

# IFR

IN-FLIGHT REVIEW

## GLITTER GUIDES

Prospecting For Gold On  
Vancouver Island

## Destination Naramata!

Vineyards & Wineries  
of the Naramata Bench

**Helijet**

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IN-FLIGHT REVIEW

SUMMER 2015 VOLUME 08 ISSUE 02

*The Royal BC Museum unveils a new exhibition chronicling the significant role gold played in shaping British Columbia.*



IN-FLIGHT REVIEW MAGAZINE

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# Gold Rush!

The Royal BC Museum unveils a new exhibition chronicling the significant role gold played in shaping British Columbia

**ASK ANY** child what happened in British Columbia during the 19th century and they are likely to draw a blank. For many, the feeling is that history has settled and the sense of adventure, at the forefront of what drove men and women to come to Canada's west coast, has vanished.

But the spirit of adventure has clearly shaped the province. Take, for example, B.C.'s gold rushes, which are nearly forgotten events for all too many people. The fame of the Klondike, "The Last Great Gold Rush" in 1897, has tended to obstruct a long earlier history of gold found in California, Australia and British Columbia. But gold shaped the entire west coast as the last frontier of North American exploration.

Happily, the newest feature exhibition at the Royal BC Museum, *Gold Rush: El Dorado in British Columbia*, brings this history — the all-consuming, propulsive drive to discover and claim gold — to glittering life.

The *Gold Rush* exhibition is as ambitious as the men and women who came to the region, driven by dreams of immeasurable wealth, or simply of a better life. *Gold Rush* sets the scene by teasing out the social and economic forces that drove people into the Fraser Canyon and Cariboo; the exhibition then dives deeply into the personal narratives of real people whose lives were changed forever by gold.

To tell these stories, *Gold Rush* features short films, interactive stations and many remarkable artifacts, from a two-horse stagecoach mounted in the centre of the exhibition, to an 1853 grand piano — the "Piano that Saved Lives" — which was played by a First Nations family to stave off disaster at the hands of armed miners during the fight for Fraser River mining sites.

The exhibition also features an 'exhibition-within-the-exhibition' called *Allure of Gold*, featuring 130 remarkable works of pre-Hispanic gold from the Museo del Oro in Bogotá, Colombia. These powerful works of mythic beauty serve as a stunning counterpoint to the travel-stained and work-weary tools of the gold mining trade also featured in the exhibition.

All of these elements — from garments worn by adventurers and women of the era to a brass fire pump made in China and used in the Cariboo — help enliven our understanding of




Above: a Haida box by artist Bill Reid made of cast, hammered and engraved gold. Royal BC Museum photo

history. They help us reimagine it, through the thrill of the gold rush and through the framework of ordinary men and women. Their stories emerge from the exhibition with poignancy and grit, and it is fitting that the continent's margins — what would later become known as British Columbia — welcomed the marginal in society.

But the exhibition is not focused exclusively on the past. Significant works of contemporary art made of gold bejewel the exhibition. An Oscar, Emmy, Olympic Gold medals and even a Nobel prize — all on display — secure gold's reputation as the talismanic element emblematic of excellence even today.

*Gold Rush* will be featured at the Royal BC Museum until October 31, 2015. In November, a travelling version will open in Guangzhou, China, at the Museum of Chinese Living Abroad. From April 2016 to January 2017, the exhibition will be on display at the Canadian Museum of History in Ottawa/Gatineau.

I invite you to feel that indescribable pull of gold . . . visit us soon to experience your very own *Gold Rush!* 



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## NEW & NOTABLE

BY SUE KERNAGHAN



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### GOLDEN OPPORTUNITY

On May 13 The Royal BC Museum in Victoria unveiled a major new exhibition, *Gold Rush! El Dorado in BC*, which chronicles the significant role the glittery stuff played in shaping British Columbia. Through original objects, archival photographs, interactive displays and more, *Gold Rush!* explores new perspectives on this thrilling chapter of the province's history. *Gold Rush! El Dorado in BC* runs until October 31, 2015.  
[royalbcmuseum.ca](http://royalbcmuseum.ca)





## SURF 'N' TURF

Victoria foodies will want to mark two dates on their calendars this summer. The first is Saturday, July 18, when the Pacific Restaurant at the Hotel Grand Pacific puts on its

Seventh Annual Swine & The Vine event. This year's celebration of pork and pairings promises to be the grandest yet, with a whole suckling pig roasted on a spit by Executive Chef Rick Choy and his talented culinary team.

An alternative to going whole hog takes place the following evening, July 19, when Chef Choy and his team host The Big Catch — A West Coast Seafood Boil. The highlight of this oceanic extravaganza takes place when the seafood boil is poured out along the length of a long table for all to devour. Plenty of napkins and bibs will be provided.

