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WINTER 2022



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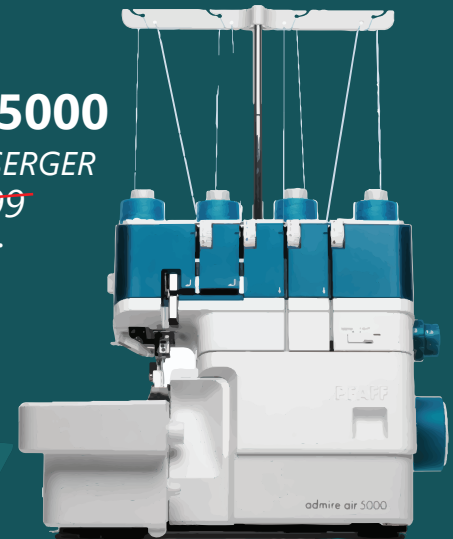
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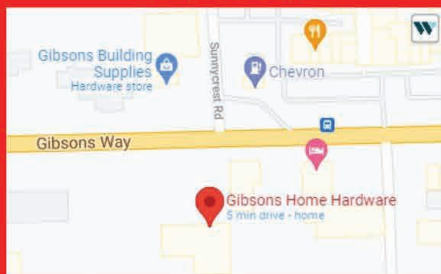
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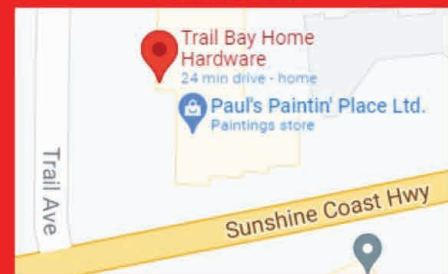


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& MARKETING**

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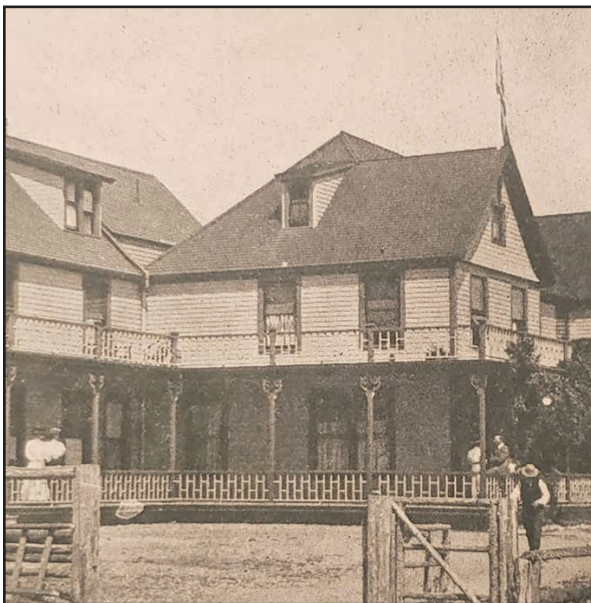
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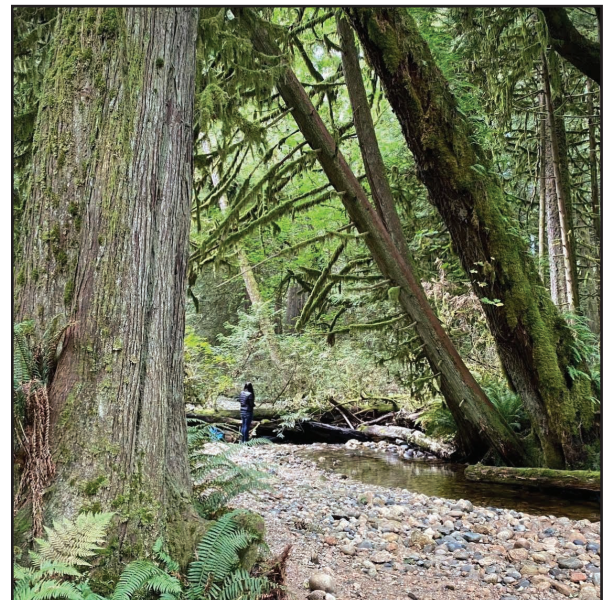


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Letter from the Editor

"Sometimes you just know it's time to start something new and trust the magic of new beginnings"

Many times, we wait till the New Year to start fresh but with life on the Sunshine Coast you can start something new every day. Life is full of adventures, hidden gems to explore and new memories to make.

Life is about new chapters, about turning the pages of the book you are writing and picking up the pen. I heard a great quote "your destiny is going to outweigh your history". A lot of times we look back instead of looking forward to where we can go. We let the past experiences keep us from reaching out to new beginnings, new relationships, new adventures, new destinies.

We live in an amazing community full of opportunities to reach out to others, to give back, to start something new, to really make a difference. We have a chance to dig deep within ourselves to see what it is that we have been blessed with to share with others. Do you like to paint, draw, cook, sew, write, cycle, run, love of animals, take pictures and the list goes on? What talents have you got hidden deep inside that you have been holding on to? Have you been afraid to explore them for worry of what others will say? Now is the time to open that hidden box of gems and share it with those around you.

Whether it's trying a new hobby like hiking an unknown trail, putting on a pair of ice skates or snowshoes, taking the New Year plunge or taking a chance on someone. Perhaps making a choice to really commit to a dream or goal. Anytime is a good time.

This winter issue is about trying new experiences and having some fun! Exploring with the one you love or just venturing out on your own. Sharing with family, and friends. Encouraging each other to move out of the comfort zone and into something refreshing and exciting. Life was given to each of us to live, not become stuck in the mondan and everyday routine.

From our families to yours, we wish you all a very happy & exciting 2022. Megan and I are so grateful and honored to celebrate one year of the Coastal Vibe. This magazine is about sharing the heart of the community with not only New Residents, but all Sunshine Coasters. A huge Thank you to those who have contributed to make this magazine so special. I ask that you kindly share our SC Neighbourhood Welcome program to help others find gifts not yet discovered.

Thank you for all your support, and belief in me. To those who have given me healthy feedback, encouragement, and direction, which has helped me grow and develop my hidden gems that I didn't know existed. What a blessing, gift and honour it is to be of service to others.

May your future be all you can create it to be.

Stephanie

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EXPLORE THE COAST

Written by Heather Jeal

“Hope it stays up on the mountains!” is a Coastal mantra.

