

COWICHAN VALLEY

HARBOUR VIBE

SUMMER/FALL 2022

HIGHLIGHTING
COMMUNITIES OF THE
COWICHAN VALLEY

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Overlooking Ladysmith

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Letter from the Editor

Welcome to the first edition of the Harbour Vibe! I'm your Editor in Chief, Nicole Brazzale. I couldn't be more excited to introduce you to our community magazine that features the beautiful communities of the Cowichan Valley which include Cassidy, Ladysmith, Saltair, Chemainus, Duncan, Crofton, Cowichan Bay, Cobble Hill, and Mill Bay.

I have had the privilege of calling Vancouver Island home for the past three years. My husband, son, and I moved from Burnaby to Port Alberni in 2019 before settling down in Ladysmith in 2021. While we had never set out to live in Ladysmith, a place we had only known because it was a usual pit stop on our trips to Victoria, I wouldn't pick anywhere else to live now. As with most Vancouver Islanders, I love the outdoors. I fell in love with hiking and backpacking while living in Port Alberni, and have just begun exploring the vast Cowichan Valley with my blue heeler, Ted. Hiking, exploring, learning about where I live, and writing are just some of my favourite things, which is where the Harbour Vibe comes in. I have been an Editor for Vibe Publications for three years now, and I love that I get to live a life I love while sharing it all with you.

With this being the first edition of the Harbour Vibe I wanted to formally introduce each community and their beginnings; pre and post colonialism. The Cowichan Valley is rich in history, natural beauty, and unique communities which I'm excited to learn about and share with you readers. I wake up grateful to call this beautiful slice of Vancouver Island home every day because I truly love where I live. I'm excited to build on this magazine with each edition, as there are so many unique places within the Cowichan Valley. We would love to hear from you! Email nicole@vibemediagroup.ca with pictures, places to explore, and why you love where you live.

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.

- Nicole Brazzale



Welcome to the Harbour Vibe

We are a community magazine in the Cowichan Valley showcasing the beautiful communities of Cassidy, Ladysmith, Saltair, Chemainus, Duncan, Crofton, Cowichan Bay, Cobble Hill, and Mill Bay. Our mission is to share why we love where we live through history, natural beauty, and our unique communities. We are a sister publication to The Valley Vibe and Coastal Vibe, a part of Vibe Media Group.

Our mission at The Harbour Vibe is to highlight The Cowichan Valley's history, natural wonders, businesses, and outdoor recreational opportunities. We're in the business of showing off why we love where we live through fascinating print publications.

Marble Bay Road Photo Credit Max Zalink, Zeal Media

Love Where You Live

Living on Vancouver Island in general is such a blessing, but there is something unique and especially beautiful about the Cowichan Valley that truly makes this the best place to live. The rolling hills, lush forests, old growth trees, rivers, lakes, mountains, endless fields, and pristine shoreline combined with the unique and kind people that have both lived on these lands for thousands of years and those who have settled here, make up the amazing Cowichan Valley we get to call home.

The communities of the Valley put a heavy emphasis on arts, culture, recreation, and history. From historic heritage buildings in Ladysmith, to the Murals of Chemainus, hand carved Totem Poles in Duncan, unique artisan shopping in Cowichan Bay, rolling farmlands and vineyards throughout Mill Bay and Cobble Hill, the crystal clear lakes of Cowichan and Shawnigan, numerous hiking and mountain biking trails, and breathtaking beaches throughout, the Cowichan Valley is abundant and beautiful.

The Cowichan Valley is home to small business owners, artists, farmers, musicians, historians, and visionaries. We live here because we love it here and find inspiration at every turn; from the ocean and the mountains, to the history and those who came before us, the Cowichan Valley is full of wonder and awe that has invited us to put down our roots here.

We Love Where We Live because we live for the vibrant sunrises from our local beaches, the views of the North Shore and Washington Mountains from the tops of Cobble Hill or Mt. Provost, tubing lazily down the Cowichan River surrounded by lush green forests, and the kindness of our communities. The Cowichan Valley is, we believe, the best place to call home.



1



2

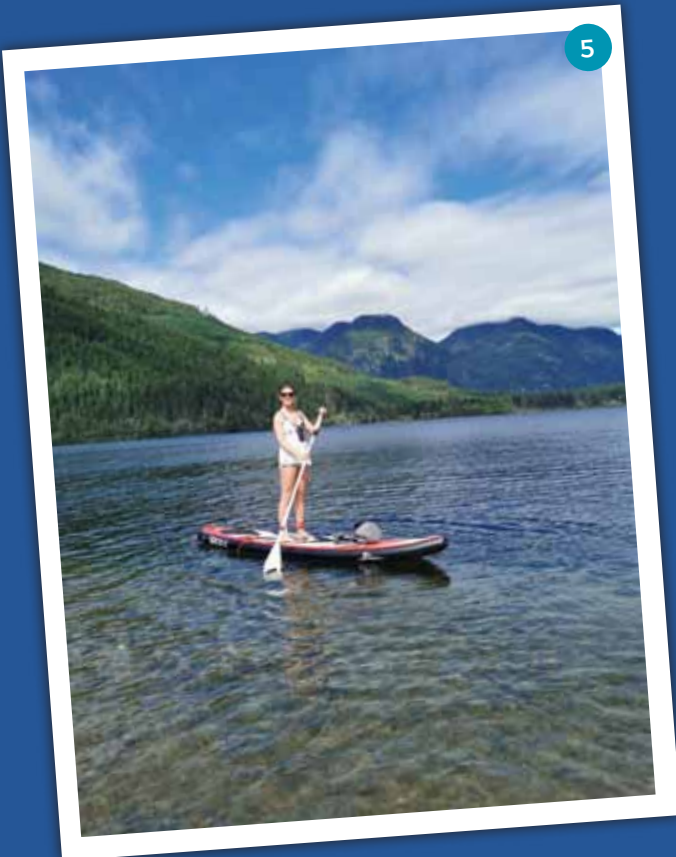


3



4

If you want to be featured in our next issue, email your photos to stephanie@vibemediagroup.ca



5

- 1 Golden hour Cowichan Bay Estuary
Photo Credit Cheri Fretz Beaulieu
- 2 Lake Cowichan
Photo Credit Jen Gold
- 3 Lake Cowichan
Photo Credit Jane Roth
- 4 Kinsmen Park, Ladysmith
- 5 Lake Cowichan
Photo Credit Stacy Wood

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Cowichan Bay



Crofton seawalk



Chemainus



View from Cobble Hill

As We Begin Our Trip Through the Cowichan Valley

The Cowichan Valley is located between Nanaimo and Victoria, spanning across the Island from Valdes Island on the east coast to Carmanah-Walbran Provincial Park on the west coast. The name Cowichan came from the First Nations name Quw'utsun, or "land warmed by the sun". The Hul'q'umi'num people have owned and occupied these lands for thousands of years, and are a part of a larger first nations group referred to as the Coast Salish People. The Valley is home to seven traditional villages: Kw'amutsun, Qwum'yiqu', Hwulqwselu, S'amuna', L'uml'umuluts, Hinupsum, and Tl'ulpalus. Post colonial communities within

Cowichan Valley include Ladysmith, Saltair, Chemainus, Duncan, Crofton, Cowichan Bay, Cobble Hill, and Mill Bay.

The Cowichan Valley is known for lush old growth forests, beautiful mountain ranges, picturesque beaches, vast agriculture, vineyards, crystal clear lakes, rivers, and rich history. Each community in the Valley is unique, beautiful, and full of friendly faces.

