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THE GOOD LIFE IN VANCOUVER

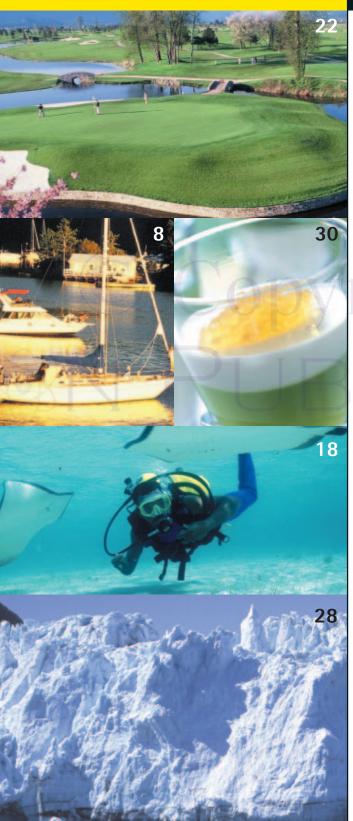








THE GOOD LIFE IN VANCOUVER





GOOD LIFE:

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Contributors

Victor Adair is the Senior Vice President, the Derivatives Portfolio Manager and the Vancouver Branch Manager for Refco Futures Canada. He began his career as a commodity broker and stockbroker over 30 years ago, and focuses primarily on the currency, precious metal, interest rate and stock index markets. He provides daily market commentary, and is nationally syndicated on the weekly radio show Money Talks, on CKNW 980AM Radio in Vancouver.

Gael Arthur writes about wine, food and travel. A perfect vacation for her combines all three. A perfect business trip contains healthy quantities of the same elements.

Virginia Aulin is a communications professional and senior editor of Room of One's Own, Canada's oldest women's literary magazine. She writes book reviews and travel and golf articles for a variety of publications.

Lucas Aykroyd is a Vancouver-based freelance writer whose recent adventures have included aerotow hang gliding, whitewater rafting, and sea kayaking. Aykroyd's work has appeared in such publications as Sports Illustrated, Travel Savvy, The Prague Post, and Prospects Hockey.

Scott Baechler is a man intent on living his dream. From the early days in his grandmother's kitchen where he piped roses on her cakes, Scott knew that a culinary career was his calling. Today, Scott is the executive chef for Vancouver's Metropolitan Hotel and oversees all operations for its acclaimed restaurant, Diva at the Met.

Catherine Barr has reported on all aspects of life in Vancouver since 1996. Her articles have featured hundreds of local and international celebrities along with coverage of all the star-studded galas, fundraisers and invite-only parties around town. Her columns and photographs have appeared in many newspapers and magazines including the National Post, Vancouver Province, Vancouver Courier, North Shore News, Westender and the North Shore Outlook.

Peter Beck is the well-known financial expert who founded Swift Trade Securities, Canada's first day trading firm, in 1998. It is now the country's leader in direct-access trading. Beck has also co-authored a book on hedge funds, and frequently appears on television to offer commentary on the performance of the Canadian markets.

Brian Kendall has explored the booming Canadian golf scene from coast-to-coast. The author of six books, Kendall's latest is Northern Links: Canada From Tee to Tee, published by Anchor Canada.

Rose Marcus specializes in evolutionary astrology. She has written for numerous national and international publications, and has been a popular TV and radio quest. She also teaches classes, presents lectures and maintains a busy private consultation practice.

Jonni O'Connor, PhD, maintains a private practice in transpersonal psychology, writes and records, and gives workshops. She has also released two books, Living the Energy: Essentials for Expanded Awareness published in 2003, and her latest, The Sexual Self: The Essence of Sexual Passion.

Michel Pelletier is a leading authority on integrated health and fitness testing and functional fitness training with over 18 years of experience in the field. Michel and his wife Svetlana own and operate Beyond Fitness Coal Harbour Club, a private Personal Training studio in downtown Vancouver. With his contagious passion for his clients' success, he is dedicated to helping them meet and surpass their health and fitness goals.

Peggy Schroeder is the Travelling Tailor, a maverick woman with corporate image sense combined with two generations of textile manufacturing, who now focuses on individuals. Building personalized wardrobes for people that demand only the best at a proper price is what the travelling tailor is all about, keeping you current by tailoring your image to suit your needs, and fine-tuning your corporate wardrobe.