Photo Credit: Nancy Shields

Our temperate West Coast climate and proximity to the ocean delivers more than our fair share of rain and windstorms in our winter months and the occasional snowfall on the lower levels is a rarity. While the children cheer and hope for snow days, motorists greet the white stuff with less enthusiasm.

Happily for fans of cold-weather sports, snow can be found just a short drive up to Dakota Ridge in Sechelt, or further up in the Tetrahedron Provincial Park north of Tuwanek, or up Mount Elphinstone via the Sprockids Park at the top of the Bypass at Langdale. Warning to drivers: winter tires aren't enough to ensure safe passage on the access roads when the winter snows really pile up, and tire chains are usually required.

Operated by the SCR D Recreation Department as a user-pay facility, Dakota Ridge plateau sits 1200m above sea level and catches whatever snow is coming our way. The park's 1532 acres offers 20km of cross country ski trails, 4km of groomed snowshoe trails, 3 km of wilderness snowshoe trails, a sledding area, a warming hut with fireplace, an outhouse, and breathtaking views for photographers. A trail map is located at the trailhead.

Cross country skiing and snowshoeing are two popular activities on Dakota Ridge in the winter months. Snowshoeing is an inexpensive, family-friendly activity that requires minimal gear (all of which can be rented for those testing out the sport). It's a low-impact exercise that is accessible for all ages, taking hiking or trail-walking into new terrain and all seasons. Dakota Ridge offers snow trails for the beginner and the more advanced, and Alpha Adventures offers lessons on the basics: how to get up after you fall in deep snow and more advanced techniques, how to use your poles most effectively, traverse slopes, go up and down hills, etc.

A more rigorous activity is classic Cross-country Skiing evolved in the Nordic countries centuries ago. It is the forerunner of every other ski type. In classic cross-country, the skis move in a straight-line stride, sometimes called a "diagonal stride" or "kick and glide" motion. Skate skiing is a more



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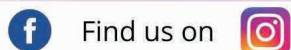
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recently-developed type of cross country in which the skis follow a slide-and-glide “skating” motion that looks similar to speed skating, and allows the skier to cross snowy terrain much faster.

A few lessons can help beginners develop good technique, and also provide safety tips for wilderness activity.

With Nordiq Canada’s Skill Development Programs the non-profit Dakota Ridge Nordics, affiliated with the Tetrahedron Outdoor Club, offer classes for children ages three to 16. This program is coordinated and run entirely by parents and other volunteers. Fees are low and the focus is on fun and family activity. There’s skiing, and there’s social activity too – so this is a great way for kids and parents to meet others who enjoy the sport. For the youngest participants, all that is needed is a snow suit and good winter boots to participate as the Club provides strap-on skis; children five years and older require proper cross-country skis and boots. As they progress, young skiers refine their skills and teens may participate in activities including community races, building snow caves, learning avalanche and first aid basics, and skiing under the stars.

For more information, visit the Dakota Ridge Nordics web page:

<https://www.tetoutdoor.ca/dakota-ridge-nordics.html>

Remember, before you go: check the weather report;



Photo Credit Nancy Sheilds



Photo Credit Patrick Nelson

ensure your car is equipped with winter tires and chains; wear proper clothing; carry a fully-charged cell phone or other communication device in case of emergency, plus water and food.

A SLEIGH-RIDE TOGETHER

When it really snows on the Coast – which it has done, maybe once in a decade –kids of all ages haul out their sleds, toboggans, garbage can lids, or flattened cardboard boxes and head for the nearest slope. Chances are, the steepest roads will be closed to through traffic. But when it doesn't snow on the lower levels, tobogganers have to look farther afield for that slippery slope. Dakota Ridge's dedicated sledding hill is fun, affordable, and reliably available once the snow falls. Otherwise, accessible sledding options on the Coast are fairly limited – except when snow covers the Sprockids Park cycling trails. This park, just north of the top of the Langdale Bypass, features a wide variety of trails of varying steepness and terrain which can make for a pretty thrilling toboggan ride.

JOYRIDING IN THE SNOW

For those who prefer thrills with their chills, snowmobiling in the Mount Crucil area is the way to go. Getting there is a challenge and vehicles must have

winter tires and chains, as access is via the Gray Creek Forest Service Road towards Tetrahedron Provincial Park. Set GPS coordinates to 49.58434122664516, -123.71783367641657. Travel up East Porpoise Bay Road to Tuwanek, then follow the Forest Service Road until it crosses an old road leading southeast towards Mount Crucil. This is the main riding area for the Sunshine Coast Snowseekers and snowmobiling group. Lots of variety in scenery and terrain and not a lot of traffic make this an idyllic spot. The club has built a new warming hut; and pack out whatever you pack in as there is no garbage facility here. In case of emergency, please dress appropriately, carry food, water, and an emergency signaling device (phone or beacon).

For those who moved to the Sunshine Coast precisely because it does not get a lot of snow, the activities they enjoyed in the summer months continue year-round – although some (racquet sports, baseball) may move to indoor courts or batting cages.

HOW ABOUT TAKING A HIKE

Hikers change their footwear to waterproof boots and head out to their favourite trails or check out some new ones. November's "atmospheric river" washed out some popular trails in some

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HEALTHY HABITS = HEALTHY LIFESTYLE

areas, downed trees in others, and generally created chaos. SCRD staff and volunteers have been working to re-establish the Coast's excellent trail network. Check out <https://www.scrd.ca/myrecreation> for up-to-date information about trail and park safety and accessibility.

Normally, the winter months are a prime time to visit the Coast's many waterfalls. The trails in Sprockids Park can provide challenging hikes for the more experienced, with a trip to Langdale or Gibsons Falls or the summit of Mount Elphinstone. Cliff Gilker Park is always a beautiful low energy hike. But stay on the trails – rainfall and excessive waterflow can undercut the edges of stream beds. What you can't see can hurt you. Dogs and young children joining the hike should be kept close in wilderness areas, even ones that are quite familiar, since heavy rainfall can weaken tree branches, undermine pathways and footbridges, and lead to sinkholes where none existed before.

Burnett Falls in East Porpoise Bay offers a shorter hike (10 – 15 minutes each way) with a slight change in elevation until reaching the lookout area. On Sechelt Inlet Road, watch for Burnett Road on the right, and follow it to the parking area at the trail entrance. Even in summer, when water flow slows to a trickle, this is a lovely walk but in winter, it's spectacular, especially if a cold snap has frozen the falls. Note: This hike is not appropriate for the mobility challenged (who may prefer a sedate stroll on Hidden Grove's Blue Trail, a few more kilometers up Sechelt Inlet Road.)

