

# SOAR

Inflight  
Magazine for  
Pacific Coastal  
Airlines

## Up, up and away!

BC's mountain  
resorts are open and  
welcoming snow  
lovers of all ages

### For good taste

Jump on BC's culinary wagon

### Keeping watch

Trial Islands Lighthouse stands  
tall as a historical icon

*Pacific Coastal*  
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**Westcoast Oceanfront:** 3.56 acre lot in Hot Springs Oceanside, approx 19 nautical miles NW of Tofino. The property is in a natural state, covered in mature forest and with a large peninsula and a calm, quiet bay. It is in a bareland strata development. Ownership includes interest in approx. 90 acres of common property with walking trails throughout. **\$159,900**



**Noeick River Acreage:** 178 acres with both oceanfront and riverfront south of Bella Coola, encompassing most of the mouth and estuary of the Noeick River. Generally level topography rising to the northern boundary. Potentially harvestable 2<sup>nd</sup> growth spruce on a portion of the property. Completely off grid. In the Great Bear Rainforest, on the BC Coast. **\$850,000**



**Orca Inn, Alert Bay:** Inn and restaurant/pub with lots of potential! Commercial kitchen, 3 rental units plus manager's suite, retail space, restaurant and separate licensed pub. **Alert Bay** is on **Cormorant Island**, with regular ferry service from **Port McNeill**. The region is renowned for whale watching, fishing and First Nations cultural activities. **\$589,000**



**Nootka Sound Shellfish Tenure:** 13.5 acre shellfish farm in Kendrick Inlet. Very productive manila clam beach with small section of oyster culture. Standing crop on the ground, seven years left on lease. Excellent location adjacent to Crown land, lease in good standing. West coast **Vancouver Island**. **\$160,000**



**Hidden Cove Lodge:** 8 acre eco-resort on the shores of **Johnstone Strait** on northern **Vancouver Island**. The property offers several types of accommodations, from lodge rooms to cabins and oceanfront suites. The main lodge offers rooms as well as a lounge, dining area, boardroom and den/library. The road-access resort is completely off-grid and has an excellent power system in place. A spectacular location, breath-taking scenery, well-equipped facilities and access to local services make this a great opportunity. **\$3,450,000**



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## Always wanted to go to *Italy?*

### Welcome to Valle Tours

The diverse countryside of Abruzzo includes all types of terrain, making for some spectacular scenery. This scenery includes the towering Gran Sasso (highest peak in the Apennines) in the west, the rolling hills filled with olive orchards, world class wineries and the fabulous beaches of the Adriatic Riviera. Within this region lies many wonderful destinations to explore.



Valletours

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# CHALLENGES, REWARDS AND A CHANCE TO JOIN THE PCA FAMILY

PRESIDENT'S MESSAGE



**T**hank you for choosing Pacific Coastal as part of your travel plans! As we hop into the Year of The Rabbit, I wish you a year full of spontaneous joy and adventures.

First, I want to acknowledge that December was full of unexpected challenges. As we gradually moved on from COVID-19 restrictions, we suffered through a series of complex weather events that impacted the aviation industry throughout BC and western Canada.

Thank you to all travellers and passengers for your patience and kindness toward our employees and crews during those challenging times. We were truly humbled and inspired by your understanding and continuous support.

On the bright side, we're honoured to share that our community program has donated 134 round-trip flights at a value of \$145,998.76, offering seats for many BC communities and local businesses for important travel needs in 2022. The events of 2022 allow us to reflect and appreciate the connection that makes such a difference in our community.

Heading toward 2023, a year that represents movement and travelling, we wish to accommodate your travel needs with more flying options and flexibility.

Recognizing the pressure on the employment market that the world is experiencing, Pacific Coastal wants to emphasize that our organization values stability, autonomy and the ability to help others to make an impact. As our business continues to grow, we are on the outlook for like-minded, hard-working employees to join the PCA family. If you know someone who is interested in the aviation industry, please encourage them to view the current job listings on our website at [pacificcoastal.com/careers](https://pacificcoastal.com/careers).

As we wind down 2022 and look to 2023, I would like to extend my sincere thanks on behalf of Pacific Coastal Airlines and wish you a year full of happiness and continued success. Whether you're a returning passenger or a new passenger, thank you for choosing to fly with us! 🇨🇦



**Quentin Smith**

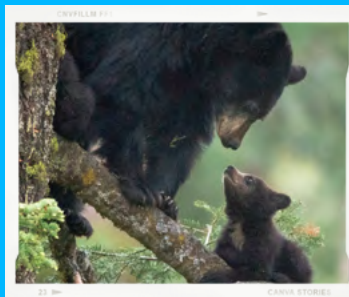
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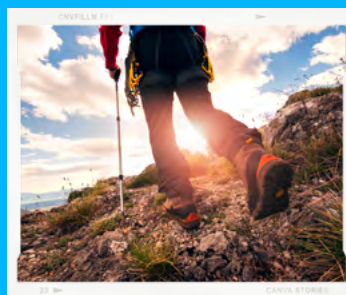


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# Un-Ordinary Your Day

Łematax<sup>w</sup>, Campbell River, is nestled within the territory of the Liğ<sup>w</sup>łdał<sup>w</sup> peoples; the WeWaiKai, WeiWaiKum, and Kwikiah Nations; here there are no borders between city and nature. Łematax<sup>w</sup>, 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.

Find 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 experience our community culture.

7AM



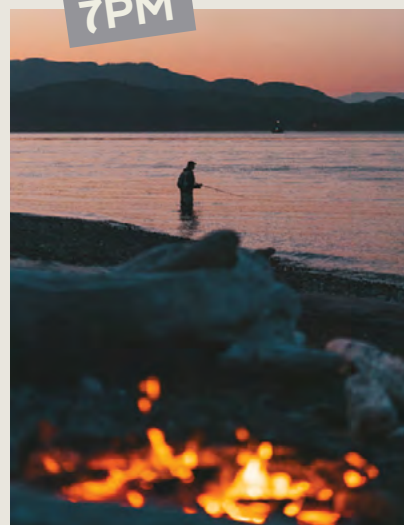
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in comfort

10AM



Explore the great  
outdoors

7PM



Share your stories  
of the wild

3PM



Experience the  
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## Accessible Travel Guides launched

The Vancouver Island region now has a series of travel guides created to serve travellers of all abilities.

