

SUNSHINE COAST

COASTAL VIBE

SPRING 2022

ISLANDS
OF THE COAST

**WATER
FALLS**

**MAKING A
DIFFERENCE**

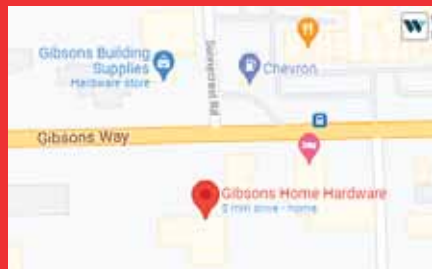
ADVENTURE AWAITS THIS SPRING



With 2 Locations To Serve All Your Seasonal Needs

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

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



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

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





HOUSE OF COMMONS
 CHAMBRE DES COMMUNES
 CANADA

PATRICK WEILER

YOUR MEMBER OF PARLIAMENT FOR
 WEST VANCOUVER-SUNSHINE COAST-SEA TO SKY COUNTRY





@PatrickBWeiler
Patrick.Weiler@parl.gc.ca
Tel.: 604-913-2660



Our goal is to provide kind & compassionate care to anyone who needs help. Our teams are trained professionals who will be directed carefully by the principal owner of this company

1

The principal owner is a Certified Care Aide with vast experience in the industry for over 15 yrs
 Staff are Certified & Insured

2

Services:
 Personal Home Care, Home Support, Companionship, Palliative Care, Meals, Housekeeping & Errands

3

Registered:
 Province of BC, CRA GST, WCB, Commercial & Risk Liability Insurance, BN with CRA, Fully Licensed



"At Home With You . Providing Service on the Sunshine Coast"
 Nancy Gutierrez . 604-741-8977
 nancy@athomewithyouservices.com





MEAL PLANS

NUTRITION GUIDES

WORKOUT PROGRAMS

HEALTHY RECIPE E-BOOK

ACCOUNTABILITY AND SUPPORT

FOLLOW ALONG WORKOUT VIDEOS

Visit MikaylaFit.com for more information

Letter from the Editor

"Plant seeds of happiness, hope, success and love; it will all come back to you in abundance - this is the law of nature." - Steve Maraboli

Spring is a new season, a new start, a new beginning on so many levels. It starts with growth of new leaves on the trees and flowers reaching towards the sun. Spring is the fresh scent of the ocean and sounds of early morning birds eager to sing after a dormant winter.

For many spring is a new beginning; it's a chance to explore the areas of our life that need development, plant seeds of possibility, and build confidence through a commitment to ourselves. It is an opportunity to plant seeds of knowledge in young minds and be an example of courage, strength, service, faith and hope; igniting a sense of discovery within.

Let this spring be one of personal growth. One of fresh changes that bring new adventures to explore and to live your life to the fullest.

Contributors



PUBLISHER
MEGAN WARRENDER
 megan@thevalleyvibe.ca
 Founder of the Valley Vibe magazine on Vancouver Island. Megan's passion is to connect the local community to all the amazing places and businesses.



EDITOR & MARKETING
STEPHANIE TAYLOR
 welcometothe coast2020@gmail.com
 As local resident of the Coast for over 23 years, Stephanie is passionate to share why she loves where she lives to everyone she meets.



WRITER
NICOLE BRAZZALE
 An experienced writer, life coach and personal trainer.



PHOTOGRAPHER
NANCY SHIELDS
 With over 10 years of photography experience Nancy has found herself striving to push her visual boundaries further. She enjoys hunting for powder filled mountains in the winter, riding her bicycle and a good cup of coffee.

Front Cover Contribution: Douglas Campbell

Thank you for supporting our publication.
 To view our online edition go to: www.thevalleyvibe.ca
 Sales or Distribution enquiries: contact welcometothe coast2020@gmail.com

L SUNSHINE COAST LAVENDER FARM

Prepare to indulge your senses with our small batch handcrafted products. When you visit our retail location in Sechelt's Trail Bay Mall you'll find everything Lavender!

From Lotions, Linen Sprays & Goats Milk Soaps to Candles, Lip Balms & Jelly

Complete your amazing experience & come by our farm to see where it's all made

Retail: 5755 Cowrie St, Sechelt . 604-741-0458
 Open Mon - Sat 10-5 & Sun 11-4

Farm: 6154 Segador Rd, Sechelt . 604-885-5563
 Visit our website for seasonal open hours & directions

@SCLavenderFarm . #SCLavender_Farm
sunshinecoastlavender.com

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

Call now for your free in-home consultation!

604-304-4060

BudgetBlinds.com

Style and service for every budget.™

Blinds • Shutters • Shades • Drapes • Home Automation

©2018 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.

Find Colour Inspiration.

Benjamin Moore

Paul's Paintin Place

Serving our Community since 1999

"From Paint to Window Coverings....
we've got you covered"

paulspaintinplace.com 604-740-0344

Gibsons Community Building Society
proudly presents

2022 Summer Night Markets

JULY 1, JULY 29 & SEPTEMBER 2
4PM - 10PM

GIBSONS PUBLIC MARKET

GIBSONSPUBLICMARKET.COM/NIGHTMARKETS

On Night Market days
our aquarium will be open
10am-7pm!
gibsonsmarine-ed.org

Islands of the Coast

**Living on the Coast
we are surrounded by
many beautiful islands,
lets explore the
islands of the Coast**

Located along the southern coast of British Columbia, between the entrance to the Desolation Sound on the northwest and Howe Sound on the southeast, is the breathtaking Sunshine Coast. The traditional peoples of the Squamish (skwxwú7mesh), Sechelt (shíshálh), and Tla'amin and Klahoose nations have lived on these lands for thousands of years. The Sunshine Coast spans over 177km and includes eight islands; Texada, Savary, Thromanby, Nelson, Copeland, Gambier, Keats, and Anvil. These islands range in size and population, from small uninhabited to larger islands that are home to a handful of people. Each island is unique in personality and geographical traits, let's get exploring!

Texada Island

Texada Island is the largest island of the Gulf Islands at 50km in length and 10km in width, and accessible via ferry or chartered flight. Known to locals as "The Rock" and named Sah yeh yeen by the Tla'amin people. Texada island has a rich history, beginning of course with the First Nation people of Coast Salish and Tla'amin tribes, the Island is now protected under the Heritage Conservation Act with archaeological sites located around the Island. Once the island was discovered by settlers, it became a bustling island for fishing,

Photo Credit: Nancy Shields



BEACHSIDE KITCHEN BAR
((Formerly Pebbles))
Breakfast + Lunch + Dinner
Wed - Sun 9AM to 8PM

NOW OPEN
HAPPY HOURS
2-5PM

Order Online
Use your phone camera to scan

Come in for our most popular menu items

CHICKEN WINGS **FISH & CHIP** **STEAMED MUSSELS**

Pickup Number
(604) 885-5811

Waterfront Dining
5454 Trail Ave, Sechelt



GIBSONS MARINE TRANSPORT

Water Taxi . Wildlife Tours
Towing . Barging
Marine Salvage . Anchors
Dock & Ramp Installs

gibsonsmt@gmail.com
604.740.1937/604.741.8189

BOTH SERVICES OFFER 24 HOUR TAXI SERVICE

GIBSONS HARBOUR FERRY

Water Taxi . Wildlife Tours
gibsonsharbourferry.ca
gibsonsharbourferry21@gmail.com
604.741.3881

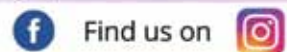
Pretty Natty Duds Consignment Boutique

55+ last Wednesday of the month 20% OFF
Private shopping experience. Ask for details!
Always something for 50% off
Don't see it now? Get on our registry



Margot O'Reilly • 5660 B Cowrie St
604-740-0343 • Sechelt BC

A gathering place with a sense of humor



Find us on

WEST COAST WILDERNESS LODGE

LOCALS ONLY SPECIAL TREAT YOURSELF

1-night + dinner special
\$169/per person dbl. occ.

