

An exclusive magazine for the residents of Dundarave, Ambleside, Altamont, Westmount, West Bay and Bayridge

NEIGHBOURS OF DUNDARAVE



Abegael Fisher-Lang

The Transformative Power of Rituals & Stories



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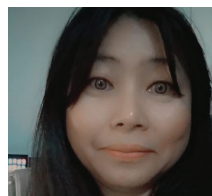


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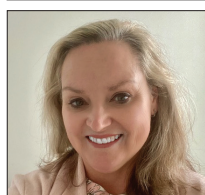
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CONTENT DUE: EDITION MONTH:

December 1	January
January 1	February
February 1	March
March 1	April
April 1	May
May 1	June
June 1	July
July 1	August
August 1	September
September 1	October
October 1	November
November 1	December



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Dear Residents,

October is a month of vibrant transitions, where the lush greenery of summer gives way to the warm hues of autumn. It's a time of pumpkins, both in the form of carved Jack-o'-lanterns and the aromatic spices of pumpkin pies. As the days grow shorter, anticipation fills the air, for October brings not only the celebration of Thanksgiving but also the annual childhood fun of trick-or-treaters and costumes.

As families in our community gather around tables, Thanksgiving allows us to pause and reflect on the blessings of the past year. It's a time to savour the flavours of roasted turkey, cranberry sauce, and the nostalgia of Thanksgivings past.

Bridging the playful fun of Halloween and the heartfelt warmth of Thanksgiving, October is, in my opinion, an underrated month of celebration. So, as the leaves rustle and transform into the glorious shades of fall, and the air turns crisp, savour the spirit of joy and thankfulness around us.

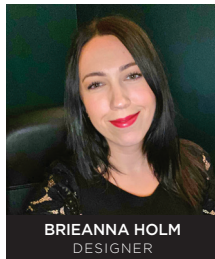
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PATRICIA BARNES
CONTENT COORDINATOR

Dear Residents,

Harvest time awakens cozy memories, and ends the warm chapter of the year. I recently read a poem which captures the unravelling joy that comes with this special season which I thought did it perfect justice:

OCTOBER DREAMS

Inside October
waits a field
of pump pumpkins.

Inside a hand
rests a knife
to carve a pumpkin.

Inside a pumpkin
nests a clutch
of white seeds.

Inside a pumpkin
lives a lifetime
of Octobers.

Inside a seed
echoes a breath
of fresh hope.

Inside October
sleeps a child
with orange dreams.

Inside hope
exists a world
where everyone holds
hands.

- Irene Latham

Vanessa Roggeman,
Publisher



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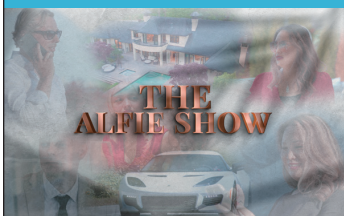
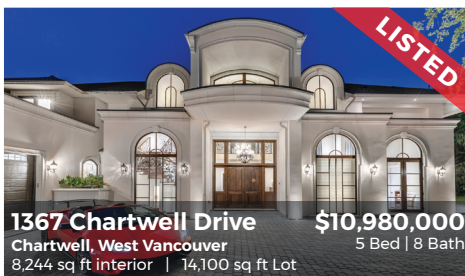
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Abegael Fisher-Lang

The Transformative Power of Rituals & Stories

By Patricia Barnes | Photo credit to Fariba Mirzaee

Nestled between the whispers of the sea and the embrace of the mountains resides Abegael Fisher-Lang, a remarkable woman whose life is a tapestry woven with stories, rituals, and an enduring passion for celebration.

Abegael's childhood memories are painted in hues of the fundamental life changes that shaped her understanding of the world. "Where I grew up on a windy Maritime coast, 'hatchin, matchin' and dispachin' were the big life changes," says Abegael.

Birth, marriage, and death became the threads that spun an intricate pattern of mystery and endurance within her. The church windows painted with vibrant colours, the resonant notes of music, and the rich rituals imprinted on her young mind like whispers of magic.

