

# SOAR

Inflight  
Magazine for  
Pacific Coastal  
Airlines

**The art of tea**  
Hungry for high tea  
in Vancouver

**Fall for BC wine**  
Campaign boosts  
BC wine industry

## Where the rivers meet

Arts, culture and  
adventure in  
Kamloops and  
nearby Sun Peaks

**Soar with birds**  
Fly with PCA  
to discover new  
birding trails

*Pacific Coastal*  
AIRLINES



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New Price

**Rare Campbell River Property:** Half acre in town, 4560sqft home on three levels and a large, two-story workshop/garage. Lower back yard with walkout access from the home, and undeveloped natural space behind. Built by a local developer in the 80s for his personal property, the home and shop are constructed to the highest standards of the time.

\$895,000



**Campbell River Townhouse:** Close to recreation facilities, shopping and North Island College. The Beaver Lodge Lands trails are just steps away. This 2 bed/2 bath two story end unit backs onto green space, providing good privacy. The Creekside complex allows one pet and rentals, has a caretaker and is a popular consideration for a residence or rental property

\$339,000



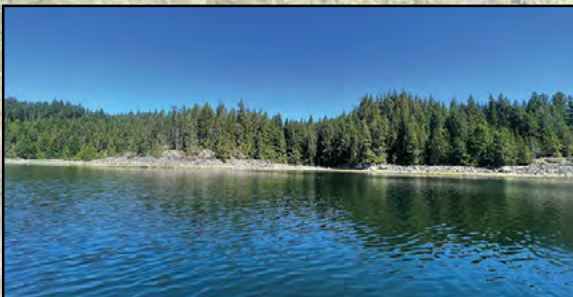
**Pearse Island Oceanfront:** 1 acre in Pearse Bay, with 560sqft cabin with loft, well built needs some interior finishing. Private moorage shared with one other property, SW exposure providing great views and sunsets. Nicely forested with approx. 100ft waterfront. Cabin set back from oceanfront, providing privacy. Popular recreational area in the Broughton region of Johnstone Strait.

\$299,500



**Rupert Inlet, Kenny Point:** Off grid substantial semi-oceanfront acreage with stunning views over Rupert Inlet! The 99 acre property has a diverse topography reaching approx. 400ft above sea level and from a few elevated locations the views are panoramic for 270 degrees. The property bordering a one chain strip of Crown land along the oceanfront.

\$1,150,000



**Quadra Island Oceanfront Acreage:** 10.3 acres with 493ft of shoreline in the Octopus Islands Marine Park, one of four adjacent recreational water-access properties. Communal access and shared roads, dug well, approved perc areas for septic, good building sites. User-friendly topography. Zoning would allow two main residences. Amazing Discovery Islands location!

\$599,000



**Quadra Island Acreages:** Picturesque 4.9 acre highbank oceanfront lot, offering a private, peaceful island sanctuary away from the hustle and bustle and surrounded by nature. Part of a 77 acre development on the southern shores of Quadra Island subdivided into 8 titles. Standing forest, beautiful pastoral land, a valley ravine and a secluded beach.

\$731,000

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**Tourism Trail, BC**

**Visitor Centre**

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 IN THE TRAIL RIVERFRONT CENTRE  
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Instagram and Facebook icons are also present.

# A TIME TO CELEBRATE

PRESIDENT'S MESSAGE



**A**s we bid adieu to the final days of the fall season, I would like to extend my heartfelt gratitude to you for choosing Pacific Coastal Airlines as a part of your autumn travel plans. It is with great pleasure that I share with you the latest developments and celebrations that have unfolded within our airline in the past month.

October held a special significance for us as we launched our new flights between Victoria (YYJ) and Kamloops (YKA). With six weekly flights operating from Sunday to Friday, we take pride in being the only airline offering non-stop service on this route, reducing travel time between Vancouver Island and the Thompson Okanagan to just one hour.

Furthermore, we are thrilled to announce the extension of the YYJ-YKA route as a year-round service. This decision was made in response to the strong demand observed in initial bookings and the positive feedback from our valued customers. This represents an important shift from the route's initial announcement as a seasonal service. We extend our heartfelt appreciation to our airport partners at Victoria International Airport and Kamloops Airport, and most importantly, to our valued passengers for their business and loyalty supporting this new flight service.

I'm also happy to announce that starting January 4, 2024, we're adding four additional morning flights per week to our current service between Vancouver (YVR) and Penticton (YYF). Our additional flights are scheduled on Sunday, Monday, Thursday and Friday every week from January 4 to April 26, 2024 between Vancouver International Airport's South Terminal and Penticton Airport. Following our recent new Victoria-Kamloops and Nanaimo-Kelowna routes, we're proud to continue enhancing travel options for our travelers, especially the community in the Thompson Okanagan region.

On October 26, we had the honour of attending the 2023 Silver Wings Awards event hosted by the British Columbia Aviation Council. This event served as a platform to celebrate the accomplishments of our colleagues and students in the aerospace industry, including the recipients of three distinguished aviation scholarships that were established earlier this year and funded by Pacific Coastal Airlines.

The three scholarships, each valued at \$10,000, pay tribute to the legacies of Daryl Smith, Paul Biglin and Sheldon Smith. They are directed toward Indigenous youth and aspiring pilot or aircraft maintenance engineer (AME) training students. By adding to the growing list of aviation scholarships in British Columbia, we aim to contribute to the growth of the industry and help address the current shortage of pilots and AMEs in Canada, especially in the small- to medium-sized BC aviation sector.

