

2026 ISSUE 02

LIV

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MAGAZINE

CENTRAL VANCOUVER ISLAND





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GLOB (Les Foutoukours)
MON, NOV 23, 2026 @ 6:00 PM

NUTCRACKER
(Royal Winnipeg Ballet)
5 SHOWS! See website for showtimes
WED, DEC 2 to SAT, DEC 5, 2026

WINTER HARP
SAT, DEC 12, 2026 @ 3:30 PM

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WED, FEB 10, 2027 @ 7:30 PM

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FRI, MAR 19, 2027 @ 7:30 PM

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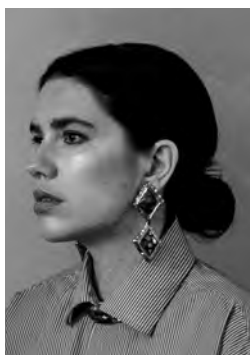
Pam Dobbs
Photographer

Pam is a self-taught photographer who lives in Chemainus. She can often be found lying prone or twisted into small spaces on the forest floor capturing the spirit of nature. You may also find her braving the many abandoned buildings that exist around the island, showcasing the lost beauty in these once-inhabited structures, now filled with the art of graffiti. Pam finds wonder in dappled light and brings attention to the small creations in nature that many don't notice. She also enjoys portraiture.



Carly Jones
Fashion hair and makeup

Carly is a passionate and intuitive hairstylist. She operates out of her private studio in the heart of downtown Victoria. She has a love for summertime. On her days off, you'll find her chasing the sunniest spot by a body of water or road-tripping somewhere fun with her little Frenchton, Lemmy. Her skill set is diverse, and she approaches each client with a custom and individual style that they can live in for a while. She loves the deep connections this career has brought in the last two decades and feels very lucky to have such a creative career.



Jordie Hennigar
Fashion photographer
and stylist

Jordie is a self-taught photographer and filmmaker based in Tofino. Her work has been featured in the British Journal of Photography's Portrait of Humanity and included in the Portrait of Humanity in Space, billed as the world's first photography exhibition in space. She has also been featured by PhotoVogue Italia and in publications including ELLE, Clash, Notion, ODDA, TMRW and Cultured. She has photographed Paris, New York, Milan and London fashion weeks, and her work spans fine art, fashion and commercial storytelling, including the Oscar-shortlisted film Bienvenidos a Los Angeles.



Jane Zatylny
Arts writer

The former editor of British Columbia Magazine, Jane is a communications specialist and the owner of Fernwood Fashionista, a vintage Etsy shop. She is also the voice behind @artsvanisle, an Instagram page dedicated to the arts on Vancouver Island.

ON THE COVER

Photo by Jordie Hennigar / Hair by Carly Jones
Model Sierra Lundy, wearing ZhenNymph crop wrap, \$27, vintage gloves, \$14, Bailey cap, \$27, all from Eclectic Avenue Boutique in Duncan.
Photographed in the Duncan Showroom.

Fashion, Page 30



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2026 SUMMER ISSUE 02

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LIVING Adventurously

Adventure can take many forms. As a young woman, I flew in helicopters and small airplanes (even without a door once, to take better photos), as well as a slightly terrifying ultralight. I rode horses, windsurfed, jumped off swimming pool towers. But these days, adventures come in smaller packages. Think mountain hikes, road trips or any of the central Vancouver Island activities listed on the opposite page.



But I didn't think that purchasing a piece of furniture could become an adventure.

The item in question was a six-foot-tall, 400-pound cherry wood cabinet for sale in Chilliwack. It was exactly what we needed, so early one Sunday we embarked on a 16-hour day trip with our "untrustworthy" Delica van, which, thankfully, did not break down on this day. Ferry fares doubled the cost of the cabinet, but we had a lovely time, walking at Cultus Lake and visiting a winery.

In Chilliwack, the seller helped load this mammoth beast into the van, but at home there were just the two of us. My advice to wait for some burly help, repeated several times,

went unheard (to be fair, we're at an age where all our friends have back issues), but we managed to heave-ho the cabinet onto a trolley. However, as we tipped the weight, the trolley collapsed. Never mind, we needed a new trolley anyway.

Drove to town; purchased a trolley. It needed assembling, but my husband said, "Meh, it's only six parts. How hard can it be?" I laughed and said, "Famous last words!" We loaded the box into the Delica, but as we closed the sliding door, a hinge snapped and the door suddenly hung askew, ready to fall off at the first bump on the road. We put several bungee cords into action, and the door stayed on as we drove—carefully—home. I called the auto shop.

But the adventure continued because there were no instructions on how to assemble this trolley, and an hour or more went by as my husband, in a "famous last words" moment, worked to figure it out. Finally, the trolley was assembled, and we started the move from the driveway to the house. But without another burly helper, Bruce carried all the weight, and as we entered the house, he was forced to move the trolley from upright to horizontal. Eventually, we got it into the small room where it would live, but with it lying on its side, there was simply no obvious way to lift it upright.

This is where the adventure sat for a few days. Everything in that room had been taken out in preparation for the move, so the contents covered surfaces all over the house. The cabinet lay, immovable, on its side, limiting access to a bathroom. Did I mention that a group of guests was due to arrive in three days?

Eventually, armed with a complicated set of lifting directions—supplied by a moving-savvy friend—we employed the principles of Archimedes, using various pieces of wood, a sawhorse, and a system of levers and holds. Ultimately, it rose without a burly helper and just one small mishap (broken glass), but it now sits proudly in place.

Our adventure concluded on a happy note—except for the unexpected cost of a new trolley, replacement glass and the auto shop repair bill. But if adventure is the spice of life—or even just the good story you get out of it—then bring it on.

Happy summer adventures to all our LIV readers!

Susan Lundy

Island Adventures

Explore the land, sea and sky this summer on Vancouver Island

BY LIV STAFF

When adventure calls, Vancouver Island answers. From treetops to tidal channels, caves and remote marine passages, this is a place to play—especially in summer, when the landscape beckons. From north to south, these six experiences celebrate the adventurous spirit of the West Coast.

History on the Water Boat Tours

Operating out of the Museum at Campbell River, History on the Water Boat Tours gets visitors out on the ocean—salty air and a sea breeze—shifting the emphasis from physical play toward active learning.