Even in winter, the tidal currents at Skookumchuck Narrows are well worth the 40-minute hike into the viewing areas. Check the tide tables for the best viewing dates and times, as the higher the tide, the better the experience.

<https://www.bigpacific.com/skookumchuck-rapids-viewing-tide-tables/>

As the days begin to lengthen after the Holiday Season, Coast residents can look forward to more hours outdoors to enjoy their chosen sport, whatever the weather brings. It's why we live here. Have fun & stay Warm, but mostly enjoy making memories with your family and friends.

Breakfast protein oat bars



- ½ cup oats (use gluten free if preferred)
- ½ cup chocolate flavor whey or rice protein powder (optional)
- 1 Tbsp. cocoa powder
- 2 Tbsps. dried dates, chopped and pre-soaked in cold water for 30 minutes
- 2 Tbsps. cashews, chopped
- 1 Tbsp. unsweetened coconut flakes
- 1 tsp. vanilla extract
- ¼ tsp. sea salt
- 3.4 fl oz. cold water or unsweetened almond milk
- 2 tps. almond butter

Place all of the ingredients in a bowl and mix well to combine thoroughly.

Line the base of a 6x6 inch tin with greaseproof paper.

Pour the mixture into the tin and press down firmly to cover the base of the tin.

Refrigerate for one hour or more. Cut into 8 pieces.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

MAKES 8 BARS



PER BAR:
122 Calories
9g Carbs
8g Protein
6g Fat

Peruvian chicken



- 2 tps. coconut oil
- 19.5 oz. chicken breast, finely chopped
- 1 small white onion, chopped
- 1 cup carrot, peeled and chopped
- 2 garlic cloves, chopped
- 2 tps. fresh ginger, finely chopped
- 1-2 tps. chili powder
- 2 tps. ground cumin
- ½ tsp. ground red chili flakes
- 1 tsp. soy sauce or tamari
- juice of 1 lime
- a pinch of sea salt and ground black pepper
- 1-2 Tbsps. fresh cilantro, finely chopped

Heat the oil in a large saucepan. Add the chicken and fry gently for 6-8 minutes, or until cooked. Transfer to a plate and set aside.

Add the onion and carrot to the saucepan. Cook for 4-5 minutes, stirring occasionally.

Add the garlic and ginger and cook for around 3 minutes, stirring occasionally.

Add the chicken back into the pan, along with the chili powder, cumin, chili flakes, soy sauce, lime juice, salt and pepper.

Stir well and cook for 5 minutes, stirring occasionally. Serve garnished with fresh cilantro.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed rice and / or leafy greens



PER SERVING:
284 Calories
10g Carbs
43g Protein
8g Fat

WILDLIFE COLLISION PREVENTION PROGRAM

By Meg Bjordal and Katie Earl of the
Wildlife Collision Prevention Program



Photo Credit Martin Davis

Life on the Sunshine Coast is such a beautiful gift. We are surrounded by the ocean waves on all sides as well as all the amazing wildlife that we get to enjoy in our daily lives. From rabbits, raccoons to deer and bears, coyotes and even the occasional peacock! But we also have to respect them as being a part of our community and showing up unexpectedly in our yards, and especially on our highways and side roads. No matter what the season we must always be alert, aware and prepared. Here is some excellent information on living together and ways we can make a difference so everyone can enjoy our incredible life here.

As highway networks expand, and traffic volume and speed increase, wildlife vehicle collisions are becoming more frequent. Wildlife vehicle collisions can result in substantial personal, environmental and economic losses. In British Columbia, the

number of wildlife vehicle collisions is increasing and creating serious implications for the wildlife and highway management. According to ICBC, there are around 11,000 animal related collisions reported in the province each year. Approximately 11% of these are attributed to the Lower Mainland.

Wildlife collisions pose a serious risk to drivers and passengers as they can result in human injuries and fatalities. ICBC reports that the 11,000 animal related collisions annually result in approximately 870 human injuries and four fatalities. There are also high costs for insurance claims and clean-up. According to the BC Ministry of Transportation and Infrastructure (MOTI) Wildlife Accident Reporting System (WARS) Report from 2011, on average, ICBC spends over \$25 million on wildlife vehicle collision claims every year, and MOTI incurs approximately \$700,000 yearly for highway clean-up.

Wildlife collisions have serious implications for the conservation and management of all BC's wildlife, including threatened and endangered species. MOTI WARS figures show that over 5,700 animal carcasses are removed from BC highways annually (10 year average, 2008-2017). A figure that is estimated to be under-reported by 65-75%, putting the true number of wildlife killed on BC roads around 16,400-23,000 each year. This difference between reported deaths and actual deaths can be attributed to animals dying outside the highway right-of-way, or animal remains being removed by natural scavengers or predators, obscured by snow or vegetation, or removed by passing motorists. Along BC's southern coast, MOTI reports that 85% of wildlife vehicle collisions involve deer. Other wildlife involved in collisions includes raccoons (5%), coyotes (4%), bears (2%), and more. Collisions with smaller wildlife species are extremely common, but as they cause less damage to private property or human life, they rarely appear in official statistics.

1. Watch for all wildlife signs - A Wildlife Warning Sign is a yellow diamond shaped sign with an animal symbol in it. The sign warns of a hazard ahead, and advises drivers to be cautious. Drivers must obey wildlife warning signs and any associated speed changes.
2. Slow down - Speed is a common factor in collisions. Speed reduces a driver's ability to steer away from a hazard. Some studies suggest that wildlife-vehicle collisions occur more than expected on clear, dry

nights, and on long straight stretches, as drivers tend to increase speed under good conditions. So, slow down and stay cautious even on 'good' roads.

3. Drive defensively - Drivers and passengers should actively watch for wildlife, movement, or shining eyes reflecting headlights on and beside the road. Drivers should be especially cautious between dusk and dawn. Deer tend to travel in groups and may swerve in front of vehicles suddenly. Light levels are low, and animals are more active. Animals approaching from the right side seem to be avoided more successfully than animals approaching from the left, as headlights illuminate that portion of the road better, and drivers typically pay close attention to that side of the road and ditch. So, pay equal attention to both sides of the road and watch for multiple animals.

4. Use your vehicle - Drivers should keep headlights, signal lights, tail lights and windshields clean, and wear a seatbelt at all times. Drivers can honk horns or flash lights to scare animals off the road. In a 3-lane situation, where possible, drive in the middle lane to provide more distance.

