

SUNSHINE COAST

WINTER 2023

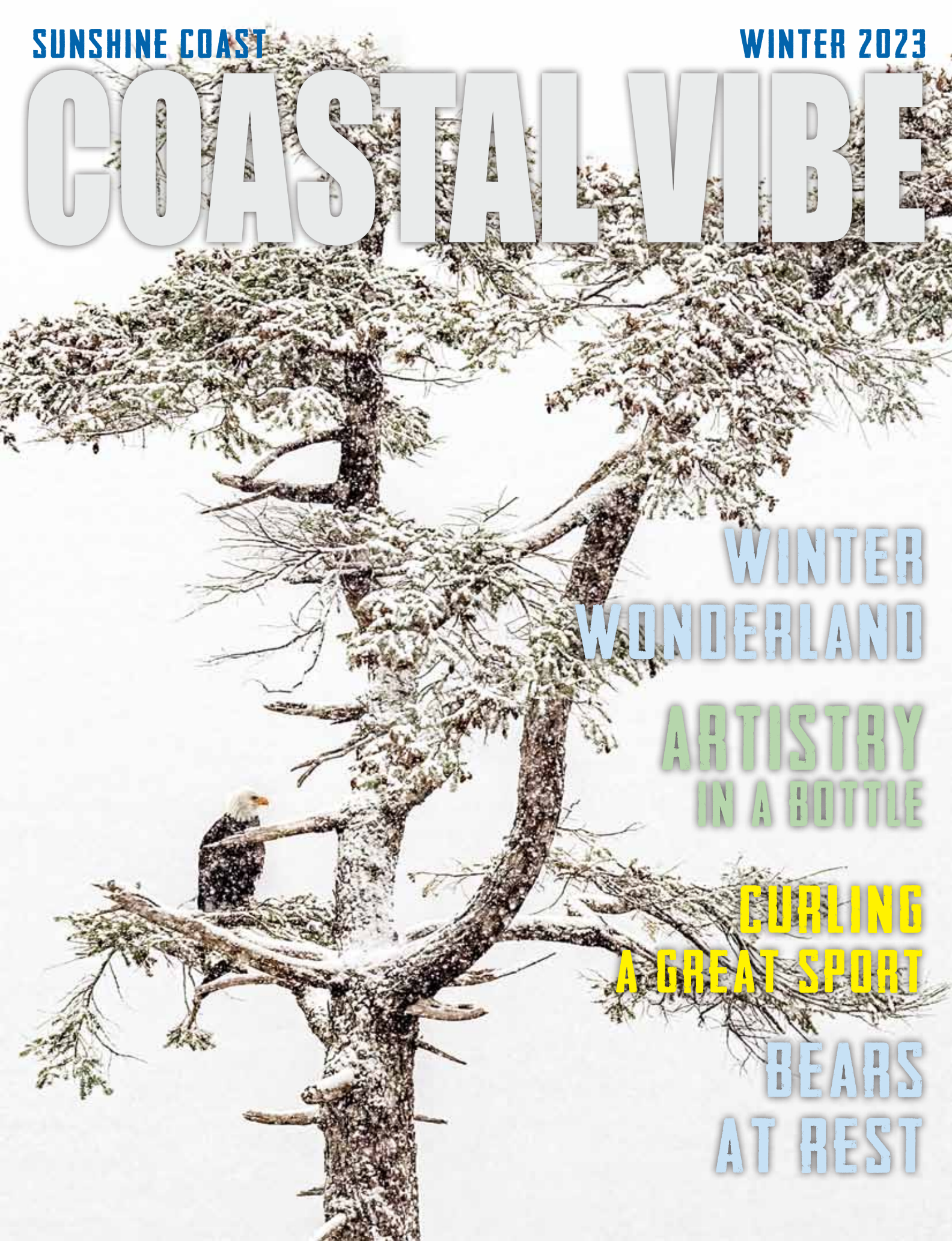
# COASTAL VIBE

WINTER  
WONDERLAND

ARTISTRY  
IN A BOTTLE

CURLING  
A GREAT SPORT

BEARS  
AT REST



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**"Tomorrow is the first blank page of a 365-page book. Write a good one." – Brad Paisley**

How many times do we say, "I will do it tomorrow, or come the 1st of January I'll start fresh". We forget to look around and enjoy what we have now or reflect on what a great year we've had even with challenges at times.

For me, this last year has been amazing to say the least. There is much to be grateful for on so many levels. Family, the promise of a new addition, elderly parents and having the blessing of giving back to them like they took care of me growing up. Connecting with far away family members and meeting some pretty incredible new friends.

The honor to be of service to our community with the *Sunshine Coast Neighbourhood Welcome*, and meet more amazing people by sharing the gifts from our wonderful local businesses and their generosity, *thank you*. This incredible magazine to welcome new residents with stories of history, local businesses, our awesome neighbours who share their incredible photos, people of interest, and be a hand up to others just starting out.

Sharing ways to improve our lives in sports, better eating, health and fitness. And to especially thank all our *incredible CV Partners* who without you, this beautiful magazine wouldn't be as special as it is. To Megan, my wonderful business partner/publisher... I've learned so much from you. You are a blessing.

*Thank you all so much for just being you and your kind words.* I want to wish you all the most amazing 2023! May it be full of love, blessings and gratitude for all that surrounds you each day.

