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March/April | Volume 19 | Number 2



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Floating Lodge and Tenure: Opportunity to run a floating lodge in the popular waters of northern **Johnstone Strait**! **0.16** hectare tenure with docks and **2** float homes. On the northern shoreline of **West Cracroft Island**, adjacent to world-renowned **Broughton Archipelago** and the large inlets of the south-central BC coast. Currently operating as a vacation rental. **\$189,900**



Quadra Island Oceanfront: Enjoy expansive views over **Granite Bay** from this attractive oceanfront acreage! **3.96** acres, partially forested, with approx. **1200ft** of shoreline on the **NW** side of **Quadra Island**. Two titles, power to the lot, domestic water license. Road access from **Quathiaski Cove** ferry terminal. Old A-frame cabin on site not usable. **\$1,120,000**



Waiatt Bay, Quadra Island: A rare opportunity to acquire one of only four recreational acreages on **Quadra Island** within the **Octopus Islands Marine Park**, which sits at the junction of **Quadra, Sonora** and **Maurelle Islands**. **10.3** acres with **493ft** of shoreline. Communal access and shared roads, dug well. Amazing **Discovery Islands** location! Boat access only. **\$599,000**



Rupert Inlet, Kenny Point: Recreational retreat acreage with stunning views over **Rupert Inlet** in **Quatsino Sound**! Semi-oceanfront **99** acre property, state of the art off-grid infrastructure, quality-built and attractive one bedroom cabin with power, plumbing and wood finishing throughout. Very private property on northern **Vancouver Island**. **\$1,150,000**

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Published by Black Press | blackpress.ca • 818 Broughton Street, Victoria, BC V8W 1E4



SOAR magazine is published six times per year and is distributed on all Pacific Coastal Airlines flights. The points of view or opinions expressed herein are those of the authors and do not necessarily reflect the views of the publisher or Pacific Coastal Airlines. The contents of SOAR magazine are protected by copyright, including the designed advertising. Reproduction is prohibited without written consent of the publisher.



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TRUSTED WINGS IN THE SKY

PRESIDENT'S MESSAGE



As the vibrant hues of spring begin to blossom around us, we at Pacific Coastal Airlines (PCA) extend a warm welcome to the season of renewal and rejuvenation!

Springtime brings with it a sense of excitement and anticipation—similar to the thrill of embarking on a journey with us. Whether you're planning a weekend getaway, a business trip or a family vacation, we are here to ensure your travel is efficient and filled with comfort and joy. It is truly an honour to be your trusted wings in the sky.

On February 23, we commemorated National Aviation Day—an occasion to honour the past, celebrate the present and pave the way for the future of aviation in Canada. Our heartfelt appreciation goes out to our PCA employees and to each of you for your invaluable contributions to the continued success of the industry.

We also embarked on a wellness challenge this month—a fantastic initiative aimed at raising awareness for mental health and promoting physical wellbeing. In support of the Canadian Mental Health Association (CMHA), our PCA team set an ambitious goal of completing 2,000 push-ups collectively, representing the 20 per cent of Canadians facing mental health challenges annually. This initiative is a testament to our commitment to creating an exceptional work environment.

If you're considering a career in aviation, we warmly encourage you to explore the diverse array of opportunities available on our website. From dynamic roles

to growth-oriented positions, we're actively seeking individuals who are passionate about the industry and travel. We take pride in fostering a dynamic and inclusive workplace where every individual's contributions are valued and respected. Join us in shaping the future of aviation and be part of a team that's dedicated to excellence and innovation.

PCA is also pleased to reaffirm its commitment to the continuing partnership with Hope Air, an organization dedicated to facilitating complimentary air travel for families and individuals in need of long-distance transportation to access critical medical care. This partnership is instrumental in providing direct access to medical care, addressing challenges that patients might otherwise confront—such as potential appointment postponements or cancellations—enduring lengthy journeys or accumulating overwhelming personal debt to secure necessary healthcare. Over the past 17 years, PCA has generously provided Hope Air clients with over 7,000 flights, further solidifying our commitment to improving healthcare access for those in need.

As we take flight into this vibrant season, we want to extend our deepest gratitude for choosing Pacific Coastal Airlines. Your loyalty fuels our passion for excellence, and we're excited to continue soaring to new heights together. 🏆