Offer valid May 1
to June 2

YOU DESERVE A GETAWAY TREAT

Sunshine Coast locals can enjoy the surrounding beauty, excellent food and comfort of a one-night stay with 2-course dinner at our oceanfront lodge. Overlooking Sechelt Inlet from one of our large decks is the best way to enjoy drinks and a stunning sunset. Reserve today!

**CALL NOW
TO BOOK** WEST COAST WILDERNESS LODGE
778.280.8610 | WCWL.COM

logging, and mining. During the US Prohibition in the 1920's, the island was used as an illegal alcohol supply point, with a famous distillery on the east shore, which can still be seen in the hooch boiler left on the beach. After the 1950's, Texada changed from an island bustling with industry, to a travel destination. It is now primarily used for those looking to relax in cozy cottages, enjoy beach side camping, or go fishing, hunting, birdwatching, hiking, kayaking, and swimming. Texada has a notable lack of predatory animals which is great for outdoor enthusiasts, and has allowed black-tailed Sitka deer to live freely. The island has over 256 species of birds, including blue herons, eagles, loons, and harlequin ducks that either reside on the island year round, or migrate through Texada, a birdwatcher's dream.

Explore old growth forests at Shelter Point Regional Park or east island views atop Mount Pocahontas. Sift through the beaches and deactivated mining sites as you search for Texada's unique "flower rock" (star porphy volcanic), which is a black volcanic stone with white flower shaped crystals. The Tla'amin people welcome you to these lands to use and enjoy and ask that you assist in continuing to protect these valuable resources.

Savary Island

Savary Island is located at the entrance of the Desolation Sound, coming in at 1km long and 7.5km at its widest point, this island is best explored on a bicycle. As with Texada island, Tla'amin First Nations have lived on these lands for thousands of years, which can be seen in the 13 protected archaeological sites, which include numerous ancestral remains, throughout the island.

While Savary has been a popular cottage destination since the 1930's, it is also home to many sensitive ecosystems including sand cliffs, dune meadows, and ancient forest dunes. To preserve these ecosystems, the island doesn't have power, public campsites, or public washrooms. Day trips to the island are encouraged, but visitors are also welcome to stay at the local resort, vacation rentals, B&B's, and

private campsites if they're planning longer trips. Savary has some of the warmest waters north of Mexico, due to the warm southern tide, with a ring of gleaming white sandy beaches including South Beach, Duck Bay, Sutherland Beach and the Malaspina Promenade. The island is well known for its beautiful sandy beaches that seem to stretch forever, making it feel like a Canadian paradise, the perfect local staycation destination.

Thormanby Island

Thormanby Island is one of the Sunshine Coast's best kept secrets, and the perfect place to spend the day relaxing. Named after a horse that won the Epsom Derby, which is a flat horse race popular in England, the island remained uninhabited and forested until 1905 when John William (Jack) Vaughan built the first cabin and a wharf on the island. He later sold the north east corner of the island to the BC Telephone Company during WWI, who built a small resort including rowboats, boat houses, lodge, telephone, and cabin there. After WWI, Vaughan bought back the land and opened a public resort in 1923, since then, the island has gained popularity among beach dwellers, kayakers, and paddlers alike.



Photo Credit: Nancy Shields

North Thormanby Island is home to Buccaneer Bay Marine Park, accessible only by boat and the ideal summer stay with warm sandy beaches, kayaking, canoeing, swimming, and fishing. Take a water taxi and enjoy scenic ocean tours between Secret Cove Marina and North Thormanby Island. South Thormanby is accessible by foot during low tide, and is home to a variety of colorful marine life. Thormanby island is the perfect day trip.

Nelson Island

Surrounded by Hotham Sound, Agamemnon Channel, and Malaspina Strait, Nelson Island sits between the north and south portions of the Sunshine Coast. The island's geography is defined by hilly mountain ranges, dense forest (except for a couple clear cut areas inland), and lakes. The island was primarily used for logging and granite quarries. The granite mined from Nelson Island was used to build many buildings in BC, including the Parliament Buildings in Victoria. Evidence of past industry can be seen in the few homesteads and small logging operations which have since been converted into cabins. The island doesn't feature many amenities or permanent residents, which makes it the ideal destination for those looking to get off the grid and escape into nature.

Copeland Islands

Copeland Islands are located off the Powell River and Lund shores. The islands were established in 1971 as Copeland Islands Marine Provincial Park which consists of a chain of islands, islets and rocks in the Thulin Passage. The islands are named after a local character, Joe Copeland and are known as one of the best kayaking experiences in the Powell River and Lund area. As a provincial marine park, designated campsites are set up throughout the islands for those kayakers looking to do multi day



Photo Credit: Sean Mac Photography

Keats Island

Keats Island is one of the smaller islands of the Howe Sound, located offshore from Gibsons and west of Bowen Island. Keats is almost entirely covered in forest, save for a couple cleared fields and beautiful sandy beaches. The island also has a prominent rocky outcrop called Salmon Rock at the Southwest tip.

Keats is home to

around 80 permanent residents and is accessible by water taxi and no car-ferry services. Home to Plumper Cove Marine Provincial Park, one of the oldest marine parks in BC established in 1960, Keats is a popular overnight destination for boaters and kayakers from Gibsons and Vancouver.

Anvil Island

The last island on our tour is Anvil Island, the third largest and northernmost island in the Howe Sound. Named Lhaxwm, the island is an important part of Squamish First Nations spiritual training. There is a small permanent population on the island, which increases in the summer months. Anvil is made up of mostly cliffs and hills, making it a popular hiking destination. A popular spot is Irby point, or "The Point" as locals refer to it, a place where deer go to feed.

The Sunshine Coast is such an amazing place to live, but to be surrounded by more to explore and discover is even more exciting. Reach out and try all the ways to learn more about the beauty of our coast & the nature around us. Have fun!!! ☐

Gambier Island

Gambier Island is the largest of the four islands located on the Howe Sound. Measuring in at 25 square km, the island is home to about 125 permanent residents, jumping to 600 people in the summer months. Known to the Squamish Nation as Cha7élkwnech due to its deep protected bays, deer hunting, and resource gathering. While the island does have electricity, telephone service, and internet, Gambier doesn't have any commercial enterprises, or even an ATM machine! Regardless of the lack of commercial enterprises, Gambier has many local B&B's, cottages, and vacation rentals for visitors. Accessed by a no car-ferry service, Gambier offers spectacular hiking and biking trails instead of a central road network.

Your Success is our Goal

1016 Venture Way,
Gibsons B.C
604-886-3556
sluggersgym.ca

Our goal is to change your view on fitness so that it becomes part of who you are & your lifestyle

HEALTHY HABITS = HEALTHY LIFESTYLE

The best way to see Pender Harbour is from the water.

