



GO LOCAL

SHOP • EAT • DRINK • EXPLORE



SUPPORTING LOCAL • BUILDING COMMUNITY

BROUGHT TO YOU BY

TOURISM
BOWEN
ISLAND

Canada


BC Chamber
of Commerce



GO LOCAL - SUPPORT BOWEN TOGETHER

WHERE YOU SHOP AND SPEND YOUR DOLLARS MATTERS.

The goal of this booklet is to build community connections, raise awareness, inform, and encourage locals to support locals. In particular, we want to show how Bowen's small independent businesses provide valuable services and conveniences, contribute to the island's economy, foster social wellbeing, and make our community vibrant and unique. While shopping online from multinationals may seem easy and inexpensive, there are hidden costs and there's no benefit to the community.

We hope as you read this booklet you'll be reminded that we live in a great community. And we hope you'll gain a better understanding of the importance of supporting Bowen Island's small independent businesses, services, artists, growers, producers and non-profits. **Let's Support Bowen Together!**

ACKNOWLEDGEMENT

Tourism Bowen Island respectfully acknowledges that Bowen Island's ancestral name is *Nexwlélexwm* and is part of the unceded traditional territory of the *Skwxwú7mesh Nation*, who have stewarded this land for generations. We are grateful to live, work and share community on this beautiful island in *Átl'ka7tsem/Howe Sound*.

THANK YOU

This Support Bowen Together initiative is brought to you by **Tourism Bowen Island**, funded by the Government of Canada's Strategic Activities Program, administered by the **Minister of Innovation, Science and Industry**, and delivered through the **BC Chamber of Commerce**.



Tourism Bowen Island Association is a non-profit organization that facilitates local community economic development. For questions or information, contact:

Tourism Bowen Island, 432 Cardena Drive, Bowen Island, BC, V0N 1G1
phone 604-200-2399 • email info@tourismbowenisland.com

WHY BUY LOCAL?

LOCAL BUSINESSES...



Local businesses have **4.6x MORE IMPACT**
RECIRCULATE \$63 out of every \$100 back into the local economy, compared to only \$14 by multinationals and less than \$1 for online multinationals



Local businesses **GIVE 25x MORE** than big corporations.

Donate to fundraisers and charities, sponsor special events and sports teams

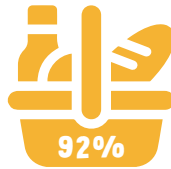


Local businesses provide **CONVENIENCE** and **PERSONAL SERVICE**.

Make our community **UNIQUE** and provide places to meet and **SOCIALIZE**.

Owned by our **NEIGHBOURS** that **CARE** about the community.

Pay **TAXES** and **BUILD** BC's economy.



Local businesses create **8x MORE JOBS** than multinationals.

Create jobs in the **COMMUNITY**

TRAIN, mentor youth, develop skilled workforce.



Local products keep up to **92 CENTS** of **EVERY DOLLAR** recirculating in the local economy.

Local businesses **BUY** local services, products and produce.

Local products **REDUCE** greenhouse gases

BUYING LOCAL IS SUPPORTING OUR WHOLE COMMUNITY

Bowen's local independent businesses are owned and operated by fellow islanders, our neighbours and friends. They create jobs, hire locals, train and often mentor our children. They donate to community fundraisers, local charities and sponsor sports teams and special events – like Bowfest and Light Up Bowen. They care about the community, are more environmentally sustainable, and create a unique cultural hub where we meet others and socialize. When we enter a store, restaurant or hire a local service company, we greet each other by name. All these local business exchanges contribute to building and sustaining a community that we feel a part of – and that we call home.



YOU CAN MAKE UP TO 107 TIMES MORE OF AN IMPACT BY BUYING LOCAL

When you buy locally-produced products in local brick & motor stores, your purchase has 107 times more impact than non-local products purchased online from a non-local business (only 0.3% local benefit). Also, your purchase reduces greenhouse gases by up to 66%.

(*LOCO BC, Vancity, Nov. 2021*)



EXPLORE LOCAL

BEST BACKYARD EVER

From the Salish Sea to the peak of Mt. Gardner, Bowen Island is a nature lover's paradise and an outdoor enthusiast's playground. There are so many ways to get outside and explore the island. If you have a particular interest or you want to learn a new sport, consider taking lessons to learn basic skills. You can also join one of the island's many clubs or groups. Try something new! We're truly fortunate to call this island home. But with our good fortune comes the responsibility of stewarding these lands and waters for the next generation. Wherever you go, whatever you do, leave no trace and respect wildlife and natural habitats.

EXPERIENCES . LESSONS . RENTALS

BOWEN E-BIKES

BOWENEBIKES.CA

BOWEN COMMUNITY RECREATION

BOWENCOMMUNITYRECREATION.COM

BOWEN ISLAND GOLF CLUB

BOWENGOLF.COM

BOWEN ISLAND SEA KAYAKING

BOWENISLANDKAYAKING.COM

BOWEN ISLAND YACHT CLUB

BIYC.BC.CA

VETERANS PARK DISC GOLF

PDGA.COM

BOWEN ISLAND SWIM LESSONS

947SWIM.CA

SPORTS CLUBS

BOWEN ISLAND FOOTBALL CLUB

BOWENFC.COM

BOWEN MEN'S FASTPITCH LEAGUE

[FACEBOOK GROUP](#)

