

COWICHAN DISTRICT

HARBOUR VIBE

VOL. 2

**LOCAL
LANDMARKS**

**SPOTLIGHT ON
BUSINESSES**

**HOLIDAY
EVENTS**

**LOVE
WHERE YOU
LIVE**

**TAKE A HIKE
COWICHAN VALLEY TRAIL**



Christmas Tree Fun Facts

Noble Fir

The needles are roughly 4 sided, over 1 inch long and are bluish green. It has stiff branches and is growing in popularity.

Tree Fact:

The RAF Mosquito planes of World War II were built with Noble Fir Frames.

Grand Fir

The Grand Fir has needles 1 to 1 1/2 inches in length with glossy dark green tops, in a flattened, horizontal pattern. They are quite distinct from a Douglas Fir.

Tree Fact:

The Grand Fir is one of the tallest firs, reaching heights up to 300 feet.

Douglas Fir

Naturally the Douglas Fir remains one of the most popular Christmas Trees available. The needles are dark green 1 to 1 1/2 inches long and are soft to the touch. Douglas Firs are normally sheared and produce a crop within 7 to 10 years.

Tree Fact:

For every Christmas Tree harvested, 1 to 3 seedlings are planted the following spring.



Located on 5 acres at 4411 Webdon Rd in Duncan, the Cowichan Valley Christmas Tree Farm has been providing the community with native trees for the past 8 years. They grow native species of trees including Douglas Fir, Noble Fir and Grand Fir and are only cut once you've picked the perfect tree. Cut your own tree with their provided saw, or have someone cut it down for you. Warm up with complimentary coffee and hot chocolate, this is a family affair!

Information provided by Cowichan Valley Christmas Tree Farm
www.cowichanvalleychristmastrees.com

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NON PROFIT



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Letter from the Editor

Written by
Nicole Brazzale



Welcome back to the second edition of the Harbour Vibe! In this edition, we're exploring the landmarks of Cowichan Valley, Holiday events and activities, taking a hike on the Cowichan Valley Trail, and learning how we can integrate wellness into our daily life. I had a lot of fun learning about and checking out the different landmarks that the Cowichan Valley has to offer; from the World's Largest Hockey Stick to the Carmanah Point Light Station, and everything in between, I hope this inspires you to get out and explore our beautiful Valley.

The Holidays are just around the corner, which means fun events, markets, and activities for the whole family are back. It's been a challenging couple years for everyone, so it's wonderful to see the return of markets and events this winter. Support and shop local this holiday season!

Here at Vibe Publications, we love where we live. From the natural beauty to the people that make up our communities, we think that this is the best place to live. Through our Take a Hike column, we'll explore local trails which will inspire you to get out and enjoy our beautiful backyard. Wellness with Nicole will explore different ways to incorporate a wellness practice into your daily life. Both columns will be on-going, so if there's a trail you think we should mention or a wellness topic you're interested in, email us at nicole@vibemediagroup.ca.

Wishing you peace and joy this holiday season!

The Harbour Vibe acknowledges that for thousands of years the Quw'utsun, Malahat, Ts'uubaa-asatx, Halalt, Penelakut, Stz'uminus, & Lyackson Peoples have walked gently on the traditional territories where we now live, work, and learn.

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Support local businesses out of the comfort of your home. Go onto the businesses websites to see what they offer.

SHOP IN STORE

Visit your favourite storefronts during any occasion or season, brick-and-mortar stores contribute jobs and taxes that keep communities connected & strong.

GIVE EXPERIENCES

No-wait, no shipping gifts, support services & tourism. Avoid the hassle by giving an experience. Health and beauty treatments or tourist attractions are just a start — get creative!

SUPPORT COMMUNITIES

Explore Cowichan Lake to find unique goods and services – support your friends & neighbours. Money spent with local businesses has a ripple effect that contributes to the growth and health of B.C. communities. Local businesses contribute to the tax base, and make donations to support local events, sports teams, and charities.

PUT LOCAL ON YOUR TABLE

Choose local ingredients, food products, beverages & food services.

BUY LOCAL MADE

Support Cowichan Lake artists, makers & manufacturers.

BUY LOCAL GIFT CARDS

Give gift cards from local stores & restaurants. The average Canadian spends ~\$500/year on gift cards. Support local businesses when you buy gift cards.

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PLAY
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Local Landmarks

Many landmarks can be found throughout the entire Cowichan Valley Regional District; from secret swings to beautiful architecture. There's a unique spot in every community to explore.

1. Old Baldy Mountain (swing)

A hidden gem at Shawnigan Lake, Old Baldy Mountain features a 3.4km moderate loop with a swing hanging off an Arbutus tree at the top. The swing is said to have been built by a man for his wife, a wedding present at their favourite hiking spot. The swing looks over the entire lake, offering hikers a fun way to take in the views.

The trail is located off of Strathcona Heights Rd past a yellow gate. The first kilometre takes hikers on a steady incline up to the swing, which offers a perfect place to rest your legs and catch your breath before continuing on the trail. Be careful of loose rocks near the top and remember to follow the Leave No Trace principles (**read more on those principles on pg 28**).



2. Roberts Memorial Provincial Park

Donated by May Vaughan Roberts, the Roberts Memorial Provincial Park was established in 1980, in memory of her husband and daughter. The 14 hectare park is located 15km from Nanaimo, off of Yellow Point Rd.

Following the 1km trail from the parking lot will take you through mature forests before coming to a rocky beach. Roberts Memorial Provincial Park has unique sandstone ledges which are a part of the geological heritage of Vancouver Island, representing ancient sea beds. This park offers spectacular wildlife viewings including Stellers' and California sea lions, great blue herons, bald eagles, and a variety of seabirds. There is evidence of First Nations activities harvesting the rich intertidal life on this beach with the findings of shell midden.

Roberts Memorial Provincial Park is the perfect place to spend time in the forest cycling or hiking, by the ocean, fishing, and viewing wildlife!