*Private tours available:
www.slocat.ca!*

SLOCAT HARBOUR TOURS 604.741.3796

An affordable family adventure!

Adventure Awaits!
Things to do, Places to see
on the Coast this spring.

Spring is here, which means it's time to come out of hibernation and get back into the community. The Sunshine Coast has a plethora of things to do and places to see, from our diverse artistic community to museums scattered throughout the coast, there is something for everybody. We're excited to share with you our top 10 things to do and places to see this spring, so let's dive in!

1 CHAPMAN CREEK FISH HATCHERY

First on the docket is the Chapman Creek Fish Hatchery, located at 4381 Parkway Drive in Wilson Creek. The Chapman Creek Fish Hatchery was built in 1984 by the Royal Pacific Sea Farms to supplement salmon smolts for the salmon industry, and in 1990 they went bankrupt. Around the same time the salmon started to dwindle in local streams and the Salmon Enhancement Society was searching for a place to raise more salmon for the Sunshine Coast. A deal was struck and with the support of the community, the Chapman Creek Fish Hatchery was reborn in 1992.

Photo Credit: Nancy Shields



IS GOLF

Your Game in 2022?

ENJOY THE SUNSHINE COAST'S BEST VALUE ON GOLF MEMBERSHIP

- \$2500 - 18 Hole
- \$2400 - 18 Hole Couple (ea).
- \$1600 - 9 Hole
- \$1400 - Twilight after 1pm
- \$750 - \$1750 Intermediate 19 - 34
- \$199 - Junior 18 & under
- \$150 - Advantage Club
- or... Save with 5 Round Passes

Pre-tax. Payment Plans available
Pro-rating begins May 1

Blue Ocean Bar and Grill
Reopens Wednesday March 16

604.885.2700
blueoceangolf.ca



PHOTO CREDIT: mollymcphersonphotography.com



Photo Credit: Pat Moore

In its early days as a Sea Farm, salmon eggs were brought in and raised at the hatchery. Now, the hatchery has a system that brings adult salmon returning to the river for spawning season (Nov-Jan), as they travel up the creek from the ocean utilizing a channel that veers off of the creek to the hatchery, known as the intake. There, the spawning salmon are trapped and transported to the Incubation Building where the salmon lay their eggs. The female salmon can lay anywhere between 2,500-3,000 eggs. The eggs remain in the incubation buildings until they hatch, after which they are moved to the green rearing tanks. Here, they remain until they are large enough to either be moved into a larger tank, or back into the creek.

Releasing salmon fry is a long standing community affair. Kids of all ages grab their ice cream buckets full of water and fry, and splash their way down to the creek. Some salmon do escape their buckets before being released into the creek, but are quickly returned with care from little fingers. The salmon fry hang out in the creeks and rivers growing into Parr before undergoing the smolting process. Here they adapt from freshwater to saltwater fish and become Smolt ready for the ocean. The salmon then travel to the ocean as adult salmon living out their days eating a diet rich in seafood before returning to spawn back up the creek/river. This cycle continues over and over in their lifetime.

The hatchery enables us to protect salmon from going extinct, as the salmon are an important

part of our ecosystem. Our local volunteers work with the First Nations who would like to see the hatchery raise Chum Salmon. And, the Sunshine Coast Trail Society is working on creating new trail systems throughout the hatchery grounds to create a beautiful space to walk around, explore, and learn about salmon. Volunteers are always welcomed, especially as we head into spawning season. Learn more about how you can make a difference: <https://scsalmon.org/>

2 MUSEUMS ON THE COAST

The Sunshine Coast has a rich history, originating with the Squamish (skwxwú7mesh), Sechelt (shíshálh), and Tla'amin and Klahoose Nations to post settler life and industry. This history is shared throughout the Coast and can be seen in five unique museums and archives.

Our first museum is the Shíshálh Nations tems swiya Museum which works to preserve, protect and restore sacred, historical, archaeological and culture sites significant to the Shíshálh Nations, found along the Sunshine Coast and surrounding islands.

The museum delights visitors throughout the year with a large collection of artefacts including many cedar baskets, stone tools and a 3500 year old mortuary stone. Learn more at: <https://shishalh.com/culture-language/shishalh-nation-tems-swiya-museum/>

The Sunshine Coast Museum and Archives, located in the heart of Gibsons Landing. The Sunshine Coast Museum and Archives is home to over 7000 artefacts, 1600 archival documents, 8000 photographs and negatives. Upon entry, you are greeted with an audio recording from the 1950's of the Squamish Legend, in Squamish and in English. The First Peoples exhibit is currently showcasing Pieces of the Past: Squamish Stone Artefacts from Ch'kw'elhp and Schen'k, which features a look at both the function and cultural significance of the stone tools used by the Squamish peoples. Some of these tools date back



Photo Credit: Sunshine Coast Museum & Archives

10,000 years, representing continuous occupation of the area. Post colonial Sunshine Coast includes maritime, logging, and mining industries.

With two levels to explore, our journey begins on the main level and features a temporary exhibit space, exhibits co-curated by the Squamish Nation, and maritime exhibits. Upstairs showcases early logging and agriculture, materials from early settlers, a beachcomber exhibit, and an exhibit on Natural History

WALT'S TOWING

24 HOUR SERVICE

THERE'S NO BUSINESS LIKE TOW BUSINESS

Call 'Towman Todd' (604) 886-9500
waltstowing@dccnet.com

including a butterfly collection.

The Maritime exhibit takes a look at the evolution of the fishing industry and how it has changed and morphed into what it is today, showcasing marine transportation and telecommunication. You can explore early settler life, including the Sunshine Coast's Finnish communities and Japanese encampments. The Sunshine Coast Museum & Archives is excited to welcome visitors! <https://www.sunshinecoastmuseum.ca/>

3 SECHELT COMMUNITY ARCHIVE

The Sechelt Community Archives is celebrating 25 years of collecting and preserving local archives this year! This archive began with the late Helen Dawe, who was the granddaughter of pioneer settlers Thomas John and Sarah Cook. Helen took it upon herself to collect material related to Sechelt and the Sunshine Coast after retiring

Please contact us for a **FREE, no obligation** estimate for our services

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

THOMAS Property Maintenance

Fully Insured
 WCB Covered

www.thomaspropertymaintenance.com
thomaspropmaintenance@gmail.com

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

Did you know you don't have to be a member to drop in!

Be Our Guest All Are Welcome!

Legion

Royal Canadian Legion Members & Guest

Wings Wednesdays 4:00 pm – 7:00 pm	Friday Fish & Chips 5:00 – 7:00 pm	Saturday Meat Draw 3:00 pm
Wednesday Drop in Crib 2:00 pm	Music by Eddy Edrik 6:30 pm to closing	Sunday Brunch 11:00 am - 1:00 pm
Sunday Music 2:00 pm - 5:00 pm		

Open Wednesday . Friday . Saturday 11:00 am
12829 Lillies Lake Rd, Madeira Park, BC
For further info: 604-883-2235 or rcl112@telus.net

SWISH APPAREL

www.shopswish.ca

@swishapparel@gibsons

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

BOTH FEET ON MAIN ST.