BOWEN ISLAND SLOW PITCH LEAGUE

BOWENSLOPITCH.COM

OUTDOOR GROUPS

BOWEN ISLAND FISH AND WILDLIFE CLUB

BOWENHATCHERY.ORG

BOWEN ISLAND GARDEN CLUB

BOWENISLANDGARDENCLUB.CA

BOWEN ISLAND TRAIL SOCIETY

BOWENISLANDTRAILSOCIETY.CA

BOWEN NATURE CONSERVANCY

BOWENISLANDCONSERVANCY.ORG

BOWEN NATURE CLUB

BOWENNATURECLUB.BLOGSPOT.COM

ROTARY CLUB OF BOWEN ISLAND

BOWENROTARY.COM

PARKS AND TRAILS

BOWEN ISLAND MUNICIPAL PARKS & TRAILS

WWW.BOWENISLANDMUNICIPALITY.CA/PARKS

CRIPPER REGIONAL PARK

METROVANCOUVER.ORG

GOLF FOR EVERYONE

Forget golf stereotypes. The **Bowen Island Golf Club** is a public course that welcomes everyone. Considered one of the top nine-hole courses in the province, both novices and experienced golfers enjoy the course. **The Shed Eatery** is licensed and features a rotating local chef/menu each day. **For tee times, menus and more info visit bowengolf.com**



Have you tired disc golf? - Established in 2019, the **Veterans Park Disc Golf Course** is located on Athletic Park Road. Free outdoor fun for all ages and skill levels. BYOD (discs)

Need golf discs? Bowen-branded discs are available.

Contact boweneventrentals@gmail.com



WANT TO LEARN MORE ABOUT THIS PLACE WE CALL HOME?

Check out **Bob Turner's** Youtube Channel where you'll find over 40 short movies. Adventuring by kayak and snorkel, Bob tells stories about wildlife and wild places in Átl'ka7tsem/Howe Sound and around the Salish Sea. Bob is a Nexwíléxwem /Bowen Island film-maker, a former mayor, a retired federal geologist, and a volunteer with Átl'ka7tsem / Howe Sound Biosphere Region, a UNESCO designation that recognizes the area's ecological significance.

EXPLORE MORE

ÁTL'KA7TSEM / HOWE SOUND BIOSPHERE REGION

HOWESOUNDBRI.ORG

EXPLORING BOWEN'S MARINE WORLD

[AVAILABLE AT PHOENIX BOOKS](#)



INTERACTING WITH HORSES

Bowen is semi-rural, so when you encounter horses on roads or trails, for everyone's safety, please be aware of the following rules and safety practices.

- Crippen Regional Park has 5.6 km of shared trails. Cyclists yield to hikers. Hikers and cyclists yield to horses. When encountering a horse, calmly move to the side of the trail, remain within the horse's view, and refrain from sudden movements that can startle the horse.
- Shared Roads: Under the BC Motor Vehicle Act pedestrians, cyclists, herded animals and ridden horses are all considered traffic when using public roadways. This means that all modes of traffic have the same rights and duties as the driver of any type of motor vehicle.

To share the road safely and responsibly with horses, car drivers should slow down, stay at least two meters away from the horse, and only pass at a slow speed when it is safe to do so. Do not accelerate when passing. This could spook the horse and cause an accident that you may be held liable for. For more information, or to get involved with the horse community, please contact **Bowen Island Horse Owners & Riders Association (BIHORA)** at email bihoramembership@gmail.com



SHOP LOCAL



**WHEN YOU BUY
LOCALLY-MADE PRODUCTS**

— in a —
Local

BRICK & MORTAR STORE
YOUR PURCHASE HAS

107 TIMES

MORE OF AN IMPACT
ON OUR **ECONOMY**

AND ENVIRONMENT
THAN NON-LOCAL
ONLINE PURCHASING



ONE OF A KIND SHOPPING

SHOP BOWEN'S UNIQUE BOUTIQUES AND GALLERIES

Each of Bowen's independent shops, boutiques and galleries are unique, offering thoughtfully-curated products and many original creations by local artists and artisans. Each proprietor is passionate about what they do and they provide personalized services, greeting you by name and fulfilling custom orders whenever possible. Shopping locally is more sustainable, with a much lower carbon footprint in comparison to online shopping. Of course you won't find everything on Bowen. But you'll find a lot... and your dollars recirculate in the community.

SNUG COVE

BRANCH ON BOWEN GIFT SHOP
BRANCHONBOWEN.COM

THE HEARTH GALLERY

THEHEARTHARTSONBOWEN.CA

UNION STEAMSHIP COMPANY

UNIONSTEAMSHIPMARINA.COM

SQUIRREL ON BOWEN

SQUIRRELONBOWEN.COM

OUT OF THE BLUE BOUTIQUE

OUTOFTHEBLUE.CA

SUGAR CUBE GALLERY

SUGAR-CUBE.CA

FABULOUS FINDS

FACEBOOK.COM/FABULOUSFINDSONBOWEN

CATCHING STARS GALLERY

CATCHINGSTARSGALLERY.COM

VILLAGE SQUARE

PHOENIX BOOKS & GIFTS

PHOENIXBOOKSTORE.CA

BOWEN ISLAND PET SUPPLIES

BOWENPETSUPPLY.WIXSITE.COM

CATES PHARMACY

FACEBOOK.COM/CATESMEDICINECENTRE

ARTISAN SQUARE

WREN BOUTIQUE

WRENBOUTIQUE.COM

THE WATERING CAN SUPPLY

THEWATERINGCANSUPPLY.COM

ARTS PACIFIC GALLERY

ARTSPACIFICGALLERY.COM

THE REAL RAPUNZEL

THEREALRAPUNZEL.CA

SANGRE DE FRUTA BOTANICAL

SANGREDEFruta.COM

THE FLOWER SHOP

BOWENISLANDFLOWERSHOP.CA

MAISON SANSKAR

MAISONSAANSKAR.COM

VIKKI FULLER ART

VIKKIFULLER.COM

MOVEMENT GLOBAL

MOVEMENTGLOBAL.COM

MIKI TANAKA JEWELRY

MIKITANAKA.COM

GILT STUDIO

GILTGALLERY.COM



I never buy my books from Amazon. Why would I? When I can get friendly service at Phoenix Books. Many times the books arrive in just a couple days. The wait just adds to my anticipation.