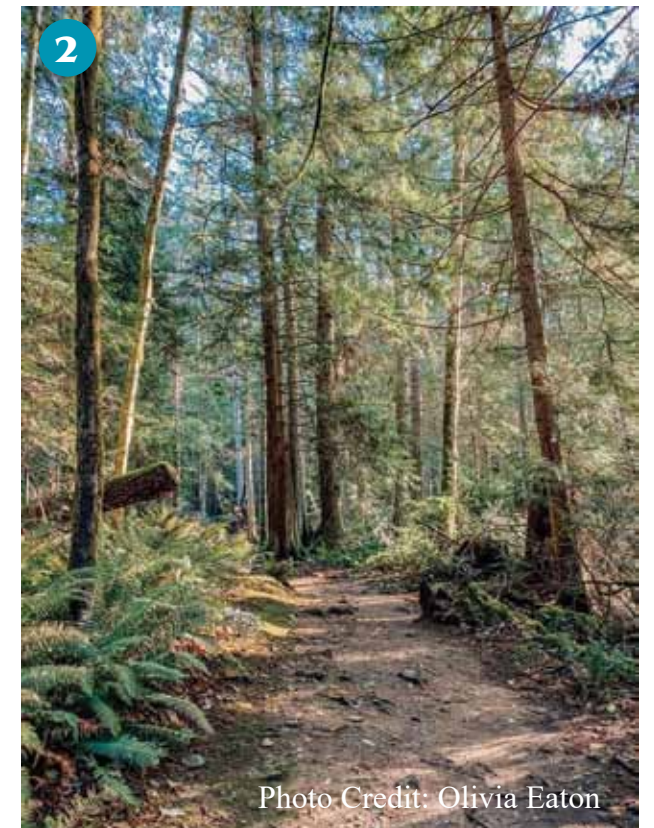


Photo Credit: Olivia Eaton



FLORAL EXPRESSIONS & WINE KITZ



I purchased Wine Kitz Duncan in December 2019, and in February 2022, I decided to add a full-service Florist to the front of my store on York Rd. Floral Expressions!

Flowers and Wine...what a Perfect Pairing!

In April 2022, we upgraded locations to 352 Trans-Canada Highway, which has proved to be nothing but miraculous for business! With the move, I am able to provide more space for our Wine Kitz & on-premise brewer as well as giftware, flowers, handmade jewelry, gift cards, helium balloons, event planning and rentals!

We are so grateful for our Cowichan Valley customers and have had the pleasure of serving customers who have placed orders from around the globe! As a certified planner, not only can I provide the flowers for your wedding, birthday party, bar mitzvah or whatever event you have; I can offer a completely organized event for you from catering equipment, rental, venue, flowers and wine!

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floralexpressions.ca
floralexpressions.ca@gmail.com

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f [floralexpressions](https://www.facebook.com/floralexpressions)

3. World's Largest Hockey Stick

The Cowichan Community Centre in Duncan has been home to the World's Largest Hockey Stick since May 21, 1988, two years to the day of Expo 1986 in Vancouver, which the piece was commissioned for. The Canadian Federal Government commissioned the hockey stick for the Canadian Pavilion. The massive hockey stick comes in at a whopping 28.12 tonnes (62,000lbs) and 62.48m long (205ft), 40 times the life sized version.

The shaft and blade of the hockey stick were built in Penticton, and made in sections of 3 foot by 4 foot steel-reinforced Douglas Fir beams. The two pieces were then trucked to Vancouver, spliced together on the ground, and lifted into position on August 21, 1985. The World's Largest Hockey Stick remained in Vancouver during Expo '86



when it was donated to the Province of British Columbia. The Province held a competition to determine its final destination and the Cowichan Community Centre was selected over 30 other community and private organisations. The World's Largest Hockey Stick Society was established and raised \$150,000 in cash and donated goods, which were used to help fund the costs of dismantling, transporting via barge and three flatbed trucks, and reassembling the stick in Duncan. The society formally transferred ownership of the giant hockey stick and puck to the citizens of the Cowichan Valley by donating the artefact to the Cowichan Valley Regional District in 1994.

The massive hockey stick finally entered into the Guinness Book of World Records in 2008 after a 20-year battle. Minnesota held the original title of World's Largest Hockey Stick with a 21m hockey stick until July 14, 2008 when the title transferred to our massive stick in Duncan.

4. Chemainus Theatre

Home to the Chemainus Theatre Festival, the theatre was co-founded in 1993 by Ken Smith, who established a contract with Rosebud Theatre and School of Arts. Chemainus was an obvious location for Rosebud Theatre and School of Arts to expand, due to it being known as a Mural Town.

Ken became friends with Dan Sawatzky, one of the mural promoters, who began drawing sketches of their dream theatre building. They got to work sourcing out a location for the building, which proved difficult, and finally settled on their current location at 9737 Chemainus Rd. Ken and Dan teamed up with Duncan architect Shane Davis, and

construction began. The building is a form of theatre temple, which includes a mainstage, studio theatre, Gallery for local arts and crafts, and the Playbill Dining Room.

The Chemainus Theatre Festival set out to enrich the region; build

community; and advance the arts. They produce an annual festival that "explores and nourishes truth, hope, redemption, love and the human spirit.", and have hosted shows including *Mamma Mia* (2019), a Christmas play, and a Canadian show *Kim's Convenience* (2018). Coming up at



Photo Credit: Zeal Media



Thank you *Harbour Vibe* for designating "The Big Stick" a Landmark destination in the Cowichan Valley, with a commanding presence prominently situated at the Cowichan Community Centre and on the grounds of Cowichan Place.



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This year is the 10th annual **Deck the Hall Christmas Market**, taking place at the Cowichan Exhibition Park. Featuring over 100 Vancouver Island artisans, this is the market to check out as you prepare for the holidays. Admission is free and there is a concession on site.

The Deck the Hall Christmas Market hours are:

Friday (November 25): 2pm to 8pm
Saturday (November 26): 10am to 4pm
Sunday (November 27): 10am to 3pm

For more information, go to
<https://www.cowex.ca/deck-the-halls/>

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7



Photo Credit: BC Forest Discovery Centre

9



5



Photo Credit: Zeal Media

the Chemainus Theatre throughout December is *A Tiny Christmas Carol* which is a twist on the holiday classic where Scrooge moves from self imposed isolation to community, with holiday songs and good cheer. Find out more here <https://chemainustheatrefestival.ca/a-tiny-christmas-carol/>

5. Providence Farm

Providence Farm is located on the Quw'utsun, Malahat, Ts'uubaa-asatx, Halalt, Penelakut, Stz'uminus, & Lyackson unceded territories. Established in 1864 as a boarding school for First Nations girls by the pioneering Sisters of Saint Ann, after they acquired the 400-acre farm, the school went through several changes throughout the years. The school was enlarged to make room for orphaned girls from Victoria before becoming a boarding school for boys in 1904. A larger school was built in 1921 and the number of students increased, by 1950 girls were enrolled as externs and the student population grew to over 100. In

1956 it became a day school for boys and girls before closing in 1964, when both students and teachers transferred to the current Queens of Angels school site. The 1960's and 1970's brought major social shifts and change in the world, which brought together a group of people with varied backgrounds and interests to discuss the creation of a purposeful community at the old school farm.