Est. **SHOE REPAIR** 2002

Les Both

SOUTH HILL SHOES

ADVENTURES CUSTOMIZED

Leaa Both

@shoesfromsouthhill
follow us on Instagram

COMING SOON TO GIBSONS!!!

there in 1969; her collection includes 25 metres of records and 130 artefacts.

After Helen passed in 1983 her collection passed to her sister, before being donated to the District of Sechelt, where the library agreed to showcase the collection. Her mandate “The Sechelt Community Archives has been established to maintain and preserve the Helen Dawe Collection of materials relating to Sechelt’s history and to collect and preserve other archival material pertaining to the growth and development of Sechelt Village and District and other areas of the Sunshine Coast.”. This has been upheld for the past 25 years by volunteers and archivers in the community.

The Sechelt Community Archives is excited to share the added 100 metres of historical and significant documents, photographs, letters, newspapers, maps, paintings, prints and books from the community, in addition to over 5000 photographs of the Sunshine Coast found at <https://archives.sechelt.ca/HTML/oralhistory/connor/connor.html>

4 PENDER HARBOUR LIVING HERITAGE SOCIETY

Pender Harbour Living Heritage Society, is a volunteer-run charitable organization that collects and shares harbour history with the focus on maritime history. Located at 4334 Irvines Landing Road in Garden Bay, they are in what was originally Irvines Landing School, built in 1931. Renovations were undertaken by volunteers



under the auspices of the society and the building re-opened in 2014 as Sarah Wray Hall in honour of a local pioneer. It is one of B.C.’s few remaining one-room schoolhouse buildings and serves as a community meeting place while showcasing harbour history.

Take a self-guided historical tour of the harbour which includes Francis Peninsula, Madeira Park, Kleindale, and Garden Bay, among others. The society offers boat building courses, art classes and special events. Be sure to come out to April Tools on April 30 which features boat building and racing. This family friendly event has brought the community together in true maritime fashion since 2001. For up to date information, see: penderharbourheritage.ca

5 EGMONT HERITAGE CENTRE

Egmont Heritage Centre is a community museum located at 6671 Egmont Road in Egmont, or s-kwél-áwt, in unceded shíshálh territory, just across the road from the start of the walking trail to the Skookumchuck (s-tl’í-kwu) the famed tidal rapids in the mouth of Sechelt Inlet(?álh-tew-lich). For hikers exploring the area, rapid viewing times are posted outside the Heritage Centre door.

The Skookumchuck Heritage Society began years before at Billy and Iris Griffith’s home where marine engines and other equipment was collected or donated for an eventual museum. The building is an exhibit itself, made from completely renewable Red Cedar, designed and constructed by experts West Coast Log Homes. This imposing post-and-beam design by Gibsons architect Teryl Mullock takes full advantage of natural light. With a Provincial land lease in 2004, a lot of local labour (much of it donated) with donations from local families, matched by a federal Softwood Industry Community Economic Adjustment Initiative grant, brought it together.

As the sun filters in through tall windows filled with all colours of antique bottles, some in hues you may not know existed, and hold secrets of



their own. Out front a totem pole greets you with a piercing gaze. Carved right at the museum in 2010 by Arnie “Kwatamus” Jones, the community of Egmont gathered together to celebrate, haul and raise the pole into place. Outside, while charging an electric vehicle, explore the giant LeTourneau logging equipment which combines advanced electric motors with primitive rack and pinion steering.

Discover Bergliot Solberg’s boat, or wind and water machines by local inventor Vic Walters. On the porch, try out a water pump made from wood, fasteners, and an old leather wallet. Inside in the hands-on section, send your name in Morse Code, press the plunger on a blasting machine (like Wile E Coyote trying to blast Roadrunner) or take the wheel in a boat’s wheelhouse to the sound of a made-in-BC Easthope marine engine starting up. In the “engine room” you can explore the evolution of chainsaws or marine and outboard engines, and smile at an ingenious way for a fisherman to get hot soup or coffee all day, with no extra effort. Learn about the lives of Salmon and Painted Turtles.

When you come to Egmont Heritage Centre, leave yourself time to sit a while in the gift shop, surrounded by murals. Egmont Heritage Centre has something for everyone to enjoy; call 604-883-9994 or email EgmontHeritage@outlook.com to make sure we will be open when you come. (<http://www.egmontheritagecentre.com/>)

LOCAL FAVORITES

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



Soames Sunset . Damon Durant



Start of Spring



Taking Flight . Peter & Lorraine Lasmanis



First Bloom . Gibsons



Hooded Merganser . Allan May



Spotted Towhee . Debbie Young



"Reach" . Stephen Oaks



New Beginnings . Stephanie



Heron at Sunset . Moments by Celine



Seagull with a Shell . Sean Mac Photography



Porpoise Bay . Richard Dyson

You're invited to share your
amazing photos in our
magazine!
Next issue is "Summer"

Email to:
welcometothecoast2020@gmail.com

Please include your name,
location or picture title

6 NICHOLAS SONNTAG MARINE EDUCATION CENTER

The Sunshine Coast is, as its name implies, a coastal community rich in marine life, and the Nicholas Sonntag Marine Education Centre is the place to go and learn about our Pacific ecosystems.

The Centre began in 2017 to protect the environment through education and community projects, following a strict collect-hold-release aquarium model. This model allows the centre to collect various creatures, educate the public about them, and release them back into their original habitat. All marine life is collected locally, mainly the Howe Sound, and are held anywhere from 6-18 months before being released as closely to their original habitat as possible. Release day is a public event that brings the community together while bringing awareness to the amazing biodiversity we have in our local ocean; we are blessed with some of the most diverse waters in BC.

The centre works closely with the Squamish Nations to integrate local language into the current displays, bringing awareness to their connection to the local land and water. Since conception, the Nicholas Sonntag Marine Education Centre has put forward multiple conservation efforts including Project Healthy Harbour (2019) and Central Salish Sea Clean Up (2021).

In 2019 the Tide Changers Challenge launched to create awareness and reduce our environmental impacts, by making one small change each week to bring us closer to “zero-waste”. The challenge focused on simple



Photo Credit: NSMEC

changes like ditching single use cups, checking clothing labels for microplastics, and switching from plastic bags to reusable. Information on the challenge can be found on (<https://gibsonsmarine-ed.org/tide-changer>) if you're up for the challenge!

7 GIBSONS HISTORICAL WALKING TOURS

Gibsons is home to Dale Peterson who hosts the Lower Gibsons Historical Walking Tours. Dale's personal history runs deep on the coast, his Grandparents moved to the coast in 1923 and Dale is the third of five generations on the Sunshine Coast. He grew up surrounded by local history as his Dad founded the museum, which started off in the basement of his childhood home. This year celebrates 8 years of historical tours which run from May-September, by donation. This 90 minute tour starts off with history of the Squamish Nations, as Gibsons was an important



Photo Credit: Dale Peterson

part of their territory, logging, fishing, and the various industries that have come up throughout the years.

Each tour is unique and personal to the individuals going through it, but Dale shared that his favourite part of the tour is the Howe Sound Cannery Jam Factory which began in 1905 with Finnish berry farmers. In 1922 after the First World War, the community came together to build a cannery, it cost \$25 a share (about \$370 today) and the facility was built. With nine different jams, most popular being strawberry, selling all over BC and Washington, they were voted the Best Jam in the British Empire in 1925, before closing in 1952.