Abegael now resides in the heritage house that once belonged to the pioneering mountaineer Phyllis Munday.

"For the past 14 years," Abegael tells me, "I've lived in the Munday House, into which Don and Phyllis Munday moved after descending Grouse Mountain! I like to celebrate the fact they lived here and contributed so much to the north shore. Phyllis made 100 first ascents of local peaks and led many people into the mountains, started the local Girl Guides, and led it for 50 years."



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“My son, Aiden and his caregiver made a bench on the sidewalk in front of the house. I’d like to add a bronze plaque to the bench commemorating the Mundays.”

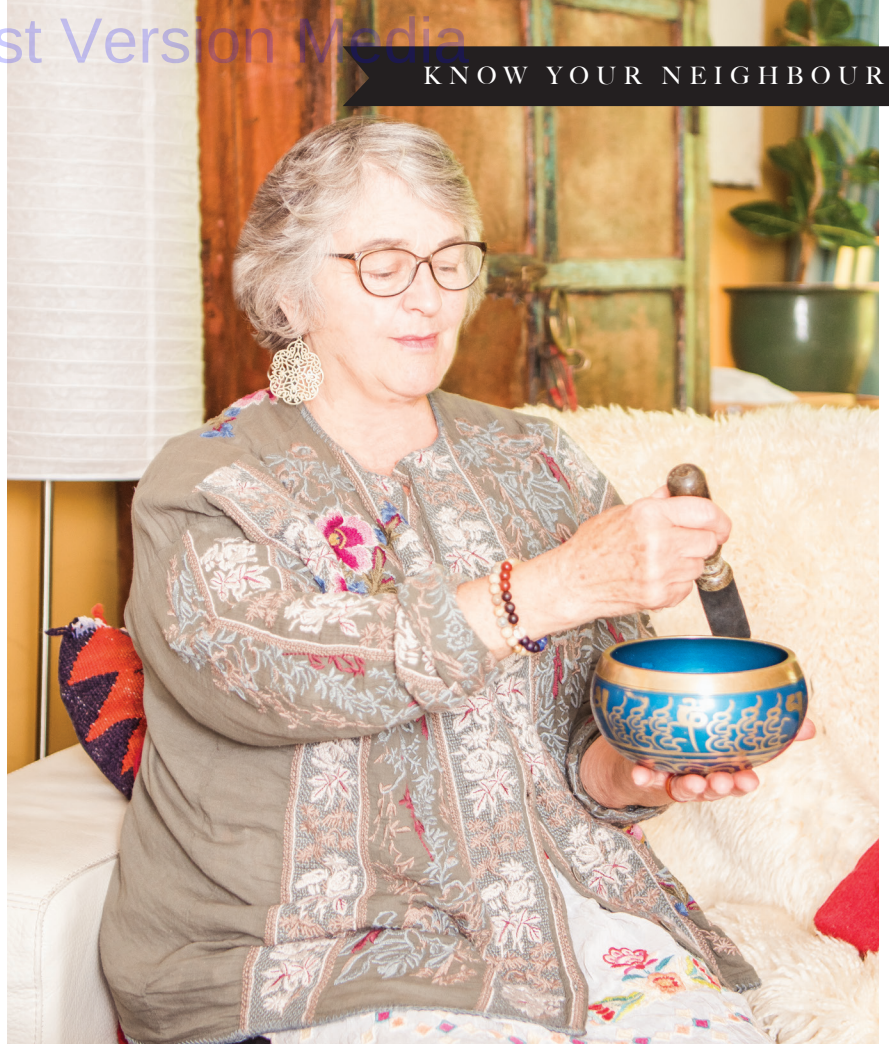
She goes on to tell me, “Phyllis was a real outdoorswoman and trailblazer. There’s a resonance of her here still: in the stands of yew, hazel, and laurel, in the attic where she made her own wilderness gear: packs, boots, outerwear (where I am sure I still hear her from time to time), and in the stories of the elderly neighbours who still remember her.”

