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WINTER 2014/15 VOLUME 07 ISSUE 04



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# ON A DOCK BY THE BAY

The Nanaimo Port Authority links the city's maritime past to its future

**TRAVEL + LEISURE MAGAZINE** recently named Vancouver Island one of the world's top 10 islands in its 2014 World's Best Awards. And with good reason: few places on earth showcase such wild and natural beauty. But there is more to Vancouver Island than just stunning scenery. The Island also plays an integral role in the B.C. economy, with much activity passing through the Port of Nanaimo.

Nanaimo means "Gathering Place" in the *Hul'q'umi'num* dialect of the local Snuneymuxw First Nation, and the city's harbour has a long history as a centre of trade and commerce. Through the late 19th and 20th Century the export of coal and lumber from Nanaimo played a critical role in the evolution of British Columbia, establishing the province's network of trade with the rest of the world. That tradition continues to this day through various terminals operated by the Nanaimo Port Authority, connecting Vancouver Island to regional and global markets for consumer goods, while also welcoming visitors to the Island.

Helijet passengers enjoy a unique aerial perspective of the Port of Nanaimo: from the air they can see a harbour-front community buzzing with marine activity, including cruise ships, ferries, tugboats and pleasure craft, all giving the port it's unique character as a beautiful *working* harbour.

For over 50 years the Nanaimo Port Authority has worked to create new opportunities and to stimulate development and growth for surrounding communities.

An October 2014 Economic Impact Study notes Port activities stimulate some 6,400 jobs and \$350 million in wages per year, with economic impacts totalling \$1.24 billion. In fact, in 2013 the Nanaimo Port Authority joined the ranks of the Top 50 North American Ports by TEU's (Twenty Foot Equivalents – Container Units). Based on the BC Marine Employers Association, labour and wages generated per TEU is expected to grow from \$2.58 million in 2013 to \$9 million by 2020.

That's because Nanaimo is positioned to play a major role in Canada's maritime trade with Asia. Our Short-Sea Shipping Initiative with the Federal Government is part of the Asia Pacific Corridor Program to create a competitive and effective



*Bernie Dumas, President & CEO, Nanaimo Port Authority.*

method of linking Vancouver Island to international container traffic. In keeping with this, we will match \$4.65 million secured from the Federal Asia Pacific Gateway Initiative Program to create a \$9.3-million international ocean container operation connecting Central Vancouver Island and key terminals in Vancouver.

The Port of Nanaimo is also home to one of the most innovative passenger terminals in North America. Thanks to a \$24-million investment, more than 35,000 cruise visitors have been welcomed to the city and mid-island since 2011.

The Port Authority also recognizes its responsibility as an environmental steward. Protecting the health and beauty of our waterways, while providing safety and security for residents and visitors, is just as important as the opportunities that come from our global trade and tourism activities.

In keeping with a pattern of growth and diversity, air travel is becoming an increasingly important transportation component for the Port of Nanaimo. Now, more than ever, business and government travellers require fast, reliable and sophisticated travel options that can keep pace with their transportation needs. In keeping with this, the Port Authority welcomes Helijet's proposed new scheduled service to Nanaimo, linking the Lower Mainland with this beautiful and hard-working port city. 🐾



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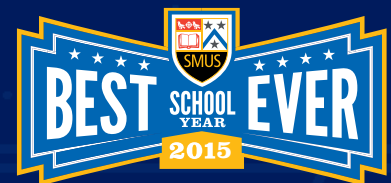
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**Two New Chefs**

Foodies are rejoicing at news of two new talented chefs who recently joined The Pacific Restaurant at The Hotel Grand Pacific: Takumi Kitamura as new Restaurant Chef; and Whitney Lee as Pastry Chef.

Chef Kitamura comes to the Hotel Grand Pacific from the Fairmont Chateau Lake Louise in Alberta where he worked as Chef de Partie. But he is no stranger to Victoria, having previously worked at The Fairmont Empress and Victoria's Inn at Laurel Point, among others.

Also returning after a stint at the Fairmont Empress is Pastry Chef Whitney Lee, who is busy revamping The Pacific's tea and dessert menu, just in time for the holidays.

[hotelgrandpacific.com/dining](http://hotelgrandpacific.com/dining)



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### Executive Meltdown

Overworked, stressed out and feeling exhausted? Perhaps it's time for an "Executive Meltdown" spa experience at the Willowstream Spa in the Fairmont Empress Hotel.