The Lower Gibson Historical Walking Tours are a fun and interactive way to learn about local history. Like the Squamish FN village, George Gibsons and life in the early days like 1890's, 1920's, 50's and the amazing people who lived here.

Tours are by donation and you can book your private or group tour with Dale @ 604-886-1424. Check out Facebook at Lower Gibson Historical Walking Tours.

8 EXPLORE THE OUTDOORS

Living on the Sunshine Coast means spending time enjoying the beautiful piece of paradise we call home. From hiking and mountain biking, to kayaking and rock climbing, the Sunshine Coast has an activity for everyone.

Being a coastal community, water sports are popular amongst locals and tourists alike. Canoe, kayak, or stand up paddleboard along spectacular bays, inlets, and offshore islands. Choose from freshwater or ocean paddling; with the renowned Powell River Canoe Route, famous for its 5 portages and 8 lakes, calm waters and spectacular mountain landscapes surrounded by lush green forests. Explore the Desolation Sound, known as a boaters paradise with over 6,350 acres of shoreline and warm waters that can be accessed year round. If you prefer to do the



<https://www.sscapplianceandmattress.com>

Exceptional Service
Competitive Pricing
Quality Products
Professional Delivery & Installation

5501 Inlet Rd
PO Box 40
Sechelt

Contact us @ 604-885-5141
sales@sscplianceandmattress.com

The Institution on the Water



www.smittysoysterhouse.com 604.886.4665



Photo Credit: Nancy Shields

paddling, the Sechelt Inlet will be your paradise. The Sechelt Inlet is protected from the wind and waves, with morning and evening ideal for picturesque reflections of our west coast forests in the still waters.

Mountain Bike on over 700km of mountain biking trails located throughout the Sunshine Coast. Practice your skills at one of three Bike Parks; Sprockids Skills Park, Coast Gravity Park, and Powell River Bike & Skate Park before exploring through old-growth forest trails, technical cross-country trails, and gravity-fed downhill trails along the north and south coast of the Sunshine Coast.

If mountain biking isn't your thing, explore the sunshine coast via road cycling, a popular method of touring the region. With over 170km of highway featuring spectacular coastal and mountain views is the ideal cycling landscape. Look into our Cycling Clubs on the Sunshine Coast to learn more about popular rides and routes: <http://www.sunshinecoastcycling.ca/>

Hike the Sunshine Coast with day trips or multi day backpacking adventures. Home to the spectacular Sunshine Coast Trail which is a 180km backcountry experience stretching from Sarah Point in Desolation Sound to Saltery Bay, which can be explored in smaller sections or as a multi day trek. The Sunshine Coast also boasts a number of wheelchair accessible trails and family friendly hikes with spectacular scenery and amazing wildlife sightings. Grab a copy of the Sunshine Coast Trails booklet at your local Visitor Centres located in Gibsons, Sechelt and Pender Harbour.

Known as a golfer's heaven, the Sunshine Coast is an ideal location for golfers looking to enjoy over 2400 hours of annual sunshine. With four courses to choose from: Sunshine Coast Golf & Country Club, Blue Ocean Golf Club, Pender Harbour Golf Club and Myrtle Point Golf Club. You'll have an opportunity to meet others, challenge your game or just enjoy the beauty that surrounds you.

Want to be adventurous? The Sunshine Coast has deep fjords and inlets along the coast



THOMAS HEATING & ELECTRIC

Locally Owned & Operated
Serving the Coast for over 40 years




- Heating
- Fireplace
- Air Conditioning
- Sales & Service

Visit our showroom
Monday ~ Friday
8:30 to 4 pm


1081 Seamount Way, Gibsons
604-886-7111 . www.thomasheating.ca

THE SPA
at Painted Boat




Indulge & revitalize your body & soul
Our SPA is designed as an oasis of calm & relaxation to escape from the rigors of daily life

Our team of Massage Therapists will provide personalized guidance through holistic wellness



Our treatments are infused with the ocean's bounty of mineral-rich seaweed & salts to refresh your body, mind, soul & boost your immune system



Before & after your treatments, take advantage of our Spa Serenity Garden, pools & fire pit

Gift Certificates Available

12849 Lagoon Rd, Madeira Park B.C.
1-866-902-3955 . www.paintedboat.com

We do all types of returns.

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

5654 Cowrie Street,
Sechelt
604-885-4010

hrblock.ca



Get
what's
yours.

which makes for phenomenal cold-water diving conditions. One of the top diving sites is that of a WWII Royal Canadian Navy escort destroyer which was sunk in 1992 by the Artificial Reef Society of BC at the mouth of the Salmon Inlet. The most popular shore dive is located at Mermaids Cove, where Canada's first underwater statue, a 9ft bronze mermaid Emerald Princess rests serenely. <https://artificialreefsocietybc.ca/chaudiere.html>

Rock Climbing is a popular activity, attracting climbers inside and out from across the world and various levels, to experience sheer rock faces and awe-inspiring bluffs. Notable climbing locations are those of Eldred Valley and Stillwater Bluffs near Powell River. Want to start with some practice, then you may want to consider an indoor climbing centre first.

9 LOCAL ART COMMUNITY

The Sunshine Coast is home to a thriving artistic community. The Coastal Cultural Alliance features visual arts, clay and ceramic creations, fire wood and metal sculptures, glass and jewellery, mixed media, healing arts, performing arts, and written



Artist: Jasmine Drake



Artist: Alisa Drake

OK TIRE
It's going to be OK.

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

102-5520 Sechelt Inlet Cres, Sechelt BC V7Z 0G1
604-885-3155 or 604-885-2375
www.oktire.com

Roberts Creek Legion

Live entertainment,
delicious pub meals,
open mic nights, pool
and more in the ❤️
of Roberts Creek!

Hours & events at www.robertscreeklegion.ca
Let us know you saw this ad and you'll save 10% on your first visit!

Eco-freako
since 1996

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

RE/MAX CITY REALTY Serving the Sunshine Coast

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

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

Client Focused ~ Results Driven

arts from a variety of artists from the Sunshine Coast and surrounding areas. The CCA created the Purple Banner Project over a decade ago, and since then artists from all walks of life and artistic modalities have been coming together to enrich the community with unique and spectacular artwork.

Two of these outstanding artist's are: Alisa Drake who has been part of the coast for the past eighteen years. She and her children are part of the Mistawasis Cree nation in Saskatchewan. Alisa is a self taught artist who began painting three and a half years ago, as a way to cope with CPTSD. (Complex post-traumatic stress disorder)

"As it turns out I really enjoy it. Painting the clouds here on the Coast reminds me of the clouds I experienced as a child and youth growing up on the Prairies. Working in oils on large scale clouds and seascapes, I try to capture the joy I feel while I spend time with my family on our coastal beaches. It is nice to share this talent

alongside our daughter Jasmine Drake, who attends Elphinstone as a grade nine student. She has become quite the digital artist. This year she has begun working with watercolours and charcoal. Which she is very excited about. Both of us enjoy being part of the CCA and part of our very supportive art community on the here Coast".