A career as a celebrant and storyteller mirrors the spirit of the house’s previous owner. Drawing from her decades as a Waldorf educator, Abegael’s life has been dedicated to nurturing the imagination, giving to her community, and crafting bespoke ceremonies that honour life’s milestones.

Abegael’s journey as a mother has been one of inspiration and learning. Her son, Aiden, has Down Syndrome, which Abegael says taught her the value of appreciating even the most modest achievements.

“As my special needs son took his time to develop, it taught me to have faith and celebrate the joy of each new step, no matter how small.”

“Aiden has been with BC Special Olympics for 20 years, first here with North Shore, and for the last two years, with Cowichan Valley - swimming, bowling, ball hockey, basketball and golf - in which he is a medalist.”



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Aiden's involvement in the BC Special Olympics for the past two decades reflects not only his dedication but also Abegael's commitment to fostering a sense of community and inclusivity.

"Aiden recently moved to Glenora Farm, a sustainable, working community farm for special needs people near Duncan."

Like a vibrant mosaic, Abegael's family has a diversity of backgrounds and talents. From daughter Rosemary, who works in film, to son-in-law Liban, a chef, and her grandson Khalil, every member adds a unique brushstroke to the canvas of their family story.

Abegael's daughter, Deva and her husband, Dan, of Blackfoot and Cree ancestry, are raising their family in Alberta and Moose Factory, Ontario. Their daughter Namayo is a champion basketball player who has just participated in the Indigenous Games this summer in Halifax!"

This richness of cultural diversity is the cornerstone of their family bond.

"In my large, extended & blended family, mealtime blessings have been spoken in Cree, Spanish, Somali, Blackfoot, Farsi, Norwegian, or Slovakian and have shaped our new community."

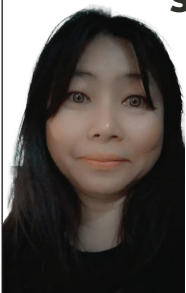
From teacher training at SFU to Waldorf education to Life Cycle Celebrancy certification, Abegael has dedicated her life to nurturing the spirit of imagination.

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"Throughout my decades as a Waldorf educator, I experienced the power of imagination in education. I had the pleasure of working with the expressive arts to celebrate the cycles of the year, creating nature tables honouring the changing seasons and telling new stories each day."

Abegael bridges the gap between tradition and innovation through her storytelling events, creating a space where tales come alive and captivate audiences.

"As a longtime storyteller, I've always longed for that deep space between story, teller, and listener. Ordinary concerns fade, and the story experience inspires us to new imaginative thinking."

Beyond professional pursuits, Abegael's commitment to our community is evident with extensive volunteer work. Hosting storytelling events, singing in Paragon Singers directed by Lars Kaario of Laudate Singers' fame, and offering workshops on end-of-life planning, she's woven herself into the fabric of our neighbourhood.

As a member of North Shore Seniors Services Circle, Abegael continues to amplify the less-heard voices of our community. NSSSC is a group of inspired North Shore business owners who support seniors in many ways, including senior fairs, expert speaker events, and in-home help to find the services and support seniors need.

"Since 2000, I have hosted monthly storytelling 'Cric-Crac?' events at the Silk Purse in West Vancouver," Abegael tells me, "They're lively events featuring professional and emerging storytellers on various themes. There's improvisational telling and community-building."

Abegael continues, "I'm also the British Columbia rep for Storytellers of Canada, and we held the national conference here, at Parksville, in May 2023."

As if all of this is not enough, Abegael is also an accomplished celebrant. From weddings and funerals to moving house, divorce, and adoptions, she performs beautiful, personalized ceremonies of commitment or leavetaking, joyous or grieving. Her website, lifethreads.ca is resplendent with beautiful images of ceremonies she has performed.

Living on the North Shore for decades, Abegael finds solace in the embrace of nature and the generosity of her neighbours. She embodies the spirit of supporting local businesses and nurturing community bonds.

