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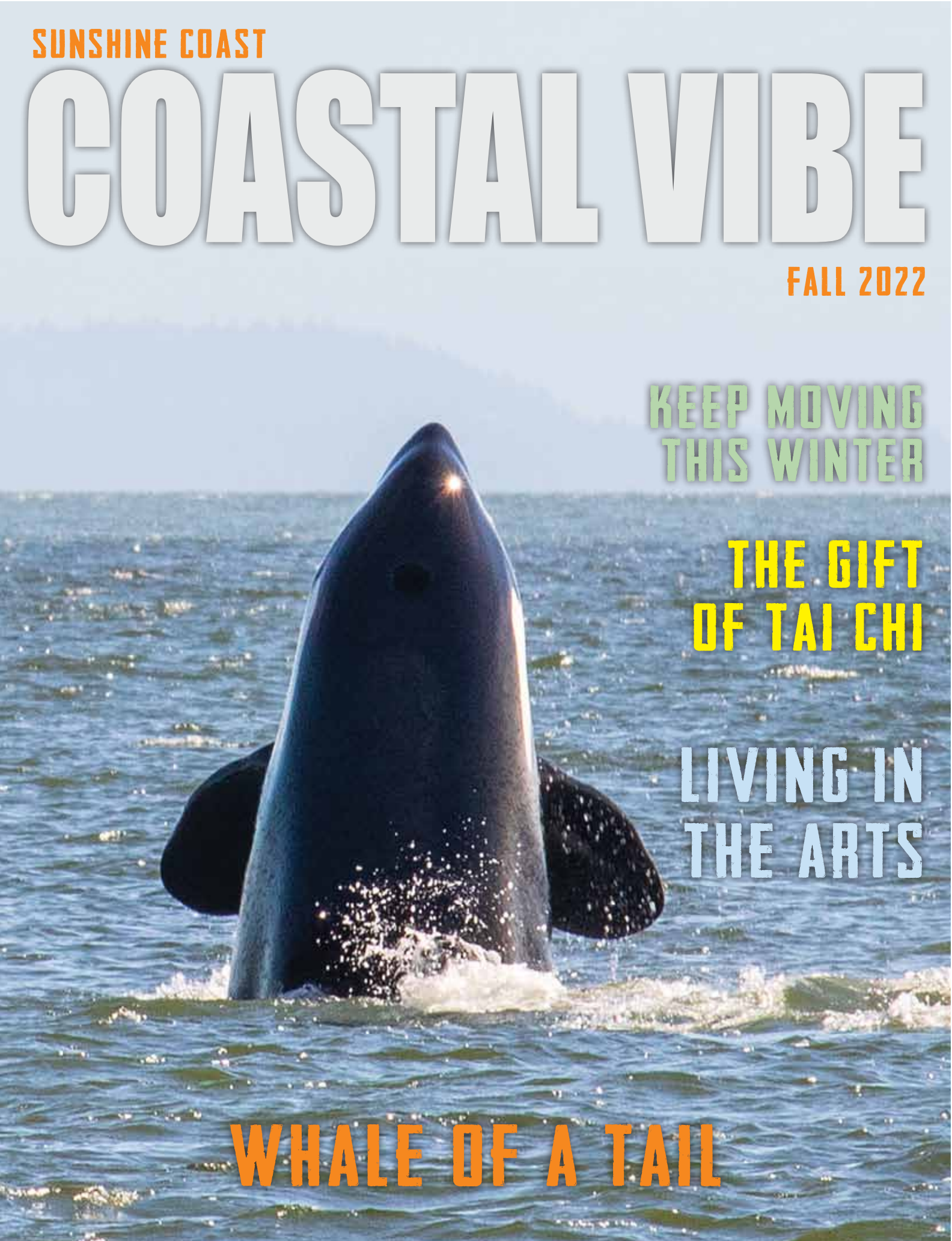
FALL 2022

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THIS WINTER

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LIVING IN
THE ARTS

WHALE OF A TAIL



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In loving Memory of Oscar
2005-2020

Letter from the Editor

"It's easier to maintain good health, than it is to try and regain lost health"

It's so easy to get caught up in meeting other people's needs and expectations, that we put ourselves on the back burner. You need to make yourself a priority.

Don't be so busy you don't have time to laugh, exercise or be alone. You need these things to stay in balance, or you become depleted and drained. Our bodies are a temple...physically, emotionally, and spiritually.