Designed with busy execs in mind, this spa treatment seeks to calm the mind and relax the

body by focusing on the areas where white-collar-types hold stress the most.

Starting with a eucalyptus salt exfoliation for the back, heated river stones are applied to the neck, shoulders and back to melt away upper body tension. The arms and hands command special attention to treat technology related tension: ginger oil is worked into muscles and joints to relax and soothe tired limbs.

The icing on the cake is a rosemary oil scalp massage that both releases tension and stimulates the senses.

[Fairmont.com/empress](http://Fairmont.com/empress)



### New Look For Familiar Hotel

On November 1, 2014, The landmark Delta Vancouver Airport Hotel transformed in name to become the Pacific Gateway Hotel at Vancouver Airport. In addition to the branding change, the hotel will continue an extensive refurbishment program that commenced this spring to include a new marina with additional moorage, upgraded utilities and accessories, fresh and enhanced landscaping, significant changes to both of the hotel's restaurants, upgrades to existing meeting and conference spaces, and a new look to the hotel lobby with an interactive new lobby bar and social space.

Owned and operated by a local family company, Van-Air Holdings Ltd., the Pacific Gateway Hotel will now be affiliated with the Preferred Hotel Group, a global collection of more than 650 independent hotels in 85 countries.

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




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## NEW & NOTABLE



### Mistletoe Pin

Have you ever wondered why couples kiss under the mistletoe?

Turns out, the tradition involves several Norse gods and a mother's love: Loki, god of fire, was jealous of Baldur the Beautiful, god of light and spring, and killed him with a mistletoe-dipped dart. The tears of Baldur's mother, Frigga, goddess of love, became the evergreen plant's white berries. Frigga decreed that mistletoe would never again be used as a weapon and that she would place a kiss on anyone who passed under it.

To this day, mistletoe kisses are part of Christmas celebrations. Every year, the jewelers at Victoria's idar create a new Christmas pin. This year's mistletoe pin reflects enduring Nordic traditions, the evergreen of the mistletoe and, of course, love. [idar.com](http://idar.com)

### The 3Doodler

Step aside 3D printers. The 3Doodler, billed as the world's first 3D printing pen, lets you draw 3D creations freehand. Invented by U.S. start-up WobbleWorks, the pen extrudes a thin stream of flexible plastic that hardens quickly to form pretty much any shape that springs to mind. Wacky sculptures are the obvious application, but the 3Doodler can also be used to create everything from costume pieces to toys. No software is needed and, at \$100, it's a lot more affordable than a 3D printer. [the3doodler.com](http://the3doodler.com)



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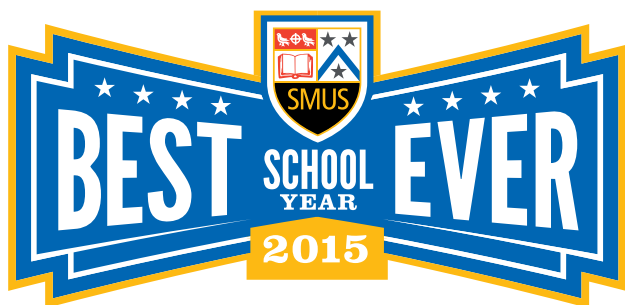




### The Travelon Micro Scale

Travel much? This little scale could be your best defense against sky-rocketing airline baggage fees. At just three ounces, the Travelon Micro Scale can accurately weigh bags up to 50 kilograms, or 110

pounds, in just seconds. And at \$25 it should pay for itself pretty quickly in saved fees. [flight001.com](http://flight001.com)



### Life Changing Video

St. Michaels University School is offering a full-year boarding scholarship in the form of a video contest called the Best School Year Ever. Open to Canadian and American students entering Grades 8-12 next September, the contest asks student to imagine how living and studying at SMUS's beautiful Victoria campus could change their lives.

Last year's winner, Santiago Mazoy from Chula Vista, California, is just finishing his first term as a Grade 11 boarding student at SMUS and has already climbed a mountain and been part of the BC championship-winning soccer team.

To enter the contest, students are asked to submit their video before January 12, 2015, at [www.BestSchoolYearEver.ca](http://www.BestSchoolYearEver.ca). The top prize is a full-year boarding scholarship worth \$50,000 and the two runners-up each receive a \$10,000 boarding scholarship. The finalists win an expense-paid trip to Victoria and also have the opportunity to interview with members of the school's all-star alumni panel, including basketball superstar Steve Nash.