For more information on wildlife collisions in BC, find the Wildlife Collision Prevention Program online at wildlifecollisions.ca or follow us on social media: Facebook and Instagram @wcpp.bc, and Twitter @wcpp_bc. For injured animals call : 1-877-952-7277

WILDLIFE COLLISION PREVENTION PROGRAM



Wildlife Collision Prevention Tips:

- always actively watch for wildlife
- reduce speed, even on straight, dry roads
- be especially vigilant during dusk & dawn, and where there are wildlife warning signs
- learn more by visiting wildlifecollisions.ca or following @wcpp.bc on  



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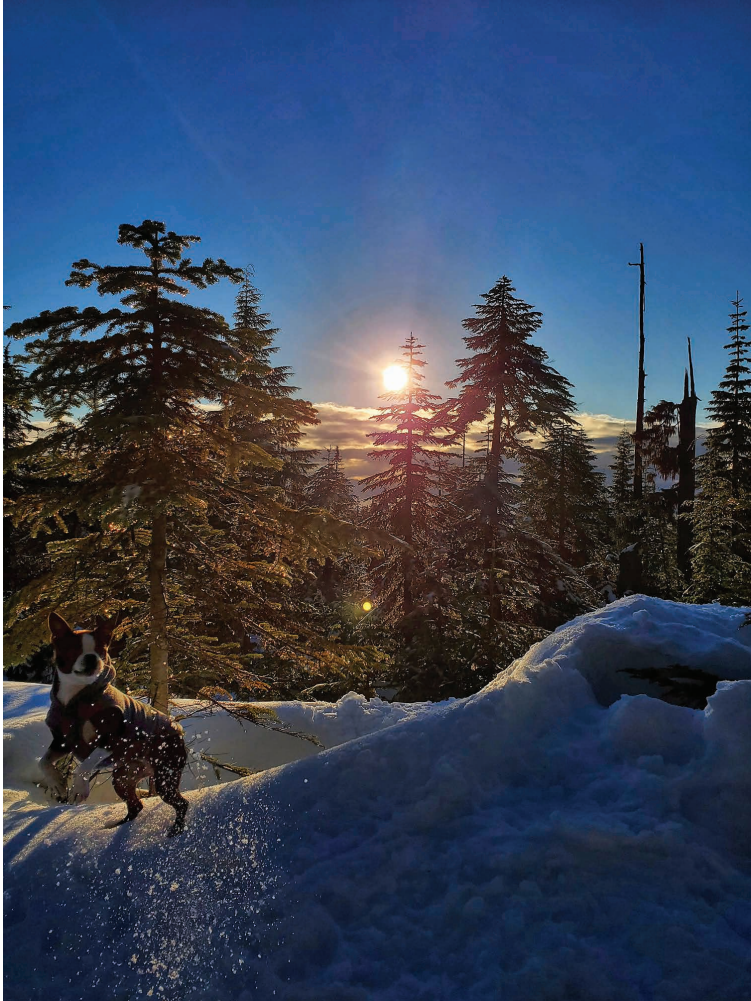


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LOCAL FAVORITES

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



Stephanie Taylor ~ Cold as Ice

Thea Mahar . Dakota Ridge . "Lexie"

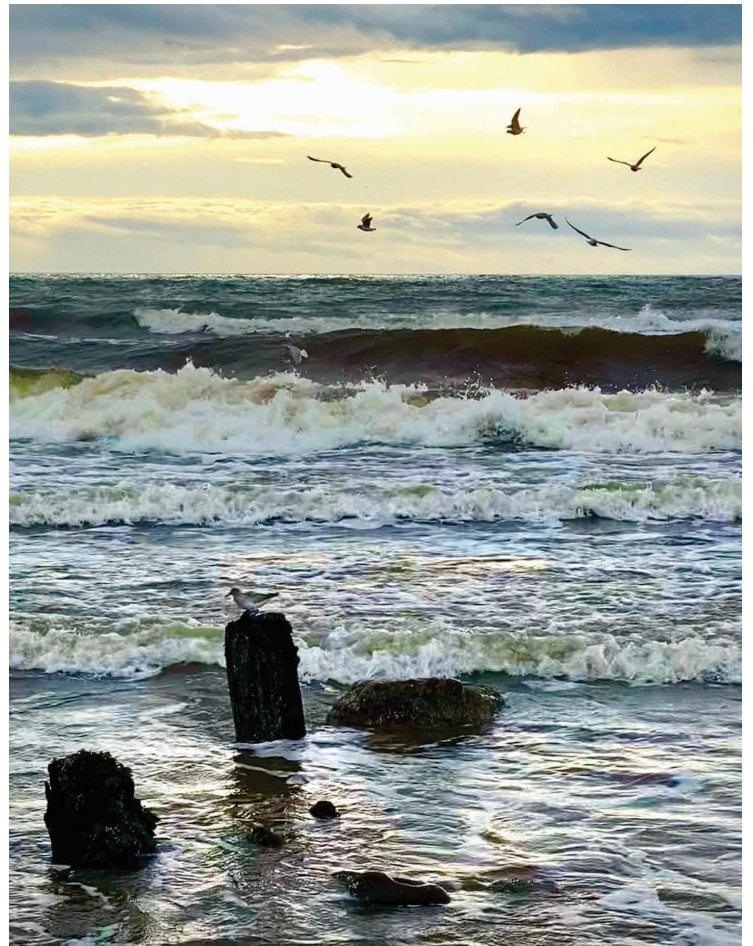


Marion T ~ Winter Dining

Ramona Hartley . Trout Lake . Pondering



Patrick Nelson . Dakota Ridge



Tara Lyon . Roberts Creek Beach . Storm Season



Randy La Rocque . Garden Bay . Sunset



Jan Kulhavy . Gibsons

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HONEY ITS COLD OUTSIDE!