With the expansion of our network, we are actively seeking new talent to join our team of AMEs and pilots across BC and Alberta. We take pride in providing in-house professional training and coaching, with senior chief pilots leading the way. Beyond a job, we offer travel perks with over 20 airline partners, uphold work-life balance and foster avenues for professional advancement. If you have 500 hours under your wings and aspire to kickstart your career in aviation, please visit our careers site at [pacificcoastal.com/careers](https://pacificcoastal.com/careers).

As we approach the busiest travel season in Canada, rest assured that our dedication to delivering exceptional service remains unchanged. Your trust motivates us to be the best we can be, and we are deeply honoured to accompany you on your upcoming winter journey.

Thank you for your continued support, and we look forward to serving you on your next flight. ✈️

Warm regards,

**Quentin Smith**

# LET YOUR DREAMS SOAR

*Photographer: Reuben Krabbe*

*Secwépemc Territory*

Save on winter flights between  
Victoria & Kamloops—the gateway  
to Canada's 2<sup>nd</sup> largest ski area:  
[SunPeaksResort.com/PCA](https://SunPeaksResort.com/PCA)



# 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'sasata 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.

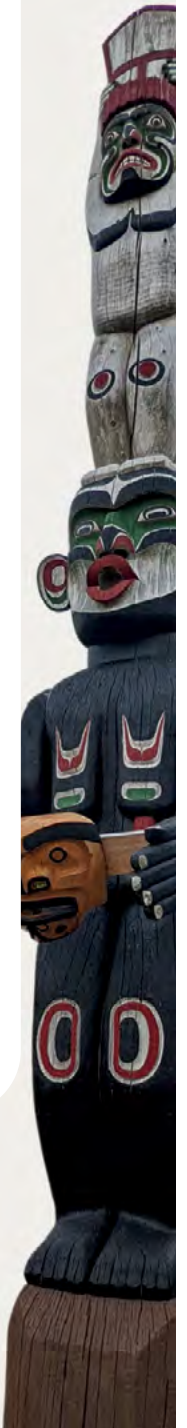
## ATTRACTIONS

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](mailto:INFO@ALERTBAY.CA)

U'mista Cultural Centre:  
For events and cultural activities check out our website or social media: [www.umista.ca](http://www.umista.ca)  
call us at (250) 974-5403 or 1-800-690-8222





Scenes from the launch of Pacific Coastal Airlines' Victoria-Kamloops route, now a year-round service.

## Connecting communities

### Pacific Coastal Airlines launches new Victoria-Kamloops route

**P**acific Coastal Airlines (PCA) is delighted to announce the successful launch of its six weekly non-stop flights between Victoria International Airport (YYJ) and Kamloops Airport (YKA). The first flights took place mid-October, marking a significant milestone for PCA and offering improved travel options for passengers in both cities.

Distinguished executives, politicians, airport authorities, tourism organizations and First Nations representatives attended the celebratory events at YYJ and YKA, highlighting the importance of this new route in connecting communities and fostering seamless travel experiences.

At YYJ, the inaugural event featured speeches, a ribbon-cutting ceremony and the distribution of branded goodies to passengers. In Kamloops, festivities encompassed a fire truck water salute for the aircraft, a ribbon cutting, speeches, branded treats and a warm welcome by representatives from the local First Nations, Tk'emlúps te Secwépemc, who offered their hospitality and traditional blessings.

These events celebrated the partnership between PCA and the respective airports, signifying a commitment to providing enhanced travel options for residents and visitors in these regions.

PCA also announced the extension of the YYJ-YKA route to a year-round service, a decision made in response to the strong demand seen in initial

bookings and the positive feedback from customers. This represents an important shift from the route's initial announcement as a seasonal service.

Johnathan Richardson, vice president of customer and commercial, expressed his enthusiasm about this new route, saying, "Our team is proud to offer the only non-stop flight option between Victoria and Kamloops, reducing travel time to only one hour. We are grateful to our customers' strong response, and we are delighted to extend this route to be year-round."

Representatives from Victoria and Kamloops airport authorities and tourism organizations also shared their excitement and enthusiasm about the new route.

"YYJ is excited about Pacific Coastal's announcement that the new Victoria-Kamloops service will be year-round," said Rod Hunchak, Victoria Airport Authority director of business development and community relations. "This new direct service has been well received by travellers, providing convenient connectivity between southern Vancouver Island and the BC Interior."


"We welcome the return of our valued partner Pacific Coastal Airlines to the Kamloops market with service to Victoria," said Ed Ratuski, managing director at Kamloops Airport. "Securing a nonstop flight between the two cities has been on our radar for some time and we are excited about the op-



portunities this new service will offer both business and leisure travellers."

Arlene Schieven, president and CEO at Tourism Sun Peaks, also expressed enthusiasm, noting, "We are excited about the new route from Victoria to Kamloops and look forward to welcoming Victoria-area guests to Sun Peaks. With a mountain opening date of November 18, the timing is ideal for skiers and snowboarders from the Victoria area to experience Canada's second largest ski area."

"Today's inaugural flight is a positive sign for our community and tourism industry. We know that opening up more ways of getting to our city is key to a continued thriving tourism economy," said Monica Dickinson, CEO of Tourism Kamloops.

Passengers can book flights by visiting PCA's website, contacting the call centre at 1-800-663-2872, or reaching out to their preferred travel agent. 

## MEET A PACIFIC COASTAL EMPLOYEE: SABINE



**Position:** Base Supervisor

**Location:** Trail

**Time with PASCO:** 3 years

**Job description:** Everything from passenger check-ins to ramping, organizing office parties and, of course, undertaking all the supervisor duties.

**Where were you born and where did you grow up?** I was born in Germany and grew up in a small town close to the Belgian border.

**Who is your family?** I have a husband and two (almost) grown-up girls. One is a paramedic and the other plans to become an aircraft mechanic. And then there's Boots, my dog, who comes to work with me at the Trail airport.

