

IFR

IN-FLIGHT REVIEW

HELIJET EXPANDS

Services &
Amenities

BIRDS IN PARADISE

Bird Watching
Soars in Popularity

Finding the Right Fit
The Value of Bespoke Jewellery

The Nanaimo Bar Trail
A New Twist on a Beloved Dessert

Helijet

FALL 2015 ISSN 1916-5080
COMPLIMENTARY COPY

Learn about the IB Advantage at
Glenlyon Norfolk School on *your* time.

GNS: OPEN HOUSE DAILY

GNS



Glenlyon
Norfolk
School



www.mygns.ca

250.370.6801 | Victoria, BC



IN-FLIGHT REVIEW MAGAZINE

Publisher/Editor Garth Eichel
Art Director Jacalin Jefferson
Account Manager Garth Eichel

CONTRIBUTORS

Sue Denham
 Garth Eichel
 Rick Hill
 Bob Loblaw
 Heath Moffatt
 Danielle Pope

For information on display advertising opportunities, contact Garth Eichel at: garth@archipelagomedia.com

Published by

archipelago

MEDIA LTD

1248 Woodway Road
 Victoria BC V9A 6Y6
 Tel 250.380.3961
 Fax 250.380.3962
www.archipelagomedia.com

Please send comments and suggestions to Garth Eichel, Publisher: garth@archipelagomedia.com

In-Flight Review (IFR) is a quarterly magazine published by Archipelago Media Ltd. for Helijet International Inc. All published material is the copyright of Archipelago Media Ltd. No part of this publication, in whole or in part, may be reproduced without the written consent of the publisher. The written and photographic material published in *In-Flight Review* does not necessarily reflect the views of the air carrier or the publisher. Information and images produced in the magazine are believed to be accurate and truthful, but the publisher assumes no responsibility for errors.

Advertising in *In-Flight Review* magazine does not indicate an endorsement by Helijet International Inc. or Archipelago Media Ltd. ISSN 1916-5080



Page 25: The Nanaimo Bar Trail puts a new twist on a beloved dessert. *iStock photo*

DEPARTMENTS

04 EDITORIAL

Onwards & Upwards

BY RICK HILL, VICE PRESIDENT, COMMERCIAL & BUSINESS PROGRAMS, HELIJET

06 NEW & NOTABLE

New Offerings

BY SUE DENHAM

10 CREW

Kevin Robinson, Helijet Chief Engineer

BY GARTH EICHEL

FEATURE

14. BIRDS IN PARADISE

Bird Watching Soars in Popularity

STORY BY BOB LOBLAW

20. FINDING THE RIGHT FIT

Bespoke Jewellery is worth more than it costs

STORY BY DANIELLE POPE



12 INVIGORATE

Best Face Forward

BY DANIELLE POPE

25 EXCURSIONS

The Nanaimo Bar Trail

BY DANIELLE POPE

28 EPICURIOUS

Little Jumbo Restaurant & Bar

BY GARTH EICHEL

Above: the cedar waxwing is just one of nearly 450 bird species found in British Columbia. *iStock photo*

On the cover: A pair of young great blue herons in their nest near Parksville, B.C. *iStock photo*

Onwards & Upwards

Elevating the Helijet experience even further this fall

WE LOVE THIS time of year. As the days grow shorter and the weather deteriorates, many flight service providers begin cutting back on their schedules due to limited daylight hours and poor visibility. Not so at Helijet. That's because our fleet of Sikorsky S76 helicopters, and the crews who fly them, are certified for Instrument Flight Rules (IFR) operations, which means we can fly at night and in inclement weather when many other operators are forced to remain on the ground.

Indeed, it's when the weather outside is dark and dreary that Helijet's service really shines. In fact, we actually expand our flight schedule in the fall and winter months because guests know they can depend on us to get them to where they're going, without clock-watching or worrying about the weather.

Our ability to safely fly harbour to harbour any time of day — often in difficult weather — provides passengers with the reliability and flexibility they need to make the best use of their time. But that's not the only thing that keeps our guests coming back. There are many additional reasons to fly with us, and this fall the Helijet experience keeps getting better.

Firstly, we've listened to your feedback and implemented an all-new reservation system. Among other things, this new system will make it easier for you to book online reservations when using your Helijet Quick Tickets.

We also appreciate that our guests are busy professionals who need to maximize downtime while waiting for flights. As such, we can arrange for passengers to conduct pre-flight business meetings at any of our passenger terminals.

At the same time, we continue to make wait times a more enjoyable experience. To that end, we've updated the look of our passenger terminals, and we've added several amenities, including licenced lounges in both our Downtown Vancouver and Victoria terminals. And, as always, our guests can continue to count on Helijet for our convenient 20-minute check-in time, and shuttle-bus service to their final destination in Vancouver and Victoria.

In addition to expanding our flight schedule between Vancouver and Victoria, this is also our first fall season for Helijet's new 18-minute service between downtown Vancouver and downtown Nanaimo. For passengers on this route, this will



Rick Hill, Helijet's VP Commercial & Business Programs, sees the arrival of autumn as an opportunity to improve customer service. Heath Moffatt photo

be the first time they have the ability to work a full day in either Vancouver or Nanaimo, without being tied to the sun, or the whims of nature. Before sunrise, after sunset, and in all types of weather, we will be capable of conducting regular flight operations when other carriers are prohibited from flying.

We know you, our guest, have a variety of travel options. We appreciate you choosing Helijet to meet your transportation needs, and we will continue working hard every day to earn your business. To that end, watch for Helijet's new Guest Recognition Program to be announced this fall. This new program will acknowledge your ongoing patronage, and allow us to express our gratitude with various benefits and rewards. Details will be announced soon, but in the meantime you can count on us to keep elevating your Helijet experience to new heights. ➡

Look who keeps the people and businesses of BC connected.



Now through 2018, TELUS is spending \$4 billion across our home province of BC, including the expansion of TELUS Fibre and 4G LTE wireless networks, bringing business and life enhancing technology to communities of all sizes.

We're in BC, for BC.

Learn more at telus.com/forbc



**BALANCE:
CREATIVITY,
QUALITY &
EXECUTION.**

"Amazing atmosphere, great food, best cocktails in town and brilliant, attentive, knowledgeable staff."

Now accepting limited reservations

4 PM until late; Tuesday through Sunday

Down the Hall, 506 Fort St. ph. 778.433.5535

NEW & NOTABLE

BY GARTH EICHEL



LAY BACK ON LONG LAKE

The Inn on Long Lake is one of only a few hotels anywhere that can boast lakeside amenities. Notwithstanding its urban location in Nanaimo, the Inn feels much like a destination resort, with kayaks and paddleboats available for rent, as well as a hot tub with a view of the 1.5-km lake. Some guests even opt to swim or fish from the Inn's dock facilities. (Long Lake is stocked with rainbow trout, but also contains bass, stickleback, blue gills and bullheads that kids love to catch.) The lake is also popular with birders who flock to the area in spring and fall to spy on migratory birds, often doing so from the comfort of their hotel room. innonlonglake.com



CARWASH CAPABLE

Helijet is always looking for ways to improve guest services. To that end, the company has partnered with Superbath Mobile Carwash, an up-and-coming Victoria business that provides car detailing services on-demand for clients at Helijet's Victoria terminal. Now passengers have the option of dropping off their keys at check-in, returning later to an immaculate, steam-cleaned vehicle. superbath.ca