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## HELIJET CREW

BY GARTH EICHEL

# LOVIN' THE RIDE

Longtime Veep Rick Hill keeps finding his groove



*Rick Hill celebrates 25 years of service with Helijet. Garth Eichel photo*

**WHAT SORT OF STEREOTYPE** comes to mind when one imagines an airline vice president with a background in accounting and finance? Grey hair and a suit to match? Or a Hawaiian shirt, sunglasses, and a bright yellow Corvette?

The latter is Rick Hill, Helijet's Vice President, Commercial and Business Programs, who recently marked 25 years of service with Helijet.

The look is not new for Hill. He bought his first Corvette — a 1973 yellow Stingray — when he was just 19, and he has owned four 'vettes since then.

"I always loved Corvettes when I was growing up," says Hill. "They have gorgeous lines, and they handle like a dream. They're just a beautiful car to drive."

Especially with the top down on the winding coastal roads of Hawaii. Hill's affection for the islands — and Maui in particular — came during his time with Canadian Pacific Airlines where he worked on route analysis for the South Pacific, among other regions.

But like many who chose to make their careers at Helijet, Hill wanted more out of his job than a paycheck and a pension. He could have had both had he stayed with CP Air, but when the airline was bought by PWA in the 1980s he opted not to move to the company's new headquarters in Calgary.



Born and raised in Vancouver, he intended to stay put with his wife, Kim, and three daughters — Lesley, Jaclyn, and Karissa — even if that meant starting anew at a small start-up helicopter airline and (horror of horrors) sacrificing his Corvette for a Dodge Caravan.

There was little time to mourn the loss of his sweet ride, though: Hill had his hands full when he joined Helijet as Vice President, Marketing and Sales, in 1989. He soon accrued more responsibilities within the organization, including all aspects of revenue forecasting, schedule development, product pricing, product distribution, and the effective management of the company's sales force.

"Helijet's early days were very challenging," says Hill. "When I started we were a point-to-point scheduled carrier with one route and only three helicopters. It required a lot of capital, and all our eggs were in one basket. Since then we've diversified into specialized contract work, growing our fleet to 15 helicopters and one Learjet."

Still, he says, you can never rest on your laurels in the airline business: "aviation is a fascinating industry, but also a very challenging one. It is different in that it is a high-cost industry operating on thin margins... and in an environment notorious for dramatic change."

Anticipating, adapting and reacting to such change will occupy Hill's days now as he moves from his position as Vice President of Flight Operations to once again concentrate full-time on the commercial side of the business — focusing on business development and new programs to grow revenues, while improving marketing and sales systems.

"That's a challenge in a competitive market where there are a lot of operators and everybody is hungry," says Hill. "Our plan is to explore new ventures where we can play to our strengths and exploit our expertise, specifically multi-crew, multi-engine helicopter instrument operations. There are very few operators with that capability."

Hill acknowledges that being a veep in other industries might be less taxing, but probably not as rewarding.

"The people here have kept me in the company," says Hill. "Helijet truly is a family that you become a part of, and it's not so easy to leave your family. Challenging as it can be at times, many of us want to be here and make the company better — there's a real commitment to making it a success."

Having a bright yellow Corvette once again helps keep things in perspective, too, he says: "There's always the enjoyment of putting the top down and blowing the cobwebs out at the end of the day." 🚗

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BY SUE KERNAGHAN

# THE NANAIMO 9

Nine Must Do Experiences in the Harbour City



Vancouver Island's second largest city has blossomed in recent years, from a low-key harbour town to an upbeat sea-side destination, with a lively waterfront, a buzzing arts scene, and a faithfully-restored historic core.

With Helijet's planned Vancouver-Nanaimo service starting this winter, there's never been a better time to check out overlooked gems of the city.

What to do? For starters, you can café-hop along the sea-side, sip a Nanaimo Bar martini, or maybe go swimming with the seals. Here's a quick primer:

1853 Hudson's Bay Company arsenal — the last of its kind in North America — and the fishing and crabbing pier, where you can cast a line and say hello to "Lucy" — a resident harbour seal who has become popular with locals and visitors alike. Watch also for historic plaques along the way, and finish up at Maffeo Sutton Park, with its swimming lagoon and whimsical statuary. And somewhere along the way be sure to grab a snack at one of several waterfront cafés, or stop for a meal with a view at the Lighthouse Bistro, which sits right on the water with a view of the harbour.