Warm regards,

Quentin Smith

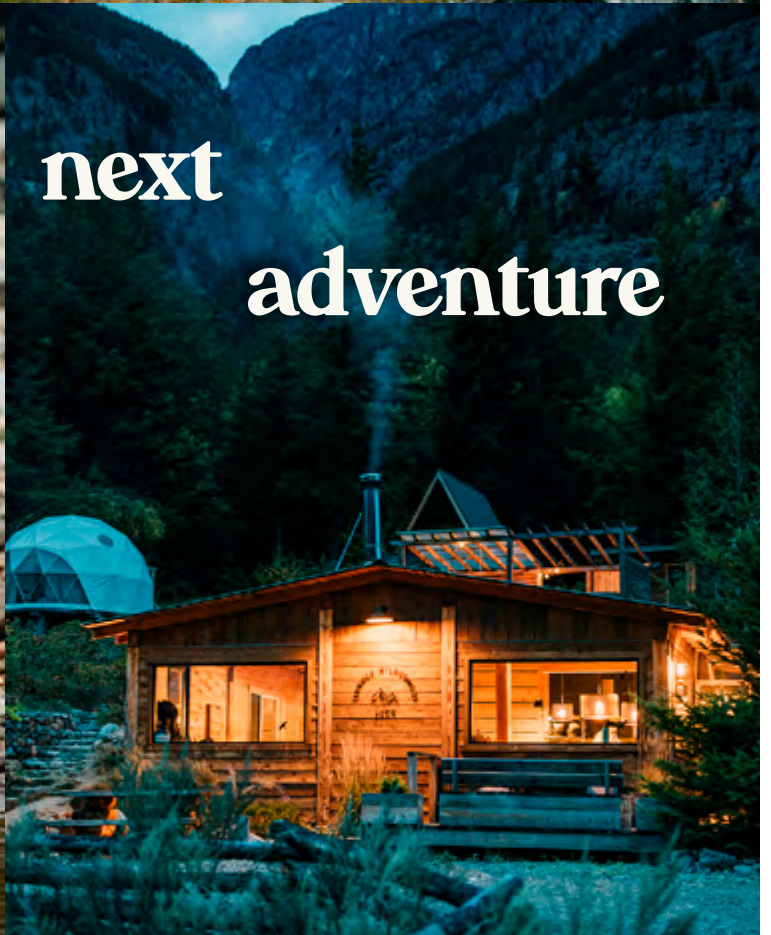
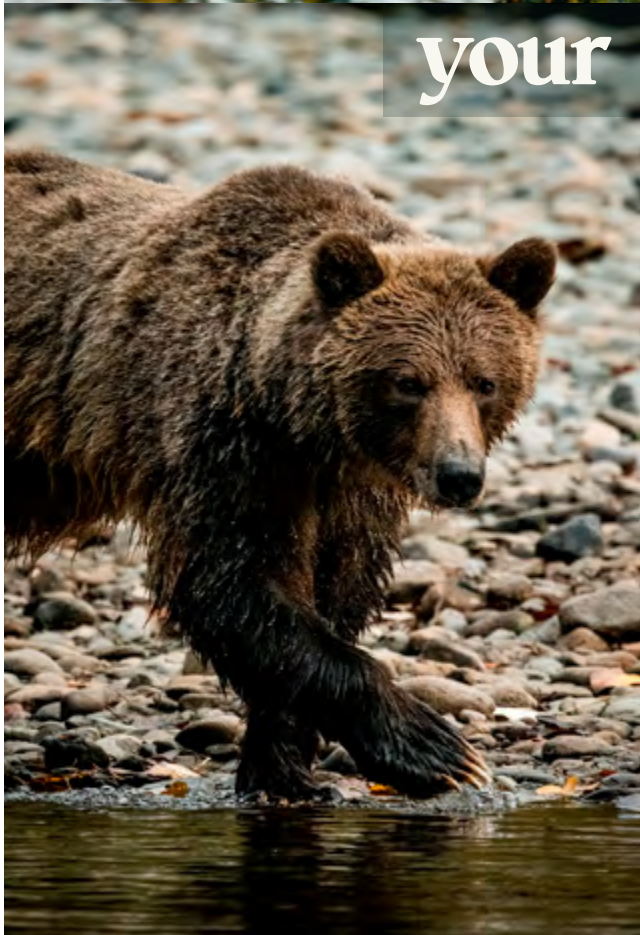


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MEET A PACIFIC COASTAL EMPLOYEE: JUSTIN



Position: Cargo Agent

Location: Vancouver, BC

Time with PASCO: 8 months

Job description: Ship and receive cargo, ensure that all cargo is safe for air travel and is delivered to its destination in a timely manner.

Where were you born and where did you grow up?

I was born in Regina, SK and grew up in Lake Country, BC.

What path did you take to get to this job?

I attended the University of Victoria for their Business Administration — Aviation diploma program. After graduating, I worked in sales while finishing my commercial pilot license. I found this cargo agent job through a Pacific Coastal pilot I met at a flying club in Victoria.

What do you like best about this job?

The opportunity for career progression stood out to me. I'm an aspiring pilot, and working for a company that cares about your future success is important to me. All of my colleagues and superiors have guided me along my career path and continue to support my future aspirations.

What are your hobbies outside of the job?

In the winter, I love to ski and play hockey. In the summer, I enjoy playing lots of golf and like to go camping all over BC.

What is your favourite thing to do in your city?

As I'm new to Vancouver, I have enjoyed playing golf courses that I haven't played before.

PCA NEWS

PCA adds Saturday flights in two markets

Kamloops, Penticton benefit

Pacific Coastal now offers an additional Saturday flight between Victoria International Airport and Kamloops Airport.

This expansion aims to enhance connectivity between these vibrant destinations, providing increased convenience for travelers to link up with major airports across beautiful British Columbia and beyond.

In addition, PCA announced additional Saturday flights between its base at Vancouver International Airport's South Terminal and Penticton Regional Airport, as of February 10.

These added flights aim to provide increased flexibility, seamlessly connecting clients to Vancouver and the rest of BC. 🏔️

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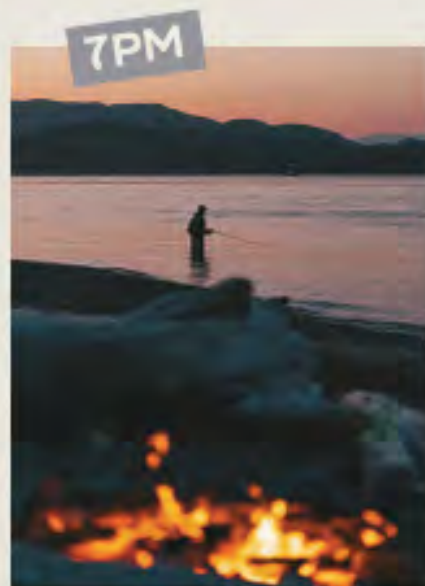
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Women of aviation

Meet Kristen, senior manager of cabin safety

By Vy Nguyen

Women of Aviation Worldwide Week is a global aviation awareness event held for women and young girls to commemorate the issuance of the first female pilot's license, which took place in 1910. As Women of Aviation Worldwide Week took place this year from March 4 to 10, Pacific Coastal Airlines (PCA) directed its focus to the women who define the aviation landscape.

This year, the airline proudly spotlights Kristen, senior manager of cabin safety. In this exclusive interview, we delve into Kristen's experiences and

insights, and the inspiring path she has paved within the PCA family.

PCA: Hi Kristen, thank you for joining us in this project for Women of Aviation Worldwide Week. Can you tell us about yourself and your journey with Pacific Coastal Airlines? And how did your interest in aviation begin?

Kristen: Sure! I'm the senior manager of cabin safety, responsible for the WestJet Link flight attendants, PCA flight attendants, and the cabin safety for our entire fleet. I joined PCA in 2019, so I'm coming close to my fifth year, celebrating my five-year anni-

versary this June. My aviation career started when I became a pilot recruiter and later a flight attendant at age 22.

PCA: What do you think are the three words your colleagues would use to describe you?

Kristen: I think they would say "tenacious," and "collaborative"—and I would agree. Some of them would also say "passionate" and "fiery." So that's more than three—haha.

PCA: When you first joined PCA, what was your biggest impression?

