The history of Deep Cove provides examples of both continuity and change in lives and conditions over time.

A hundred years ago, in the place now called Deep Cove, there were millions of old growth trees standing strong. The Tsleil-Waututh and Squamish were the original inhabitants. They lived off of the many resources that the land provided, like salmon, berries (which were eaten fresh as well as dried) and whales. They shared the land with plenty of native wildlife, like black bears, seals, deer and birds.

British and Spanish explorers arrived in the late 18th century. In the 19th century sawmills were established in North Vancouver including a sawmill at what is now Cates Park. In 1885 Canadian Pacific Railway (CPR) arrived in Vancouver. In 1960 the Second Narrows bridge was completed, allowing a new way to travel between Vancouver and North Vancouver. Prior to the bridge the only way to travel between Vancouver and North Vancouver was via ferries or canoes. Deep Cove was developed and inhabited by those working in the industries: logging, shipbuilding and stone quarries. The only community buildings were a dance hall, a general store and a yacht club.

Although it is still a place that is appreciated for its natural features, forests and ocean and it is still the home of the Tsleil-Waututh, Deep Cove has continued to grow. It has been impacted by human developments, like paved roads, tree removal, electrical lines and poles, and more buildings.

I am writing this sitting against the wall of Seycove Secondary School. The school opened in 1979, for grades 7-9. It was also a community centre, museum and a public library. Today Seycove is just a school for grades 8-12; the community centre and public library moved to Parkgate and are now much larger. This happened because more people discovered Deep Cove and moved in, which increased the population, therefore requiring larger schools and community facilities. Also because of paved roads, I am able to commute to Seycove from central Lonsdale. People who live in Deep Cove also have many different jobs (no more lumberjacks and miners) such as Real Estate agents, photographers, medical workers, teachers or lawyers.

One example of progress is developing an area of land into a small community. Deep Cove has developed into thriving community with residential areas in high demand and a popular tourist attraction due to outdoor recreation opportunities with the forest and ocean and small shops and restaurants.

However, in my opinion, one negative effect of this development is the removal of old growth trees. Trees are important because they provide beauty, prevent erosion, provide habitat for native animals and store carbon. It also means it would be very difficult to live off the land.

In the last 250 years, Deep Cove has developed from an area of mostly wilderness inhabited by the First Nations, to a community based on resource extraction, to a thriving urban community.