit all ages, abilities and budgets. The facility is a great event venue for golf, meetings, banquets or weddings of up to 110 guests and the management team is eager to help organize your special event. Quality and affordability meet at Blue Ocean to provide terrific value to its valued members and visitors. Book a tee time online at www.blueoceangolf.ca or give us a call to let us know how we can serve you best. □



Simple Habits To Support Your Well-being This Year

While everyone wants to improve their daily habits, starting new routines can be challenging. Often when you consider revamping your lifestyle, you come up with ambitious goals that are hard to keep up over time. Instead, why not make smaller lifestyle changes, smaller steps that you know you can stick to?

Rather than overhauling your entire routine, first identify one or two simple changes you can do. Then, who knows? You may just pick up one or two more. Remember: Even small changes can make a difference to your overall well-being. Start simple, boost your health by moving your feet. If you don't normally exercise, start with a simple walk around the block at the same time every day.

Set yourself up for success by starting small first. Even tackling just a couple of these habits can improve how you feel each day. And once they've become habit, see if you can add even more! □

Mikayla Custance is a published fitness model and seasoned figure competitor, gracing the stage in several national and international events annually, a certified fitness nutrition coach, certified physique and figure specialist and personal trainer.

What began as a tool to help her own athletic performance turned into a thriving career as the owner of MikaylaFit to help others improve their health with weight-loss, physical longevity and athletic performance. Due to covid restrictions, Mikayla turned her in person training and coaching to online.

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WELCOME TO THE SUNSHINE COAST

Here are just some of the amazing places to explore on our beautiful coast.
Some great places to go explore right in your own backyard.



Sunshine Coast Trail - 180 km's across the Sunshine Coast you can hike hut to hut to experience hiking at its best with hidden trails and beautiful views from Saltery Bay to Sarah Point along the Sunshine Coast. From day hikes, to over night camping, there is a hike for everyone, at every level.

A popular outdoor activity on the Sunshine Coast is **mountain biking**; with over 700 kms of year round trail access, all difficulty levels, and beautiful scenery around every corner, this makes the coast a great place for mountain biking lovers.



Located in the **Roberts Creek** area on the Sunshine Coast. This park has many easy to follow scenic trails with waterfalls, streams, and wild life for a family friendly afternoon hike.



The Persephone is a steel logging tugboat, located in Gibsons, and used in the CBC series The Beachcombers. This tugboat was in service from 1965 - 1991. Where it was then moved to Gibsons and today this tugboat is preserved as a museum for locals.



Molly's Reach, located in downtown Gibsons, and the home of the famous CBC show The Beachcombers which aired from 1972 to 1991. In 1995 Molly's opened as a restaurant and continues to operate today.



The **Roberts Creek Mandala** began in 1997, when friends decided to paint over graffiti. Now every year the Mandala continues to grow, with artists from all over adding to the project every year.



Want to talk a nice stroll? **Davis Bay** hosts a beautiful sea wall along side of the ocean. The beach is mixed with areas of stone or sand in some areas. A beautiful sea side stroll year round.

Gibsons Marina is nestled right on the edge of the Strait of Georgia and is one of the biggest marinas on the coast, mooring over 380 vessels.



Davis Bay is home to legendary sunsets year round. Take a walk out on the pier in the evening and you will experience the sunset of a life time.



Photo credit: Stephanie Taylor

Gibsons

“the gateway to the Sunshine Coast”

By Heather Jeal

Gibson’s Landing – a small waterfront village dependent on fishing and forestry – burst onto the national consciousness on October 1, 1972. That’s when the familiar fluting anthem of The Beachcombers first hit the CBC airwaves, and Canada began to long for the idyllic life and brilliant scenery enjoyed by Nick, Molly, Relic, Jesse, and Constable Constable. For most visitors, Gibsons IS The Beachcombers and the Town plays on that connection with displays at the Sunshine Coast Museum and Archives, Nick’s boat “Persephone” on permanent display near the Visitor Centre, Molly’s Reach restaurant welcoming folks back as soon as they drive into town.