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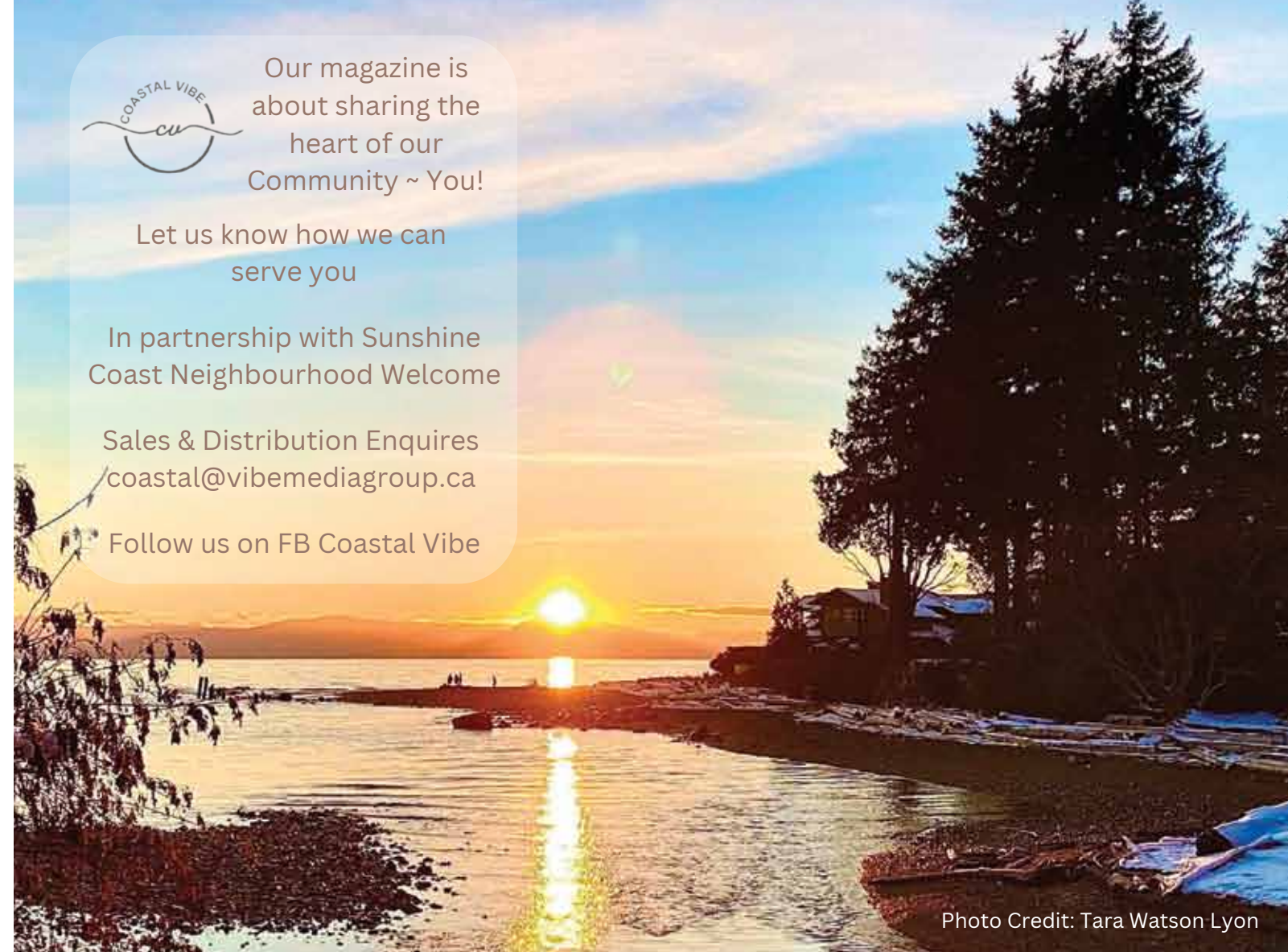


Photo Credit: Tara Watson Lyon

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Photo Credit Stephanie Taylor

# Curling



## A Great Sport at All Ages!

by Stephanie Wakelin

Curling is one of our nation's favourite winter sports and dates all the way back to the 16th century! The sport originated in Scotland with the first recorded curling match taking place in 1541. Over two and half centuries later, curling migrated over to North America and in 1807 the Royal Montreal Curling Club was formed. In 1927, the Canadian Championship was introduced and became the

world's biggest curling event.

The game is played by 2 teams of 4 people (position titles: lead, second, third and skip - captain). Each player slides 2 stones or "rocks" down the ice toward a target known as "the house". Each rock weighs 44 lbs.



The object of the game is to get your team's rocks closer to the center of the house, also known as "the button", than your opponents. After all 16 stones are played the thirds on both teams determine whose rocks are closest to the button for that end. For each rock that ends up closer to the button than a rival stone, one point is awarded. If there are no rocks in the house, or if the nearest opposing rocks are at an equal distance, no points are awarded and it is referred to as a "blank end". It is possible, but extremely rare, for the team to score 8 points in one end, which is called an "8 ender". Games are 8 ends long and take about 2 hours.

Placing guards to protect your team's rocks and removing or "taking out" opposition rocks are strategies used by skips to try to place their team's rocks close to the button. Curling is sometimes referred to as "chess on ice".

The direction and speed of a thrown rock can be assisted by having players sweep the ice in front of it with specialized brooms. Sweeping can help take a rock further down the ice, help keep a rock from curling too much and removes any debris that may be on the ice which could affect the direction and speed of the rock.

Since 1976, the Gibsons Curling Club has been a core piece of the Sunshine Coast. It all began when a group of individuals came together to form



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Photo Credit Curling History

the Gibsons Winter Club in 1973, with the vision of building a curling rink for the Sunshine Coast. This was a milestone for the entire community and surrounding areas, as the arena was the first indoor recreational facility to open on the Sunshine Coast. Thanks to many local volunteers and donated materials, that vision came true 3 years later and the Club has been up and running now for over 45 years.

As a non-profit society, the Club hosts several programs and events throughout the year to keep fees low and allow the sport to be accessible to all local residents. The Club currently has over 150 members and is continuing to grow each year with the help of the Friday Fun League (<https://gibsonscurlingclub.com/leagues/>) and Learn 2 Curl ( <https://gibsonscurlingclub.com/learn-2-curl/>) program which welcomes all SC residents to the sport.