Our Fall issue is about finding ways to stay healthy over the colder season. Whether it's hiking, curling, working out in the gym or from home, walking, or skating. It's about taking the time to enjoy your life and get refreshed and replenished. It's about showing gratitude for all we have not only in our lives, but around us.

Come out of your comfort zone and volunteer with some of our incredible non-profits, meet some new friends, explore our beautiful community, share your artistic talents, learn from others, and live your life to the fullest. Just think of what you could be, do and have, if you got back into balance - brighter, stronger, happier.

We all share special gifts and talents, but it's hard to discover them when we don't take the time to take care of ourselves.

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WHALE WATCHING

On the Coast ~ What A Treat!!

Written by Nicole Brazzate

Photo Credit Kelly Ouellette

British Columbia waters have a diverse whale population including Orca's (killer whales), Humpback, and Grey Whales, plus Dolphin and Porpoise species. Most species are migratory and are only present in BC waters for a specific time-frame, typically between May-November. The best way to see whales are on tours, as the guides know the best places to spot them, but it is possible to see them all along the Coast. The Facebook Group Sunshine Coast Whale and Dolphin Sightings has set out to help as many Coasters see and enjoy these beautiful creatures.

There are three different subspecies of Orca's found in BC waters; resident Orcas feed on salmon and therefore follow the salmon run, transient orcas are mammal eating whales that hunt seals, sea lions, porpoises, and other whale species, and offshore orcas that live far from shore. The best time to see Orcas are summer and fall, especially resident orcas as they follow the salmon run in the fall.

BC waters are home to two separate Orca populations which do not interface and/or mate with each other; Southern residents (around

Victoria and the Gulf Islands) and Northern residents (Northern Vancouver Island and the Johnstone Strait). Resident orcas are known for their strong family groups and use of echolocation, using mutual communication to notify pod members of salmon locations. Orcas have been spotted travelling past Killum Bay, Bonnie Brook Beach, Franklin Beach, Sunset Cove, Powell River, Langdale, Gospel Rock, Roberts Creek, and Reception Point. Most sightings are of 2-5 Orcas playing, hunting, or swimming by.

Humpback whales have been hunted to almost extinction in the past century. Male humpback whales are famous for their magical songs and tail slaps as they dive deep into the water searching for food. These migrating whales often forage for krill, plankton, and tiny fish near shorelines. Humpback whale sightings at Reception Point, Sunset Cove, Sechelt Inlet, Mansons Landing on Cortes Island near Lund, David Bay, Powell Island, Texada Island, and Halfmoon Bay. These magnificent creatures are usually spotted coming up for air, breaching, or flapping their tail as they dive back under water.

Grey whales are only found along Canada's west coast. They are bottom feeders, taking mouthfuls of sediment and filtering out tiny creatures from the ocean floor with its baleen. Migrating to BC's warmer waters in the spring, some grey whales spend their entire summers here while others continue up to Alaska. They're known for consuming 400-1000kg of food on an average summer day. Grey whales have also been spotted along the Sunshine Coast. Sightings include Snicket Park in Sechelt, Bonnie Brook Beach, Davis Bay, Welcome Beach, Sergeant Bay, Powell River, and Reception Point.

Sea kayaking tours in Sechelt and Desolation Sound offer some of the best whale watching opportunities on the Sunshine Coast, and provide an up close and personal view into marine wildlife including Orca and Humpback whales, dolphins, Pacific white-sided porpoise, fish, harbour seals, and sea lions. Whale sightings are an exciting experience. Remember to keep your distance, put your engine into neutral if on a boat and whales are near, and enjoy the spectacular creatures in their natural habitat.

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Keep Moving This Winter!

Written by Nicole Brazzale

With the changing seasons come cooler temperatures, busyness, and routine. Autumn is a season of transition, a last “hoorah” before settling into winter’s slumber. Nature reminds us to slow down and go with the flow, as we head into the stillness of winter. This is the perfect time to step back and acknowledge how far you’ve come this year and celebrate yourself.

If you’re anything like us, autumn often feels like a 2nd “New Years”; with the freedom of summer coming to an end and the reintroduction of back to school and routines begins, you feel a pull to create movement and self care routines for yourself. Autumn reminds us that nothing is permanent, that we need to be fluid, and that transitions are both beautiful and ugly. Autumn inspires us to move, to tune into ourselves and trust our capabilities, to transition into our authentic selves.