NEW HEAD OF SCHOOL AT GNS

Victoria welcomes a new Head of School this fall as Dr. Glenn Zederayko takes the helm at Glenlyon Norfolk School. An accomplished leader, educator and athlete, Dr. Zederayko has been involved with independent schools in B.C. and Ontario for 27 years, 17 of those as head of school. Most recently, he was Head of TMS School (formerly Toronto Montessori Schools) where he spent seven years expanding enrollment, introducing a high school and campus facilities, and integrating the International Baccalaureate Middle Years and Diploma Programs. He says he is enthusiastic about his new leadership role at Glenlyon Norfolk School where his focus will be on readying the school and its students for the changing realities in education, and the world. "I will be coming to work every day excitedly believing with all my heart that each GNS student will do well, and make many positive differences in the world going forward," says Dr. Zederayko. mygns.ca



FACE THE FALL SEASON

WITH WILLOW STREAM SPA

Customized facials to suit all your skin's needs



WILLOW STREAM

A FAIRMONT SPA

fairmont.com/empres | 250 995 4650



FOOD DRINKS OCEAN

BREAKWATER
CAFE + BISTRO

Open 9AM-11PM, seven days a week

199 Dallas Road, Victoria

(Just 100 metres from the Victoria Heliport)

breakwaterbistro.ca 250.386.8080



**victoria's
ENTERTAINMENT
centre**

social **scene** **sound**

GAMES ROOM
watch all the great games
win at pool
take aim with darts

STICKY WICKET
authentic pub food
with an inspired twist,
great social atmosphere

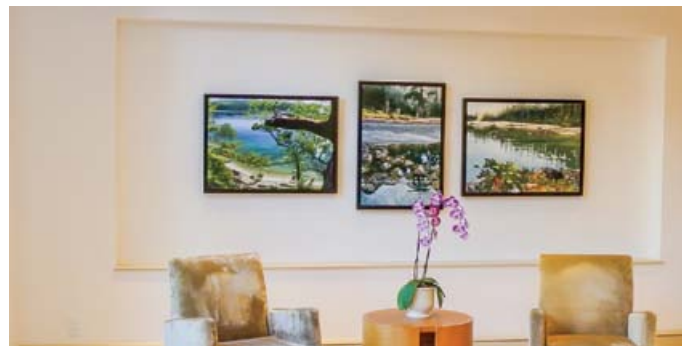
CLUBHOUSE
dance the night away
with Degree One, dance
favorites old and new

BIG BAD JOHNS
wildest hillbilly
bar in Canada

**STRATH
LIQUOR STORE**
best selection of ales,
wines and spirits in Victoria

DISTRIKT
victoria's newest
nightclub and
live music venue

919 douglas street
strathconahotel.com



THE NATURAL DEFINITION OF COMFORT

The Pacific Gateway Hotel At Vancouver Airport knows weary travellers need respite from the city at the end of the day, which is why they continually strive to make the property a quiet sanctuary for guests. To that end, the hotel recently completed renovations that emphasize the natural environment, complete with new gardens and green space, as well as a selection of environmental paintings in the lobby by B.C. artists. Currently, the hotel is hosting works by two local artists, Carol Evans and Sandra Harris, with further art exhibits planned throughout the year. pacificgatewayhotel.com



LIFTING THE LOCAL ECONOMY

Shipping operations in B.C. got a shot in the arm this summer with the arrival of a new 104-metric-tonne crane at Nanaimo's Duke Point Deep Sea Terminal. Billed as the largest mobile crane in Western Canada, the Liebherr 500 crane's 360-degree mobility and greater outreach can host a range of new vessels and cargo types — everything from barges to post-panamax vessels. The versatility and lift capacity of the crane, combined with Duke Point's close proximity to Mainland terminals and direct service to Asia, marks a significant step towards connecting Nanaimo to regional, national and global markets with new load and discharge options. deepsea.npa.ca



**New Versatility & Capacity
Solutions Connecting You
to Global Markets**

The Nanaimo Port Authority's Liebherr 500 Mobile Harbour Crane offers new solutions to global shipping connections for **Containers, Bulk, Break Bulk and Project Cargo.**

New Load & Discharge Options


**NANAIMO
PORT AUTHORITY**
The Solutions Port

For more information visit
deepsea.npa.ca

250-753-4146 Ext. 229



O BISTRO MIXES IT UP

Tired of the same old gin your parents drank? Well, if Beefeater, Gordons and Tanqueray is wearing thin, you'll be pleased to learn O Bistro in Victoria's Oswego Hotel has introduced a new line-up of artisanal gins from B.C. (and one from Nunavut of all places!) that punch well above their weight class when

it comes to flavour profile. In addition to new bar offerings, O Bistro is also introducing a new fall menu that is sure to titillate the tastebuds with, among other things, locally sourced duck breast salad with a blueberry red wine reduction, curried lamb shank, and hearty Dungeness crab mac & cheese — any of which is well worth the short shuttlebus ride from Helijet's Victoria Heliport. oswegovictoria.com/dining

PARTNERS IN DINE.



The O Bistro at the Oswego Hotel offers a unique and dynamic West Coast dining experience unlike any other. Enjoy exquisite local ingredients for intimate dining or chillout with friends and local jazz in the lounge on Wednesdays.



bistro

500 Oswego Street | Victoria, BC | T:250.294.7500 | 1.877.767.9346
reservations@oswegovictoria.com | oswegovictoria.com

CHIC. URBAN. INDIVIDUAL.
IN THE HEART OF VICTORIA, BRITISH COLUMBIA



BALLET TRIPLE BILL

This year Ballet BC celebrates its 30th anniversary by looking to the future of dance with a triple bill program of contemporary ballet that includes world premiere performances by three of the world's most exciting choreographers, Stijn Celis, Caeytano Soto, and Crystal Pite. All three performances take place at the Queen Elizabeth Theatre in Vancouver on November 5, 6 & 7, and at the Royal Theatre in Victoria on November 13 & 14. balletbc.com dancevictoria.com

Opportunity Has Arrived



If you operate a boutique business catering to sophisticated clientele in Vancouver or Victoria, Helijet's IFR Magazine is an unparalleled venue in which to promote your message.

For more information on display advertising opportunities, contact Garth Eichel, Publisher Archipelago Media Ltd.
garth@archipelagomedia.com
250.380.3961

archipelago

MEDIA LTD

HELIJET FLEET

For information on aircraft fleet specifications and capabilities, please visit helijet.com/charter



Sikorsky S76A



Bell 206L3 LongRanger



Sikorsky S76C+ (BC Ambulance Service)



Eurocopter AS350 B2



Learjet 31A



HELIJET CREW

BY DANIELLE POPE

Team Player Turns Coach

Helijet's Chief Engineer Kevin Robinson coaches the company's team of aircraft maintenance engineers



KEVIN ROBINSON has been interested in aviation ever since he was old enough to have memories, he will tell you. Now, having worked as an Aircraft Maintenance Engineer (A.M.E.) for over 30 years, Robinson will also tell you that two key factors set a person apart in the aviation industry: hard work as an individual, and accountability to your team of co-workers.

"You work hard and, sometimes, you won't know what you're going to be faced with in a given day, but the harder you work, the better you get," says Robinson. "But above all else, you have to be accountable to those you work with, and for."

Robinson joined Helijet in 2002 and over the past 13 years he has worked in a variety of engineering roles, most recently being appointed Chief Engineer in January 2015.