You'll find painters to carvers, photographers to sculptures. The Purple Banner Tour showcases a diverse range of art from over 100 artists. Located all along the Sunshine Coast, from Langdale to Lund, artists have come together by displaying a Purple Banner that invites the public into their world (in most cases, be sure to refer to the official brochure to determine if an appointment is required:

https://suncoastarts.com/web/wp-content/uploads/2021/06/Purplebanner_2021_final.pdf.

10 WATERFALLS

While the Sunshine Coast is most commonly known for breathtaking coastal views, it also features dense forests, old-growth trees, and waterfalls. Some of these beautiful trails are also wheelchair accessible.

If you don't have one, pick up your Sunshine Coast Trail Guide for free in one of our local Visitor Information Centres located in Gibsons, Sechelt and Pender Harbour. These folks are amazing and can provide excellent information.

We start off on the southern end of the Sunshine Coast in Gibsons, which is home to Langdale Falls. This 3km hiking and mountain biking trail is fairly popular and showcases a phenomenal waterfall at the end. Also in the area, Dakota Creek Falls is a 5km hiking and snowshoeing trail, complete with old growth trees and another spectacular waterfall at the end.

Heading north we find ourselves in Roberts Creek and Sechelt. Cliff Gilker Park offers over 7km of hiking trails surrounded by grand Douglas Fir and Red Cedar Trees, with a picturesq boardwalk overlooking rushing waterfalls. Chapman Falls is a 5.5km hiking trail that takes you through beautiful forests and large old growth stumps, before reaching the cascading waterfall.

Continuing our journey up the Sunshine Coast, Halfmoon Bay and Secret Cove features three spectacular waterfalls along the 2.6km Homesite Creek hiking trail.

Travel up the awe inspiring Princess Louisa Inlet, traditionally named swiwelát, which features as many as 60 waterfalls cascading down massive granite walls. This very inspiring fjord features a magnificent 2100m tall granite wall gorge that is accessible only by boat or plane. Don't miss the beautiful Chatterbox Falls at the head of the Inlet either! For tour information: <https://www.wcwl.com/>

Lastly in Powell River, Black Water Creek is a 4km

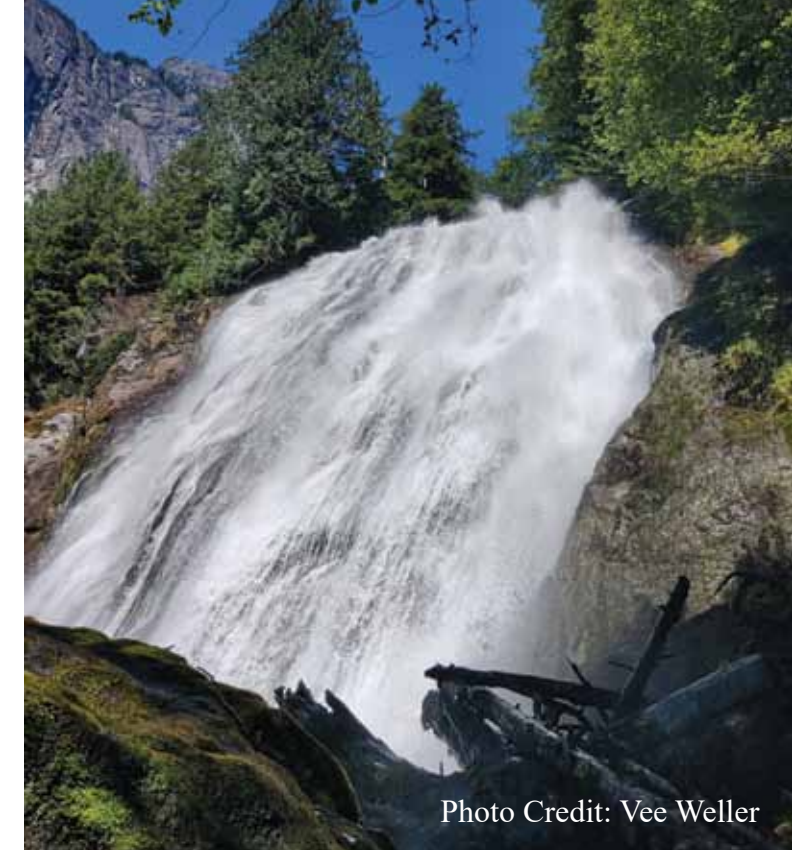


Photo Credit: Vee Weller

trail through ancient ferns and moss covered trees, with an up close look at the 20ft tall Kelly Falls.

11 WATER LIFE ON THE COAST

Take a walk on the water side! There is so much to love and learn about the Coastal waters and surrounding islands. Keep your eyes peeled for seals, dolphins, sea lions, sea otters and whales while out on the water. Catch a glimpse of an eagle feeding or other birds searching for a meal. If you don't own a boat, there are many ways to get out on the water like exploring with one of the great Boat Tours located on the Sunshine Coast.

Whether you're touring on the water, being dropped off to explore a surrounding island trail, or experiencing the powerful Skookumchuck white water, you'll take home memories that last a lifetime. Experiencing the Sunshine Coast via water is unique in itself to be surrounded by forest covered mountains, remote islands, and coastal wildlife; pack a lunch, grab your water bottle and sunscreen, and let's go!



Group or
Special Event Charters
One hr tours only
\$75 per person
Creating Lasting Memories

A Front-Row Seat To One Of The Whitewater Wonders Of The World



info@skookumchuckboattours.com
skookumchuckboattours.com
6771 Egmont Rd,
Egmont BC

604-883-2066
Bookings &
Water Taxi Available



Check out our awesome magazine for some fun ways to explore our beautiful gifts and blessings that surround us on and off the shores.

12 FARMERS MARKET

Nothing says spring like the start of local Farmers Markets. The Sunshine Coast residents pride themselves on supporting all things local; they do so by hosting a farmers market on multiple days of the week in different communities along the Coast. Here you'll be able to purchase from our local farmers, artisans, and small businesses.

The farmers markets along the Coast are diverse and unique. There is something for everyone at the farmers markets, from handmade candles, incense, paintings and pottery, to freshly caught seafood, locally raised meat, wild mushrooms, and locally grown grains. Grab a local cider,



Photo Credit: Solomon Hergesheimer

wine, coffee, or tea to take home and enjoy. Find the perfect gift for yourself or a loved one, while supporting our amazing local businesses. Everything you find at one of our many farmers markets is made with care and love.

Head to the Gibsons Farmers Market on Sundays between 10am-3pm, Gambier Island Farmers Market between 10am-1pm or Sechelt Farmers' and Artisans Market between 9am-2:30pm on

Saturdays, Roberts Creek Community Market on Wednesdays between 1:30-5:30pm, or the Powell River Farmers Market on Saturday between 10:30am-12:30pm or Sundays between 12:30-2:30pm. Farmers markets are one of the best ways to support local artists, farmers, crafters, and creators. <http://www.secheltmarket.com/> for any time changes that may occur.

13 FISHING ON THE COAST

In true coastal fashion, fishing is a popular activity amongst locals and visitors alike. There is nothing more peaceful than going out on the water and catching a huge fish. Someone once told me that it is truly a miracle when you think about how huge the ocean is and how fortunate you are to catch a fish. It's like finding that needle in the haystack.