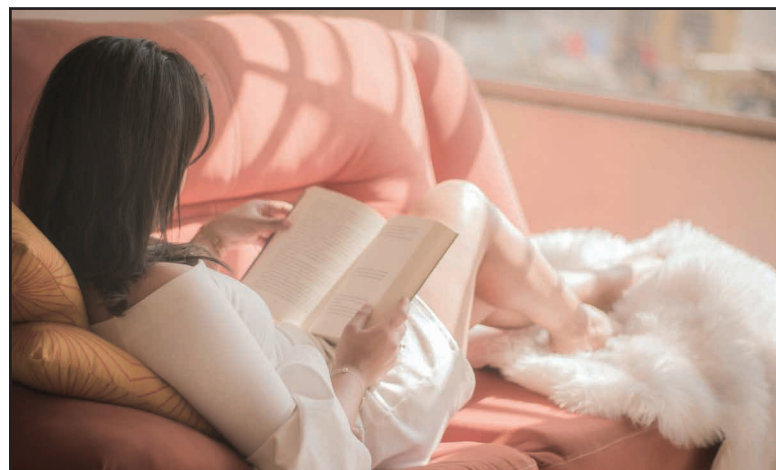
By Nicole Brazzale

Why not take this opportunity to try new things, spend time with family and friends, pamper yourself, and make this winter one to remember.

It's winter on the sunshine coast which means it's the perfect time to stay inside where it's cozy and warm. Why not take this opportunity to try new things, spend time with family and friends, pamper yourself, and make this winter one to remember. Here are some of our favourite indoor activities that we hope you enjoy!

First off, let's get into the kitchen and try a new recipe! There are so many recipes to choose from, so start off by picking which meal you'd like to experiment with; breakfast, brunch, lunch, dinner, dessert, or snacks, your choice. Next, decide how much you'd like to challenge yourself with this new recipe. Are you feeling like something quick and simple, or do you want to go all out with extravagant ingredients and complicated directions? If you haven't spent a lot of time experimenting with recipes, try something easy to get started, and increase the difficulty each time. Recipes can be found anywhere, but if you're looking online, check out the comments from people who have tried the recipe; take note of those who liked or disliked the recipe, how challenging it was for them, and if the author has added any substitutions or alternative ingredients. When it's time to get in the kitchen and start cooking, ensure you have a clean area to work in, lay out all your ingredients on the counter, and prep any vegetables or seasonings before you start cooking; this should help to keep stress levels down. Turn on your favourite music and have fun!

Invite friends and family over to cook with you before





enjoying your hard work with a delicious meal. Let your kids pick a recipe and help them make it. Try a recipe from your friends, one that they love, and let them know how it goes. Cooking and baking are wonderful ways to spend quality time with yourself or others. Once you have a couple recipes under your belt, start experimenting with your own flavour combos, and most importantly, have fun. Make sure someone else does the cleaning up though, since you worked so hard to create delicious food, you deserve to put your feet up after everyone has enjoyed their fill.

After you've made a delicious meal, sit down to a game night! Game nights are an incredibly fun way to connect with friends and family, with a little competition thrown into the mix. Family friendly games can include Monopoly, The Game of Life, Clue, Guess Who, Settlers of Catan, and many more. Games are fantastic for imagination, creativity, and problem solving; they take us away from screens and help us reconnect with our loved ones. If board games aren't your thing, grab a deck of cards and play Crazy 8, Go Fish, War, or 21, they're all fantastic for practicing math and problem solving skills. Alternatively, grab a handful of dice and play Yahtzee or 10,000 Dice Game, both are fun ways to flex your competitive side while laughing through the luck of the draw. If video games are your thing, MarioKart, Super Smash Bros, or Virtual Reality games are also fun while including some friendly competition. Games are the best way to come together, be silly, laugh a lot, and create lasting memories. Experiment and let everyone take a turn picking a game, remember to laugh and have fun!

Try a DIY project or a craft. There is something satisfying about creating something with your own two hands, it brings a unique sense of gratification and confidence knowing that you created something tangible. DIY a coffee or hot chocolate station complete with your favourite mugs, add-ins, flavours, and make it your own with flowers or other decorations. Make your own soap or embroider a jacket. DIY projects and crafting are some of the best ways to flex your creativity. Involve your kids and make a DIY bird feeder or a new piece of art to hang up. There are so many things to choose from, write a list and pick something new each week to keep those creative juices flowing.

If you're looking for ways to relax and pamper yourself this winter, look no further than your bathroom. Bring

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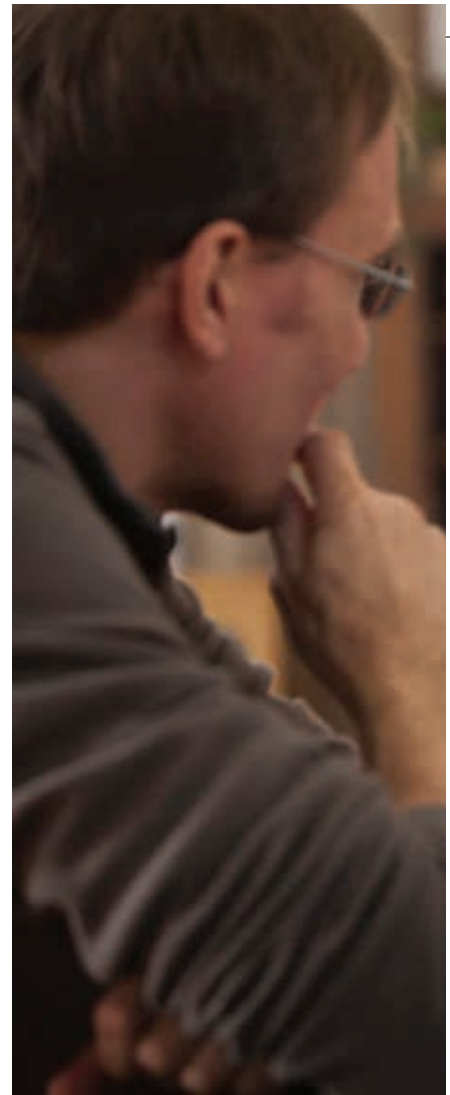
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the spa experience home with lavender infused bath salts, light your favourite candle, turn on a relaxing playlist, and pour yourself your favourite beverage before closing (and locking) the door and getting into the bath. Treat yourself to some locally made soap, body scrub, bath bombs, or body oil and give yourself the full treatment. Soak, exfoliate, moisturize, and wrap yourself up in the fluffiest robe you can find while you rejuvenate and recharge. Bring the spa home and enjoy it whenever you please.