ENCOURAGE OFF-ISLAND FRIENDS AND FAMILY TO SHOP BOWEN BUSINESSES

All local businesses have giftcards, take telephone orders or have an online shop. Mothers' Day, birthdays and special occasions? Keep the gift giving local, simple and hassle free.



SHOPPING LOCAL AND REDUCING WASTE

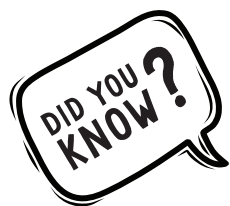
THE WATERING CAN SUPPLY

Dedicated to fostering sustainability and reducing waste, **The Watering Can Supply** offers a wide range of refillable household and personal care products, as well as environmentally-friendly and health-conscious gifts, jewellery and more. Owner **Casey Kennedy** says "I put my heart into product research. We are continuously fine tuning our products to ensure what you bring into your home not only cuts down on waste but is also safe for your family and our environment. Everything in the shop is used in my own home with my family and animals, including my 7-month-old daughter."

The Watering Can Supply opened in **November 2019**, four months before COVID shut the world down. Casey didn't think the store would survive. But she credits the community for rallying behind her and for embracing sustainability.

Over 90% of the products stocked are local BC makers, creators and artists, including many Bowen Islanders. "We offer a discount to any local business that uses us for refills and we are proud to be in many larger businesses on Bowen, as well as cleaning services and AirBnBs. We've even hosted field trips from BICS and had an entire class come in and practice their refill skills and ask about sustainability." – *Casey Kennedy*

The Watering Can Supply is located in Artisan Square, sharing space with **Wren Boutique**. Visit www.thewateringcansupply.com



BOWEN'S BELOVED re-use-it store the **Knick Knack Nook** was established in 2009 with the mission of fostering environmental and social responsibility. Operated 100% by volunteers, the KKN donates profits annually to charities, scholarships, grants and special community projects. Since opening, the KKN has donated **\$584,164.00** to the Bowen Island community, shared surplus goods with Vancouver non-profits and diverted items from the landfill.



EAT LOCAL



SAVOUR BOWEN'S MANY FLAVOURS

GRAB A BITE HERE

For a small island, Bowen is blessed with a delicious collection of eateries. Your palate can travel the world without leaving the rock. Globally-influenced flavours are lovingly recreated island-style. Our local chefs are a dedicated, passionate and hard-working lot. Integral to our community, they employ residents, mentor and train youth, purchase locally-grown produce and products, donate to fundraisers, sponsor events and offer us communal places to meet, socialize and celebrate. And when you're tired, hungry and don't want to cook, they'll do it for you.



TELL YOUR FRIENDS CAFE

[FACEBOOK.COM/TEYYOURFRIENDSCAFE](https://facebook.com/teyyourfriendscafe)

BRANCH ON BOWEN

[BRANCHONBOWEN.COM](https://branchonbowen.com)

RUSTIQUE BISTRO

[RUSTIQUEBISTRO.ME](https://rustiquebistro.me)

DOC MORGAN'S PUB & RESTAURANT

[DOCMORGANS.CA](https://docmorgans.ca)

THE SNUG CAFE

[SNUGCAFE.CA](https://snugcafe.ca)

BARCELONA TAPAS & WINE BAR

[BTWB.CA](https://btwb.ca)

TUSCANY RESTAURANT

[TUSCANYPIZZA.COM](https://tuscanypizza.com)

BOWEN ISLAND PUB

[BOWENPUB.COM](https://bowenpub.com)

THE VILLAGE BAKER CAFE

[VILLAGEBAKER.SQUARESPACE.COM](https://villagebaker.squarespace.com)

BOWEN SUSHI

604 947 6806

ARTISAN EATS CAFE

[ARTISANEATS.CA](https://artisaneats.ca)

COCOA WEST CHOCOLATE CAFE

[COCOAWEST.COM](https://cocoawest.com)

MEADOWBROOK MARKET

[MEADOWBROOKMARKET.CA](https://meadowbrookmarket.ca)

THE SOUP FAIRY

[FACEBOOK.COM/THE SOUP FAIRY ON BOWEN 1](https://facebook.com/thesoupfairyonbowen1)

ALDERWOOD FARM

[ALDERWOODFARM.COM](https://alderwoodfarm.com)

THE SHED AT THE GOLF COURSE

[BOWENGOLF.COM](https://bowengolf.com)



"Ocean or mountain? Chocolate or Lemon? It's easy and hard to #supportlocal on Bowen Island when there are too many delicious bakeries and cafes to choose from....So the answer? Choose more than one! One for a beach-side sunset, and one for a mountain-top lunch!"
Instagram: @idratherbeonamountain





WHAT IT MEANS TO DINE OUT...