## 1. Stroll the Harbourfront Walkway

A seaside path with long harbour views to the east and tempting little cafés, parks and plazas to the west is the kind of urban amenity that gets you thinking: "hey, I could live here".

Nanaimo's Harbourfront Walkway follows the curve of the downtown waterfront, winding along four car-free kilometres, from Cameron Island to just south of Departure Bay. Enroute highlights include the iconic Bastion, an



## 2. Set sail for Canada's only floating pub

For more nautical dining, hop on the Protection Island Ferry for the 10-minute ride to the Dinghy Dock, Canada's only floating pub and restaurant, which is moored next to tiny Protection Island. After a lunch of English-style cod 'n chips and a pint of local brew (try the Steam Punk Dunkelweizen from Nanaimo's own Longwood Brewery), you can step ashore and explore the island's parks and rocky beaches. Wednesday nights bring live music and, in summer, kids can try their luck at the Dinghy Dock's fishing hole.





More browsing? Check out the First Nations works at Hill's Native Art, the upscale home décor at the Flying Fish, and the eclectic collectibles at the Barton and Leier Gallery.

After dark, the 800-seat Port Theatre has a full calendar of music and theatre events, including hometown star Allison Crowe. Another famous local is honoured at the Diana Krall Plaza, where you can tap your toes on the piano-key tiles.



### 3. Gallery hop in the Arts District

Nanaimo's gritty history and thriving arts scene come together in the Arts District, a downtown neighbourhood rich in galleries and performance spaces. Start at the Nanaimo Museum, which shares state-of-the-art digs with the Vancouver Island Conference Centre. There you'll see what life was like in a Nanaimo coal mine, a Snunéymuxw longhouse, and a 1920s school room. Just steps away from the museum you'll also find The Vancouver Island Military Museum, the downtown branch of the Nanaimo Art Gallery, and The Artisans' Studio, one of Vancouver Island's oldest artists' cooperatives.

### 4. Snacking in the Old City Quarter

From the Arts District, head uphill a few blocks to the charming and revitalized Old City Quarter, where a cluster of late 19th and early 20th Century buildings house a browseable collection of boutiques, galleries and cafés, some set behind wrought iron gates, or tucked away in arcades and courtyards.



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And don't miss Gallery Row, where local artists display their work on the alley walls between two heritage buildings.

The Old City Quarter is also Nanaimo's foodie destination, ranging from the line-up of restaurants along Wesley Street to the home baking at the Bocca Café and the chocolate-dipped apples at Sweet Somethings candy shop. And not to be missed is McLean's Specialty Foods where you can sample any of 150 or so varieties of cheese from 16 countries (try the Isle of Mull cheddar), stock up on such hard-to-find imports as canned haggis, or chow down on a bacon buttie (Wiltshire bacon on a panini).

### 5. Nanaimo Bar Hopping

Now, about those famed Nanaimo Bars: to the uninitiated, they're sweet treats, made of wafer crumbs, custard flavoured icing, and chocolate. But to Nanaimo-ites they're part of the city's identity.

To experience Nanaimo Bars in their myriad forms, follow the Nanaimo Bar Trail. This self-guided tour starts with the Nanaimo Bar History Exhibit at the Nanaimo Museum, where you can relax on a Nanaimo Bar bench and read one of the original recipes from the early 1950s. (The true

source of the recipe is the subject of much local debate).

From there, the Trail leads through downtown and the Old City Quarter. With 34 stops in all, the Trail showcases Nanaimo Bars presented in every imaginable way, from classic, raw and gluten-free, to cupcakes, sundaes, fudge, cinnamon buns and, yes, even pedicures.



Cocktail aficionados will surely want to cap the Trail with a Nanaimo Bar Martini, or Nanaimo Bartini, at the delightfully retro Modern Café or the Acme Food Company — both on Commercial Street downtown.

Nanaimo Bar Trail maps are available at the Visitor Centre, and numerous shops and cafés around town.



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## 6. Sip local libations

Nanaimo offers an intriguing collection of home-town sips and tipples, from microbrews and wineries, to artisanal gin, most of which can be sampled at the source.