Guided by a museum historian and naturalist, tours travel through the Discovery Islands, exploring places such as Seymour Narrows and Desolation Sound. Stories span Indigenous history, logging, fishing and settlement, often revealing surprising details. Some departures feature a "Believe It or Not" element that encourages passengers to question what they hear along the way.

crmuseum.ca/programs/boat-tours/

Horne Lake Caves Provincial Park

In the Parksville–Comox corridor, Horne Lake Caves Provincial Park offers an adventure beneath the surface.

Guided tours explore limestone caves carved out by water over thousands of years. Depending on the route, visitors may climb ladders, squeeze through narrow passages or wade shallow underground streams before entering larger chambers. With options ranging from beginner-friendly to challenging, the experience reveals a fascinating underground world.

hornelake.com



Remote Passages Marine Excursions

Based in Tofino, Remote Passages Marine Excursions has been introducing visitors to Clayoquot Sound since 1986.

Travelling by Zodiac, guests can choose whale watching, bear watching, kayaking excursions or trips to Hot Springs Cove. Routes vary with conditions and wildlife activity, but sightings may include gray whales, sea lions, seabirds and black bears along the shoreline. It's a classic West Coast adventure shaped by ocean, rainforest and weather.

remotepassages.com

The Raptors

Near Duncan, The Raptors combines education, conservation and close encounters with birds of prey.

Daily flying demonstrations showcase the speed and agility of eagles, hawks and owls, while experiences such as the Hawk Walk bring visitors face-to-face with the birds. The goal is to inspire awe, as well as a deeper appreciation for wildlife conservation.

the-raptors.com

WildPlay Nanaimo

At WildPlay Nanaimo, visitors can challenge themselves high above the Nanaimo River canyon.

Aerial courses feature rope bridges, cargo nets and ziplines that increase in difficulty as participants progress. For bigger thrills, there's the 150-foot bungy jump and the Primal Swing, which sends riders soaring across the canyon.

wildplay.com

Malahat SkyWalk

At Malahat SkyWalk, the adventure rises above the forest canopy.

The experience begins along the 600-metre TreeWalk before climbing a gently sloping spiral ramp to a tower 32 metres above the ground. From the summit, views stretch across Finlayson Arm, the Saanich Peninsula, Mount Baker and distant coastal mountains. The return trip can be made on foot—or by taking the giant spiral slide back to earth.

malahatskywalk.com **LIV**

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Chemainus Theatre Festival Gallery Store, Chemainus



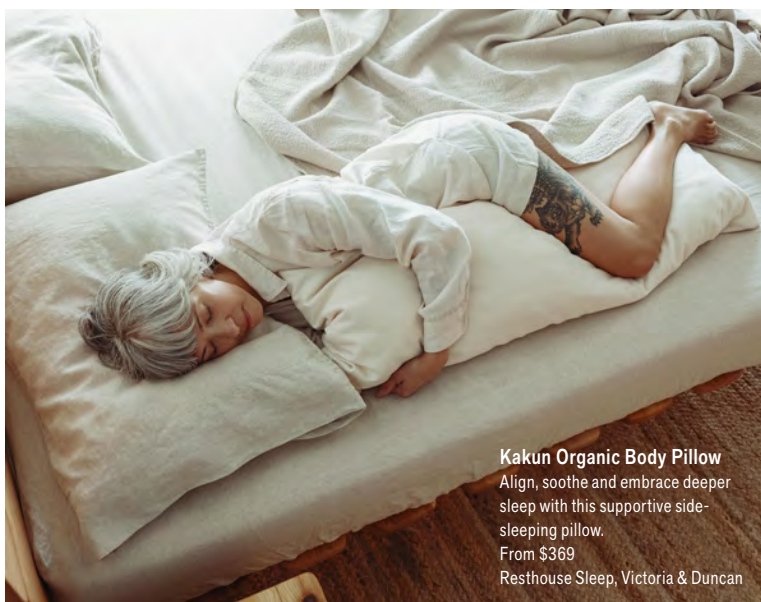
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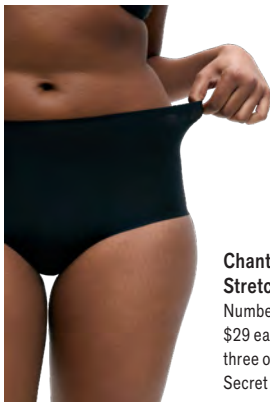
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Kinsu, Nanaimo



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Fresh, Fun & Fast

Chef Todd Bright puts his stamp on Greenview Taphouse offerings

PHOTOS BY PAM DOBBS



Chef Todd Bright

Regional chef at: Moments Hospitality. Currently at Greenview Taphouse

- Born and raised: Toowoomba, Queensland, Australia
- Culinary training: Apprenticeship in Australia to Red Seal equivalent, but travelling and working throughout the world has been the best education.
- Years cooking professionally: 27

“That newfound thirst for knowledge coupled with knives, fire, camaraderie and controlled chaos had me hooked for life.”

Did you have an “aha” moment when you knew you wanted to be a chef?

My culinary journey started in Ming Jade Cantonese Restaurant at the age of 17. I was struggling through an information technology degree at university and needed some beer and gas money. I started washing dishes part-time and, once I saw how food started from raw ingredients to become delicious flavour-packed creations. I knew I had to learn more. That newfound thirst for knowledge coupled with knives, fire, camaraderie and controlled chaos had me hooked for life.

How would you describe your cooking style or philosophy to someone sitting down at your table for the first time?

My style of cooking is about texture and balance. I ran a vegan restaurant in Halifax for three years and really learned how contrasting textures can elevate a dish. The addition of a toasted seed blend or roasted nuts to an entrée adds a satisfying crunch, while a silky-smooth cauliflower purée gives depth and richness.

What was the philosophy behind the menu development at Greenview Taphouse?

Fresh, fun and fast. We have dedicated ourselves to a high-hydration, five-day pizza dough, which we serve Roman-style. We want to serve the community with high-quality pizza offerings and scratch-made favourites like our chicken tenders, beet hummus and shaved-onion-stuffed smash burger.