This autumn we invite you to incorporate movement into your lives. Our bodies crave movement; we’re not meant to sit all day long in front of a screen. You deserve to move your body because it makes you feel good. Movement can help lower stress, reduce anxiety and depression, increase energy, help you sleep better, increase strength and mobility, and boost endorphins. Movement is so much more than weight loss, it’s a way to honour and take care of yourself. Movement is personal and it can take some tries to figure out what you enjoy. Here are some fun ways to keep moving this season.

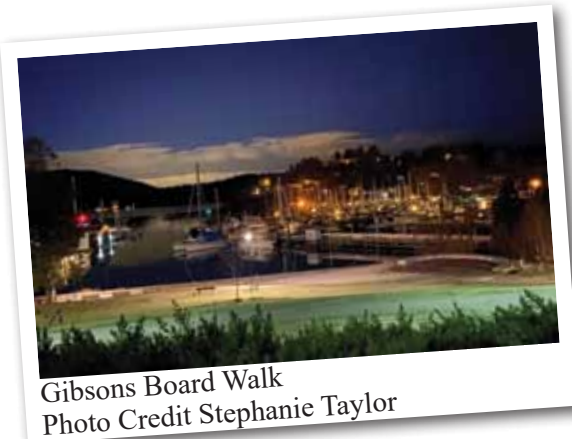
Get out for a walk and explore some of our favourite local trails.

Walking is one of the most underrated forms of movement out there. All you need are comfy clothes and a good pair of shoes (poles are also a great addition) and you’re good to go. We’re blessed with beautiful places to walk on the Sunshine Coast; take a walk through your neighbourhood or explore the trails. The cooler temperatures are inviting after the hot summer days, just remember your rain jacket. Take some time while you’re out to connect with your senses; notice the crunching of the leaves under your feet, the way the sun filters through the red and orange trees, and the crisp air as we head into winter months.

If you’re looking for a challenge, go for a hike instead of walking through your neighbourhood. Autumn hiking usually means less busy trails and you can head out later in the day. As always, leave no trace by packing out any garbage or food, and be aware of wildlife.



Cliff Gilker Park



Gibsons Board Walk
Photo Credit Stephanie Taylor



Boonie Brook Beach



Skookumchuk Trail
Photo Credit Diane Hill

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“Ways to Stay Fit this Winter”

1. Snowshoeing.

Snowshoeing is a great way to move your body while being outside in nature. Snowshoeing challenges your cardiovascular system and balance, while building endurance and strength. Snowshoeing is the perfect way to spend a winter day enjoying the beauty of the mountains of the Sunshine Coast.



Photo Credit Patrick Nelson

2. Curling

Curling on the Sunshine Coast has been a popular winter sport since the Gibsons Curling Club opened their doors in 1976. Whether you're learning to curling, or an experienced curler there is a league for everyone. Completely volunteer based, and home to over 100 members and growing. Curling is a great sport to learn at any walk of life.



3. Cross-country skiing.

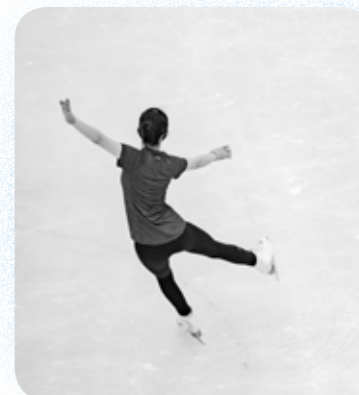
Cross-country skiing is a full body workout that will challenge your cardiovascular and muscular systems. Cross-country skiing involves pulling and pushing yourself through the snow, using both your upper and lower body to do so. Similar to snowshoeing, this is an amazing way to get outside and marvel in the beauty of the mountains. It's fantastic for both mental and physical health. Dakota Ridge offers stunning cross-country skiing and snowshoeing opportunities. (<https://www.scrd.ca/Dakota-Ridge>)



As the seasons continue to change and temperatures drop, here are some winter focused activities to keep you moving!

4. Snowboarding.

Another fun and exhilarating way to move your body, snowboarding will work your leg, core and cardiovascular system. Plus, enjoy the beautiful views from the mountain tops! Staying active, especially during the winter months has huge benefits to our physical, mental, and emotional health and wellbeing. Movement helps us manage stress, regulate our emotions, and work through life's challenges. We hope that this list inspires you to have fun while moving your body this fall and winter.