Robinson turned wrenches at a variety of helicopter companies before coming to Helijet, but says he decided to hang his hat here because the company stokes his passion and work ethic. He also appreciates how the organization cares for its employees, as much as it does its clientele.

Looking after co-workers and customers is all part of the Helijet ethos, but Robinson's primary day-to-day business is caring for the company's fleet of helicopters and airplanes. Over time he has developed an intimate relationship with each machine: "You get to know all the different aircraft you're working on, and each one has its own unique 'personality', if you can call it that."

Robinson's own personality began forming when he was a young athlete, competing on the rugby pitches, lacrosse fields and hockey rinks of Burnaby where he learned the value of working hard individually, and as a team player.

The ethic served him well after high-school when he attended the Aircraft Maintenance Engineering Program at BCIT where he was one of the lucky few hired after graduating in 1985.

"It was a tough time to be starting out in the industry," says Robinson. "There weren't many A.M.E. jobs then. You were lucky if you landed a project, and I did."

That first job was with Okanagan Helicopters. From there he went on to work at a number of helicopter companies, including Helipro, Canadian Helicopters International, Tasman, CHC Global Operations, Heli-One, and Merlin Aviation, before finally joining Helijet in 2002.

In the years since Robinson has become familiar with the inner workings of all Helijet aircraft, particularly the Sikorsky S76 — the mainstay of the company's helicopter operations.

Robinson's breadth and depth of experience with the helicopter was such that in 2013 he was tapped to lead maintenance for the S76 fleet at the company's three bases of operations in Richmond, Prince Rupert and Sandspit. This year he was appointed Chief Engineer, assuming responsibility for maintenance on all Helijet aircraft, comprising 19 helicopters and one Learjet 31A.

"Helijet isn't a large company by airline standards, but everyone works together to keep things going as they should," says Robinson. "We are a tight team."

The value of teamwork is not lost on Robinson. When he's not overseeing Helijet's roster of aircraft engineers, he is coaching lacrosse and hockey for four active and competitive young daughters.

"Coaching uses a lot of the same skills you need in the role of Chief Engineer," says Robinson. "You manage the fleet, plan out your moves, and understand the skills of each of the people on your team. You know where people excel, and where they need to challenge themselves." He adds, "being a coach means being ready for anything." 🛩️



HOTEL
GRAND
PACIFIC

HOTELGRANDPACIFIC.COM

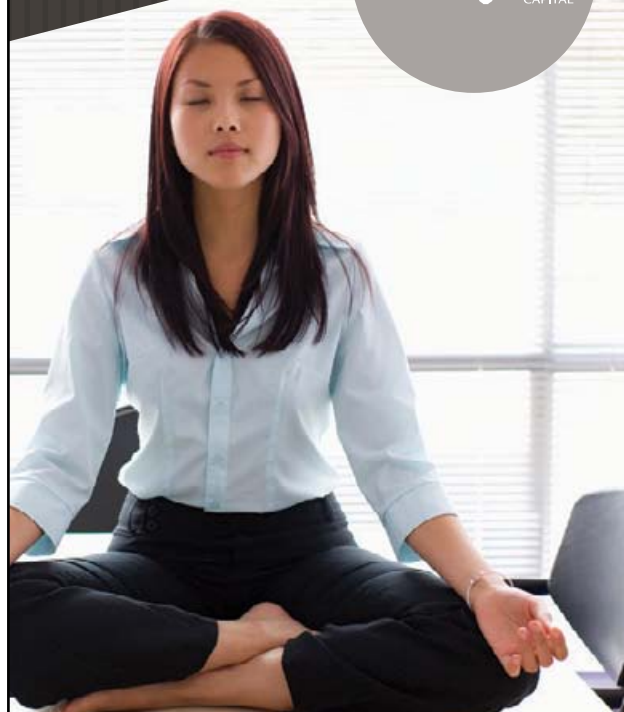
1.800.663.7550

FIND US ON   

Break through the boardroom blahs. Not just a grand hotel, a great hotel.

Here's a #CapitalIdea for your next meeting in BC's capital: energize your team with a yoga stretch break lead by a Victoria Athletic Club instructor. Our hotel offers flexible meeting spaces that allow for everything from brainstorming sessions to Warrior Pose.

VICTORIA
an IDEA
CAPITAL



L V XSM

Preferred
HOTELS & RESORTS

Hotel Grand Pacific 463 Belleville Street, Victoria BC V8V 1X3

Best Face Forward

Technology meets relaxation with the Lift and Tone Facial from Kerstin Florian

SOME DAYS, it feels like a lot of work to take time for myself.

I step into the mineral bath and warm water hugs my legs.

'Did I file that report on time? What groceries do we need for dinner tonight?'

The water swirls over my stomach, then my shoulders.

'What did Sarah mean by her comment yesterday? Did I leave that bill on my counter?'

I breathe in the soft, saline air of the mineral pool and an endless string of thoughts bubbles to the surface of my mind. Then, suddenly, I am struck by the utter peace and quiet of the spa.

My mind starts to relax, and I start paying attention to my immediate surroundings — the cobalt blue tiles, the splash of water pouring through stone pillars, and the warmth of the water cascading over my shoulders.

Time seems to slow down.

Staff at the Willow Stream Spa invite guests to arrive early for their appointments and enjoy this spa ritual — the perfect way to relax and unwind the body and mind before a spa treatment begins. I take full advantage of the amenities, which consists of the mineral pool, Finnish style sauna, steam inhalation room, and cool showers, along with the specialty teas, nuts, fruit and yogurt snacks in the guest lounge.

I always know when I'm overdue for some self care: my muscles are tight, my brow is fixed and furrowed, my skin looks dull, and my eyes lose their sparkle.

Today, I intend to turn that around.

I feel ready to enjoy the Willow Stream's Ultra Lift Facial with K-Lift Age Management System—a treatment that uses light and micro-current energy to stimulate my cells and bring back my healthy glow. I slip into my white, luxurious spa robe and meet Jill McQueen in the guest lounge, where she greets me by name and guides me upstairs into a private treatment room.

Lavender — my favourite — is attractively bunched on the pillow of the spa table, and I smile for what feels like the first time in too long. The air is filled with aromatic scents of rose,



The Willow Stream Spa's K-Lift facial treatment helps reduce signs of aging.

mint, sandalwood and lavender. Jill speaks softly and, with her gentle British accent, tells me about the experience I'll have today.

My neck relaxes. I lay back and close my eyes.

Jill's fingers press into my temples, the pads of her fingertips making soft circles over my face. I feel the creases on my brow slowly start to soften.

She tells me about the K-Lift treatment, produced by spa expert Kerstin Florian, which uses three types of kinetic energy to target the underlying causes of aging: visible light energy for photo-biostimulation; electron energy with an impulse micro-current; and magnetic energy for transdermal delivery. The science sounds complex for this non-surgical facelift, but the results are simple — toned facial muscles, increased collagen production, reduced lines, smoothed wrinkles and tightened contours. In 90 minutes, I expect to float out of the room feeling like a younger version of myself. Too optimistic? We'll see.

Jill starts the process by applying a deep-cleansing exfoliation peel for my face and neck, then smooths a serum over my face and prepares the K-Lift machine, softly and methodically explaining each step along the way. The small conduct-

ors feel as gentle on my skin as her fingers. I tense, slightly, waiting for the light-waves and micro-currents to strike, but I can feel little more than gentle warmth as her hands guide the instruments along the contours of my face. I picture my cells quietly repairing themselves under this light, and already I feel a difference in my muscle tension.