(Share from the Editor: I recently had the opportunity to experience this great sport at the 2022 Grey Cup Extravaganza Funspiel. What an amazing community of people. The laughter, kindness and joy on peoples faces was wonderful to be a part of. Curling challenges you on many levels: balance, speed, technique, strength, form, strategy, and "lots" of patience in yourself (lol) as you learn to master the game. It challenges you to look ahead and out of the box to figure out the best moves. But most importantly, it brings people together. I want to personally thank everyone who was there to offer suggestions and look forward to doing this again! Be sure to look at how you can enjoy this fun sport)



Photo Credit Gibsons Curling Club

The Gibsons Curling Club encourages anyone at any age to join in on the fun. The Club has a variety of daytime and evening leagues, and is also home to the Sunshine Coast Special Olympic Curling Program. The official sport season runs from October to Mid-March, and during the off season, the arena revamps into the largest summer flea markets on the Sunshine Coast.

The Club would not be what it is today without the passion and dedication from local volunteers. If you are interested in volunteering or becoming involved with the Gibsons Curling Club, please reach out to [gibsonscurling@gmail.com](mailto:gibsonscurling@gmail.com) or visit [www.gibsonscurlingclub.com](http://www.gibsonscurlingclub.com) to register online!



Photo Credit Curling History

# Oh, That's Funny!

Why didn't the duck pay for the lip balm?  
He wanted to put it on his bill.

Why couldn't the pony sing the lullaby?  
She was a little horse.

Why can't you tell an egg a joke?  
Because it will crack up

A ham sandwich walks into a bar and orders a beer.  
The bartender says "Sorry, we don't serve food here"

What did the ocean say to the shore?  
Nothing.....it just waved

Why did the cookie go to the doctors?  
It was feeling crumby

Waiter: How do you like your steak, sir?  
Sir: Like winning an argument with my wife  
Waiter: Rare it is



## Communicating in the Old'n Days

Communicating with someone in Vancouver hasn't always been as easy as picking up your cell phone, choosing a contact, and clicking "call". In 1913, if you were corresponding with someone in Vancouver, your message would come in as a telegraph to Charles Bradbury at the Sechelt Office, who would then use the telephone to relay the message to Harry Winn in Gibsons Landing. Winn would then walk, bike, and later car, to dispatch the messages to the residents on the Coast. How times have changed.

Heading into the 1930s, many homes still went

without a telephone, instead residents utilized Harry Winn's living room to make or receive a call. Unfortunately, this meant little privacy for both the Winn family and those using the phone; a room was built on the north side of the Winn residence to create some privacy.

The 1940s saw an influx in people using the telephone and the Winn residence became inadequate. Harry Winn arranged with the government to construct a telephone building adjacent to the Winn home, which he continued to manage. The building was built specifically for the operator telephone system

of the time; upstairs was set up for those making the phone calls, and downstairs contained all the switchboards for the operators to use.

The 1950s brought new features to the local telephone service including 24-hour service, a larger switchboard, and party lines. Most businesses on the Coast had a telephone, while more and more residents were bringing phones into their homes. Harry and his wife Louise retired after a long term spent as operators in Gibsons and received a silver tea set for their years of service connecting the Coast.

The 1960s saw the construction of a new telephone building on North Road in Gibsons. In April of that year, the operators transferred from the original building to the new one, and in November of the same year an automatic dialing system was implemented. By 1961-62, 125 telephones were registered on the Sunshine Coast.

How we communicate has changed and evolved exponentially in the past century, but the desire to communicate has remained the same. Now that we keep our phones in our pockets, it's easy to forget how accessible communication is, but it hasn't always been this way. It was once a grand production involving multiple people working together to get you your message. Imagine hearing your best friend on the phone for the first time, after only communicating through letters or in person; what a thrilling experience that first phone call would have been. Something to think about the next time you call someone on the phone.



Information & Photo Credits: Sunshine Coast Museum and Archives.

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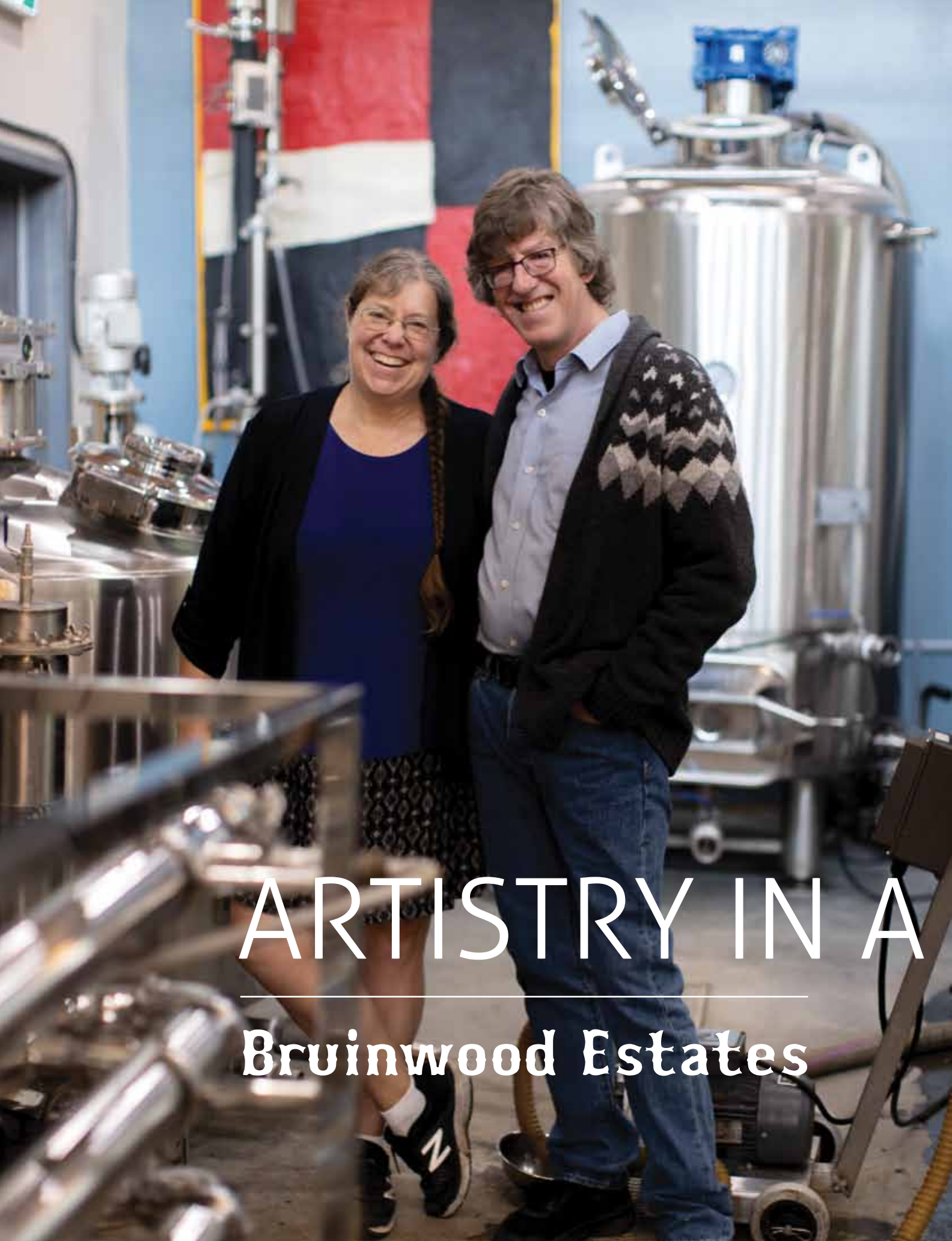
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# ARTISTRY IN A BOTTLE