The town of Gibsons sits on just 4 square miles of traditional and unceded Skwxwú7mesh (Squamish Nation) territory, sheltered by Keats and Gambier Islands in West Howe Sound. Within the town’s boundaries are virtually all the amenities (schools, shopping areas, entertainment, sports facilities etc.) serving the Gibsons Area which includes the unincorporated rural regional districts of West Howe Sound, Elphinstone, and Roberts Creek. Population of the town of Gibsons is just over 5,000; add in the surrounding area and now we’re looking at a thriving community of about 13,000.

Overlooking the statue of George Gibson and Pioneer Square, Stonehurst (c. 1912) has been

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restored by a series of owners over the years. The three-storey house was hand-built by the Coast's first physician, Dr. Frederick Inglis. Stonehurst is the Town's connection to history and – The Beachcombers notwithstanding – the town's most important claim to fame.

It's a great story, and typical of the Gibsons culture of warm-hearted hospitality and generosity. During the first World War years, the local pacifists camped out on Mount Elphinstone – and sympathetic Dr. Inglis would visit as needed for medical care. Most of the campers were expatriate Finns who had drifted down the Coast from their original settlement at Sointula – and all of them were socialists. Long talks over campfire coffee were the best part of those “house calls” and Dr. Inglis enjoyed sharing their point of view with his friends and neighbours.

The Finns mainly settled and farmed the flatter upland plateau once known as Gibsons Heights. There is still farmland encircling the town, but new developments and subdivisions are quickly filling in stretches of undeveloped land in the town and

adjacent “rural regional districts”. While historical Gibsons Landing is home to the town hall, library, museum, and the boutiques, galleries and restaurants beloved by tourists and boaters, Upper Gibsons is all business. Here, the residents shop at the two malls, enjoy the recreation centre's amenities, throw a few rocks at the curling rink, swim laps at the pool or attend one of the area churches. Its one community that offers the best of both worlds of a harbour town. All worth exploring, and both are full of hidden surprises.

The biggest surprise? Jack Harman was not the only notable sculptor hiding among the trees of Canada's Sunshine Coast. The area boasts of having more artists and artisans per capita than any other community in Canada. Galleries and studios abound and welcome visitors by appointment, especially during the annual Art Crawl. Find out more at Gibsons Landing Public Art Gallery.

To learn more about the colourful First Nations and settler history of the area, visit the Sunshine Coast Museum and Archives in Gibsons Landing. □

Game On At Game Point

“Game Point is a unique destination on the Sunshine Coast with products and services that cannot be found anywhere else. At Game Point you can buy, sell, and play all types of entertainment including board games, video games, virtual reality, movies, and gaming events. Game Point carries all the popular brands of games, and can special order anything else in on a weekly basis. In addition, Game Point has their own in-house game design team, so you can stop by and try out games you cannot play anywhere else! Game Point is also one of the few shops on the Coast open every day, usually late, so people can find something fun at any time.

Game Point was opened over 3 years ago out of a passion for games and movies. For the 10 years previous, the owner Brad was managing 30,000+ films at Sid's Vids and organizing game nights there as well. When Sid's Vids had to close, Brad decided to move everything to a new location and keep the momentum going. He kept all the best movies of all time in all genres, and set up enough tables and

chairs for 32 players. He added a cutting edge virtual reality experience and hundreds of arcade games to play in-store. Now Game Point is the only place on the Sunshine Coast where you can play virtual reality, arcade games, tabletop games, and rent movies! So come on down and find something fun for everyone! □



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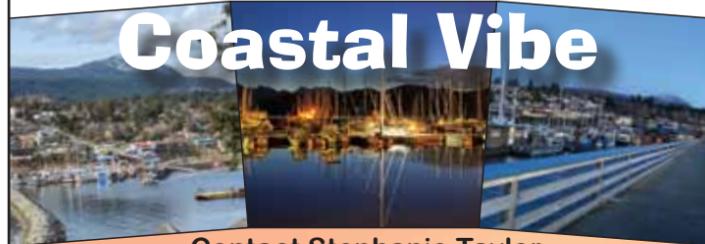
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George Gibsons Who is that guy?

