



Shuffle celebrates 25 years

New Half Shuffle brings big changes

The Marathon Shuffle is 25 years old and we couldn't be more delighted! There's a big change to the hiking and running event this year: the Powell River Parks and Wilderness Society (PAWS) has decided to go back to its roots and host only the Full Shuffle.

This doesn't mean the end of the popular Half Shuffle, but rather a renewal. It will now be held the day before the Full Shuffle, and it will be hosted by a group from Tla'amin Nation. The new family-friendly Half Shuffle route will start at Haywire Bay and end at the Shinglemill for a reduced length of 8 km.

This is quite a change and there are compelling reasons for it. When 2017 produced another record-setting Marathon Shuffle, it was critical to address capacity and safety issues. The Half Shuffle starting point at Appleton Canyon had become a logistical challenge in having to get participants and supporters 6 km up from the highway to the Appleton parking lot. The large number of vehicles shuttling back and forth on a narrow logging road was far from ideal. In addition, the combination of Full and Half Shuffles occupying the trail at the same time produced trail congestion. We had exceeded sustainable carrying capacity running both events on the same day on the same single-track route.

This is how our new 2018 Half Shuffle came about. Prior to last year's event a group of Tla'amin volunteers agreed to operate the support station at Little Sliammon Lake. They liked the experience so much, they fancied the suggestion of hosting the Half Shuffle for 2018. At our joint planning meetings PAWS and Tla'amin 2021 Tribal Canoe Journeys Group discussed options and decided it would be best to keep it simple for the first year.

The 2018 Half Shuffle route will follow the Sunshine Coast Trail, traversing what has now become a Tla'amin Community Forest. It will take place on Saturday, April 28, on its new route from Haywire Bay to the Shinglemill, while the Full Shuffle will occur on Sunday, April 29, on the same route it has since its inception, from Malaspina Road to the Shinglemill. **Pre-Shuffle sign in for both events is at the Shinglemill parking lot each day.**

The two events continue to be free. However, donations are very much appreciated by PAWS and by the Tla'amin 2021 Tribal Canoe Journeys Group.

We will issue tax-deductible receipts for donations, which can also be made online via PayPal: [sunshinecoast-trail.com/prpaws/donate](https://www.sunshinecoast-trail.com/prpaws/donate). Donations made to PAWS will go toward building a shelter near Bliss Portage, and

for purchasing a bear-proof storage locker for one of the SCT huts. The Tla'amin 2021 Tribal Canoe Journeys Group will use their donations to help fund this great naval event that will bring thousands of visitors to Sliammon and Powell River in the summer of 2021. 🐾

—Eagle Walz



PHOTO: JANI SMITH PHOTOS



PHOTO: TOM MILLS

INSIDE:

- 2 Tribal canoe journeys
- 3 Pick up sticks
- 3 Spanish visitors
- 3 NEW! Sunday work parties

Travels by Land & Sea

This summer, a contingent of Tla'amin paddlers will proudly wave our Tla'amin Nation flag at the Puyallup, Washington 2018 canoe journey. At the celebrations, Tla'amin will extend an invitation to host the 2021 canoe journey here in Tla'amin traditional territory. Part of the proceeds from this year's 25th Annual Marathon Shuffle will help our nation in moving forward to make this vision a reality. Tla'amin canoe families will be sponsoring and organizing the Half Shuffle, an 8-kilometre run or hike on the Sunshine Coast Trail from Haywire Bay to the Shinglemill, which will take place on Saturday, April 28.

When you venture through the vast wilderness of the Sunshine Coast Trail you will likely hike or jog by evidence of Tla'amin occupation by the way of shell middens and culturally modified trees. Our ancestors traveled by land and sea in a seasonal quest to gather plants and harvest wildlife in order to provide food and medicines for their families.

Whether you plan on doing the full or the half Shuffle, you will be making strides through a small fraction of Tla'amin Treaty Settlement Lands. Over 8,000 hectares of land were transferred from the government to the nation on the effective date of our self-government (April 2016).

A few kilometers west of the head of Okeover Inlet on Malaspina Road will be the entry point for the Full Marathon Shuffle (29 km long). You will eventually travel across Wilde Road and arrive in the back woods near the Sliammon lakes where you can absorb the view and be assured of a comfortable place to take a breather and refuel. The exit point out of the treaty settlement lands will be just over a kilometer before you arrive at the Shinglemill Pub and Bistro.

Our canoe families thank you for your continued support. 🐾

—Steve Gallagher

Article originally published in Neh Motl Newspaper and reprinted with permission.