**What path did you take to get to this job?** I apprenticed as a travel agent in Germany. Once the travel industry hooks you, you can't escape!

**What do you like best about this job?** The people I work with and our passengers. No day is ever the same.

**What are your hobbies outside of the job?** I love to travel, hike in the Kootenays and work in my garden.

**What is your favourite thing to do in your city?** I love to explore all the little restaurants and shops in our area and watch the Trail Smoke Eaters hockey games.

## AROUND BC



Marilena Cafe + Raw Bar's cuisine has a strong seafood focus anchored by a Japanese-inspired raw bar. Photo by Allison Kuhl, courtesy Toptable Group.

## New Victoria restaurants among the best in Canada

By Chris Campbell, [westcoasttraveller.com](http://westcoasttraveller.com)

Two Victoria restaurants have been recognized among the best new eateries in Canada.

Each year, Air Canada sends a food critic to travel the country looking for the hot new restaurants.

In the top-30 list issued by Air Canada, Ugly Duckling Dining & Provisions and Marilena Cafe + Raw Bar in Victoria made the cut.

Ugly Duckling opened in February at 543 Fisgard Street for high-end fine dining with dishes inspired by Chinatown. It's only open from Wednesday to Sunday (starting at 5 pm), so reservations are essential. Plans are also in the works for a Sunday morning brunch.

"Now open in the heart of downtown Victoria, Ugly Duckling is an intimate fine-dining restaurant that takes its inspiration from the intersection between Coastal BC's magical landscapes and the rich cultural heritage of Canada's oldest Chinatown," reads a post from the restaurant.

Marilena, opened earlier this year by Vancouver-based Toptable Group, is located at 1525 Douglas Street.

The restaurant's cuisine has a strong seafood focus anchored by a Japanese-inspired raw bar. Although it specializes in local and exotic imported sustainable seafood, the chef said that "outside of that, we have something for everyone." 🍣

## New morning flights between Vancouver and Penticton

Pacific Coastal Airlines has announced an exciting addition to its winter schedule. Starting on Thursday, January 4, 2024, four additional morning flights per week will be launched between Vancouver and Penticton for the duration of the winter season.

The morning flights will depart Vancouver at 7:55 am and arrive in Pentic-

ton at 8:51 am. Flights depart Penticton at 9:15 am, arriving in Vancouver at 10:17 am. Days of operation are Sunday, Monday, Thursday and Friday.

To celebrate these new flights, PCA is offering a special promotion, and customers can enjoy a 15 per cent discount on bookings to and from Penticton. 🍷



# Subterranean

## Kootenay researchers featured in new caving documentary

By Gillian Francis, [westcoasttraveller.com](http://westcoasttraveller.com)

**A** team of passionate adventurers who have spent more than a decade exploring the Bisaro Anima cave near Fernie are now the subject of a new documentary called *Subterranean*.

The film, released in April, follows multiple groups of explorers seeking to break caving records. The group in Fernie, led by Katie Graham, beat a personal depth record by ascending further into the Bisaro Anima cave network than ever before. Bisaro Anima is the deepest cave in Canada and the continental US.

The team climbed up steep rock faces, crawled through claustrophobia-inducing tight spaces and explored cold, damp caverns. Parts of the cave network were underwater. Graham reached her depth record by scuba-diving through these.

"It's cold. It's dark. It's drippy all the time. Everything's covered in mud. It's quite extensive, so it changes character as you go. Sometimes you're crawling and then sometimes there's these massive chambers. You're rappelling down 100-metre-long pits. Sometimes the rock is really unstable," Graham says, adding that the team hopes the documentary will give more exposure to the sport of caving and the science behind it.

"They've been scientifically investigating Bisaro Anima since 2012 and have published a survey of the cave, which they continuously update as they gather more information," Graham says. "The goal was really just to make the science and sport of caving better-understood."

The team recently made a new discovery—a circular, tube-like passage that provides clues about the climate during the Ice Age.

"We found a passage that is a five-metre-wide diameter circular tube with lots of scallops in the wall. This tells us that there was an incredible volume of

water with a glacier on top," she explains.

The group has explored approximately seven kilometres of cave network and plunged over 600 metres deep, but they still haven't found an end to it. Graham said they're certain there are more dry passages beyond the body of water that she scuba-dived through, but they haven't been able to reach it due to oxygen limitations.

They've also found bushy-tailed wood rats in really deep areas, indicating there are entrances to the cave they haven't found yet. Graham plans to continue her training in Mexico with specialized equipment, so she can dive even deeper next year.

"As it gets technically more difficult, it challenges me to up my game and do more training and get better," she says. "You kind of feel like you're travelling back in time and you're trying to figure out what the story is behind it."

The film was led by Vancouver film


producer Jenny Rustemeyer and director François-Xavier De Ruydts. The film crew accompanied the team into the cave on several trips, sometimes for as long as nine days, and they all slept in the cave overnight.

Filming without much light and no access to power was difficult, De Ruydts says, noting that he had to be strategic, ensuring he had enough power in his equipment to last the entire trip. Special equipment was required in certain areas of the cave network. When Graham went underwater, she was filmed by a drone, for example.

De Ruydts says it was rewarding nevertheless.

"Around every corner, you'll find something fascinating because it's so different from what you've experienced before. Just darkness. You turn off your lights and it's black... All the cave formations. There are stalactites and stalagmites."

The cave was only a few degrees above zero, with intense humidity. It was also wet and the crew had to wear their damp clothes to bed in order for them to dry by morning. They slept in covered hammocks to keep themselves warm.

*Subterranean* has reached screens across the world, premiering November 7 on Knowledge Network in BC. 