## Bruinwood Estates

Written by Stephanie Taylor, with information and photos provided by Bruinwood Estates

In the warm, heady evening atmosphere of a lively winemaker's dinner, hosted at the then fledgling Nichol Vineyards in the Okanagan Valley, winemaker Alex Nichol was pontificating on the future of the Valley, winemaking and the great potential of European-style distilling. In those days, the late 90's, the idea of building a distillery in BC was not a reality, it was a far fetched romantic vision. However, amongst the guests that evening were young food and wine television producers Jeff Barringer and Danise Lofstrom. They heard his story, they could visualize distilling and they liked it.

Throughout the years since then, the craft alcohol industry in BC has grown dramatically and in due course, it became possible to actually build and operate a distillery. As their television careers started to wind down, Jeff and Danise started looking for something else to do. Alex's vision of Euro-style distilling was always percolating and so, they decided to take a risk and build a small family-run distillery and in June 2018, *Bruinwood Estate Distillery* opened their doors, on their property in Roberts Creek.

When Jeff and Danise first arrived on the coast in the late nineties, it was to visit family and then

eventually, they found the Roberts Creek property they have been living on ever since. Danise said they bought the land because it was south sloping and they thought it would make a good farm.

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Photo Credit Dolf Vermeulen

Jeff and Danise then went to work, and it took about two years from the time they started writing the business plan to when they opened their doors. They had to rezone, apply for various licences through all three levels of governments, navigate through multiple departments and ultimately, build the distillery. Initially, they began by producing a basic vodka. As simple as this sounds, Jeff admits that it was harder than it looked.

Fortunately for them, both Jeff and Danise have extensive culinary experience gained through working with wineries and restaurants across Canada through their television series. So, it didn't take them long to figure things out.

Today, *Bruinwood Estates* produce almost 50



Photo Credit Bruinwood Estates

different beverages, so you never know what you may find in their tasting room! Each batch of spirits is tiny and the flavours in the gins, vodkas and liqueurs are varied and innovative, earning *Bruinwood* awards and accolades throughout BC and beyond.

Each batch of spirits *Bruinwood* makes is very small, rarely topping 200 bottles. They start by making the raw alcohol and then, depending on the desired finished result, flavours may be steeped or infused into the spirits. The gins and vodkas tend to take two to three weeks to make and some of the more complex liqueurs can take months. And of course, whisky takes three years to make it to the shop shelves.

Even by craft distillery standards, *Bruinwood* is a very small operation. Neatly fitted into a beautiful west coast contemporary building, custom built for the project. To qualify for a craft distillery destination in BC, all of the alcohol must be made on site and



Photo Credit Dolf Vermeulen



Photo Credit Dolf Vermeulen

any fermentable ingredients (grain, fruit and honey) must come from BC farmers. As well, *Bruinwood* sources ingredients hyper locally and all kinds of coast flavours find their way into their spirits.

Culture thrives where alcohol thrives and the last decade on the coast is a great illustration of that. Breweries, cideries and distilleries flourish, artists abound and farming activities, restaurants and the overall culinary fabric of the community grows every year.

Today, Jeff and Danise raise a few pigs and chickens, run the distillery, do a little art and generally have created a lively coastal lifestyle. So, the next time you are looking for some exceedingly tasty libations and a great way to entertain your guests, check out the *Bruinwood Estate Distillery* (<https://www.bruinwood.com/>) for a tasting, tall tales, terrible puns, engaging history, tasty cocktail suggestions and the odd glimpse behind the curtain.