Is there a dish on your menu at Greenview Taphouse that best represents who you are as a chef right now?

The French Onion Beef dip is a good representation of elevating a classic pub favourite to the next level, using technique and simplicity. We make a rich, six-hour French onion soup and separate the onions from the liquid. The soup is served as the “dip” and the onions get grilled on the flat top and added to our garlic-butter-toasted ciabatta, Swiss cheese, herbed mustard and slow-roasted AAA beef sirloin.

What five ingredients are always in your kitchen—at work or at home?

Kosher salt, soy sauce, garlic, rice vinegar, nutritional yeast.

What's your go-to meal when you're cooking just for yourself?

Buldak spicy chicken ramen is my go-to comfort food, with the following additions: avocado, cherry tomatoes, lap cheong sausage, broccoli, cilantro and fried garlic. The best instant ramen, hands down.

What is a good simple piece of advice for pairing wine and food?

Choose the wine before building your menu. Taste your wine and identify key markers, then pair accordingly, complementing or contrasting the wine depending on the varietal. Having a strong sense of the wine flavours before you start the menu will allow you to create a solid pairing.

What's one small detail home cooks often overlook that makes a big difference?

Read your recipe fully first—make that twice. Make sure you have all the ingredients and tools you need close at hand, ovens are preheated, knives are sharp and you understand the process. Mise en place!

What does a perfect day off look like for you—food included?

Filling a cooler with beer, shawarma wraps and Miss Vickie's salt and vinegar chips. Grabbing the paddleboards, the dog and the missus and heading to the closest lake for a float in the sun. A pack of sneaky peanut butter M&Ms is the cherry on top!

Warm Feta, Garlic and Herb Dip

A rich, ultra-creamy feta dip perfumed with slow-cooked garlic and brightened with lemon and fresh parsley. Serve warm with crusty bread, grilled flatbreads or crisp vegetables. Served at the Greenview Taphouse with fried tortilla chips and a little toasted seed blend on top for crunch.

Makes about 1.1 to 1.2 kg of dip (serves 8–10 as a shared starter)



Ingredients

Garlic oil and garlic

85 g peeled garlic (about 20–25 cloves)

60 ml neutral oil (about 4 tbsp), plus a little extra if needed

Cheese base

450 g feta cheese, crumbled

340 g cream cheese, at room temperature

Dairy and seasoning

170 g sour cream (about $\frac{3}{4}$ cup)

All the soft garlic from above

All the garlic oil from above

30 ml lemon juice (2 tbsp)

2.5 g ground black pepper (about $\frac{1}{2}$ tsp)

2.5 g kosher salt (about $\frac{1}{2}$ tsp), plus more to taste

Finish

18 g fresh parsley, finely chopped (about $\frac{1}{4}$ cup, lightly packed)

Method

Slow-cook the garlic

Place the peeled garlic in a small, heavy saucepan and add the oil. The cloves should be mostly submerged, so add a touch more oil if needed. Set over low heat and cook very gently for 25–35 minutes, until the garlic is soft, tender and pale golden but not deeply browned. Remove from the heat and let cool until just warm. Reserve both the soft garlic and the flavoured oil.

Blend the cheeses

In the bowl of a stand mixer fitted with the paddle (or in a large mixing bowl with a sturdy spatula or hand mixer), combine the crumbled feta and the cream cheese. Beat on medium speed until mostly smooth and homogeneous, scraping down the bowl as needed.

Build the dip

Add the sour cream to the cheese mixture. Spoon in all the soft garlic and pour in all the garlic oil. Add the lemon juice, black pepper and kosher salt. Beat on medium speed until the mixture is completely smooth and spreadable. For an ultra-smooth dip, you can finish it with an immersion blender for 30–60 seconds.

Add herbs and adjust seasoning

Fold in the chopped parsley on low speed or by hand until evenly distributed.

Taste and adjust the seasoning: add a pinch more salt if needed (feta saltiness varies), a squeeze more lemon for brightness, or extra black pepper for warmth.

Serve warm (or chilled)

To serve warm, spoon the dip into an ovenproof dish. Bake at 175–190°C (350–375°F) for 8–10 minutes, until hot, lightly bubbling at the edges and just starting to colour on top. Alternatively, the dip can be served at room temperature or lightly chilled; if it firms up too much, loosen with a spoonful of warm water or a little extra sour cream and stir until smooth.

Make ahead

The dip can be prepared up to three days in advance. Cool completely, cover and refrigerate. Reheat gently in a low oven, or warm portions as needed. **LIV**



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Built to Welcome Them Back

A Mill Bay oceanfront home designed for family, connection and West Coast living

BY SUSAN LUNDY

PHOTOS BY JACOB & JAMIE PHOTOGRAPHY
WITH PLATINUM CREATIVE STUDIOS

Set on a private oceanfront property in Mill Bay, at the southern edge of the Cowichan Valley on Vancouver Island, an exquisite, newly constructed home rises as an expression of its owners' vision and the builder's keen eye.

With a striking approach, a stunning interior and a layout that encourages connection, it's a home to which adult children can comfortably return.

"Building a home the kids will come back to was a big part of the homeowners' vision," says Matt Tyrer, general manager of Made to Last Custom Homes and project manager for the build.

To this end, the main floor holds essential living spaces, but below, a secondary level opens for visiting family or friends. With two bedrooms, a bar, a gym and a dedicated movie room downstairs, it's a house that can be scaled down or up, depending on who is there.







From plans to presence

The project began with client-provided plans, but the finished product evolved collaboratively between the homeowners and Made to Last Custom Homes.

“The client wanted visual interest on the approach,” says Tyrer. “But the plans came with a flat roof, no front bump-outs, no shed roofs over the garage doors, no stonework on the interior or exterior, and no dormers. These were added to create interest and detail, in line with the interior vision.”

The build also aimed to capture natural light and ocean views in prominent areas like the primary bedroom, kitchen, great room, dining and primary office. At the same time, the house had to sit comfortably within its beautiful oceanfront setting and neighbourhood of high-calibre homes. And indeed, the house gleams with white board-and-batten siding, a metal roof and carefully proportioned massing. Details such as dormers and stonework add depth without overwhelming the structure.