Lead caver Katie Graham and team beat their depth record in Bisaro Anima cave while filming the documentary *Subterranean*. Photo contributed.



# Kamloops: where the rivers meet

## Outdoor adventures, arts and culture flow together in the heart of BC

By Chloe Sjuberg

**F**or a vacation destination that offers the perfect blend of natural surroundings and vibrant culture, look no further than Kamloops, located in the heart of British Columbia's interior, and where Pacific Coastal Airlines now flies direct from Victoria.

Kamloops is nestled in the beautiful Thompson Valley, where the North Thompson and South Thompson rivers join to become the Thompson River. In fact, the city's name comes from that of the original Secwépemc settlement there: Tk'emlúps, meaning "the meeting of the rivers."

The meeting of the rivers in this valley means there's a lot of scenic beauty here to enjoy. And in a more symbolic sense, Kamloops is a meeting point for the many different elements that make up its unique identity: year-round outdoor adventures, a lively arts scene, cosy boutiques and eateries, and a friendly and welcoming community. They all come together to make Kamloops a fantastic place to visit.



Back Alley Art Gallery. Photo by Jonny Bierman, courtesy Tourism Kamloops.



Photo by Peter Olsen, courtesy Tourism Kamloops.

### ➔ Soak up the culture

Arts and culture abound in Kamloops. Check out the latest exhibitions at the nationally renowned Kamloops Art Gallery, or find a new favourite piece at the Kamloops Courthouse Gallery, run by a non-profit artist cooperative showcasing local artists' work.

For some art out of doors, head to the "Back Alley Art Gallery"—a self-guided tour of 30 murals downtown that capture the city's culture and history in eclectic art styles.

Other cultural hot spots include the Kamloops Museum and Archives; the Western Canada Theatre, for live entertainment; and the Kamloops Film Society's Paramount Theatre, which screens everything from the latest film festival hits to throwback family favourites like *The Princess Bride*.

# we fly there.

VICTORIA



Kamloops Airport

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West Highlands Park. Photo by Peter Olsen, courtesy Tourism Kamloops.

### ➔ Get outside

Kamloops is a haven for outdoor enthusiasts of all kinds. In the city and surrounding area, there are 10 championship golf courses, more than 100 freshwater lakes, and more than 80 parks.

In Tsútswecw (pronounced “choo-chwek”) Provincial Park, you’ll find the Story Trail, an interactive and interpretive two-kilometre loop. Use your smartphone to scan the QR codes posted along the trail, and you’ll hear the voices of local Indigenous youth sharing their language and knowledge of the local plants, wildlife and landscape.

The Rivers Trail is a 40-kilometre trail system that passes through downtown along the shores of the North and South Thompson rivers. It’s mostly flat—perfect for a gentle stroll or bike ride. One segment of the trail loops around McArthur Island Park, where you can spot wild ducks and marmots, or stop off for a round of mini golf or disc golf.

Hiking is a year-round activity in Kamloops due to its mild, sunny winters. The city clears the snow on many local trails, but for those that aren’t cleared, you can strap on snowshoes or cross-country skis to explore the bright, snowy vistas.

And, of course, with the rivers and the lakes, there are plenty of opportunities for adventures on the water: boat, swim, paddle, or simply bask at the beach.

### ➔ Taste the city

After exploring the outdoors, kick back with a drink from one of Kamloops’ craft breweries, cideries, distilleries or wineries. Kamloops is gaining a reputation as a new and exciting BC wine destination—check out the Kamloops Wine Trail for friendly, relaxed tastings at local wineries Monte Creek, Privato and Sagewood.

For a unique eating experience, head to the Yew Street Food Hall, where you’ll find several artisanal food vendors under one roof, offering everything from vegan street food to fresh pasta and gelato. Kamloops also has plenty of modern restaurants highlighting local seasonal ingredients and international cuisine options from Mexican to Jamaican.



Sun Peaks getaway. Photo courtesy Tourism Sun Peaks.



Downtown Kamloops. Photo by Candace Hansma, courtesy Tourism Kamloops.



Jamaican Kitchen. Photo by Dylan Sherrard, courtesy Tourism Kamloops.



Skiing at Sun Peaks. Photo courtesy Tourism Sun Peaks.


### ➔ Reach new heights at Sun Peaks

Another premier destination for year-round outdoor adventures is Sun Peaks, a ski resort located just under an hour from Kamloops. You can either drive up for the day from Kamloops, or stay at one of the many hotels and chalets at the resort.

With 13 chair lifts taking you up three peaks (Tod, Sundance and Morrisey), Sun Peaks is one of the largest ski areas in Canada, second only to Whistler Blackcomb. Beyond skiing and snowboarding, there's also ice skating, tubing, horse-drawn sleigh rides and even dog sled rides.

In Sun Peaks' European-style ski-through village, you can enjoy après-ski vibes at local restaurants and browse the shops for outdoor gear or artisan gifts. Or, pamper yourself with a massage or a grounding yoga session at one of the village's spas and wellness studios.

In the summer, there's plenty to do too: go hiking through alpine wildflower meadows, shred the mountain bike trails, or hit the links at BC's highest-elevation golf course.

Learn more about where to eat, stay and explore in Kamloops at [tourismkamloops.com](http://tourismkamloops.com). 



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# the art of tea

## Hungry for high tea in Vancouver

*Story and photos by  
Lauren Kramer*

**A**sk anyone who comes from England or a British colony and they'll sing the praises of high tea. This beautiful afternoon occasion is defined by an assortment of carefully selected tea blends, brewed in teapots and poured into fine china teacups. Served with savouries and confections, scones and cream, it's a time of day to be savoured, perfect for intimate celebrations and reflection.