The Accessible Travel Guides highlight accessible tourism products within 17 participating Vancouver Island communities, providing recommendations and sharing trip considerations. With the collaboration of 4VI (formerly Tourism Vancouver Island), Spinal Cord Injury BC, Destination British Columbia and a group of community destination management organizations, each guide was developed by working with travellers who have both visible and invisible disabilities.

“Meeting and engaging with a scope of individuals to promote and connect over accessibility has been enlightening and motivating,” said Lexa Bergen, project lead and a British Columbia-based disability advocate. “Having experienced chronic illness and disability for many years of my life, I have an empathetic understanding of the challenges one can experience when adaptations are required in day-to-day life and when travelling. As an advocate, I work to bring more equitable experiences for those requiring adaptations in our community and culture so that we may all show up and live our most expansive lives.”

The guides aim to provide representation for travellers with disabilities and to support them with practical information that preserves their enjoyment and dignity while travelling. They also provide businesses with access to information and resources to better understand barrier-free access to their services.

“It is important to recognize that, for many decades, tourism marketing has been almost exclusively focused on those without disabilities and this has created barriers to wel-



Frank and Sharon Schlichting at Yankee Boy Mine.  
Photo contributed by Frank Schlichting.

## Couple restores abandoned Grand Forks gold mine

By Jenna Legge, *westcoasttraveller.com*

**T**he Grand Forks Exploring Abandoned Mines Museum is making an exciting move to an abandoned gold mine that has a history predating 1900.

Last mined in 1937, the Yankee Boy Mine was acquired by museum owners Frank and Sharon Schlichting last year, with the goal of restoring it to its former glory as part of the museum experience.

The new expansion is expected to open to the public in the spring of 2023.

The new Exploring Abandoned Mines Museum will include both an above-ground museum and an underground portion of the gold mine, complete with artifacts and mining equipment.

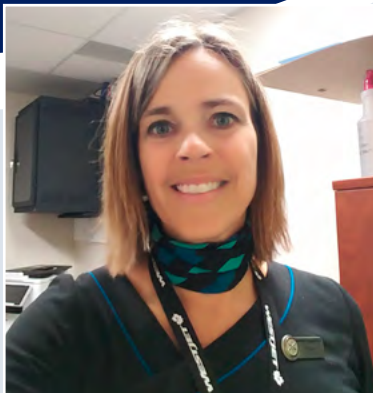
Frank, who has explored hundreds of mines, said that restoring the Yankee Boy Mine is a major undertaking.

“We had to remove all the rock and stuff out and rebuild all the timber into it. We were only able to get 400 feet back and then there was a large collapse, so we’ve had to shovel all that out. We took 449 minecart loads out,” he said.

“Now we’ve got a huge area that there was a shaft going up into some other levels, so we’re still working on that.”

Updates on the Yankee Boy Mine restoration can be found on the Exploring Abandoned Mines Museum & Adventures Facebook page and on their YouTube channel, which currently has 161,000 subscribers.

## MEET A PACIFIC COASTAL EMPLOYEE: DEBBIE



**Position:** Customer Service Agent and Trainer, supporting the WestJet Link operation

**Location:** YXH, Medicine Hat, Alberta

**Time with PASCO:** 4 years, 8 months

**Job description:** Assisting guests with their trip plans and travel check-in and boarding. Training new CSAs for the Calgary WestJet Link outbases, which include Medicine Hat, Cranbrook, Lethbridge, Lloydminster and Dawson Creek.

### Where were you born and where did you grow up?

Born in London, ON, then lived in Richmond, BC, for my teen and early adult years, and now Medicine Hat, AB, for the raising-a-family years.

**Who is your family?** My husband, 21-year-old son, 19-year-old daughter and 15-year-old twin boys.

### What path did you take to get to this job?

Travel and tourism education, customer service and trainer at FedEx, then 16 years as a home-school teacher for my four children. Always watching for WestJet to come to "The Hat," and then pursued the job opportunity with Pacific Coastal Airlines, once it was announced they were opening a new WestJet Link base!

### What do you like best about your job?

Interacting with our guests and training new agents are the reasons I love my job. Travel perks are awesome too!

### What is your favorite thing to do in your city?

Great outdoor activities even for a prairie city—walking paths, paddleboarding the river, and there's even a ski hill nearby!

coming a valued and diverse variety of people," said Anthony Everett, president and CEO of 4VI. "The collaboration between 17 communities, Destination British Columbia and Spinal Cord Injury BC was successful due to a shared understanding that our approach to marketing must consider

principles of inclusiveness, diversity, equity and accessibility."

The information gathered in the Accessible Travel Guides is meant to ease trip planning and ensure that Vancouver Island is an inclusive travel destination with unforgettable vacation experiences for all.

## Fast ferry service between Nanaimo and Vancouver set for summer, 2023

By Greg Sakaki, [westcoasttraveller.com](http://westcoasttraveller.com)

Travellers will be able to catch a fast ferry between Nanaimo, on central Vancouver Island, and downtown Vancouver by next summer, the company behind the launch says.

"This is the stuff ferry tales are made of," joked Rupesh Amin, CEO of Conqora Capital Partners, at a November launch event for the Vancouver Island Ferry Company at the Port of Nanaimo.

The foot-passenger-only ferry service is slated to start in summer 2023 with terminals at the Port of Nanaimo's cruise ship terminal and the Vancouver Harbour Flight Centre in downtown Vancouver.

Two high-speed catamaran vessels are being built by the Netherlands' Damen Group. Each will hold more than 350 passengers in three classes

of seating, referred to as business, premium and comfort class. Fares haven't been announced, but the company says the price points will be "family friendly."