I ask Jill to explain what is actually happening during this process. She tells me the treatment happens in three phases. In the first phase, a red spectrum light energizes the mitochondria (the power centre of the cells) to restore cell function and accelerate cellular repair. In phase two, an impulse micro-current technology triggers DNA regeneration to tone and lift my muscles, and stimulate collagen production. In the third phase, a transdermal delivery system infuses essential nutrients into my skin to promote collagen regeneration, skin oxygenation and lymphatic circulation.

It might take more than one treatment to see significant results, says Jill, but even one session can leave brighter and tighter skin. Those with little more than fine lines will also note a difference in this preventative treatment, and the

spa offers a 60-minute Lift and Tone treatment for those short on time, or even an express 30-minute Eye or Lip Lift session.

I feel a bit like my own science experiment as Jill continues guiding the conductors along my face, and I picture my skin transforming, maybe even shedding a few years, under her fingers. Eyes closed, my body is heavy on the spa table. I could stay here for hours.

When the treatment is complete Jill applies a nutrient-rich serum to my face, and then tells me to take my time getting ready. Our session at an end, I take one big, relaxed breath, thank her and slowly open my eyes. The lighting is soft and calming. As I sit up and arrange my things, I feel a clarity in my skin and can't wait to find a mirror. When I do, I stare, surprised.

It's still my face. I giggle, and realize I was half-expecting a slightly different one. Yet, this same one is brighter, more alive, activated, and refreshed. I stare a moment longer, grateful for this time, then turn to leave—a smile dimpled into my cheeks. 🐼

Odlum Brown Model Portfolio: A Proven Track Record*



*Compound annual returns are from inception December 15, 1994 to July 15, 2015. The Odlum Brown Model Portfolio was established by the Research Department in December 1994, with a hypothetical investment of \$250,000. Trades are made using the closing price on the day a change is announced. These are gross figures before fees. Past performance is not indicative of future performance.

Odlum Brown Model Portfolio: 20 Fold Increase in 20 Years

My job is to ensure you can retire comfortably.

► **For a complimentary 12 month subscription to the *Odlum Brown Report*, please contact me today:**



Spencer Pocock, B.Comm, RRC, CIM®
Associate Portfolio Manager, Investment Advisor

T 250 952 7765

spocock@odlumbrown.com | odlumbrown.com/spocock



ODLUM BROWN
Investing for Generations®



Member-Canadian Investor Protection Fund.

BIRDS IN PARADISE

Bird watching soars in popularity

At first glance, the estuary at the mouth of the Englishman River doesn't look like much. Just expansive mud flats at low tide. Or so it seems. Lifting a set of binoculars to my eyes, I concentrate on a flock of small shorebirds needling the muck for worms and crustaceans. Shifting the focus wheel, a bird comes into sharper view and I see it has black legs and a short, dark bill. The body is dark grey-brown on top and white underneath, with the head and neck tinged a greyish brown.

"Those are western sandpipers," says my bird watching guide Christopher Stephens. "Look to your left and you'll see a group of semipalmated plovers, too."

The two species of shorebird are hard to tell apart, but Stephens — a professional bird guide for Pacific Rainforest Adventure Tours — has no trouble distinguishing between the two. He explains that there are several differences, but the easiest way to tell them apart is that plovers are smaller, with yellowish legs, while sandpipers are slightly larger with black legs.

Suddenly, he points well off into the distance. "Look! A curlew!"

I have no flaming idea what a curlew is, but Stephens' excitement suggests it's worth checking out. Following his lead, I rotate the focus dial on my binos until a large shorebird comes into view. It looks like a sandpiper with a long, curved bill. Only it is bigger. Much, much bigger. About the size of a small chicken.

"That's only the second one I've seen this year," exclaims Stephens, grinning like his Keno numbers just paid off. "Several species of curlew, including this whimbrel, were hunted almost to extinction. Shorebirds are protected now, but the numbers of some species have been slow to recover. These types of birds need quality







Above: As many as one in five Canadians spend a significant number of days birding each year. iStock photo

migration stopover sites, and the east coast of Vancouver Island provides some of the best habitat in North America.”

The habitat Stephens is referring to is the area spanning Parksville, Qualicum Beach and NanOOSE Bay on Vancouver Island, an officially designated Important Bird Area (IBA) of global importance that draws bird watchers — or “birders” as they call themselves — from all over the world.

While there are several IBAs in B.C., Vancouver Island has the largest concentration in the province. Of those, this particular IBA is one of the most significant in terms of habitat diversity, numbers and sheer range of species.

In fact, shorebirds are just one of several bird groups found on the east shore of the Island. Stephens explains that the diversity of ecosystems and abundance of food here makes it ideal for all sorts of resident and migratory birds, including waterfowl, songbirds, forest birds, and upland birds, to name just a few.

Stephens continues counting off one species after another on the mudflats when suddenly an ominous shadow races over our heads. It’s a peregrine falcon diving down among the sandpipers and plovers, trying to strike a meal in mid-air. A narrow miss. A merlin, the peregrine’s smaller cousin, almost gets lucky several minutes later.

“So many birds in one place attracts a steady stream of raptors,” says Stephens. Underscoring his remark, he points to a bald eagle chasing a great blue heron in flight. I really don’t want to see how this ends. I am secretly glad the chase scene disappears out of sight in the forest beyond the marsh grass.

After 30 minutes spent scouring the shoreline, I’ve managed to tick off more than two dozen different species in my identification booklet — everything from black oystercatchers and double-crested cormorants, to killdeer and lesser yellowlegs. We’ve also located five different types of gulls. (Turns out there is no such species as “seagull”).

I soon recognize that I delight in checking off different species in my booklet. Obscure names like glaucous-winged gull, short-billed dowitcher, and hooded merganser lend a certain geek cred to birding that other hobbies couldn’t possibly hope to equal. Moreover, the ability to claim rare sightings, such as the whimbrel, appeals to my inner train-spotter.

Stephens sees this a lot, especially among hard-core birders who come from all over the world to expand their “lifelist” of bird sightings. The tendency to collect sightings is natural, but he says the real appeal of birding is found in the beauty and diversity of birds.



"It's not just about ticking off birds in a list; it's about having interesting and natural encounters with animals that are maybe the most vibrant expression of life," says Stephens. "The attraction of birding is in being able to observe amazing and colourful creatures in their natural environment. You see remarkable adaptations being put to work. There's a story behind the biology and evolution of each, and if you pay close attention they can tell you about the overall health of the environment."

For example, Stephens notes how climate change, and transition from forest to developed land, can be seen firsthand through the arrival of new species of birds normally not

Left: the cedar waxwing is a common and beautiful songbird found throughout B.C. iStock photo

Middle: The curlew is a rare, large shorebird sometimes seen on coastal mudflats. iStock photo

Right: The Steller's jay is the provincial bird of British Columbia. iStock photo

found here. Likewise, the disappearance of some birds can be a clue as to the impact of urban development, or the introduction of invasive species.

Perhaps it's because people are increasingly interested in protecting the natural world that birding is taking off in popularity worldwide. In fact, according to a recent report by



Turn Stop-Over Into Shop-Over.

5 minutes from YVR, the Pacific Gateway Hotel is perfect as a Vancouver shopping getaway or stop-over oasis. We're just 5 minutes from the new McArthurGlen Designer Outlet, and our complimentary airport shuttle runs 24/7.