The Vancouver Island Providence Community Association was established in 1979 after meetings between the Sisters of Saint Ann and other interested persons took place. Their mission of *"Trusting in Providence, and building upon the faith-centred heritage of our founding members, we are committed to serving needs and to fostering talents of people in the Cowichan Valley, especially of those not easily accepted elsewhere, through our therapeutic community at Providence Farm. Our focus shall be upon the renewal of the body and spirit, and upon people caring for the soil, and the soil nurturing the people."* from the newly formed society granted them registration

SPOTLIGHT ON BUSINESSES

IN CHEMAINUS



Bound to be Different

Amy is the proud owner and curator of Bound to be Different, an eclectic gift and clothing shop in Chemainus. Her ever-changing selection of goods from both local artisans and international makers inspires her valued customers to keep revisiting the shop. Amy prides herself on exceptional customer service and creating a positive, happy experience for everyone who comes through her door. She hopes to meet you soon.
Amy Hughes
Chief Curator of Beautiful Things
9739 Willow Street Chemainus
250-324-4119
www.boundtobe.ca

Clover Clothing Co.

As active members in Chemainus, Clover Clothing feels the connections that is developed between individuals and their business is the true strength within our community. Clover Clothing Co. is a local favorite consignment store located in the Chemainus Public Market. They feature new and new to you (consignment) clothing in all styles and sizes, as well as our new clothing line, Blue Sky, which is flattering on every body type. www.cloverclothing.ca
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Lyndon B. Realtor©

I am a professional Realtor© specializing in the Cowichan Valley on Vancouver Island. Prior to becoming an agent, I thrived as: a Mortgage/Loans Officer, a Certified Financial Planner, a College Instructor, and a Plumbing/Heating Advisor. Whether you are a buyer or a seller, I am confident that I can offer you top quality service.
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Kelli Lawrence, Harbourside Neighbourhood Welcome

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www.neighbourhoodwelcome.org



Magpies at the Blue Orchard

Cath Scanlan, along with her husband Steve, are the owners of "Magpies at the Blue Orchard", having bought Magpie Gifts & British Foods in May 2022, and by amalgamating with their store "The Blue Orchard"; the new name "Magpies at the Blue Orchard" moves forward as one store together! "Magpies at The Blue Orchard" is filled with British and Canadian goods. Browse our British Food Shop catering to your food longings from the UK; chocolate, candy, store cupboard staples and greetings cards from our exclusive popular range for all occasions - plus purses, nightgowns, homeware, gifts and more!"
Chemainus Public Market,
9790 Willow St.
604-358-4859





Photo Credit: Sam Rae Harriss

of charity status, and the VIPC therapeutic programming began.

Providence Farm, named after Sister Mary Providence, the founder of the Duncan school in 1864, continues its mission today, supporting residents of the Cowichan Valley. In 2009 the site was formally gifted from the Sisters of Saint Ann to VIPC, who now own the property and infrastructure. While the farm isn't open to the public, they do offer a farm stand and thrift store, which helps support the organisation. <https://www.providence.bc.ca>

6. Cowichan Station

Cowichan Station lies wholly within the unceded territory of the Coast Salish people who have been living here since time immemorial. Located on Koksilah Road west of the Island Highway (Hwy 19), near Whippletree Junction, the Cowichan Station lies within the E&N Railway corridor where the land was preempted from First Nations. In the



Photo Credit: Madison Wise



late 1800's, the governments of Canada and BC gave more than 800,000 hectares of land to the E&N Railway to help finance it. Donald McPherson purchased the area in 1881; a train station was built and named after him, and the community of Cowichan Station was established in 1885.

By 1887 the Cowichan Station community had the Central Hotel, Cowichan Hotel, post office, blacksmith shop, Community Hall, and quarry. Canada Post finally joined the community in 1896. The community continued to grow between 1909 and 1913 with the addition of two general stores, two real estate offices, two Chinese laundries, a doctor, shoemaker, butcher shop, a hardware store, two boarding houses, and two churches (Anglican and Methodist). Unfortunately, a fire in 1911 destroyed most of the town, and another fire in 1924 destroyed both hotels. The following years weren't easy on the community of Cowichan Station, with the great depression closing down many businesses, and finally in the 1980's the the post office and general store shut down.

The community continues to maintain the train station in Cowichan Station and is home to local farms, wineries, gardens, friendly people, and numerous trail networks.

Learn more here:

<https://cowichanstation.org/cowichan-station/>

7. BC Forest Discovery Centre

The BC Forest Discovery Centre first opened its doors in 1965 by founder Gerry Wellburn and his family. Wellburn began collecting from a young age, starting with stamps as a child in England. After his family moved to Victoria, he visited older residents, learning about the beginnings of British Columbia. He spent as much time as he could riding trains. Willburn's first job was with a Victoria magazine, which sent him all over Vancouver Island. He settled down in Courtney with his wife where he worked in logging and sawmilling.

In the early 1930's Willburn founded Willburn Timbers Ltd., a sawmilling and logging company in Duncan. He began logging with six horses and was one of the first to use Caterpillar tractors and trucks. He sold Willburn Timbers Ltd. to his friend H.R. MacMillian in 1943 and continued on as a manager at what is now Shawnigan Division of MacMillan & Bloedel Ltd. Throughout his life he collected donkey engines, locomotives, and tools of the logging industry, oftentimes pulling them from scrap yards and out in the bush.

The BC Forest Discovery Centre houses over 5000 artefacts ranging from operational steam locomotives to tools, as well as a dozen heritage buildings. While it currently is the off season at the centre, they do host a Christmas Express throughout December. Learn more <https://bcforestdiscoverycentre.com/plan-your-visit/>

8. Mount Tzouhalem

Mount Ts'uwxilum (Tzouhalem) is a 1,760 foot-high mountain east of Cowichan Bay. This mountain is steeped in Indigenous history and was originally named "Shkewetsen" or "warming in the sun" by locals, and according to lore, was used to escape a primordial flood. The mountain was later renamed after Quamichan Chief Ts'uwxilum after he was banished to the mountain by his people.