# LOCAL FAVORITES

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Winter Storm . Natalya Gunde

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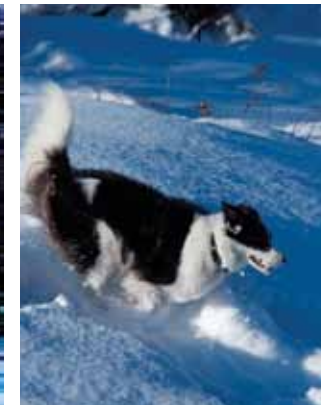
Ocean Icicles . Tara Watson Lyon



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



Heart of the Creek . Tara Watson Lyon



Gemma ~ Snow Day  
. Frank Thorburn



Snow Bird .  
Frank Thorburn



Freddy's Trail . Eva Marie & Jesse



Bonniebrook Beach in White  
. Vash Stepanek



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By  Rhonagolf.ca

## Golf Is A Good Walk Spoiled, Or Is It?

The joy of golf can host many health benefits. Golf exercises your heart by keeping your heart rate elevated through swinging the clubs, and walking after the ball. This naturally lowers the risk of heart disease and other cardiovascular issues. Playing golf may even lead to increased life expectancy: *Scandinavian study of over 300,000 golfers estimated they lived a remarkable 5 years longer than those who did not play golf.*

It has been suggested that the daily step count be around 10,000 for adults. The average golf course length is 6,600 yards long, or 6 kilometers which equals approximately 8448 steps. A newer to mid-level golfer will expect to do a few more steps since they are not yet be able to hit the ball down the middle of the fairways, their shots may go in what is known in the golf biz as army golf - "left, right, left, right", therefore adding many more steps to the round. A more seasoned player may take less steps because their shots tend to go straighter down the middle of the fairways.

The question now is, do you want to improve your golf game which will foster fewer steps, or do you want to continue with "army golf"?

The better you play, the more you want to play. The more you play the more steps you do. The more steps you do, the healthier you are.

Golf is social by nature, and what better way to spend a day with friends and family than a round of golf. You will enjoy some fresh air, a good visit and some heart felt exercise. And what better place in the world to play golf than BC's beautiful Sunshine Coast.



photo credit: RC Golf & Country Club

by Rhona Law . LPGA & PGA of Canada Class A Teaching Professional  
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Get Golf Ready 2.0 will continue with improving techniques, and how to practice them.

Get Golf Ready 3.0 will test your skills and bring them to the golf course in preparation for league play.

## Story of the Tetrahedron Outdoor Club

Article Contributors: Victor Bonaguro & Gerry Marcotte

Tetrahedron Provincial Park, located northeast of Sechelt, encompasses approximately 6000 hectares of mountain ranges. Within those 6000 hectares are 10 lakes and three significant mountain peaks; Steele, Tetrahedron, and Panther feature elevations ranging from 900-1,800 meters. Within the Tetrahedron Provincial Park, over 35 km is primarily used for hiking, snowshoeing, cross-country skiing, and backcountry skiing, with cabins available for overnight use.

The 1980s brought forth a new group of people interested in backcountry skiing, and the Tetrahedron Ski Club was revived. The club developed trail systems, spearheaded a committee that received government funding, and brought together hundreds of Sunshine Coast residents who volunteered to build four backcountry cabins. Under the supervision of George Smith, the cabins were assembled with a crew at the local airport before being trucked to the various staging sites using existing logging roads, and finally all materials were transported via helicopter to the present cabin locations, which officially opened to the public in the fall of 1987.



Photo Credit Tetrahedron Outdoor Club

The Tetrahedron Ski Club later changed its name to the Tetrahedron Outdoor Club to better reflect the year round activities of the club; canoeing, kayaking, hiking and skiing. The club is in agreement with BC Parks to act as stewards in maintaining the cabins and trails. We wouldn't have Tetrahedron Provincial Park without the amazing volunteers, fundraising, and cabin

While Tetrahedron was officially designated as a Provincial Park in 1995 (Class A Nature Legacy), efforts to preserve the 6000 hectares of mountains and valleys began in the 1960s. Employees from the Howe Sound Pulp and Paper mill brought a cabin from the Rainy River Valley which they put on Mount Elphinstone, and bought a Tucker Snow Cat, which they used to tow skiers up the mountain. Thus, the Tetrahedron Ski Club was established. After several years and many members leaving the Coast, the club disbanded.

fees, and the gift of enjoying this beautiful park all year long.

One of these great events is *The Banff Mountain Film Festival* (February 3, 2023 @ Elphinstone School gym). The BMFF film event is the primary annual fundraiser with approx. 700 tickets sold. These funds are used to provide for the maintenance and upkeep of the four cabins and trails within the park and road grading/snow plowing. All labor to complete these works (excepting road maintenance contractors) is



The Plank

Start by lying on the floor with your elbows tucked in under your shoulders, resting on your forearms & toes.

Slowly raise yourself up, keeping your back flat and your core tight, holding as long as you can.

If your core starts to no longer engage, back is no longer flat and inline with your shoulders and feet. Come down and take a break.

To make it easier you can come up from your knees instead of your toes.

The plank is great for strengthening your core, improving posture, as well as strengthening your upper body! It's a great full body exercise

Try holding for a count of 10 and work your way up.

## Cauliflower cheese bake

- 1 tsp. coconut oil or butter
- 2 medium sized leeks, chopped
- 1 cup cauliflower, grated
- 7 fl oz. fresh chicken or vegetable stock (see recipe on page 58)
- 15 baby plum tomatoes
- ½ cup frozen peas
- 1-2 green chili peppers
- ½ tsp. black pepper
- ½ tsp. sea salt flakes
- ½ tsp. paprika
- ½ tsp. Italian herb mix
- ½ cup hard cheese, grated (use dairy free cheese if preferred)

SERVES 2



PER SERVING:  
334 Calories  
22g Carbs  
21g Protein  
16g Fat



Melt the oil / butter in a large frying pan over a medium heat.

Add the leeks and cauliflower. Sauté for 3-4 minutes, stirring frequently.

Add the stock and mix well. Add the tomatoes, peas and chilis.

Add the salt, pepper, spices and herbs. Sauté until everything starts to soften. Add more stock if the base of the pan becomes dry during cooking.

Remove pan from heat.

Prepare a medium / hot grill.

Spoon a layer of the mixture into an ovenproof dish (or use several smaller dishes if preferred). Add a layer of cheese then another layer of vegetable mixture. Top with the remaining cheese.

Grill for around 3 minutes, or until the cheese is golden and bubbling.

Consume immediately.

To start, lay on your back with your hands behind your head. Bring your legs up into a 90 degree angle, keeping your back flat on the mat and core engaged.