Pacific Gateway Hotel –
the natural definition of comfort.

Reserve now:
1-866-382-3474 | pacificgatewayhotel.com



iPrefer.

LIFESTYLE
Preferred
HOTELS & RESORTS

aeroplan



PACIFIC GATEWAY HOTEL
—VANCOUVER AIRPORT—

CONVENIENT. CONNECTED. COMMUNITY.



Canadian Nature Survey, one in five Canadians identifies as a birder, spending an average of 133 days a year glassing birds through their binos.

Stephens says Pacific Rainforest Adventure Tours has seen a marked increase in demand for birding tours of all types in recent years. Many birders hail from Europe and the U.S., but more and more British Columbians are getting in on the act.

"Part of the attraction of birding is that it is easy for beginners to get into," says Stephens. "You don't have to be an expert to go birding. All you need is a good set of binoculars and a field guide. Smart phone apps can make a real difference in identifying birds by sight and sound, too."

True enough, but there is no denying the value of having an expert on hand to point out what the average person is likely to miss.

Indeed, the soft-spoken young Stephens is a wealth of knowledge, able to share reams of fascinating details about each bird we come across. He also has a keen eye for spotting near-invisible creatures, even coaxing them out into the open with specific calls each identifies with — a skill particularly useful when looking for songbirds.

Walking a trail farther up along the Englishman River, Stephens stops us near some blackberry brambles, pointing into a thicket.

"Look there," whispers Stephens. "It's a cedar waxwing. See it?"

"Where?" I respond.

"Right there," he insists.

"Still don't see it," I mutter in frustration.

Stephens starts making a series of curious trilling and whistling noises, enticing the bird out of hiding. After a few seconds a beautiful sleek creature hops up on a branch, sport-

Left: The great blue heron is abundant on the B.C. coast.

Garth Eichel photo

Right: Pacific Rainforest Adventure Tours bird guide Christopher Stephens points out a rare pie-billed grebe to birders at Buttertubs Marsh in Nanaimo. Garth Eichel photo

ing lemon-yellow breast feathers, a black mask and a cool, swept-back cinnamon-coloured hairdo.

Stephens starts filling me in on interesting facts about the bird when he interrupts his impromptu field lecture.

"Oh, see the bushtit?" he exclaims, pointing at a nearby willow tree.

I stifle the urge to laugh. I can't wait to check this one off in my bird I.D. booklet.

Nevertheless, Stephens' enthusiasm for each and every species of bird is rubbing off, and as the day wears on I find myself becoming increasingly curious and alert to avian activity.

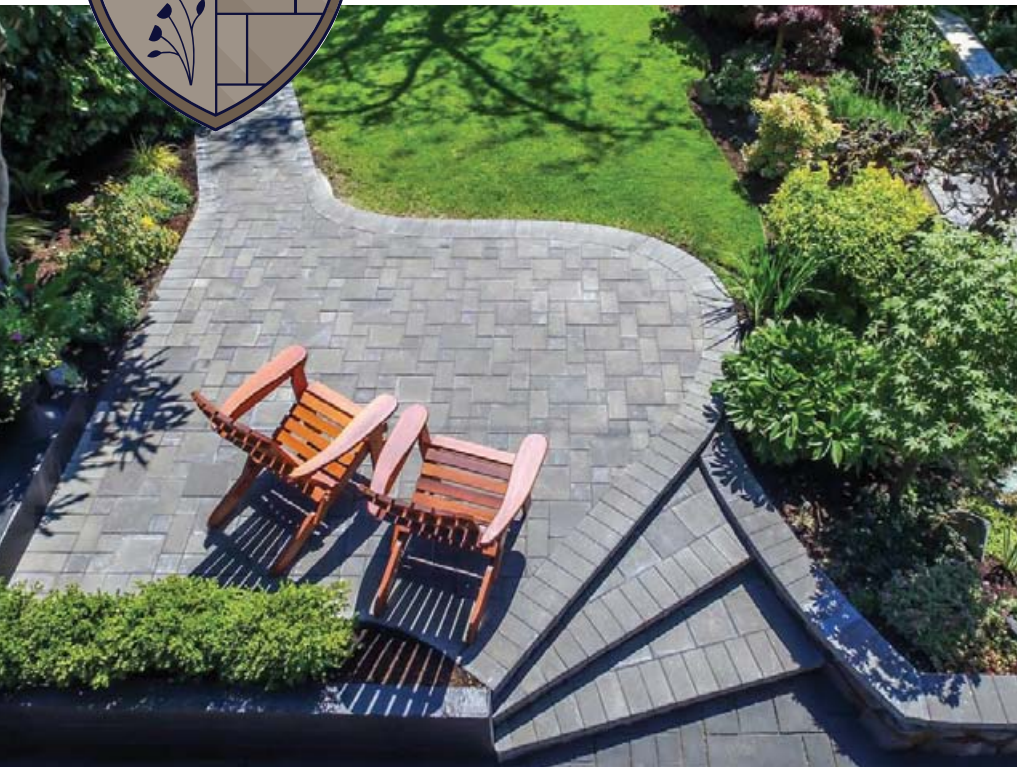
Over the course of six hours together we visit several different bird habitats, from shoreline and wetland to forest and uplands, recording upwards of 59 different bird species in the process. I feel tired and stimulated in equal measures by day's end. As we are saying our goodbyes at the end of the tour, Stephens stops mid-sentence and strides to a nearby tree. Pointing into the branches overhead he says, "You've got to see this. It's a red-breasted sapsucker!"

I lift my binoculars up to my eyes for what seems the thousandth time that day and spy a small bird with a crimson red hood and chest feathers, and black bars and white stripes on its wings. Stephens starts trying to draw its attention with an uneven series of "wik-a-wik-a" vocal notes, while explaining that this bird is a smallish member of the woodpecker family.

With that, I pump my fist and mark off the 60th bird of the day in my booklet. 🐦



PRIDE IN PROPERTY



Based in Victoria's beautiful Oak Bay community, MnR Hardscaping is a full-service landscaping and hardscaping company that designs and builds unique custom features for residential and commercial clients. We specialize in a range of services that will add value and enjoyment to your property, including:

- Interlocking brick walkways, driveways & patios
- River rock gardens
- Irrigation of lawns and gardens
- Installation of water features
- Lighting installations

“Over the past two years I have hired MnR Hardscaping for several projects, ranging from landscaping and patio brickwork, to outdoor lighting and irrigation. The company's professionalism, experience, and attention to detail is what sets them apart from their competitors.”

— Jesse Gough
Oak Bay, Victoria

Contact us today for your free consultation:

mnrhardscaping.ca | phone: 250 920 9883 | email: info@mnrhardscaping.ca



FINDING THE RIGHT FIT

Bespoke jewellery is worth more than it costs

BY DANIELLE POPE

THERE'S A MOMENT when a person tries on a perfect piece of jewellery for the first time.

It's a catch in the throat, a sudden inhale. Occasionally, a smile creeps from one side of the mouth to the other. Sometimes, there's a tear. A silence. Or a gentle nod of the head.

It's a moment Victoria Jeweller Idar Bergseth has seen many times over 45 years. In the world of jewellery, he says, it's that moment both goldsmith and client wait for: the "yes".

But what does bespoke Jewellery signify, as opposed to items readily available in stores, or on-line?

The answer is generally found in the value derived from making something unique, a one-of-a-kind gift — for a loved one, or yourself — that will last a lifetime and be passed down to future generations.