By Heather Jeal

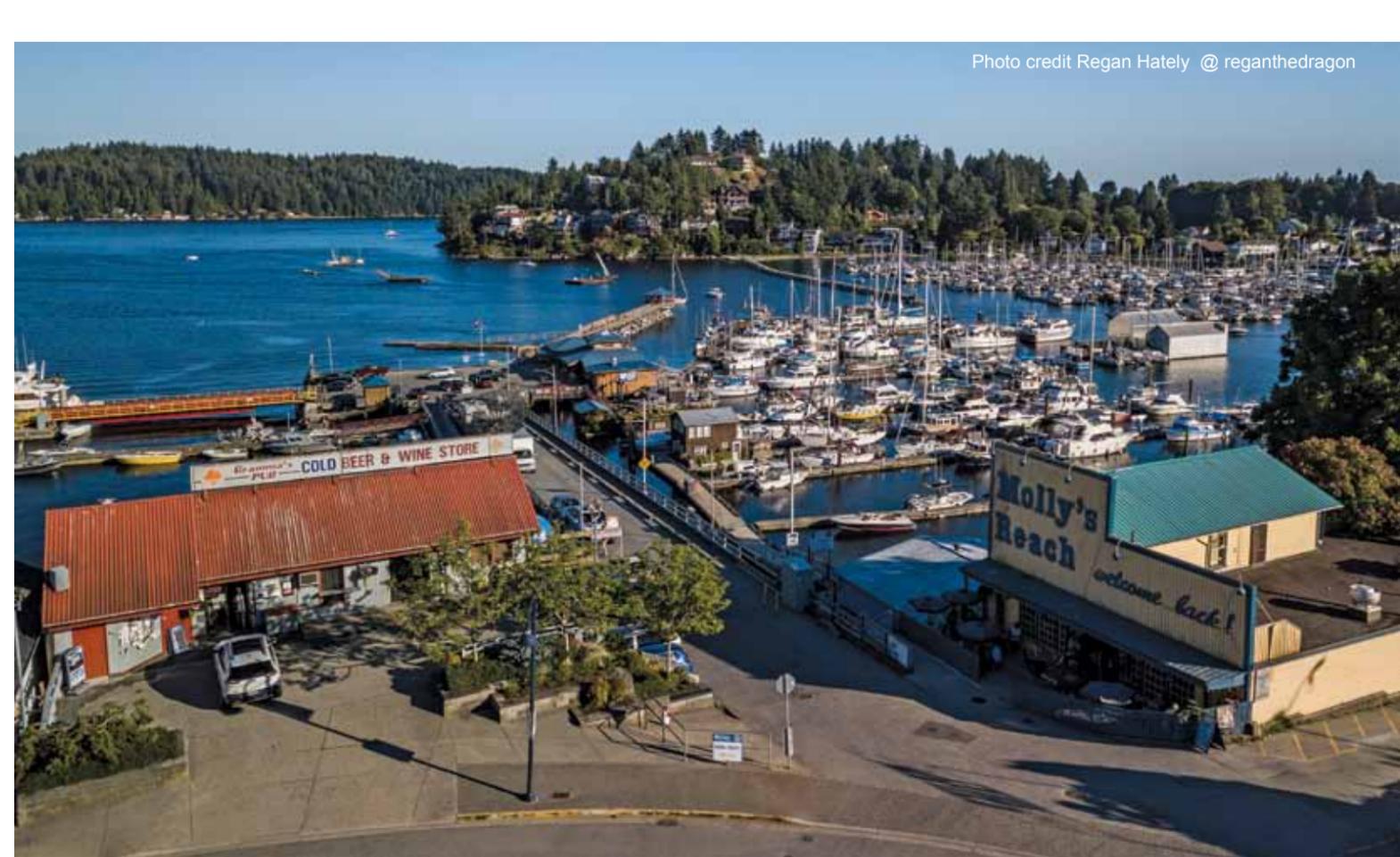
In May of 1886, ex-naval officer George Gibson and two of his sons dropped anchor of their boat, “Swamp Angel,” just off Keats Island and rowed over to check out the area near the seasonal indigenous fishing area known locally as Chek-Welp. Seeing potential, George applied for a “pre-emption” and he and his sons were granted title to several sections of forested wilderness to farm and settle.