Ladysmith was originally known as Oyster Harbour, and is located on the traditional territories of the Stz'uminus First Nations. Ladysmith resides on the 49th Parallel, the border between Canada and the United States of America. Known as a heritage by the sea town, Ladysmith's 1st Ave showcases restored historic buildings, as was awarded the Greatest Street in Canada in 2017. This beautiful small town has a scenic beachfront and lush forests waiting for exploration.

Saltair is a small coastal community nestled

between Ladysmith and Chemainus. Home to peaceful Stocking Creek Park, this rural community believes in protecting the natural beauty of the area.

Continuing south to the traditional territories of the Hul'qumi'num village Shts'emines, Chemainus is a coastal community with a rich artistic influence. Known as the Mural Town, Chemainus is home to over 40 murals located throughout the community.

Overlooking Saltspring Island, Crofton is a small coastal community located on Osborne Bay. Featuring a magnificent boardwalk and lush forested mountains, Crofton is a beautifully peaceful town.

Travelling inland, Duncan is the civic centre of the Cowichan Valley. It is located on the traditional territories of the Quw'utsun First Nations, Duncan is known as the City of Totems, featuring over 41 hand carved totem poles throughout the downtown core. The City of Duncan is the smallest

city by area in Canada, coming in at just 2.07 square kilometres.

Heading back towards the coast, Cowichan Bay is the traditional territory of the Tl'ulpalus First Nations. Cowichan Bay is a coastal community featuring breathtaking views of the bay and surrounding mountains.

Cobble Hill offers rich agriculture, vineyards, and Cobble Hill itself; ideal for mountain biking and hiking.

Lastly, Mill Bay is situated at the base of the Malahat, with ferry services across the Saanich Peninsula to Brentwood Bay.

These communities make up a small portion of the vast Cowichan Valley, but make up a big part of why the Valley is so special. Read on to learn more about the amazing communities within the Cowichan Valley.



Chemainus



Kinsol Trestle (Shanwigan Lake)



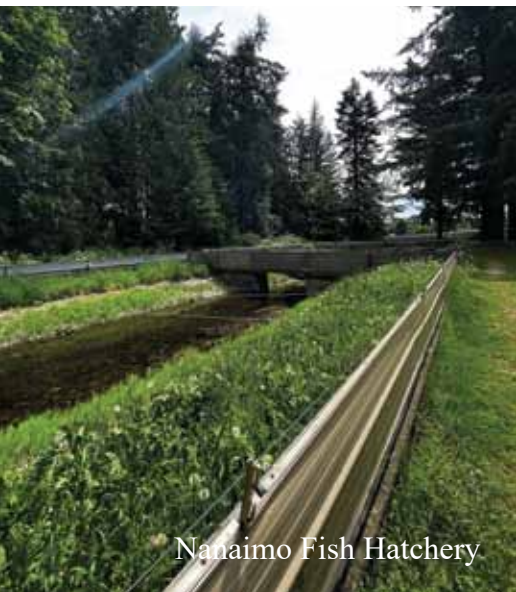
Cobble Hill



Crofton



Nanaimo Fish Hatchery



Nanaimo Fish Hatchery



Nanaimo River near Cassidy



Nanaimo River near Cassidy

WELCOME TO CASSIDY

While **Cassidy** is technically just outside of the Cowichan Valley Regional District, we wanted to include this unincorporated town into the Harbour Vibe. Named after Thomas Cassidy who farmed in the Oyster Bay District, was known for supplying milk and vegetables to the camps of men building the railway between 1884-1886; by the 1900's the area was known as Cassidy's Siding. In 1942, Thomas William Cassidy, his son, sold the land to the Department of National Defence for the Royal Canadian Airforce's glider pilot training facility. We know this area today as the Nanaimo Airport.

Cassidy straddles Haslam Creek, which flows east-northeast, meeting the Nanaimo River near the Nanaimo River Fish Hatchery and Nanaimo River Regional Park. The Nanaimo River is part of the traditional territories of the Snuneymuxw and Stz'uminus First Nations who occupied the river in the fall and winter months. Archaeological remains of five Coast Salish villages can be found along the river: *Solachwan*, *Tewahlichin*, *Anuweenis*, *Kwalsiarwahl*, and *Ishihan*. The Nanaimo River served as the lifeblood for the Coast Salish peoples living in present day Nanaimo.

The Nanaimo River Fish Hatchery is a beautiful place to explore and learn in Cassidy. Located off Beck Road on Rugby Road just north of the airport, the Nanaimo River Fish Hatchery was initiated in 1978 to help restore Nanaimo River chum, coho, and Chinook stocks and maximise

benefits to local fishers. The current objectives of the hatchery are assisting with First Nations Fishery Strategies, conservation of Chinook, chum, coho, and pink salmon, education, stock assessments, and stewardship. While the best time to visit to see the salmon is during spawning season between September and October, the trails that surround the hatchery are beautiful year round.

The trail system surrounding the Nanaimo River Fish Hatchery is an easy walk through lush forest following the river and streams. There are a couple different trails to choose from, short loops along the Zurbrigg Channel and Napoleon Creek, and longer loops along Haslam Creek. The trails remain relatively level throughout, making this an ideal adventure for all levels.

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We look forward to the next 45 years!

Kathy, Wayne, Harmina & Peter



WELCOME TO LADYSMITH

Panoramic View of floating dock in Oyster Bay, taken in the town of Ladysmith, British Columbia, with the Canadian Rockies in the background.

Ladysmith was originally inhabited by the Stz'uminus First Nation who are part of the larger Coast Salish Nation. Their traditional territory on East Vancouver Island borders much of the Strait of Georgia and Ladysmith Harbour. For thousands of years prior to European settlement, the Stz'uminus First Nation practised traditional food gathering techniques with numerous fishing camps established around the harbour.

Ladysmith is located 23.4km south of Nanaimo, and sits on the 49th Parallel, which is also known as the border between the United States and Canada. In 1884, James Dunsmuir privatised much of Stz'uminus lands and resources. In 1904 Dunsmuir founded a company town at Oyster Harbour for miners working at his recently opened Extension colliery located 20km north. Dunsmuir then named the new town Ladysmith in honour of

the end of the siege of Ladysmith, South Africa during the Boer War.

Coal mining was a popular industry throughout Vancouver Island, Ladysmith included, until an explosion in the mines killed 34 men in 1909. The industry started declining in the 1920's and the mines were closed for good in 1931. After the coal mining industry closed on the Island, logging and lumber milling continued to play an important role in the community. Ladysmith is now known as a heritage town with marvellously restored buildings and history.

Walking along Ladysmith's 1st Ave is like taking a trip to the past. Heritage buildings and archives can be found all along the downtown core, from the ship anchor located in the roundabout that was retrieved in 1962 from the Ladysmith Harbour, to

the 1916 single cylinder Fairbanks Morse water pump located off the highway, and everything in between. Many of the heritage buildings found in the downtown core of Ladysmith were relocated from Nanaimo in 1901. The buildings that were relocated alongside construction, made Ladysmith the town we know today.

Just across the highway from Ladysmith's downtown core is Transfer Beach Park. The name Transfer Beach came from a dock that was used to "transfer" coal to Vancouver. At the time the dock was the first of its kind on Vancouver Island, featuring the latest technologies; it was designed in a way that allowed Dunsmuir the ability to directly move coal from cars to barges using a network of train tracks. Evidence of Ladysmith's early coal mining days can be seen at Transfer Beach Park, with historical artefacts including a

set of Weigh Scales, a Steam Donkey, and the remnants of the old dock scattered along the beach itself.