"What you are giving this person is so much more than jewellery; it is an amulet," says Bergseth. "A custom-made piece adds hidden value to any creation. Whether it costs \$300, \$3,000, or \$30,000, sentimentality is the true value of jewellery. The cost of materials doesn't matter as much as the story behind it."

Bergseth underscores his point by telling how one client asked to have an engagement ring made out of gold he had panned from the Sooke River over four years, while another wanted a modern item created incorporating a stone bequeathed from her great grandmother.

In one special case, a mother brought in a set of charred metal rods and asked Bergseth if he could create something unique out of them. The woman explained the rods were

- 
- Twin Engine Sikorsky S76 helicopter ✓
 - Instrument Flight Capable ✓
 - Reliable during inclement weather ✓
 - Day and evening flights and never overbooked ✓
 - Free drop off shuttle van service ✓
 - Free parking at all terminals ✓
 - NEW RESERVATIONS SYSTEM** ✓
 - UPGRADED IN-TERMINAL AMENITIES** ✓
 - RECOGNITION PROGRAM** ✓

TURNING A NEW PAGE FOR FALL

The best keeps getting better with a new reservation system, upgraded in-terminal amenities and a recognition program coming this season



Helijet

helijet.com |  @helijet |  helijet | 1.800.665.4354



Idar Jewellery Design Consultant Lance Glenn helps a customer design a ring that will last a lifetime. Garth Eichel photo

medical grade and had been inserted into her disabled son's spine when he was a child. When her son passed away at age 40, she had him cremated and the burnt rods were among his remains. For her, the rods symbolized her son's strength and spirit. She wanted to make something special out of them for her, and her family, to remember him by.

Bergseth took the rods and brainstormed a few options, eventually creating something for each surviving family member to wear, including a bracelet, a set of earrings, and a tie-pin.

"It was very emotional when we presented the pieces to the family," Bergseth says. "There were a lot of tears. Each person had a little part of him now. It was a wonderful thing to be able to do."

Bespoke jewellery is often about making something special for other people, but not always. Bergseth says more and more women are choosing jewellery for themselves, no longer content to wait on a man to bestow symbols of love and affection.

Regrettably, too many men are influenced by Hollywood movies showcasing the classic "tah-dah" moment where the guy drops down on bended knee, proffering a glistening diamond ring while asking for his beloved's hand in marriage.

Surprises might play well on the silver screen, but they can be perilous in real life.

Lance Glenn, design consultant at Idar Jewellers, urges men to resist the impulse to surprise their partner:

"I'll often ask guys, 'Have you ever surprised her before?

Lift your
personal life to
new heights.



purchase. train. maintain.

It's never been easier.

32 years of excellence



CHINOOK HELICOPTERS.com

call or email today. | 604.855.1100 | fly@chinookhelicopters.com



Idar Bergseth has been making personalized jewellery for customers since 1972. Garth Eichel photo

And how did that go? Does she actually wear that cat sweater, or is it still hanging on your side of the closet?"

Despite the glory moment for the gift giver, Glenn says it's important to remember that a piece of jewellery should be a reflection of the person who will be wearing it, not the person who gave it.

Better still, Glenn encourages couples to take a collaborative approach, which can be just as special.

Bergseth chuckles as he recalls how one fellow managed to accomplish both:

"We had a couple come into the store one day, and she tried on a ring. The man asked to see the price tag — and asked if she liked it — and when she said yes, he got down on one knee right there and asked if she would marry him!"

Still, for those committed to designing a piece of jewellery as a surprise, there are a few things to keep in mind.

Most importantly, any item has to be both beautiful and functional. Consider what the recipient does all day, and if the item you have in mind will be practical. Otherwise it may end up in a jewellery box.

Then there is the matter of personal style and taste. What are your partner's favourite colours? What is their skin tone? And what kind of jewellery does he or she already have, and wear most often?

Finally, consider dollars and sense. How important is the life event you wish to commemorate, and what does your budget permit? The answer to both questions will steer you towards what is appropriate and affordable. But when the time comes to bestow the item, the story behind it will doubtless be much more valuable than any price tag could ever reveal. 🐾


out of the ordinary



exclusive + rare

The Iconic Arabesque

embodying a 21st century renaissance of the artisan

Forevermark Diamond  Forevermark Promise

Made in Canada

INTERNATIONAL AWARD WINNING

JEWELLERY DESIGNERS • SINCE 1972

946 Fort St, Victoria • 250-383-3414 • www.idar.com

Jewellery Designs © 2015 IDAR

**We're standing up for
responsible resource
development in B.C.**



Resource Works

Join Us: resourceworks.com/join

The 'Natural' Place To Meet



**SOOKE HARBOUR
HOUSE**
—... RESORT HOTEL ...—
VANCOUVER ISLAND

"The food was amazing and your service outstanding"
Xuan Luc (TELUS)

Oceanfront - Intimate Setting - Private - Peaceful
Personal Service - Award Winning Food - Meetings For
5 to 50 Delegates - Adventure/Team Building Packages.

www.SookeHarbourHouse.com Toll Free: 1-800-889-9688
Email: events@sookeharbourhouse.com



Hot On The Trail

The Nanaimo Bar Trail puts a new twist on a beloved dessert

THE NANAIMO BAR is perhaps Canada's best-known dessert. And little wonder. With its creamy chocolate top, fudge base and custard centre, the eponymous Nanaimo Bar is beloved by locals and visitors alike.

Famous as it is, however, the origins of Vancouver Island's famous treat are rather unclear. Similar recipes for "chocolate fridge cake" can be traced back to New York in the 1930s, but the true modern version of the Nanaimo Bar first appears in a prize cookbook by Edith Adams, published in 1953, now on display at the Nanaimo Museum.

The Nanaimo Bar became prolific in the years that followed, but it was in 1986 that local Mayor Graeme Roberts made it his mission to find the best Nanaimo Bar in the city. To that end, he initiated a four-week-long contest to discover the ultimate recipe, and, out of the nearly 100 variations submitted, the winning version was credited to Joyce Hardcastle. Today her famous confection remains the example touted by the city, and is featured at Serious Coffee locations throughout Vancouver Island.

Such is the Nanaimo Bar's popularity that it has become a local tourist attraction, spawning a range of peculiar variations. In fact, the "Nanaimo Bar Trail", developed by Chelsea Barr at Tourism Nanaimo, is a fun-filled self-guided tour that allows treat-seekers to conduct their very own treasure hunt for their favourite take on the dessert at 34 different businesses.

The following are just a few interesting highlights from the Nanaimo Bar Trail:

THE CLASSIC

Traditional Nanaimo Bar, Serious Coffee

Made from Joyce Hardcastle's original recipe, this is one Nanaimo Bar that will stop you in your tracks. Even after a day of sampling every Nanaimo Bar variety, this treat will bring you back to Grandma's kitchen where you can almost taste the love.