Sarah Simpson is a communications specialist and freelance writer with a BFA from UBC and an MBA from York. When not promoting or writing about Vancouver's lively arts scene, she can often be found browsing through used bookstores for impossibly intellectual books that she'll never read. She is shocked and amazed daily that she is able to make a living doing something she actually enjoys.

Cindy Tomlinson is a web designer, booker, promoter, publicist, graphic designer, singer, and cofounder of *I.M.U. Productions*. Her band *OEV* was the first Canadian band to be featured by Napster.

Jim West is a public relations and marketing professional who writes on subjects ranging from finance to food. Over the span of a career that has encompassed everything from chef to bricklayer, he has travelled extensively throughout Vancouver in search of God Only Knows What.

Randi Winter is a Passionate Travel Specialist with the first full service Virtuoso Agency in Canada. She specializes in customized individual, group and special-interest opportunities worldwide, including cruising, spas and adventure travel by land, sea and air. As contributing editor for several lifestyle magazines, her vision is to offer you a new travel vocabulary and with it, new travel experiences that will take vou from dream to memory.

Anne & Laurence Yeadon-Jones are experienced offshore and inshore sailors. The Dreamspeaker Team embarked on their voyage from Southampton, England in 1985, and have since logged thousands of cruising hours charting, recording and photographing their travel adventures, the last 16 years exclusively along the southern BC coastline. They have produced three Dreamspeaker Cruising Guides and their latest book, Voyage of the Dreamspeaker.





Jonni O'Connor, Ph.D.









Peggy Sch





Lucas Avkrovd

rah Simpson







Scott Baechler





Catherine Bar



Randi Winte





Anne & Laurence

Yeadon-Iones

Rose Marcus

Brian Kendall



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Publisher Terry Tremaine 604 925.0313 terry@investment.com

Associate Publisher Connie Ekelund

Connie Ekelund info@synergy-cmc.com
Managing Editor ______

Marja Rese

Art Director & Production Marla Britton marla@investment.com

Corporate DevelopmentSynergy CMCwww.synergy-cmc.comSales Manager604 787.2022Glen Byfieldglen@investment.com

Glen Byfield Distribution

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Address all correspondence to:

GFG Media Inc. GOOD LIFE MAGAZINE PO Box 84028, 2844 Bainbridge Avenue Burnaby, BC V5A 4T9

Photographers

Cover Photographer Laurence Yeadon-Jones	www.dreamspeaker.ca
Event Photographer Jacquie McCarnan	www.jacflash.con

Coming up next issue:

Real Estate

Next GOOD LIFE Event: GOOD LIFE Birthday Party Tickets: (604) 684.9727 www.synergy-cmc.com

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Phone:	604 681.7210 (primary)
	800 370.4412 (Canada)
	800 831.2956 (USA)
Fax:	604 681.7213
E-mail:	terry@investment.com

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Prom the DUDISNER

t is summer already! The weather we're experiencing is truly amazing. I arrived here in 1987, and took about two hours to acclimatize and say this is where I want to live. It was July and the weather was great. I remember listening to the radio jock coming on the air as I did the morning drive to work. He was talking about how wonderful the day was. The water looked great, the mountains spectacular and the sky was so blue. But his message was to make sure to call Toronto and tell them it was raining. He didn't think we should let the secret out about how wonderful it was here. His feeling was that we would soon be overcrowded.

This year the weather seems particularly great. Global warming can certainly have a positive impact. However, as I write this, Newfoundland just got dumped on with 40 centimetres of snow. It would seem Vancouver is the place to be. Maybe global warming isn't meant for everybody.

With all of this remarkable weather, our cover story certainly is timely. Who wouldn't want to be able to go boating, with wonderful sunshine and the most spectacular scenery found anywhere in the country. It's simply awesome. And so what if the secret is out; in the time I've lived here Vancouver has only gotten better. All the new folks have added such a unique vibrancy to our wonderful city.

The areas that have changed around the city could not have done so without newcomers. Look at Yaletown or Coal Harbour. In 1987 Coal Harbour was only railroad tracks; today it is comprised of some of the most expensive real estate in the city. It's hard to drive anywhere in the city and not see dramatic changes happening, seemingly before our very eyes.

