

SOAR

Inflight
Magazine for
Pacific Coastal
Airlines

It's snow time!

BC mountain resorts set to
roll out the snow carpets!



WORKS OF ART

Art towns Nelson
and Kaslo

NEXT TIME, MORE TIME!

24 hours isn't enough
in Richmond

Pacific Coastal
AIRLINES

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Quadra Island Acreages: Two 4.9 acre highbank oceanfront lots, offering a private, peaceful island sanctuary away from the hustle and bustle and surrounded by nature. Part of a 76.9 acre development on the southern shores of **Quadra Island** subdivided into 8 titles. Standing forest, beautiful pastoral land, a valley ravine and a secluded beach.

SL1: \$642,000
SL2: \$657,000



BC Central Coast Oceanfront: 160 acres in the **Great Bear Rainforest**, just south of **Bella Coola**. Diverse topography, 656ft of steep west-facing oceanfront, stunning views of the coastal mountains and **North Bentick Arm**. Significant water resources with a year-round creek and 2 small lakes. Partially logged and replanted over past 35 years. Water access.

\$360,000



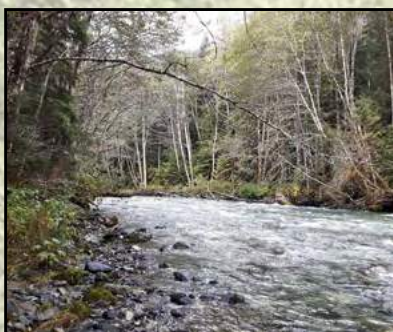
BC Central Coast Acreage: 320 acres in two contiguous titles, 15km SW of **Bella Coola**. Tremendous views including expansive views of pristine inlet waters and snow-capped peaks. Diverse topography, partially logged. Several year-round streams and an alluvial fan, three rock quarries. Forest service road access through Crown land, from boat anchorage.

\$480,000



Cortes Island Oceanfront Residence: Welcoming modern 2256sqft home with 3 bedrooms and 3 bathrooms, open concept kitchen and living space. 2.1 acres with 268ft of walk-on oceanfront in **Gorge Harbour**. Expansive partially covered deck overlooking the gardens and ocean. 19x26ft shop with power. A beautiful and well-kept oceanfront island home and property.

\$1,200,000



DL1101 & 1106 Salloomt River: **Bella Coola** region. Heavily timbered 313 acres in two adjacent titles that straddle the scenic **Salloomt River** for 1.6km, a substantial freshwater system that includes a spectacular canyon. Good road access via Forest Service Road. Timber cruise summary from 2020 available – net volume 41,550 cubic metres.

\$1,100,000



Surf Inlet, Princess Royal Island: 251.88 acres in four contiguous titles with oceanfront at the head of **Surf Inlet** and lakefront on **Cougar Lake**. Substantial acreage with oceanfront, lakefront and a historic dam, with water licenses and a foreshore lease. **Princess Royal Island** is about halfway between **Prince Rupert** and **Bella Bella** on the central BC coast.

\$3,500,000

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WHEN YOU'VE REACHED
THE EDGE OF YOUR WORLD,
OURS BEGINS

Photo: Owen Perry



tourism@GoHaidaGwaii.ca | GoHaidaGwaii.ca

"Southeast Wind" appears with permission of the artist, Guud San Glans Robert Davidson

HAIDA GWAI

LOOKING TO THE NEXT YEAR

PRESIDENT'S MESSAGE



Looking back on 2021, it feels like the year has flown by. In our business, we take this time to reflect on our accomplishments and set goals for the new year.

I am so proud of our entire Pacific Coastal employee group for staying positive, persevering and finding new ways to pioneer, collaborate and advance in another difficult year for the aviation industry. In the first quarter of 2021, we launched new routes to Kamloops and Penticton and we are pleased to continue to offer services to these destinations.

The Government of Canada recently announced that all air passengers aged 12 years and older will need to be fully vaccinated in order to board domestic flights in Canada. The vaccine mandate applies to all Pacific Coastal Airlines flights. For more information, please visit our Vaccine Requirements for Travellers page on our website.

We remain committed to our customers and we will continue to offer a schedule that supports the communities that we serve. Our winter holiday schedule is available and offers more flight options and flex-

ibility to help you plan your holiday travel. A friendly reminder to allow yourself extra time before check-in as all new COVID-19 verification measures are in place and may take extra time. If you're planning to bring holiday gifts with you or ship using our cargo service, CATSA recommends leaving your gifts unwrapped as the contents may need to be inspected.

As we look ahead to the new year, we have recently published our preliminary summer 2022 schedule until September 10, 2022. As travel continues to open up, we are estimating an increase in leisure travel for next summer. Visit our website to book your summer travel today!

As always, thank you again to our customers, partners and staff for your continued support in 2021. We hope everyone has a great holiday and we thank you for choosing to fly with Pacific Coastal Airlines. 🇨🇦



Quentin Smith

Vancouver's R&B Brewing tapped as top brewery

The beer-drinking people have spoken. After counting more than 18,831 votes cast by 4,219 beer lovers around BC, Vancouver's R&B Brewing came out on top to win the BC Ale Trail's Best Brewery Experience Award for 2021.

"It's an honour and a privilege to give this award to one of the originals in craft brewing in BC," said Ken Beaty, executive director of the BC Craft Brewers Guild. "This award gives folks all across BC a chance to single out breweries that work hard to create amazing consumer experiences—from the quality of beer they produce and the food they serve to the lively atmosphere and welcoming spaces found within their tasting rooms."

"This award means a lot to us," said Barry Benson, R&B Brewing co-founder and sales manager. "The brew crew we have is the most amazing brew crew ever. The front of house staff is great. It's a pleasure working with this group."



R&B Brewing takes the top prize in BC Ale Trail contest.

An "East Van original" and one of the city's first microbreweries, R&B Brewing was launched in the heart of Vancouver's historic Brewery Creek district by Rick Dellow (the "R") and Barry Benson (the "B") in 1997. It quickly found a loyal local following as it blazed a trail for the burgeoning BC craft beer scene that exists around the province today.



View of a section of the new Hwsalu-utsum Park, which is being established by the province near the Koksilah River. (Courtesy of the Province of BC)

R&B was bought by Howe Sound Brewing in 2015 and a consequent injection of funds gave it a fresh lease on life. The prevailing ethos has remained the same at R&B since its inception: an eclectic team of inspired individuals with diverse skills and experience that embraces brewing innovation and produces authentic artisan brews emblematic of who they are and where they live and work.

Today, R&B includes both the brewery and a cosy, retro-styled and family-friendly ale and pizza house full of trinkets, ornate lighting and vintage speakers, and a kitchen specializing in attractively priced pizzas, salads, sandwiches and bar snacks. The brewery, meanwhile, holds fast to its heritage with classic, multiple-award-winning brews like Raven Cream Ale and Vancouver Special IPA, while branching out into more daring styles like B-Side Boysenberry Rice Lager and New Brighton Dry Hopped Sour.

Presented by BC Ale Trail and West Coast Traveller, the 2021 award marks the fourth time the annual award has been bestowed on a beloved, fan-favourite BC brewery. Past winners include Powell River's Townsite Brewing in 2018, Comox's Land & Sea Brewing in 2019, and Port Alberni's Twin City Brewing in 2020.

To get out and explore BC's best craft breweries, visit bcaletrail.ca.

New Vancouver Island provincial park announced

By Robert Barron, westcoastraveller.com

A new 143-hectare provincial park, called Hwsalu-utsum, is being established near the Koksilah River in Cowichan on Vancouver Island.