The homeowners also got their wish for a “wow factor” entry, and a big part of that was the builder’s recommendation to replace flat ceilings on the main level with vaulted ceilings. This ultimately created a mesmerizing interior that upon entry draws the eye upward and then outward through floor-to-ceiling, dormer-style windows to the expansive ocean vista beyond.

The intersecting vaulted ceilings—particularly where they meet above the great room—became one of the more technically demanding aspects of the build, says Tyrer, but that complexity is part of what gives the home its character—“even if most people will never think about how it was achieved!”

The intersecting vaulted ceilings—particularly where they meet above the great room—became one of the more technically demanding aspects of the build, but that complexity is part of what gives the home its character.

Outdoor living, extended

Designed for the rhythms of West Coast living, the home makes full use of covered and uncovered outdoor spaces, allowing the owners to follow the sun, take in the view and gather comfortably through Vancouver Island's changing seasons.

As with many Vancouver Island homes, the detailing had to balance beauty with durability, particularly in an oceanfront setting where materials, drainage and long-term maintenance all matter.

One of the most significant changes during the build was the reworking of the upper deck, which was extended and wrapped around one side of the house to connect directly with the primary bedroom. Finished in porcelain tile with concealed drainage, it represents a level of planning and execution that is largely unseen, Tyrer points out.

An outdoor kitchen, cushy seating and a fire table grace the upper deck. Below, a covered patio extends the living space of the lower level with a gas heater and additional seating. There's also a backyard patio closer to the shoreline, and a three-zone integrated sound system for the kitchen, dining, great room and outdoor areas, which adds to the fluidity of indoor-outdoor living.



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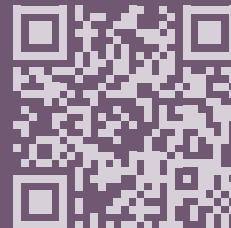
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Inside the details

Throughout the house, materials and finishes were selected to support both durability and cohesion. The clients brought a level of design experience to the process, with one of them working as an interior designer. The collaboration allowed for a more refined approach to finishes, from cabinetry to stonework.

Natural light plays a defining role, with large windows reinforcing the home's connection to its setting. The kitchen carries that same balance of form and function, with clean-lined cabinetry, integrated appliances and generous workspace.

Custom millwork and cabinetry throughout the home add warmth and practicality, giving storage and everyday functionality the same level of consideration as the larger architectural gestures.





**VANCOUVER ISLAND
BUILDING INDUSTRY
AWARDS**

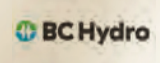
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Sight lines move easily from the kitchen through the dining area and into the great room, where a stunning limestone fireplace provides a focal point without overwhelming the space. Black accents—seen in window frames, fixtures and hardware—add contrast and structure against a creamy off-white colour palette. A bold graphic note emerges with black-and-white checkered flooring in the mudroom and laundry area.

Downstairs, the design shifts into a more relaxed, entertainment-focused mode with clean cabinetry and warm wood tones that echo the main level. The media room, with a lower ceiling height, has a cosy, intimate feel. The gym is pared back and functional, finished with a rubber floor and minimal detailing, while the guest bedrooms maintain the neutral palette and ample natural light.

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Established by owners Steve and Nicole Fitzpatrick about 15 years ago, Made to Last Custom Homes operates across a wide stretch of mid-Vancouver Island. Tyrer says the company, which has won numerous awards, is known for its expert craftsmanship, attention to detail and client-focused approach.

Central to the company's process is a financial transparency that Tyrer says sets it apart. Clients receive regular invoicing along with detailed budget tracking updates, allowing them to see how each phase is progressing.

"Every two to three weeks, clients have a clear picture of what is tracking above budget, what is coming in below, and where the projected final cost stands."

It's a highly involved, collaborative approach, Tyrer points out, but one that builds trust over the course of a project that can span more than a year.

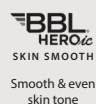
A lasting result

For all the technical detail and coordination involved, the success of a home like the Mill Bay build ultimately comes down to how it is experienced by those who live in it. Here, that experience is shaped by the beautifully designed and comfortable space, connection to the outdoors and the flexibility to hold different versions of family life over time. It has taken form in a home designed not just to impress, but to endure—and to welcome people back, again and again. **LIV**

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Vision Quest

For Cathleen Lundgren, True Love is rooted in autonomy, intuition and helping others pursue the lives they once thought were out of reach

BY SUSAN LUNDY

Cathleen Lundgren hasn't taken off the amber pendant she bought in Hawaii in nearly 20 years.

It's a warm amber stone set in silver. But for Lundgren, founder of True Love 20/20 Vision Consulting, the pendant marks the moment she promised herself she would reclaim her own voice.

She spotted the pendant in a market in Hawaii and, immediately drawn to it, she pointed it out to her husband. Later, he presented her with a gift box—but inside was a completely different piece of jewellery.

"I looked at it and asked why he didn't purchase the one that I wanted," Lundgren recalls. "He said that he was the one who was going to be looking at me, so he wanted to see something he thought was pretty."

The next morning, after he left for the airport, she returned to the market and bought the pendant herself. She hid it for a year and, during that time, paid attention to how many times her voice or her choice was controlled.

"It turned out it was with everything," she says. "From the food I ate and the clothes I wore to the job I had and where the shrubs were in the garden."

When she finally put the pendant on permanently, she promised "to have my own dreams and to stand my ground."

Today, that philosophy sets the foundation for both her personal life and her consulting business—a venture focused on helping people pursue ambitions they may have set aside for years.

"True Love 20/20 Vision Consulting is a pathway to realizing the dreams of people who want to do something that they love," Lundgren explains. "Dreams can feel out of reach, and I bring them out of the clouds and into the steps that create the desired outcome."

Unlike traditional consulting firms, Lundgren says, there is no standard list of services because "each client has a [unique] dream of their own."

Her role is helping people rediscover possibilities they have pushed aside while navigating careers, responsibilities or relationships.

"In a world where we are given many societal constructs to abide by, we tend to put our childhood dreams away," she says. "I provide permission for people to follow their dreams by giving them the tools they need, the network of support and the access to opportunities."

Over the years, Lundgren has worked on political campaigns, arts initiatives, national fundraising efforts and music careers, but she says "human connection" is the thread tying it all together.