"I prefer to shop at local independent stores rather than big chains. Thankfully, Delaney's is homegrown! Also: Queensdale Market, Foxy Farm Market, Bob's Fruit Stand at Delbrook Mall, Farm to Table, and Loutet Farm. And both North Shore Farmers Markets, I love to support our farmers!"

As we conclude our conversation, Abegael's eyes twinkle. Her wish for the neighbourhood magazine is simple yet profound – a monthly column dedicated to creative family celebrations, guiding readers through the art of commemorating life's moments, from weddings to funerals.

In the tapestry of Abegael Fisher-Lang's life, every thread is a story, every knot a memory, and every colour a celebration. As she continues to weave her legacy, her dedication to the transformative power of rituals and stories shines as a beacon of inspiration for us all.

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A LOOK INSIDE

Eppich House II

- ARTHUR ERICKSON'S
MOST COMPLETE WORK

"Sometimes, I look back on projects I've done and think, 'How did they let me get away with this?' So, it requires the courage of the client and the belief that you can do something, and that is how you accomplish your best work."
- Arthur Erickson



By Geoff Taylor -
Realty Expert

Named after the family who commissioned the home in 1979, Eppich House II, which was completed in 1988, is widely considered to be renowned Canadian architect Arthur Erickson's most complete work. The Eppichs placed enormous trust in Erickson, and as such, the home is a prime example of his vast imagination and masterful ability to execute a vision.

Eppich House II cascades down West Vancouver's British Properties slopes, starkly contrasting the towering Douglas Fir trees and leafy ferns that cover its private acreage. However, its curved steel beams—a feat made possible thanks to the Eppich family's steel factory—and sparkling floor-to-ceiling windows make the home feel like just as much a celebration of the Pacific Northwest's wild beauty as it is an architectural marvel. Erickson used strategic landscaping to bring light to this shady hillside. Each level of the home's deconstructed silhouette features a small terrace pool leading to one long swimming pool. The water extends the horizon, blurring the distinction between the home and its land, and it reflects the sky above, brightening the entire area.

The home's ~6,400 SF interior has been immaculately restored, including the original furniture that was designed especially for the project. Eppich House II is divided into three sections over three floors. The primary bedroom and den sit on the top floor, nestled under a curved glass arch that allows light to flood into each room. The level below houses the main living area, complete with armchairs and sofas made with stainless steel that reflect the home's frame. And finally, the lowest floor is home to the remaining four bedrooms, surrounded by lush greenery. A detached guest house provides a private retreat for extended stays with family and friends.

Eppich House II is both an exemplary example of Canadian modernism and a testament to Arthur Erickson's substantial impact on our country's landscape.





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PET CORNER

Our Office Puppies Are Just Like Family!

- PART 1 -

By Lisa Huppee

Our office puppies not only provide us with a source of comfort and happiness but also become part of our team. They attend staff meetings, wear company branded sweaters, and protect us from the UPS and garbage men.

Take a closer look at each of them in this 2 part Pet Corner, more to come in the November edition!



LISA & JUNIPER:

Lisa is accompanied by Juniper, a sweet and lovable companion. Juniper, a Pisces, enjoys wearing dresses and going for walks while being carried. She adds a touch of tenderness and affection to the office.



CAITLIN & LULU:

Caitlin shares a special bond with Lulu. Lulu is a guard puppy who loves to cuddle and has a cute Karen haircut. They are inseparable and bring comfort to everyone around them.

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DISCOVER THE JOYS OF WALKING SOCCER

By Patricia Barnes

Are you ready to embrace the joy of soccer, stay active, and connect with like-minded individuals? Look no further than Walking Soccer. Designed to engage and support the 60+ senior community in a unique way, walking soccer is a low-impact, modified version of the beloved sport that's perfect for seniors looking to stay active and have a blast.