Start with a taste of Rannoch Scotch Ale or Red Brick IPA at Wolf Brewery, just south of town. Next, pause for a glass of Ortega, Pinot Noir, or Wild Blackberry Port, along with some soothing vineyard views, at Millstone Estate Winery.



Not far from the winery is Arbutus Distillery, Nanaimo's first micro-distillery. Opened in the spring of 2014, Arbutus distills local ingredients in a German-made 1,000-litre still to create its flagship products, Coven Vodka and Empiric Gin.

And if you're looking for a bite to eat with a pint, head north of Nanaimo to the Longwood Brew Pub for some ale-battered halibut and chips, served with a variety of brews, such as Czech Pilsner, Irish Red Ale, or perhaps a glass of Berried Alive — a Belgian blonde ale with a hint of raspberry.

Whisky fans will also appreciate a dram of bourbon, rye or single malt at the Grand Hotel's Whiskey Bar, which boasts 125 varieties of whisky, and plenty of leather sofas on which to savour them.



## 7. Touring Cedar & Yellow Point

The winding country roads south of Nanaimo hide a wealth of hidden treasures. Starting in late November, more than a dozen galleries, studios and artisan food

makers in the area, including herb, honey and cranberry farms, welcome visitors as part of the annual Christmas Tour.

After the holidays, just print off a Cedar & Yellow Point Artisan Tour Map from [tourismnanaimo.com](http://tourismnanaimo.com), then head south of the city and make a day of it.

While you're at it, make plans for lunch at The Crow & Gate, possibly the most British-style country pub this side of the Atlantic. Tucked away on Yellow Point Road, this pub is the real deal, right down to its weathered beams and ploughman's lunch.



## 8. Undersea Exploration

The legendary Jacques Cousteau once remarked that the Strait of Georgia possessed "the best temperate water diving in the world, second only to the Red Sea."

The waters off Nanaimo are more than a bit colder than in the Middle East, but with the proper gear divers can explore myriad marine environments that are home to giant Pacific octopus, wolf eels, sea lions, seals and an undersea garden of sponges, kelp beds and brilliantly coloured anemones. Nanaimo also boasts three renowned artificial reefs created from two decommissioned navy ships and a Boeing 737 aircraft.

Several dive tour operators in Nanaimo can get you out to the best dive sites in comfort and safety.

One tour operator, Sundown Diving, can also take you out to Snake Island for a meet-and-greet with up to 250 harbour seals. Just don a wetsuit and snorkel (it's all supplied) and dive in.



## 9. Hub & Spoke Access

Nanaimo is known as Hub City, or often Hub, Pub & Tub City to acknowledge its wealth of watering holes and famous summertime bathtub races.

The Hub part is significant: Nanaimo is perfectly situated to provide easy access to just about everything central Vancouver Island has to offer, from beachcombing, hiking, biking and golfing in and around Parksville and Qualicum Beach, to spelunking at Horne Lake Caves, or wine tasting tours in the Cowichan Valley.

To be sure, Nanaimo has plenty to provide, whatever and wherever your interests may be. 🐟



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# PANTS-FREE PARTNERSHIP

Helijet lowers its gear to partner with Prostate Cancer Canada



*Helijet sports a new look for men. Pants optional. Garth Eichel photo*

**ON NOVEMBER 6, 2014**, a Helijet S76 helicopter circled Victoria Harbour before lowering its landing gear and gently touching down at the Camel Point Heliport. On board were several VIPs on an important mission. As soon as the aircraft doors opened, serious men in business suits strutted out with a sense of purpose to meet the cameras. And then they lowered their gear.

This was no wardrobe malfunction.

Rather, the pants-free event marked a new partnership between Helijet and Prostate Cancer Canada towards promoting better awareness about men's health.

"This is an especially important cause for us, because a good number of our passengers are men and women in their 40s, 50s and 60s," says Danny Sitnam, President and CEO of Helijet. "By providing them with a constant reminder, we hope more of them

will spread the word to their male friends, family and colleagues, encouraging them to get in touch with their doctor for an exam."

The partnership between the two organizations comes at an important time: in 2014 an estimated 23,600 Canadian men were diagnosed with prostate cancer, and of these some 4,000 will die from the disease. Indeed, prostate cancer is the most common type of cancer to affect Canadian men; statistics show that approximately one in every seven will be diagnosed with the disease in their lifetime.

## **Much ado about something**

Prostate Cancer is not a benign disease, as some might think. Unfortunately, it is widely misunderstood, and there is no shortage of conflicting information.