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After colonisation, the mountain was used as a location for cannon target practice by the Royal Navy.

A wooden cross was erected on the mountain in 1976 by St. Ann's Catholic Church (Able Joe) and St. Edward's Catholic Church (Cliff Pascoe) as a part of Easter/Good Friday celebrations. Throughout the years the cross has changed from wooden to steel, but was officially removed from the mountain earlier this year.

Today Mount Tzouhalem is a hotspot for mountain bikers, hikers, and birdwatchers. It offers a vast network of trails and the summit provides spectacular valley and ocean views. Keep your eyes peeled for bald eagles, hawks, and buzzards flying around the mountain.



Photo Credit: CSAA Archives

9. Cowichan Bay Maritime Centre

Operated by the Cowichan Wooden Boat Society, a non-profit organization founded to preserve, exhibit and demonstrate maritime heritage (especially wooden boats), the Cowichan Bay Maritime Centre is a community-based maritime museum. In 1987 the Cowichan Wooden Boat Society began as a wooden boat building centre after four men, Rob Fox, Keith Sandilands, Paul Mitchell and Bob Down, came together with the common goal to preserve, instruct and develop the skills of wooden boat building and related arts.

In 1988 the Society signed an agreement with the Ministry of Lands, Parks, and Housing for a 30 year lease on the former Chevron dock for \$1; a year later the pier was built and officially opened on June 2, 1989. The centre features exhibits that include model boats, pictures, and a marine library. They also host workshops in wooden boat building, and are home to the Cowichan Valley Dragon Divas, a Dragon Boating group of cancer survivors. The Cowichan Bay Maritime Centre hosts over 10,000 visitors touring the centre each year, from all over the world, and has over 250 members. You can check out the centre between 10am-4pm Wednesday to Sunday by donation. <https://www.classicboats.org>

10. Carmanah Point Light Station

Carmanah Point Light Station is located on the southwest most section of the Cowichan Valley, in Carmanah Walbran Provincial Park. The lighthouse was originally intended to be built on Point Bonilla, just over 3km east of Carmanah Point, to mark the north entrance to the Strait of Juan de Fuca. After a recommendation from Captain George Richards in 1858 to serve as a landfall light for vessels arriving from China and Japan, it took another 30 years and countless shipwrecks, for the Canadian Pacific Railway to finally begin construction.

Construction began in 1890 after a crew accidentally ended up on the wrong point, supplies and tools already unloaded, due to the intense fog. They decided to build the lighthouse at Carmanah Point instead of packing up and travelling the 3km to Point Bonilla. The light was first lit on September 15, 1891 by William Phillip Daykin. Standing at almost 53 metres (173 feet) above water, the lighthouse had a distinctive signature of three white flashes every minute and could be seen from over 30km away; it was also fitted with a fog horn. The lighthouse also served as a traffic control centre beginning with the use of flags, before the installation of a steam whistle in 1896, which utilised Morse Code to communicate with offshore vessels. A telegraph line was installed and the lightkeeper was able to relay important messages of ship arrivals to Victoria.

The lighthouse has helped prevent shipwrecks along the Strait of Juan de Fuca since its installation, and now serves as a stop along the historic West Coast Trail. The lightkeepers continue to help those along the coast, as friendly as ever. <https://www.lighthousefriends.com/light.asp?ID=1201>

11. Kinsol Trestle

Standing at 44m high and spanning 187m over the Koksilah River, the Kinsol Trestle is one of the largest trestles in the world. Located near Shawnigan Lake, the Kinsol Trestle is one of eight trestles on the Cowichan Valley Trail route. It features a unique 7-degree curve that showcases an amazing feat of engineering.



Before the Kinsol Trail became the breathtaking walking path we know today, it was used as a railway which transported old growth timber between Victoria and Nootka Sound. The trestle was designed by engineers and built mainly by local loggers and farmers; it was completed in 1920 and in use until 1979, before it was abandoned and eventually deteriorated to a dangerous level.

The trestle sat idle until 2007 when an idea to extend the Trans Canada Trail along the railway was proposed. In 2009 a "Save the Historic Kinsol Trestle Campaign" began raising \$2 million to repair it. The new trestle opened to the public in

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SPOTLIGHT ON BUSINESSES

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IN DUNCAN

Tulipe Noire Clothing

Tulipe Noire Clothing is a destination for casual quality lifestyle fashion. Shop well known brands such as Eileen Fisher, LINE, Rails, Cambio, DL1961 & AG Denim. Velvet, White + Warren, Yerse, YAYA, Bryn Walker, Brave Leather just to name a few.

Three locations

Victoria ~ 1887 Oak Bay Ave
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Sap Siam

Bistro, Duncan

After moving to the Cowichan Valley, Pam and David dreamed of opening an authentic Thai street food restaurant. When the couple heard that a cafe in the downtown core of Duncan was closing, they jumped at the opportunity to follow their passion. Cooked with love and tradition, from mild to "Thai spicy", Sap Siam will bring your tastebuds on a trip to the streets of Thailand.

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A Memorable Gift

Using only bio-degradable cello and recycled fill in endeavoring to be environmentally friendly; Tina Short, owner of A Memorable Gift, says that they are beyond being just a Gift Basket company. Promoting Canadian and locally made gifts since 1999, giving gifts is her love language and it fills her with joy to see someone's face light up when they receive one of her company's gifts. Whatever your gift giving requirements, a visit to their website www.amemorablegift.com or a call to Tina at 250-710-3088 where she can personally assist you in creating a customized, relevant recommendation or send an e-mail to tinashort@amemorablegift.com. Tina will be glad help you find something truly memorable. **6043 Rockland Terrace, Duncan**



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2011 and is known today as the Kinsol Trestle Recreation Site. The trestle is accessible year round from dawn to dusk, and the trail to the trestle is an easy, flat 1.5km from the parking lot, with many benches set up along the trail. This magnificent landmark offers a look back at Vancouver Island's logging and mining history alongside spectacular views.