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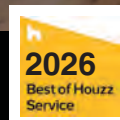


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"I provide permission for people to follow their dreams by giving them the tools they need, the network of support and the access to opportunities."

"My clients come from similar circumstances," she says. "Some have always been told they are not good enough. Some have been supporting other people in their journeys, but are now ready to embark on their own."

She adds: "Their life has been filled with obligation and routine, and they are hoping that what they have lived is not all they are being given. I see it as people finding their personal grail and we go on the quest to find it."

One recent example stands out as Lundgren recalls watching one of her music clients attend the BC Country Music Awards as a nominee. He initially arrived in her office months earlier, discouraged and struggling with confidence.

"He transformed from a man who could barely get through playing a song to the artist standing tall in front of me with his wife smiling and beaming with pride," she says. "That is when I know I've done my job."

And what does she hope her clients gain?

"I hope my clients walk away with a sense of self. After working with me, they will have faced fears and succeeded—at the very least—in trying. Trying is all we can do. Success only comes after you try a few times and learn from the experiences."

Lundgren speaks often about energy, intuition and partnership as foundations for creative work and personal growth.

"Energy and balance between people is the cornerstone to positive outcomes," she says. "All of my clients have to believe in two things: themselves and divine timing."

A tattoo on her wrist—a Celtic symbol representing love and unity—serves as a reminder of that philosophy.

"Everyone has their own source of energy and when you put them together, it has to feel good," she says. "That is where my intuition comes in."

Trust is also important; collaboration can't exist without it.

"A true partnership means that I am your 'ride or die,'" she says, adding that honesty, commitment, readiness and willingness must all be in place before people can fully pursue their goals.

Her approach has led her into a range of projects. She's currently working with hockey-player-turned-artist Richard Brodeur; she's helped numerous musicians and supported nationally recognized awareness campaigns, including childhood cancer advocate Megan McNeil's The Will to Survive. In Fort Nelson, she project-managed the Northern Lights Festival, helping secure more than \$200,000 in federal economic development funding. Closer to home, she also served as deputy campaign manager for Cowichan-Malahat-Langford MP Jeff Kibble.

Living in Ladysmith, she hopes to continue building projects that allow her to spend more time with her children—Zari, Jett and Bella—and her mother in Parksville. She also continues pursuing creative ambitions of her own, including writing a television series and, she admits with a laugh, singing karaoke "whenever I get the chance."

Looking back, it's the pendant that marks the moment her world pivoted and she stopped waiting for permission. Today, both in life and in business, she's helping others do the same. **LIV**



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Station Street

Where history and art meet retail heaven

Station Street may only run two short blocks between Duncan's Canada Avenue and Government Street, but it is tall in character. Walkable, layered with history and infused with public art, this east-west stretch feels like a small cultural corridor.

But Station Street also flourishes with shopping and service opportunities, featuring everything from children's clothing, vintage and quality consignment shops, flower retailers, a shoe store, gift and card shops, picture framing, coffee shops and restaurants. There is a collective space, Pilates studio, midwifery services and the Duncan Showroom for live music.

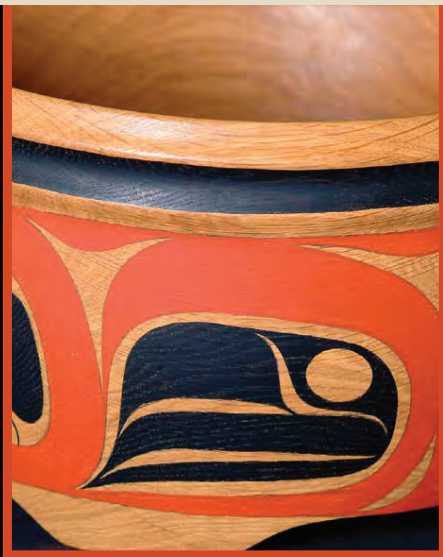
Among the area's totems is Raven Stealing the Sun—carved in 1990 by Don Smith for the City of Duncan collection. It traditionally stands at Canada Avenue and Station Street but is currently removed for maintenance. Further along, Wind Spirit, carved in 1986 by Doug LaFortune, standing between Canada Avenue and Craig Street. Outside the Judy Hill Gallery stands Bringing Light to the World, carved in 1994 by Richard Krentz. Nearby, the Transition pole (1989, Doug Marston) is another part of Duncan's renowned outdoor totem collection. **LIV**



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Eclectic & Redefined

Summer style takes centre stage in this mix of new and pre-loved fashions from Redefined Clothing Boutique and Eclectic Avenue Boutique. From Station Street's vibrant storefronts to the quirky treasures of Longevity John's Duncan Showroom, the LIV fashion team explores looks that are effortless, expressive and ready for the season.

Photography and styling: Jordie Hennigar

Hair and makeup: Carly Jones

Model: Sierra Lundy

Shot on location at Station Street in Duncan and inside the Duncan Showroom. Special thanks to The Flower Guys and Longevity John.



KRISTA LARSON rust/
brown silk dress, \$199,
KRISTA LARSON
rust silk overdress,
\$169, both from
Redefined Clothing
Boutique. Shoes:
model's own.

Redefined Clothing Nile Blue
Linen Dress, \$299, from
Redefined Clothing Boutique.
Flowers: The Flower Guys





Peach satin bias cut
top and pants, \$159
(reduced from \$235),
sunglasses, \$22,
furry shoes, \$34, all
from Eclectic Avenue
Boutique.

A woman with long blonde hair is lying on her back, looking towards the camera. She is wearing a black and white patterned wrap with frayed edges over a light-colored top. She is also wearing brown leather gloves and a silver watch on her left wrist. Her right hand is resting on her neck. She is wearing dark jeans. The background is a soft, out-of-focus green and yellow light.

ZhenNymph crop
wrap, \$27 (reduced
from \$37), vintage
gloves, \$14, vintage
1970s GAP jeans,
\$249, all from
Eclectic Avenue
Boutique.

KRISTA LARSON
rust/brown silk
dress, \$199,
KRISTA LARSON
rust silk overdress,
\$169, Sweet Genesis
pink sweater, \$69,
all from Redefined
Clothing Boutique.