Unlike coffee, most often served on-the-go and designed to get the heart racing and the body wide awake, tea offers a peaceful respite from a busy day and a meditative interlude before the dinnertime rush. It's best sipped slowly, served in the company of friends or family and filled with hushed but meaningful conversation.

While high tea has long been an established tradition in the city of Victoria, in Vancouver there are just a handful of places to go for this very British-style treat. Hungry for high tea, we found three destinations where tea is an art form, a meal treated with dignity and served with carefully curated brews and divinely rich treats.





Tea offers a peaceful respite from a busy day and a meditative interlude before the dinnertime rush. It's best sipped slowly, served in the company of friends or family and filled with hushed but meaningful conversation.

### LA PETITE CUILLÈRE

La Petite Cuillère, French for “the small teaspoon,” opened in 2012 in Vancouver’s Mount Pleasant neighbourhood on Kingsway. Step inside and you’re immediately transported from the busy, traffic-heavy thoroughfare directly outside. The restaurant’s 20-foot ceilings, ornate chandeliers, floor-to-ceiling windows and hot pink, velvet sofas set the scene for a classy, serene experience. Sunlight streams through the curtains, jazz plays softly in the background and gilded mirrors, along with collections of teacups and saucers, decorate a restaurant that speaks of extravagant old-world charm.

The menu features 20 different varieties of tea, divided into premium black, premium green and premium tisane. The choice is challenging with flavours like lychee black tea, raspberry parfait, mango green tea, coconut rooibos chai and cozy caramel cream. We selected earl grey cream and lychee black, both rich, flavourful blends, and delighted in the little jugs of milk and the bowls of sugar cubes that accompanied the serving.

High tea at La Petite Cuillère comes with six sweet confections and five savoury servings per person, beautifully presented in a three-tier platter that’s nothing short of eye candy. Many of the items are infused with tea and the selection changes with each season and is easily swapped out for those with dietary restrictions. We chose vegetarian food and our meal, which coincided with spring, featured pistachio mousse cake, Belgian chocolate brownie, mango-passionfruit pannacotta, red velvet cake, blueberry cheesecake and a tea-infused scone served with Devonshire cream and raspberry jam. We tucked into caramelized mushroom and onion quiche, egg salad sandwiches, salmon mousse, a cashew feta tartlet and a zucchini muffin.

Everything is made in-house with fastidious attention to flavour and presentation, and while each item is small and easily consumed in a few bites, together the savouries and confections constitute a decent meal. While everything on the platter was heavenly, our favourites were the tea-infused scone and the egg salad sandwich, also infused with tea.

## NEVERLAND TEA SALON

Located on West Broadway in Kitsilano, Neverland Tea Salon opened in 2013 in a modern space that feels bright and welcoming. Tables with white cloths are laid with china teacups and saucers, while clocks and whimsical art adorn a restaurant that feels fun and lighthearted.

Neverland features no less than 74 varieties of tea, divided into categories of black, scented black, green, rooibos, oolong, herbal and fruit, white and premium. There's tea in flavours of Aztec chocolate, apple crumble, raspberry jam and vanilla ice cream. Feel like lemon meringue pie in a cup? That's on the menu too, along with strawberry mojito tea, blue licorice, Russian rose, summer in Provence and "take me to Neverland," the salon's signature chocolate peppermint blend.

The great feature of this tea salon is its bottomless teacup policy. For the 90-minute duration of your high tea, you can order as many different pots of tea as you choose. The most popular varieties are the lavender earl grey, lychee fruit and Tinkerbell's kiss, a blend of strawberry and kiwi.

Our spring high tea included finger sandwiches with red Thai curry egg salad, lemon herb mascarpone, tarragon tofu, spring pea crostini and a croissant with feta mousse. To satisfy the sweet tooth there was strawberry vanilla cake, lemon meringue tartlet, mixed berry choux, a chocolate brownie and scones with cream and jam. The presentation was exquisite, and all items were carefully curated and made in-house.

A longtime tea-lover, I selected the apple crumble black tea, which truly does taste like apple crumble dis-



Neverland tower.

tilled into a rich tea blend. I moved on to the London fog and finished the meal with raspberry jam tea. High tea at Neverland truly felt like stepping into a strange, new land that tantalized our taste buds with incredible scents and flavours.


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## PARAGON TEA

Paragon Tea is located on Cambie Street. It is a tea take-out destination but it deserves mention because its tea is so unique. This eatery specializes in Japanese and Taiwanese tea and features hojicha oat, mocha oat, jasmine and oolong. The teas are served in take-out cups and food offerings are limited to croissants, cookies and bubble waffles in five flavours.

We tried the hojicha oat, a rich, comforting hot beverage filled with nutty oat taste and entirely different from the kinds of English breakfast blends we're familiar with. Each tea is individually brewed and is equivalent to up to eight tea bags per cup. With that percentage of caffeine in your body, you won't leave Paragon feeling sleepy!

Paragon's staff explained that the tea is served with oat milk rather than dairy because dairy milk is fatty

and cuts into the flavour. All the teas at Paragon can be served hot or cold, so we left with the iced matcha oat, also a delicious beverage that had us wired all day—and all night too. Diners can add tapioca pearls or house-made jasmine jelly to their iced teas, and the waffles are a not overly sweet confection that constitutes a decent afternoon treat. 



Matcha and bubble waffles.



# Un-Ordinary Your Day

łəmataxʷ, Campbell River, is nestled within the territory of the Liǵwítłaxʷ peoples; the WeWaiKai, WeiWaiKum, and Kwikwih Nations; here there are no borders between city and nature. łəmataxʷ, 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.