Kristen: I've heard all week from our

colleagues that the best part of PCA is the people, and I completely agree with that.

PCA: What has been the proudest moment in your career so far, and why?

Kristen: I've never felt prouder than when I get an initial class across the finish line: when a flight attendant tells me that this is their dream, and then they successfully complete training and get their certificate as a flight attendant. And this is, again, going back to the root of the people. Five minutes ago, they were civilians, and to bring them up to being a quality solo flight attendant is a big ambitious task. So, every time we do it and we see the pride in them, that's the juice—that's why I do it.

PCA: What is a behind-the-scenes truth that you wish people knew more about flight attendants?

Kristen: It's that flight attendants take a piece of all aviation and provide it to the travelling public on board, carrying an enormous amount of knowledge. We're there for more than customer service and safety—we're a security specialist, emergency specialist, a bit of a therapist, and a lot of a leader, sometimes even a guardian, as parents look for our support for their children for the duration of the flight across the province. We fight fires on any given day. The myriad things that flight attendants have to know, remember and qualify for are still a bit unknown.

PCA: And with that, let's talk about diversity. What do you think are the benefits of having a diverse workforce in aviation? And how can the industry better support and retain women in these roles?

Kristen: With growth comes new ideas and progress. And diversity supplies us with so many great new ideas. Growth and progression are important, and they only come with ideas and change, which you can only get when diversity is sought out. The dynamic that I have from a diverse team has only made me a better manager and a better leader and, at the end of the day, makes us a solid flight attendant squad.

PCA: What is one word you'd use to describe women in aviation?

Kristen: Boundless. We grew up with so many biases put in front of us about certain industries not being meant for us, and we tried. Representation is essential—"If I see it, I can be it." So, I believe that if we try and continue to try, we can be boundless.

PCA: What advice would you give to women and young girls who are considering a career in aviation?

Kristen: The next generation of women should choose aviation for the women like themselves, and they should look behind them when they are successful and say, "You're next." If you're interested, know that you're helping other women. Sustain your seat, keep trying. And, how hard can it be? 🏆

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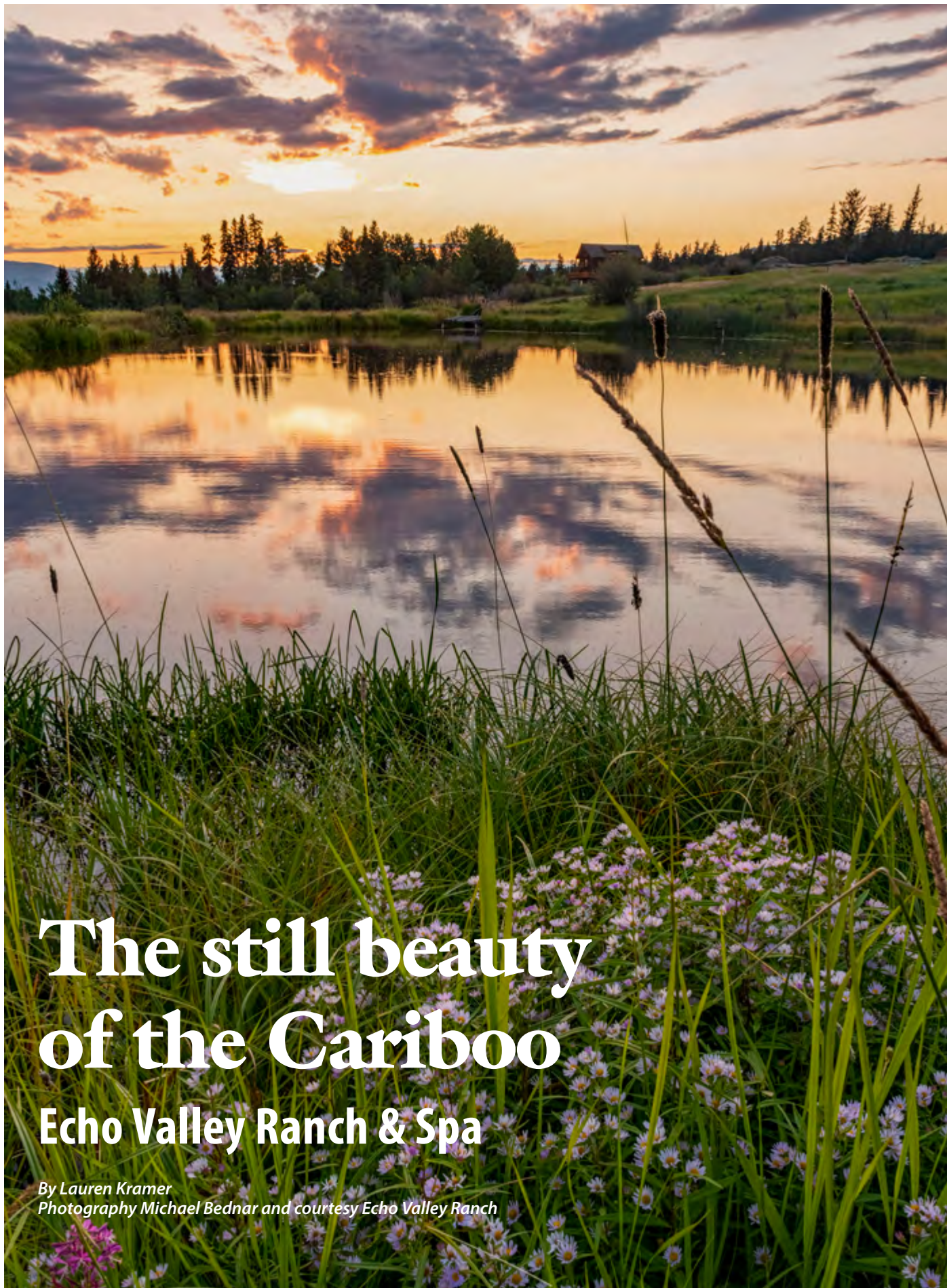
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The still beauty of the Cariboo

Echo Valley Ranch & Spa

*By Lauren Kramer
Photography Michael Bednar and courtesy Echo Valley Ranch*

arrive at Echo Valley Ranch and Spa in BC's Cariboo country and the silence is deafening. But for the gentle rustle of the light breeze in the trees and the bubbling of the nearby creek, there's complete and utter stillness. It's a silence that invites you to calm your mind, absorb the peacefulness and rid yourself of the restless energy that's so contagious in the city.