Sailing schedules are also yet to be determined. Alastair Caddick, the company's CEO, said sailings will be early enough for commuters and late enough to come home after sporting events or concerts, for example.

Seats will be fully reserveable, but there will be availability for walk-on passengers as well.

The Port of Nanaimo, Snuney-muxw First Nation and Conqora announced a long-term lease agreement a little over a year ago. The Nanaimo-based Vancouver Island Ferry Company has since been set up and its website, [vifc.com](http://vifc.com), is now live.

## Tourism spending may recover sooner than expected

Tourism spending in Canada is expected to recover sooner than previously anticipated.

Destination Canada recently published its latest tourism outlook, which predicts tourism spending to recover to 2019 levels by 2024, up from 2025 as predicted last spring.

The government organization says that Canada's domestic travel market spending is recovering at an even faster pace and is expected to reach 92 per cent of 2019 levels in 2022 and a full recovery in 2023.

It says the US market is positioned

to grow with spending reaching 91 per cent of 2019 levels in 2023 and expects a full economic recovery by 2024.

Destination Canada chief executive Marsha Walden says international revenue will be slower to recover due to stalls from the global recession and pandemic restrictions, but should reach 2019 spending levels by 2025.

According to the report, Canada's tourism sector could generate more than \$142 billion by 2030, a 35 per cent growth over the course of the next decade.



The southern point of Link Island. The island, valued at \$3.73 million, has been donated to the Islands Trust Conservancy | Nanaimo and Area Land Trust

## Private island near Nanaimo worth \$3.7 million donated to Islands Trust Conservancy

By Nanaimo News Staff, [westcoasttraveller.com](https://westcoasttraveller.com)

A private island off the coast of Nanaimo—located between Pacific Coastal Airlines destinations at Comox and Victoria—is being donated in the highest-value land transfer in the history of the Islands Trust Conservancy.

Link Island, a 21.5-hectare island valued at \$3.73 million, has been donated to the conservancy by Betty Swift, who died in 2021.

According to a release from Islands Trust Conservancy, Swift left instructions regarding the land transfer.

The family's dream is that the Link

Island Nature Reserve become a location for climate-change research.


"This gift is about the future," Barbara Swift, Betty Swift's daughter, said in the release. "It is a gift for us all."

Linda Adams, chairperson of the Islands Trust Conservancy, said her group is honoured to be entrusted with stewardship of the island.

"It is our intent to manage Link Island in a way that recognizes and protects both its cultural and ecological values," she said.

The conservancy stated that it is currently developing a management plan and is initiating conversations with multiple First Nations "whose territory and interests" include Link Island.

The island is located between Mudge and DeCourcy islands and is connected to both those islands at low tide. According to the release, Link has more than three kilometres of undeveloped shoreline, cliffs, wetlands, sandstone formations, tidal flats, Douglas fir and arbutus trees, prairie oak meadows and threatened species including the western screech owl, barn swallow and great blue heron.

The land transfer reserves right of use of the island for Swift's children and grandchildren, but the island will otherwise remain closed to the public "so it can provide sanctuary to the rare and threatened ecosystems and species that reside there." 



Whistler Blackcomb | Photo Vince Emond, courtesy Tourism Whistler

# Up, up and away!

## BC's mountain resorts rebound after two years of pandemic-related challenges

By SUSAN QUINN

**T**wo years of uncertainty are well in the past for British Columbia's ski resorts, all of which welcomed the cessation of COVID-19 pandemic restrictions with plans to come back bigger and better for the 2022-23 ski season.

Several resorts have either completed or announced plans for new lifts or gondolas, and they're all eager to share a full slate of events with visitors this season.

"It's always exciting to see lifts spinning again as skiers and riders return to these incredible mountains for another season," Whistler Blackcomb VP and COO Geoff Buchheis-

ter said as the Lower Mainland resort prepared to open in November.

Weather prognosticators predicted a second La Niña season for BC, and early indications are they were correct. Wind, lower-than-usual winter temperatures, and abundant rainfall—which translates to snowfall at higher elevations—spelled early openings for many resorts. Some are looking at closing dates in late March and early April, meaning bluebird days and perfect spring skiing conditions await.

## LOWER MAINLAND

### Whistler Blackcomb

Whistler Blackcomb ended 2022 with the official opening of its Big Red Express lift and 10-person Creekside Gondola, just in time for Christmas.

The Creekside Gondola (facing north: **Sqútsa ti Tsaʷewéca** “by the creek” – **Lilʷat7úl Uc-walmícwts**; facing south: Ch’it ta Swá7elt “beside the creek” – **Skw̓xwú7mesh** Sníchim) opened December 23 with an event that included cultural ambassadors from the **Squamish Lil’wat** Cultural Centre. The Big Red Express features new six-person chairs. Guests are encouraged to visit the resort’s website, blog and social channels for more information on the new lifts.

The many highlights for the 2022-23 season at Whistler Blackcomb include a full return of the resort’s signature events, including the World Ski & Snowboard Festival, weekly Fire & Ice shows in Whistler Village, the

37th annual Peak to Valley Race, the Whistler Cup and the Creekside Classic. Freeride competitions, rail jams and other activities round out the winter calendar.

Guests planning to visit this winter are encouraged to buy their lift tickets in advance. Lift tickets will be limited every day “to preserve the guest experience.” Indoor operations have returned to normal with no proof of COVID-19 vaccination required.

[whistlerblackcomb.com](http://whistlerblackcomb.com)

### Grouse Mountain

Grouse Mountain announced the opening of its brand-new lift in December: the Short Cut handle tow in Side Cut Park. The latest enhancement to the resort’s popular terrain parks, the aptly named new lift offers access to up to 20 features, eliminating the need for skiers and riders to use the Screaming Eagle Chair.

“The idea for this new lift actually came directly from our terrain park users,” said Michael Cameron, the re-

sort’s president. “We’ve always tried to be at the forefront with our facilities and support the progression of the skiers and riders who come to Grouse Mountain,” he added.

It’s the first handle tow at a Lower Mainland resort to be created specifically for terrain park users, Cameron said.