If an at home spa experience doesn't sound relaxing to you, whether that be because of kids, pets, or a lack of a relaxing space, a staycation might be a more appealing option. The Painted Boat Resort, Spa, and Marina, located on Lagoon Road in Madeira Park, offers a spectacular staycation experience. Stay in a beautiful villa solo, as a couple, or as a family; the villas are complete with king size bed, ensuite featuring a large soaker tub, living room, deck, fireplace, small appliances, and in-suite laundry. Explore the Spa and Serenity Garden, an oasis of calm and



relaxation; with your choice of massages, facials, body scrubs, or a manicure and pedicure, the spa has something for everyone. They also offer a Fitness Centre with state of the art equipment and waterfront views. After your relaxing spa experience, or intense workout, the Lagoon Restaurant is ready and waiting for you, located in the resort and featuring a West Coast inspired menu. The Lagoon Restaurant is ideal for a romantic dinner for two or dinner with friends. This is the ultimate staycation destination for deep rest, relaxation, and contemplation.

After your luxurious relaxation at home or the spa, it's the perfect time to curl up with a good book. Whether you're reading or listening, curling up on your favourite chair with a cozy blanket and enjoying a good book is the best way to spend a blustery winter evening. Utilize your local libraries (<https://gibsons.bc.libraries.coop/>, <https://sechelt.bc.libraries.coop/>, <https://www.robertscreekcommunity.com/the-library>, <http://penderharbourlibrary.ca/>) or our amazing local

bookstores to check out new authors or explore different genres.

Read alone or with your family; have discussions about what you're reading, and encourage your kids to do the same. Books are ideal for enriching our imagination, they bring new perspectives and ideas into our lives. If you're not sure what to read, ask friends, family, or your librarian for suggestions. If you're feeling adventurous, pick a book at random. If you're not in the mood to try something new, go back to your favourite series or book that you haven't read in awhile and enjoy the comfort it brings you. Reading is good for the heart and soul.

Indoor activities in the winter are perfect for those days where you want to be comfortable and warm. Whether you're trying a new recipe, playing a boardgame, enjoying a good book, or working on a project. Winter is the ideal time to hibernate indoors, relax, and recharge.



HISTORY OF THE SECHELT INN

Part 1, 1899-1935
By Glen Mofford

Sechelt, a community on BC's Sunshine Coast, is the name given by the Sechelt First Nations word "shishalh," pronounced Se-shalt, translated as "a place of shelter from the sea." The popular Sechelt Hotel (later renamed the Sechelt Inn) was in operation for almost sixty-four years, from 1899 to 1963, and was the result of the phenomenal hard work and boundless energy of its founder, Herbert Whitaker. The landmark resort put the seaside town of Sechelt on the map as tourists and locals alike gathered to enjoy summer activities while at the same time creating pleasant memories that would last a lifetime. This two-part article will take a look back to those halcyon years long summers ago at the Sechelt Inn.

It all began in January 1892, when Alfred and Henrietta Whitaker with their family of five sons and three daughters, pre-empted 160 acres on the west side of Porpoise Bay. Eventually their eldest son, Herbert Whitaker, would add more properties when he

purchased land on the isthmus between Porpoise Bay to Trail Bay. Herbert "Bert" Whitaker turned out to be a ball of energy who eventually transformed the community of Sechelt into a vibrant commercial centre of the Sunshine Coast when he developed his land and by 1899, built the original Sechelt Hotel.

The Sechelt opened its doors on July 1, 1899 on the north-east corner of Inlet Avenue and the Boulevard, where the Beach House condominiums are today. The modest but attractive 10-room hotel faced the sea with a pleasant sandy beach out front. A band played on opening day that welcomed guests and an excursion party arriving from Vancouver on the S.S. Cutch. A dock had been built a few years earlier in anticipation of tourist arriving - mainly from Vancouver. A successful advertisement campaign was launched in the Vancouver newspapers that helped attract guests to the summer resort.

Business at the new Sechelt Hotel proved excellent over the next three summers, in fact it was so good that Bert Whitaker had to turn away customers as his hotel rapidly filled to capacity. In anticipation of a busy season in 1902, Whitaker began to construct a series of waterfront cottages to help relieve the demand for rooms at the main hotel while investing in a small fleet of passenger vessels that he named: New Era, the Sechelt, the Tartan and the Belcarra.

By 1906, the Whitaker family home, the Beach House, was completed. Eventually it would be converted into an annex to the second Sechelt Hotel. The house was built for Bert Whitaker's parents, Alfred and Henrietta Whitaker and family. The building spree of 1906 continued with the addition of more cabins and a major expansion of the main hotel adding 18 rooms for a total of 28 in addition to the new cabins. A new hotel annex was also added but in spite of this frenzy of construction that resulted in greatly increased hotel capacity, demand exceeded their expectations and Whitaker was still forced to turn people away during the 1907 season. "This charming seaside resort is fast becoming more and more sought after as it is better known. There has been a greater demand for quarters this year than ever before and the proprietor, Mr. Herbert Whitaker, has had his powers fully exercised to find accommodation and making provisions for everyone..." From 1909 to 1911 the Whitakers lived at 1315 Broughton Street in the west end of Vancouver, in spite of Herbert Whitaker being listed in the 1909 directory as



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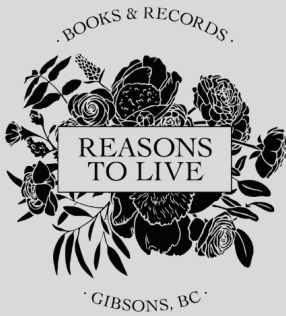


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the Postmaster at Sechelt. The distance between the two communities was only 26 miles by automobile and ferry and the hotel was only opened in the summer season. The Sechelt Trading Company created by Bert Whitaker saw to it that the general store and Sechelt hotel were looked after and well maintained. In 1912 the Whitakers sold their house in Vancouver and moved back to the Sechelt hotel.

In April 1914, Bert Whitaker sold the hotel but retained his property and outbuildings. The hotel was purchased by the Canadian-European Investment Company, a German-owned syndicate. The following month the liquor license was transferred to the new company under the management of Thomas Patrick O'Kelly. The timing could not have been better for the Whitakers or worse for the new owners. Within months Canada would join Great Britain in a declaration of war against Germany and a German syndicate owning the hotel would most likely be confiscated, but before that could happen a devastating event changed everything. In June 1914, the Sechelt Hotel was destroyed by fire. The silver lining was that nobody was injured and that other buildings including the cottages and the hotel annex were untouched by the flames. The hotel was valued at \$12,000 and was insured.

The original hotel was gone but fortunately the hotel annex, which could accommodate up to 150 persons, survived and work began to make the necessary modifications and quickly reopen as the main hotel. By August, 1914, the "new" Sechelt Hotel was available for lease and snapped up by George James Stockman who planned to make minor improvements to his new investment.