To reach the site, we used the ranch's airport car transfer offering and drove to Clinton, two hours northwest of Pacific Coastal Airlines' destination at Kamloops; or just over two hours from the PCA destination of Williams Lake. Located on a crest, Echo Valley overlooks sweeping views of Cariboo grasslands skirted by thick swaths of boreal forest. Hillsides descend into a creek surrounded by lush greenery, and between the Marble Mountains in the distance and the Fraser Canyon nearby, it's a breathtaking location.

It instantly captured the hearts of Norm and Nan Dove when they first visited the area back in 1994.

The couple bought the 160-acre property on a whim and turned it from a small homestead into a luxurious boutique ranch defined by log cabin-style accommodations. They built an airplane runway, a gym, an indoor swimming pool and a stable, and over the years created a range of innovative activities that married their interests of wilderness pursuits in the Cariboo coupled with Thai-based spa treatments and gentle yoga.

Tour the property and their love, respect and reverence for the Cariboo is evident at every turn. The Doves invited First Nations artists Michael Blackstock to carve living faces on the trees and Theo Mahood to carve intricate wooden murals on the exterior of their Lookout Lodge. The art is a symbol of their deep respect for the area's Indigenous stewardship and a recognition of the distinct spirituality that pervades Echo Valley.

This is wildlife country. Bear sightings are common. Cougar tracks have been spotted. Bighorn sheep still



roam the canyon and a marmot feeds nearby the lodge at dusk, almost completely unafraid. The ranch is home to three border collies, six cats, 19 horses and a massive pet swine called Lucky, who, unlike his late companion, avoided a deadly bear encounter, thus earning his name. A verdant vegetable garden and hothouse supply farm-fresh veggies and herbs at mealtimes, while eggs come straight from the chicken coop and pasture-raised ranch cattle are harvested for the beef.

Activities, personalized to individual guests, are delivered one on one. On my first evening on the ranch, I try fly fishing with Darrel Nippard, learning how to cast a line on land before we head to two ponds writhing with rainbow trout. Dusk is settling in and swallows swirl overhead as I cast and pull in with the clumsiness of a newbie, repeatedly catching my hook in the weeds. With saint-like patience Darrel untangles the line, repeats the instructions and watches quietly until eventually I nab a fish, wrestling briefly with it before it breaks free and disappears beneath the surface.

Darrel is also the ranch's archery and shooting instructor, canyon guide and survivalist expert. Time with him is peppered with fascinating anecdotes of his two years in the early 2000s living in a hideout on the Cariboo's Poison Mountain, where he kept

himself alive by hunting, fishing and harvesting wild onions, mushrooms and berries.

He takes me on a canyon tour, driving a road that's full of switchbacks and sheer, vertical drops to Cougar Point, a 3,800-foot precipice overlooking the Fraser River Canyon. The mountain range, scorched by fire in 2009, is beginning to rejuvenate with fresh foliage growth. And as he recounts the history of gold panning on the river, Darrel stops to taste wild raspberries, black currants and crab apples growing by the roadside.

We walk to an overlook where he gestures at the handful of farms on the slopes alongside the river below.

"Almost everyone out here lives off grid, farming cattle and using wind turbines for energy," he notes.

The landscape is magnificent in its rawness, one full of wildlife but equally full of harsh weather and unforgiving conditions. Most of the area farmers are seniors now, Darrel says sadly. How will a younger, city-raised generation of farmers ever manage to fill their shoes?

Darrel lives and breathes this land and knows it well. On our survivalist excursion, he points out krinikini, a plant favoured for Indian tobacco; yarrow, a natural antihistamine; willow ("you boil it to treat headaches") and mullein, whose soft leaves make a



great substitute for toilet paper.

"This is a great survival food," he says, grabbing reindeer moss off a tree.

"Boil it and though it doesn't taste good, it's full of starch," he says.

I taste bitter, tiny soap berries filled with vitamin C and learn their boiled leaves are a natural laxative. Before we head back to the ranch Darrel shows me the juniper berry, which, chewed, will stave off thirst if you're lost in the bush.

"Your brain is your worst enemy if you ever get lost because it can set you in panic mode," he cautions. "Always calm down until you can control your mind. Then, and only then, consider your supplies."

You don't have to think much about supplies at Echo Valley Ranch, because the cost of accommodation includes all meals prepared and presented white-tablecloth-style by an expert chef, alcohol, transfers from Kamloops airport, as well as activities, spa treatments and use of the facilities.

Upon arrival, guests are presented with activity options, and a daily itinerary is carefully curated on their behalf.

That's how I come to spend a delicious afternoon in the spa, surrendering to the capable hands of a Thai masseuse who leaves me in a floating state of utter relaxation. I explore the boreal forest on a guided e-bike ride, careening effortlessly along the trails and inhaling the sweet fragrance of pine trees. I hike down to the creek for a dip in the icy, fresh mountain water and I spend a morning on horseback with Mike Christensen, ranch wrangler and general manager, meandering on a gentle walk-through Crown Land.

Before heading out on any guest ride, Mike leads a "horse acquaintance" session, explaining how to use pressure and release to establish leadership with a horse.

"Horses are living, breathing animals and we believe that any ride needs to start with a relationship—it's not like hopping on a bike," he says.

My session with Monty, a 19-year-old gelding, begins with exercises in trust and connection. Only when we've nailed that can we head onto the trail.

We cross a creek, heading uphill on a forest carpeted in moss. A grouse startles and flutters away with a heavy beat of wings and a woodpecker chatters in the distance. Apart from this and the breath of our horses, the forest is still and the air thick with the hot, dry heat of August in the Cariboo.

It's the stillness that stays with you at Echo Valley, a ranch where luxury accommodations, an insightful selection of activities, a deep respect for the environment and an astoundingly beautiful natural arena merge effortlessly. Visit this unique destination and you get to savour the beauty, learn new skills and leave with awe and respect for BC's untamed Cariboo.