WALKING SOCCER: A GAME-CHANGER FOR SENIORS

Walking soccer is an inclusive alternative that welcomes individuals who may find traditional soccer challenging or are simply looking for a fresh and enjoyable activity. It's a non-competitive, non-contact, and self-refereed version of soccer where players walk instead of running, utilize smaller-sized nets, and maintain the ball below knee height throughout the game.

WHAT TO EXPECT

Walking soccer offers a well-rounded experience. A typical session includes:

DEVELOPMENT WARM-UP:

Start with 10 minutes of warm-up exercises designed to prepare your body for the game.

TECHNICAL SKILL:

Spend 20 minutes honing your soccer skills, from passing and dribbling to shooting. It's a fantastic opportunity to refine your technique.

SMALL-SIDED GAME: Engage in a 15-minute small-sided game where

you can put your newfound skills to the test in a friendly, welcoming environment.

RECOVERY EXERCISES: Wrap up the session with 5 minutes of recovery exercises to ensure your body feels its best.

HOW TO TRY WALKING SOCCER YOURSELF

Walking soccer isn't just about physical activity—it's a chance to make new friends, stay fit, and discover the joy of soccer in a supportive and enjoyable atmosphere. Whether you're a soccer enthusiast or a newcomer to the sport, everyone is welcome to join in the fun.

Don't miss out on an exciting opportunity to kick-start your active lifestyle. Lace up your sneakers, grab your water bottle, and make soccer a memorable part of your week.

You can join North Shore Girls Soccer Club for 60+, co-ed, walking soccer on Wednesdays from 12:55pm to 1:45pm. Full details can be found at nsgsc.com.



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WHY DIVERSIFICATION IS IMPORTANT FOR Investing



By John De Vincenzi,
CIM, Investment
Advisor, RBC
Dominion Securities

Diversification is one of the best ways to create a smoother investment experience. As an investor, it means spreading your money across a mix of investments. Why? Different types of investments perform in different ways over time. When some are rising in value, others may be decreasing or maintaining their value. So, diversification helps to smooth out your returns.

HOW DO YOU DIVERSIFY WHEN YOU INVEST?

Start with making sure you invest across the three main types of investments (called asset classes): cash, fixed income and equities. How much of your total investments – your portfolio – should you invest in each asset class? The answer will depend on your personal situation and your preferences as an investor.

FOR EXAMPLE:

Why are you investing?

What are your goals?

How long do you have to reach those goals?

What degree of safety is important to you as you invest?

What is your capacity to take on risk?

Markets move both up and down. Will you lose sleep if your investments lose value when markets dip?

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It's important to answer these questions before you decide what to invest in.

Remember, at a given time, any one asset class, region, sector or style may be leading the market while others lag. However, in a diversified portfolio, a decline in one investment may often be offset by growth in other assets.

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THE REVOLUTIONARY Potenza RF Microneedling System

By Sandy Hogarth

In the world of advanced skincare, the Potenza RF Microneedling System by Cynosure has emerged as a groundbreaking innovation. Recently approved by Health Canada, this device combines the power of radio-frequency (RF) technology with precision microneedles to redefine the possibilities of skin rejuvenation.

THE POWER OF POTENZA: RF MICRONEEDLING REDEFINED

Potenza takes RF microneedling to unprecedented heights with its cutting-edge technology. This system offers a unique combination of monopolar and bipolar RF at 1 or 2MHz frequencies, all within a single device. This versatility empowers skincare professionals to tailor treatments to meet individual needs, regardless of skin type, body area, or the time of year.

VERSATILE RF MODES FOR CUSTOMIZED TREATMENTS

One of Potenza's standout features is its four distinct RF modes, catering to both shallow and deep treatments. Monopolar RF delivers energy over a broad tissue area, achieving deep heating and skin tightening through soft tissue coagulation. This deep-reaching capability extends beyond facial treatments, making it suitable for various body areas.

On the other hand, Bipolar RF provides concentrated energy delivery for superficial tissue, producing remarkable skin revitalization results. Additionally, Potenza offers a single-needle handpiece designed specifically for targeting active acne, delivering precise results.