Tribal Canoe JOURNEYS

Tribal Canoe Journeys is a revival of the traditional method of coastal travel and transportation and is a significant cultural experience for all participants. Tribal Journeys began in 1989, when the 'Paddle to Seattle' took place as part of the 100th anniversary of Washington Statehood – an event that 15 Nations participated in. That year, the state and indigenous governments signed the Centennial Accord, recognizing indigenous sovereignty.

Each year, a different Indigenous community hosts canoe pullers, support crews and other Indigenous communities across the Pacific Northwest, from Oregon to Haida Gwaii, B.C., and in 2017, as far away as the State of New York. Depending on the distance of the chosen route each year, the trip varies from two to four weeks in duration. On arrival, visiting canoe families ask permission to land, often in their Native languages, with each canoe family sharing and respecting protocol of all others. Canoe Journeys is a family-friendly and drug- and alcohol-free event.

Canoe families depart their home waters in oceangoing canoes and converge on a series of host Nations along the chosen route and enjoy weeks of dancing, storytelling and feasting. It has been said that the journey is both political and personal to reclaim tradition and territory – and to share in a historic and traditional activity with other family members

who they may have been separated from and suffer from the intergenerational trauma of residential schools. The journey for many, is about reclaiming or embracing identification as Indigenous people.

Julian Brave NoiseCat of the Canim Lake Band in B.C., stated that Tribal Journeys is central to the resurgence of the Indigenous Peoples of the Pacific Northwest, that it brings communities together to paddle ancestral waterways, and that it challenges elders and youth to revive old songs and dances and compose new ones. In an age of digital relationships, it brings families together to celebrate and work through troubles. It reintroduces people to water in an elemental way, reminding us that water sustains life.

Tla'amin Nation has made a commitment to host Tribal Journeys in 2021. The last stop for the canoe families will be on the shores at Tla'amin Nation who will welcome and host up to 100 canoes and thousands of canoe family members. In an effort to help raise funds for the gathering, Tla'amin canoe families are hosting the new Half Shuffle with support from PAWS, and all donations from the new Half Shuffles from 2018 through 2021 will be applied to funding the Tribal Journeys event in 2021. 🐾

—Marlane Christensen



PHOTO: COURTNEY HARROP



Pick up sticks

PHOTO: DANIELLE HOOGLAND

ABOVE: Maya Hoogland picks up sticks on the trail. **BELOW RIGHT:** Paul Strudwick from Menorca, Spain, fulfils his trail tidying duties. (This article and the one below right, both by **Isabelle Southcott**, were originally published in *Powell River Living*. Reprinted with permission and with many thanks.)

Will you pick up ten sticks the next time you're out for a hike on the Sunshine Coast Trail?

"Everyone who uses the trail can participate in this," says Eagle Walz, president of PAWS and vice president of Tourism Powell River.

Hikers who pick up sticks help maintain the Sunshine Coast Trail so it continues to attract visitors from all over the world (see story below).

Although it may not seem like a big deal, Eagle says this challenge could result in a lot of debris being cleared from the trail. That means that PAWS volunteers, who go out every Tuesday and Thursday for trail maintenance, will only have the toppled trees to deal with.

"Ten sticks will make a difference. If we have 1,000 people pick up ten sticks each that is 10,000 sticks!" **Your challenge: Pick up sticks, take a photo, send it to the Powell River Visitor Info Centre and win a prize! (Contest details are on the Sunshine Coast Trail Facebook page.)**

And of course you can pick up more if you like. Between 2,000 to 3,000 people use the trail each year. "We anticipate doubling that in the next three to five years," said Eagle. 🐾

Summer work parties

We have heard from a number of interested people who love being outdoors that they want to help on the trail, but they can't because they are working during the week when PAWS goes out to work on the Sunshine Coast Hiking Trail. Currently, we have two regular weekday work parties on Tuesdays and Thursdays. As a result, we get mostly retired workers and, understandably, almost no participation from the younger, working public. Some of these have mentioned that while they can't come out on weekdays, they would come out on Sundays to participate. And so we are going to try an experiment.

We plan to move one of our regularly-scheduled work parties from the work week to the Sunday. This will make it possible to get younger people out to see what we do and get involved in our activities. This change will take place beginning sometime in May or June on a trial basis. We plan to meet regularly Sunday mornings at 9:30 am in the First Credit Union Parking lot. We can leave our vehicles there and carpool to work sites. Some of the outings will involve having to hike for a while to get to where the work is, others will be nearer to the roads.

If this initiative turns out to be a hit we may well continue with this new schedule into fall, provided there is continued interest.