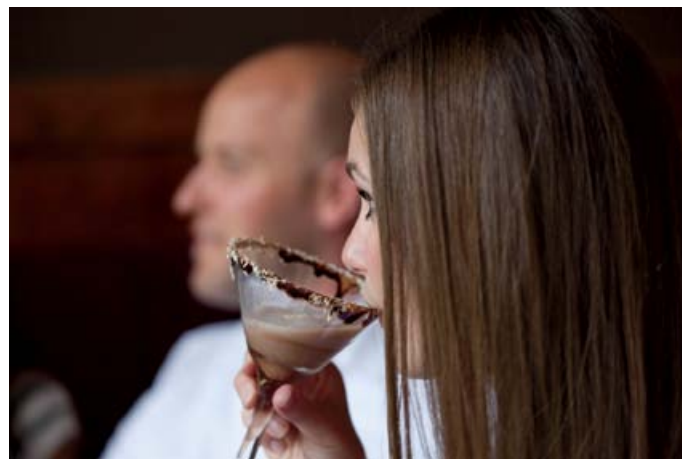
A TWIST ON THE ORIGINAL

Maple Bacon, Smokin' George's BBQ

Bacon really does make everything better. This porcine



Nanaimo Bar Cheesecake is just one of several delectable variations on the city's favourite dessert. Vivid Photography photo



The Nanaimo Bar-tini is perfect for those who prefer dessert served in a glass. Elephant Room Photography

dessert regularly wins awards at the annual Nanaimo Bar Competition, largely because it has the power to redefine the meaning of flavour. Judge's verdict: 100 per cent yum.

Deep Fried Nanaimo Bar, Pirate Chips

Those who can't be troubled to count calories will delight in this outrageous throw down to Weight Watchers. The deep-fried crispy coating gives this creamy delight an elegant air of eclair, but in truth it is a good ol' boy concoction to the core.

Nanaimo Bar Cheesecake, Minnoz Restaurant & Lounge

Creamy, smooth and rich are the best words to describe this award-winning masterpiece. The plated berry compote brings out elements of classic cheesecake, while the sweet chocolate top and custard filling surprises the palate. A definite must on the Nanaimo Bar Trail.

Nanaimo Bar Spring Rolls, Noodlebox Port Place

This Asian riff on the Nanaimo Bar sees the chocolate treat



Your Lakeside Resort in the City!

TOLL FREE 1.800.565.1144
PHONE 250.758.1144

4700 N. ISLAND HWY (19A)
NANAIMO B.C. V9T 1W6



WWW.INNONONGLAKE.COM

FOLLOW US ON **facebook** **twitter**

deep-fried in spring roll form, complete with a coconut dipping sauce on the side, which suggests there are no rules around creative interpretation on the Bar Trail.

BEVERAGES

Nanaimo Bar Martini, Modern Café

This libation is an addictive blend of espresso, chocolate and coconut liqueurs, and vodka locally sourced from Arbutus Distillery. Honestly, who could resist having a Nanaimo Bar in a Nanaimo bar?

Nanaimo Bar-tini, ACMe Food Co.

This Nanaimo bar-inspired cocktail mixes distilled spirit with dried coconut and chocolate syrup. A chunky drink with plenty to chew.

Nanaimo Bar Tea Latte, Tea Desire

Try the Nanaimo bar in a cuppa' tea with this blend of dried coconut, chocolate syrup, whipped cream and tea that is sure to tease the taste buds.

PAMPERLICIOUS

Nanaimo Bar Pedicure, KIYO Salon & Day Spa

Take a break from hiking the Nanaimo Bar Trail and soothe your soles with chocolate and vanilla foot lotion. Best of all, no calories!



*One benefit of the Nanaimo Bar Pedicure is that it is calorie-free.
Elephant Room Photography*

BLAZE YOUR OWN TRAIL

There are dozens of other offerings on the Nanaimo Bar Trail. For more information, and a complete listing of trail stops, visit Tourism Nanaimo's website, online at: tourismnanaimo.com/nanaimo-bar-trail 🐘



your home away!



Coast Victoria Harbourside Hotel & Marina



Coast Coal Harbour Hotel, Vancouver



Coast Bastion Hotel, Nanaimo

Enjoy our beautiful harbourside locations. As frequent travellers ourselves, we know how important your home base is. At Coast Hotels great service, comfortable rooms and friendly faces await.

- Free in-room high-speed WiFi
- Helijet shuttle service to hotels
- Perks like priority check-in and points for every stay with Coast Rewards

Travelling frequently? Ask about corporate rates. **book direct at coasthotels.com or call 1.800.663.1144**

Employers Who **Care** About Their Team

TRG turns your vision of social responsibility into dignified group benefits for your employees.

TRG
GROUP BENEFITS

ROBERT J. TAYLOR Principal, TRG Group Benefits
Direct: 604.714.4410 email: rtaylor@trggroup.com
www.trggroup.com

EPICURIOUS

BY GARTH EICHEL



Libations Unleashed

Little Jumbo Restaurant & Bar refines the art of pairing cuisine and cocktails

MUCH IS MADE of pairing food and wine. To a lesser extent, matching craft beer to appropriate dishes is gaining new-found respect. But what about coupling the cocktail scene with cuisine?

Most people consider mixed drinks to be something best enjoyed on their own before a meal, believing the high alcohol content and strong flavours will overwhelm the delicate flavours and subtle texture of many foods.

Perhaps that is true with the cocktails of yesteryear, but today's gourmards know better.

"Cocktails are at such a high level nowadays that many can match and elevate food in much the same way wines can,"

 **Budget**®



**Everyday Low Prices
With The Largest Fleet in BC
Call for Reservation at Helijet's Terminal**

Vancouver Airport
604-668-7000 • 1-800-299-3199

Victoria
250-953-5300 • 1-800-668-9833

Nanaimo
250-760-7368 • 1-800-368-7368

50 YEARS
of pride
Budget



www.budgetbc.com



Little Jumbo Restaurant & Bar's head bartender Nate Caudle (left) and head chef Jesse Cole tag-team on cocktail and food pairings.

says Jesse Cole, head chef at Little Jumbo Restaurant & Bar in Victoria. "As long as the flavour profile is in balance you won't go wrong."

That's good news for loungers reluctant to leave their favourite bar.

Certainly, Little Jumbo is high on the list of beloved watering holes in Victoria, and their new fall menu promises to keep tipplers parked on their bar stools. The chap responsible for pairing libations to that menu is renowned local bartender Nate Caudle.

"It's all about balance — finding flavours that can either compliment or contrast a particular dish," says Caudle.

To prove the point, Cole sends out a prawn and pancetta salad and asks Caudle to concoct an appropriate cocktail. After a moment lost in thought, his eyes flash knowingly: "That calls for a variation on a Paloma."




*F*ine clothing, accessories, custom tailoring and superior service have been in our family since 1917.

We welcome you to our store in Victoria to discover the colors, texture and quality of our unique merchandise.

Kane Straith


Fine Clothing, Sportswear & Accessories

**#110-735 YATES STREET ST. ANDREWS SQUARE
250.384.8087 ksraith@shaw.ca**



PREMIERE
SUITES

Two great cities with 175 beautifully furnished rental suites.



Serving:
Displaced Home Owners
Business Travellers
Short and Long Term Stays

Premiere Suites Vancouver
Toll Free: 1 800 751 4045
Premieresuites.com

Premiere Suite Victoria
Toll free: 1 888 788 5788
Premieresuitesvictoria.com



DANCE VICTORIA

The World's Best Dance
at Victoria's Royal Theatre
Fly with us.

DanceVictoria.com

SEASON SPONSOR
DERMA SPA

Baller BC's Rachel Meyer Photo © Michael Sabodan

leka

to **play** with fashion...to **play** in life



**FUNctional Style for
your body
and
your home**

250-590-4486

lekadesign.com

1044a Fort Street Victoria, BC



Prawn & Pancetta salad paired with Little Jumbo's variation on the classic Paloma cocktail. Garth Eichel photo

I'm curious to see how this will play out. The delicate flavours of the prawns, sautéed in chili butter, together with sweet grilled pineapple and crisp, salty pancetta served on romaine hearts makes for a complex blend of flavours and textures that might stump many a sommelier.