A press release from the Ministry of Environment and Climate Change Strategy said the new park, adjacent to Koksilah River Provincial Park near Burnt Bridge, will protect a vital ecosystem important to the Cowichan people, honour Indigenous cultural and spiritual history, and aid in the conservation of threatened species.

Hwsalu-utsum Park, located in an area known as Eagle Heights, is within the southern-most portion of a broader ridge area called Hwsalu-utsum in the Hul'q'umi'num' language.

The area was purchased by the province in 2018 for \$7.15 million, with support from the Habitat Conservation Trust Foundation, which provided \$400,000, and a \$225,000 contribution from the Cowichan Community Land Trust.

The new park is home to pocket grasslands and old-growth forests that provide important habitat for vulnerable wildlife species in the Cowichan Valley. Certain grasses are still used by the Cowichan

MEET A PACIFIC COASTAL EMPLOYEE: CHRIS



Position: Maintenance team, specializing in avionics systems.

Location: Vancouver

Time with PASCO: Since April 2012

Where were you born and where did you grow up?

I was born in Winnipeg, and grew up in Calgary.

What path did you take to get to this job?

I always had an interest in technology. I started my career in 1998, working in small avionics shops, and I even did custom harness manufacturing and wild projects like aerial surveillance systems. I had a really great experience at Air Canada with the Boeing 777. Now I'm enjoying working on Pacific Coastal Airlines' fleet maintenance.

What do you like best about this job?

I like the challenge of maintaining this fleet, and I enjoy working with a highly skilled maintenance team. I have made some great friends here.

people in spiritual practices today and are found only in this unique grassland ecosystem.

Hwsalu-utsum will be a Class A park, which means its lands will be dedicated for the preservation of their natural environment and for public use and enjoyment. Appropriate recreational activities and conservation actions within the park will be determined through a future management planning process.

Island Coast Salish artist's colourful design selected for new BC Ferries vessel

By Don Bodger, westcoastraveller.com

Coast Salish artist Maynard Johnny Jr. of Chemainus has been selected to create the design that will grace BC Ferries' newest Salish Class ferry, the *Salish Heron*.

Johnny, who has Penelakut heritage on his father's side and is connected to Cape Mudge Kwakwaka'wakw on his mother's side, has focused and perfected his art practice on Coast Salish style over 27 years.

"He was selected for his dedication to Coast Salish artistic style and his ability to express the vessel name through artwork and apply it to the vessel," noted BC Ferries communications officer Emmy McMillan.

The First Peoples' Cultural Council facilitated the call for artists and the peer review process.

The *Salish Heron* will eventually travel in the Southern Gulf Islands and be used as a relief vessel between Comox and Powell River when it goes into service.

"I'm proud to be part of the Coast Salish renaissance and to perpetuate the Salish style with colour and design on a BC Ferries vessel," Johnny said. "To share my vibrant style and colour on the *Salish Heron* vessel with the surrounding areas of the



Maynard Johnny Jr. created this steering paddle orca design using a playful colour palette and as he was painting the fun colours it reminded him of how playful and happy his granddaughter is, therefore becoming granddaughter orca. (Photo submitted)

Salish Sea and visitors from around the world is an honour for me."

"We received many worthy submissions from very talented Coast Salish artists and we thank them all for their interest in designing artwork for our newest Salish Class vessel," said Brian Anderson, BC Ferries' vice president, strategy and community engagement. "These vessels will sail in the Salish Sea for years to come and the work of the gifted Coast Salish artists truly represents the rich culture and heritage of our coast."

Johnny's design stood out with his use of bold, bright colours that embody the beauty and energy of Coast Salish art. Johnny has inspired many artists. Not only is he known for his prints, but he also works with wood carvings and engraving precious metals.

Johnny's illustrious career has included being featured in the Changing Hands: Art Without Reservation 2 exhibit at the Museum of Art and Design in New York in 2005 and his work adorned the cedar gift boxes that were given to special guests at the Canadian Juno music awards in 2009.

His works can also be seen in the film *Say It Ain't So* and the television series *Grey's Anatomy*.



The **WSÁNEĆ** Leadership Council announced earlier this month that it will move forward on a number of initiatives with the Dominion Astrophysical Observatory. (Courtesy of Dominion Astrophysical Observatory)

Saanich observatory to include local First Nations history

By Jake Romphf,
westcoastraveller.com

The Dominion Astrophysical Observatory in Saanich, located outside of Victoria, will soon reflect a wider scope of the region's history.

The **WSÁNEĆ** Leadership Council (WLC) announced this summer that it's moving forward on a number of initiatives with the observatory.

The leadership council said it has obtained an agreement to reinstate **SENĆOŦEN** names and places on land and in the sky. The agreement will see external signage posted with **SENĆOŦEN** language and artwork at the observatory site—similar to what was installed at **SENĆOŦEN** (the former McDonald Park campground).

The signs will have **WSÁNEĆ** culture and history displayed along Observatory Hill, which is known as **WTIXES** in **SENĆOŦEN**, and within the observatory. The First Nations group said current signs only feature a western perspective.

The National Research Council of Canada told Black

Press Media that its Herzberg Astronomy and Astrophysics Research Centre is looking forward to beginning the work soon and is committed to building a long-term relationship with the **WSÁNEĆ** community.

Another initiative, the leadership council said, is working to have storytellers and artists create a permanent display on **WSÁNEĆ** moons and stories of the night sky at the observatory.

"It's going to be so great that our kids can go on a field trip to the observatory and see themselves and their language and culture represented," said Joni Olsen, policy and negotiations analyst for the WLC.

A third initiative that's in the works aims to reinstate field trips and get youth from **WSÁNEĆ** territory schools involved in job shadowing and educational opportunities at the observatory. Gord Elliott, the leadership council's director of operations, said he hopes this will increase exposure to careers in science and technology for youth.

The Dominion Astrophysical Observatory is a federal heritage building. Parks Canada describes it as one of the country's oldest and most important observatories, due to its part in helping Canada become a "world leader" in astrophysics in the early 1900s. 

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CORDUROY'S NOT JUST A FASHION STATEMENT



Kamloops is home to a renowned network of cross-country ski trails ideal for beginner and advanced skiers. Skate ski or classic ski along corduroy through snow-covered forests, rolling hills and under the night sky.

kamloops
BOLDLY UNSCRIPTED

[TOURISMKAMLOOPS.COM/XC-SKIING](https://tourismkamloops.com/xc-skiing)



Your heart called.

It wants to get your blood pumping on the hill.

Tamra Jaeger Photo

Welcome to Kamloops, the heart of BC's Interior. We may not be the biggest or the most obvious, but here, we live with bold attitudes and play spontaneously. In Kamloops, the summers are long, the winters are filled with fresh powder, and challenging the norm is the name of the game. Kamloops is a year-round playground for outdoor enthusiasts looking to get out and get pumped! Home to two ski resorts, and a network of renowned cross-country ski trails, winter in Kamloops is an opportunity to get out of the office and explore world-class outdoor adventure.

Explore corduroy by skinnys

For those looking to hit the cross country trails this winter, you're in luck! Kamloops is home to a network of renowned cross-country ski trails for beginners to experienced skiers at Overlander Ski Club at Stake Lake. Wind through snow-covered pine forests and rolling hills on over 60km of expertly groomed classic and skate trails, bring

your four-legged friend on 5km of dedicated dog-friendly trails, or ski under the stars on 5km of lit trails.


Get off the couch and onto the slopes!