Gregarious George began enthusiastically promoting the area to his network and soon a trio of Georges had pre-emptions and “Landings” along West Howe

Sound: George Hopkins (Hopkins Landing, just west of present-day Langdale), George Grantham (Granthams Landing, about halfway between Hopkins and Gibsons) and of course George Gibson anchoring it all like the old navy man he was.

Clearing the land for farming using hand tools and oxen was a dawn-to-dusk enterprise, and required a fair bit of inventiveness. In order to encourage supply ships, visitors and potential settlers to visit the area, George and the boys invented a pile driver and built the first pier – and Gibson’s Landing became a destination on the BC Coastline’s maps.

The original Gibson house stood not far from the spot where George first landed, but has long since gone. George’s wife, Charlotte, converted the original house



into a nursing home for smallpox victims during the first outbreak of the disease at the turn of the last century – and when the last patient walked out the door, the building was burned to the ground to ensure no virus would survive.

Hospitable as always, the Gibsons family believed in sharing what they had with their neighbours and helping one another wherever possible as they carved out a community from the forest and swampland. George’s house served as the area Post Office, and whenever the mail boat arrived the Gibson family door was open until everyone had come to collect their letters and parcels, share news and enjoy a visit.

Mail and all supplies were delivered by water; then as now, marine traffic is the main link between the Sunshine Coast peninsula and the rest of the province. However, if George Gibson were to see the enlarged government wharf that stands where his original pier was built – and count the pleasure craft, fishing vessels, water taxis and even a floatplane

tied up to the floats – he’d be astounded at how his family’s original pre-emption has grown into a thriving community that still, after 135 years, maintains a culture of hospitality and generosity.

And the three Georges would not believe that the original rough logging roads that linked the daisy chain of villages has since been paved over and is now part of Highway 101 (the Pan-American Highway) – that stretches 9,312 miles / 15,020 km from Lund on the Upper Sunshine Coast, to the town of Castro on Chile’s south Coast.

A statue of George, created by world-famous sculptor and former Coast resident Jack Harman, stands overlooking that original spot at the very heart of Historic Gibsons Landing – just steps away from his final resting place in Pioneer Square. The tiny family cemetery once abutted the Methodist Church (built on land donated by George Gibson). The church has long gone, but the memorial remains to celebrate a man who bravely stepped forward into an unknown future in an untamed land. □

4 Easy Ideas To Enhance Your 2021 Garden

Photo credit: Quality Garden & Pets



Gardening enthusiasm is surging thanks to our increased time at home - whether on a small-space patio or in a larger backyard. In fact, people spent 42% more time gardening in 2020 than the year before, according to Axiom Marketing's 2021 Gardening Insight Survey. Many experts agree the trend toward nurturing flowers, plants and vegetables will continue into 2021 and beyond.

If you're looking to test your new green thumb or bring this year's garden to the next level, consider these top trends and simple ideas:

The year round gardening can provide you with fresh access to produce that can help encourage healthy eating. You can feel confident knowing exactly where your food comes from and enjoy the satisfaction of growing it yourself. Plus, it doesn't get fresher than picking something from your own garden just minutes before preparing a dish.

You don't need an expansive garden to enjoy the many benefits of fresh, healthy vegetables and herbs. In fact, you don't need a garden at all! Check out and enjoy a variety of peppers and tomatoes that can be grown inside on a sunny windowsill, countertop or outside as patio tabletop plants.

There is also the multi-purpose flower and herb garden. Don't be afraid to mix your flowers and herbs. Trending in 2021 is bundling your plants

together to save space and make a multi-functional showcase. Start with a tiered fruit stand, line it with coco liner cut to fit inside each bowl space, and then add soil and plants of your choice. The handle and lightness of the stand make it easy to hang as a basket or decorate a patio or table for a beautiful and functional addition wherever you garden.