Magnolia Pearl grey striped pants, \$199, Magnolia Pearl cream/red Binky jacket, \$699, both from Redefined Clothing Boutique; Wild Fable knit top with bra overlay \$18 (reduced from \$26), Seychelles ankle boot, \$67, both from Eclectic Avenue Boutique.

Behind the Shoot

From New York Fashion Week to personal art projects, photographer Jordie Hennigar follows inspiration wherever it leads



M eet Jordie Hennigar, the Tofino-based photographer behind the fashion shoot in this edition of LIV Central Island. A browse through Hennigar's photography portfolio shows work that sits at the intersection of portraiture and fashion, combining polished imagery with a strong sense of connection. Drawn to natural light, subtle shadow and thoughtful composition, she creates photographs that feel intimate and emotionally grounded. Her work often explores themes of identity, authenticity and personal strength, with an emphasis on helping subjects feel comfortable in front of the camera. Whether shooting backstage at New York Fashion Week, creating editorial work for agencies and magazines or developing personal art projects, Hennigar approaches every shoot with honesty, empathy and a clear artistic voice. Her images are both stylish and deeply human. See more at jordiehennigar.com

"I think my inspirations are constantly evolving. The more I grow, the more open to the world I am, the more I see so many things differently. And that allows inspiration to flow in from anywhere. It's the best feeling."

Nice to meet you, Jordie. Where were you born, where did you grow up and how did you get to Vancouver Island?

I grew up in a small town called Munster Hamlet in Ontario. I had family out here and after I visited at age 17, I knew I would make it back. Something shifted and I knew this is where I'm supposed to be.

What has been your career path and what eventually drew you to photography?

I am self-taught. It took people reminding me that I used to do photo shoots growing up with friends and cousins to realize that being behind a camera always came naturally to me. I was always drawn to it but didn't realize until my early 20s that it was something I was going to pursue. Initially, I planned to pursue fashion design, but then I bought a camera, and it took over. It was like an energy that surged right through me, telling me this was the direction I should go. It felt very grounding, and it was probably the first time I felt a real passion for something.

What do you hope people feel when they see your images?

Honestly, I just hope they feel something. I try to dig in deeper with any type of work I am doing, and I feel that's why people connect with my work.

Your work often feels very intimate and emotional—what helps you bring that out in your subjects?

I have been told I make people feel very comfortable. I also think I am a very tuned-in human, for better or worse, I can sense shifts in people and know when to push and pull back. When you are leading a shoot, you absolutely have to keep the energy high and positive. Of course, a lot of things happen and there are so many different personalities to navigate, but you cannot let them see you sweat. I aim to always keep a really good atmosphere, and this creates the space for me to get a great image.

What excites you most about where your work is heading right now?

I think my confidence in myself and my work. I mean, it's always a roller coaster—as it probably is for every artist—but I'm getting to a point of really trusting myself and my work. I'm also excited by creating more projects where I can express deeper concepts and ideas and using the medium to tell stories and express my inner world.

How would your friends describe you when you're not behind the camera?

They'd probably say I am quite the hermit. I do feel lucky to have found photography as it truly and consistently pushes my boundaries and has exponentially pushed my creativity and confidence in every other aspect of life. At the same time, they would probably say I know how to have a good time, and when she's out, she's out (ha ha). That's when you'll find me dancing, laughing and being weird with friends.

What does a perfect day look like?

It depends on the day, but having a nice sleep-in, going on a beautiful walk, having chats with friends at happy hour on a sunny patio, having a little dance somewhere and/or a cozy movie night in!

What do you do to reset when you're feeling creatively drained or emotionally drained?

I "hermit." I usually will sleep a lot, and no one will see me for at least a week. I also try to read more—my imagination always gets revived and inspired after reading.

Where do you find inspiration outside of photography—music, travel, people?

Oh, everywhere and anything. I think my inspirations are constantly evolving. The more I grow, the more open to the world I am, the more I see so many things differently. And that allows inspiration to flow in from anywhere. It's the best feeling.

Morning person or night owl?

Night owl, for sure.

What do you always bring to a shoot?

Water, my Alanis Morissette pin (it lives in my camera case) and a notebook.

A place you'd love to shoot next?

I don't know if there is a specific place, it's more about doing certain projects that I have been dreaming about for years and working more with motion. **LIV**



Beyond the Boardwalk

After the 2025 fire, Telegraph Cove's wildlife tours and coastal adventures are welcoming visitors back

BY SUSAN LUNDY

Set against the wild coastline of northern Vancouver Island, Prince of Whales' Telegraph Cove operation offers something unique: wildlife encounters that often begin just moments into the adventure.

Located in the tiny boardwalk community of Telegraph Cove, the seasonal operation combines whale watching and kayaking excursions in one of the most biologically rich marine corridors on the coast. Humpback whales feed in the narrow passages, sea lions crowd rocky outcrops and both transient and northern resident orcas move through these bountiful waters, which are shaped by strong tidal flows and salmon-rich rivers.

"It's completely different," a Prince of Whales spokesperson says. "You start your whale-watching tour, and the wildlife is just right there. In every corner you look, there is something else."

The company operates both its whale-watching tours and North Island Kayak from Telegraph Cove, with kayak excursions ranging from two-hour paddles to eight-day wilderness trips through the nearby archipelagos and inlets.

Located two hours north of Campbell River, Telegraph Cove is rich in heritage, with weathered boardwalks, floating accommodations and historic wooden buildings. The entire boardwalk area was threatened in January 2025, when a fire tore through much of the waterfront.

But today, visitors will find a community very much rebuilding.

"The boardwalk has completely been rebuilt, and it looks great. It looks exactly like it used to be," the spokesperson says.

The fire destroyed several landmark buildings, including the Whale Interpretive Centre, which lost many of its irreplaceable marine specimens and artifacts. Reconstruction is already underway, however, and the community response to fundraising has been significant. Prince of Whales also lost its office and equipment in the blaze.

"We unfortunately lost a lot of gear that we used to operate with," the spokesperson says. "But at the end of the day, for new guests, it's all fresh gear, all new paddles, all new life vests. So, everything's brand new."

Far from discouraging visitors, the rebuilding effort appears to have sparked renewed interest in the area.