Hit the slopes at Harper Mountain, a family-owned and operated ski area, home to 16 runs, 400 acres of terrain and 1,400 vertical feet just 20-minutes from Kamloops. If you're looking to explore something new, night skiing under the lights will scratch your itch offered Thursday, Friday, and Saturday nights from 5 – 9 pm. Après in the rustic lodge with a hot food menu, and licensed beer, cider, and their hot mulled wine – perfect by the large wood burning fireplace.

With 4,270 acres of skiable terrain across three mountain peaks, Sun Peaks Resort is Canada's second-largest ski area, just 45-minutes north of Kamloops. Stay in Kamloops then ski into champagne powder snow and explore the European-style, ski-through village of Sun Peaks, filled with quaint shops, cafes, and restaurants.

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For more info, visit tourismkamloops.com.

A skier in a black jacket and yellow pants is carving a turn on a snowy mountain slope. The sun is low on the horizon, casting a warm orange glow over the scene. The skier's shadow is cast long and dark on the snow. The background shows a dense forest of snow-covered evergreen trees.

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It's snow time!



Big White Ski Resort. Photo courtesy Big White.

La Niña will bring an abundance of snow to BC mountains

By Susan Quinn

Predictions for British Columbia's 2021-22 ski season can be summed up in two words: La Niña.

The weather phenomenon will play a key role in the province's weather pattern this winter, and that's good news for skiers and shredders. During a La Niña, sea surface temperatures in the open waters of the Pacific Ocean near the equator dip to below-average levels. For western Canada, this means lower winter temperatures

than average, abundant rainfall and strong winds.

"Abundant snowfall is expected throughout much of ski country from the Coastal Range of British Columbia through the Rockies of western Alberta," says AccuWeather meteorologist Brett Anderson.

All of BC's resorts have tentatively scheduled early December openings—weather dependent.

While resorts had to get creative to work around COVID-19 restrictions last year, the 2021-22 snow season seems to be tracking back to almost normal. Resorts in BC follow

provincial public health orders; visitors are reminded to be prepared for these guidelines. All resorts have health and safety policies that include vaccination passports in certain areas, as well as requirements for staff to be fully vaccinated against COVID-19. They are asking visitors to familiarize themselves with the policies before making the trip up the mountains this season.

OKANAGAN

Big White Ski Resort

Big White is receiving some big accolades heading into the snow season. *Condé Nast Traveller* voted the family-



SilverStar Mountain Resort. Photo by Blake Jorgenson.

oriented alpine resort the No. 2 resort in Canada behind Lake Louise, and the top resort in BC.

"As one of the few Canadian family-owned-and-operated resorts in Canada, this award speaks volumes to the commitment our team has to providing a stellar resort experience," said Peter Plimmer, president and CEO of Big White Ski Resort Ltd. "We're very proud to be featured on this list."

The award comes at a time when Big White will be bringing back more features like the tube park, opening after a year's hiatus, and the skating rink in Happy Valley.

Big White will also be on the little screen again this winter. Pinkbike Academy filmed a second season of its reality mountain biking show on the slopes of Bike Big White. bigwhite.com

Apex Mountain Resort

When people think of Penticton, they often think of wineries, fruit trees and warm summers. Skiers, however, know that the real

gem of Okanagan Lake is Apex Mountain Resort. Situated 30 minutes away from Penticton, Apex benefits from bluebird skies and champagne powder during winter.

Apex sees an average of 600 centimetres of snow in a season; there's no telling what La Niña has in store. Following a successful 2020-21 season despite COVID-19 restrictions, the story of Apex promises to be a bestseller.

apexresort.com

SilverStar Mountain Resort

SilverStar Mountain Resort in the heart of the Okanagan Valley pivoted to accommodate safety protocols during the coronavirus pandemic in 2020-21. This year, it's full steam ahead—safely.

All facilities at SilverStar will be open for 2021-22, including Tube Town and skating. Lifts and gondolas will load at normal capacity, with physical distancing happening "organically" in lift lines.

SilverStar is a 20-minute drive from Vernon and a 55-minute drive from Kelowna International Airport. Nordic is slated to open November 26 and the rest of the resort on December 3. skisilverstar.com

THOMPSON OKANAGAN

Sun Peaks Resort

Located just north of Kamloops, Sun Peaks Resort has 4,270 acres of skiable terrain, spread across three mountain peaks, each with a personality of its own. Each mountain is easily accessible from the village, so it's possible to ski all three in the same day.

The three mountains at Sun Peaks surround a European-style, ski-through village filled with quaint shops, cafés and eateries. The ski resort has an abundance of winter activities and events both on and off the slopes—from Nordic skiing to dog sledding and more.

The Sun Peaks mountain playground includes 13 lifts and 138 trails with 19 gladed areas and a 34-kilometre Nordic trail. It includes deep steeps, long cruisers, glade zones, powder stashes and corduroy groomers. It gets six metres of snow annually, covering the mountains in the light, dry powder that is famous to the interior of BC. And capping it all? Sun Peaks gets about 2,000 hours of sunshine each year. sunpeaksresort.com



These are the mountains *less skied*,
the lifts *less crowded*.
Full of *all natural snow*
and *thrilling terrain*.
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TRAIL

RED Mountain Resort

Because RED Mountain Resort is one of the oldest ski hills in North America, the physical arrangements of its indoor spaces overlap. In order to keep staff and guests safe, RED Mountain will be requiring government-mandated vaccine passports and identification for all guests entering indoor spaces this year.

RED Mountain boasts five skiable peaks including tree runs, pristine powder and nearly 3,000 feet of vertical drop. redresort.com

CRANBROOK

Fernie and Kimberley Alpine Resorts

The staff at Fernie and Kimberley alpine resorts are looking forward to a great season of hosting guests in their spectacular mountain surroundings. They ask their guests to review safety measures prior to visiting, and to treat staff respectfully.

"We are as enthusiastic about winter as ever, and hope you are

too," said a spokesperson for Resorts of the Canadian Rockies.

Pre-purchasing tickets online is recommended for 2021-22, as guest services may be closed or reduced. Both Fernie and Kimberley resorts will sell lift tickets at ticket windows and self-serve kiosks. skircr.com

THE ROCKIES

Revelstoke Mountain Resort

There's something about Revelstoke that keeps snow sport lovers coming back year after year—120 years, to be exact.

Revelstoke is known for the longest descent in North America, epic alpine bowls, legendary amounts of snow and so much pow.

Despite the economic downturn of the coronavirus pandemic, the development team is moving ahead on a number of projects including a 154-room slope-side hotel, an 18-hole Cabot Pacific golf course and the first phase of employee housing. The hotel will feature 6,700 square feet of conference space, more than 7,300

square feet for a restaurant and bar as well as fitness and spa space.

Selkirk Tangiers Heli Skiing will move into the new hotel once it is built—plans allow for three helipads adjacent to the property.

revelstokemountainresort.com

VANCOUVER ISLAND

Mount Washington Alpine Resort

Mount Washington is all about adventure this winter. With an average annual snowfall of more than 11 metres and 1,700 acres of inbound terrain, the 2021-22 season promises to deliver the ultimate alpine adventure.

From Nordic skiing and snowshoeing at Raven Lodge to the Tube Park, fat bike tours to 505 breathtaking vertical metres of alpine terrain, Mount Washington awaits.

mountwashington.ca

Mount Cain Alpine Park

The exciting news for Mount Cain on Vancouver Island this winter



Minutes from Sun Peaks Resort – Canada's 2nd Largest Ski Area



SilverStar Mountain Resort. Photo by Blake Jorgenson.

is construction of a new lodge once the 2022 season concludes. Planning and design happened in earnest over the summer, and by next year visitors can expect a lodge featuring ski patrol and a ski shop downstairs, café and seating upstairs, multiple decks with spectacular views and “lots and lots of bathrooms.”