In 1925, at the relatively young age of 50, Bert Whitaker died and his estate went into receivership. The Union Steamship Company purchased the hotel and property from the trustee, Credit Men's Trust Association, and set up Edric Clayton as manager. Around this time the original residence, Beach House, became the annex to the second Sechelt Hotel. The second version of the Sechelt Hotel was just as popular as the first as tourist flocked to the resort each summer. The hotel was advertised as a good family resort, "Your Country Seaside Home," and for \$4 per day or \$24.50 per week guests received first-class accommodations and service. A new bath house opened along with the delightful Totem Tea Room (complete with three large totem poles) and the convenience of the general store nearby. A sea cruise was advertised for interested guests, "A no more



refreshing day in the open can be suggested, then a trip along the Gulf Coast Riviera where the salt air is bracing and invigorating all summer long.”

In addition, to the summer activities such as sailing, fishing, swimming and hiking along the local trails, Saturday night guests were invited to put on their dancing shoes and enjoy the sweet sounds of Percy Lee’s orchestra, “The Sea-shelters.”

Guests certainly got their moneys worth at the Sechelt Hotel where one could find peace and quiet to relax and soak up the sun or discover enough activities to keep oneself busy and entertained. The sunsets were glorious and dining and dancing under the bright moon and stars was magical. Sleep came easy for most after a long day, dozing off to the sound of the waves gently lapping on the sandy beach.

In 1936 the party was interrupted by a new disaster which I shall divulge in Part II of the continuing history of the Sechelt Hotel.

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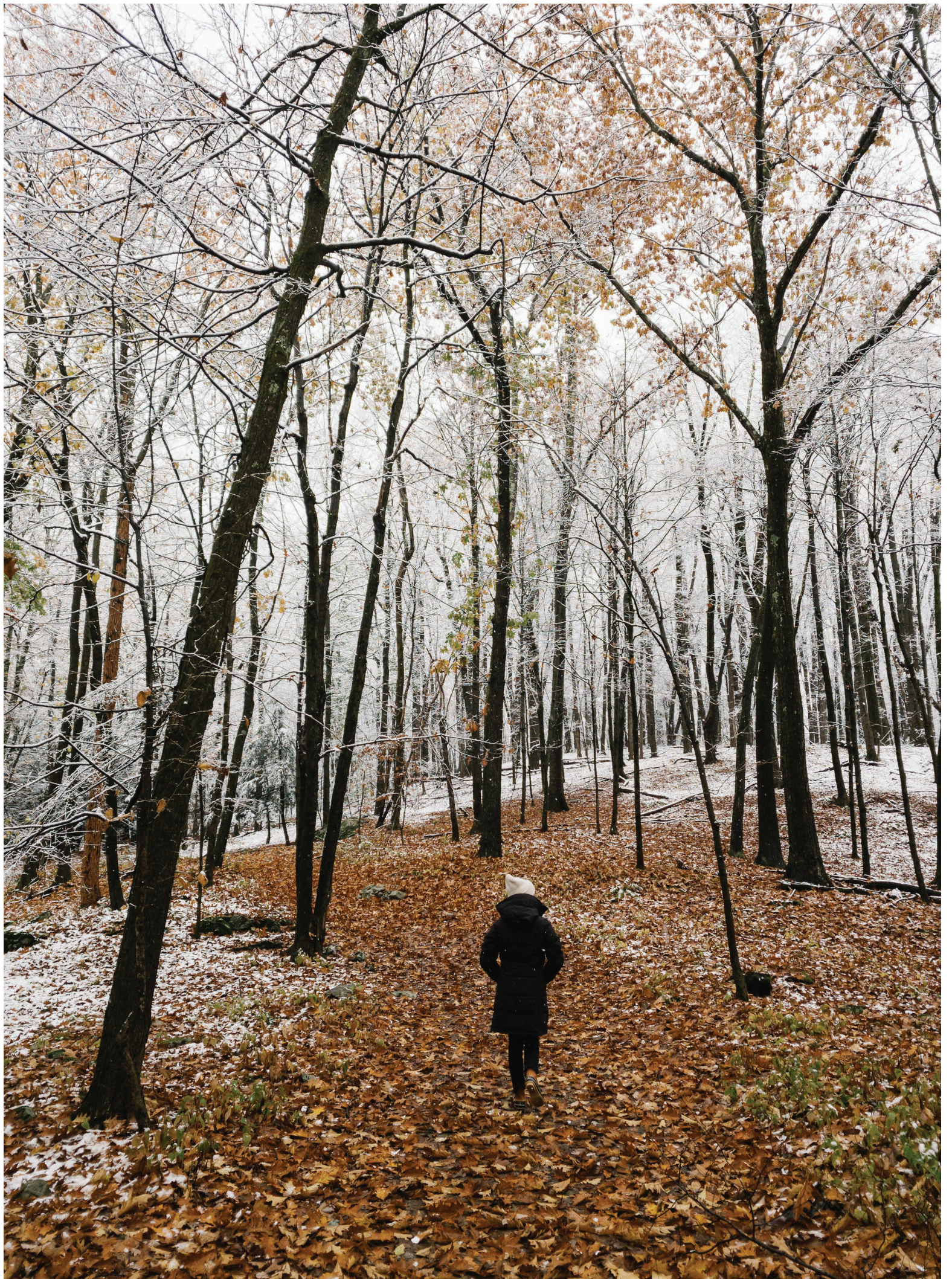
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FOREST BATHING FOR YOUR BEST WINTER SELF

Haida Bolton, BSc
Certified Forest Therapy Guide

Recently I entered the forest with a heavy heart, having lost a friend to cancer. I soon found myself wandering along a creek. When I stopped, closed my eyes and listened, I could feel the gurgling sounds in my body as the water flowed over forest debris. These sounds softened my aching heart.

I continued meandering along the forest trail until I found myself stomping in a puddle. As the overflow slithered into the creek, I felt a connection with the forest, a feeling that surrounded my heart like a blanket of love. It was then I realized I wasn't grieving anymore. A joyful smile snaked across my face for no one to see except the bare winter trees.

Further along my journey, I noticed the leaves covering the forest floor. As I stepped on them, I realized I was helping them to crumble and become the next layer of nutrient rich soil that was going to nurture new leaves and fruits in Springtime. I felt a part of the circle of life. My heart soared once again.



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This slow sensory connection between myself and the forest is what forest bathing, also known as forest therapy, is all about. When we meander, silently, with no destination, no timeline, no other purpose except to smell, listen, feel and see the details of the forest, a multitude of benefits arise.