TIGER TIP™ TECHNOLOGY: A GAME-CHANGER

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HOW POTENZA RF MICRONEEDLING WORKS

The Potenza RF microneedling treatment leverages ultrafine needles and controlled heat to penetrate the skin's top layer. This process triggers your body's natural healing response, prompting the regeneration of new collagen and elastin – the dynamic duo for youthful, vibrant skin.

The number of passes and penetration depth can be adjusted to suit each patient's unique needs, influencing the visible results. While collagen and elastin rebuilding typically take place 4-6 weeks post-treatment, optimal outcomes are often observed around 12 weeks following the final session.

FUSION TIP: ENHANCING TOPICAL PENETRATION

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ACHIEVING YOUR DESIRED RESULTS

Patients typically undergo three to five Potenza RF microneedling sessions spaced approximately four to six weeks apart. Although improvements may be noticeable after the first or second treatment, the most significant enhancements usually emerge six to 12 months post-treatment.

The Potenza RF Microneedling System represents a new era in skincare technology. Its versatility, precision, and innovative features promise exceptional results for those seeking skin rejuvenation. With Potenza, you're not just getting a treatment; you're entering a world of skincare transformation.

Chas Woodyer

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As a long time Eagle Harbour and West Vancouver resident, Chas brings his expertise in the competitive global finance, marketing and communications industry, to provide a cutting edge experience for sellers. He takes his time to understand each home, from the construction to the neighbourhood, and the unique characteristics to create a tailored marketing strategy that sells.



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rennie

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REAL ESTATE LISTINGS

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2291 ORCHARD LANE	\$5,688,000	3846 BAYRIDGE AVENUE	\$3,498,000	1449 MATHERS AVENUE	\$3,589,000
3047 SPENCER CLOSE	\$5,298,000	3615 SUNSET LANE	\$3,868,000	1385 KINGS AVENUE	\$5,388,800
5428 MARINE DRIVE	\$8,980,000	3363 MATHERS AVENUE	\$5,888,888	1430 LAWSON AVENUE	\$2,729,000
5084 PINETREE CRESCENT	\$3,800,000	3332 MATHERS AVENUE	\$4,398,000	1373 HAYWOOD AVENUE	\$3,878,000
4958 MEADFEILD ROAD	\$4,498,000	3325 MARINE DRIVE	\$4,599,000	1315 LAWSON AVENUE	\$2,590,000
4782 MEADFEILD COURT	\$2,690,000	3090 SPENCER DRIVE	\$6,999,777	1543 JEFFERSON AVENUE	\$4,388,000
4444 STONE CRESCENT	\$5,288,000	2707 ROSEBERY AVENUE	\$3,188,000	1375 OTTAWA AVENUE	\$2,949,000
4405 MARINE DRIVE	\$2,195,000	1895 ROSEBERY AVENUE	\$3,880,000	1245 FULTON AVENUE	\$5,788,000
3955 WESTRIDGE AVENUE	\$2,788,000	2206 WESTHILL DRIVE	\$4,398,000	1157 DUCHESS AVENUE	\$3,298,000
4013 ROSE CRESCENT	\$2,399,000	1715 ROSEBERY AVENUE	\$3,288,000	5310 SEASIDE PLACE	\$14,380,000
2188 WESTHILL WYND	\$12,880,000	2175 KINGS AVENUE	\$3,530,000	3956 WESTRIDGE AVENUE	\$5,498,000

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.



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Best Version Media

Mulgrave School:

NURTURING **EXCELLENCE** IN EDUCATION & LIFE

By Patricia Barnes

In the heart of our neighbourhood, Mulgrave School stands as a beacon of educational excellence and community engagement. With a commitment to fostering global citizens who are prepared to take on the challenges of the modern world, the school has garnered a reputation for a comprehensive approach to education built upon the foundation of the International Baccalaureate Programme.