Be sure to select plants that have a lot to offer in a compact space. For example, herbs from Burpee Plants are ideal for small gardens, so you can enjoy fresh flavors like mint, rosemary and parsley at a moment's notice. If you'd prefer a centerpiece or accent decor for entertaining, petunias are low-maintenance and stunning, easily adding a punch of color to your container.

As people spend more time enjoying the outdoors from the safety and comforts of home, they are taking a new look at their exterior spaces. Colorful blooms brighten the outdoors and elevate the mood, which is why flower gardening is flourishing. However, people want this outdoor beauty without extensive maintenance, so ease is essential when planning your flower garden.

When it comes to pairing beauty and simplicity, Impatiens are a great choice, especially for those whose outdoor spaces don't get a lot of sun. Available in bright, bold colors, you can fill baskets, window boxes, patio containers and shade

landscapes. Impatiens are low-maintenance and have high resistance to downy mildew, a disease that has caused plant loss in recent years.

Having a family garden comes with many benefits. Whether it's you and your partner at home or the entire family, gardening has proven to be a fun and safe hobby that people of all ages can do together. Enjoy spending quality time while breathing fresh air and learning important lessons from nature and the environment.

Gather everyone's input on a plan for your family garden and work together as a team to make it a

success. One plant that's particularly fun for families to include is Lavender Primavera. The rich purple color is visually stunning, plus



lavender attracts pollinators like bees, butterflies and hummingbirds, so you're enhancing the natural world around

you. Additionally, you're sure to enjoy the relaxing scent wafting in the breeze, and you can harvest your lavender to use in DIY craft projects around the house or as gifts to loved ones.

Start growing today! The ability to explore interests like gardening and plant care is a silver lining of spending more time at home. Gardening is a healthy activity for anyone, and there are many resources - from your local gardening store to online blogs and videos - to help you be successful. 2021 is your chance to dig in and grow! □



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Life's a beach in Davis Bay

by Heather Jeal



Sechelt's Davis Bay neighbourhood features one of the Coast's favourite sea walks – the Davis Bay Esplanade. Stretching a full kilometer from Mission Point Park at the Chapman Creek estuary to the base of Selma Park hill, this stretch of accessible waterfront offers an unobstructed windswept view across the Salish Sea to the mountains of Vancouver Island. It's a great spot for storm watching in winter, sunbathing in summer, and strolling year-round.

This is the only spot from which the full vista is visible from the Sunshine Coast Highway; further along, the viewscape peeks through residential, commercial and forested areas. Davis Bay has much of the feel of an old-time seaside resort. With the beach and pier on one side, and shops, motels and restaurants across the street, a walk along the waterfront has a vintage quality.

But this is no sleepy backwater! Young entrepreneurs are breathing fresh life into the community. A former fish'n'chip stand is now a great place for locally sourced food, craft beer, fine food and service with an amazing deck for watching the sunset. A motel, dormant for the past few years, has undergone extensive refurbishing inside and out, and locals are eagerly watching for its restaurant to re-open after being shuttered for a decade. And the young family

operating the take-out / galleria enterprise in the Pier 17 complex have introduced a line of take-and-bake meals, plus baked treats to enjoy on their heated veranda if you choose.

Photogenic Davis Bay pier is a beloved fishing spot and in summer expect to get there early to reserve a space along the rail reserved for anglers. The other side is for swimmers to enjoy jumping into the cold deep waters and battling the currents and tides to the nearby float. Note: no lifeguard is on duty at this beach and swimming is strictly at one's own risk.

Most of the beach is shingle (pebbles), but there are lovely sandbars adjacent to Mission Point and the Chapman Creek estuary. This is where most families choose to picnic and play on a summer's day, exploring tidal pools and watching the local eagles and herons hunting for a fish dinner. During summers past and summers yet to come, this area hosts the Lions Club's annual Davis Bay Sandcastle Competition.

Across from Mission Point Park, follow the trails up Chapman Creek to the falls. Watch out for trolls! And watch out for each other in the group; these trails can be challenging. Proper footwear, a reliable communication device, and water are strongly recommended. Enjoy your day in Davis Bay! ☐

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Sunshine Coast Museum & Archives Photo #1060



The first store to operate in Roberts Creek. Built by Harry Roberts in 1907 and operated by him until 1911 when he built a new, larger store.