"There is a lot of activity in Telegraph Cove," the spokesperson says. "I think people are curious to go and check out the rebuilding process and support the community."

That support matters because tourism is central to the local economy.

"Telegraph Cove needs tourism. The fire was horrible, and now we're past that, and the construction is almost done."

For travellers seeking wildlife encounters, the timing couldn't be better. Northern Vancouver Island has long been regarded as one of the province's premier whale-watching regions because of the sheer concentration of marine life moving through the channels between the island and the mainland.



"You're just there, lost in the wilderness with orcas and humpback whales. It's such a magical experience."

"All of the nutrients and essentially food for humpback whales concentrates in that area," the spokesperson explains.

The region is particularly known for northern resident orcas, a fish-eating orca population that differs from the mammal-hunting transient orcas more commonly seen farther south. Visitors also regularly spot humpbacks, dolphins, porpoises, bald eagles and bears along the shoreline.

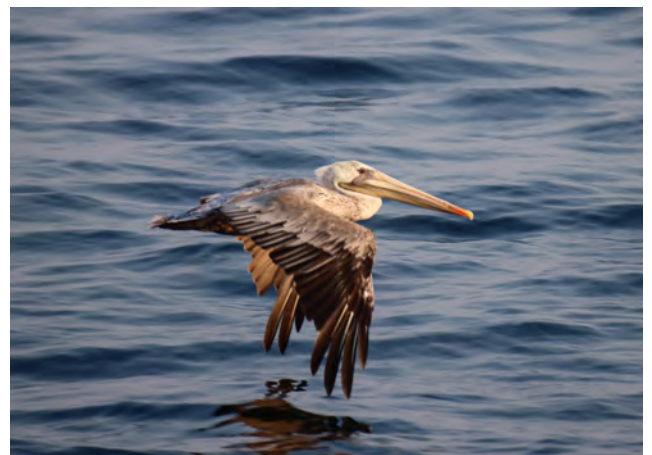
"People come all over the world to see northern resident killer whales," the spokesperson says.

Unlike the endangered southern resident population found in the Salish Sea, northern residents are currently doing comparatively well. Strict marine protections in portions of the region help preserve habitat and limit vessel traffic in key ecological areas.

For travellers wanting a slower pace, the kayaking side of the operation (North Island Kayak) offers a different way to experience the coast.

Multi-day tours venture from Telegraph Cove into the Broughton Archipelago, where guests paddle between islands and camp at remote waterfront sites. Meals are prepared by guides, and group sizes are intentionally small. Even public tours cap out at about a dozen guests.

"You're just there, lost in the wilderness with orcas and humpback whales," the spokesperson says. "It's such a magical experience."



The experience has drawn everyone from families to corporate retreat groups looking to disconnect from urban life.

"Lunch and dinner are cooked fresh at the (private) campsites or on beaches," the spokesperson says.

For many visitors, Telegraph Cove itself becomes part of the adventure. The drive north winds through remote stretches of dense rainforest and past small oceanside communities. Yet despite its wilderness location, the area remains accessible, with flights connecting lower Vancouver Island and mainland hubs to northern communities, including Port Hardy and Campbell River.

This summer, visitors arriving at the rebuilt boardwalk will find whale-watching boats heading out into Johnstone Strait, kayakers loading gear onto the docks and marine wildlife moving through the channels beyond the cove. The fire may have changed the landscape, but not the experience. **LIV**

A photograph of the interior of KAVA & Co. coffee shop. The counter is made of light-colored wood and has various coffee-making equipment on it. A menu board is visible in the background. The lighting is warm and modern.

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AWARD WINNER

Best Single-Family
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Under \$150,000



AWARD WINNER

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Under \$75,000



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Going with The *Flow*

The movement of
water captured by
Caitlyn Chapman
Jewellery



BY JANE ZATYLNKY

Leonardo Da Vinci notably said that water is the driving force of all nature. For jewellery designer and silversmith Caitlyn Chapman, water is also the thematic focus of her life's work—her stunning collection of textured sterling silver jewellery.

Growing up in Qualicum Beach and Kelowna, Chapman was inexplicably drawn to water.

"I can't swim," she says. "And I hate getting wet. But I have to be near water. I love to be at the beach and watch the waves and the way the tidal pools shimmer. It brings such joy to me."

After studying fine arts and photography, Chapman worked in a photography supply store in Kelowna while building her photography business. She and her husband Mark Stafford moved to Victoria in 2016, where she continued to work in a photography supply store, then a fashion boutique on Lower Johnson. But it wasn't until she inherited her grandmother's diamond that she discovered jewellery making.

"It was beautiful but badly needed a new setting," she says. "As I researched my next steps, I found myself learning all about jewellery."

Chapman found herself going down an Internet rabbit hole: "I ended up watching videos about how things are soldered together and how a ring is built," she says.

That interest led her to take a basic course at Stairway Studio, a jewellery school in Victoria's Market Square, in 2019.

"It was pretty basic, like how to use a hammer, how to use a torch," she says. "But I fell in love with the process—the history, humanity's relationship with jewellery—and I soon sought to learn everything I could about it."

After hand-fabricating jewellery for some time, she and her husband taught themselves how to do lost wax casting. Now Chapman could achieve the designs she imagined, like her stacking Shoreline rings, Flow loop studs and Puddle earrings and rings.

"I really wanted textures that feel like water," she says. "I like the idea of metal looking and feeling like it's liquid. I have this distinct memory of getting one of those metallic artist pens as a kid, and breaking the tip off it and pouring the liquid gold out. I thought, 'Oh, yeah. This is what I want.' My Flow loop studs are very reminiscent of the day I broke open that pen."



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For the first few years, Chapman and her husband lived in a one-bedroom apartment and hauled their metalworking equipment to and from a maker space in Victoria. Then last year, they purchased a home with a detached studio in Courtenay, where Chapman creates her work today.

In addition to her plain silver pieces of jewellery, she often adds gemstones such as moonstone, jasper and labradorite, as well as precious stones including diamonds, rubies, garnets and sapphires.

"Sapphires are my favourite," she says. "They come in every colour of the rainbow and are so sparkly and wonderful."