The Salish Sea is a major salmon migration route and is accessible to many communities from Gibsons to Lund. This major migration route has drawn people to the Sunshine Coast for thousands of years, originating with the Squamish (skwxwú7mesh), Sechelt (shíshálh), and Tla'amin and Klahoose nations. Fishing was and still is a way of life for many along the Sunshine Coast.

Whatever your fancy, you can try both freshwater and saltwater fishing. There are some requirements needed of course like a fishing licence.

Licences are purchased annually and are good from April 1 to March 30. If you're already in the area, licences are also available at most of our local marinas. For more info grab your free British Columbia Freshwater & Saltwater Sport Fishing Guide at Visitor Info Centres (Gibsons, Sechelt & Pender Harbour).

We have some awesome Fishing Charters on the Sunshine Coast to take advantage of. They will give you a chance to explore all the great secret spots. The memories from the "one that got away" will always be remembered, but so will the one that didn't!! ☐

TROPHY CHARTERS.ca
604 763 4104

FISHING CHARTERS 1/2 OR FULL DAY
SIGHTSEEING & WHALE WATCHING TOURS
WATER TAXI SERVICE
CUSTOM PACKAGES AVAILABLE

Captain Al Greene & Co-pilot Gracie
trophycharters1@gmail.com
604-763-4104
Located in Madeira Park

SYNERGY
Wood Products Group

Kitchens . Closets . Baths

Whether it's traditional, modern or something in between. Synergy Kitchens, Closets & Baths can transform your space to reflect your personal style, yet always keeping in mind of our clients time & budget.

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

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



SUNSHINE COAST BEAR ALLIANCE

REPLACING FEAR *with* KNOWLEDGE

“Making A Difference”

We are so fortunate to live here on the Sunshine Coast, home to a variety of wildlife. Our black bears may be found roaming through areas we frequent such as hiking trails, campsites, or our own backyards.

Unfortunately there persists an unsubstantiated fear of our bears; animals who are inherently timid, highly intelligent and more tolerable of us than we are of them. The Sunshine Coast Bear Alliance (est. 2019) has as its mission to: end human-bear conflict on the Sunshine Coast by ‘replacing fear with knowledge.’

The Sunshine Coast Bear Alliance was involved with the rescue of five orphan cubs this last season (2021). Sakinaw, pictured here, was rescued in harsh winter conditions weighing only 20 pounds. He is now being cared for at Critter Care Wildlife Society.

Our Bear Alliance provides education to residents and visitors about living and recreating in bear country. Properly managing garbage and attractants is integral to creating a ‘bear aware’ community, as is learning about bear behaviors and what to do if you encounter a bear.

Spring sees the emergence of our bears from their dens, adult males first, then mothers with cubs emerging last in April. Grasses, dandelions, sedges and skunk cabbage are early food sources, but if non-natural food sources are available at your home or establishment our bears may be put at risk.

It is illegal under the British Columbia Wildlife Act to either intentionally or unintentionally feed bears or other wildlife. Bears that continue to access human food may be deemed a safety risk by the Conservation Service. Relocation is rarely an effective measure when managing bears that have become accustomed to non-natural food sources. The needless death of the bear can be the end result of what is often referred to as



Photo Credit: Anna Miller

‘human-bear conflict,’ even though the bear is just doing what he/she does naturally - foraging for food. Garbage, bird feeders and fruit trees are the major attractants.

Our bears have an incredible sense of smell enabling them to detect odors up to a mile away. Please keep garbage secured inside or in an enclosed, bear proof receptacle only placing it at the curb the morning of pick-up. Ideally, limit the use of bird feeders during bear season (March-December). Use intermittent plate feeding instead or attract birds with plants and sand baths. Pick fruit just prior to ripening and collect any windfall within 1-2 days. If you have small livestock, secure within electric fencing. Refrain from using outdoor fridges or freezers. Keep all car doors



Photo Credit: Courtesy of SC Bear Alliance

and windows locked and interior of the vehicle free of any food, food containers, wrappers and scented products. Don’t leave any pet food or dishes outside. Hike in pairs or a group and make noise to let our bears know you are approaching. Bear bells don’t identify you as human, call out ‘hey bear,’ or clap your hands loudly. If you do encounter a bear, take a deep breath, stay calm, put your arms out to your side and speak in a calm yet firm voice, “I’m leaving bear,” as you slowly back away. Continue to back away and give the bear space.

For more information about living respectfully and safely with our bears, or volunteer to work, go to: scbearalliance.com – Together we can all make a difference. □



FOR ALL YOUR
INSTALLATION,
INSPECTION &
MAINTENANCE NEEDS



PROTECTING THE
COAST FOR OVER
25 YEARS

1-877-850-0014

info@elitefireprotection.com

Aromatic chicken tagine with apricots



2 tps. butter or coconut oil
21 oz. skinless and boneless chicken thighs
1 white onion, finely chopped
2 garlic cloves, finely chopped
2 inch piece fresh ginger, finely chopped
2 red chili peppers, finely chopped
2 small cinnamon sticks broken into pieces
3 sprigs of fresh rosemary
14 oz. canned peeled plum tomatoes
1 1/2 Tbsps. honey
1/2 cup dried pitted apricots
2 Tbsps. flaked almonds
6.75 fl oz. chicken stock (made with one organic stock cube)

Preheat oven to 180°C/350°F. Melt the butter/oil in a tagine or heavy base casserole dish.

Add the chicken thighs and cook for 1-2 minutes, stirring to brown slightly on both sides.

Add the onion, garlic, ginger, chili peppers, cinnamon sticks and rosemary. Stir well and cook for 5 minutes, allowing the onions to soften.

Add the peeled plum tomatoes, honey, apricots, flaked almonds and chicken stock. Stir well and bring to the boil.

Place the lid on the tagine or casserole dish, transfer to the oven and cook for 50 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 1



PER SERVING:
486 Calories
37g Carbs
35g Protein
22g Fat

Piled-high protein breakfast



2 medium sized eggs
3 1/2 cups fresh spinach
1 Tbsp. plain cashews
8 plum tomatoes, halved
1/2 bell-pepper (any color), diced
1 tsp. olive oil mixed with 1 tsp. balsamic vinegar

Boil the eggs in a saucepan of water for 8 minutes.

Meanwhile, steam the spinach gently for 3-4 minutes until wilted.

Remove the eggs from the saucepan, and immerse in cold water for 2 minutes, to cool. Peel and slice the eggs.

Place the spinach in a serving bowl and drizzle over the oil / vinegar. Add the eggs, bell-pepper, tomatoes and cashew nuts.

Consume immediately.

SERVES 1



PER SERVING:
346 Calories
17g Carbs
20g Protein
22g Fat

Detox your Mind and Conquer Living from your Heart

Written By: Merilee Hicks "Bring it on Coaching"
<https://bringitoncoaching.life/>
Certified Life Coach, CLC; Certified Health Coach, CHC;
Certified Meditation Coach, CMC; Registered Yoga Teacher

I was in Bali for my 50th birthday. The swaying of the palm trees, warm wind brushing my face, golden sun beaming down, and the tranquil, dull roar of the waves filled my ears; who wouldn't be at peace?