Cain is considered a gem on northern Vancouver Island, keeping true to its family roots. mountcain.com

LOWER MAINLAND

Whistler Blackcomb

Some epic things are happening at Whistler Blackcomb, Vancouver’s year-round destination resort. Owner Vail Resorts announced an

Epic Lift Upgrade, the company’s initiative to bring game-changing lift upgrades to its mountain resorts.

“At some of our mountains, this means new high-speed lifts that will double how fast we can move people out of the base areas, and at others, the projects are about making it easier for people to explore different sections of the mountain,” said Rob Katz, chairman and CEO of Vail Resorts.

At Whistler Blackcomb that means for 2022-23 a new high-speed eight-person gondola at Creekside Gondola will replace the existing six-person model. At Big Red Express, the high-speed four-person lift will be replaced by a six-person high-speed chairlift, increasing uphill capacity by 30 per cent. whistlerblackcomb.com

Grouse Mountain

Safety of patrons and employees will be a main focus for Grouse Mountain from opening day.

Grouse Mountain has introduced the VaxTrax Program, a one-time vaccine verification process for all pass holders, allowing them to access the resort without having to provide proof of vaccination each visit. grousemountain.com

Mount Seymour

Mount Seymour ski resort is only a 30-minute drive from Vancouver and offers a full complement of winter snow activities, from skiing and snowboarding to adaptive snow sports on more than 80 hectares of terrain.



Whistler Blackcomb. Above, photo by Vince Emond; below, photo by David McColm.

Seymour will continue with reservable four-hour time slots for both season pass holders and lift ticket purchasers on weekends and holidays. The reservations were implemented in 2020 to help manage capacity while keeping to COVID-19 protocols. mtseymour.ca

Cypress Mountain

The big news for Cypress Mountain, located close to Vancouver, is a big expansion of its snow-making system.

Cypress Mountain has made significant investments to its facilities over the past few years, and the expansion of its snow-making equipment will be a big boost for early season openings. It will also give the grooming staff the ability to refresh the resort's main ski runs throughout the season.

Nordic skiing, snowshoeing, tubing and Lights to the Lodge are all located on Hollyburn Ridge.

cypressmountain.com 



Planning your perfect day

Here, on the traditional territory of the Wei Wai Kai and Wei Wai Kum people, there are no borders between city and nature. Campbell River is located in the heart of the Discovery Passage, a small city nestled in nature, surrounded by the wild, with all the comforts of home. Explore your perfect itinerary and get inspired to plan your stay, from where to grab your morning coffee to the best places to explore the great outdoors and discover our community culture.

FOR PLANNING ADVICE

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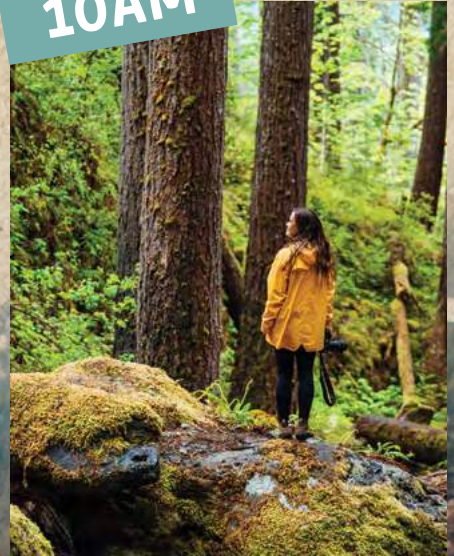
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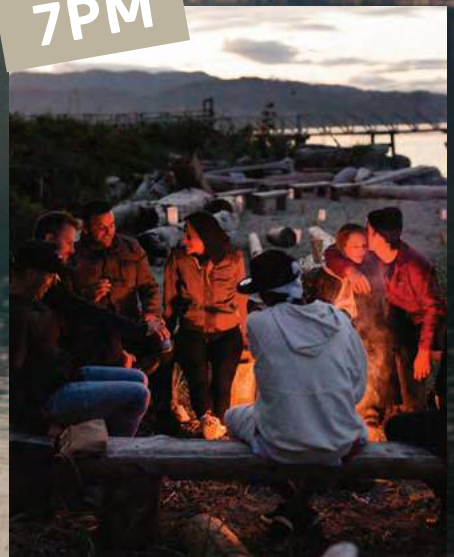
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7PM



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With an eye on Indigenous



Dorothy Grant hummingbird silk scarf; below, dragonfly pendant by Chris Cook III.

Indigenous experiences and gifts for the holidays

Courtesy Indigenous Tourism BC

As the holidays approach and we ponder the unique, thoughtful gifts and experiences that we can give our loved ones, we've selected a few experiences and handcrafted items that are both memorable and support local Indigenous communities.

Squamish Lil'wat Cultural Centre

From exhibits and guided walk-



ing tours to workshops, there's an activity for everyone to enjoy at the Squamish Lil'wat Cultural Centre. Visitors can learn about BC's rich Indigenous culture through the centre's exhibitions, or take part in crafting traditional Indigenous art, such as cedar paddle necklaces or hand drum ornaments. With an array of activities, including a cafe to relax and enjoy a meal, along with a gift shop full of unique items, a day trip is well worth it. More info: slcc.ca

“We’ve selected a few experiences and handcrafted items that are both memorable and support local Indigenous communities.”

Salmon n’ Bannock

Vancouver’s only Indigenous-owned-and-operated restaurant, Salmon n’ Bannock, uses traditional authentic flavours to create wonderful and delicious modern dishes. Its signature bannock is a staple for every order, along with the Pow Wow Salad—a sensational blend of delicious grains, including Ojibway wild rice, and cucumbers, radishes, cherry tomatoes, organic greens, arugula with rotating dressing, topped with smoked sockeye salmon. Get a side of cedar jelly to add to the bannock, and a festive meal is set! With dine-in, take-out and delivery options available, Salmon n’ Bannock gives diners several opportunities to explore Indigenous cuisine. More info: salmonandbannock.net

Spirit Water Spa

Experience Spirit Water Spa at Ainsworth Hot Springs Resort on BC’s Kootenay Lake. Ainsworth Hot Springs Resort is located in the traditional homelands of the Ktunaxa (pronounced ‘K-too-nah-ha’) people. Historically, the Ktunaxa people have



Squamish Lil’wat Cultural Centre.

utilized the local hot springs as a place for healing. Today, the Lower Kootenay Band offers a unique hot springs experience nestled into the mountainside. Try the full body medicinal plant treatment, wherein the entire body is wrapped in a steamy hot medicinal cloth. Wild seasonal medicinal plants harvested locally are steeped and incorporated into the wrap. The fast-acting plant medicines are absorbed into muscles and tissues to help relieve sore muscles and inflammation, encouraging the body to relax more fully during the massage. 60-minute treatment: \$130 CAD. More info: ainsworthhotsprings.com

RavenSong Soap’s Devil’s Club Indigenous Tea Soap

As part of a new collection launching in time for the opening of the new RavenSong Soap and Candle store in Campbell River, Valerie Lamirande, the creator and founder, has dedicated a collection to precious and traditional Indigenous herbs. Devil’s club is a spiritual plant native to the Pacific Northwest and has been used for centuries by First Nations for ceremonial and medicinal purposes. The plant has antimicrobial properties and is often used to treat inflammatory skin conditions. This innovative bar has been made with steeped devil’s club and scented with

traditional essential oils of devil’s club, birch and cedarwood. More info: ravensongsoap.com

Season of Change

This incredible sterling silver dragonfly pendant is hand carved and crafted by Kwakwaka’wakw First Nation artist Chris Cook III. The head and the body of the dragonfly are presented with the semi-precious stone lapis lazuli. The dragonfly traditionally represents a symbol of change, transformation and swiftness, and lapis lazuli is a symbol of wisdom and truth. More info: ihosgallery.com

Dorothy Grant Hummingbird Silk Scarf

The hummingbird teaches us to appreciate and love the miracle of living and to focus on the positivity in life. Hummingbirds are often seen as joyful messengers and healers. With their personality, agility and an endless supply of energy, many people feel that hummingbirds can help guide and support people through some of life’s more difficult challenges. For many, they also symbolize love, wonder and beauty. Give the gift of the hummingbird with Dorothy’s intricate silk scarf. More info: dorothygrant.com



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Bathroom in the Superior King room at Versante Hotel. Photo courtesy Versante Hotel.