ARTIST JAYME CHALMERS AT TUSCANY RESTAURANT

If you've eaten at Tuscany Restaurant, your server may have been Jayme. Born and raised in Edmonton, he's called Bowen home for the past two years and he's also a sculptor working with mixed media – but not typical media! You know those takeaway pizza boxes? Jayme has used them to create a portrait sculpture of Margherita of Savoy, of margherita pizza fame. He's also used other local products including *The Undercurrent*. If you had the chance to see his exhibition at The Hearth Gallery last summer, *Ephemeral Horizons*, you know how interesting, intriguing and awe-inspiring his creations are.

"One of the benefits of living on Bowen is that of less distractions and a setting that encourages presence of mind and a seizing of inspiration... My portraits signify transformative qualities and suggest that we can change how we feel through our actions and expressions. This is symbolized through the reconstruction of everyday materials" – Jayme Chalmers

And the next time you're dining at Tuscany or taking a pizza to go, say "Hi."

Check out Jayme's work: jaymechalmersart.com



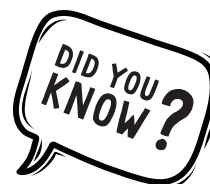
We are so lucky with the variety and quality of restaurants and cafes on Bowen. I go out to eat at least once a week and try different places. Each one has something special I like and I am never disappointed.

FOR EVERY DOLLAR THAT YOU SPEND
—at a— **RESTAURANT 65 CENTS STAYS**
Local **IN THE COMMUNITY**
for chain or franchise restaurants
COMPARED TO 30 CENTS

BOWEN ISLAND HAS A FOOD DELIVERY SERVICE

Foodonbowen.com delivers to your door, the beach or wherever you are.

Menus available on website.



SPECIALTY FOOD+ DRINK

SHOP LOCAL FOODS

If you tend to do your major grocery shopping in “town” or order home delivery, we want to tempt you to explore all the grocery and speciality foods available on Bowen. Both **The Ruddy Potato** and **Snug Cove General Store** bring in new items weekly, welcome special orders, and stock a good variety of local produce, baked goods and products. **Alderwood Farm Specialty Food Shop**, located mid-island, stocks staples and makes & bakes fresh dishes. And have you checked out **Meadowbrook Farm** yet?

ALDERWOOD FARM
ALDERWOODFARM.COM

ARTISAN EATS BAKERY
ARTISANEATS.CA

COCOA WEST ORGANIC CHOCOLATIER
COCOAWEST.COM

HOME FARM GARDEN
HOMEFARM.CA

MEADOWBROOK MARKET
MEADOWBROOKMARKET.CA

THE RUDDY POTATO & RUDDY KITCHEN
RUDDYPOTATO.COM

THE SNUG COVE GENERAL STORE
604-947-9619

THE VILLAGE BAKER
VILLAGEBAKER.SQUARESPACE.COM

CANDY IN THE COVE
CANDYINTHECOVER.WEEBLY.COM

SHOPPING *on Bowen is more sustainable*
CREATES LOCAL JOBS AND SUPPORTS LOCAL GROWERS & PRODUCERS

EAT, DRINK & CELEBRATE

MEADOWBROOK FARM

Meadowbrook Farm is evolving and transforming into a food and drink hub. If you haven't already discovered this mid-island stop, we recommend that you do. Currently, the **Meadowbrook Market** kitchen serves hot food for take away or picnic, such as sandwiches, chilli and sides. Chef/butcher **Dylan** offers a selection of handcrafted meats and sausages and during the fall and winter months you'll find **Frank Patt's The Soup Fairy**. Both have a loyal customer following, so that speaks volumes. Dylan uses local ingredients as much as possible, including lamb raised on Bowen and produce from local farmers. Watch for a fresh-food market opening spring 2022.

Meadowbrook Farm is operated by the Johnstone family and is home to Bowen's newest cidery, **the Bowen Cider House**, slated to open this spring. The vision for the cidery started 13 years ago when the first trees were planted on the 7.5 acre farm. Currently, there are 700 apple trees and approximately 40 different varieties, but the orchard will expand significantly in the coming years. Bowen Cider House will initially open with a tasting room and retail sales, with plans to offer a picnic area and eventually a full-service indoor lounge. And if that's not enough, they're working on becoming a fully-licensed event venue for weddings, parties and special occasions. So there's lots happening at Meadowbrook Corner. Stop in and taste something new. **For more information, visit meadowbrookmarket.ca and bowenciderhouse.ca**





SIP LOCAL BEVERAGES

If you haven't noticed, there's a libations renaissance taking place on island. While **Doc Morgan's** and **The Bowen Island Pub** are still local favourites, **Copper Spirit Distillery** started a transformation with its boutique craft organic spirits and cocktail lounge. **Riley's Cidery** opened in summer 2021 and the **Bowen Cider House**, at Meadowbrook Farm, will open spring 2022. The Bowen Island Golf Course's **Shed Eatery** is licensed and has a great patio overlooking Howe Sound and **Barcelona Tapas & Wine Bar** features wine on tap and Spanish beverages. So grab a friend and enjoy a cold one at one of Bowen's local drinkeries.