Look for an announcement of our Sunday Work Parties on the First Credit Union sign board, sometime in May or June, and on Facebook - Events. Come along and join in; **HELP US GET YOUNGER!**

—Scott Glaspey



PHOTO: DAVID BEDRY



Spanish visitors to the Trail

Paul and Kate Strudwick live in Menorca, Spain. Last summer, they laced up their hiking boots and embarked upon a few sections of the Trail.

"It would be easy to presume that walking through any part of BC's rain forest would be largely the same. But once on the Trail, it doesn't take a very observant eye to realize that the scenery varies from hill to hill, from lake to lake, and from shore to shore," said Paul.

When the couple hiked the Camino de Santiago they learned that, "Everyone makes their own Camino.

"It has to be the same for the Sunshine Coast Trail. Each one who walks will find their own special places and moments.

"For me the idyllic experience of eating lunch in the sunshine on a bluff overlooking Little Slammmon Lake is only slightly ahead of the calming beauty of watching the intersection of nature and humanity at Fairview Bay," said Paul.

"Walking the trail has much to teach: ... strenuous parts offer the opportunity to stretch and test the limits of our capabilities; the embracing of wilderness can reach within to draw out what is most important.

"For us, this has been a sampler of parts of the Trail. I'm sure that we will return to taste more." 🐾

President's Report

Here are but a few of the things we accomplished since the last newsletter. In May last year, in partnership with BC Parks, PAWS completed building the new winterized Confederation Hut, adding kitchen cabinets, crawlspace sleeping quarters and a new composting outhouse. We also dismantled the derelict log cabin, repurposing the floor into a tent platform. At Tin Hat we twinned another composting toilet, doubling capacity. We also added sleeping platforms in the crawlspace, and improved the summit trail.

At Western Forest Products' request, PAWS relocated an outhouse we had built with RBC in Suicide Pass. We added a picnic table with tent sites at the new location. Elsewhere, we volunteered to reroute the SCT between two remarkable Old Growth Management Areas near March Lake linked by a shorter treed trail corridor, making more wood available for harvest.

For the first two months of 2018, our enthusiastic PAWS Crew has been working on upgrading both the historic Full and the new Half Shuffle routes. Both are now a pleasure to use (see Facebook photo albums).

March 2018 saw PAWS expanding the campsite at Fairview Bay, eliminating danger trees, splitting, stacking and tidying up. The site is ready for visitors now. Mid-April we were working at Rainy Day Lake hut, closing in the main floor with more walls and windows, and installing window with screens upstairs, as well as mosquito- and rodent-proof soffits. And please do take serious our humorous request on posters now appearing at the huts: "Carry out what you carry in."

Another example of our outreach initiative is a partnership between Tla'amin and PAWS committing to research, scout, lay out and flag a community loop trail that includes some beautiful forest and is located along Sliammon Creek, and two rock outcrops affording ocean vistas. For Phase One, a Tla'amin crew has been hired by the nation to flag and brush out the trail, buck deadfall, and grub a tread where necessary.

Enjoy the Sunshine Coast Trail, Canada's Longest Hut-To-Hut Hiking Trail, and its unique brand in good health and great spirits. Happy Trails.

—Eagle Walz



PHOTO: DAVID BEDRY

Where locals bring their guests

- Separate dining room
- Child Friendly
- Daily Specials
- Large Deck
- Offsales

604-483-3545
info@shinglemill.ca
http://shinglemill.ca

6233 Powell Place, Powell River, BC V8A 4S6

Lund Water Taxi

604-483-9749
Reservations Required 8 AM - 8 PM

- Discover Beautiful Savary Island
- Drop offs at Sara Point, start of the Sunshine Coast Trail
- Kayak Transport to Desolation Sound

TERRACENTRIC

COASTAL ADVENTURES
Discover Your Nature.

SCT TRANSPORT, LOGISTICS AND GUIDED TOURS
604.483.7900 OR OFFICE@TERRACENTRICADVENTURES
TERRACENTRICADVENTURES.COM

Visit us for the latest info before you hike!
Get maps, T-shirts and more.
Call 604.485.4701
Find us @
4760 Joyce Avenue

Shuttle, Resupply & Outfitting services to many locations along the Sunshine Coast Trail and more!

604.483.6374 | www.sunshinecoastshuttle.ca

HIKE & STAY PACKAGES

STARTING AT ONLY

\$115 PER PERSON

Based on twin occupancy. Subject to availability & applicable taxes.

BEACH GARDENS
RESORT & MARINA
POWELL RIVER • BC

1.800.663.7070

www.facebook.com/SunshineCoastTrail

beachgardens.com