Next time, more time!

24 hours in Richmond offers everything from immersion in nature and culture to a high-end hotel experience

Story and photos by Susan Lundy

Who knew that in 24 hours in Richmond, BC you could take a glorious walk in nature, explore a historical town, sip locally made wine, experience an immersive art exhibit, savour the feast of all feasts and rest your head on a comfy pillow at a brand new luxury hotel?

We did all this and learned something new as well: on the next visit, plan to spend more time.

Our day started with a walk. We drove to the very west end of the Steveston Highway, parked and set

out on part of West Dyke Recreational Trail, admiring the golden-honey hues of the Sturgeon Banks on the Fraser River Estuary and panoramic ocean views beyond. Located on the banks of the Fraser River and Strait of Georgia, this is an important part of the so-called Pacific Flyway, with 1.4 million birds migrating through the area annually. It's well-known as a home to flocks of snow geese.

Our walk took us to Garry Point Park, where we wandered the shoreline and then meandered through the neighbouring historic village of

Steveston, appreciating its quaint buildings and seaside locale.

Back on the highway, heading east, we stopped at Country Vines Winery and sampled a selection of their unique, handcrafted, small-lot wines in a lush patio setting, warmed by a tabletop fireplace.

Next up was the not-to-be-missed Moon and Back Gallery. (Although, it is easily missed if you follow Google directions to get there. Ignore Google, and access the gallery directly off Bridgeport Road.) Without giving too much



Moon and Back Gallery.

away, this is billed as Vancouver's first mirror light gallery. A series of rooms offer an array of immersive experiences, ranging from pure fun to absolutely dazzling.

Just down the road—and the icing on the cake of our visit—sits the brand new Versante Hotel. With its close proximity to the Vancouver International Airport and Pacific Coastal Airlines' home at the South Terminal, this hotel is destined to become an air traveller's pre- and post-flight paradise, with one caveat: travellers will

want to stay more than one night. With vibrant colours, natural light and iconic furnishings, this luxury boutique hotel offers 100 guest rooms and suites in five distinct designs and colour schemes, as well as venues for meetings and dining, plus nearby amenities like an uber high-end sushi experience and a nearby whiskey bar called Cask.

Dining in, patrons can choose between the best-of-BC flavours at the ground-level Bruno or ascend to Alaïa, which, once it opens, will have sweeping 12th-floor views. Versante

Bar is a sophisticated lounge, offering small plates and classic cocktails.

"Having spent almost 20 years managing boutique hotels in Canada and the US, I can't overstate how special a property Versante is," says general manager David Curell, who gave us a tour of the hotel. "We're proud to be Richmond's only independent boutique hotel, locally owned and operated. Our guests are independent spirits who seek out fresh and innovative experiences everywhere they go."

The hotel features cutting-edge

technology—like the energy-efficient View smart auto-tinting windows and state-of-the-art mirror workout technology in select suites. And check out the wow-factor lobby which evokes the vibrancy of a Chinese market (the famous Richmond night market is located just around the corner in season) and includes one-of-a-kind pieces by Vancouver artists Andy Dixon and Marie Khouri.

There's also a 24-hour fitness facility with Peloton bikes and Life Fitness cardio equipment, plus a rooftop terrace with a saltwater pool and hot tub. There's valet parking, complimentary airport transfer by luxury car and complimentary bike rentals. The hotel is also pet friendly, and our dog, Zorro, was treated like a king, both by the staff and by the treats awaiting him in our spectacular king corner suite.

With its close proximity to the Vancouver International Airport and Pacific Coastal Airlines' home at the South Terminal, this hotel is destined to become an air travellers' pre- and post-flight paradise, with one caveat: they will want to stay more than one night.

Immediately drawn to the spa-like bathroom and tub with a view in our suite, I took a pre-dinner soak, enjoying the heated floors and Dyson Supersonic hair dryer, and eyeing the large rainforest shower. Versante is the only hotel in Canada featuring bath amenities by Red Flower, a woman-owned New York City brand whose acclaimed bath and beauty products are biodegradable, vegan and cruelty-free.

Dinner at Bruno truly capped the day. Ocean Wise certified and sustainability focused, Bruno serves elevated dishes directly influenced by the local farmers and artisans that supply their ingredients. We met with chef Will Lew, who took us on a tasting journey of beautifully plated boards in the four-course Bruno Board Experience—all paired with exquisite wines. Bruno has already become a destination for locals as well as hotel guests.

Our 24-hour Richmond stay came to a close much too soon, reaffirming our latest life lesson—next time, more time. 🍷



Chef Will Lew torches beautifully plated oysters at Bruno.



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Works of art

Nelson and Kaslo are rich in art, culture and year-round amenities

Story and photos by Susan Lundy

The view of Nelson from Pulpit Rock is spectacular: the town lies cradled in the valley below us, ringed by mountains and hugging the shoreline of Kootenay Lake's west arm. Once described as the "prettiest small town in Canada" by the New York Times, the scene before us is as lovely as a painting. And, indeed, this community—just a one-hour drive from Pacific Coastal Airline's destination at Trail BC—is a haven of artistic expression.

Originally a resource-based town—Nelson was incorporated in the early 1900s after the discovery of silver in 1886—it has morphed into a centre rich in arts and culture. Even the architecture presents as art, and with some 350 restored heritage buildings, there is something to gape at around every corner. Nelson is a place to park the car and explore on foot (although prepare to climb a roller coaster of hills).

Our stay in Nelson started in a historic building, The Hume Hotel, which first opened in 1898. The hotel changed hands several times in the early 1900s, underwent a Frank Lloyd Wright-inspired restoration in 1929, fell into disrepair, reemerged as the Heritage Inn and eventually, in 2005, saw a massive restoration that returned it to its original glory.



The Hide and Seek art installation at Kaslo River Trail.