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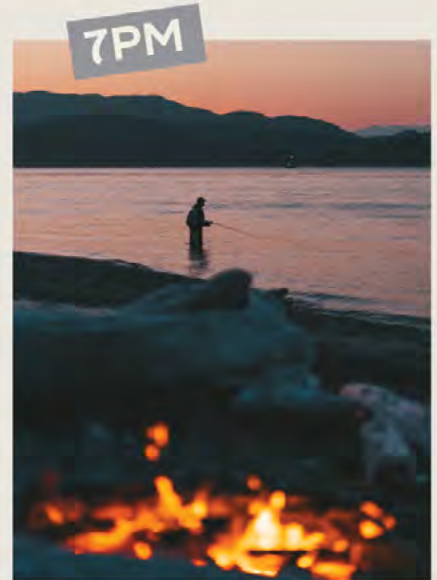
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Beach along Kaleva Road on Malcolm Island, near the PCA destination of Port Hardy at the north end of Vancouver Island.

# Fly with Pacific Coastal to soar with the birds

## The BC Bird Trail launches 11 new bird-watching experiences across BC

*Story and photos courtesy  
The BC Bird Trail.*

**G**rab your binoculars! The BC Bird Trail has announced the addition of 11 bird-watching communities—including several areas serviced by Pacific Coastal Airlines—to its vast list of self-guided experiences, designed to inspire people of all ages and levels to explore and enjoy the best bird-watching BC has to offer.

In partnership with Destination BC, the brand new bird-watching trails launching this season include the Vancouver Island North Trail, encompassing Port McNeill, Port Hardy, Port Alice, Sointula and Alert Bay—all easily accessed from PCA's Port Hardy destination.

Bird lovers can also fly with PCA

and find trails in the communities of Prince George, Kelowna, Vancouver and North Vancouver; they can fly to PCA's stop in Trail and drive just under an hour to discover a new trail in Nelson or venture out from the airport in Kelowna to explore new birding experiences in Vernon and the Shuswap. They can also fly to Victoria and either drive to Sooke or ferry to the Southern Gulf Islands for new trail outposts in those two areas.

"As we launch the fourth year of this campaign, it's so rewarding to see our biggest year of growth ever," says Ceri Chong, director, destination and industry development at Tourism Richmond. "With so many new communities getting on board, we'll be able to in-

roduce the practice of birding to even more people across the province. As we add trails in the northern regions of the province like Vancouver Island North and Prince George, it allows us to further showcase the biodiversity of birds you can find in BC.”

“We are so thrilled to launch the Shuswap outpost!” says Caitlin Thompson, project coordinator with the Salmon Arm Economic Development Society, which partnered with Shuswap Tourism and the District of Sicamous Development Corporation to showcase this area’s unique birding opportunities. “Birding is a fast-growing tourism experience in BC, and we have some of the best locations, trail systems and rare bird species to offer.”

In collaboration with tourism and conservation partners throughout the province, The BC Bird Trail develops free self-guided travel itineraries for visitors and locals of all ages to explore some of the most renowned birding areas in the country. Each destination at [bcbirdtrail.ca](http://bcbirdtrail.ca) includes key birding-related information like a seasonal list

## Since the pandemic, bird-watching has continued to grow in popularity and today people of all ages are interested in the avian world—to enjoy nature, learn about wildlife and reap the mental health benefits.

of the birds you might currently spot in the area, along with birding hot spots like parks, wildlife centres and estuaries to visit. To help visitors and locals make the most of their bird-watching experience in the communities they visit, each trail and outpost also includes key transportation information, bookable outdoor experiences in the community—like golf courses, bike rentals and helitours—and top picks for shopping, dining and accommodations.

The BC Bird Trail also has a free mobile app available on the Apple App Store and Google Play Store to help birdwatchers track their birding progress, check in at birding hot spots and earn rewards along the way.

Birding is trending—and it’s good for our mental health! Bird-

watching first soared to popularity in 2020 when it quickly became a popular pandemic hobby, with bird-watchers setting a world record for the highest number of bird observations reported in one single day (May 9, 2020) as reported by the Cornell Lab of Ornithology.

Since the pandemic, bird-watching has continued to grow in popularity and today people of all ages are interested in the avian world—to enjoy nature, learn about wildlife, and reap the mental health benefits. Bird-watching has even been recognized as a practice of mindfulness with bird sounds and sights helping to alleviate anxiety. One study has found that locations with higher bird diversity are seeing lower mental health admissions. 🐦



Bird-watching at Port Hardy’s Tsulquate Park on the Vancouver Island North bird trail.

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# Fall for BC wine

## New campaign aims to boost resilient BC wine industry after climate-related setbacks

**A** new campaign launched by Wine Growers British Columbia (WGBC) urges the public to “Fall for BC Wine” by choosing BC varieties at liquor stores and restaurants, and by visiting BC wine country to celebrate the harvest.

Relatively young in the world of wine, BC’s modern wine industry is one of the province’s rising economic stars. As of March 2023, there were 341 licensed grape wine wineries in the province, and BC VQA wine is the second-best-selling category in BC, with greater than 19 per cent of the market (behind only BC non-VQA wine).

In 2019, BC wineries welcomed almost 1.2 million visitors, generating over \$600 million in associated revenue

for the province. Including both tourism and retail, BC’s wineries generally contribute about \$3.75 billion annually to the provincial economy.

Recently, however, the sector’s exciting momentum has been disrupted by a series of challenging climate-related setbacks. This has resulted in an estimated 54 per cent reduction in 2023 crops, and longer-term damage to 45 per cent of the total planted acreage, with a projected \$133 million in direct revenue lost this year alone. This setback was compounded by BC’s record-breaking wildfire season, also impacting tourism to the Okanagan’s wine country, and causing many in the winemaking community to be evacuated.