BARCELONA TAPAS & WINE BAR
BTWB.CA

BOWEN CIDER HOUSE
BOWENCIDERHOUSE.CA

BOWEN ISLAND BEER & WINE CELLAR
604-947-2729

COPPER SPIRIT DISTILLERY
COPPERSPIRIT.CA

DOC MORGAN'S PUB & RESTAURANT
DOCMORGANS.CA

RILEY'S CIDERY
RILEYSCIDER.COM

THE BOWEN ISLAND PUB
BOWENPUB.COM

THE GENERAL STORE
604-947-9619



HEIRLOOM APPLES & HANDCRAFTED CIDERY

RILEY'S CIDERY

Over a 30-year period, **John** and **Josephine Riley** planted almost a thousand varieties of heirloom apples creating a one-of-a-kind orchard right here on Bowen Island. In 2019, Christine and Rob took over the orchard with the vision of both preserving the unique orchard and transforming its fruits into a new product to be shared and enjoyed. After more than two years of preparations, **Riley's Cidery** opened its doors in July 2021 and they've been blown away by the positive response from locals, many of whom bring friends and family to enjoy the outdoor patio, a space where you can bring-your-own-picnic and sip cider. In October, Riley's Cidery received international endorsement, their **Sip & Tell** cider winning gold at the International **Brewing Cider Awards**.

Christine and Rob live with their two children on the property and they each bring their expertise to the business. Christine studied at the University of BC, completing a practicum in sustainable agriculture, and while living in England she trained at the **Cider and Perry Academy** in Herefordshire. Rob's background is finance, but he's equally at home tending to the orchard and working in the cidery. **For more information and hours of operation visit rileyscidery.com**



GROWERS BAKERS MAKERS



GROWERS, BAKERS, MAKERS

The **Bowen Island Farmers' Market** is a great place to connect with local growers and producers. Saturday mornings from 10 AM to noon at BI Community School, May through October, you'll find a rotating selection of fresh produce, plants, flowers, baked goods,



LOCAL BUSINESS

+



LOCAL PRODUCE

=

\$0.83

RECIRCULATED LOCALLY



MULTINATIONAL

+



LOCAL PRODUCE

=

\$0.69

RECIRCULATED LOCALLY



MULTINATIONAL

+



IMPORTED PRODUCE

=

\$0.12

RECIRCULATED LOCALLY

spices & jams, as well as handcrafted artisan items. If you'd like to receive fresh local produce weekly, consider signing up for a **Community Supported Agriculture** box. Local retailers, such as **The Ruddy Potato** and **Meadowbrook Market**, also carry a selection of island grown and made products. Buying from local growers is the best way to support food sustainability and to reduce our island's environmental impacts. **Follow @BowenIslandFarmersMarkets**

GROWING BEAUTY TO FEED THE SOUL SUSTAINABLY

FLORA SHAMANA BLOOMS

Andrea Stevenson loves flowers and she also cares deeply about environmental sustainability and confronting the climate crisis. These passions plus a lot of hard work result in beautiful fresh flowers that you can purchase mid-April through mid-October at the **Farmers' Market**, or direct order individual bouquets. Dried floral creations can be purchased direct or at **Branch on Bowen**.

Andrea moved to Bowen eleven years ago and she started **Flora Shamana Blooms** in 2018. By day, she's a college instructor, so she still commutes to the mainland, but her work allows for some seasonal flexibility during the growing season. Andrea grows high-quality and unique varieties of flowers suited to Bowen's climate and, in line with her values, the flowers are all field grown, cultivated without any pesticides and watered with harvested rainwater. "I offer an eco-friendly product that supports my family, pollinators and allows my customers to purchase a product that reduces their own carbon footprint and brings joy and beauty to their lives." **Visit fsblooms.com for more information and inspiration.**





GROWING GOODNESS LOCALLY

LITTLE SONG FARM MICROGREENS

Charmaine and Park Heffelfinger moved to Bowen Island in 2010 and live with their two daughters. By day Charmaine is an interior designer and Park was co-owner of the **Memphis Blues BBQ restaurants**. Wanting to grow food for their family, they started **Little Song Farm** in 2015 and now have 2 acres in production, a flock of chickens and a green house.

Seeing a niche, they started production of microgreens in November 2020. The sprouts are grown indoors under controlled conditions for optimal harvesting and this enables them to produce fresh healthy greens throughout the year. They sell directly to most of the local restaurants and the greens are available for purchase at **The Ruddy Potato** and via subscription. Little Song Farm has also partnered with **John Jerman**, owner/operator of **Think Organic Big Ideas**, a weekly harvest box subscription service. And if that's not enough, Charmaine and John also sell tomato, cucumber and basil seedlings for people who want to grow their own. **Contact Charmaine at littlesongfarm@gmail.com**



SASSY BUT CLASSY SOAPS AND CANDLES

BOWEN ISLAND SOAP COMPANY

"I just wanted some decent soap! There was nothing on the island suitable for my sensitive skin so I set to and made my own," offers **Helen Platts-Johnson** when asked about her inspiration for creating the **Bowen Island Soap Company** in 2018. It also made sense given her Master's in Business and her entrepreneurial spirit. Three years later, BISCo's products and sassy-marketing messages have attracted loyal customers from around the globe.

Everything is handmade on Bowen using high-quality, plant-based ingredients and is cruelty-free "because we care about what people use on their bodies and because these ingredients are better for the environment and planet," says Helen. BISCo proudly employs local woman and donates a portion of profits to local causes, including the **Bowen Island Food Bank**. **Visit bowenislandsoapco.com**



LOCAL ARTS



ARTS & CULTURE

Bowen Island has an interesting history and rich, vibrant arts culture that is accessible and inviting. New residents often discover that Bowen's lifestyle inspires creativity and artistic pursuits. Whether you're drawn to the canvas, the stage, the microphone, or nature's landscapes, there are many opportunities to create, to learn, to share and to support the arts - including volunteering. The arts enrich our lives, connect us to each other and make our community unique.