All the rooms, each named with a nod to the hotel's history, speak to the past but have modern amenities. We stayed in the Barrister's Suite, a spacious corner

room that includes a king bed, sofa bed, electric fireplace, hardwood floors and soaker tub. It pays homage to the many lawyers who, with



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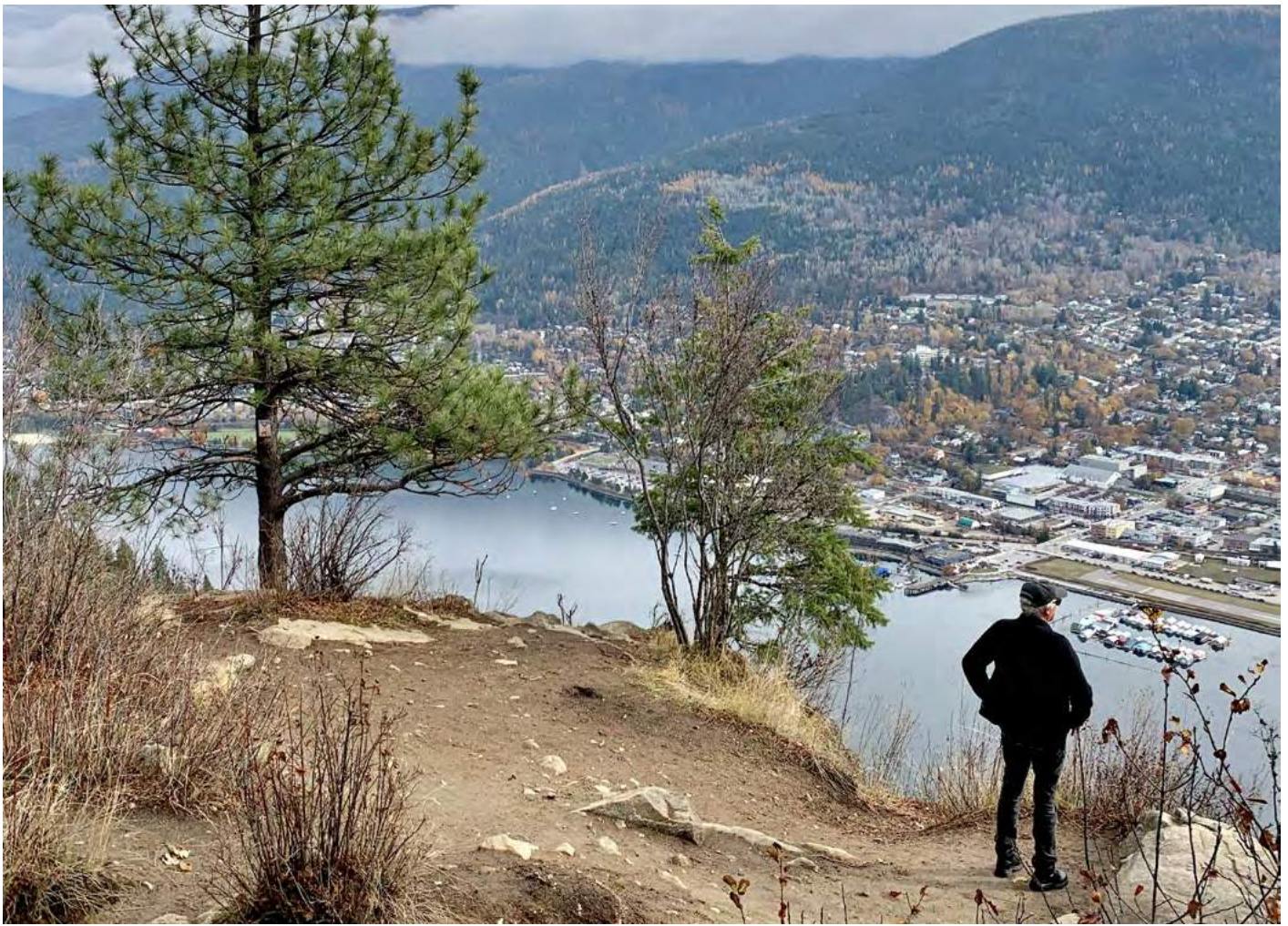


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The view from Pulpit Rock.

the hotel's close proximity to the courthouse, have requested this room over the decades.

The hotel offers several places to dine, and we enjoyed our first meal in Nelson sitting fireside in The Hume's intimate Library Lounge. Also inside the hotel, you'll find Mike's Place Pub, Spiritbar and The General Store Restaurant, where we grabbed a complimentary breakfast the next morning. There's also a liquor outlet and spa, so you hardly need to leave...

But leave you must because located near The Hume is Nelson's popular Baker Street, with its funky retailers and restaurants, many of which are located in storybook heritage buildings. And from here—keep going! The downtown is packed with good restaurants, cafes, coffee houses, breweries, local shops, small art galleries, the restored Capitol Theatre (a regional

These communities—just a one-hour drive from Pacific Coastal Airline's destination at Trail BC—are havens of artistic expression.

hub for the performing arts) and impromptu theatre venues. Or, take a walking tour of mural-art created by artists from around the world.

Nelson is a year-round destination with activities that range from sitting in hot springs, to kayaking and other lake activities, golfing, fishing, snow sports and mountain biking.

But if you want to see more art, hop into a vehicle and head to the sweet town of Kaslo, located one hour north along scenic Highway 31.

Another history-rich town, Kaslo also has beautifully renovated buildings to enjoy, including The Langham, a former grand hotel built in the mid-1890s, and which now houses

the Langham Cultural Society, a charitable public arts heritage centre, and the Japanese Canadian Museum. Beautiful parks with pristine beaches surround the downtown, and you can also explore the restored S.S. Moyie, the world's oldest intact stern-wheeler.

But just above the town is the pièce de résistance for art lovers: the Hide and Seek art installation on the Kaslo River Trail. Combining a beautiful forested hike with larger-than-life sculptures that emerge from the forest floor, this installation seems to be the epitome of creativity.

My visit to Nelson ended with a Stone & Spice Massage at The Hume's Aura Spa. Let me tell you, this "rebalancing" treatment, which combined hot stones, deep tissue massage and a sweetly scented Indian spice serum, is not to be missed. It is a work of art.

Here are a few suggestions of things to do and see, and places to dine:

- **Hike to Pulpit Rock.** This classic Nelson hike is a fairly steep trail, offering fantastic views of Nelson and Kootenay Lake from the top. Locals, it turns out, use the hike as an outdoor gym, many of them running by us as we huffed and puffed our way up. Those with energy left after reaching Pulpit Rock (elevation 338 metres) can hike up to a second outlook called Flagpole (elevation 655 metres). Round-trip distance is 3.6 kilometres to Pulpit Rock and 5.8 kilometres to Flagpole.
- After this rather rigorous hike, you'll want to **explore Nelson's thriving brewery scene**, which includes Torchlight Brewing, Nelson Brewing Company and Back-roads Brewing Company. Nelson, once renowned for its illegal marijuana production, is now home to several legal cannabis distributors, as well.
- **The Hide and Seek art installation** at Kaslo River Trail is the latest installation of a "Discover the Koots" series of sculptures, and the creation of a trio of artists from nearby Argenta—Yvonne Boyd, Christopher Petersen and Spring Shine. Poking out from behind rocks and under trees are eight large reinforced-concrete sculptures, depicting seven children playing hide-and-seek and one adult watching over them. To get there, find the pullout off Highway 31A as you leave Kaslo, head-