Transfer Beach Park is the perfect place for a stroll, play in the playground or waterpark, enjoy a bite to eat from the food trucks, head out on the water for a paddle, and soak up the sun on a warm summer day. Transfer Beach features Vancouver Island's largest open-air amphitheatre, which hosts concerts, events, and celebrations throughout the year. The walking paths take you through a beautiful forest full of Arbutus, maple, pine, and cedar trees. Black sand can be found at Transfer Beach, which serves as a reminder from Ladysmith's coal mining days. The beach offers scenic views of Douglas Fir and Cedar covered hills, some of the Gulf Islands, and of course the stunning oceanfront homes situated along the

lower part of Ladysmith and Saltair.

Alongside Ladysmith's rich history and natural beauty is a deep arts culture. Public art can be seen throughout the town through murals and banners. The current banners along Ladysmith's First Avenue were created by Jason Harris, a Stz'uminus artist who started off his arts journey with carving before exploring painting. The current banners represent Sea Searching (Otter) and Hummingbird Season. Jason found inspiration right in his front yard, "My otter is something that interests me a lot. One day, as I sat in the room where I carve, an otter actually ran under our front deck. We live on the oceanfront and my thought was 'oh wow' this otter is looking for something to eat. This design is of the otter sinking to the bottom of the ocean through the kelp to find something to eat such as Manila clams or sea urchin. You can see the bubbles coming



from the otter's mouth as it sinks and he's holding his tail from tangling in the kelp. The colours are those traditionally used by our people." A new mural is being painted in front of Frank Jameson Community Centre by the secondary students of Ladysmith Secondary School with the theme of "Connection", reflecting the natural beauty of our local landscape, culture, people, and the activities that locals enjoy, keeping us "connected" where we live. These are just a few of the amazing art pieces scattered throughout the community.

We love spending time in this unique community located on the 49th Parallel; walking along the oceanfront, through the forest, or down the busy First Avenue shopping and learning about our local heritage. Ladysmith is a beautiful community for all to enjoy.

Neck of the Woods

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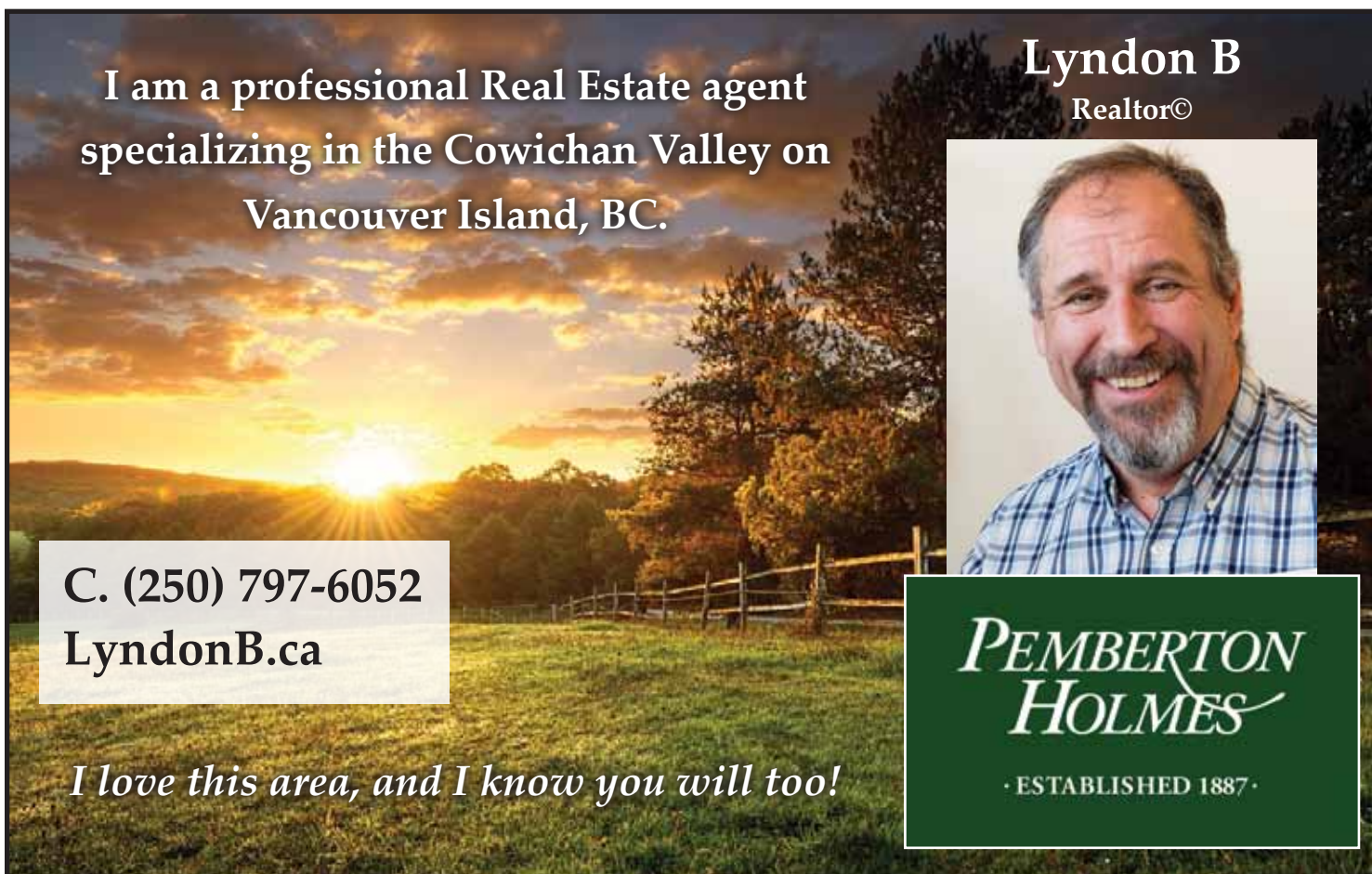
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SPOTLIGHT ON BUSINESSES



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Ladysmith Health Food Store

Located on 1st Ave in downtown Ladysmith, The Ladysmith Health Food Store provides quality supplements, vitamins, herbs, protein powders, quality cosmetics, make up, organic dairy products, specialty groceries, and more. We offer a huge selection of organic and current natural health products. See ad on page 17.

The Raptors is a wildlife sanctuary and education centre located in the heart of the Cowichan Valley. Comprised of passionate biologists and falconers, the organization's dedication to promoting education and conservation brings people closer to birds of prey to create meaningful connections with nature. Visit us today and get closer to nature. See ad on page 30.



David & Pam, Sap Siam

David and Pam moved to the valley several years ago, and decided they wanted to open an authentic Thai cuisine restaurant using Pam's many years of cooking experience in her native Thailand, and David's ability to taste perfection. When a previous Thai restaurant was closing down in the downtown core of Duncan, the couple jumped at the opportunity to enter the restaurant business and follow their passion. See ad on page 33.



Brian Davies, Pertinent Pathways

Brian Davies is a certified hypnotherapist-practitioner, working primarily out of North Cowichan. Having travelled much of the world studying arts and cultures, neuroscience, and the subconscious mind, he has started his Rapid Transformation Therapy practice to help free his clients from trauma, addictions, stress, and anxiety. As someone who has benefited greatly from RTT sessions himself, he knows there is much to be gained, when the shackles of the past no longer restrain you. See ad on page 2.