PUBLIC GALLERIES
BOWEN ISLAND MUSEUM & ARCHIVES
BOWENISLANDMUSEUM.CA

THE HEARTH GALLERY
THEHEARTHARTSONBOWEN.CA

CATCHING STARS GALLERY
CATCHINGSTARGALLERY.COM

ARTS PACIFIC GALLERY
ARTSPACIFICGALLERY.COM

VIKKI FULLER STUDIO GALLERY
VIKKIFULLER.COM

CLASSES/INSTRUCTION
FOTOFILMIC
FOTOFILMIC.COM

JANET ESSEIVA STUDIO
JANETESSEIVASTUDIO.ART

JEAN BRADBURY
JEANBRADBURY.COM

MARIE NEYS FINE ART & INSTRUCTION
MARIENEYS.COM

THE BURROW ART STUDIO
THEBURROWONBOWEN.COM



WHEN THE BODY IS THE CANVAS

KELLY MILLER . BOWEN ISLAND TATTOO

Tucked away in Artisan Square is the **Bowen Island Tattoo Shop**. Local **Kelly Miller** bought the shop from her mentor **Liz Burdock** in 2015 as a way to live and work on island. It was scary starting a business, but Kelly credits the community for their support: "I've got to say, my favourite aspect is seeing locals in the community who may never have gotten a tattoo consider getting one because they're comfortable with someone they know, in a private studio - the experience is less intimidating."

Grateful that she doesn't have to commute, Kelly has more time to volunteer with special events, including the **Bowen Island Logger Sports** and the **Bowen Island Polar Bear Swim**. "The island has always come together because of the locals who run these events and as a business owner I feel it's import to stay involved." Kelly is expanding her business, offering custom apparel printing services and she's also sharing her skills, by training and mentoring the next generation of tattoo artists. [Check out Kelly's work at bowenIslandTattooShop.com](http://BowenIslandTattooShop.com)





CREDIT: ALEX KURIAL, THE UNDERCURRENT

BRINGING PEOPLE TOGETHER THROUGH MUSIC

JOHN STIVER

Like many locals, **John Stiver** wears multiple hats: he’s a musician, music teacher, performer, and organizer of live shows. He’s also **BIM’s Youth Services Coordinator** and a digital marketing specialist for **Take That Leap**. During the early days of COVID, John inspired others by recording and sharing guitar tips via his Facebook channel for 70 consecutive days. A father of three, his family has flourished on Bowen and have called the island home for fifteen years.

John was originally drawn to music through the blues, inspired by artists such as Freddie King and Eric Clapton. Then he got into all sorts of styles and after ten years of playing professionally, he studied in New Orleans and Toronto. Today, John runs **Fatback Music** which represents and books several bands comprised of Bowen’s talented local musicians. Catch John playing the monthly blues and jazz nights at the **Bowen Island Pub**, as well as other island venues.

John’s tip about island living: “Bowen will give you what you put into it. The more you’re involved, the more Bowen gives back in so many ways.”

Contact: fatbackmusic@hotmail.com



MUSIC

If you are interested in connecting with local musicians for lessons booking a band, renting equipment, recording or other music-related inquiries, contact Cindi at the **Bowen Island Music Association**.

Email cindikeep@gmail.com

BOWEN ISLAND COMMUNITY CHOIR
BOWENISLANDCOMMUNITYCHOIR.CA

MEN ON THE ROCK
NTZHARMONIUM@MAC.COM

PENRHYN ACADEMY OF SINGING
SINGONBOWEN.CA

THE LADIES MADRIGAL SINGERS
SINGONBOWEN.CA/THE-MADZ

KELLY KONO KELLY
KONNOSTUDIO.COM

TIR-NA-NOG THEATRE SCHOOL
604-947-9507

THEATRE ON THE ISLE
[@THEATREONTHEISLEBOWEN](https://www.instagram.com/theatreontheislebowen)

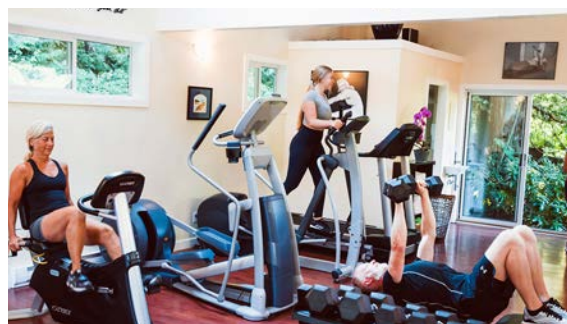


Artists
— MAKE OUR —
COMMUNITY
INTERESTING
and **UNIQUE**



CREDIT: ORAF

HEALTH+ WELLNESS



HEALTH & WELLNESS

From forest bathing on the island's many trails to strength & power workouts at the gym, there are many opportunities for personal health and wellness on Bowen. If you need healthcare, you'll find supportive resources and practitioners who treat physical and mental health issues. A wide variety of fitness classes are offered and clubs provide a fun social setting where you can learn and engage with others.