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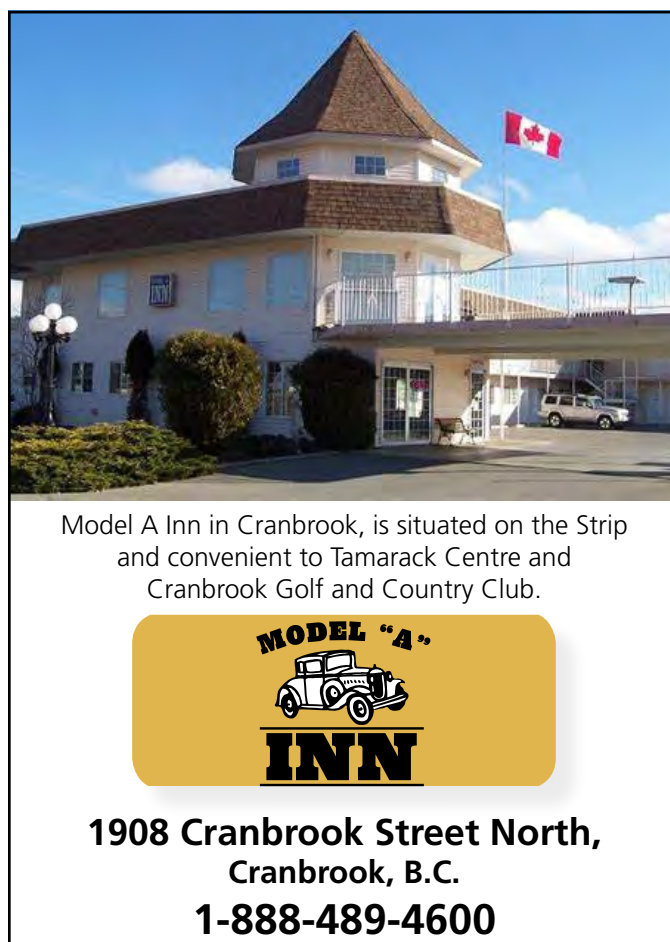


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Heritage buildings in beautiful downtown Nelson. Photo courtesy Kootenay Rockies Tourism.

ing towards New Denver. From here, hike down to the Trailblazers Bridge. When you cross the bridge to get to the south side of the river, look up see two faces looking back at you. As you continue downstream on the Kaslo River South Trail, the rest of the sculptures emerge. And even without the art, this is a beautiful walk.

• **Don't miss Yum Son in Nelson or Bluebelle Bistro in Kaslo.** Yum Son is Nelson's very first Viet-modern

restaurant—and the food is divine. They also charge for wine by the ounce, an option that makes so much sense, it should be universal. Yum Son brings the flavours of southeast Asia into each of its cocktails and culinary dishes, and it's all served up in a lively setting. Over in Kaslo, food at the Bluebell Bistro is extraordinary. This historic bistro showcases local organic products amid excellent menu options.

• **Other recommended spots** in Nelson include: Oso Negro Cafe, Nelson's informal meeting house; Marzano, a modern Italian restaurant; Broken Hill, with an extensive whiskey library and cocktail program plus a Texas-barbecue-inspired menu; Cantina Del Centro, authentic and unique Mexican street food; and Red Light Ramen, soul food, apothecary cocktails, fresh ingredients and rich umami flavours. Yum. 🍜

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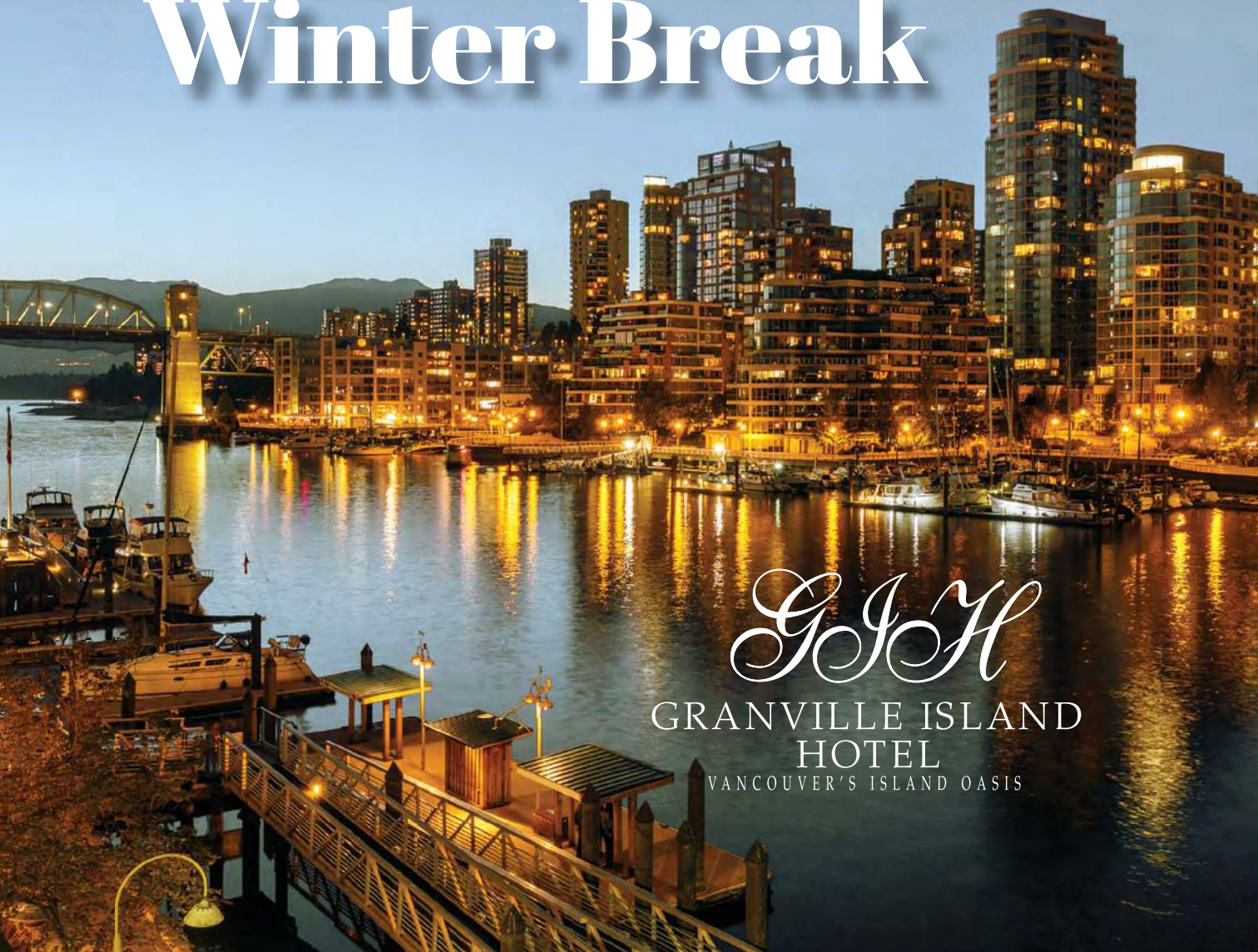
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Granville Island:

An urban haven that transformed a waterfront wasteland

Photo by Dominic Schaefer; courtesy Tourism Vancouver.

By Cate Simpson

Today, the island is home to 275 businesses and facilities that employ more than 2,500 people and generates more than \$215 million in economic activity each year

Nestled in the centre of beautiful Vancouver is a breathtaking island oasis that will capture your heart and seduce your senses.

This gathering spot for both locals and tourists draws 10 million visits each year.

More than a destination, Granville Island is an urban haven spilling over with fine restaurants, theatres, galleries and studios, as well as all things fresh: seafood, fruit, vegetables, plants, flowers, candy, fudge, breads and baked treats.

But how did it come about?

In the late 1960s, the federal government tasked the Canadian Housing and Mortgage Corporation (CMHC) with developing a wide swath of for-

mer industrial land on the west side of Vancouver into a livable community.

With the Vancouver Fraser Port Authority shoring up the waterfront—and what is now known as Granville Island connected by road as a peninsula—CMHC went to work building social housing, co-op housing (including a live-aboard marina co-op), full market condos on lease as well as non-lease land, and market, non-market and subsidized rentals, turning False Creek South into an award-winning community of cohesive, mixed housing that continues to be studied by planners around the world.