Next issue we're going to have a look at Real Estate and what's happening in the various areas of the city. We'll also have photos from the GOOD LIFE Birthday Party. Make sure you RSVP for this bash, see page 26 for details. I'm certain you'll have fun. We'll also be celebrating the first issue of our Calgary magazine. I'm excited to be able to boast of two different magazines in only one year. It must be the weather that's providing such a positive environment to enable us to grow so quickly.

I'm anxious to see our first Toronto edition this fall. It's going to be a little difficult to boast about Vancouver in the Toronto edition though. Ah well, we like to cover the "GOOD LIFE" and I think everyone will agree Canada is the best country in the world in which to live. So we will have to admit that even in Toronto, you can have a good life.

Terry Tremaine Publisher

We welcome letters from readers at: terry@investment.com

www.investment.com

THE WONDERS BEARBORNESS Planning a Seven-Day Gruise in Boater's Paradise

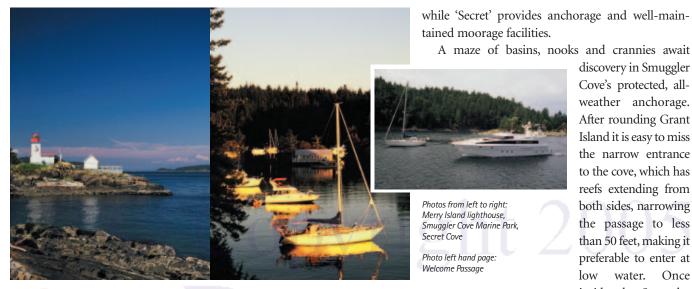
BY ANNE & LAURENCE YEADON-JONES PHOTOGRAPHS LAURENCE YEADON-JONES

egardless of make or size, this is every cruising boater's dream; a ship-shape, well-stocked craft, forecast sunshine and seven leisurely days dedicated to discovering local, little-known anchorages, snug hideaways, peaceful one-boat nooks, fun picnic stops, sandy beaches and sunsets. Enchanting Welcome Passage, a sheltered ribbon of water only 30 nautical miles (55 kilometres) from Vancouver, has it all. Separating Sechelt Peninsula on the mainland from South Thormanby Island, the passage offers convenient moorage facilities, pristine marine parks and protected anchorages in adjacent waters, many of which come with surprising peace and solitude. Safe havens for a diverse selection of wildlife can be found in many of the quieter anchorages, and on any given day you could be fortunate enough to encounter hunting bald eagles, graceful ospreys, bobbing flocks of surf scoters and belted kingfishers

diving for their lunch. Boaters will often be treated to the playful antics of river otters and harbour seals and there is nothing more rewarding than a visit from a herd of Dall's porpoises that love to ride the boat's bow-wave.

On Canada's Western Pacific Seaboard lies the intangibly vast and intricate coastline of British Columbia. In the very south, tucked behind Vancouver Island's mountainous backbone and natural breakwater, a strip of silver sea known as the Strait of Georgia plays host to one of the world's finest recreational boating playgrounds. Vancouver Island shelters the Strait of Georgia from open ocean swells and extreme sea conditions, creating relatively safe conditions for coastal cruising and making the Sunshine Coast and its island shores a popular destination for boaters and kayakers.

(This article includes Smuggler Cove Marine Park, Buccaneer Bay Marine Park, Secret Cove, Halfmoon Bay and Simson Marine Park).



Day /

When cruising from Vancouver, provisioning at Granville Island Market makes the perfect beginning to any adventure. Situated under the Granville Bridge on the southern shore of False Creek, this lively market is a haven for all 'foodies' and is open from 9 am to 6 pm seven days a week, with a convenient dock for visiting boaters (3 hours maximum stay). Bursting at the seams with fresh produce, artisans, buskers, local shoppers and tourists, the market offers an overwhelming choice of greengrocers, butchers, fishmongers, bakeries, European delicatessens, specialist food merchants, coffee shops and multi-cultural take-out cuisine.