Scientists in Japan** began studying the benefits of Forest Bathing, the act of soaking up the atmosphere of the forest and allowing its stimuli to wash over our senses, in the early 1980s. The most common benefits include a boosted immune system, decreased stress hormones, greater inner peace and connection with self, better sleep and improved cognition.

One study showed that 2 hours of forest bathing can boost the immune system by 40% and remain elevated for 7 days. The same study showed that 2 hours of forest bathing experienced on 3 consecutive days boosted the immune system by 50% and remained elevated for 30 days.

Often people tell me that the rain in wintertime is depressing and they don't like to go outside in the rain. I get

it. I avoided it for decades. Then two years ago I bought rain pants, a waterproof coat and insulated rubber boots. Next I donned myself in this west coast winter gear, and headed outside almost daily. What I discovered was that I was the happiest and healthiest I had been all winter compared to past years.

Could it be that if you dressed appropriately and connected with the forest in a slow sensory way, that you too might have the happiest and healthiest winter?

I invite you to step into a forest this week, dressed appropriately, and stand among some trees, close your eyes, and slowly, one by one, notice the sounds, the smells, and the feelings in your body from head to toe. What you notice could be the beginning of your best winter yet!

** (Scientists in the 1950s looked into why people chose to spend time in nature. The term Shinrin-yoku or forest bathing was coined by the head of the Japanese Ministry of Agriculture, Forestry, and Fisheries, Tomohide Akiyama, in 1982 to encourage more visitors to forests)



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Haida Bolton, BSc

Certified Forest
Therapy Guide
NatureWithHaida.ca

In November 2016, I was honoured to become British Columbia's first Certified Forest Therapy Guide through the Association of Nature and Forest Therapy Guides and Programs. Forest Therapy is also known as Forest Bathing.

“When we connect to the forest, we connect to our heart, the root of our happiness and health. The time has come to connect to our hearts and make our health and happiness a priority”
- Haida Bolton

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CREATE YOUR OWN BUCKET LIST FOR 2022!

Do you have a Bucket List; a list of things that you'd like to experience to achieve before you "kick the bucket"? What about a list of things you'd like to experience or achieve in 2022?

Bucket Lists are a fun way of organizing your hopes, dreams, and aspirations into something tangible. While the context of having a list of things you'd like to do before "kicking the bucket" has been around since at least 1785, the term Bucket List is relatively recent. Originating from the 2007 movie "Bucket List", the term has gained popularity over the years. If a list of experiences and achievements you'd like to have in your lifetime sounds overwhelming, we encourage you to start with a list of things you'd like to do in 2022.

Maybe you've had fleeting thoughts of going skydiving or bungee jumping, starting your own business, running a marathon, or cooking your way through a favourite cookbook, but quickly pushed those to the side because of fear. There is often a fine line between fear and excitement, and that line is typically how we're deciding to look at the situation. What if you did something you've always dreamed of but have been too scared to try; how would you feel on the other side of that experience? What if you approached this year looking to gain experiences? Perhaps start a journey as you accomplish your Bucket List then at the end of 2022 you could look back at all the amazing things you've experienced, even if some of them were flops. Have fun with it.

Step outside of your comfort zone this year by writing your own Bucket List. Pick a mix of "easy" and "challenging" experiences, and if you're feeling especially nervous, start with the easier ones to get your feet wet. You're here to experience life to the fullest, so why not make the most of it and have some fun!! Share your experiences with those around you and encourage them to try something new too. What's on your mind? Let's get started!!

Get a copy of your Bucket List and print it off to get started at FB: Sunshine Coast Neighbourhood Welcome or email: welcometothe coast2020@gmail.com .



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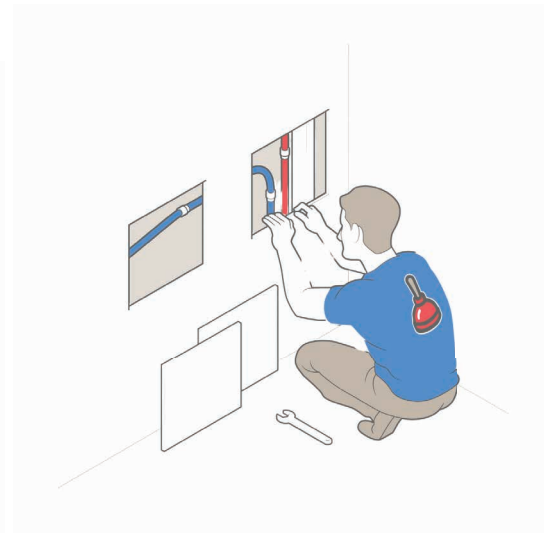
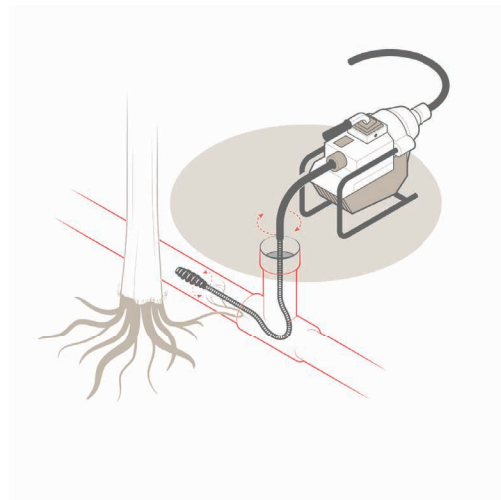
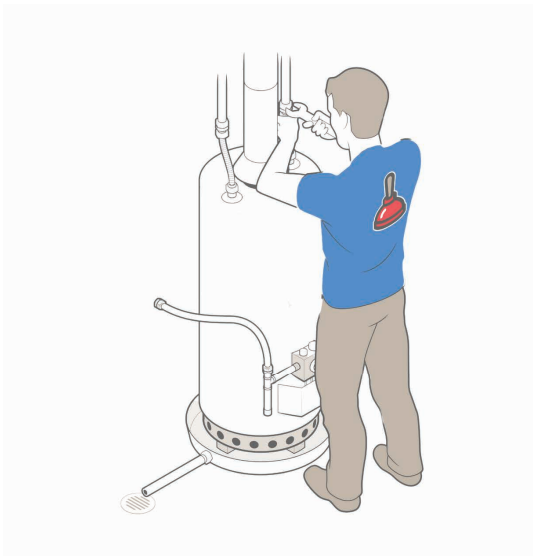
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