5. Ice skating.

Ice skating is a great way to move your entire body; it challenges your balance which means you'll be using a lot of muscles to stay upright, and it works your cardiovascular system (think heart and lungs). Plus, it's fun to do with the entire family! Local spots to enjoy some indoor ice skating this winter are at the Sunshine Coast Arena in Sechelt and the Gibsons & Area Community Centre Arena - SCRD.



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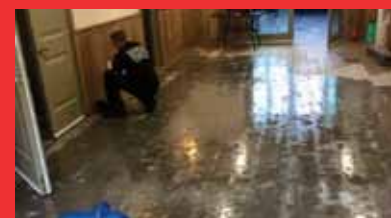
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It always starts with the simple steps to begin your fitness goals. Mikayla shows you some excellent steps here to get started with just a few light weights and building from there. Remember, the key is to just "start"! Even if it's once or twice a week to start, include walking, or going on your treadmill, bike or do laps at the mall to get your cardio awake... just "keep going" even when you don't feel like it.

Shoulder Press



Start with the dumbbells at the top of your shoulders, shoulders back and down, chest up.
Drive the weights straight up and control them back down to start position.

Bicep Curls



Start with a dumbbell in each hand, palms up, and arms extended down by your hips. Keep your palms up and curl about 3/4 the way up and hold for a 2-second count before lowering back to start position.

NOTE: Depending on your fitness level. start with 1 set of 5-10 reps and work your way up to 15 reps. Start with 1 set and work up to 3 sets per workouts..... You Got This!!!

Tricep Kick Backs



Start by standing hip width apart, bend over slightly, keeping your shoulders back and down (don't round your back). Keep your elbows right by your sides, holding a dumbbell palms facing in.
Lift the arm back, extending from the elbow turn your palm up and hold for a count before turning the palm back to facing your sides and back to start position.

Back Rows



Stand in the same position as tricep kick backs.
Holding a dumbbell in each hand (palms facing each other). Hold the weights down and slightly in front of you. Bring the dumbbells up to your sides, right by your hips, and squeeze the shoulders back together, hold for 2 count then control the weights down to start position.

"Exercise is the Spark . Nutrition is the Fuel . Without both you have no Flame"

Sumo Squats



Start by standing in a wide stance, toes pointed out. Keeping your chest up, squat down driving heels, not toes as low as you can go. Come back to start position and squeeze glutes at the top. Add a dumbbell for more challenge

Core Twists



Standing hip width apart, holding a light dumbbell out in front of you (or can do without to make easier). Keep hips forward and twist your core and rib cage to one side, then the other gently. Inhale at the start position, and exhale on each side twist to contract and engage your core muscles more.

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The True Gift of Tai Chi

Article Submitted by David Carson, Tai Chi Instructor

Perhaps you have seen people practicing slow-moving, dance-like exercises in parks or gyms around the Coast. This is Tai Chi, a system of exercise with its roots in ancient China, practiced by millions around the world today. The particular style taught on the Coast by the Canadian Tai Chi Academy (CTCA) was brought to Canada by Master Moy Lin Shin in 1970. Mr. Moy had a deep understanding of meditation, martial arts and internal energy systems of the body. He incorporated this knowledge into a unique style of Tai Chi that clearly and rapidly allows one to experience the many health benefits of this ancient art.

The CTCA is a registered charity founded by senior students of Mr. Moy. The Academy's sole purpose is to enable others to learn the arts as taught by Mr. Moy and to enjoy the health benefits. The Academy is a non-profit charitable organization and instructors and officers work on a volunteer basis. All dues and donations go toward supporting, maintaining and expanding the organization, in addition to preserving the quality of instruction.

Mr. Moy's vision was to provide the tools and opportunities for people to regain their health. The unique health benefits of the system developed by Mr. Moy mean that this style of Tai Chi is a complete and integrated exercise, one which works all the body's systems deeply, yet gently. This makes it an exercise suitable for persons

of all ages and conditions of health. This style has an extra degree of stretching and turning in each movement, placing the emphasis on health improvement and makes the form unique. With diligent practice, the movement produces a profound effect on all systems of the body by reducing tension.

Considered from an Eastern perspective, Mr. Moy's system promotes good health by enhancing the circulation of "chi", or life force, in the body.



The health benefits of Tai Chi can also be understood in terms of the Western approach to health.

Tai Chi works muscles, joints, tendons and ligaments throughout the body, gently stretching and relaxing them. It also exercises the spine, giving it strength through elasticity and proper alignment. The art works to transform the physiology by improving circulation and increasing strength and

flexibility. In time, Tai Chi becomes an internal art which penetrates deeper than the muscles to benefit the entire body.