Harry Roberts stands in a forest at Roberts Creek admiring the "Toothpicks", some of which were eleven or twelve feet in diameter.

Sunshine Coast Museum & Archives Photo #1050



Roberts Creek

Roberts Creek, known as Xwesam ("where the water bubbles" with its abundance of creeks) to the Coast Salish people, received its Settler name from Thomas William Roberts, who pre-empted a quarter-section in 1889 for his large extended family. His nephew, Harry Roberts, built and ran the village's first store and a sawmill that provided the lumber for the docks, houses, summer cabins and bridges that connected the properties in the rapidly-growing townsite. We can thank Harry for naming the area "Sunshine Coast." He painted a huge sign near the wharf welcoming visitors to the 'Sunshine Belt' - later modified to Sunshine Coast.

In the mid-60s, counter-culture enthusiasts followed their back-to-the-land dreams to set up communes or purchase some of the original large farm acreages. Beside the muddy chicken coops and goat sheds, local potteries, art and music studios grew and thrived. The eclectic community known as "The Gumbot Nation of Roberts Creek" drew more like-minded arts and culture entrepreneurs over the years. The village hub at the foot of Roberts Creek Road grew to include two restaurants, a post office, tiny perfect volunteer-run library, and an eclectic group of businesses centered on the Heart of the Creek complex. With a full range of services an easy walk or in cycling distance of the residential areas, many 'Creekers' call this community home.

A popular summer destination, Roberts Creek is a

"the gumbot nation"

camper's delight. A provincial campground and two Scout camps - Camp Byng and Camp Olave - provide a variety of amenities and activities. Camp Byng (named for the Canadian Governor-General and Chief Scout, Lord Byng of Vimy, who officially opened the site on July 26) has grown to be the organization's premier property in the Pacific command since its establishment in 1922. Its sister Camp Olave sits on the former assembly camp of the Rat Portage Lumber Company, and is noted for the annual display of carved Halloween pumpkins on the rocky promontory at Rat Portage Hill (now you know where the name comes from!)

Outdoor enthusiasts enjoy the well-marked trails at Cliff Gilker Park (located next to the Sunshine Coast Golf and Country Club, entrance off Sunshine Coast Highway). Beach lovers can access the waterfront from a series of "Beach Access" trails signposted along Lower Road, as well as from the picnic area at the foot of Roberts Creek Road, from Roberts Creek Provincial Park Beach at the base of Flume Road and Beach Avenue, and from Henderson Beach at the corner of Beach Avenue and Henderson Road.

Over the years, a variety of events illustrated "The Creek's" diverse, tongue-in-cheek approach to life, the universe and everything. Covid interrupted, but did not end, such annual delights as the 40-year-plus tradition of Creek Daze. The one-day festival launches with an inclusive Higgledy-Piggledy Parade

of costumed residents marching, stilt-walking, cycling and dancing from the Community Hall near the Highway, down Roberts Creek Road to the school and continues with live music, food and crafts booths, and dancing.

Originally, Creek Daze centred on the paved picnic area adjacent to the jetty which replaced the original pier decades ago, and which locals still refer to as the "pier." Don't expect to be able to tie up to this breakwater, which protects the creek outflow area. The pavement was once a favourite target for vandals with spray cans. Credit goes to local artist Rob Marion for finding a creative, and uniquely Creek-like, solution to the problem. For each of the past 20 years, excepting 2020, Marion designed an intricate themed mandala which is then enlarged and the outline is transferred to the central pavement. The design is then painted in, section by section, by community members of all ages, abilities, talents and visions. The result is curiously harmonious and always fun to explore. (Enlarged photos of past completed designs are available to view and purchase at Gibsons Copy Shop.) The timing of celebration completion of the annual 'installation' is always planned to align with the Mayan Day Out of Time, July 25. In Roberts Creek, this is a time for appreciating our connections to art, nature, and each other and celebrating with music, food and craft displays around the newly-completed mandala. □



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