To begin the crunch, bring your right knee in toward your chest as you lift up your torso to bring your left elbow toward your right knee. Keeping your left leg at the start position. Then repeat on other side.

Bring your right leg in towards your chest, and right leg back to start position.

This exercise will target not only your midsection, but your obliques as well

Continue back & forth motion for 10 reps a side (20 total)

Try for 3 reps



Bicycle Crunches

donated by volunteers of the Tetrahedron Outdoor Club members. Other supplemental revenues for the club are cabin fees and donations from the local community with the Sunshine Coast Community Forest being a significant supporter.

The films are a mixture of outdoor sporting adventures with some being high adrenaline and/or humor and they include skiing, mountain biking, paddling, trekking, rock climbing and international/national travel expeditions. Films vary in length typically from a few minutes to 25 minutes. *People are advised to come early* as there are a variety of sponsor and community organizations booths to visit along with a bake sale by the school students to support their group activities. There are also door prizes and raffles to participate in and the chance to visit with so many community members. A true coastal event. We look forward to having you join us. For more information: <https://www.tetoutdoor.ca/> and <https://www.facebook.com/TetrahedronOutdoor>



PHOTOS SUBMITTED

**VICTOR'S LANDING:** On Saturday, Sept. 29, more than 40 Tetrahedron Outdoor Club (TOC) members and supporters headed to Edwards Lake cabin for a pancake breakfast to celebrate the 25th anniversary of the Tetrahedron cabins and trails. A ceremony took place on the way in when the TOC officially named the trail intersection Victor's Landing to celebrate Victor Bonaguro's tireless contribution to the Tetrahedron cabins and trails from their inception. A permanent plaque was also mounted in the Edwards Lake cabin dedicated to Bonaguro and George Smith, who first established Tetrahedron Provincial Park and headed the building of the cabins and trails. The plaque honours both men's 25 years of service to building and maintaining the cabins and trails. At left: volunteer Ron Skene pours champagne for Smith (centre) and Bonaguro. The final pancake breakfast weekend of the season is scheduled for Oct. 13 and 14 at Mount Steele cabin. See [www.tetoutdoor.ca](http://www.tetoutdoor.ca) for more details.

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Photo Credit Gerry Marcotte



Photo Credit Tetrahedron Outdoor Club



Photo Credit Regan Hatley

# Let's Talk SCRD

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[www.scrd.ca/letstalk](http://www.scrd.ca/letstalk)

## Chef Hilary's Seedy Zucchini Cake

1.4 kg of batter make 2 x 9' round cakes ( 750 g each )

- 100 g Coarsely ground pumpkin seeds
- 300 g Grated zucchini (weight after liquid squeezed out)
- 300 g All Purpose flour
- 1 tsp Baking powder
- 1 tsp Baking soda
- ½ tsp Salt
- ½ tsp Ground cinnamon
- 1.5 Tonka bean, grated
- 4 Eggs
- 170 g Sugar
- 130 g Brown sugar
- 240 g Canola oil
- 125 g Buttermilk



### Method

- Grate zucchini, then squeeze to remove all excess liquid. (Reserve zucchini water for syrup if desired).
- Sift dry ingredients together.
- Whip eggs and both sugars together until stiff and pale, then slowly drizzle in oil and continue mixing on high until completely emulsified and very fluffy.
- Mix in dry ingredients, pumpkin seeds and buttermilk, then fold in grated zucchini to finish.
- Portion cake batter 750g per cake pan.
- Bake at 350°F for 45-50 minutes, until a cake tester inserted into the centre comes out clean.
- Cool.

### Zucchini Syrup

- \*This makes much more than you need for this recipe but keeps well for your next time
- 225 g Zucchini water
- 225 g Simple syrup
- Heat sugar and water to dissolve. Cool.
- Combine with zucchini water and mix well.
- Soak cooled cake well with zucchini syrup before frosting.
- \* you will have leftover the syrup, use it at your discretion.

### Cream Cheese Frosting

- 158 g cream cheese (tempered )
- 158 g butter ( tempered )
- 395 g icing sugar
- 1 tonka bean
- 1 zest of one lemon
- Cream tempered butter and cream cheese together.
- Slowly incorporate icing sugar.
- Add finely grated lemon zest and tonka bean. Whip until light and smooth. 350g per cake.
- After icing the cake with the delicious cream cheese frosting, sprinkle heavily with a seed mix
- (You can create your own mix, here is an example of the mix Hilary uses - pumpkin, sunflower, flax, chia, and hemp)
- Finally decorate with seasonal fruit, fresh herbs, and flowers, this is your time to be creative and create your personal artistic masterpieces.



written by Heather Vince



Whether one has just arrived or has longstanding ties to the Sunshine Coast, the heart of this community can be felt by all who find their way here. It is impossible not to be inspired by the beauty of our wild and rugged surroundings and respond in kind to the collective care of our neighbours. Unsurprisingly, this celebration and regard find their way into the business relationships, arts and crafts, and food made here.

The people of the Sunshine Coast are stewards of the land, collaborative, and love to eat; with the sometimes-challenging access to services, supplies, and amenities offered in the city, residents have a mind to support the local economy however possible.

The people behind *Coho Collective* share these core values.

The B.C.-based organization recently celebrated the grand opening of *Coho Gibsons* at 292 Gower Point Road in Lower Gibsons, a Vancouver Coastal Health-approved shared commercial kitchen and event space that aims to foster conscious, community connections through food, and realize the dreams of local entrepreneurs.

*Coho* has been supporting food producers to launch and scale their businesses since 2017. By eliminating the barriers to entry that come with starting a food-based business such as the high capital costs of leasing, builds, permits, and licensing, and the delays that result, *Coho* provides access to licensed workspaces, business support, and equipment to help new entrepreneurs bring their products to market.

By 2020, after a series of successful commercial kitchen launches throughout Vancouver, *Coho* found its way to Gibsons and Andrea Bothma, a long-time local and a veteran in the food industry. With Bothma at the helm as the commissary manager, the group began creating intentional connections with local farmers, artisans, and small businesses.