With the success of the False Creek development, and with developers eyeing the dilapidated industrial waterfront land nearby on Granville



Housed in the City of Vancouver Archives, this photo of Granville Island looks out onto the Granville Street Bridge and the Kitsilano trestle bridge. Below, what is now the Public Market space. AM753-SI-FI-: CVA 256-01.23. City of Vancouver Archives.

Island, the federal government again reached out to CMHC to develop the area as a public space.

The federal government invested \$24.7 million between 1973 and 1982 as CMHC turned Granville Island into a exciting public space, filled with artists and makers, restaurants, theatres, galleries and studios. In 1979, a 50,000-square-foot building was converted into the now-famous Public Market. In 1980, the Emily Carr University of Art & Design was added to the island.

Ron Basford, the federal minister responsible for CMHC, was referred to as Mr. Granville and later recognized with the naming of Ron Basford Park on Granville Island.

With a \$20 million budget, Granville Island operates much like its own municipality, separate from the City of Vancouver, managing all its own water, power, roads and infrastructure, and receiving only emergency responder services from the city.

The 40-acre piece of land is fully sustainable with no government funding. It is funded entirely from rent, parking and the occasional filming permit. Up until 2020, when Granville Island reached out for



emergency COVID-19 funding in order to assist its more than 300 tenants, the island had not received any further funding since that initial \$20 million investment over 40 years ago.

Today, Granville Island is home to 275 businesses and facilities that employ more than 2,500 people, and it generates more than \$215 million in economic activity each year.

Visitors to Granville Island will find handmade apparel and jewellery,

local breweries and distilleries, nine restaurants, seven theatres, the Granville Island Hotel and hundreds of annual events and festivals that fill the space both day and night. Visitors are also welcome to simply shop in the Public Market, taking tantalizing meats, cheeses and desserts outside for a picture-perfect picnic along the scenic waterfront that surrounds Granville Island. 🇨🇦



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Cape Beale Lighthouse today is owned and operated by the Canadian Coast Guard. The grounds are open for public visits.

Photo Courtesy Kraid Anderson, lighthousefriends.com

A shipwreck heroine

The story of Minnie Paterson's heroic hike

Minnie Paterson made headlines in 1906 for her heroic hike along what would become Vancouver Island's West Coast Trail to raise a rescue for the men aboard the shipwrecked Coloma. This is an excerpt from Flourishing and Free: More Stories of Trailblazing Women of Vancouver Island by Haley Healey (Heritage House Publishing, 2021).

Minnie Paterson scanned the black nighttime rainforest, searching for the trail she lost among the darkness and heavy sheets of rain. She took in her surroundings by dim lantern light: tall sword ferns, leafless moss-covered tree branches, deep puddles of mud, and her black-and-white collie Yarrow dripping wet beside her. She needed to find the slash in a tree that marked the path, specifically a rough telegraph line



Minnie Paterson and her dog Yarrow, who accompanied her on her heroic trek.

Photo Courtesy of Alberni Valley Museum Photograph Collection, PN11869

trail that connected lighthouses. She was on a mission to save some shipwrecked sailors and was making her way from her lighthouse to the telegraph cabin down the coast.

She refused to let panic set in and held the lantern up in front of her, moving it around in a circle. Everything was blurry through thick curtains of rain. She was immersed in a world of mud holes and fallen trees. Far below her, she heard monstrous ocean waves pounding against reefs and cliffs. She took a few steps forward . . . and nearly tripped over a wire. Yes! The telegraph line would show her the way to the telegraph cabin. She felt her way along the wire until the lantern light revealed the expected slash on the tree. Back on the trail, she pushed onwards.

Earlier that evening, Minnie's

husband Tom, the lightkeeper at the Cape Beale lighthouse, noticed a ship at sea in obvious distress. Tom woke Minnie and they took turns watching the ship through a telescope while wind rattled the windows and walls of water crashed into the light tower. Through the telescope, Minnie and Tom saw men clinging to the ship rigging while their ship got pummelled by waves. They saw fallen masts and an upside-down flag—the international signal for distress. What they didn't know was that the lifeboats were trashed, and the men had tried, unsuccessfully, to construct a raft. What they did know was that the men were in trouble and their ship would be smashed to pieces into the ocean if someone didn't help them. The ship was the *Coloma* and it had been sailing with lumber from Port Townsend to Australia.

Normally Tom and Minnie would help ships by telegraphing to Bamfield, the small village that lay eight kilometres away. Tonight though, the telegraph line was broken from the storm; the only hope of saving the men was getting word to the *Quadra*, a government steamer that normally carried out mail, supply, and fuel deliveries as well as law enforcement. The ship, under the command of Captain Charles Hackett, was docked off Bamfield Inlet—10 kilometers away from their light station at Cape Beale. Tom couldn't leave the light and foghorn, so Minnie volunteered to go. She called their collie Yarrow, grabbed a lantern, and stepped out the door. If she got word to the *Quadra*, it could get to the stranded men—if she arrived before the floundering ship broke apart and the men drowned, that is.

Minnie's first obstacle was crossing the sand neck that joined their light station to Vancouver Island. It was high tide, so she had to wade for 150 feet through frigid waist-deep water until she reached the telegraph trail. Then her hike began. She half ran, half walked through



Cape Beale Lighthouse and Keeper's House, as it would have looked when Minnie Paterson lived there.

Photo Courtesy of Alberni Valley Museum Photograph Collection, PN00801

gale-force winds and thick rainforest. The trail was not well marked—and not much of a trail most of the time. The storm had taken down branches and turned the area into more of a pond than a forest. Minnie lost the trail and found it again several times, sometimes gripping the telegraph line to find her way. The trail Minnie hiked on that night—though knee-deep mud and torrential rain—was what is now [Vancouver Island's] famous West Coast Trail. Minnie desperately wanted to arrive safely at the *Quadra*. She had to. Her five children back home needed her.

Hours later and after much wet, cold, hard exertion, Minnie finally arrived at Bamfield Inlet. But the rowboat that was usually there to row to the *Quadra* was not there: Her journey was not over yet. She had to go another few kilometres, she was determined to make it to the telegraph cabin.

Shattered with exhaustion, Minnie at last dragged herself up the steps to the linesman's house. The linesman's wife, Annie McKay, answered the door. She quickly told Minnie that her husband was out fixing the telegraph line. Minnie relayed the situation of the shipwreck to Annie, and together, they got in a small skiff and rowed through the angry sea toward the *Quadra*, taking turns to bail the rain out of the boat. They arrived at the *Quadra* and quickly informed Captain Hackett about the shipwreck off Cape Beale. He set off immediately at full steam toward it while Minnie and Annie rowed back to shore. The fates of the



The *Quadra*, a government steamer ship used for the transportation of supplies, mail, and fuel. In 1906, it was Minnie Paterson's only hope to get help for the men of the *Coloma*.

Photo courtesy of the City of Vancouver Archives

stranded sailors now lay in the hands of Captain Hackett. Minnie's message was delivered, her mission complete.

A week later, when telegraph lines had been repaired, Minnie discovered her harrowing journey had been worth it: the *Quadra* had made it to the shipwrecked sailors just in time, just moments before their ship smashed into the jagged sharp reef. All 10 sailors on board had been rescued.

Minnie's story is one of courage, bravery and dedication. She is remembered as a heroine who hiked near the famous West Coast Trail before it was a lifesaving trail for shipwrecked sailors or the recreational hiking route we know today. Minnie's name and legacy live on from her epic hike, which earned her international fame, in the form of the many sailors whose lives she saved. 🇨🇦

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