Also new this year is a digital pass option for Grouse Mountain pass holders. Y2Play, Winter Unlimited, annual passes, 3-Day+ and Night Passes can be loaded directly to any Android or iOS phone. Visitors can keep up to date with activities and news via the Grouse Mountain app. [grousemountain.com](http://grousemountain.com)

### Mount Seymour

Mount Seymour kicked off its winter season with a territorial welcome by Tsleil-Waututh Nation Elder Margaret George. Along with the resort’s president Eddie Wood, George welcomed the community to the first official day of skiing with a blessing for the staff.



Big White | Photo courtesy Big White Ski Resort

Mount Seymour is a 30-minute drive from Vancouver. With more than 80 hectares of terrain and four terrain parks, the ski hill offers a full complement of winter snow activities.

Seymour has four-hour reservable time slots on weekends and holidays that help keep lift lines shorter and guarantee parking will be available. The time slots are reloadable if there is availability.

[mtseymour.ca](http://mtseymour.ca)

## Cypress Mountain

Cypress Mountain, located close to Vancouver, continues to build its experiences for winter adventurers of all ages. The resort announced plans to build a new Doppelmayr quad chair to replace its double chair.

The new SkyQuad will replace Cypress's iconic Sky Chair, the gateway to the resort's mountaintop viewpoint for 35 years. Construction on the SkyQuad will start in April 2023 once Cypress closes for the season, and will be ready for opening day next fall.

The new lift is one of several investments Cypress's owners have made over the past few years. In 2021 the resort expanded its snowmaking equipment to focus on

future early-season openings as well as keeping runs fresh mid-season.

Hollyburn Ridge is the place to go at Cypress for Nordic skiing, snowshoeing, tubing, and Lights to the Lodge.

[cypressmountain.com](http://cypressmountain.com)

## OKANAGAN

### Big White

Big White is known for a lot of things, and has received numerous accolades over the years. However, did you know the Okanagan resort has one of the largest night skiing areas in western Canada?

When the lights go up on the Bullet Express and Plaza Chair, 2,569 hectares of terrain are opened up. The two lifts have a combined night capacity of more than 3,000 people per hour.

Altitudes returns from March 31 to April 1, 2023. It's an epic weekend of live folk, pop and alt-rock music, skiing, snowboarding and more outdoor activities.

Like other resorts, Big White has been busy investing millions of dollars in machinery, resort infrastructure, lift maintenance, staff accommodation upgrades and more.

[bigwhite.com](http://bigwhite.com)

## Apex Mountain Resort

The snowmaking machines at Apex Mountain Resort saw a lot of use in late 2022—but not for the reason you may think. When the Keremeos Creek wildfire burned southwest of Penticton in August, Apex used its snowmaking machines to defend the nearby village from the fire, even as the resort was under an evacuation order.

It wasn't the first wildfire the resort has faced since it was built in 1961, and in the end it didn't affect the resort's winter opening.

Apex is situated on the west side of Okanagan Lake, creating perfect sunny days combined with champagne powder—about 600 centimetres falling every winter.

When you're done with the slopes for the day, visit the Gunbarrel Saloon, which was named by Ski Canada Magazine as the best apres-ski bar in Canada.

[apexresort.com](http://apexresort.com)

## SilverStar Mountain Resort

SilverStar Mountain Resort opened two weeks early with the best early-season conditions it had seen in years.

"Mother Nature has been burying us in snow," said communications



Big White Ski Resort | Photo courtesy Big White Ski Resort



SilverStar Mountain Resort | Photo by Jackson Parker, courtesy Destination Silver Star

manager Chantelle Deacon. "Almost every morning we've been waking up to powder, giving us a base of 115 centimetres to kick off December."

This trend has continued as the season goes on, which is good news for SilverStar's new general manager, ski industry veteran Herwig Demschar, who took over when Ken Derpak retired last February.

Part of the Monashee Mountain Range, SilverStar boasts nearly 1,330 hectares of skiable terrain—one of the province's bigger resorts by land base. The total vertical drop is 760 metres, with 10 lifts and 132 trails ranging from beginner to double black diamond. Cross-country trails, a tube park and three terrain parks spell myriad winter snow adventures.

"SilverStar is a multi-faceted jewel of a resort," said Demschar. "It's a magical place that inspires me to get out there and play—and if a mountain can do that to me after all the years I have spent in the ski industry, it must be special!"

[skisilverstar.com](http://skisilverstar.com)

## THOMPSON OKANAGAN

### Sun Peaks

Sun Peaks Resort is located just north of Kamloops, and is spread across three mountain peaks, surrounding a European-style ski-through village. Each mountain is accessible from the village, so it's possible to ski all three in the same day.

Sun Peaks staff spent the summer months brush-cutting and adding to their fleet of low-emission grooming machines in time for winter, meaning better groomed runs for visitors.

The resort is bringing back winter favourites like the tube park, snow limo tours and the "bucket list" Alpine Fondue & Starlight Descent activity.

Sun Peaks joined the Ikon Pass for the 2022-23 season alongside more than 50 other mountain destinations worldwide.

"As the second-largest ski area in Canada, Sun Peaks Resort is known globally for its hospitality and incredible mountain experiences," said Aidan Kelly, the resort's chief marketing of-

ficer. "We welcome Ikon Pass holders to our easy-going, laid-back resort in the interior of British Columbia."

[sunpeaksresort.com](http://sunpeaksresort.com)

### TRAIL

#### RED Mountain Resort

RED Mountain Resort kicked off its 2022-23 season with a storm, 40 centimetres of new powder and incredible conditions. The rest of the season is looking like more of the same for RED, one of the oldest ski hills in North America.

The resort boasts five skiable peaks and eight lifts servicing nearly 915 metres (3,000 feet) of vertical drop. Dope Magazine named RED Mountain Resort as one of its top 25 ski resorts in Canada, exclaiming that RED "smashes that perfect balance between steep, knee-shaking, challenging terrain and family-friendliness."

RED Mountain Resort is located in the West Kootenay region of south-eastern BC.