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Element of the *unexpected*

Revelling in surprises during a Nanoose Bay getaway

*By Susan Lundy
Photos courtesy Fairwinds Residences*

Wrapped in blankets and tucked into a L-shaped couch beside a gas-powered fire bowl, my daughter and I sit outside on the deck of our “home for the night” at Fairwinds Residences in Nanoose Bay. Glasses of wine in hand, we chat cosily and enjoy the view of a moon-lit sky that casts a gentle glow on Fairwinds Marina, sitting directly before us. It’s the same spot we sat a few hours ago as evening-shade pastel colours crawled across the sky and a distant mountain range glowed in white.

But as we discuss our day, our conversation is peppered with the word “surprise”—it seems it’s the element of the unexpected that has highlighted our experiences.

This beautiful, airy two-bedroom, two-bathroom suite with a full kitchen, comfortable sitting area and expansive floor-to-ceiling windows—all within touching distance of the ocean—was our first surprise. Who knew this shore-hugging collection of suites even existed, let alone offered this exquisite touch of luxury and comfort?

Nanoose Bay is located just north of Pacific Coastal Airline’s destination at Nanaimo on Vancouver Island. After driving through Nanaimo, take a right off Highway 1 and enter an unexpected haven of rural farmland, parks, ocean views, forested trails and the Fairwinds development that includes upscale homes, a sprawling golf course—and a few surprises.



And so, after a nightcap of wine on our suite's moon-lit deck, we crawled into our comfy beds satiated...and, well, surprised.

After checking in to our suite, we drove back down the road to the members-only Fairwinds Wellness Centre, which is available to all Fairwinds Residences guests for \$40 a week.

Like our suite, the centre revealed some surprises. Set against an outcropping of steep rock, trees and trails, it exudes a peaceful ambiance with its beautiful high-ceilinged spaces and floor-to-ceiling windows that open directly onto the natural setting outside and bathe the space in natural light. Here, you can find two weight rooms, a yoga or stretching room, a billiards/games room with an adjoining reading room, a kitchen, a 20-metre pool, hot tub and dry sauna, an outdoor tennis court, and a massive gym area for pickleball and other racket sports. This approximately 20-year-old structure also has lots of outdoor seating areas, and even space for live music.

So, this was a bit of a surprise.

Neither my daughter nor I are golfers,

however, as we drove through Fairwinds' lush-looking, rolling golf course, we were almost tempted to give it a try. Literature for the 18-hole course describes scenery as spectacular, with "150-year-old Douglas firs, sculpted Driftwood, dramatic shorelines, wildlife and breathtaking views." The course has two large practice greens with a year-round driving range, covered and heated stalls and a short-game practice area. Certified PGA of Canada professionals provide lessons, camps and clinics for golfers of all ages and abilities.

But instead of picking up golf clubs, we decided to check out the trail network, and encountered yet another unexpected experience. The hiking trails here are extensive and accessible, with marked levels of ease (easy, intermediate, difficult), and the paths wind through forest and wetlands, and past large ponds and lakes. On this day the woods were dappled in sunlight. Notch Hill is one popular hiking spot in the area, but

we took the trails to Enos Lake, which suddenly appeared before us in glassy-surfaced perfection, just calling out for summertime swimming and picnics at the water's edge.

A few hours later, we set out for dinner at Seascapes restaurant, which adjoins the Fairwinds Residences at Fairwinds Landing. Here we discovered a menu heavy on delectable-looking seafood dishes, a renowned AAA sirloin steak, and several plant-based options. And the view from our seaside window table was unrivalled. (As it turned out, this was one of the last dinner services Seascapes before it switched ownership. Now we're excited to come back and experience another surprise when it reopens.)

And so, after a nightcap of wine on our suite's moon-lit deck, we crawled into our comfy beds satiated...and, well, surprised.

The next day, the hits just kept coming. Back at the Wellness Centre, we rented electric bikes (mountain bikes were also available) and set out to explore the area and reward our "hard biking work" with lunch at a pub. E-bikes are the way to go! It's been years since I've cycled, but these e-bikes were straightforward and easy to ride, and it made me so happy each time I hit a hilly incline and the bike's "assist" kicked in. We took a circle route, gliding down the main roads first and riding the more-enjoyable backroads on the return. The main roads, we discovered, were quite busy with gravelly shoulders not completely conducive to cycling. But speeding along on a bike, taking in the sights on a more up-close level is a wonderful way to travel and I felt practically giddy with the experience.

And then—surprise! The Rocking Horse Pub. Following signs to the pub, we arrived to what appeared a residential horse farm only to be transported through the doors into a rich, warm and inviting old-English-style pub. A wood fire danced in the fireplace




and the interior setting welcomed us with its array of charming antiques and quaint details. There's a patio in the park-like area outside, and the pub itself is split into two areas—the dining room and a more casual bar area. We tucked into a platter of nachos, and while we were surprised to discover this place, we were not surprised to learn that it is super popular.

After returning the bikes to the Wellness Centre, and still filled with exuberance from the bike ride and pub discovery, we jumped back in the car and drove around a bit, further exploring the area. Among other spots, our drive took us to Moorecroft Regional

Park, which has a long beach and views across the water plus a beautiful wetland area and trail network.

Now, on our way back to the highway, one final surprise remained: the Rusted Rake Brewery.

A quick stop here revealed a beautiful building—from the massive tree columns at the entranceway to a natural-light interior and patio at the back that's set against a grassy farmland backdrop—as well as an excellent food and drinks menu.

Placing the Rusted Rake Brewery on our must-do list, we turned onto the highway and headed home—still talking about our surprise-rich getaway. 

Connecting to culture

Indigenous tourism offers powerful learning experiences

Story and photos submitted

For many, travel is synonymous with activities like chilling by a beach or going on adventurous excursions that offer an escape from daily life. This year, a new travel trend has emerged called goal-oriented travel, where travellers have a purpose that goes beyond their typical travel experiences. Goal-oriented travel focuses on setting objectives, pursuing passions and achieving personal growth, all while taking in a new location and culture.

Below are a few suggestions from Indigenous businesses in BC that provide unique experiences for those looking to foster new cooking or fishing skills, learn more about the land they are visiting, or expand their knowledge of Indigenous cultural practices, art and more.

➔ **ST. EUGENE RESORT** — **CRANBROOK, BC**

Goal-oriented travel can begin with the desire to understand and learn more about a culture. In this way, tourism can lead to lasting, meaningful reconciliation and build stronger connections with Indigenous peoples, communities and cultures.