Muddying the waters further are recent guidelines issued by



The Canadian Task Force on Preventive Health Care, which discouraged prostate specific antigen (PSA) testing for men, saying PSA testing can do more harm than good because it often generates false-positive test results that can lead to unnecessary treatment, not to mention needless emotional stress for men and their families.

Certainly, the PSA test is not perfect, but for all its flaws it remains the best method available for detecting prostate cancer in its early stages. And early detection is what saves lives.

When diagnosed early, the survival rate of prostate cancer can be over 90 per cent. Without PSA testing men are more likely to be diagnosed at a much later stage when death from the disease is much more likely. According to new research, if PSA testing were eliminated the cases of advanced (metastatic) prostate cancer would double, resulting in an estimated 13 to 20 per cent annual increase in prostate cancer deaths.

#### Say yes to the test


Prostate Cancer Canada recommends men get a PSA test in their 40s to establish their baseline. The PSA test is a simple test that measures the amount of PSA protein in the blood. This test, com-

bined with other risk factors, are an important indicator a doctor can use to help detect prostate cancer early, and then monitor and treat as is appropriate for that patient. It is common for PSA to be found in the blood in small concentrations; higher levels of PSA may indicate the presence of cancer, but may also indicate other prostate conditions. While there are controversies surrounding the PSA test, the fact is that high PSA numbers serve as a red flag for follow-up. But "follow-up" does not necessarily mean a man requires treatment; it could just mean active monitoring is needed, taking into account the reality that every man is different, with varying risk factors such as age, ethnicity and family history.

Without the PSA test there is no information available with which to make informed decisions.

"We want men to have all of the tools in their arsenal to find out their risk and create a plan that works for them," says Rocco Rossi, President and CEO of Prostate Cancer Canada. "We're looking forward to working with Helijet to provide passengers with the information that has the potential to save lives."

*For more information about prostate cancer, visit [prostatecancer.ca](http://prostatecancer.ca)*



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## COMFORT FOOD FROM AFAR

Chef Kitamura brings gastronomic passion to the Pacific Restaurant

BY GARTH EICHEL

**AS A SELF-PROFESSED FOODIE**, I pride myself on always being up for exotic and new dining experiences.

Well, most of the time.

Some days I just don't feel like challenging myself too hard. That's when I order something safe and familiar: good ol' fashion comfort food, like chicken pot pie, French onion soup, or grilled salmon.

But who is to say exotic dishes can't be comforting?

That was the lesson I learned from Chef Kitamura at the Pacific Restaurant in Victoria on a recent date night with my wife, Heather.

Located in the Hotel Grand Pacific, the Pacific Restaurant has long been regarded for bistro-style dishes that showcase regional ingredients and culinary traditions, but the recent arrival of Chef Kitamura suggests interesting new menu items are coming in the New Year.

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*The Pacific Restaurant in the Hotel Grand Pacific is introducing new menu items for 2015, including salmon-cyazuke — grilled sockeye salmon served with tea-infused dashi broth.*

Menu changes are generally a good thing, but I do hope Chef won't boot the seared smoked scallops off the appie list. These fragile invertebrates are a genuine treat: served on a slab of grey slate, their delicate texture and smokiness melds with the sweet and savoury flavours of chunky red onion bacon jam and fresh corn purée.

This night Heather is in the mood for something healthy, yet substantial, so she doesn't hesitate to opt for the albacore tuna niçoise, served with haricots verts, soft-boiled egg and marinated potatoes, drizzled with olive oil vinaigrette. Just the sort of rustic Mediterranean fare to satisfy without too many calories.

I take longer to decide. I want to try something unique and new, but on a cold winter's night I'm also in the mood for something warm and comforting. I'm torn.