ROOTED IN PURPOSE

The journey of the Admissions Team at Mulgrave School is a testament to the institution's significance within the community. Consisting of Nadine Pettman, Jia Shu Li, Alex Stingaciu, and Farah Virani, this dedicated team collectively boasts 17 years of experience with Mulgrave. Some team members also have deep ties to the school through their roles as parents before joining the staff.



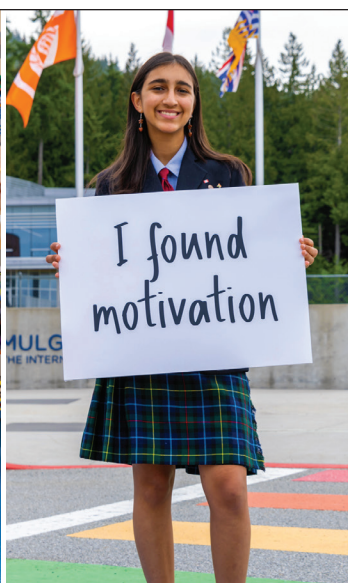
Mulgrave Admissions Team L-R Jia, Nadine, Farah, Alex

Nadine tells me, "Admissions tends to be a line of work that you stumble into, and we've come from a variety of backgrounds. What ultimately brought us all to our roles is our sense of shared purpose and a dedication to helping families find the right fit for their children's education."

INSPIRING EXCELLENCE

At the heart of Mulgrave's philosophy lies a deep commitment to excellence in education and life. A non-profit institution, the school places students at the centre of its mission, and a focus on holistic education extends beyond academic accomplishments, fostering an environment where character development and community engagement are equally prioritized.

"Our mission is Inspiring Excellence in Education and Life. We define excellence as the pursuit of personal best," Farah says, "The school's very supportive while challenging students to find their passions, discover who they are, and become engaged global citizens."



Find What You're Looking for at **Mulgrave**

Register for:

- Grade 1-11 Open House, November 2
- Grade 7-11 Ambassador Event, November 22



Explore possibilities, discover passions, focus on wellbeing, pursue personal best... **all at Mulgrave.** With an inquiry-based International Baccalaureate curriculum and a holistic approach that incorporates the arts, athletics, outdoor education, and service and leadership, students from preschool to Grade 12 thrive in our enriching personalised environment. Find your passions, strengths, talents, friends, and so much more.

Application Deadline for the 2024-25 School Year:
December 1, 2023

www.mulgrave.com • [@mulgraveschool](https://www.instagram.com/mulgraveschool)





"Come and see if Mulgrave is the right fit for your family. Information on our events, tours, application process, and steps is on our website (mulgrave.com) in the Admissions section."

PEOPLE POWER

The driving force behind Mulgrave's success is undeniably its people.

"We have the privilege of working with dedicated teachers and wonderful families who volunteer, giving so much to make our school the special place that it is," says Jia, "The shared values and commitment to delivering an exceptional educational experience for our students is remarkable and inspires us all to do our best to contribute, too."

CHERISHING MULGRAVE MOMENTS

The vibrant campus of Mulgrave is a hub of diverse experiences, and with over a thousand students, every day holds the potential for a heartwarming or amusing story.

"From the sweet sounds of choir practice against the backdrop of our breathtaking view, to a kind interaction and laughter among preschoolers in the hallways - from overhearing whoops of joy as university acceptances come in, to the energy of the crowd at a big athletics event.." Nadine smiles, "We call them Mulgrave moments."

FURRY FRIENDS AND FUTURE LEADERS

During exam time or just for a mood-lifting cuddle, certified therapy dogs make appearances on campus, spreading smiles and warmth among students and staff alike. These four-legged visitors are just one small example of the school's deep commitment to student wellbeing.



AN OPEN INVITATION

Alex extends an open invitation to the community! "Come for a visit! We are always happy to greet prospective families at our fall Open House events or guide them through our campus on a private tour. For those interested in Grades 7 to 11, we're also hosting a fun-filled evening with our student ambassadors to share what it's like to be a Mulgrave student."