Me. I was strung out, living with pain, deeply unhappy in my corporate career, and inexplicably lost in a current of emotional turmoil. So, I fled to Bali, but my problems followed me. It didn't matter where I went because I never let myself relax. I was sipping on tea, overthinking about my life, when I decided to do something I hadn't done

since I was a child: explore. I don't mean checking 'explore' off my to-do list, as is common when we go on vacation; I just started walking with no expectations. As I explored, genuine joy from the spontaneity of wandering welled up from within. I started smiling. I felt lighter. A bounce picked up in my step. I had removed myself from both the toxic physical environment of my life and the mental prison I had surrounded myself in. Even if it was just a temporary escape, it felt sensational.

As I continued, I had a chance encounter that changed the course of my life forever. I met a wellness coach who encouraged me to find and follow my passion. It was the first time in my life that someone was encouraging me to do something for the intrinsic joy of doing it as an adult. Like most adults in Western society, I had internalized that every action taken must be in pursuit of more. More money. More responsibility. A constant 'leveling up.' If your life isn't perfect, keep working until it is. An incessant pursuit of corrigibility to keep up with the Jones's, who are trying to keep up with you; on and on it goes.

From then on, my life gained more meaning than ever before. I became a certified life and health coach, a yoga teacher, and a meditation coach. I quit my corporate job of 25+ years. I founded Bring It on Coaching, a safe online space for connection and conversation—a place where women can find power in their stories and the challenges they face. I realized that I am an empath, and I've made it my life's mission to guide other empaths toward emotional regulation and living a fulfilling, happy life.

When I left my corporate life behind, I promised myself I would never go back. I wanted to live my passion to mentor and help others experiencing similar stories. I left behind the people-pleasing, live-for-everyone-but-me life. If you are waking up every morning not wanting to face your day, well, then, I know you. I was you!

I realized not long ago that I'd spent my entire life waiting for permission from others. Because I didn't feel I was good enough to step out and do what I desired. When I took the leap of faith with life coaching, my family didn't understand how

Roofing the Entire Sunshine Coast!



Residential & Commercial Roofing
We do it all!

Free Estimates • All Work is Guaranteed



Email: undercoverroofing@live.com

Phone: (604) 741-5679

www.undercoverroofing.ca



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

ICBC AutoPlan, Private Auto & Recreational Vehicles

Home, Condo & Tenants Rental, Seasonal & Vacation Rental Homes

Course of Construction & Renovation Projects

Commercial & Business Insurance Pleasure & Commercial Marine

Special Risks — Residential & Commercial



DISCOUNTS, PAYMENT PLANS & PREMIUM FINANCING AVAILABLE

OPEN

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

#112-1100 Sunshine Coast Highway, Gibsons/IGA Park Plaza

General email: ContactUs@talbotinsurance.ca

Phone: 604-886-2555

Fax 604-886-2563



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

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



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

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



Experience the Eastlink Edge

- › Unlimited Fibre Link Internet with speeds up to 1 GB
- › With TiVo® you can access Netflix, Prime Video, OnDemand and live TV all in one place¹
- › Bundle Internet, TV and Smart Home and save every month²

Contact us today at 1-888-345-1111

Certain conditions apply. Offers valid for a limited time, while supplies last and subject to change without notice. (1) TiVo, the TiVo logo and TiVo silhouette logo are registered trademarks and exclusive property of TiVo Brands LLC.

you leave a nine-to-five office job with security and be successful on your own. I wanted a career full of serving and mentoring. I knew it was my gift and that God wanted me to have faith.

And, I wanted anybody to tell me that it was okay and that I should go ahead with it. I wanted somebody who knew me to give me the green light. Guess what? It never happened, and it never will. Why? Because nobody can permit us but ourselves, nobody outside ourselves knows what's going on in our hearts, no matter how we try to explain it. So, if you are looking for permission, I welcome you to stand up for yourself and know that you don't need anyone's permission. Live life without validation.

Traveling helped detox my mind because I removed myself from an environment harming my mental health. Travel isn't widely available to everyone, but you don't need to get on a plane to remove yourself from a toxic space! Going for a walk to a new place, having quiet time alone, or going on a long drive is more than enough to open your mind to discover what you want to do. It won't happen immediately, but we will get the same result if we continue to do the same things each day. If you keep living the same way, nothing will change.

By allowing your mind peace and a change of pace with no expectations, you're becoming open to learning new things, which in turn will enable you to explore your passions. When we're children, we get exposed to various interests, career paths, and hobbies. Our minds are bursting with creative potential. But when we become adults, there isn't a teacher or a parent to guide us as intensely, exposing us to new ideas. We need to be our teachers and guides as we search for what we want, which is scary because it pushes us outside our comfort zones. There's no teacher to tell us it'll be okay! To conquer living from your heart, you need to step out of your comfort zone, be your teacher, and expose yourself to new things. If it isn't at least a little scary, it isn't 'big' enough.

My walk changed my life, because I detoxed my mind, thereby giving me the gift of living from my heart. What are you waiting for? ☐

Welcome to the Sunshine Coast



Are you a
New
Resident to
the Sunshine
Coast?

Call your
Neighbourhood
Welcome
TODAY for
your FREE
Welcome
package!!

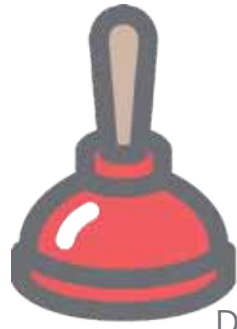
Contact Stephanie

<https://neighbourhoodwelcome.org/>
604-992-6261

welcometothecoast2020@gmail.com *
*please include best number to reach you

The Neighbourhood Welcome program is an excellent resource and platform to introduce our New Residents to the Community, our local businesses and bring them together. If you are a business owner, homebased or store front. We highly recommend reaching out to learn more about this wonderful program and how you too can make a difference.

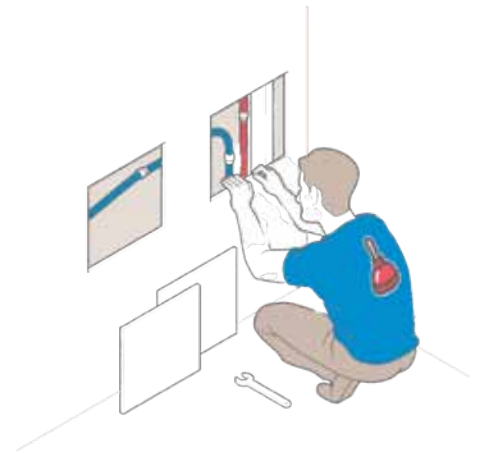
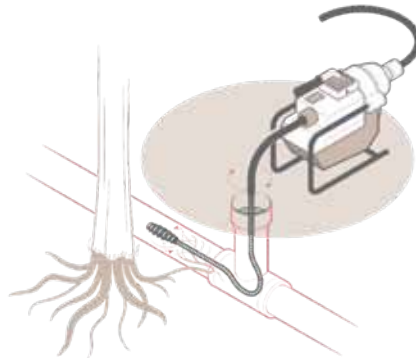
Gibsons & District Chamber of Commerce



unclog.it[®]
Division of Pure Mechanical Group Ltd

Our Commitment

Unclog.it Sunshine Coast technicians take extreme pride in their workmanship if you are not happy with our service we will make it right. Our job is not finished until you are satisfied!



Heating • Drain Cleaning • Plumbing

Schedule an appointment online:

www.unclog.it

or call

1-800-604-0631

email: contact@unclog.it

Open On The Sunshine Coast To Serve You