St. Eugene Resort, in the territory of the Ktunaxa Nation, offers in-depth experiences encompassing the history, rich mythology and culture of the area's Indigenous people. The Mission building, which was formerly a residential school, is now home to the Ktunaxa Interpretive Centre. Here, guests can explore historical artifacts, contemporary art, archival photographs, and displays containing examples of traditional stone, bead, hide, wood and cloth work; learn about the everyday life of the Ktunaxa; and discover their renowned horsemanship and canoe-making.

For those looking to combine culture and history with the goal of improving their golf skillset, St. Eugene's picturesque golf course is an 18-hole course with no shortage of mountain views and wildlife. Guests can also learn about Ktunaxa history and culture, as each hole has a Ktunaxa name, meaning and translation.

steugene.ca

➔ **CARIBOO CHILCOTIN** **JETBOAT ADVENTURES** — **RISKE CREEK, BC**

Located just west of Williams Lake, Cariboo Chilcotin Jetboat Adventures offers the perfect way to learn centuries-old fishing skills from Indigenous cultures while dining on world-renowned salmon. The unique approach to fishing uses a traditional dip net, and guests travel upstream through exhilarating rapids, making stops along the way to view 8,000-year-old petroglyphs and abundant wildlife. One of the best parts? Having the opportunity to eat the ultra-fresh fish right out of the river! jetboatadventures.com

➔ **SQUAMISH LIL'WAT** **CULTURAL CENTRE** — **WHISTLER, BC**

One of the most rewarding parts of goal-oriented travel is meeting, learning and gaining a greater understanding of a culture, facilitating a sense of personal growth. The Squamish Lil'wat Cultural Centre's mission is to share two distinct cultures (the Squamish and Lil'wat Nations) and foster a greater understanding of Indigenous peoples around the world. Visitors can immerse themselves in incredible art and music workshops where they can learn how to build traditional drums, cedar paddle rattles and other authentic Indigenous artwork.

slcc.ca

➔ **SALMON N' BANNOCK** — **VANCOUVER, BC**

Sometimes, the best way to learn and experience a new culture is through the palate! Located on West Broadway in Vancouver, Salmon n' Bannock is the city's only Indigenous restaurant. Specializing in wild fish, free-range meat, and, of course, bannock, the restaurant uses traditional ingredients to prepare their dishes with a modern twist.

With menu offerings like bison pot roast, bannock taco, and smoked sablefish, this restaurant is a must-visit for travellers looking to gain a greater understanding and appreciation of Indigenous flavours and dishes.

salmonandbannock.net 





from alpine to ocean



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Vancouver's best brunches

**Treat yourself to a meal
worth savouring at these
stand-out restaurants**

By Lauren Kramer

Belgard Kitchen.

There's something completely unique about brunch.

Unlike breakfast, lunch or dinner—perfunctory meals during the week—brunch speaks of lazy weekends and decadently rich meals surrounded by friends and family. Brunch is an indulgent treat savoured slowly and deliberately, a gift we give ourselves to celebrate an occasion or reward ourselves after a hard work week.

While Vancouver has many brunch destinations, these are our top picks for venues that deliver exceptional meals coupled with a great ambience. The meals will sate your appetite all day long and jumpstart your day with that extraordinary feeling that life is good, and the world is a great place. In a nutshell, that's what a great brunch delivers: a walk in the clouds!

➔ BELGARD KITCHEN

Belgard Kitchen is located in an old steel foundry in the Railtown Design District, not far from Gastown, on Dunlevy Avenue. It's a modest building from the outside, and before you step in the door you'd never imagine the beauty of the interior. Twenty-foot ceilings made of old Douglas fir give the restaurant an organic warmth, while large wine barrels store the wine and cider made on site in the brewery and cidery, just steps from the dining tables.

The decor is chic, semi-industrial and

funky, with suspended lighting, and greenery that cascades down the walls and wine barrels. There are interesting objets d'art on display, like lanterns and an old typewriter, and a wall alongside the dining booths is filled with old photographs of downtown Vancouver that offer a fascinating glimpse of what the city once looked like.

The decor offers enough eye candy to let you know you're in a special location that's brimming with history, a space that's been reincarnated as an urban winery collective where other brewers can rent space and mix their magical elixirs.

The brunch menu, served exclusively on weekends and holidays, is full of wholesome comfort food containing simple, healthy ingredients—with options for vegetarians, vegans and the gluten-free crowd. We started with avocado toast (\$14), a slice of heavenly fresh sourdough heaped with avocados, baby tomatoes and arugula. For our brunch entrees we struggled to choose between the Belgard brunch burger, the Railtown breakfast wrap, and the plates and skillet, a selection of meaty dishes served with brunch spuds (a delicious, hot rectangle of potatoes that's a cross between potato kugel and hash browns), poached eggs and interesting accoutrements like parmesan cream and beet-and-IPA puree.

We selected the breakfast wrap (\$18), a soft, large pita filled with fried

eggs, chickpea hummus, garlic aioli, pea shoots, avocado and fried eggs. It was nothing short of divine: brimming with wholesome vegetables, fantastically flavourful and deeply satisfying. The salmon gravlax plate (\$20) was a good choice too. The house-cured sockeye came with the same potato rectangle and poached eggs, with beet-and-IPA puree and avocado mousse on the side.

At other tables, diners were sharing the mimosa flight (\$19), a selection of Stoneboat Bubble Boat Brut with lychee, orange, guava, grapefruit and pomegranate juice. The colours of these mimosas were enticing, but in the end we settled for tea and coffee. It's easy to separate brunch destinations just based on their attention to detail in these two beverages alone. My organic cream of Earl Grey tea by Vancouver's Milano Roasters was head and shoulders above the tea selection that's usually available at restaurants, while my partner's cappuccino by Pallet Coffee was an equally smooth, enjoyable hot beverage.

Sadly we had no space for dessert (a choice of salted caramel cheesecake or black cardamom chocolate cake) but we left Belgard already planning a repeat visit. This beautiful space is unpretentious, warm and friendly, with a well-priced menu filled with craveable, intelligently composed dishes.

belgardkitchen.com
55 Dunlevy Ave, Vancouver

➔ ASK FOR LUIGI

Ask for Luigi is in the same neighbourhood as Belgard Kitchen, on the corner of Alexander Street and Gore Avenue. This restaurant has the vibe of a fun neighbourhood deli: wood tables and chairs on a black and white checkered floor, meals served on an eclectic mix of floral dishes that look to be straight out of Grandma's kitchen, upbeat music and warm, friendly staff.