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October

CALENDAR OF EVENTS

DATES TO REMEMBER:

Shemini Atzeret: Oct 6 - Oct 8
 Thanksgiving: Oct 9
 Persons Day: Oct 18
 Halloween: Oct 31

FRI SEP 22 - SUN, OCT 15

The "Reflecting on Home" Exhibition

@Ferry Building Gallery,
 1414 Argyle Avenue

The "Reflecting on Home" exhibition brings together a talented group of established and up-and-coming artists to showcase a unique and diverse selection of Salish art. Each artist has their own story, each art piece brings new life, and each creation gives a chance for artists to share their teachings, life & artistry.

Time: 11am - 5pm | Cost: Free
Details: ferrybuildinggallery.ca

SAT OCT 7

Monthly International Dance Group

@ West Vancouver Presbyterian Church, 29th and Marine Dr

We have dancing lessons in our Lower Hall. You will learn to waltz, foxtrot, line-dance, and participate in Persian, Scottish or Jewish dancing—a different dance every month! Refreshments will be served. Old and young are welcome.

Time: 3pm - 5pm | Cost: \$10
Details: westvanpresbyterian.ca

FRI OCT 13 - SUN OCT 15

North Shore Art Crawl

@Various Locations

The North Shore Art Crawl invites you to celebrate the talent of local artists by viewing their works and learning about their passions. This annual event is made memorable and unique by the wide range of media displayed by the artists, including textiles, jewellery, pottery, graphic design, sculpture, painting, glass and photography.

**Time: Fri 13 - 7pm- 9pm,
 Sat 14 & Sun 15, 11am-5pm**
Cost: Free | Details: northvanarts.ca

SAT OCT 14 - SUN OCT 15 & SAT OCT 21 - SUN OCT 22

24th Annual Pumpkin Bowl Regatta

@West Vancouver Yacht Club

With over 165 boats and 200 competitors (aged 7 to 20+), sailors compete in over 50 dinghy and double-handed races, run over four courses, and are supported by over 130 engaged volunteers known for their friendliness, community spirit and commitment.

Time: Various | Cost: Various
**Details: wvyc.ca/on-the-water/racing/
 pumpkin-bowl**

SUN OCT 15

PumpkinFest 2023

@ 2121 Marine Drive, West Vancouver

This popular annual event brings the community together to celebrate the harvest season. You'll find people of all ages enjoying the live music, the local pumpkin patch, the pony and petting farm area and the hotdogs hot off the grill.

Time: 10am - 2pm | Cost: TBA
**Details: enhancewestvan.ca/
 pumpkinfest-2023/**

FRI OCT 20

Haunted House LEGO Challenge - Ages 7 to 9

@The Lab- West Vancouver Library

Test your LEGO™ creation skills by building ghostly and ghoulish shapes, and work together to create the ultimate haunted house.

Time: 10:30 - 11:45 | Cost: Free
Details: westvanlibrary.ca

SAT OCT 28

WVAM! Drop-In Family Art Project

@West Vancouver Art Museum, 680 17th Street

The WVAM Family Art Project invites you to drop into the museum for a free afternoon art workshop based on the West Vancouver Art Museum's current exhibition topic. All supplies are provided.

Time: 12pm - 4pm | Cost: Free
Details: westvancouverartmuseum.ca



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OCT 1, 8, 15, 22, 29

Artisan Farmers Market

@Ambleside Park

Join us at Ambleside Park every Sunday for a vibrant market where you can meet specially invited bakers, farmers, growers, and artisans as they sell their local produce.

And special thanks to our sponsor, Just Like Family Home Healthcare, who will provide fun for kids each week at their tent and a special dog event on Oct 22 that you won't want to miss!

Time: 9am-2pm | Cost: Free

Details: artisanmarkets.ca

At the time we went to print, all event details were accurate to the best of our knowledge. However, please check event websites or call ahead for the most current information.



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