Once the galley stores are filled, simply cast off the dock lines and head under Burrard Bridge into English Bay, then it's a pleasant jaunt to the Point Grey Buoy before setting northwest to Merry Island lighthouse, by way of the White Islets. Keeping Merry Island light to port, it's an easy run through Welcome Passage to Smuggler Cove Marine Park or Secret Cove to anchor or tie-up for the night-the choice is yours. They both provide the perfect base for exploring other temporary anchorages if the winds are not in your favour. 'Smuggler' offers cosy anchorage,

Cove opens up to a choice of three cosy basins and a good number of orange hooks embedded in the rocks for convenient stern-to anchoring-it's not sociable to swing in the narrow portions of this popular anchorage. Strategic planning and carefully calculated positioning of your boat will ensure a glorious sunset view across Malaspina Strait to Texada Island.

Note:

Currents flood north and ebb south at up to 3 knots through the constriction of Welcome Passage. North-westerly and especially south-easterly winds tend to funnel through the Welcome Passage gap, where winds can accelerate beyond their forecast strength.

Smuggler Cove affords good all-weather protection. If anchoring stern-to along the eastern shore, angle the bow of your boat towards the forecast wind direction. Boaters should be aware of the shallow areas in the cove, especially on a large tide. Depths 2-4m, with good holding in sticky mud.

discovery in Smuggler Cove's protected, allweather anchorage. After rounding Grant Island it is easy to miss the narrow entrance to the cove, which has reefs extending from

both sides, narrowing

the passage to less

than 50 feet, making it preferable to enter at

water.

inside, the Smuggler

Once

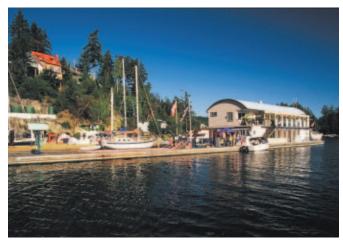


Smuggler Cove Marine Park

Day 2

Although Smuggler Cove is reputed to be crowded in the summer months of July and August, boaters will often anchor overnight, and then hop-off the following day to visit the beaches at Buccaneer Bay or move on to new destinations. With paradise to yourself, you can choose to take a leisurely hike, picnic on the warm, gentle sloping rocks off the north shore of Isle Capri or swim in the tidal lagoon in blissful solitude. As late afternoon approaches, boats begin to stream in while you lay back in the cockpit, cool drink in hand, to witness a display of anchoring techniques that provide far more entertainment than TV. There is a cross-section of crafts to be viewed—from family sailboats piled high with kids and dogs, to stylish motor cruisers offering sun downers on the aft deck.

Many trails criss-cross the park and from the south basin you can continue south to Wilbraham Point overlooking Welcome



Secret Cove Marina

Days 3 and 4

It's only a short motor or sail across Welcome Passage to South Thormanby Island where the entrance to the Bay lies between Tattenham Ledge and Derby Point. Buccaneer Bay Marine Park offers an idyllic hectare of white sandy beach, translucent water and a campsite on 'Grassy Point' which extends into the gap between North and South Thormanby islands. Primarily a day anchorage and protected from summer southerlies, the bay provides a perfect picnic stop. Sandstone cliffs back the park, the Passage, or west along the interpretive trail to the remarkable viewing and fishing rocks that look over the cove's entrance. The eastern route takes you along a maintained trail, bordered by marshland and overhung with leafy shade, to Brooks Road. To explore further continue down to Brooks Cove, then turn right into Shermin Lane which will lead you to the section of park that overlooks Frenchman's Cove. Here you can picnic on the soft moss and enjoy the quietness of this beautiful hideaway.

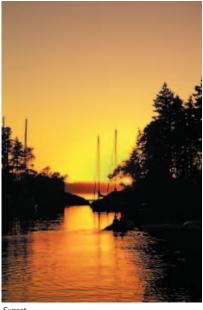
Early evening is also a lovely time to take a gentle row around the cove to meet your boating neighbours and the cove's wild life. Two quaint cottages on the private islands add a certain domestic charm to the setting, and seem a far cry from times gone by when this hideout was reportedly used as a cache for bootleg liquor and illegal navies in transit to the US. As the sun begins to set it's a treat to observe the local geese, ducks and shorebirds enjoying the last of the daylight. Bald eagles can often be seen perched high in the treetops and otter families have been spotted sliding down the grassy slopes, before disappearing into the water.