It is now well-recognized that a person's health depends on the harmonious interplay of mind and body. Stress, anxiety and extreme fluctuations of emotions have harmful physical effects. In addition to restoring physical vigour and relaxation, the movements of Tai Chi exert a calming influence on the mind by engaging one's total concentration.

This results in a natural form of "meditation in motion", a stillness within the movement.

The fast-paced yet sedentary nature of modern life often results in stress and a lack of sufficient physical activity. The massage-like movements of Tai Chi are an effective therapy for a wide range of health problems, including poor circulation, headaches, high blood pressure, arthritis, back pain, breathing difficulties, digestive and nervous disorders, to name but a few. Tai Chi helps optimize the functioning of the body, restoring health and maintaining the proper functioning of all the systems, organs and tissues.

The Canadian Tai Chi Academy has been active on the Coast for several years, running classes for Beginner and Continuing students. The focus



Photo of Master Moy Lin Shin in 1970 who brought Tai Chi to Canada.

of the "Introduction to Tai Chi" class is to learn the 108 moves of the Tai Chi set as well as additional warm-up exercises. The goal of the class is to help new students reach the point where they are comfortable moving through the set in a group environment surrounded by more experienced students. There is no expectation that the student be able to complete the 108 moves on their own. Memory will come with practice. The class emphasizes the starting and ending point of each move (foot position/hand position) as well as the connections between moves. We have a great group of dedicated students who have actively practised for many years and welcome new beginning students to join us.

For more information on classes contact: sechelt@canadiantaichiacademy.org or visit the website: canadiantaichiacademy.org

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LOCAL FAVORITES

"Whale of a Tail"

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



Diane Hill



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Ian Pipes Bolden



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Tracey Thomas



Kelly Ouellette



The Story of Helen McCall

1899 - 1956

written by Nicole Brazzale with information and photos provided by Sunshine Coast Museum and Archives



and grain. She spent a lot of time hiking and exploring the local wilderness, building her endurance and strength. In 1920, Helen married Hector McCall and they settled down in Gibsons with their son and daughter. Hector was a World War I veteran who was partially disabled and unable to return to the logging industry, which was the only paid employment in the area at that time, leaving Helen to consider a career that would supplement their families income. As a woman living in a rural and scattered settlement with no employment options, she was forced to think outside the box, and became self-employed. Helen knew people around the Gibsons Landing and began photographing them and everything they did, which she later sold as postcards.

Helen's interest in photography began in 1916 when she went to Vancouver to learn photography at Silver Finish Photography. She later apprenticed at the Vancouver Photography Studio, around the end of World War I. The first results of her photography were not good, with many problems arising, but she didn't get discouraged.

Photography in the 1920's was very different then modern day photography; Helen worked without the benefit of precision lenses and high speed shutters of modern cameras. Her home studio included a hung cheesecloth backdrop on the porch and a bedroom converted into a darkroom. The house had no electricity or running water, which meant Helen relied on a naphtha gas lamp for printing pictures. Elinor, her daughter, explained that "all Helen's prints had to be washed by hand three times before they

Helen McCall was a prominent photographer and businesswoman between the 1920-40's on the Sunshine Coast. Born in Toronto in 1899, Helen was raised by her parents, George and Emma Barnard; they lived on a small family ranch on West Howe Sound in near isolation. In her youth, Helen worked hard, meeting steamships in her rowboat, passing aboard farm produce, before heading home with a cargo full of groceries, feed,

were put out to dry. The matt postcards were dried on cloth, and the glossy prints were put on black enamel plates and the water rolled off them before they were put out to dry". Elinor describes her mother as shy, spending her time either behind the camera taking pictures or alone in her darkroom.

Helen's postcard business catered to both locals and tourists alike. Her local photography took place between September and June when she would travel throughout the Sunshine Coast photographing sports meets, picnics, regattas, concerts, anniversary dances, and many other community events. During the summer months she focused her camera on the scenic Sunshine



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Coast, capturing the natural beauty of the coast in her postcards. Her early years spent working, hiking, and exploring the local wilderness allowed her to get to unique vantage points for her photography. She realized early on in her career that trite reproductions of most landscapes would not suffice for her postcards; she walked roads and trails, climbed mountains, and explored rocky shores to find the right shot. She often included people in her images, artistically framing her subjects with natural elements, beyond which lay a seascape and mountain backdrop.