The meals at Ask for Luigi are distinctly Italian, with cool pastas like fregola, pappardelle and campanelle, all made in-house. We started with burrata, pear butter and sourdough (\$19) and then ordered the special: fregola pasta with mushrooms, white wine, truffles and smoked caciocavallo cheese. It's not your typical brunch dish, but this rich, creamy composition, a marriage of brilliant flavour and soft texture, was demolished within minutes of arriving in front of us. The campanelle pasta with pesto verde, mint ricotta and poached egg (\$25) was also delicious,

while our third entree, the "frico"—pan-fried potato with montasio cheese, parmesan fondue and poached egg (\$20)—tasted more like a sophisticated grilled cheese.

What makes Ask for Luigi special is its focus on authentic Italian dishes and its fun vibe. This eatery feels authentic, homey, friendly and unpretentious. The fairly small menu (just eight items) has four choices for vegans and a wine list containing Ribolla Gialla, an Italian wine that restaurant staff say is available nowhere else in Canada. Be prepared to spend \$20 or more per plate, unless you're there for a snack like bread and butter (\$5) or banana bread with cinnamon ricotta (\$9).

askforluigi.com
305 Alexander St., Vancouver

➔ DELARA

We love Delara, on West 4th Avenue, for its fresh white and blue colour scheme, its open spaciousness and its delivery of a super interesting breakfast with a unique blend of flavours. Chef Bardia Ilbeiggi describes it as "a modern take on Iranian food," and in this fun culinary playground, his menu includes

seasonal combinations like a tahini ice cream milkshake and a vinaigrette featuring barberry and orange.

We ordered Mirza Ghasemi, a dish where smoky eggplant merges with stewed tomatoes and egg—much like a ratatouille or shakshuka—and is served with salad greens and flatbread (\$17). It's a comfort food dish that warms your belly and satisfies your palate with a rich assortment of flavours. And it's perfect for two diners when you add the Persian breakfast dish, an assortment of flatbread, feta, jam, soft-boiled eggs and salad (\$15). Bardia's feta is a rich, carefully selected variety, his jam is homemade based on whatever's in season, and his flatbread is made fresh by his mom and served hot. It's a delicious, filling breakfast that's available any time of day.

And though we were full, we couldn't resist adding the tahini ice cream milkshake, made with melon, pistachios and honey. It's a fabulous combination of flavours that makes a vanilla or chocolate milkshake look extremely dull by comparison.

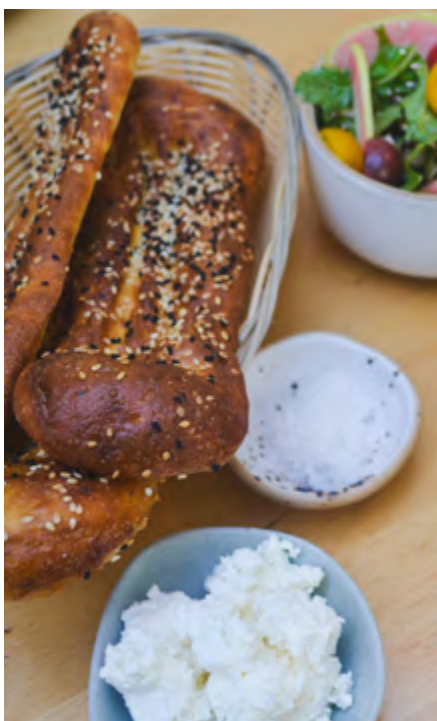
The MICHELIN Guide put Delara deservedly on Vancouver's culinary map recently, describing it as Bardia's "love letter to Iran." Bardia changed from a career in aerospace engineering to become a chef, and studied culinary arts in France before moving to Vancouver 19 years ago. After working in other restaurant kitchens he opened Delara in his own neighbourhood in 2021, hoping to bring to life the flavours and nostalgia of his mother's kitchen and the food he grew up with.

Today, his mother cooks by his side, a point of pride for a chef who is all about family and cuisine that comes straight from the heart. Sit down for brunch at Delara and that homey vibe is hard to miss. It's just one of the things that make this eatery feel distinctly special and incredibly unique.

delararestaurant.ca
2272 West 4th Ave., Vancouver 🇨🇦



Ask for Luigi.



Delara.

EXPERIENCE

Our World



Alert Bay, BC, Canada
'Namgis Territory

ARTS, CULTURE & HERITAGE

While visiting Alert Bay, immerse yourself in the rich history of the Kwakwaka'wakw people by visiting the U'mista Cultural Centre. The centre offers a profound and enriching experience, allowing you to gain a deeper understanding of the Kwakwaka'wakw arts, culture and heritage. The Alert Bay Library and Museum serves as a captivating repository of the town's history, embracing the rich narratives of both the municipality and the First Nations community.

The traditional 'Namgis Big House is an inspiring epicentre of culture, where traditions come to life through ceremonial events, as well as summer cultural sharing from the T'sasała Cultural Group. The World's Tallest Totem Pole which stands outside the Big House, is an enduring symbol of heritage and artistry, has been drawing visitors from around the globe since 1973.

ATTRACTIONS

Explore the heart of Alert Bay! Find maps, information, and local insights at the Visitor Centre. Dive into thrilling whale watching or bear tours, fishing, and scenic nature trails by walking or biking. In addition to the island trails, visit our tennis court and skate parks. Stop by Culture Shock for great coffee and one-of-a-kind treasures. Don't miss the exhilarating 360° kayaking race with competitors from around the world. Immerse yourself in the perfect blend of play and culture – your adventure starts here.



You can find more information on what Alert Bay has to offer, by contacting the Alert Bay Information Centre (250)-974-5024 | INFO@ALERTBAY.CA

U'mista Cultural Centre:

For events and cultural activities check out our website or social media: www.umista.ca
call us at (250) 974-5403 or 1-800-690-8222



“Becoming married”

An excerpt from *A Haida Wedding*



The Haida and other Indigenous Peoples of the Northwest Coast ingeniously transformed, carved, and steamed large, old-growth cedar trees into canoes throughout history. We agreed that a canoe arrival would be fitting as it would respect and integrate the spiritual energy of the interconnected land and sea.