Photo Credit NoHorseRanch

The Naming of Saltair

By Barbara Cole Walton, 2010
(<https://www.sunnysaltair.ca/history/>)

*In the year 1910, when the mail was slow
With North Oyster above and South Oyster below,
Deliveries of letters got mixed up, delayed:
For the Post, it had been a confusing decade.
One might forgive Canada Post the confusion
That, maybe, arose from the sense of seclusion
To be naturally felt by a nameless post station
('Twas Canada's first in a rural location.)*

*So E&N Rail held an open contest
To name this new station (and at once put to rest
The troubles that rose from a similar name
Being used for two places that weren't the same.)
Mrs. Southin suggested the name be, 'Saltaire',
Derived from a seaside resort she'd thought fair.
Her win was an honest one, causing no strife.
(Though she was, it's worth noting, the post master's wife)*

*Now no one knows quite why they left off the 'e'.
Perhaps the eighth letter brought with it a fee
For excessive word length on road signs and plaques;
Perhaps protracted place names incurred extra tax.
But nevertheless it was spelt then, as now,
Untouched by a century's passing, somehow.
And when we come home from a day filled with care,
The signboard greets, "Welcome to Sunny Saltair".*

WELCOME TO SALT AIR

Saltair is a Coastal Community nestled between Ladysmith and Chemainus. This rural community is made up of artists, scenery, and farmland. It features panoramic ocean and mountain views, and its residents place a high value on preserving its natural beauty.

History of the formerly known, South Oyster Bay, can still be found at 3850 South Oyster School Road, where the first school in the area was built. In 1885 South Oyster School was built, measuring in at 20x36 feet, and operated until 1895. In 1905 a new single room schoolhouse was constructed and operated as a school, Sunday school, and a space for community functions. These original buildings had no running water, electricity, or indoor washrooms. The building was heated by a central wood stove, and older children were responsible for chopping wood. On the same site in 1949 a new school was built and named Mount Brenton Elementary School, after Gloria Hill won a contest. The name was inspired by the local mountain landmark. Between 1950 and 1968 seven classrooms, an office, gym, and a library were added to the school. The school closed in 2002 and remained vacant until the Cowichan Valley Regional District purchased the property in 2014. The CVRD amalgamated the school lands into the Saltair Centennial Park and the former school building became the Saltair Community Centre in 2015. The building has been revived and improved, extending its life and serving the community as a hub for social, educational, recreation and cultural activities. -Saltair Community Centre

Saltair consists of four sections: **North Saltair** is the linear landscape north of the Davis Lagoon. **Central Saltair** is the semi-urbanized portion of

SPOTLIGHT ON BUSINESSES

the community from Davis Lagoon to the Boulder Point area. **South Saltair** encompasses the rural residential and agricultural areas in the south portion of the Plan area. And **29,469 Hectares**, including Saltair and Gulf Islands. Saltair features six beach access points and three charming parks; Centennial Park, Stocking Creek Park and Diana, Princess of Wales Wilderness Park.



Photo Credit NoHorseRanch

hectares we're able to explore today. Stocking Creek Park showcases a beautiful waterfall, picnic benches, and a hiking trail. There are two entrances to this beautiful park, one is off 10786 Chemainus Road and the other is from 11014 Finch Place. Stocking Creek Park also connects with the Cowichan Valley Trail, which spans 101km from Ladysmith to Shawnigan Lake. The trail through Stocking Creek Park is a mix of

stairs and well maintained trails, taking you down to the creek and up to the waterfall. This peaceful park is a must explore in the area.

Stocking Creek Park is a 12.6 hectares protected community park. Originating in 1988 as a 5.14 hectare property, it was later expanded to the 12.6



Photo Credit NoHorseRanch



Stacie,
Troll Brothers Quilt Designs

Stacie, opened her quilt shop in 2018 online, adding a brick-and-mortar store in 2021 in Shawnigan Lake. Troll Brother Quilt Designs, named after her two sons, is a modern quilt shop for Canadian Quilters. Keeping you up to date on the latest modern quilting trends. Please enjoy free pattern downloads courtesy of our fabric suppliers, visit our website for more details!!
See ad page 37.

Kelli Lawrence,
Harbourside Neighbourhood Welcome

I grew up in a small town on PEI and was connected to my community and the ones around it. Being Harbourside's Neighbourhood Welcome Representative allows me to connect new residents to their community and surrounding area too. I love meeting new people. I love what I do. *See ad page 3.*

Victoria Mitchell,
Duncan Neighborhood Welcome

I am a creative, community minded and wholly supports shopping local whenever possible. I'm passionate about helping bridge the gap between New Residents and our fabulous Local Partners! It brings me great pride to be able to promote, support and highlight amazing local businesses and to welcome people to the Duncan area and show them all that we have to offer! Find us on facebook to request your new resident welcome package! *See ad page 3.*



Sherry Andrew,
Essential Remedies

Faced with her own and her family's health issues, Sherry Andrew became an advocate of holistic remedies. Today, with more than 17 years of experience and wealth of product knowledge, she is the owner of Essential Remedies. She continues to educate herself to keep on top off changes in the industry. Whether you are new to natural remedies or have been buying for years, her friendly manner will set you at ease. Sherry can navigate the vast array of supplements available and help you find the ones what may be suitable for you. Stop by the store to say hello and check out the large inventory of nutritional supplements, natural cosmetics, essential oils and diffusers. *See ad page 25.*





WELCOME TO CHEMAINUS

Chemainus is located on the traditional territories of the Stz'uminus First Nations, Penelakut Tribe, and Halalt First Nations. Visit Chemainus says "The origin of the name Chemainus is rich in first nations culture telling a tale of a shaman prophet called Broken Chest (Tsa-meeun-is) when translated to English. His name came to tell the legend of a massive chest wound that had been inflicted upon him, surviving, he becoming a powerful chief leading his people for many prosperous years. His people, the Stz'uminus First Nations, took his name to honour their chief." First Nations people lived off the land in quiet bays due to the rich abundance of herring and shellfish. Hul'qumi'num people settled in Kulleet Bay and established the village Shts'emines (translated to Chemainus in English).

European settlement of Vancouver Island brought with them the forestry industry, due to the lush forests surrounding the area, and Chemainus was officially incorporated as a logging town in 1858. In 1863 a sawmill was built and powered by a powerful water wheel driven by a steady stream and waterfall embankment. After the mill closed in 1983, the community rallied together to create a vision to keep the town alive. Thanks to one resident and local business person in particular, Karl Schutz, who envisioned a community full of artistic influence, the Festival of Murals was born, and continues to this day. The first 5 murals were painted in 1982, and now it is known as the Mural Town, with 40 murals located all over the town.

The Murals depicting the Chemainus story through the years. Mural #12, located at Mill Street and Chemainus Road, was painted in 1983 by Paul Ygartua. This immense mural is based on figures from the Native past and present in this area. Carved poles flank the central images of (left) Ce-who-latza, who was Chief of the Lyackson Village

on Shingle Point, Valdes Island, as well as a constable of the Native Police and a Native pilot for the Royal Navy; (centre) former Chemainus Band Chief Clay-sa-luke; and (right), a Salish woman. One of the other figures is Mary Rice, top right.

Mural #6, located on Mill Street, was painted in 1983 by Sandy Clark and Lea Goward, features a luminescent cedar bark cloak enveloping the figure of a Native princess as she contemplates the arrival of the sloop Her Majesty's Ship Reindeer. The ship's commander, Captain A.E. Kennedy was an acquaintance of Isabel and Thomas George Askew, pioneers of Chemainus and mill owners for many years.

Follow the yellow footprints through town for a self guided tour of the spectacular murals

Mural #2, located on Legion Street, was painted in 1982 by Frank Lewis, Nancy Lagana and Paul Marcano. This mural is Based on a photograph from 1901, the scene is typical of the busy harbour on any given day. Sailing ships and steamers, as many as five at a time, would be loading or waiting to begin their 'lay days'. At

the centre, a boom man sorts logs in the slippery danger of the log dump. The mill is portrayed here as it was in 1892; it was the third operation to be built on the site. Owned by the Victoria Lumber & Manufacturing Co. Ltd., it was improved over the years until a fire destroyed it in 1923. On the right, Engine No. 21 of the V L & M Co. Ltd. rolls off another load into the Chemainus log dump. The year is 1899. The locomotive, a 2-8-0, has already seen two decades of work, having been built for the Pennsylvania Railroad as Engine No. 248 in 1879 (CN 433).