[redresort.com](http://redresort.com)



Big White Ski Resort | Photo courtesy Big White Ski Resort



Silver Star village | Photo by Amanda Wallace, courtesy Destination Silver Star

## CRANBROOK

### Fernie and Kimberley Alpine Resorts

Kimberley Alpine Resort experienced the best early-season conditions it has seen in nearly a generation. It was a clear difference from December 2021, when a fire forced the closure of the resort's Northstar Express high-speed quad chair for the season. Rather than closing the resort, parent company Resorts of the Canadian Rockies (RCR) modified their operations and salvaged the 2021-22 season.

The good news for Kimberley Alpine Resort in December 2022 was the reopening of the Northstar Express shortly after opening weekend.

Coming off its 60th anniversary, which saw the winter season extended due to fantastic spring snow conditions, Fernie Alpine Resort is also seeing a strong start to its 2022-23 season. The resort, also an RCR property, has started a tourism shuttle service to and from the city of Fernie. Tickets for the #FernieStoke ski shuttle must be purchased ahead of time, and there is a bus tracker available online.

skircr.com

## THE ROCKIES

### Revelstoke Mountain Resort

Revelstoke Mountain Resort hit the ground running the first weekend of December with all its runs and parks open. The pace was almost frantic as skiers and riders lined up for the first runs of the season, and the terrain did not disappoint.

Revelstoke sees an average of 10.5 metres (34 feet) of snow annually at Mount Mackenzie. The ski-in, ski-out resort is known for its steep pitches (including the longest descent in North America), diverse terrain and breathtaking views.

revelstokemountainresort.com

## VANCOUVER ISLAND

### Mount Washington Alpine Resort

The 2022-23 season ramped up quickly for Mount Washington Alpine Resort on Vancouver Island, with a snowfall on opening weekend boosting the base to allow front-side alpine operations to open. Nordic activities around Raven Lodge opened right away, and terrain extending into Strathcona Provincial Park opened

once it snowed a little more.

The resort was forced to implement strict water conservation measures following drought conditions in the hot, dry summer, but late fall rain has helped replenish springs around the resort. Visitors at the resort and neighbouring alpine village are still asked to conserve water by bringing their own bottled water or purchasing from available resort services. Water bottle refill stations have been turned off as a conservation method.

mountwashington.ca

## Mount Cain

Mount Cain staff spent New Year's Eve wishing for snow in the 2023 forecast so they could open the Vancouver Island ski hill, located in 'Namgis First Nation territory.

With one foot of snow the magic number in order to groom and open runs, Mount Cain management opened the resort anyway, for "all apres, no ski" celebrations. Accommodations and Turk's Tavern were open, and visitors were invited to snowshoe, hike or listen to live music while wishing for snow.

mountcain.com

BC WIDE

# For good taste

Jump on BC's culinary travel wagon





Dine Out Vancouver Festival | Destination Vancouver

**B**C's diverse communities are home to a bountiful buffet of dining experiences. Whether tasting your way through the brunch capital of Canada, participating in a citywide "dinearound," or sampling new food offerings, culinary travel in BC will whet any appetite.

Here are a few things happening around BC that will make you want to pack your bags and get your taste buds ready.

- **The Josie Hotel in Rossland**, near the Pacific Coastal Airlines (PCA) destination of Trail, has welcomed Takashi Harada as executive chef. Boasting global experience—he's worked in Vancouver, Tokyo, Hawaii and St. Kitts and Nevis—Chef Harada will amp up The Josie's menus with bold and flavourful dishes. Hotel guests are also invited to nosh on complimentary s'mores around the slope-side fire pit and attend an intimate social hour, offering signature drinks alongside stories and recommendations from Rossland residents.
- **The Yew Street Food Hall** recently opened in Kamloops—just a one-hour drive from the PCA destination of Kelowna—convening 10 food and drink vendors in one location. Inspired by food halls around the world, Yew Street Food Hall features locally owned restaurants dishing up succulent duck and pork items, vegan street food, inferno-cooked pizza, craft beers and cold-pressed juice cocktails.
- **MICHELIN Guide** unveiled its first-ever group of restaurant winners in Vancouver this fall. Eight restaurants earned one-MICHELIN-Star distinctions and 12 restaurants received the Bib Gourmand designation, which recognizes great food at a great value. The full selection, including recommended eateries, totals 60 restaurants, with 19 cuisine types reflected. The guide showcases outstanding restaurants and professionals, with anonymous inspectors awarding one, two or three MICHELIN Stars to purveyors offering unparalleled cuisine.

"Our teams of inspectors genuinely savoured their dining experiences in Vancouver," said Gwendal Poullennec, international director of the MICHELIN Guides. "They were very impressed with the city's gastronomic dynamism. The selection—from Stars to Bib Gourmands to the Recommended spots—are all appealing in their own authentic DNA, and very diverse offers. They all can be very proud of their entry in the MICHELIN Guide family, as we're pleased to highlight them to our community of foodies and travellers."

Find the list of Vancouver MICHELIN Stars here: [guide.michelin.com](https://guide.michelin.com)



Brunch in Victoria | Destination Greater Victoria | Edward Long

“Our teams of inspectors genuinely savoured their dining experiences in Vancouver. They were very impressed with the city’s gastronomic dynamism... [The restaurants] can be very proud of their entry in the MICHELIN Guide family, as we’re pleased to highlight them to our community of foodies and travellers.”

During the winter months, which are generally less busy, restaurants in many regions of the province participate in citywide “dinearounds” that offer discounted menus and culinary-focused experiences.

- In Vancouver, **Dine Out Vancouver Festival** (January 20 to February 5, 2023) unites more than 300 restaurants, wineries, craft breweries and suppliers for a month of dining that connects culinary enthusiasts to the best flavours of the city.

During Canada’s largest food and drink festival, gourmands can also book special hotel packages to extend their Dine Out to an overnight affair.

- **Dine Around & Stay in Town Victoria** (also running January 20 to February 5, 2023) features dozens of top restaurants offering three-course menus at deliciously low prices.