Helen set out to represent the Sunshine Coast in a way no written story ever could. Her dedication and commitment has left us with a priceless legacy, as her photography serves as a record of the Sunshine Coast during the 1920's, 30's, and 40's. Much of her photography allows us to compare the lifestyle of a community many years ago against the changes of the present day landscape.



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Black Ball Ferries & the Sunshine Coast

Article & Photos Submitted by Gary Little

This past August was the 71st anniversary of the “opening of a new era in Peninsula History” and the “kiss of awakening for the sleeping beauty that is the Sechelt Peninsula” as *The Coast News* editorialized in 1951. The landmark event triggering these lofty statements was the arrival of the first drive on-drive off car ferry service to the Sunshine Coast. It was provided by a private maritime transportation company called Black Ball Ferries.

Black Ball had American roots. It operated ferries successfully for many years in Washington State waters but this service became so vital that most of its assets were nationalized by the state government on June 1, 1951. The parent company, Puget Sound Navigation Co., was left with only a handful of ferries from its former fleet of over 20 and with a single international route between Port Angeles and Victoria.

Capt. Alex Peabody, Chairman of the Board of Puget Sound Navigation, wanted a new challenge

and he didn't have to go too far to find one. Car ferry service in British Columbia at the time was being poorly managed by Canadian Pacific Steamships whose Princess Line provided



FERRY "QUILLAYUTE" AT HORSESHOE BAY

inefficient, infrequent, and inconvenient service from downtown Vancouver to Nanaimo and to Victoria (with onward service to Seattle). The Sunshine Coast was accessible only by small passenger boats, such as *Commuter* and *Machigonne*, and larger Union Steamship vessels which could handle cars only as cargo.

Peabody was sure he could provide a more appealing service tailored to the increasing number of prosperous post-war families who owned cars and wanted to take to the roads to explore the province.

To avoid head-to-head competition with Canadian Pacific as it launched its B.C. venture, Black Ball focused first on developing a route between Horseshoe Bay and the Sunshine Coast. This required an initial capital expenditure of about \$500,000 to pay for two terminals and ferry upgrades. The ferry chosen was the 25-year-old *Quillayute* which could handle 48 cars and 600 passengers. There were initially five sailings per day in each direction, one every three hours. The fare was \$3/car (each way) and \$1/passenger (each way). Black Ball did not change these fares for 10 years!

Black Ball chose Gibsons Landing as its West Howe Sound terminus. Local residents were thrilled about the opportunities car ferry service would provide. Same day travel to and from Vancouver, in your own car, became possible for the first time. Increased tourism was expected to bring economic prosperity to the Coast. Local businesses would thrive. One can certainly make



a strong case that the arrival of car ferry service represents the most important event in the history of the Sunshine Coast.

Black Ball pulled out all the stops to ensure that August 11, 1951 would be a memorable day. Streamers and flags adorned the streets of Gibsons, an RCMP honour guard was on



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hand to greet the *Quillayute* upon its arrival from Horseshoe Bay, school children sang *O Canada*, and no less than three bands provided musical entertainment. A ceremonial ribbon was cut by Chuck Winegarden, an early pioneer who had rubbed elbows with George Gibson himself.

Ferry service became very popular very quickly: in the first 5 1/2 months, Black Ball reported handling 66,593 passengers, 10,000 cars, and 3,554 trucks. To meet demand, Black Ball put a larger ferry, *Bainbridge*, on the route in the summer of 1952 and later added more sailings. (*Bainbridge* was renamed the

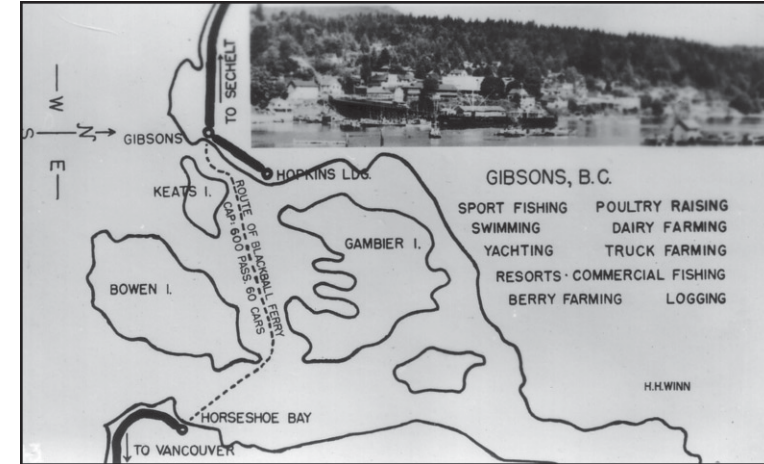


Jervis Queen in 1963 by B.C. Ferries.) As Black Ball service expanded, it became very clear that Gibsons Landing would have to be abandoned in

favour of a terminal which was built on level ground, could handle more traffic, and could provide more parking for outbound foot passengers. The solution was to move the terminal to Langdale which occurred in June 1957.