12. Lake Cowichan

Located 27km west of Duncan, Cowichan Lake the second largest lake on Vancouver Island, coming in at 30km long and 4km at its widest part. The Ts'uubaa-asatx peoples have resided along Cowichan Lake for time immemorial; their traditional territories includes the entire Cowichan Lake watershed, surrounding mountain ranges, and the rivers and streams that feed into the lake. The lake served as a trading centre for surrounding tribes, due to its location in the middle of Vancouver Island. The Ts'uubaa-asatx people have been working hard to track down lost members and reestablish their roots.

Settlers first arrived in 1883 via the Cowichan River and surveys were done on the land. A road was then built in 1886 which brought in more settlers to the area, many of whom established float homes on the lake, but the Village of Lake Cowichan wasn't incorporated until August 9, 1944, 61 years later.

1912 brought the E&N Railway to Cowichan Lake and in 1913 the Canadian Northern Railway established a line on the opposite side of the lake, which was later completed by CN. The train station that now houses the Kaatza Station Museum was established at this time, but in a different location. Lake Cowichan and surrounding areas like Youbou, Honeymoon Bay, Mesachie, Sahtlam,

and Paldi became logging communities, as various lumber companies purchased land. In the 1930s and 1940s, Cowichan Lake became the starting point for an enormous wave of labour and union organizations in BC. Lake Logging became the first unionized logging camp in the province under the Lumber Workers Industrial Union of Canada in 1934.

Present day Lake Cowichan has transitioned into a vacation town. Surrounding the lake are six campsites; Gordon Bay Provincial Park, Cayuse Campsite, Nixon Creek Campsite, Heather Campsite, Maplegrove Campsite, and Pinepoint Campsite. The lake offers some wonderful sightseeing opportunities, with an Elk viewing area



Photo Credit: Hamish Hamilton

between Heather and Maplegrove campsites. Cowichan Lake is a hub for water activities, from swimming, to kayaking, canoeing, jet and water skiing, fishing, and tubing. Explore the trails surrounding the lake including the Cowichan Valley Trail, Cowichan River Provincial Park, or the Denninger Scout Trail via foot or bike. Cowichan Lake is also home to many historical and cultural spots including Kaatza Station Museum, Honeymoon Bay Ecological Reserve and the Cowichan Lake

Education Centre. The communities in and around Lake Cowichan are full of unique local businesses from salons and spas, to health stores, restaurants, homegood and craft stores, you're sure to find what you're looking for (and more).

13. Malahat Skywalk

The Malahat Skywalk is a magnificent 600 metre-long elevated walkway that takes you through a beautiful Arbutus and Douglas Fir forest, which leads to a 10-storey spiral tower lookout. The Skywalk stands 250 metres above sea level



Photo Credit: Zeal Media

14. Waterwheel Park

Located in the centre of Chemainus, Waterwheel Park began as the grounds of a lumber yard and mill manager's house, which was built in 1891. The lumber yard extended from Mill St to Cedar St, down Cedar to Oak, and almost down to the water. The manager's house was eventually torn down in 1952, and at one point the grounds housed two tennis courts. While the downtown Chemainus that we know today didn't begin development until after WWII, the park now connects the old and new downtown Chemainus via a walking path.

The Waterwheel Park we know today was established in 1967 as part of Canada's Centennial celebrations, which marked the 100th year of Canadian confederacy, to promote the country's achievements, history, and cultural heritage. Explore the flowers and gardens, test your skills at getting through the labyrinth, explore the Museum, check out the replica Waterwheel, or take the kiddo's to the ship themed playground, Waterwheel Park offers a fantastic place to spend the day.

We hope this list inspires you to explore the community and check out these local landmarks.

and offers 360-views of islands, inlets, fjords, forests and mountains both locally and in the US. The Skywalk is incredibly interactive, with information about local First Nations groups and views available surrounding the top. Construction of the Skywalk was made possible by mutual respect between Malahat First Nation and non-indigenous team members. Business partners David Greenfield and Trevor Dunn, who are experienced resort developers, approached the Malahat First Nation group with the idea for a spiralling walkway as a way to create an approachable tourist destination while providing opportunity for the Nation to build its profile and capacity. Conveniently, Kinsol Timber (one of the West Coast's leading manufacturers of large-scale timber structures) is located just 2km down the road, which allowed the project to draw on local material and local labour.

The Malahat Skywalk is wheelchair and stroller accessible, while also featuring an adventure net partially across the Spiral Tower and an exhilarating 20-metre spiral slide, perfect for a family outing that everyone can enjoy!

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After a string of less than inspiring jobs, there was one thing that I knew. I wanted a better solution to my working situation. Something that didn't cause a reaction of wanting to roll over and stay home. Something that brought joy! This was the driving force behind the creation of All Tied Up Wool & Fibre.

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The 49th Parallel Grocery are independent supermarkets, 100% Vancouver Island owned and operated by the Richmond family since 1977.

The 49th group consists of 4 full service grocery stores plus the 49th Café, Blooms flower shop and the 49th Parallel Printers. We are proud to say we employ almost 400 local people. Our vision has always been to provide top quality products, unparalleled service and a friendly shopping atmosphere.

We are delighted to support and promote Island Good products and services within all our stores. We look forward to the next 45 years!




Written by Sherry Andrew - Product Specialist / Owner, Essential Remedies & TinaLee Foster, RHN

The time of year to take extra care of your immune system has arrived as we head into the colder months and spending more time indoors. These essential will support your whole body, and it's an excellent idea to add in some extra support on top of what we are already doing.

Here is a list of the top 7 immune enhancing/boosting supplements:

- 1) **VITAMIN D** - This superhero vitamin supports brain health, inflammation and contributes to immunity.
- 2) **VITAMIN C** - 1000mg+ daily, along with fresh fruits and vegetables, a vital antioxidant and antiviral.
- 3) **ZINC** - an effective preventive for all kinds of infections. Many people are deficient in this vital mineral.
- 4) **SELENIUM** - Our modern soil is lacking this mineral. Regular supplementation reduces viral risk and helps at a cellular level. It works synergistically with vitamin E (found in healthy fats/oils) to amplify defense.
- 5) **ASTRAGALUS** - a traditional Chinese root/herb long known for its superb immunity and adaptogen type qualities. Enhances white blood cell activity, to fight against pathogens. Great idea to take long term throughout the fall and winter seasons.
- 6) **ECHINACEA** - a well-known booster to use both preventively and to combat cold/flu. Should be taken for a couple weeks at a time only, with a break after.
- 7) **BLACK SEED OIL** - giving this a special mention, as it has been studied extensively and shown to boost immunity against certain viruses quite effectively. Also excellent for any bronchial, lung issues, sinus congestion, and asthma.