Buccaneer Bay

Be aware of the extent of Tattenham Ledge, especially on a flooding current, as the tide has a diagonal westerly set and boats big and small have inadvertently drifted onto the ledge with disastrous results. Anchor off the beach in depths of 5-10m where the holding is good in sand. The bay is open to the northwest but offers excellent shelter from south-easterly winds. Deep in Buccaneer Bay, off Gill Beach, good shelter, good holding and plenty of swinging room is available to survive the strongest of south-easterly winds. The nearby Surrey Islands and Water Bay also provide convenient shelter from southeast winds, should one suddenly spring up.

beaches abound with sun-bleached driftwood and the steep drop-off makes anchoring close to the sandy beach quite easy. Since the bay is a fun, family place and well-patronized by boaters in the summer, be prepared for plenty of activity, from beach croquet to water skiing, and the occasional visiting float plane. The day can be spent swimming, taking leisurely walks, eating and reading, propped up against the well-placed logs thrown above the high-tide line. The Gap floods at high water, but produces a multitude of tidal pools to explore at low water. Heavenly warm-water swimming can be found in the shallows on the east side of the bay and in the lagoon between the islands when the tide rises to cover the heated sand. A small park campsite can accommodate up to 12 tents and families often get together and build unique driftwood shelters and sculptures. The park boundary is on the southern tip of North Thormanby and the surrounding private properties should be respected. The bay is also home to many sea birds and a vocal colony of seals, and at times sea lions frequent the beaches.

Secret Cove, just north of Smuggler Cove, is an excellent spot to head to after a day at the beach. This spacious cove is spread out into three main fingers and resembles a small harbour, with all the facilities—ample moorage, excellent marine services, two fuel docks and good all-weather protection—should you choose to anchor. The cove is aptly named



Sunset

because the bustle of activity inside is not evident from the outside; only when the marked rock and gap have been safely navigated is the cove's inner secret revealed.

the In busy summer months a steady stream of boats enter and exit the gap between Turnagain and Jack Tolmie Islands, indicating activity within; once the marked rock has been safely navigated and the gap success-

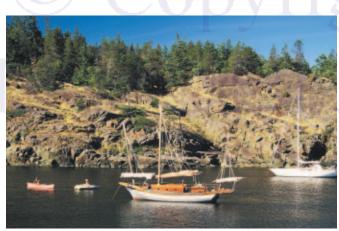
fully negotiated, hidden Secret Cove comes clearly into view. Fuel and moorage can be found at Secret Cove Marina and their well-stocked store offers a good selection of boating essentials and provisions including ice, books, charts, boating guides, marine supplies and fishing tackle. Cold beer and wine can be purchased through their BC Liquor Agency. The shower facilities are well serviced and the hot water supply ample. Breakfast, lunch and dinner with a view are available at the marina's Upper Deck Café while the outdoor patio provides a pleasant spot to linger with a drink while enjoying the entertaining dockside and boating activities. Buccaneer Marina is a well-maintained, family-operated business that includes a fuel dock, busy boat launch, limited moorage and a small store. They are reputed for their excellent marine repair facilities and local mechanics are on call 7 days a week, should the problem be a more serious one. They are the only facility to carry propane.

The Jolly Roger Inn runs a popular waterfront pub and dining room, open seven days a week during the summer months. They serve tasty, traditional pub fare and their restaurant is noted for its well-priced steak and seafood dishes. Limited moorage is also available.

When anchoring in the west finger of Secret Cove, keep in mind that a clear channel should be kept for boat and float plane access to Secret Cove Marina and fuel dock. The upside is a gorgeous sunrise. Alternatively, drop your hook behind Jack Tolmie Island for grand sunset views. Should you need to getaway-from-it-all, anchor deep in the southeast finger and relax with a gentle row in the shallows to drift with the seals and birds.

- New VHF calling channel for recreational boaters 66A
- Secret Cove Marina Full service marina with extensive visitor moorage – 604 885–3533
- Buccaneer Marina and Resort 604 885–7888 and The Jolly Roger Inn – 604 885–7860, have limited visitor moorage, call ahead to determine availability
- Fuel floats available at both Secret Cove and Buccaneer Marinas
- Propane can be purchased at Buccaneer Marina

Note: Secret Cove is a busy harbour. Leave channels to all marinas and fuel floats clear



Simson Marine Park

Days 5 to 7

It's well worth taking a short detour to visit the tiny village of Halfmoon Bay before venturing on to Simson Marine Park on South Thormanby Island, where temporary anchorage can be found in Priestland Cove, to the east and west of the wharf head. The cove is the most sheltered area in Halfmoon Bay, with protection from both northwest and southeast winds.