**CLASSES . FACILITIES . INSTRUCTORS
AND CLUBS**
BOWEN ISLAND COMMUNITY RECREATION
BOWENCOMMUNITYRECREATION.COM

BOWEN ISLAND GOLF CLUB
BOWENGOLF.COM

BOWEN ISLAND GYMNASTICS
BOWENGYMNASTICS.COM

KELLY KONNO DANCE STUDIO
KELLYKONNOSTUDIO.COM

NECTAR YOGA RETREAT
NECTARYOGA.CA

POSITIVELY FIT STUDIO
POSITIVELYFIT.CA

SEVEN HILLS YOGA
SEVENHILLSYOGA.COM

THE GYM ON BOWEN
THEGYMONBOWEN.CA

RESOURCES
THE CARING CIRCLE
CARINGCIRCLE.CA

BETTER AT HOME
CARINGCIRCLE.CA/BETTER-AT-HOME

IF YOU'RE HIKING MT. GARDNER, there's a new trail from the Killarney Lake parking lot to Lower Skid Road. See interactive map at bowenislandtrailsociety.ca

DOCTORS, THERAPISTS, MASSAGE
BIRCH WELLNESS
604-338-5001

BOWEN ISLAND INTEGRATED HEALTH
BOWENISLANDHEALTH.COM

BOWEN ISLAND FAMILY MEDICINE
604-947-9986

BOWEN ISLAND WELLNESS CENTRE
BOWENISLANDWELLNESSCENTRE.CA

DR. GLORIA CHAO
HORSESHOEBAYDENTAL.COM

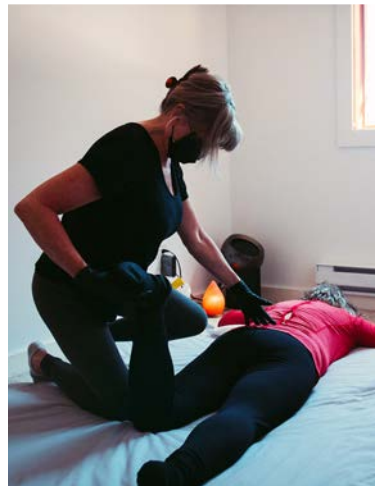
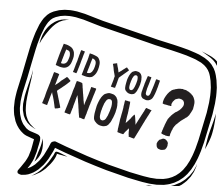
DR. TRACEY LEACH
DRTRACYLEACH.CA

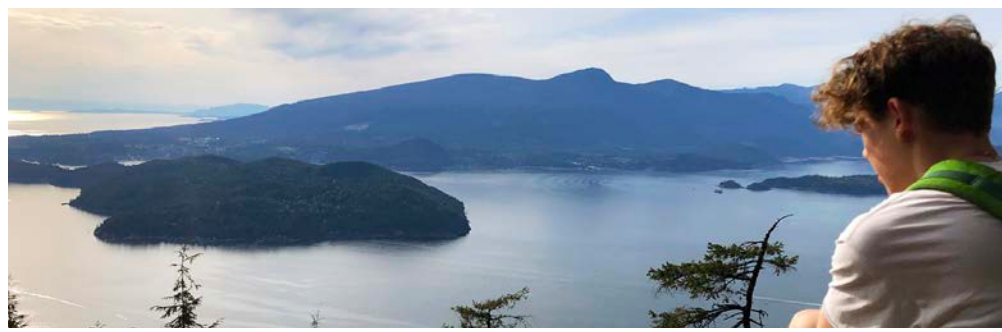
LISA SHATZKY
778-837-7040

MATTHEW VAN DER GIESSEN
SOMATICSINSTITUTE.COM

ORCHARD RECOVERY CENTRE
ORCHARDRECOVERY.COM

SHAHAR RABI
SHAHARRABI.COM





BOWEN'S HEALTHCARE SERVICES EXPAND

DR NICHOLAS LENDVOY | BOWEN ISLAND INTEGRATED HEALTH

Chiropractor and musculoskeletal specialist **Dr. Nicholas Lendvoy** and his wife Jessica moved to Bowen Island in 2016. Seeing the healthcare gap in the community, he teamed up with physiotherapist **Greg Smith** to open **Bowen Island Integrated Health** in 2019. The objectives were to improve accessibility to patient-centred services and to create a centre where healthcare practitioners can work on island, instead of commuting.

Their vision has been warmly welcomed and the team has grown from 2 to 16 professionals, each contributing complimentary medical practices, from mental health and dental services to diversified physical therapy and community nursing. In fact, Integrated Health has grown so much, they're expanding and moving into a new, larger space that increases treatment rooms, creates an exercise area for sport therapy sessions, and enables new services including acupuncture, traditional Chinese medicine and podiatry.

When asked what he likes to do on his days off, Dr. Lendvoy confessed that his two-year-old son tends to set the schedule. This typically includes feeding the ducks at the lagoon, stopping at **The Snug Café** or **Tell Your Friends**, and perhaps a little catch-and-release fishing at Grafton Lake. Then they might head to the **golf course** for a little practice on the putting greens, grabbing a smokie at **Meadowbrook Market** on the way. There's often a dog walk at the Cape or a paddle if it's warm and, if time allows, a **Cocoa West** hot chocolate on the way home. Wow! Based on this itinerary it appears that, like his practice, Dr. Lendvoy and his family are well integrated into the community. **For more information or to book an appointment with a healthcare professional visit bowenislandhealth.com**

HELPING YOUTH

If you know a youth facing challenges, the **Bowen Youth at Risk Fund** provides grants to support wellness. Youth at risk are defined as individuals whose lives and opportunities are being compromised as a result of one or more of a number of factors, including but not limited to substance use, difficulties with mental health, depression, anxiety, trauma and family conflicts. The fund can provide access to education, treatment and counseling. You can send a confidential inquiry to youthatrisk@bowenfoundation.com. **For more information, visit the Bowen Island Community Foundation bowenfoundation.com**



LOCAL SERVICES

WHO YOU GONNA CALL?