Mural #33, located on Chemainus Road, was painted by Cheng Shu Ren (Arthur Cheng) and assisted by Chen Ying. This mural tells a story of the many newcomers from China who worked in the mines at Mt. Sicker. Among them was Shong



Hai Chang, who opened a general store before the turn of the 20th century. He called it “Sam Yick Kee” (“three benefits”).

The mural portrays the store operated by his son, Ning Chang, (the first Chinese child born in Chemainus, 1913). The street scene illustrates this popular meeting place and focal point for Chinese immigrants supplying commodities and foods imported directly from China. The Changs also operated a piggery and sold meat to local markets. Shong Hai Chang’s passing in 1934 was marked by the largest Chinese funeral ever seen in Chemainus. His son, Ning Chang, took over the business located at the site of the 49th Parallel Grocery store on Oak and Esplanade Streets. His descendants still reside in Chemainus.

By the Bay, mural #EC5, located between Utopia Bakery and Bonnie Martin Restaurant, was painted in 2016 by Mario Labonte. Inspired by Emily Carr, this mural showcases the vistas from the shores of Vancouver Island that have always captivated residents and visitors alike. The Arbutus trees featured in this mural are native to the Pacific Northwest. The tree is the only broadleaf evergreen tree in Canada. It was important to the Coast Salish First Nations, who used its leaves and bark to create

medicines to treat stomach problems, wounds and colds. The berries were an important ingredient in many foods eaten by Northwest Coast First Nations peoples. Artfully hidden in plain view is a face of clouds and leaves; the artist’s expression of the interconnectedness of everything. This mural contains a reproduction of Emily Carr’s *Chemainus Bay*.

[excerpts are from the Chemainus Mural Society]

This is only a small fraction of the amazing and thought provoking murals located throughout Chemainus. Follow the yellow footprints through town for a self guided tour of the spectacular murals. While exploring the murals, be sure to check out the local antique and thrift stores for unique finds. Treat yourself to a spa service before enjoying a bite to eat. Explore one of the many parks and trails that this beautiful community has to offer with a hike around Chemainus Lake or a swim at Fuller Lake. Head down to the beach for some beachcombing at low tide, or let the kids play at Kin Beach Park while you soak up the sun. Chemainus is a small town with a massive personality, from arts to outdoors, this oceanside community is uniquely beautiful.





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All of these suggestions are available here at the shop!

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SPOTLIGHT ON BUSINESSES



“Neck of the Woods” means “your neighborhood or the area where you live”. We wanted a community feel; a place where people feel welcomed and love to visit. “General Store” is in keeping with our old building (c. 1940) and heritage aspect of our town. In the old days a General Store carried a broad selection of items. It was also a gathering place. We just love that!

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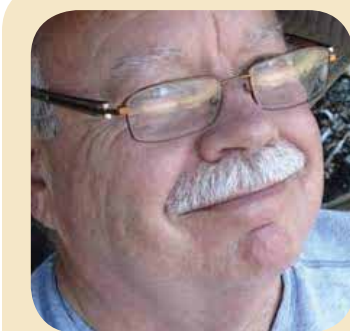
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Lisa Marie Barron, MP

Lisa Marie Barron was elected Nanaimo-Ladysmith’s MP in September 2021. After 20 years of working with and advocating for vulnerable people in our community, she has frontline experience creating change – not just talking about it. Now, she works federally pushing for solutions to complex problems and helping build a better future. See ad on page 9.



Clayton Counselling Services Inc.
Dr Kent Clayton, B.A.; M.Div.; D.Min.; PhD. (Psych) RCC. Dr. Kent Clayton has been counselling individuals, couples and families for over 30 years as a qualified Family Mediator, and Counsellor. During this time, he has counselled children, adults, teens, families, and couples. He also assists children and parents in navigating divorce and separation respectfully. He has been a member of Family Mediation Canada since 1997 as well as a member of the Association of Christian Psychologists and the American Association of Christian Counsellors. See ad on page 25.



Kari, Tulipe Noire

Kari is the force behind Tulipe Noire, a small, inviting, and cheerful clothing company, that specialize in casual, timeless, high-quality clothing. With a background in social work and medical work, Kari decided to follow in her grandfather’s retail footsteps, and create a retail shop that would hold her values and goals as a philanthropist, as well as nurture her creative side. Kari is proud to own two boutiques in both downtown Duncan and the Oak Bay area of Victoria. See ad on page 32.



Seawalk

Welcome to Crofton



Seawalk



Osborne Bay Park

Crofton is a small community nestled on the shoreline of Osborne Bay, overlooking Salt Spring Island. Crofton has gone through numerous economic shifts, starting off in the mid-1800’s with a small group of several families who built a homestead and farmed the land. Just before the turn of the century Australian-born Henry Croft, a lumber and mining magnate, developed the prosperous Lenora mine at nearby Mount Sicker. The success of the Lenora mine prompted Croft to purchase the townsite to build a copper smelter. The town prospered until 1908 when the world’s copper prices plummeted and the mine closed. In 1956 the town was revitalised by the building of a large pulp and paper mill on the outskirts of town.

Osborne Bay Regional Park, once the Morton Family Farm, is located at the end of Smith Rd at the base of Maple Mountain. Representing the marine coastal landscape, this picturesque park offers beautiful pebble beaches, fishing, and numerous trail systems ranging in difficulty. If a challenge is something you’re after, the 15km Maple Mountain via Climb Trail and Maple Syrup takes you up a steady 500m for beautiful views before looping back around. If coastal views are what you’re searching for, the moderately difficult Yellow and Blue Loop provides beautiful water views and bird watching. For an easier route explore the 2km Osborne Bay Beach trail will take you right down to the beach, perfect for the entire family. As always, when out and about on our trails, stay bear aware and pack out what you pack in; it’s up to us to keep our trails beautiful for years to come.

Crofton features a stunning Seawalk along the waterfront, with views of Saltspring Island and beach access (tide dependent). This beautifully maintained boardwalk is suitable for all ages and skill levels, with numerous benches along the Seawalk to rest and enjoy a beautiful coastal day. The Seawalk is known for bird watching, ferry watching, friendly people, and enjoying the oceanfront.

The small town of Crofton is a peaceful slice of Vancouver Island, with the mountains standing protectively at its back and the ocean to its front. Walking through the community greeted by “hellos” and “lovely day, isn’t it?” Crofton holds a special place in our hearts.

WELCOME TO DUNCAN

Duncan is located on the traditional lands of the Cowichan First Nations, the largest band of the Coast Salish peoples. While the Cowichan First Nations lived all throughout the Cowichan Valley extending out to the Gulf Islands and the Fraser River, they settled primarily in present day Duncan down to Cowichan Bay. The Cowichan First Nations have lived off the lands and seas for thousands of years.

Present day Duncan almost didn't come to be, due to its location. Access to Duncan meant traversing the Goldstream Trail or coming up from the ports at Maple Bay or Cowichan Bay. Maple Bay was the original urban centre vision for Pioneer William Baumontan due to its bustling port, where goods and passengers arrived by steamer. As transportation evolved and the railway was established on Vancouver Island, Duncan became the commercial hub of the Cowichan Valley.