Today, *Coho Gibsons* is up and running with local food producers cooking up new products or operating as ghost kitchens to fulfill online meal orders. The commissary kitchen shares a building and a symbiotic relationship with *Brassica*, *Coho's* first and only restaurant, which serves 'community-to-table' fare prepared with locally sourced ingredients, and products made by *Coho Commissary* members. Many of these items are for sale in the retail nook located inside the restaurant, which enjoys year-round foot traffic.

New members can select from a range of packages that include access to high-volume cooking and baking equipment such as a laminator, mixers, steam kettle, convection and conventional ovens, a fully equipped hotline, dishwasher, a walk-in cooler and freezer, and more. The commissary kitchen also provides all cleaning equipment and supplies, and a shared office space to work from.

Nestled between the commissary kitchen and restaurant is the 'Sunshine Kitchen,' a room with space for up to twenty people, equipped with stainless steel tables, small wares, blenders, induction burners, and a triple sink. This room can be rented by the hour and play host to cooking demos, wine tastings, classes for youth, and even corporate events.

Floor-to-ceiling windows invite the curious patrons of *Brassica* to get a behind-the-scenes look at the action in the commissary kitchen, perhaps renewing hope of one day getting their dream venture off the ground. B.C.'s next culinary hub may be right here at home.

## Habitat for Humanity® ReStore® Welcome to the Sunshine Coast!

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# BEARS AT REST



article by Diane Henley

Sakinaw contribution by Nathan W. Critter Care Wildlife Society



Photo Credit Martin Davis Photography

January is sometimes referred to as the 'Black Bear Moon or Bear Moon,' the time mature female black bears give birth to their cubs. No other mammals in North America give birth during this time of year.

Black bear cubs weigh less than one pound at birth, have only a fine covering of fur, their eyes remaining closed until they are one month old. Within the protection of the den contented humming sounds may be heard as the cubs suckle Mum's rich milk.

By the time the new family is ready to emerge from their den in late March, early April, the three-month-old cubs will weigh four to six pounds, have a full coat of fur, are playful and very curious about their new surroundings. Over the next year and a half Mum teaches her cubs how to forage for food, seek water, find shelter, and how to live amongst other bears and people.

Our black bears have been in a state of 'torpor'

during denning. Torpor is a decreased metabolic state rather than a true hibernation. Heart rate and respiratory rate are slowed and there has been no urination or defecation during denning.

When our bears emerge from their dens in spring, most are rather lethargic, and having lost their winter fat stores, can appear somewhat thin with slightly scruffy fur. The first to leave the den are mature adult males, followed by young males, females, and finally Mums with cubs.

Skunk cabbage is one of the first plants our bears consume. The cabbage helps to stimulate the digestive process. As spring awakens and our bears become more active, they seek out dandelions, sedges and other grasses. Our bears are sometimes referred to as 'opportunistic omnivores:' they consume 85% plant matter and where available, salmon, bees and bee larvae, ants, and at times small livestock.

Bears do the majority of their roaming at night and

in the early morning and evening, but it is also not uncommon to witness them in the daytime.

It is important to give our resident bears space and respect at all times. Our bears are innately shy, timid and highly intelligent. If you do encounter a bear, remain calm, place your arms out to your sides, speak to the bear with a calm voice ('it's okay bear, I'm leaving'), and slowly back away. Most times the bear has left the area by this point. If you encounter a Mum with cubs, Mum will send her cubs up a nearby tree for safety while she remains at the base of the tree. Please leave the area immediately.

## Release of Sakinaw 2022



Photo Credit Critter Care Wildlife Society



We practice community-led forest stewardship, making up 1% of the logging on the Sunshine Coast, and 100% of our profits go back to the community. Sign up for our newsletter to stay informed about how we're putting Community First:

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Coexistence is possible if residents take the time to learn about common bear behaviors, how to react in the event of an encounter, how to properly manage all garbage and attractants, and how to protect your livestock.

You can go to [scbearalliance.com](http://scbearalliance.com) to learn more about living safely and respectfully with our bears and you can contact our Sunshine Coast Bear Alliance at any time with questions or concerns at Email: [scbearalliance@gmail.com](mailto:scbearalliance@gmail.com).

*Note from Editor:* Follow up to our Spring 2022 article (<https://vibemediagroup.ca/>) about the incredible folks in our community, the *Sunshine Coast Bear Alliance* who were involved in the rescue of five little cubs, one was named Sakinaw. Enjoy the update!

*Nathan W. Critter Care Wildlife Society:* Sakinaw only weighed 20 pounds on arrival at Critter Care as a young cub - after surviving in the wild alone for who knows how long. He had a few health issues to overcome, the result of him trying to survive without Mum. This little cub was strong-willed and a fighter. He soon settled in and became friends with other bears in care. He spent his first winter curled up with his friends. And we are very pleased to let you know that in this last summer of 2022, he was released back to the Sunshine Coast. We wish him the best in the wild!

[www.crittercarewildlife.org](http://www.crittercarewildlife.org)



**IF HELP IS NEEDED TO FIND AN ORPHAN CUB IN THE AREA!**

*If you see a bear cub(s) on their own please immediately.*

1. Call RAPP line at 1-877-952-7277  
Use Option #1 to report location and time of sighting. Request COS to help with capture and transfer to the rehab centre.
  2. Call rehab centre Critter Care at 604-530-2064
  3. Email SCBA at [scbearalliance@gmail.com](mailto:scbearalliance@gmail.com)
- YOU CAN SAVE A LIFE! THANK YOU**

## CERTIFIED COACH EMPOWERS TRANSFORMATION

*Heather Battié, Certified Health & Life Coach*  
[www.heatherbattiecoaching.com](http://www.heatherbattiecoaching.com)

Certified Health & Life Coach Heather Battié knows transformative changes in health and life require more than surface solutions. So often people know what to do, they know what to eat and not to eat, they know that exercise is good for them. They also know that eating whole foods over fast foods is a better option. So the question is, why aren't they doing it? Or why do they start and then stop, never making any real progress towards their goals?