Sometimes the roof leaks, the car breaks or the grass needs trimming. Who you gonna call? A local, of course.

BOWEN BUILDING CENTRE

Serving the trades and do-it-yourselfers, the BBC has everything you need – or they'll order it in. Looking for a local contractor or tradesperson? They can connect you. Not sure what doohickey you need for the thingamajig? The staff will kindly help you.

The next time you stop into the BBC, be sure to wish **Pat Buchannan** a very happy **50th anniversary**. That's right! Pat's worked at the BBC since it opened in 1972. What an amazing career!



The Bowen Municipality has a **Business Search** online directory showing all licensed businesses operating on Bowen. Search by business type, business name or owner's name.

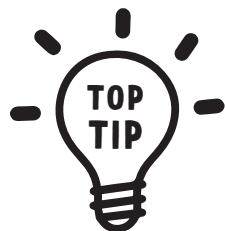
RETURNING TO BOWEN AFTER 24 YEARS

BOWEN ISLAND BARBER SHOP

She's back! **Sheila Hunter Tubic** started the Bowen Barber Shop in 1997, operated it for three years, then moved off island to pursue other life adventures. "I feel like my ship has come home, after a long and windy journey," she says. What's changed after 24 years? Sheila's concerned about the lack of rental housing and the shift in demographics that's resulting in less diversity. But she's also keen to find and work on solutions, to make a positive difference in the community. Sheila and her husband have done a lot of work with youth-at-risk, so she's hoping to contribute her knowledge and experience here.

Sheila's enjoying reconnecting with old-time locals and meeting new Islanders. She loves history, sharing stories and learning about each person's connection to Bowen. "Don't forget the past, so we can plan for the future," she says. A conviction that truly resonates, given that she's come full circle back to Bowen. **To make an appointment, phone 604-947-2239.**

PHONE BOOK



Yes! Bowen has a phone book and it's a really handy community resource for every Islander. In addition to business listings, community organizations, and the phone number for your neighbour down the street, you'll find lots of local information, such as recycling, tide tables, maps, municipal resources and much more. Updated annually.

Email bowenphonebook@gmail.com





GIVING

LOCAL GIVING • LOCAL IMPACT

Whether you volunteer, fundraise or donate, when you give locally your impact is more tangible and measurable – you can see the difference. Each positive act creates a ripple effect that builds and strengthens the community. There are many local organizations and causes to consider. Here's a brief introduction to a few.

SWIMBOWEN SOCIETY

The SwimBowen Society is dedicated to providing financial support to Bowen Islanders in active cancer treatment so individuals can focus on healing and accessing aids such as massage, physiotherapy, food delivery, etc. As the SwimBowen name suggests, the main fundraiser is an open-water swim held annually at Tunstall Bay – July 16th, 2022! If you're interested in swimming, volunteering, donating or know someone who could use a Cancer Care Gift, [please visit swimbowen.com](https://swimbowen.com)

GIVING IS GOOD FOR YOU

Brain scans demonstrate that donating activates the feel-good chemicals serotonin, dopamine and oxytocin. You know, the same part of the brain that's turned on during sex or when eating something delicious, like chocolate. Moreover, these same brain scans show that **it's better to give, than to receive.**



HEALTH CENTRE

Construction has started on the **Bowen Island Community Health Centre**, which means increased access to on-island doctors, nurses, and same-day care is becoming a reality. But there's still a ways to go and financial support is still needed. To donate and for more information about the health centre and how you can join more than 500 Bowen families who have pledged support, [visit bowenislandhealthcentre.com](https://bowenislandhealthcentre.com)

MENTORING THE NEXT GENERATION

Over 25 years of mentoring the next generation: **Island Pacific School** is a non-profit independent International Baccalaureate middle school program for grades 6 – 9. With the motto *learning to make a difference*, students are challenged and inspired to strive for excellence in learning and in life. [For more information visit islandpacific.org](https://islandpacific.org)



**LOCAL
BUSINESSES
GIVE 25x
More** THAN
BIG CORPORATIONS

**GIVING TO LOCAL
FUNDRAISERS
CHARITIES
SPORTS TEAMS
special events**



BE A BOWEN CHAMPION

SHOP WHERE YOUR HEART IS

Where you spend your money matters. **Shopping locally makes a difference.** The café where you enjoy lunch most likely employs a neighbour, donates to fundraisers, buys locally-grown produce and contracts a local plumber when the sink overflows. Each purchase you make at a local business recirculates in the community through wages, purchases, taxes and donations. Shopping locally is supporting our whole community.



TAKE THE 10% CHALLENGE

A recent study estimates that a 10% shift to shopping locally creates 14,150 jobs and \$4.3 billion for BC's economy. **Can you make the 10% shift?**

SIMPLE WAYS
to support
LOCAL
SMALL BUSINESSES



FOLLOW, COMMENT, LIKE
& SHARE THEIR SOCIAL
MEDIA



LEAVE A POSITIVE REVIEW



TELL YOUR FRIENDS AND
FAMILY



ORDER TAKEOUT OR
DELIVERY



BUY FROM THEM WHEN
YOU CAN



BUY A GIFT CARD



DON'T ASK FOR A
DISCOUNT OR FREE STUFF

THANK YOU FOR SHOPPING LOCAL!

Let's support Bowen together.

Share your stories and give kudos using the hashtag **#bowenisawesome**

This booklet is published by Tourism Bowen Island Association

TOURISM BOWEN
ISLAND