For additional information www.essentialremedies.com



Photo Credits: Ladysmith Festival of Lights



Ladysmith Festival of Lights November 24th

Ladysmith is known as the Light Up Capital of Vancouver Island, and for good reason. Each year since 1987, Ladysmith has hosted the Festival of Lights, featuring over 100,000 sparkling lights and decorations all along First Ave.

Ladysmith in the late 1980's was tough with many businesses shutting down. Ladysmith was undergoing its heritage and revitalization project at the time; Bill Fitzpatrick, alongside some Ladysmith merchants, agreed that the town was in need of some enhancements, especially during the holiday season. While many thought that a Christmas Festival was ridiculous with so many businesses closing, it was an intentional way to encourage people to shop local while also inviting tourists into Ladysmith. In 1987 the first light up was held under rainy skies with 500 people in attendance. The Ladysmith Light Up honours the memory of Juan Maria De Los Delores De Leon, Lady Smith.

The Festival of Lights Society was formed in 1988 and the original board members included President Bill Fitzpatrick, members David Walker, Joanne Dashwood, Joan Adair, Lorna Spanakis, Myfanwy Plecas, Nancy Lorentz, Lynne Declark, as well as Linda and Bob Beattie, Debbie Ostle, Jan O'Neill, and Lynn De Lucia was a huge help. Early fundraising for the event included "Bill [hitting] up everyone for funds from a dollar and up.", plus a Spaghetti Dinner and Light Up Parade who were thought up by Myfanwy Plecas. The Ladysmith Kinsmen took over and the Festival of Lights added a Santa House. Fireworks were added to the event in 1989 and set off from the rooftop of the Islander Hotel. By the third year, the event was a community affair when the Town of Ladysmith, the Richmond family of the 49th Parallel Grocery, the Ladysmith and District Credit Union, B.C. Hydro, Bruce Mason, Duck and Tracy Paterson, the members of the Old Age Pensioners Organization, Crane Force, Coastal

Trucking, Island Hoppers, and many others joined in on the event. Service clubs like the Rotary Club and Eagles, along with many other organizations and downtown merchants have been major supporters of the Festival of Lights for years. The Ladysmith Kinsmen Club even constructed a building to house the array of decorations for safe keeping each year.

The Festival of Lights kicks off on November 24, 2022 with the 14th annual Christmas Craft Fair and the Festival of Lights Parade! The Christmas Craft Fair will take place at Aggie Hall between 3-9pm; come for the craft fair and stay for the fireworks! The parade starts around 6:40pm and will progress down First Ave from Methuen St to Bob Stuart Park. Bundle up, grab some hot chocolate, and enjoy the beautiful lights and festive atmosphere on Light Up day.

This event wouldn't be possible without the help of volunteers who put in over 1000 hours into setting up decorations and the thousands of sparkling lights, transforming Ladysmith into the Light Up Capital of Vancouver Island. <https://www.ladysmithfol.com/history/>

"The Festival of Lights commences each year on the last Thursday of November in Ladysmith. This event is planned and executed almost entirely by the dedicated members and local volunteers who spend months preparing and installing lights and decorations for this event. Following lightup on November 24, the lights will remain on for approximately six weeks.

We are extremely excited to be able to present the full lightup performance for 2022 after a two year hiatus due to Covid. This year will be the 35th Anniversary of the Festival of Lights and we are certain that we have an imaginative and creative program to present to the community. "

Alex Cook, President, Ladysmith Festival of Lights

VALLEYVIEW CENTRE



Located at 1400 Cowichan Bay Road, Cobble Hill

Country Grocer

Our Cobble Hill store location opened in 1999 to serve the communities of Mill Bay, Shawnigan Lake, Cobble Hill and Duncan. Country Grocer has earned a reputation as a local grocer with a deep commitment to our communities through sporting events, supporting schools and youth teams, promoting healthy living and non-profit organizations.

We support over 100 Vancouver Island and Gulf Island farmers and producers and carry an abundance of local goods. Keep an eye out for Island Good products in store!
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Valley Health and Fitness

Originally established as the Body Barn Gym in 1997, Valley Health & Fitness has been serving Cobble Hill and surrounding areas for over 25 years. Offering a diverse range of fitness equipment, services and products to help members achieve their fitness goals and all within a clean, user friendly facility. Valley Health and Fitness strives to maintain a family-oriented atmosphere and with member fitness levels ranging from beginner to elite and ages ranging from 13 to 90, everyone is welcome!
250-743-0511 www.valleyhealthandfitness.ca



Bradley Travel and Tours

Tara Bradley has recently moved her business from Shawnigan Village to Valleyview Centre, and she looks forward to meeting some new customers in the area! Tara has been a travel agent for 25 years and has owned her own business for 3 years now. Tara specializes in group and family travel, but she can also look after any destination – from cruises, to adventure treks, and everything in between! Bradley Travel and Tours is partnered with TPI to provide some of the best buying power and support in the industry.

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Holistic Massage and Wellness

My name is Bethany Ridewood, owner of Holistic Massage and Wellness. Having had the opportunity to travel abroad and explore the world of therapeutic massage from different cultures, my heart and intention is to blend the science and knowledge of bodywork together with energy and intuition to support the physical, mental, emotional and spiritual body back to its natural state of being, to health. This approach is reflected uniquely in each different modality and is practiced in a calming, relaxing atmosphere that changes with the season!



Please visit my website to learn more about my journey and the offerings to choose from.
Located at #30 in the Valleyview Centre.
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OR EMAIL AT: bridewood@hotmail.com

Dr Elli Reilander, ND

Dr. Elli Reilander, ND is a licensed naturopathic physician. She has a patient-centered approach to medicine that involves using the best of science and tradition to diagnose and treat the underlying cause of disease. Special interests include fertility, stress management and fatigue, allergies, and digestive concerns with a special focus on women's hormonal health.

New to Cobble Hill and located in the heart of the Valleyview Centre, Dr. Reilander is welcoming patients into her naturopathic medicine practice. In-office, virtual, and group treatment settings available. Online booking available.