William Chalmers Duncan originally named the area Alderlea, whose farm shared the same name. The construction of the railway in 1886 brought the tracks through Duncan's land, earning the name "Duncan's Crossing". After the first train station was built in 1887 the name was changed to "Duncan's Station". The incorporation of the City of Duncan in 1912 is due to merchants and residents who petitioned to the Province of British Columbia to secede from being a Municipality of North Cowichan to incorporate Duncan as a city, after poor road conditions and lack of services had become intolerable.

Early settler Duncan economy consisted of agriculture, with some attempts at logging, before copper mining at Mt. Sicker propelled the city into the 20th century. Duncan established itself as the urban centre of the Cowichan Valley early on, with merchants and trades people building businesses that catered to the needs of new settlers, farmers and miners. Impressive buildings were constructed while services like a hospital, power station, school, and post office were established. Early day Duncan brought together Cowichan peoples donning regalia, Chinese miners getting a bite to eat, and settlers enjoying the unique city together.

Contained within four square blocks bordered by Duncan Street on the east, Boundary Street on the west, Government Street on the south and Ingram Street on the north, downtown Duncan features over 300 unique, vibrant, and eclectic shops alongside Totem Poles and historic buildings. Canada Ave showcases the former E&N Railway Station, built in 1912, now home to the Cowichan Valley Museum. The Cowichan



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Merchant Building located along Station Street, Craig Street, and Government Street; it was built in 1910 before burning down in 1911, and was rebuilt in 1912 as a department store which was used as such until 1995. It became the largest department store on Vancouver Island north of Victoria, and was home to the T.Eatons Company from 1949 to 1990, when Eatons declared bankruptcy. The renovations of 1995 converted the department store into offices on the second and third floor with shops on the main floor.

Present day Duncan is known as the City of Totems, home to over 40 hand carved totem poles, and is an ongoing project. As a way to attract visitors to Duncan, the project began in 1985, and has become the largest outdoor collection of publicly displayed totem poles. The project began with Mayor Douglas Barker, who enthusiastically brought the City Counsellors, Cowichan Tribes Chief and Council, and the business community together on this project. The "City of Totems" set out to celebrate the close ties between the City and the Quw'utsun' people and unique art form the totem pole represents, while beautifying the city. The official designation of Duncan, the City of Totems took place in 1986, representing two cultures coming together.

Totem Poles and House Posts have long been used to share family stories, with designs representing family crests and traditional symbols of the Coast Salish and Kwakwaka'wakw culture. Most of the totem poles within the City of Totems have been hand carved from the Western Red Cedar, or Mother Tree by Indigenous peoples. Western Red Cedars have played an important role within the Northwest Coast Indigenous culture; the trees provided material for everyday items like ceremonial masks, transportation, medication, housing, and much more. Cutting down a Western Red Cedar is a ceremonial affair, "When a great tree is chosen for a totem pole or a canoe, there are ceremonies to celebrate



Photo Credits: Victoria Mitchell

the rebirth of the tree into a new existence. These ceremonies reflect our understanding that there is a spiritual connection between man and tree, that we are all aspects of a greater whole, and that the apparent differences between flesh and wood are insignificant compared to the kinship between the spirit of the tree and the spirit of the carver." (Richard Krentz, Interview, Nov 2012)". Raising a totem pole also called for ceremony, as it was a way to bond and proclaim family relationships, and continue the oral traditions of bringing people together to remember significant events.

Each totem pole tells a story unique to the carver, who used specific symbols to portray their message. Historically, totem poles have been used to create a permanent record of events for the Coast Salish peoples. In 2012, the City of

Duncan's Totem Pole Committee launched the Centennial Project which sourced and shared the stories from the carvers through signage. The majority of carvers were interviewed for the project, and if a carver had passed away, the stories were shared by a family member.

Spend some time this summer taking a self-guided walking tour through the City of Totems, learn about the carvers and the stories that accompany each totem pole.

For more information, check out:

<https://duncan.ca/visitors/totems-tour/about-the-totems/>

<https://www.travel-british-columbia.com/vancouver-island-the-gulf-islands/cowichan/duncan/>



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WELCOME TO COWICHAN BAY

Cowichan Bay is the traditional territory of the Cowichan First Nations. The name originated because of a large rock formation on the side of Mount Tzuhalem that was said to resemble a frog basking in the sun. The Cowichan First Nations lived off the land and sea for thousands of years, harvesting the wealth of salmon and shellfish found in the many tidal flats, coves, and rivers surrounding the Bay.

Cowichan Bay became the gateway for European settlers arriving by steamer ships in the 1860s. Steamer services connected the island prior to the railway, and later the Island Hwy, transporting goods and passengers from Victoria. After transportation became more efficient on the Island, Cowichan Bay shifted into a recreational hub of water activities and tourism. Known as the Salmon Capital in the 1900's, the area has brought marine and water enthusiasts alike to Cowichan Bay for many years. It is also home to the oldest grass tennis courts in the world, next to Wimbledon, home to the South Cowichan Lawn Tennis Club which was founded in 1887. It is one of the oldest lawn tennis clubs in the world and the oldest lawn tennis club in Canada.

The Cowichan Estuary Nature Centre is located in Cowichan Bay which preserves, enhances, and protects the local estuary. An estuary is where land, fresh water, and the sea meet; acting as a transitory place between the land and water, estuaries are full of wildlife. The Cowichan Estuary

is a 400-hectare ecosystem that connects both the Koksilah and Cowichan Rivers to the ocean. It is part of the traditional and unceded territory of the Quw'utsun' People who have lived on these lands for thousands of years, using the estuary as a sustainable "supermarket" of sorts for salmon, trout, and herring. The Coast Salish peoples also used the estuary and Cowichan Bay as a gathering place, coming from up the Fraser River and as far as the USA. European settlement of the 1800's changed the estuary landscape significantly with the installation of mills for the logging industry.

In 1972 the Estuary Preservation Society registered, and has been an integral part of preserving and protecting the Cowichan Bay Estuary, while educating the public on the importance of estuaries. In 2011 the Cowichan Estuary Nature Centre was established by community members who saw the estuary as an ecosystem at risk and a natural treasure; between 2019 and 2022 the centre has planted 2175 native plants, while removing 2210lbs of invasive plants.

Walking along the Harbour in Cowichan Bay is an ideal way to spend a sunny afternoon. Mount Tzuhalem looms over the bay in almost a protective manner, the street is lined with unique small businesses and restaurants, and the ocean can be seen through the gaps between buildings. Scents of freshly baked bread and the ocean fill the air, while people stroll leisurely through this cozy little fishing village.