But not a talented barkeep. Caudle's take on the Paloma

combines the relatively mild flavour of reposado tequila with grapefruit soda, lime juice, salt, sugar and house-made sriracha sauce. The result is sublime: the cocktail's refreshing, light tropical flavours compliment the prawns and pineapple, while its tart acidity cuts through the salty pancetta.

Impressed by this remarkable magic act, I want to see the feat repeated. But this time harder.

With a self-satisfied smirk I ask, "What would you pair with Little Jumbo's signature dish — bone marrow with red wine gastrique?"

Caudle probably saw this coming, and responds without hesitation: "I'd do a riff on a Pegu Club, using Kentucky bourbon instead of gin."

To be sure, bone marrow is an acquired taste that is not for the faint of heart, and certainly not vegetarians. Fatty, savoury and salty, it is a gelatinous delight that rivals *foie gras* for sheer richness and decadence. A cocktail capable of contending with it surely requires a range of complimentary and contrasting character.

Caudle's curious "Kentucky Orchard Pegu Club" doesn't shrink from the task. Its brew of sweet bourbon and Apfelnorn schnapps, blended with lime juice, demerara syrup and a dash of angostura bitters, combines into a silky cocktail that is both tart and sweet, complimenting and offsetting the texture and flavours of the marrow in equal parts.

The outcome of these two tasting exercises is undeniable. Done right, cocktails can accompany most any dish, no matter how delicate or rich. And Little Jumbo is sure to convert many more unbelievers to the wonderful world of boozy num-nums. 🍷

Canada's Leading Program for Directors



"I expected the ICD-Rotman Directors Education Program (DEP) to deliver informative course materials, and it did exactly that. The unexpected bonus for me was the value of the discussions with fellow classmates in the program. These discussions drove home the value of diverse thinking around the boardroom table. I highly recommend this course for both current and future directors."

JANE PEVERETT, FCMA, ICD.D

AUDIT COMMITTEE CHAIR, CIBC, ENCAN CORPORATION
DIRECTOR, POSTMEDIA NETWORK
DIRECTOR, NW NATURAL

WHY APPLY?

- └ The DEP is the only program of its kind in Canada that bears the seal of the director community itself.
- └ DEP Alumni are part of a **national network of 3,800 directors** and over 10,000 ICD members across Canada.
- └ A **dynamic learning environment** rich with peer-to-peer insights, director dilemmas, board and committee simulations, and case studies.
- └ **Acclaimed faculty** - Taught by national and local academics, seasoned directors and leading governance experts.
- └ **Flexible scheduling** - Modules may be taken in any of the nine cities where the DEP is offered (space permitting).
- └ First step towards the **ICD.D designation** upon completion of a written examination and a board meeting simulation chaired and vice-chaired by some of Canada's most senior directors.
- └ Non-members of the ICD receive a **complimentary one-year membership** upon application.

ATTAIN YOUR ICD.D AND JOIN A RECOGNIZED GROUP OF BUSINESS LEADERS FROM ACROSS CANADA.

CITY	PROGRAM START DATES	APPLICATION DEADLINE
Vancouver	November 13-15, 2015	September 24, 2015
Edmonton	November 6-8, 2015	October 2, 2015
Calgary	November 13-15, 2015	October 2, 2015
Halifax	April 1-3, 2016	December 3, 2015
Toronto	February 1-3, 2016	December 4, 2015
Saskatoon & Regina	April 22-24, 2016	December 18, 2015
Montreal (Fluency in both official languages is required)	April 8-10, 2016	February 4, 2016
Winnipeg	Sept. 30 - Oct. 2, 2016	April 28, 2016

Enrollment is limited and admission criteria apply.

**BE MORE EFFECTIVE AS A DIRECTOR.
CONTACT THE ICD AND APPLY TODAY.**

1.877.593.7741 x228 icd.ca/DEP education@icd.ca



**Rotman School of Management
UNIVERSITY OF TORONTO**

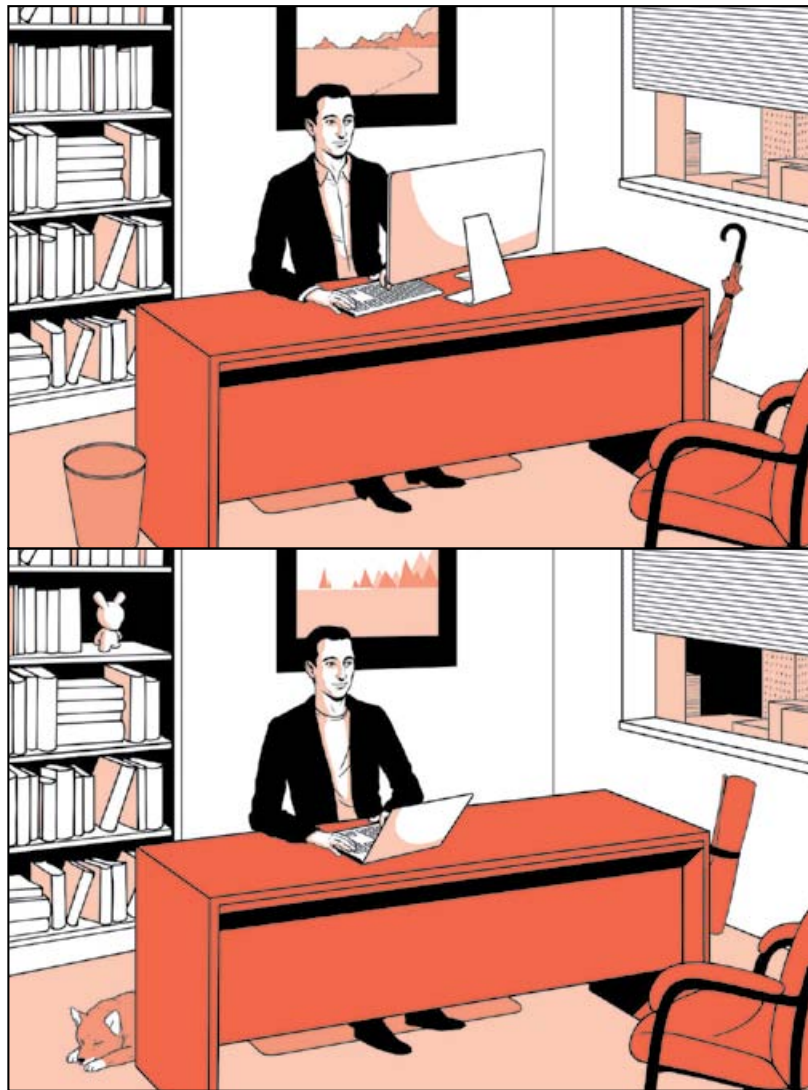


**Institute of Corporate Directors
Institut des administrateurs de sociétés**

Better Directors. Better Boards. Better Business.™

GREAT LEADERS KNOW THAT SMALL DETAILS CAN MAKE ALL THE DIFFERENCE.

Can you find seven differences between these images?



Did you find more than seven? Good, because actually, there are eight. At the Centre for Coaching and Workplace Innovation, we value perceptive people like you who go beyond expectations.

To learn more, call **1.877.778.6227** or visit **royalroads.ca/execed**