*When Terri-Lynn Williams and Robert Davidson celebrated their wedding with a traditional ceremony, it was the first in over a century that was legalized under Haida law. Their book, *A Haida Wedding*, provides an intimate photographic window into that momentous day and marks the resurgence of a tradition that was nearly lost to colonial forces.*

Following is an excerpt from *A Haida Wedding* by Terri-Lynn Williams-Davidson with Robert Davidson (Heritage House, 2023), reprinted with permission of publisher. Photos are courtesy of Terri-Lynn Williams-Davidson & Robert Davidson, *A Haida Wedding*

In the spring of 1996, we decided that we would be married in a traditional Haida wedding ceremony.

Such ceremonies had not occurred in the living memory of the Elders, and we wanted to draw upon our cultural teachings and honour Haida ceremonies and laws. We selected August 22 as our wedding day because it was on that date in 1969 that Robert raised the Bear Mother pole in Masset. Given the tenuous thread connecting us to Haida traditional ceremonies, it was important that our wedding ceremony be crafted jointly with our *gwaaygang.ngaay* [*gwáaygang.gnee* (Clans)], as it would have been done in the past.

We began by seeking wise counsel, talking to our family and Elders from both of our villages. Terri-Lynn's mother, Mabel Williams, was fluent in *HI Gaagilda Xaayda Kil* (the Skidegate Haida language), and she provided the

words for marriage: *Gud iina Gihl* | *Gud iineehl* (literally, to become married). Mabel had played “getting married” on the beach with her friends as a child, following the outline of a traditional Haida marriage ceremony. We learned elements of the marriage ceremony from Alberta Brown, and from Robert's maternal aunt, Clara Peratrovich. We also drew upon the knowledge that our ancestors had shared with ethnographers and anthropologists. Some of these accounts were contradictory, but we sorted through those discrepancies with our families' assistance and drafted a plan for the ceremony.

One of our sources of knowledge was Robert's grandmother, *Naanii* Florence Edenshaw Davidson, whose life story had been recorded by anthropologist Margaret Blackman in the book *During My Time: Florence Edenshaw Davidson, A Haida Woman*. Although she married Robert Davidson Sr. in a

church, her marriage was arranged according to Haida customs that they drew upon throughout their wedding. In this way, the marriage ceremony survived “underground,” in the same way that the knowledge of other ceremonies survived.

As is the Haida way, we also met with the then Chief of the village of Skidegate, Clarence (Dempsey) Collinson, to ask permission first to hold the *Gud iineehl* Ceremony in Skidegate. Chief Skidegate and his wife, Irene Collinson, were close to Terri-Lynn: while Dempsey was her cousin—his father and Terri-Lynn’s father were brothers—she was taught to respect them and call them Uncle and Aunt. Robert was also close to them, as his father, *Tlaajang nang kingaas*, Claude Davidson, and Dempsey were close friends and fellow Hereditary Chiefs.

We learned that a Haida wedding is not an occasion for a Potlatch, but instead for a Feast. A Haida Feast is a lavish meal of mostly Haida foods, with several food courses speeches, and dance performances. Sometimes payments are made to the opposite Clan witnessing the hosts’ business conducted at the Feast, which can include receiving Haida names, assuming new crests, or displaying new Clan property, such as songs, dances, and masks. A Potlatch also includes a Feast but involves more payments to those of the opposite Clan in attendance for witnessing more elaborate displays of Clan prerogatives. A Haida Wedding, however, is more than a marriage of two people: it is the joining of two families, and two Clans.

Terri-Lynn belongs to the *Gagyals K’iGawaay*, the Ravens from *Xuuajii ‘Laanas* (Grizzly Bear Town), also known as *K’uuna Llnagaay* (Edge Village), or the village of Skedans. This Clan name translates as “Those Born at *Gagyals*, a reef located offshore from *HlGaay. yuu Kun* (Dead Tree Point) north of Skidegate. This was the last place that the *Gagyals K’iGawaay* lived before settling at Skedans. This Clan name reflects the southern Haida tradition of taking the name of the last town lived at, in this case, before the Clan name was documented by Europeans in the late 1800s.

Robert belongs to the *Ts’aa.ahl ‘Laanas*, the Eagle Clan from the town of *Ts’aahl*, on *K’iis Gwaay* (Langara Island). He learned the old pronunciation for his clan name from Elder Amanda Edgars. This Clan name reflects the northern tradition of ‘*Laanas* referring to both town and people. The northern *Ts’aa.ahl ‘Laanas* migrated from the town of *Ts’aahl Llnagaay* on the west coast of southern Haida Gwaii. From Langara Island, some of the Clan, including Robert’s mother’s family, migrated to Howkan, Alaska.

We met with each of our *gwaaygang.ngaay* | *gwáaygang.gnee* (Clans) and reviewed our draft



This *Gud iina Gihl* | *Gud iineehl* (to become married, or becoming married) ceremony validated our wedding. Each time we have a ceremony it gives us strength to carry on, solidifying our strength handed down from our ancestors.

plans with them. We expressed our wish that the wedding ceremony follow the traditions as they were before the impact of missionaries, with only minimal elements from Western weddings that are familiar to most people today. We envisioned that our wedding would not be “legalized” by a Christian minister or a justice of the peace, but instead would be held in the presence of our Clans, witnesses, and guests in a Haida Feast setting—in other words, legalized under Haida law. We worked together with our Clans to finalize the agenda for our special day—a seven-part celebration with a canoe procession, ceremony, feast, dancing, and dowry payment, signifying the coming together of two people, two families, and two clans.

A Haida Wedding is the story of our *Gud iina Gihl* | *Gud iineehl*, the story of our “becoming married.” 🏡



AUTHOR’S NOTE

In *A Haida Wedding*, we show the two dialects of Haida Gwaii, since Terri-Lynn and Robert are language learners of the dialects from their two communities of Skidegate and Masset. Generally, *Xaayda kil* (Skidegate dialect) is shown first, followed by the *Xaad Kil* (Masset dialect); in some cases the words are the same in both dialects. We also follow Indigenous style guides and have chosen to italicize the Haida words, which has the benefit of highlighting them.

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