Visit her website at: www.drellireilander.com or contact her by email: clinic@drellireilander.com



Did you Know...

Did you know that a short distance from the Valley View Centre in Cobble Hill, stands a historic Douglas Fir tree? Known as the Shearing Tree, after William J. Shearing who settled in Cobble Hill in 1982, this 70 ft tall Douglas Fir stands alone, surrounded by farmland. We have William's son, Ted Shearing, to thank for this magnificent tree; he decided it should remain on the farm as a reminder of the importance of forests on Vancouver Island. Located off of Telegraph Cove on the first farmstead in Cobble Hill, the Shearing Tree is both a historical and spiritual site. The tree represents the beginning of Cobble Hill to many residents, as it stands on the first farmstead in the area. The tree also serves as a memorial location, as many of the Shearing family members have chosen to have their ashes spread at the base of the tree. This is definitely worth checking out the next time you're at Valley View Centre!

Kristy Landry | Edward Jones

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or (250) 743-1259
14B 1400 Cowichan Bay Rd. - in the Valleyview Centre
www.edwardjones.ca/kristy-landry



Cure Artisan Meats and Cheese

Chef Bradford Boisvert is extremely proud. His business Cure is going into its 8th year. Cure Artisan Meat and Cheese, Cowichan Valley's premier charcuterie and specialty food shop. It is located in Valleyview Center. Traditionally crafted in-house charcuterie, fresh and smoked meats, sausages, sandwiches, and domestic and imported cheese. As well as specialty Italian and other European products. Experience European traditional foods here in the Cowichan Valley.

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https://www.facebook.com/Cureartisanmeatandcheese



Wellness with Nicole



Welcome to Wellness with Nicole, where we explore different ways to incorporate wellness into your daily life. I am a certified personal trainer with almost a decade of experience in the health and fitness industry, and am looking forward to taking this health journey with you.



are all unique, but there are a few things that apply to everyone. The simple breakdown of nutrition is macronutrients and micronutrients, and the need for these nutrients can be applied to pretty much all of us. Macronutrients have three components; carbohydrates, protein,

and fat. While micronutrients are vitamins and minerals. Carbohydrates are our bodies favourite source of energy and include things like fruit and vegetables, grains, rice, and starches. Protein provides the building blocks for our cells, protein sources include tofu, meat (poultry, beef, pork), fish, and eggs. Lastly, fat helps us absorb nutrients and can also be used as energy. Fat sources include avocado, nuts, and oils. Including foods from all macronutrients is important for nutritional wellness. It's also important to remember that food isn't good or bad, and balance includes enjoying the food you're eating.

Movement can take many forms, depending on your mobility and fitness level. It can be as simple as intentional breathing, stretching, hiking, or completing a triathlon. Movement is another heavy subject; we've been fed the lie that we should only workout to lose weight and get "ripped", but it doesn't need to be that way. Movement is a way to connect with your body. The more you enjoy the movement, the easier it will be to build consistency around it. Here are some simple ways to incorporate movement into your day.

1. Breathe. Find a comfortable position and place one hand on your stomach and the other on your chest. Breathe in through your nose, feeling your stomach, ribs, and finally your chest expand. Hold for 2-4 seconds. Exhale through

your mouth, feeling your stomach, ribs, and chest fall. Repeat 2-4 times. As you breathe, notice how it feels in your body to expand and contract.

2. Stand with your feet hip or shoulder width apart, breathe in and bring your arms above your head, as you exhale, fold forward at your hips while keeping your knees soft and slightly bent. Fold forward as far as comfortable with your hands either on your knees, shins, or the floor. Take a couple breaths in this position, thinking about sinking deeper into the forward fold. On your next exhale, slowly stand up tall, imagine stacking each vertebrae on top of each other, finishing with your neck and head. Repeat 2-4 times or whenever you feel you need it.
3. Go for a walk. Walking is a fantastic low impact way to move your body, and all you need are comfortable clothes and shoes. Start with 5 minutes and build up from there. We love walking in the forest or by the ocean, which the Cowichan Valley has many to choose from. Explore the trails at Transfer Beach, or the loop around Chemainus Lake, and of course the Cowichan Valley Trail is a great option.

It doesn't matter how you move your body, as long as you're enjoying it.

Sleep often isn't prioritized, but it is incredibly important to wellness. Chronic sleep deprivation is associated with high blood pressure, diabetes, heart attack, heart failure, or stroke. On average it is recommended for adults to get between 7-9 hours of sleep. If you're not getting that, it might be time to assess your sleep habits and create a sleep time routine. Things like limiting blue light from screens including your TV, phone, and computer in the couple hours leading up to bedtime, having a winddown routine like reading a book or coloring, and maintaining a consistent bedtime, can all help with healthy sleep habits.

This is just a quick look into physical wellness, there are many unique factors that can go into each category, but we hope that this inspires you to start thinking about your own physical wellness. How would you rate yourself on your physical wellness?

Stay tuned for the next edition, where we'll explore another dimension of wellness.



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Photo Credit: Kelli Lawrence



Photo Credit: Kelli Lawrence



Photo Credit: Kelli Lawrence

for years to come. Leave no trace is a set of 7 principles:

1. Plan ahead and prepare by downloading or keeping a trail map in your bag, letting someone know where you'll be, and packing a bag with water, food, extra clothes, and a first aid kit at minimum. Wear proper footwear for the terrain, ideally a good pair of hiking shoes, and always pack more than you think you'll need- it's better to be over prepared than under.

2. Travel and camp on durable surfaces, and stay on the designated trail. Going off trail can pose a serious threat to the ecosystem and can damage the trail in the long run.

3. Dispose of waste properly; pack it in, pack it out, and even better, pack out any garbage you see along the trail. Garbage out on the trail is not only terrible to look at, it also poses a threat to local flora and fauna. Food garbage is especially dangerous as it invites bears into the area.

4. Leave what you find and take only pictures. I know, it's tempting to take a rock or a shell, or pick a flower, but remember- you're not the only person enjoying the trail. Imagine if everyone took something with them every time they visited a local trail, there would be nothing left. Rocks and shells act as protection for animals, so it's best to just leave them as they are. Take lots of pictures instead!

5. Minimize campfire impacts and respect fire bans. Forest fires are often caused by humans and are devastating for forests and communities. Be sure to check local fire restrictions before heading out, and if you do have a fire, ensure it's extinguished before you leave.