Culinary purveyors also host wine-makers’ dinners, brunches and other culinary activities, and many providers offer special festival rates.

Did you know Victoria has the largest number of restaurants per capita in Canada, and the second largest in North America?

In this PCA destination, there’s a tantalizing array of eats to choose from, although brunch holds a special place in locals’ hearts. (It’s no

wonder Food Network named Victoria the Brunch Capital of Canada.)

Here’s where to brunch in BC’s capital city:

- Brunch the European way at L’Apéro Wine & Cheese Bistro, where the menu consists of small plates meant to be shared (think locally and globally sourced cured meats and cheeses).

Cap off the morning with a colourful mimosa flight. Brunch is served every Sunday between 11 am and 3 pm.

- Friends of Dorothy Cocktail Lounge is an enchantingly eclectic space with a brunch menu to match. Expect

picturesque portions and plentiful mimosas, with meals including a delicious plant-based breakfast and a seafood omelet. Brunch is served weekends between 10 am and 3 pm.

- Step into the pink-hued Floyd’s Diner and prepare for a hearty meal to start the day. The morning menu has something for everyone—roasted yam and squash bowls, crepes, lumber cakes and mouthwatering egg bennies. If you’re the gambling type, order The Mahoney—you’ll be served whatever the kitchen feels like making, and you’ll flip a coin to either pay the price or nosh for free. 🎲



S’mores around the fire pit | The Josie Hotel

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# Keeping watch

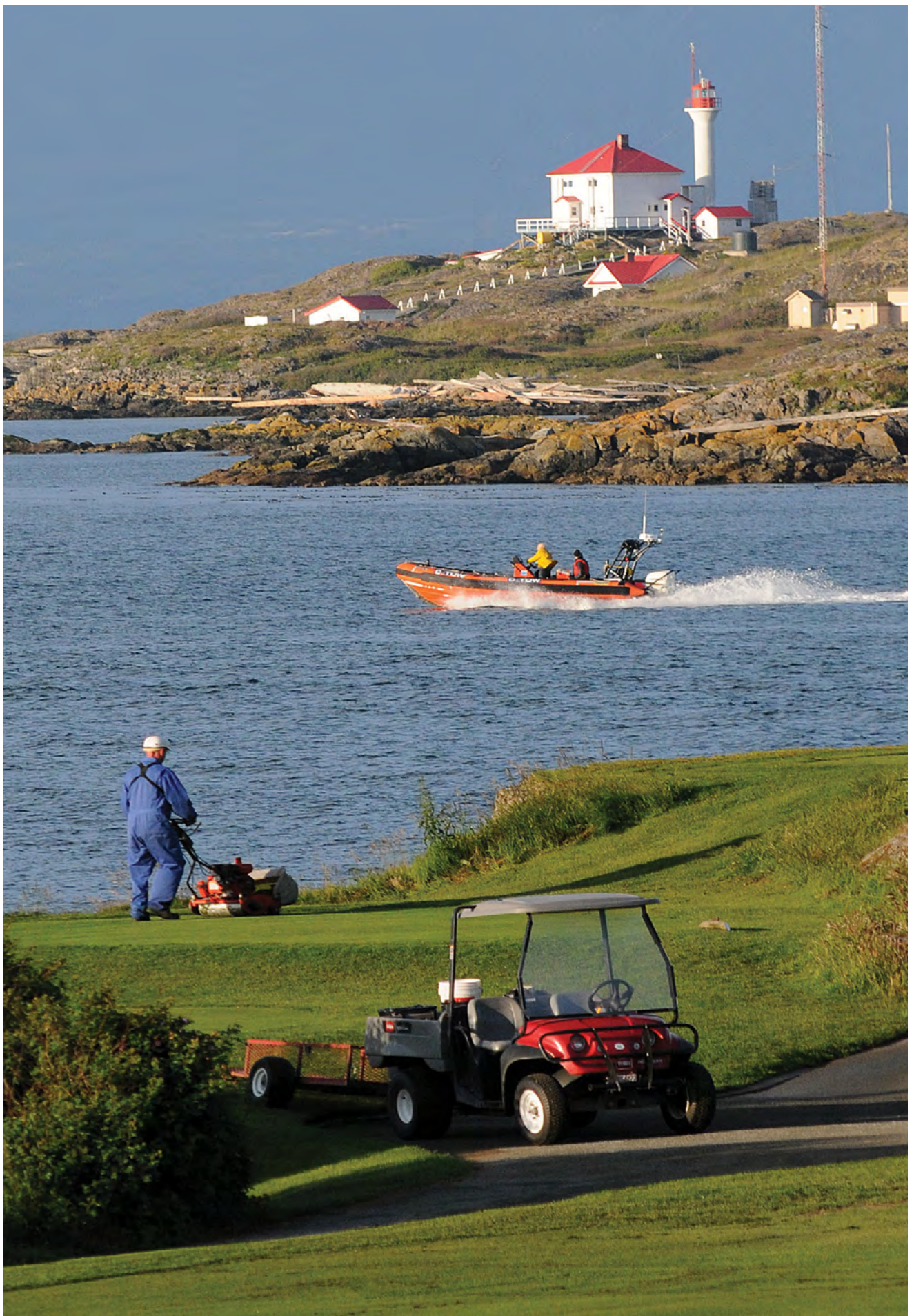
## Trial Islands Lighthouse stands tall as a historical icon

*By Sean McIntyre  
Photos by Don Denton*

**T**he Trial Islands may only be a quick paddle from Beach Drive in Oak Bay, near Victoria, BC, but when thick fog rolls in and sight of land fades away, it's easy to feel miles away from anywhere.

Such has been the island's attraction for more than a century, according to historian Donald Graham.

In his book, *Keepers of the Light*, Graham recounts that it was the diminutive chain of islands' isolation that attracted some of its earliest recorded European residents—notably the local hermit



Though people may have known of the danger, the waters around the Trial Islands were adjacent to a shipping lifeline connecting the fledgling colony to the rest of the world. Rarely a year went by without news stories of a steam collier running aground, a tug coming to grief or a sloop finding its end on the rocky shoal.