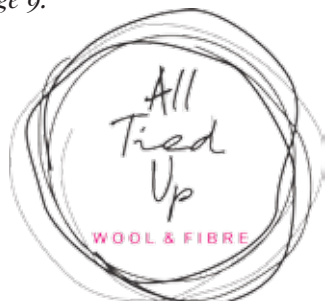
SPOTLIGHT ON BUSINESSES

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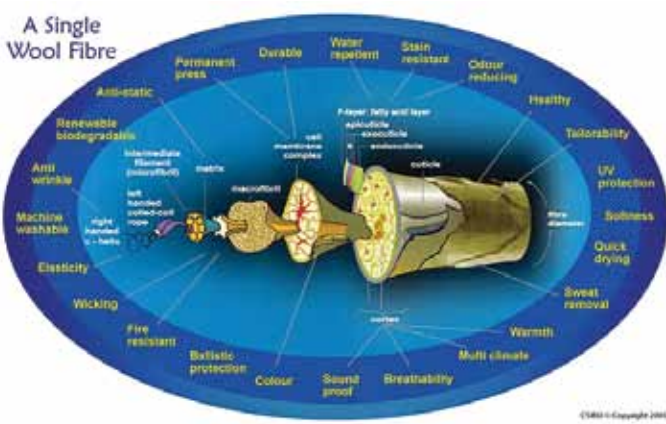


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Alistair MacGregor, MLA
Proudly representing the Cowichan-Malahat-Langford riding since 2015, Alistair is a strong advocate for food security, environmental sustainability, and agriculture. He currently serves as the NDP's Critic for Agriculture and Food, and Public Safety, and Deputy Justice Critic, and lives in the Cowichan Valley with his wife and three daughters on a small farming property. *See ad on page 37.*

Anyes, Soul Comfort
Meet Anyes. When Anyes made her first pair of infant slippers, over 40 years ago, for her little girl, she discovered her passion for wool, and Soul Comfort was born. Anyes grew up in Quebec, the daughter of two Dutch parents who survived WW2. She frequently heard them say that if it were not for wool, the soldiers would not have made it. Anyes works with wool as her vision is for the world to return to healing, natural fibers. *See ad on page 33.*



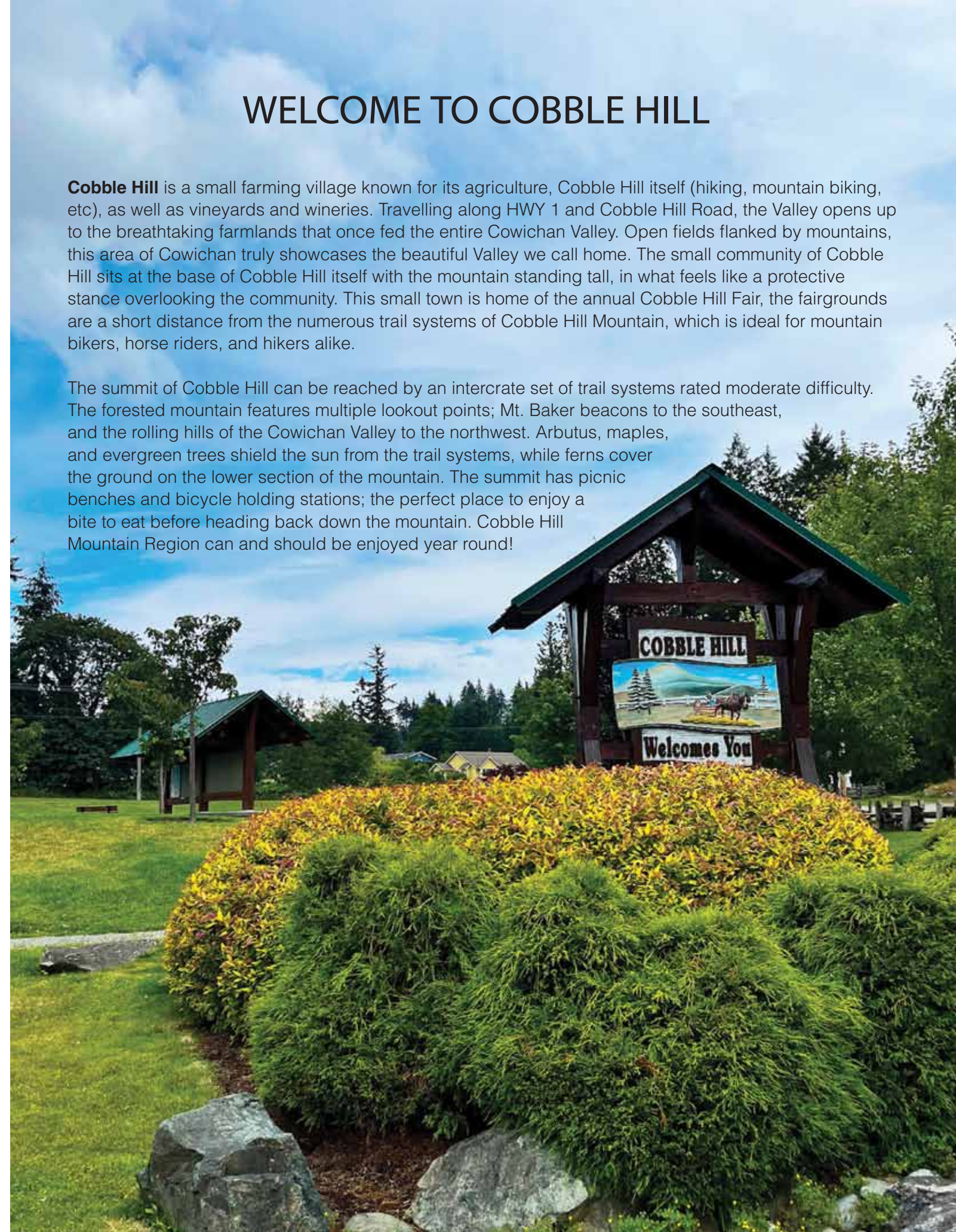
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WELCOME TO COBBLE HILL

Cobble Hill is a small farming village known for its agriculture, Cobble Hill itself (hiking, mountain biking, etc), as well as vineyards and wineries. Travelling along HWY 1 and Cobble Hill Road, the Valley opens up to the breathtaking farmlands that once fed the entire Cowichan Valley. Open fields flanked by mountains, this area of Cowichan truly showcases the beautiful Valley we call home. The small community of Cobble Hill sits at the base of Cobble Hill itself with the mountain standing tall, in what feels like a protective stance overlooking the community. This small town is home of the annual Cobble Hill Fair, the fairgrounds are a short distance from the numerous trail systems of Cobble Hill Mountain, which is ideal for mountain bikers, horse riders, and hikers alike.

The summit of Cobble Hill can be reached by an intercrate set of trail systems rated moderate difficulty. The forested mountain features multiple lookout points; Mt. Baker beacons to the southeast, and the rolling hills of the Cowichan Valley to the northwest. Arbutus, maples, and evergreen trees shield the sun from the trail systems, while ferns cover the ground on the lower section of the mountain. The summit has picnic benches and bicycle holding stations; the perfect place to enjoy a bite to eat before heading back down the mountain. Cobble Hill Mountain Region can and should be enjoyed year round!



WELCOME TO MILL BAY & SHAWNIGAN LAKE

Mill Bay is located at the north end of the Malahat. Mill Bay was established in 1860, but was first explored by white settlers in 1830. Two French Canadian brothers, Francois Xavier and Jean Baptiste Voutray, explored the shores of Mill Bay on canoes looking for fur bearing animals. Both brothers joined the Hudson's Bay Company in 1836 where they were stationed in Fort Victoria and Fort Vancouver. Later, they left the HBC and returned to Mill Bay where they worked in the mill and preempted farmland.

Mill Bay's principal industries have been lumber and milling, with Henry Sheppard playing a key

to Brentwood Bay. Explore the beautiful Mill Bay Nature Park, a 2.92 hectare park featuring walking trails, beach access, picnic benches and a viewing platform. At the end of Church Bay homes the Mill Bay historic church and cemetery, which was built in 1897, and has been turned into a museum. Soak up the sun and ocean air at the Mill Bay Community Warf, located at the end of Keir Road. Unleash your inner child at Deloume Park located 2551 McClaren Road.

The Mill Bay Shopping Centre has deep roots within the community. In 1977, Mel Sager acquired the piece of land that the present day shopping



Photo Credit Marilyn Fuller



Photo Credit Marilyn Fuller



Underneath the Kinsol-Trestle

role in the evolution of Mill Bay. He chose the site for the first mill in 1859 and in 1860, Vancouver Island's east coast had its first sawmill. Settlers who had preempted land were ready and willing to work at the mill, which brought on more homesteads in the area. The mill was purchased in 1861 by Mr. William Sayward, an American entrepreneur who had followed the gold rush to Victoria in 1855. As only the "best trees" were felled, the mill eventually closed in 1878, when marketable timber dwindled, but the name Mill Bay stuck.