8. Respect wildlife; make lots of noise and be aware of your surroundings. Most of the time wildlife wants nothing to do with humans, give them the space they deserve. Pack out garbage and food, because a fed bear is a dead bear. Bring bear spray with you as a precaution.

7. Be considerate of other visitors. Say "hi!" and smile as you pass others, walk in single-file when passing other groups, and allow faster explorers to pass. It takes a community effort to keep our trails a friendly place to explore.

Now get out onto the trails and enjoy exploring!

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Take a Hike COWICHAN VALLEY

The Cowichan Valley Trail is an integral part of the larger Trans Canada Trail, which is the world's longest trail network, spanning from coast to coast, connecting Canadians and visitors to nature and one another.

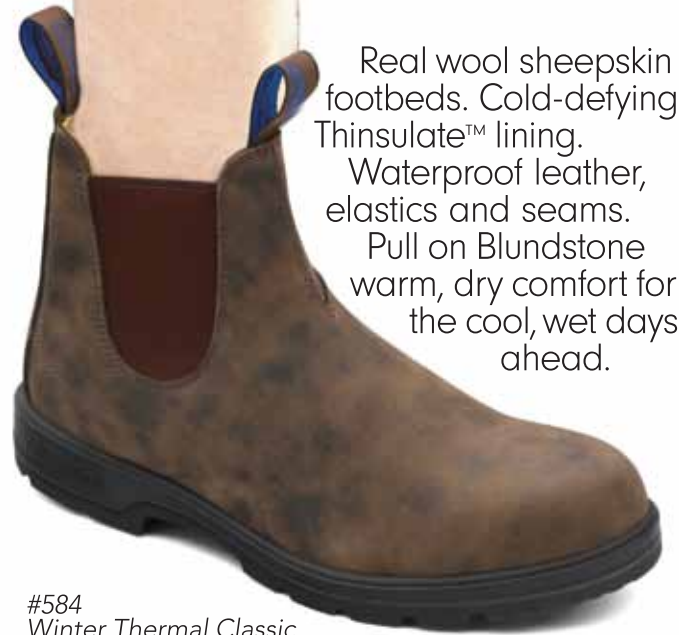
Spanning 122km from Shawnigan Lake to Ladysmith, this trail takes you through farms and wineries, small towns, forests, and the traditional lands of the Cowichan First Nations. The trail is a mix of paved and gravel roads; ideal for walking, hiking, biking, horseback riding, and cross-country skiing. It was built on the former CN Railway line that served logging and settlement communities in the Cowichan Valley and crosses eight restored wooden trestles; Shawnigan Creek,

64.4 Mile, 66 Mile, 70.2 Mile, Kinsol, Holt Creek, Marie Canyon and McGee Creek Trestles.

The CVRD recommends four different routes. For southern exploration, Route A is an easy 11km roundtrip from West Shawnigan Lake to Kinsol Trestle and Route B takes you from Glenora Trails Head Park to Kinsol Trestle for an easy 26km journey. For northern exploration, Route C takes you through 28km (one way) from Duncan to Lake Cowichan, and Route D along the 30km Chemainus Rail with Trail. <https://www.cvr.ca/121/Cowichan-Valley-Trail>

When exploring our beautiful backyard in the Cowichan Valley, it's important to follow the Leave No Trace principles to keep our trails maintained

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Christmas Chaos November 17 - 20th

Christmas Chaos at the Cowichan Community Centre is celebrating its 42nd year bringing Christmas arts and crafts to the Valley. We spoke with Jamie Rigby, the Programs & Events Coordinator at the Cowichan Community Centre, and she shared with us that Christmas Chaos began with a group of local artisans led by Marge & Wayne Hendricks, along with Pat Smith and Doreen Chaperone. After supporting the event as a facility host since inception, the Cowichan Community Centre was thrilled to take on the leadership of Christmas Chaos, and over the years, the event has grown in size, adding an additional 50 vendors, musical entertainment, mobile food vendors, Santa's Workshop, and local community organization display booths.

Christmas Chaos features many local artisans, as well as vendors from throughout the Pacific Northwest. Thousands of shoppers visit the Cowichan Community Centre during the four day event, resulting in a wonderful community celebration. Over the years, we have seen relationships develop not only between vendors and shoppers, but also the vendors themselves. This positive, friendly atmosphere results in it being a great kick-off to the holiday season.

The event is wheelchair accessible and family friendly. Bring your little ones to Santa's Workshop where they can create all kinds of Christmas crafts while listening to Christmas music, enter into daily raffles, and of course, stock up on all your holiday goodies.

Christmas Chaos hours are:

Thursday

12:00 p.m. - 7:00 p.m.
(12:00 - 1:00 p.m. Early Access & inclusion for wheelchairs, strollers and seniors)

Friday

12:00 p.m. - 8:00 p.m.

Saturday

10:00 a.m. - 5:00 p.m.

Sunday

10:00 a.m. - 4:00 p.m.

For more information go to
<https://www.cvrd.ca/2674/Christmas-Chaos>

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Submit your photos to
stephanie@vibemediagroup.ca



Duncan
Photo Credit Jessica Bernatchez, Instinct K9 Services



Old Baldy Mountain
Photo Credit Kelly Van Diest IG braveandboldadventures

What I love most about living in Lake Cowichan is the endless outdoor activities and the small town community vibe. It is such a welcoming little town. Cowichan Lake is the best place to be in the summer, so many provincial parks to camp at, Maple Grove being one of my favorites! With the mountains right in our backyards, it's great to get some friends together, go have a bonfire and go sledding for the day in the winters. Growing up in this small town has been more than amazing. Your friends are like family and everyone's so close. As it continues to grow it is a great place to raise a family, especially if you are outdoorsy!

-Madison Wise

As a mom of 3 young children, we love living in the Cowichan Valley for so many reasons! We are big on the outdoors and we are so central to so many great trails right out our backyard. We love Stoney Hill, Baldy Mountain, Trans Canada.. All the trails here are so great for my kids whether we are walking, biking, running! Even if we want to head to explore up Island or down Island, we are right in the middle. The Cowichan Valley in my opinion is the best place for my kids to grow up and learn about nature.

-Chelsea Boylan



Mount Tzouhalem
Photo Credit Mary Lee Sampson



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"We Thank Them All for their Continued Hard Work"**



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