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John Kergan—with occasional visits by a bootlegger widely known around town as “Liverpool Jack.”

Isolated as they were from the provincial capital’s booming downtown core and the burgeoning suburb of Oak Bay, it was no doubt the islands’ exposure to the elements and sweeping views across the Strait of Juan de Fuca to the Olympic Peninsula and Mount Baker looming in the east that drew growing numbers of day-trippers.

This influx of pleasure cruisers would eventually, according to Graham, “hound” Kergan at his idyllic retreat to such an extent that he grew fed up and sought refuge elsewhere.

The Trial Islands earned their name from sea trials that newly retrofitted British ships undertook after being overhauled at Esquimalt Harbour. As the renewed vessels set sail to the “barren, treeless hump” off Oak Bay, shipwrights would ensure hulls were caulked as seamen assessed the rigging. This ideal testing ground could, however, with the slightest shift in the wind, suddenly shift from a calm day at sea into a mariner’s worst nightmare, especially in the narrow and fast-moving water stretching between the islands and Oak Bay known as Enterprise Channel.

It was in this very stretch of sea that, as Victoria’s *British Colonist* newspaper reported on March 24, 1895, the tugboat *Velos* and its seven passengers ran aground while pulling a barge loaded with 24 labourers and equipment.

The vessels were owned by contractor Frederick Adams, who had been hired as the contractor to complete construction of Victoria’s legislature buildings. He and his crew were headed to a quarry near Port McNeill to fetch a load of stone

when tragedy struck. Five men lost their lives.

“With the *Velos*’ fate, Trial Island went down in log books as a place to be shunned,” Graham writes. “No one needed reminding to stay out of Enterprise Channel.”

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Rarely a year went by without news stories of a steam collier running aground, a tug coming to grief or a sloop finding its end on the rocky shoal.

In 1904, 56 passengers drowned in the tragedy that ensued when the *SS Clallam*, travelling between Victoria and Port Townsend, flooded and lost power in the violent tidal rips south of the Trial Islands.

With rising traffic to the busy provincial capital and a growing number of tragic marine incidents, calls for the construction of a permanent lighthouse at the site grew harder to ignore. By 1906, construction of the Trial Islands Lighthouse was complete, and its first lightkeeper, Harrold Shorrock O’Kell, was ready to move in.

Over the next quarter century, O’Kell and his family would shape the islands’ lighthouse into some semblance of a home, while supporting duties of the remote lifesaving station and navigational aid. It proved no easy task.

The O’Kells were arguably the region’s earliest adoptees of rainwater harvesting techniques since the island’s meagre water supply and limited cistern capacity meant bath water was recycled for the laundry and subsequently used in the garden. The latter was created by the O’Kells’ relentless trips to Oak Bay for soil, which Harrold painstakingly ferried back by rowboat in pails and sacks to the island. Once on the island, Harrold is said to have diligently levelled out rocky potholes





and filled stone planters. When the family welcomed a newborn, they found a way to make room for a dairy cow.

There was also the business of saving lives. The Trial Islands Lighthouse quickly became “a very important link in the chain of search and rescue reporting stations” on Canada’s West Coast. Not only did the station’s light and fog horn guide sailors out of harm’s way, but the proximity of a rescue vessel saved countless mariners who met with mishap on their passage through the infamous Enterprise Channel or on the rocky reefs that surround the Trial Islands.

It’s a legacy that’s been maintained through generations of lighthouse keepers right up until the present day. The iconic concrete tower was part of a lighthouse expansion project that was completed in 1970.

According to information provided by Parks Canada, the tower’s “apple-core” design is characteristic of post-Second World War modernist architecture, embodying the dictum that form follows function and catering to the Department of Transportation’s “desire to keep maintenance costs to a minimum.”

“The Trial Islands Lighthouse is a very good example of an innovative design that enables it to thrive in the often unpredictable conditions of coastal British Columbia,” says Parks Canada information. “It is a slender vertical cantilever tower that relies on rods that run through the

base of the lighthouse into the rock below for anchorage. This permits the lighthouse to be tall and slender without fear of collapse. The lighthouse is also constructed of reinforced quartz aggregate and white concrete to give it a white appearance without the need for paint.”

The site is operated by the Canadian Coast Guard and was designated as a heritage property by the federal government in 2015. A little more than a decade ago, when cost-cutting measures nearly put an end to staffed lighthouses on Canada’s coasts, an outpouring of support from local residents and concerns from the maritime sector encouraged Canada’s Senate to scuttle the plan for the Trial Islands Lighthouse.

Today the lighthouse continues its role as an important navigational beacon and weather station.

As in days of old, the Trial Islands continue to attract plenty of local attention, serving as a picturesque backdrop for whale-watchers, kayakers and sailors. As the site’s popular TripAdvisor reviews attest, the lighthouse has once again resumed its status as a “must-see” Oak Bay attraction, with the best viewing opportunities reportedly available from Clover Point and McMicking Point.

For more information about the lighthouse, visit the Friends of Trial Island Lighthouse on Facebook.

The original lighthouse beacon, used until the 1970 upgrade, is on permanent display at Victoria’s Bastion Square. 



Laura Lindhard Beedy Dodd  
J. Pasnau

# Experiencing Caribooitis

## A peek into the life of a 19th-century Cariboo woman

*Excerpt from From Denmark to the Cariboo: The Epic Journey of the Lindhard Sisters by Linda Peterat (Heritage House, 2022).*

**T**he stories we have of 19th-century women in British Columbia have often been gleaned from letters and journals held in archives. Lesser known are stories of those who didn't keep journals or leave letters but were probably the majority of women—those who were middle class, entrepreneurial and had fewer moments to reflect on and document their daily activities. Busy trying to secure a com-

fortable existence and a better future for themselves and their children, the Lindhard sisters were part of this group of women who accompanied or followed men to the frontier communities of the 1860s and later.

At the time, women did not have the right to vote, become citizens, or pre-empt (acquire) land. Their roles were largely circumscribed to the home as wives and mothers.