Present day Mill bay is known for its many vineyards, wineries, rich outdoor life, and ferry service

centre resides on. From the start the community was involved with the process of building the Mill Bay Shopping Centre, with Mel going door to door asking residents what they would like to see in the mall. Mel formed partnerships with David Gibsons and Richard Sager; they worked together to construct the centre, including a full-service library in South Cowichan. In the summer of 1989 the Mill Bay Shopping Centre was opened to the public, and has since served the community with a variety of shops, services, and small businesses.

Mill Bay may be a small community, but there is something for everyone!

Shawnigan Lake is a 7km lake and small village located at the southern edge of the Cowichan Valley, bordering the communities of Cobble Hill and Mill Bay. The name Shawnigan is an adaptation of the Hul'qumi'num name Showe'luqun. Prior to 1883, Shawnigan Lake and surrounding areas were largely wilderness. Once the E&N Railway was constructed and the last spike hammered into the ground by John A. Macdonald himself in 1886, the community of Shawnigan Lake quickly grew. A mill was built in 1890 and closed in the mid-twentieth century due to the decline of the forestry industry and the third loss of the mill due to fire. Tourism has been the main industry of Shawnigan Lake and began early on with two hotels built by 1900. Passenger only trains serviced the community twice daily, bringing visitors up from Victoria to enjoy the beautiful lake.

The west end of Shawnigan Lake sits on the abandoned CN Rail line, including the historic Kinsol Trestle which comes in at 44m high and 187m long, making it the world's highest wooden trestles. The Kinsol Trestle is also known as Koksilah River Trestle as it crosses the Koksilah River. After the rail service was abandoned on Vancouver Island in 1980, the bridge deteriorated and was almost torn down, as it posed an environmental concern and danger to the public. In 2007 the community met with the CVRD and local conservation firms to determine the fate of the trestle; it was decided that the trestle would be restored as a walking path. The restored Kinsol Trestle reopened to the public in 2011 and is now part of Trans-Canada Trail and Vancouver Island Trail. It remains one of the few accessible and visible reminders of early mining and logging industries within the Cowichan Valley.

West Shawnigan Lake Provincial Park is a small day use park complete with picnic benches, washroom facilities, and lakeside beach access. The park is a sanctuary for Douglas Fir forest and protects an important riparian habitat for various frogs, salamanders, turtles, garter snakes, and birds. The lake is ideal for canoeing, kayaking, paddleboarding, swimming, fishing, waterskiing, and windsurfing. Shawnigan Lake is the place to be on a hot summer day with family and friends.

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Mill Bay Shopping Centre



The Mill Pizza & Grill

The Mill Pizza & Grill is a family friendly, pub style restaurant located in the heart of beautiful Mill Bay. We are family owned and operated, supported by an amazing team of employees. We offer dine in, take out and delivery within the South Cowichan Valley. We take pride in sourcing local ingredients within the island and lower main land and aim to provide our customers with quality products always!
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250-929-7102



Mill Bay Pharmasave

Eric is a pharmacist at Mill Bay Pharmasave. He received his Master of Pharmacy from the University of Birmingham, UK, in 2019. Mill Bay Pharmasave has been owned and operated by the Skoretz family for 35 years. The community welcomes Eric back to take care of the family business. We are glad he is home!
250-743-9011
pharmasave.com



Infinity Law

Established in 2013, Infinity Law started with one Victoria location. In continuing the practice of Hicks & Company, the progressive, yet down to earth, group of professionals is excited to have one of now four Infinity Law offices located in Mill Bay. Thank you for welcoming us into your community!
250-743-3245
Infinity-law.com



Westland Insurance

The Westland Insurance team at Mill Bay branch has been serving the community for over 40 years. The advisors are your local experts in home and auto insurance. They work together to provide all your insurance needs. Come in and meet the team, we've got you covered!
250-743-5573
Westlandinsurance.ca



Endure Esthetics

Shannon has a true passion for her work. She provides personalized esthetics services to her clients in her boutique clinic. Her services turn back time providing wrinkle reducing rejuvenation solutions and laser facials as well as permanent make-up such as microblading and cosmetic tattoo. She also provides piercing and lash extensions". You can find Shannon on Social Media: insta: @endureesthetics fb: Endure Esthetics T: 250-510-5006
Endureesthetics.ca



Brugo's Coffee

Located in the Mill Bay Shopping Centre, Brugo's has been proud to serve Mill Bay and its surrounding communities for over 10 years. We are dedicated to serving fresh locally roasted coffee and espresso, house made baked goods, sandwiches and other lunch items. We carry specialty donuts every Friday and Sunday and serve gelato and sorbetto year round!
250-929-2739
Find us on Facebook



Renu Laser & Skin Care

At Renu Laser we strive for beautiful, natural results to enhance your own unique beauty. Our boutique skin clinic provides the most advanced technologies in skin services with the friendliest staff, eager to answer all your questions and concerns. **Come for a complimentary consult today!**
250-743-7546
Renulaserandskin.com



Patryka Designs

Patryka Designs has one of Vancouver Island's largest combination of fashions for woman of every age including well know Canadian & international brands such as Tribal, FDJ, Joseph Ribkoff, Royal Robbins, Grizas, Gilmour, Jag & Sympli as well as a men's corner. Shop their amazing selection online or in-store.
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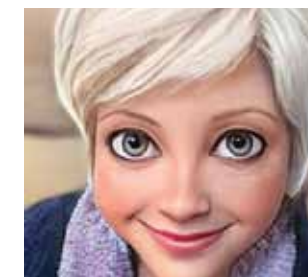
South Cowichan Library

Welcome to Your South Cowichan (Mill Bay) library! We're here with a 24,000 item collection (of books, DVDs and magazines), printing/scanning/copying services, free WiFi and public computers, and knowledgeable, smiling staff ready to help with your information and tech support needs. Come check us out at the Mill Bay Centre!
250-743-5436
virl.bc.ca



Lianne Waters - Edward Jones

As an Edward Jones financial advisor, I help empower women, families and businesses to understand their financial strategies through our established process, education and exceptional personalized service! My passion is to help make a difference by providing the tools to allow clients to take control of their finances and create lifelong relationships. In my leisure, I enjoy the ocean and my boat, scuba diving, and I am a nationally ranked competitive swimmer and a published author.
T: 250-743-0891 W: edwardjones.ca



Third Edition Gifts & Toys

Since 2017 Jen has owned Third Addition Gifts and Toys. She has been an active member of the community since moving here 12 years ago. Jen and her team are always happy to help you find the perfect gift you've been looking for! They gift wrap too!
250-743-4221

Sponsored by

2720
Mill Bay Rd,
Mill Bay, BC



<https://millbaycentre.com/>

In 2014 Mill Bay Centre was purchased by a group of local BC Investors with a solid foundation in Vancouver Island Real Estate and a determination to build on the sense of community and vision. The Owners and Merchants strived to meet each customer's every need. By first always putting the customer first, the centre expanded, and so did the loyalties between customers and merchants. Customers came, and then came back again and again. And so, it is today. This mutual loyalty creates a strong community identity, and a firm foundation to become a regular place to visit, whether you live in the area or are just passing through.

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Open Mon. to Sat. (10am-5pm*)
Mill Bay Centre
250-743-5436
virl.bc.ca/branches

*Open until 8pm Monday & Tuesday

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