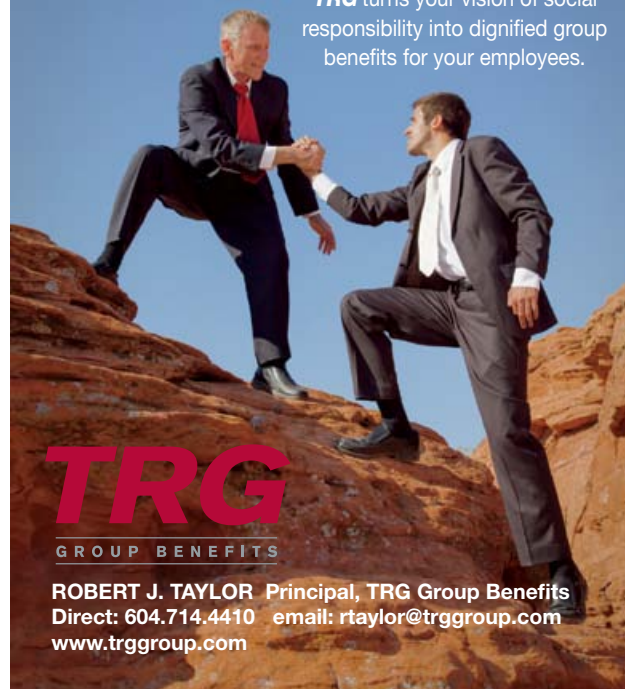
Sensing indecision, our server summons Chef Kitamura from the kitchen to lend his perspective.

Chef offers a solution: *salmon-cyazuke*.

Drawing on Kitamura's culinary traditions, this grilled sockeye salmon dish marries fresh local seafood with Japanese influences in a happy union of delicate and exotic flavours that are as extraordinary as they are reassuring.

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*Chef Kitamura shares the joy of cooking with guests in the Pacific Restaurant's private dining room, The Mark.*

The tie that binds the filet of grilled salmon and *yaki-onigiri* (grilled rice ball) is *cyazuke* — a tea-infused dashi broth that is served alongside the main dish in a separate teapot. (The broth is added as desired, but can also be consumed by itself as a warming drink at the end of the meal.) The *cyazuke* adds an earthy umami quality to the dish, infusing the locally sourced salmon with the distinct character of Japan.

Also accompanying the salmon-*cyazuke* is a plate of julienned *nori*, freshly grated wasabi, *mizuna*, and pickled vegetables, including pumpkin, carrot and radish. The crisp, tangy veg and sharp wasabi lends a pleasant contrast to the savoury character of the salmon and broth.

Finding a wine that can pair with the smoked scallops, tuna niçoise and salmon-*cyazuke*, is made easier by the Pacific Restaurant's award-winning wine list, which is more thoughtful and versatile than most.

Fitting the bill nicely for our combined choices is a 2012 bottle of K rosé from Hillside Winery on the Naramata Bench near Penticton. Made predominantly from super ripe Merlot, its juicy zesty flavours compliment the range of flavours and textures found in all three dishes. And at \$31 the price is right, too!

Later in the evening, Chef Kitamura stopped by our table to check on our dining experience, allowing us the opportunity to ask him about the salmon-*cyazuke*, and what inspired him to develop it.

"When I was younger, I spent much time travelling and working in the U.S.," says Kitamura. "I missed home a lot, and one day I had a simple Japanese curry that tasted so good I thought I was going to cry. I thought a lot about the joy of that experience, and realized I wanted to give it to other people. That's why I became a chef."

With a thoughtful smile, he adds, "I'm very pleased to be cooking here in Victoria now. The access that we have to seafood here on Vancouver Island is such a gift for a chef." 🍴

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Helijet operates day or night, clear or cloudy weather. Instrument Flight Rules allows Helijet to fly safely in weather conditions or rough seas that frequently disrupt ferry schedules and ground floatplanes in this part of the world.

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- **Vancouver International Airport Heliport:** Helijet's passenger terminal, main offices, and hangars are located at Vancouver International Airport (YVR), one of the world's major gateway airports.
- **Victoria Harbour Heliport:** next to the Ogden Point cruise ship facility; the heliport is a free shuttle ride or a short stroll from downtown Victoria.

As the company has grown over the years, Helijet's initial commitment to providing superior customer service, safety, and quality has never wavered.



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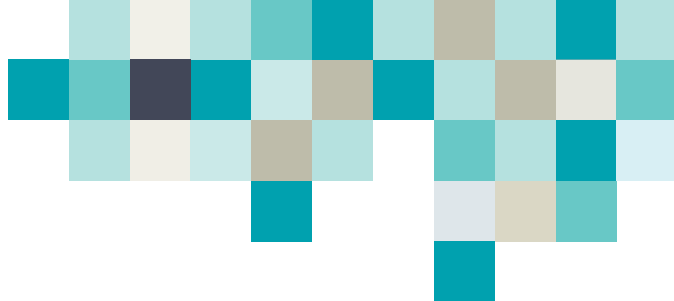
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