**“Caribooitis . . .  
The most notice-  
able symptom . . .  
is an unsettled  
feeling when the  
victim is any-  
where else except  
the Cariboo.”**

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Laura and Josiah Beedy | Royal-BC-Museum

Women's opportunities to be independent entrepreneurs were limited and the single opportunity they had to improve their social and economic status was through marriage.

Laura Lindhard Beedy Dodd came to British Columbia from Denmark when she was 24 years old. She travelled to the Cariboo in 1870, accompanied by her sister, Caroline, who was six years younger, and their cousins Theodor and Joachim Lindhard. The sisters arrived 150 years ago, before British Columbia had become a province in the Dominion of Canada. It was a new society that offered opportunities and a break from the constraints and traditions of their European homeland.

In the Cariboo, towns sprang up adjacent to mine shafts, which were a flurry of activity in summers and then quieted with many miners' departing for the winter and returning each spring. Prospectors had made their way to the Upper Fraser River in British Columbia searching for the source of gold that had scattered traces throughout the river system. Feeding into the Cottonwood River was a creek that came to be called Lightning Creek and into it flowed a smaller creek known as Van Winkle. By 1861,

gold was plentiful and found near the surface on Lightning Creek. Van Winkle Creek enters Lightning Creek about 22 kilometres southwest of Barkerville [located about 2.5 hours from the Pacific Coastal Airlines destination at Williams Lake] and the Van Winkle townsite—named after the prosperous Rip Van Winkle Bar near Lytton—grew at this



Josiah C. Beedy | J. Pasnau

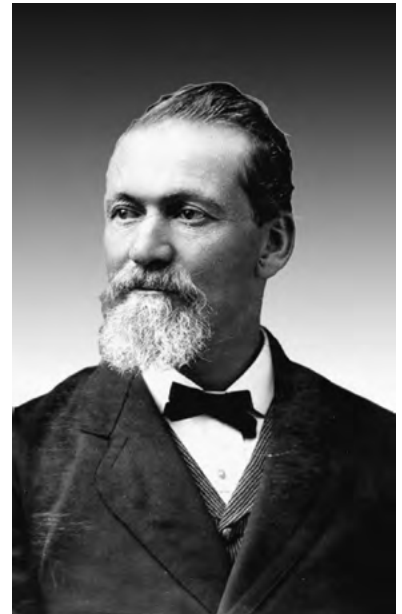
junction.

By the 1870s, Joachim Lindhard had already spent more than a decade in the gold-rush communities of Califor-

nia, the Fraser River and the Cariboo. He and his business partner, Josiah Crosby Beedy, had arrived early in the area where the town of Van Winkle grew. Van Winkle was the first town on Lightning Creek and when Laura arrived in 1870, it was becoming an active mining centre again. She quickly fit into assisting her cousin with the store and saloon, and delighted in the opportunity to practice English, welcomed by other newcomer families in the area. Joachim's partner, Josiah, was immediately attracted [to Laura], and the couple grew close.

Less than a year after she had arrived, Laura and Josiah Crosby Beedy were married on March 18, 1871, at Van Winkle. After their marriage, Laura and Josiah moved to Cottonwood, almost halfway to Quesnel, to manage the popular stopping house. Cottonwood House still stands today, having been purchased by the British Columbia government in 1961 and declared a heritage site in 1963. Cottonwood Provincial Park surrounds the house.

They had been married for just nine years [and were living in nearby Stanley, BC] when Josiah Beedy died. He was 47 and Laura was 33, and by then had five children under the age of eight. Laura sold many of her pos-



Clockwise from top left: Provision Store (UBC, Uno Langmann); W.W. Dodd (Barkerville Archives); the town of Van Winkle (UBC, Uno Langmann).



sessions and in late November she and the children joined her sister Caroline in California.

Several years earlier in 1873, the Married Women's Property Act had been passed in British Columbia. It gave married women the right to own property and businesses. This act appeared emancipatory for women, but it also served the interests of their husbands. It meant that husbands could transfer the title of properties to their wives and thus protect their assets from creditors. However, this new act likely served Laura [well] as she dealt with legal matters following Josiah's death.

When Laura left Stanley in 1880, William Wright Dodd purchased the Beedys' store that contained the post and express offices. He had been in the Barkerville area for almost 20 years and Laura had known him since she arrived in Van Winkle in 1870. In addition to mining, he was at times a merchant, saloon keeper and postmaster at Stanley.

While residing in California, Laura's

heart had never totally left the Cariboo. She had been in Van Winkle, [Cottonwood?] and Stanley for 10 years. For some old-timers, [10 years] was the turning point after which it became harder to leave and one was more likely to remain. Thomas Nichol once said, "If you want to get out, get out before 10 years . . . after 10 years, you start to grow horns and you have to stay in the Cariboo to shed them." Laura may have suffered from a malady experienced by British Columbia historian Art Downs who termed the feeling "Caribooitis . . . The most noticeable symptom . . . is an unsettled feeling when the victim is anywhere else except the Cariboo."

Laura and William stayed in touch after she left Stanley. She enjoyed hearing about her old friends in Stanley. She missed them and her children missed their old friends and the freedoms they enjoyed in the small rural community. When Dodd visited Laura in 1884, he had a proposal for her, and on May 1, 1885, Laura married William Wright Dodd.

Laura's return to Stanley could work with the assistance of her sisters, the Beedy family, her children and a supportive partnership with William. All her children were of school age and Laura also had to earn an income since the resources left her in 1880 when Josiah died were rapidly diminishing. William Dodd's commitment meant she could return to a community she knew well and have an income from operating the store and post office; a job she had done before. Day books that she kept reveal the diverse streams of retail she operated. She purchased live pigs that provided meat for the butcher shop. She sold shovels, shirts, pants, underwear, overshoes, stamps, pink pills, tobacco, whisky, gum boots, candles, flour, bacon, nails and butter. She sold hay on commission and bought and sold fur pelts from local trappers. Things would not be easy but with determination and cooperation—as they had proven before—Laura and her family would get by. 🏠

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