“Winemaking has never been an in-

**In 2019, BC wineries welcomed almost 1.2 million visitors, generating over \$600 million in associated revenue for the province.**

dustry for the faint of heart—resilience is a prerequisite,” said Miles Prodan, president and CEO of WGBC. “However, these setbacks are temporary. We’ve always been fortunate to have enormous support for the wines of BC from local consumers and, with them behind us, we know the industry will overcome these challenges. We’re looking forward to an exciting future for BC wine.”



With its Fall for BC Wine campaign, WGBC has offered numerous ways to support BC growers and producers through actions such as buying local products, planning travel to BC's wine-growing regions, and helping to get the message out on social media by using the #FallForBCWine hashtag.

### SUPPORTERS CAN HELP IN A NUMBER OF WAYS:

- 🍇 choose BC wine during the next shopping trip at a favourite wine store;
- 🍇 choose BC wine as a gift for an upcoming occasion;
- 🍇 order a glass or bottle of BC wine while dining out;
- 🍇 visit a BC winery or farm stand;
- 🍇 choose a BC wine region for your next getaway;
- 🍇 share that support and spread the word using the **#FallForBCWine** hashtag

"If people are looking for ways to support local, the best way is to simply buy BC," says Joanna Schlosser, co-owner and CEO of Niche Wine Company. "Those purchases have a regenerative effect not only on small, local businesses but on the community as a whole." 🇨🇦

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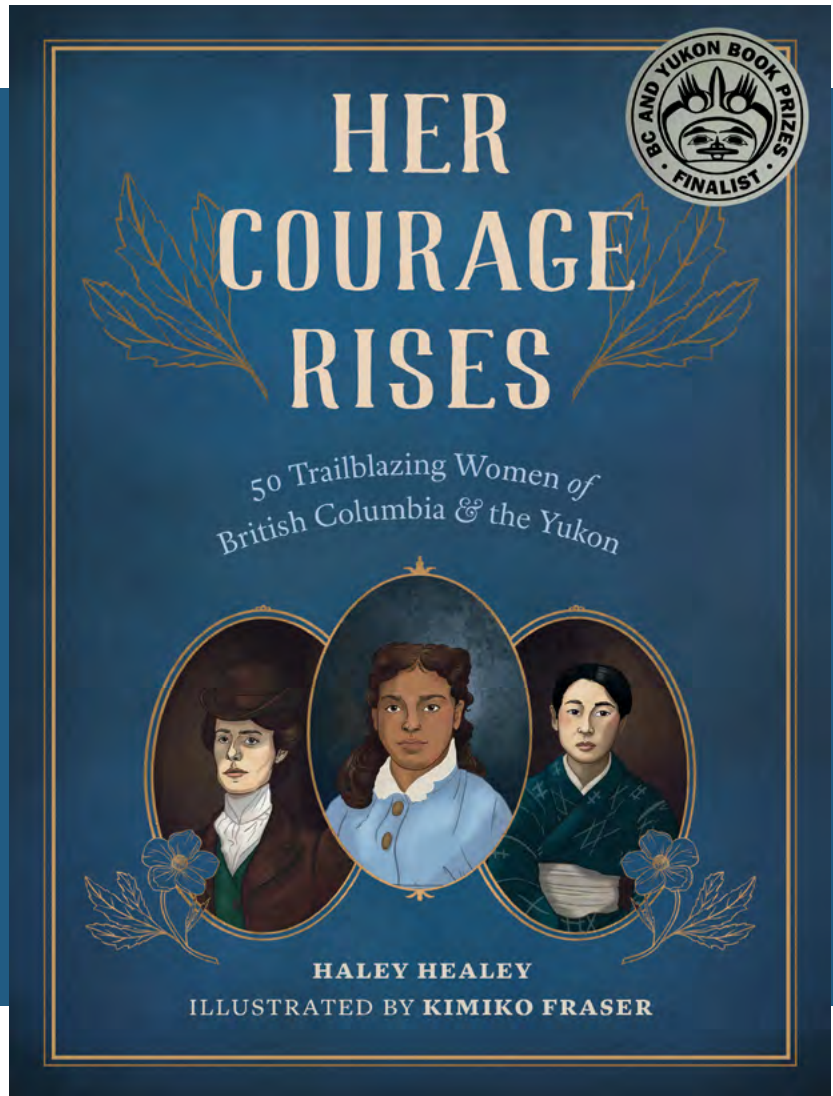


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# The scientist & the teacher

## Trailblazing women in Nanaimo



**H**er *Courage Rises: 50 Trailblazing Women of British Columbia and the Yukon*, written by Haley Healey and illustrated by Kimiko Fraser, is a collection of inspiring life stories of 50 extraordinary historical women.

The book introduces young readers to a diverse group of women who changed the face of history in unexpected ways and defied the expectations and gender norms of their times. Through charming illustrations and concise biographies, *Her Courage Rises* features social activists and politicians, artists and writers, scientists and healers, pioneers and prospectors, athletes and entrepreneurs, teachers and cultural tradition keepers.

These women represented all ages, walks of life and backgrounds. Some, like Cougar Annie and shipwreck heroine Minnie Paterson, became legendary in popular culture long after their deaths. Others, like politician Rosemary Brown, artist Emily Carr and Olympic sprinter Barbara How-

ard, achieved fame during their lives. Still others, including photographer and cultural teacher Elizabeth Quocksister, artist and cultural consultant Florence Edenshaw, land claims activist and translator Jane Constance Cook (Ga'axsta'las) and language champion Barbara Touchie, made great strides in preserving and promoting Indigenous rights and cultures. And many, like environmentalist Ruth Masters, water diviner Evelyn Penrose and Doukhobor pioneer Anna Markova, are less well-known but still made important contributions to their communities.