The answers to these questions have formed the basis of Heathers programs that help people not only commit to their goals, but to follow through

and achieve their results. "I've realized from working with a wide variety of people, that food, diet and exercise are only a very small piece to the puzzle in achieving and maintaining weight loss, good health and life goals. Knowing that it really starts in our minds. When we can shift our thinking and inner dialogue about our bodies, health and life, it opens a whole new world of possibility. Things that felt hard become a whole lot easier," taught Heather.

When people have the chance to shine a light on their limiting beliefs, they are no longer blocked from achieving their desired results. From there one



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can create a simple plan and set realistic goals that can then be achieved with ease.

Past clients have reported that they were able to ditch feelings of deprivation, shame, guilt, worry and the feeling of impossibility surrounding their health and weight loss goals. In turn, their self-confidence grew as they hit milestones and goals. Clients are then able to develop the skill of managing thoughts and tuning into their bodies and emotional eating which caused yo-yo dieting and self-sabotage to become things of the past. "Losing weight and achieving goals is not complicated," said Heather. "When you think it's hard, you've tried everything or it's just not meant to be for me, it's about finding the right program with the right steps and process to



follow, along with the support and accountability in place. Then, as the struggle ceases, the momentum builds along with the discipline. You'll have the commitment to follow through in a way you've never done before and that feeling is pretty spectacular!"

Heather's passion for health, wellness and helping others achieve their best lives is what led her to begin private coaching and creating group programs. Helping people lose weight, increase energy, strengthen their bodies and relationship with food also lead to rediscovering a person's original health blueprint.

Heather and her family decided to say yes to a new adventure and move to the Sunshine Coast from Ontario. She's excited to be starting a new chapter in her life with her husband and boys in the Roberts Creek area, bringing the gift of inner health, peace and shining a light on turning limiting belief around to a whole new world of possibilities for others.

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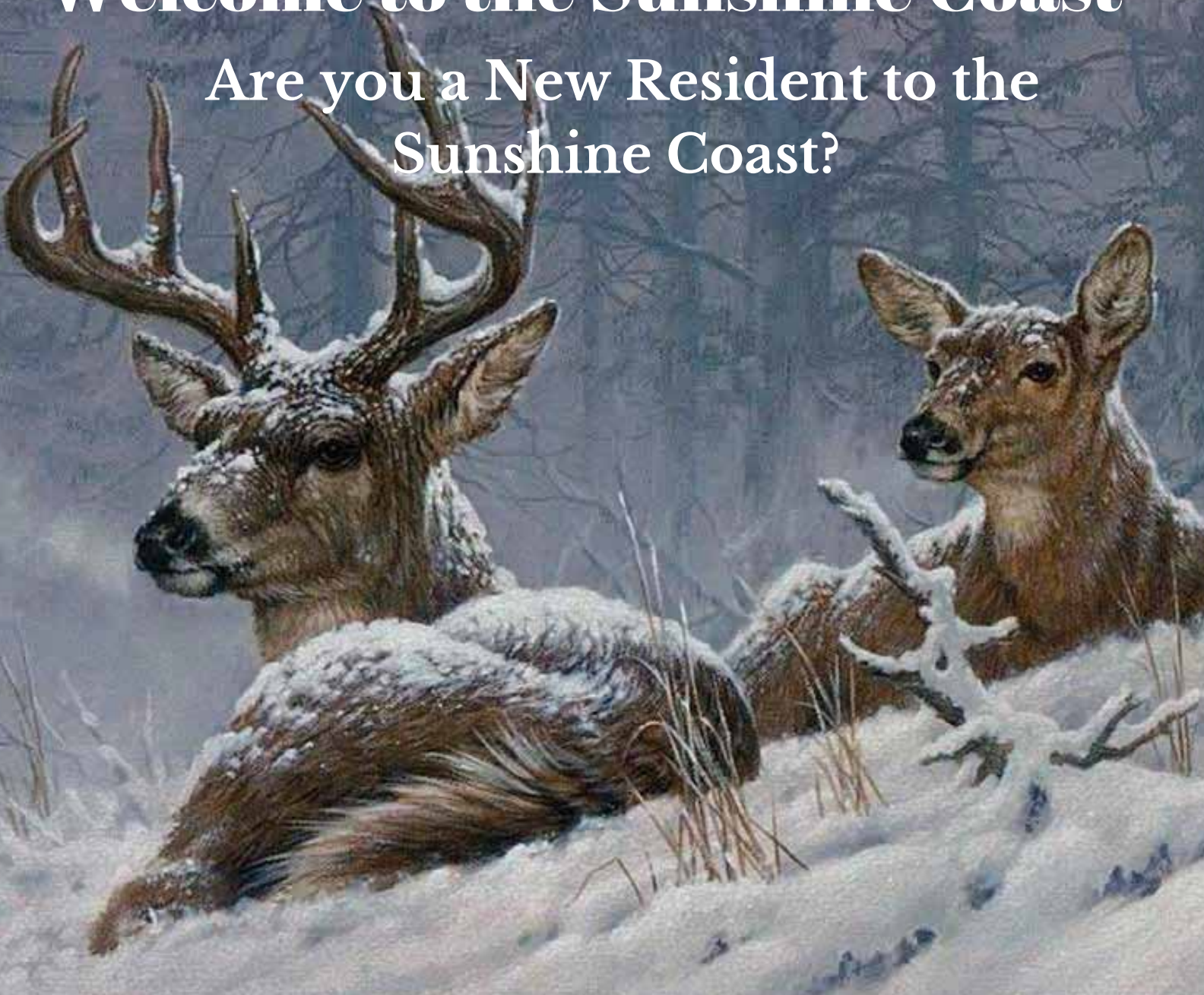
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