In 1953, Black Ball expanded by providing service between Horseshoe Bay and Departure Bay in Nanaimo. The ferry on this route was *Kahloke* (which means "swan" in the Chinook language), a steamer built in Philadelphia in 1903

as the *Asbury Park* and which would later be renamed *City of Sacramento* when she became a ferry on San Francisco Bay. She ended her ferry career with B.C. Ferries in 1977 as the *Langdale Queen*. In 1955, *Chinook II*, Black Ball's most modern ferry, was added to the Nanaimo route as well. She was later named *Sechelt Queen* by B.C. Ferries.



Black Ball ferry service between Earls Cove and Saltery Bay began on August 21, 1954 after the Madeira Park - Earls Cove road had been paved thanks to a \$500,000 interest-free loan from Black Ball to the B.C. government. *Quillayute* was assigned to this route.

Black Ball now had three new routes but only four ferries to handle them. They were in desperate need of a relief ferry to prevent disruption of service in the event of breakdown. In late 1955 they acquired *Scotian*, a former Halifax-Dartmouth harbour ferry, renamed her *Smokwa* (which means "crane" in a Salish dialect), and put her into service on the Gibsons route on May 2, 1956. *Smokwa* was the first ferry to arrive at the new Langdale

terminal in 1957. Labour disputes with ferry unions in 1958 made for a "summer of chaos" (as the *Vancouver Sun* put it) in B.C.'s centennial year. The union representing

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Black Ball workers threatened to strike on June 21 after it had already shut down the Canadian Pacific ferry system. Premier W.A.C. Bennett, fed up with the unrest and the devastating effect it was having on tourism and on Vancouver Island and Sunshine Coast residents, declared a state of emergency under the Civil Defence Act to thwart a Black Ball strike. The tactic didn't work because Black Ball workers walked out on July 18 anyway. However, the government swiftly obtained a court order forcing the workers back on the job and they did return on July 23. Nevertheless, Bennett was so incensed that he announced the B.C. government would start its own ferry service which it did in 1960 with a route between Tsawwassen and Swartz Bay. The service was initially managed by the B.C. Toll Highways and Bridges Authority which

subsequently was reorganized and known as B.C. Ferries. Today, the public ferry system is operated by British Columbia Ferry Services Inc. which is owned by the B.C. Ferry Authority, a Crown corporation.

Premier Bennett apparently had more than a single route to the Victoria area on his wish list. Much like the governor of Washington State 10 years earlier, he wanted to usurp virtually all of Black Ball's assets, including its fleet of five ferries and its terminals. The B.C. government soon made a deal to acquire Black Ball assets and on November 30, 1961 Cabinet approved the purchase for \$6,690,000. In the end, ferry service to the Sunshine Coast under the Black Ball name lasted just a bit over 10 years.

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Living in the Arts

written by Nicole Brazzale

The Sunshine Coast is home to a thriving arts community, with the highest per capita population of artists and crafters in Canada. With the natural beauty that the Sunshine Coast has to offer, it's no surprise that the people living here are inspired to create and share their creations. Art takes on many forms along the Coast as painters, sculptors, carvers, photographers, and multimedia artists find their inspiration here. The shíshálh and Squamish First Nations have used visual art to represent both traditional and oral history, as well as contemporary expressions of identity, for thousands of years; from wood and stone carvings, glass engraving and metalwork, to painting, beadwork, fibre arts, song and dance, art and culture are deeply rooted in the Sunshine Coast.

The Sunshine Coast hosts numerous art events throughout the year; from the Purple Banner Tour, Sunshine Coast Art Crawl, to the Sechelt Art Walk and Sechelt Arts Festival, there are plenty of ways to witness the talented artists of the Coast.