Halfmoon Bay's welcoming General Store is just a short walk from the public dock in Priestland Cove. Pick up a fresh loaf of homemade bread, some free-range eggs and a bottle of wine, and then cool off with an iced latte or coconut and chocolate ice cream cone under the shade of the large umbrellas on the outside patio. The Union Steamships once serviced the community of Halfmoon Bay, bringing weekly supplies and mail from Vancouver, and Priestland Cove was named after the village's legendary postmistress, Clara Priestland, who used her first-rate rowing skills to hand-deliver and collect mail from passing ships.

Well-known by the kayaking community, but often bypassed by boaters, lovely Simson Marine Park is on South Thormanby Island, which is separated from the mainland by Welcome Passage. The park was a generous gift to the people of BC from Joe Simson and his family in 1983. It extends over 453 hectares (1,121 acres) and includes the 155-meter Spyglass Hill, a number of headlands overlooking Welcome Passage and the Strait of

Long Bay (local name) is the most protected from the northwest of the two small bays. It lies north of Pirate Rock and Dennis Head and the entrance is open without obstructions. Anchor at the head of the cove in depths of 3-6 metres where the holding is good in the mud. There is room here for 3 to 4 boats and with good protection from the northwest, although it should be noted that the cove is entirely open to the southeast. Georgia, and five miles of bays, coves, bights and granite caverns along its shoreline, to be discovered by dingy or kayak. The best protection for overnight anchorage can be found in Long Bay, with Merry Island Lighthouse to the east. Charming Farm Bay, north of Long Bay, has been declared "Miss Piggy Bay" by childlike graffiti painted on the rocks above the entrance. It provides good day anchorage and makes a perfect picnic stop. Once anchored, head over to the small pebble beach and walk up through the cut to an old farmstead and orchard, where heritage apple trees stand in a grassy meadow beside a freshwater lake full of birdlife. Logging roads interlace the island and it is possible to hike from here through the cool forest to the anchorage in 'skinny' Long Bay.

Layered slabs of flat black granite extend into the water from a pebble beach piled high with logs, old crab traps and upturned tree trunks revealing highly intricate root systems. These convenient rock steps extend well into Long Bay and make a perfect surface for spreading out beach towels and enjoying a refreshing swim. The windswept cliffs on the northeastern shore are open to winter south easterlies. A thin layer of soil supports stunted arbutus and pine trees that grow horizontally along the rocks; their roots cling to anything that doesn't move.

Un-hurried time can be spent enjoying the peace and solitude that this pocket-paradise has to offer, with only the occasional visiting kayaker and local wildlife for company. Go back to the simple pleasures; picnic in the overgrown meadow under the shade of heritage apple trees, hike along the rocky shoreline at low water to explore the tidal pools or walk in the cool shade of the old logging roads. Relax with a good book in the comfort of your cockpit or take a dip in the clear, cool water and dry off on the sunwarmed rocks. End the day with a barbeque or one-pot supper on the pebble beach and bring back childhood memories while roasting marshmallows and singing favourite old sea shanties.

The rugged beauty and diversity of British Columbia's coastal waters is beginning to attract many more local and international cruising boaters annually. As the numbers of visitors rises with every passing summer, there exists a genuine threat to the peace and equilibrium of these waterways, and it is imperative that we leave no trace of our visit, by keeping wakes and noise to a minimum, packing out all garbage and being alert to the "no sewage" discharge sites.

Every boater under power or sail who chooses to enjoy this magnificent coastline adopts an equal responsibility to preserve the delicate balance of these sacred waters.

- MANDATORY "NO-SEWAGE" DISCHARGE SITES Sites visited in this article where the use of holding tanks is mandatory: False Creek, Smuggler Cove, and Secret Cove
- Public Pump-out Stations On the dock under Granville Bridge and Secret Cove Marina

NOTE: Check with the Coast Guard annually for further designations