Chapman now does all her casting and hand fabrication herself but credits her husband with helping her in myriad other ways.

"He is such an important part of this operation, from lifting heavy things and handling any math needed to picking me up and dusting me off on days I want to give up," she says. "There would be no business without him."

Going forward, Chapman continues to introduce new designs, including her new Ripple rings and a stunning, heavy fire agate chain. In addition to her online business, she recently hosted a trunk show at Wilson & Co. Gallery in Ladysmith and sells at a number of other galleries across BC and at specialty markets. One day, she hopes to open her own retail store, perhaps to focus more closely on bridal pieces or fine jewellery.

"Retail offers a more relaxed atmosphere," she says. "For my customers and for me."

While Chapman says she loved her work as a professional photographer, being able to retreat into her studio for weeks at a time to create what she wants to create is very appealing.

"And the concept of somebody wearing my work on their body and being involved in somebody's hopes and dreams is wild to me."

One thing is certain: Chapman's love of water will continue to influence her designs. **LIV**

"I fell in love with the process—the history, humanity's relationship with jewellery—and I soon sought to learn everything I could about it."



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West Coast Revival

Legendary Sooke Harbour House enters a new chapter rooted in comfort, community and coastal flavour

BY SUSAN LUNDY

We're seated in the dining room of Sooke Harbour House, gazing at the ocean through a wall of floor-to-ceiling windows and sipping an Okanagan red poured with a flourish from a long-necked decanter. Chef Brianna Burke has just placed a "sea-cuterie" board on the table. A work of art in itself, the board offers a generous spread of bite-size delicacies from the sea, including smoked sablefish, pepperoni salmon and plump, juicy prawns. This is a dish we won't forget.

For decades, Sooke Harbour House occupied near-mythic status on Vancouver Island. It's a place known for its oceanfront setting, pioneering farm-to-table cuisine and historic charm. After several turbulent years and a four-year closure, the iconic property has reopened following extensive renovations and under new ownership.

During our two-night stay, it was easy to conclude: Sooke Harbour House is back.

The property itself dates back more than a century, with additions built over the decades, including a major architectural expansion in the 1980s. More recently, the entire property underwent a substantial renovation that modernized the rooms, restaurant and infrastructure, while maintaining the soul of the original inn.

"There's such a strong sense of place and beauty here," says owner Luke Evanow.

All but one of the 28 rooms face the ocean, and ours—a ground-level, pet-friendly suite—is spacious, with modern furnishings, a king-sized bed and doors that open onto a seaside porch and seating area. Soon we're sitting in the sun with our dog stretched out beside us while a soft breeze rolls off the ocean. Eventually—not wanting to leave this serene spot—we order from the happy hour menu, and clams, prawns and a burger arrive at our table.

Evanow says the scale of the rooms is one of the hotel's defining features, noting, "The average size is twice the size of a normal hotel room."





Photo provided by Sooke Harbour House

Upstairs rooms, accessed through maze-like hallways, are huge, some with quirky rooflines and doorways, and many with mid-room soaker tubs and antique furniture. Indigenous artwork is found throughout the hotel, including carvings by Victor Newman, a Kwakwaka'wakw artist from Sooke. All the rooms have access to the outside.

"You hear the waves crash," Evanow says. "You walk out your door to your own private deck or balcony."

Outdoors, walkways wind through lawn and garden areas and along the waterfront. Sooke's beautiful Whiffin Spit is just steps away and we stroll the length of it, both in the evening and early morning, breathing in the salt air and nodding to other walkers.

"It's hard to be unhappy in this place," says general manager Danielle Carriere, who joined the hotel recently after working in hospitality across Canada.

Building a sense of welcome has been central to the hotel's relaunch, she adds, and, indeed, the service during our stay is exceptional.

"We have a small but mighty team," she adds. "A lot of people on our team are from Sooke, born and raised, and I love that they're proud of where they come from and proud of what we're building here."

Partnerships with nearby businesses and producers are also important, resulting in locally sourced items, like bath products, and curated experiences that highlight the area. Danielle mentions collaborations with local adventure companies, including ziplining excursions and e-bike rentals for use on the nearby Galloping Goose Trail.

"It's really about highlighting the things that make Sooke special," she says.

The hotel is also working to become more accessible to locals—not just overnight guests. Plans are underway for an expanded garden café, where Whiffin Spit walkers, families and residents can stop in for coffee, pastries or a glass of wine. A vast, covered patio plus a full sun lounging area, located close to the water's edge, add to the summertime capacity of the café and dining room.

"We want to welcome people," Evanow says. "I want this deck full of families that are just grabbing a coffee, living their lives and enjoying their memories."

Connections to all things "local" really shine in the hotel's culinary program. Sooke Harbour House helped define the farm-to-table movement in BC long before locally sourced ingredients became a restaurant mainstay.

"Honouring the legacy of Sooke Harbour House starts with understanding why it mattered in the first place," says chef Burke. "The restaurant built its reputation on hyper-local sourcing, seasonality, foraging and creating a West Coast dining experience. Preserving that philosophy is more important than preserving any single dish."



Photo by Susan Lundy

Seasonality is key, along with "ingredients that taste like the ocean meeting the forest."

"Sooke doesn't need food that feels overly manipulated," Burke says, adding, "The landscape already gives you so much character. The job of the kitchen is to translate that onto the plate."

"I think the goal is for someone who loved Sooke Harbour House 20 years ago to still recognize its soul but also feel that it's alive and moving forward."

That balance between honouring history and embracing reinvention defines the entire property. While there are nods to the hotel's storied past, the focus now feels more about creating a contemporary West Coast retreat rooted in comfort and authenticity. The renovations themselves reflect that approach, with cleaner lines, more neutral palettes and a design philosophy that allows the surrounding landscape to take centre stage.

That vision is continuing to evolve well beyond the current relaunch. Plans for the property include an expanded chef's garden, greenhouses and a wellness area centred around a Nordic-style thermal circuit with pools, steam and cold plunges woven into the landscape. The goal, Evanow explains, is to create spaces where guests can move naturally between ocean views, gardens, food and relaxation.

As we spend our days strolling, lounging, sipping coffee at the café and enjoying sea-cuterie in the dining room, that vision pretty much sums up the experience. **LIV**

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