The Purple Banner Tour is one of the best ways to

meet and interact with artists, view and purchase artistic creations along the Sunshine Coast. Hosted by the Coastal Cultural Alliance, a volunteer-run non-profit society that was founded in 1998, the Purple Banner Tour began a couple years later in 2001. Purple banners have been placed in shops and studios between Langdale and Powell River, which in most cases acts as an invitation to drop in (but be sure to check the specific listings to determine if an appointment is required). Presently there are over 100 purple banners up along the Coast, you can find out more at <https://coastculture.com/purple-banner-tour/>

The Coastal Cultural Alliance also hosts the Sunshine Coast Art Crawl between October 21-23, where "over the 3 days, the 'Coast' is transformed into one large interactive art show. It is a celebration of displays, demonstrations and it provides an opportunity to meet the artists behind the amazing creations." - <https://coastculture.com/art-crawl/>. The Sunshine Coast Art Crawl began in 2010 and has grown to 164 venues featuring 250+ artists between Langdale and Lund. This is a signature

event of the season where galleries, studios, and more open their doors to welcome the community in to enjoy beautiful artwork, the bounty of the fall harvest and musical delights. The CCA invites you to grab a map and passport as you take a scenic drive along the Coast stopping in at community hubs and events, and even have prizes available. This is a fantastic way to spend a crisp autumn weekend.

The Sechelt Art Walk is on now until October 26, 2022, featuring over 70 artists throughout Downtown Sechelt. Pick up a map from Artworks Gallery & Framing or Coastal Art Gallery in Trail Bay Centre before you hit the streets. Keep your eyes peeled for the ArtWalk poster in the windows of participating shops for your chance to enjoy some of Sechelt's fantastic paintings, photography, pottery, sculptures, and more. Be sure to share your favourite creations and tag @secheltdowntown on Facebook and Instagram.

October 13-31 2022 is the 18th annual Sechelt Arts Festival. This year's theme is Upcycle, where

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artists will be creating art from recycled objects, ideas, or by turning traditional norms upside down. Located at the Seaside Centre, this gallery will feature visual art, showcasing painters, sculptures, photographers, and multimedia artists. Previous themes have included Unity: a celebration of our diverse community featuring over 100 artists and performers in 2021 and Fusion 2019: Pop Goes the Art, featured nine local visual artists including a collection of abstract portrait painting and collage art alongside a fibre and glass installation, a photographic essay on body art, and a provocative installation of how art, family, and a deep respect for culture play important roles in the First Nation family home. The annual Sechelt Arts Festival is a fantastic way to support local arts and performers.

The Sunshine Coast Arts Council hosts a variety of cultural events at the Arts Centre and in the community: concerts, literary readings, lectures, events, and children's activities are all part of a year-round schedule. The Council was founded in 1966 with the intent of raising the profile of local artists and artisans. The Arts Centre itself, located at 5714 Medusa St in Sechelt, this unique log building was conceived and designed by Clarke Stebner, and constructed through the hard work and dedication of volunteers in 1979. Additions to the building were made in the 1990's and included a storage and office space. The building and subsequent additions have been made possible through fundraising and donations. The property features a beautiful garden thanks to volunteer curator Keith Wallace who designed them. The site also features a cedar statue to the right of the Sunshine Coast Arts Centre entrance was carved by Dudley Carter, and three of the benches in the garden were carved by his grandson, Michael Vaughn. Check out the upcoming exhibits that include Mallory Donen and Parvin Peivandi-Nomads between October 21 and November 12, 2022. The Young Artists Awards and Banner Project will take place between November 25 and December 11, 2022.

We hope this inspires you to take some time and enjoy art on the Coast this season. It takes a lot of courage to create something and show it to the world, and we think this is the best way to celebrate our local artists. This is the best way to enjoy the cooler weather with friends and family, bundled up with a warm drink.

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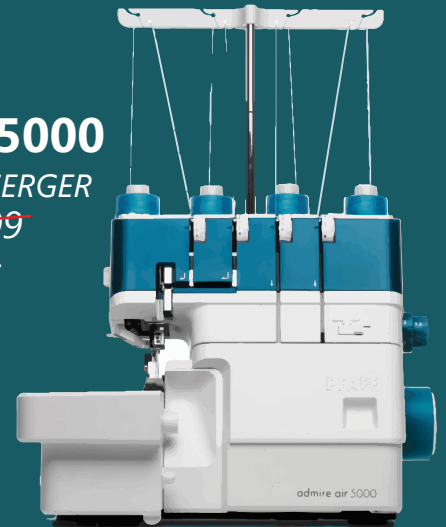
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