*Her Courage Rises* is full of inspirational female role models and insights into the trailblazing women who made history in BC and the Yukon.

The following two excerpts from *Her Courage Rises* highlight women from the Pacific Coastal Airlines destination of Nanaimo. Reprinted with permission of publisher Heritage House.



In 1919, Edith Berkeley arrived in the coal mining town of Nanaimo, BC to study marine worms. Despite having a degree in zoology from London University, she was not permitted to be on the staff of the Pacific Biological Station in Departure Bay and had to settle instead for being a volunteer investigator. Edith was a scientist and professor before it was common for women to do either; she was undaunted by her demotion. In many ways, being a volunteer afforded her more freedom than being a staff member. She could do research and field work and publish her work freely, despite being married, while paid female staff members were expected to stop working if they married. She made the absolute most of her opportunities; in fact, she became a world authority on marine polychaetes (marine worms).

Edith was born in South Africa to English parents. As a teenager, she travelled solo from Tasmania to England around Cape Horn. She was headed to London University to pursue a scholarship in pre-medical studies, although partway through she switched to chemistry and zoology.

There, Edith met a fellow scientist, Cyril Berkeley. They married in 1902 and moved to Bihar, India, after her graduation. In 1903, they had a daughter. They lived and worked in India for 12 years until the monsoons became too much to bear.

In 1914, the couple moved to BC's Okanagan Valley. There, they farmed a ranch and taught at the newly founded University of British Columbia. Edith taught zoology and Cyril, bacteriology. Eventually they came

## EDITH BERKELEY



### Marine Biologist

1875–1963

Nanaimo, British Columbia

to a realization: they were good ranchers, but their hearts were in research.

In 1919, they moved again, this time to Nanaimo, where they both started doing research—albeit Edith as a volunteer, leaving a paid, dependable position as a professor but following her passion. She published 12 research papers as sole author and 34 jointly with Cyril. She revelled in never-before-studied worms—some from depths of up to nearly five kilometres. Her research put the Pacific Biological Station on the map and contributed to its reputation.

Edith conducted research until the end of her life. Her talent and passion were admirable and inspiring, paving the way for future female marine biologists.

Several species are named in her honour, including the Berkeley eulid or Berkeley's shrimp (*Eualus berkeleyorum*), a small red shrimp with a bent tail and distinct bands around its abdomen.



### AUTHOR BIO

**Haley Healey** is a high school counsellor, registered clinical counsellor, and the bestselling author of *On Their Own Terms: True Stories of Trailblazing Women of Vancouver Island*, *Flourishing and Free: More Stories of Trailblazing Women of Vancouver Island*, and *Her Courage Rises: 50 Trailblazing Women of British Columbia and the Yukon*. A self-proclaimed trailblazing woman herself, she has taught in isolated fly-in communities and guided white water canoe expeditions. She also plays the violin. She has an avid interest in wild places and unconventional people.



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In 1858, 800 African Americans arrived on the Saanich Peninsula and moved to various locations on Vancouver Island and the Gulf Islands. Several dozen went to Salt Spring Island, including Sylvia and Louis Stark. Sylvia's father was born into slavery in Missouri and eventually bought his and his family's freedom. Louis, too, had been born into slavery, and had also bought his freedom. Sylvia and Louis met in California and married. One of their five children was Emma Arabella Stark.

The Starks eventually moved to the Cranberry area of Nanaimo, except for their son, who stayed on Salt Spring Island. They valued education and sent Emma and her sister Marie to the closest school over 13 kilometres away in Cedar. Back then, it was common for students who lived far away to stay near the school during the week. Sylvia would bring the girls home on weekends by horseback. In winter, they travelled in a hand-built ox-drawn sled. Eventually,

## EMMA STARK



### Pioneer Teacher

1856–1890  
Nanaimo, British Columbia

Sylvia moved to a farm on Salt Spring Island, joining her son, Willis. Emma and her father remained in Nanaimo.

Despite the tragic passing of her father, Emma finished high school and in 1874, at aged 18, became the first Black schoolteacher on Vancouver Island. She taught at the new Cedar-Cranberry school—a one-room schoolhouse that students travelled from far and wide to attend—until 1879, earning \$40 a month. Emma was a competent teacher and well-liked by students.

In 1878, Emma married James Clark in Victoria. After that, little is known of her life. She died at aged only 33 of an unknown cause. She is buried on Salt Spring Island next to her grandfather. Emma's mother Sylvia later became a prominent personality on Salt Spring Island.

Sylvia's and Emma's stories are ones of freedom and self-determination.

Sylvia made a long journey to freedom, while Emma endured the many hardships so typical of pioneer life, but also passed on the gift of knowledge to her students. They were welcomed into the community and did not experience the

discrimination that they had faced previously. Today, the Stark farm's barn still stands on Extension Road, beside Chase River Elementary School. Stark Lake, in Nanaimo's extension area, and Stark Landing, where the railroad passed the family orchard and cattle fields, are named after the family. A plaque in downtown Nanaimo bears Emma's name, honouring her as "the first Black teacher on Vancouver Island." 🇺🇸

### — ILLUSTRATOR BIO —

**Kimiko Fraser** is an illustrator and historian-in-training. She grew up constantly making—drawing, painting, knitting, sculpting, book-binding, et cetera—and has never learned how to stop. She is the illustrator of *Her Courage Rises: 50 Trailblazing Women of British Columbia and the Yukon*. She holds a Bachelor of Arts (honours in history, major in visual arts) from the University of Victoria. She works with many mediums to create her illustrations, including watercolour, digital, ink and tea. Most of her work is inspired by her interest in plants, history and folktales.

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