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



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### HILTON COMES TO VICTORIA

Vancouver Island's first Hilton-branded hotel opens in downtown Victoria later this year. The DoubleTree by Hilton Hotel and Suites Victoria, formerly the Executive House Hotel, is set to welcome its first guests later this year after one of the largest hotel renovations in the city's history. The 51-year-old property, near the Inner Harbour at Douglas and Humboldt streets, features 181 rooms and suites, many with sweeping city, ocean and mountain views. Also on site are Bartholomew's English-Style Pub, Double's Cocktail Lounge, and a 24-hour fitness room. Hilton HHonors Reward Program points can be earned and redeemed here and, of course, the legendary Hilton service standards apply — right down to the chocolate chip cookie at check in.

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







### TEEN SCIENTIST

Victoria Teenager Nathan Kuehne, a Grade 11 student at Glenlyon Norfolk School (GNS), is making his mark in the world of scientific discovery with a science project one might normally expect to see at the post-graduate level. For close to a year

now he has been developing his Phenylalanine Self-Diagnostic Test for Phenylketonuria Patients, which has the potential to make a meaningful difference in the lives of those dealing with phenylketonuria, a rare genetic disorder in which the body cannot break down the essential amino acid phenylalanine (found in protein-rich foods) — a disease that, if left untreated, can lead to intellectual disability and other damage to the central nervous system. Current methods of testing can take upwards of two weeks for the patient to receive the results, while Nathan's method would be performed by the patient, providing results in less than 10 minutes. It goes without saying that his chemistry teacher is impressed. [mygns.ca](http://mygns.ca)



### STICKY WICKET TURNS 25

This summer the Sticky Wicket Pub marks 25 years in business as one of Victoria's favourite watering holes. The beloved establishment opened its doors on June 29,

1990, and has since become home to cricket enthusiasts and sports viewers alike, as well as those who enjoy a good pint with satisfying pub fare. Owned and operated by the Olson brothers, the Sticky Wicket is located within the historic Strathcona Hotel, a Victoria landmark that traces its history back to the gold rush era of the 19th Century. [strathconahotel.com](http://strathconahotel.com)



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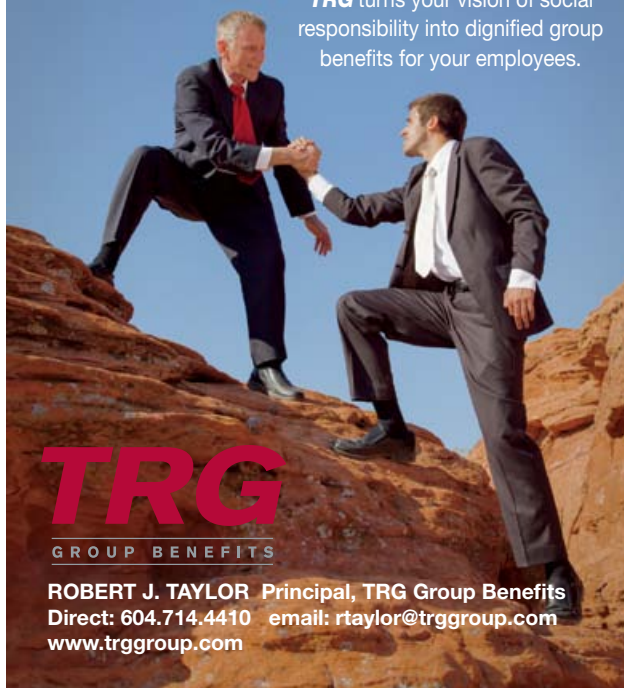


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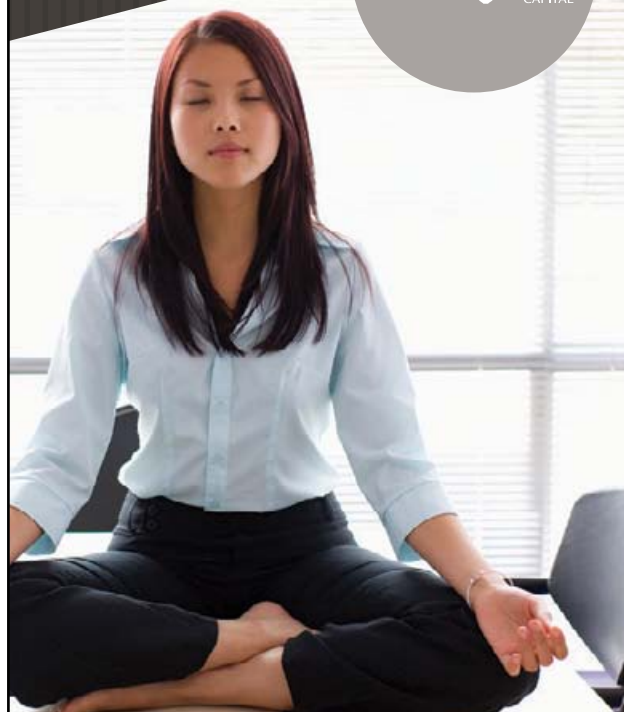
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## HELIJET CREW

STORY BY DANIELLE POPE

# Double Duty

Tammi Lim, Manager of Resort Operations, enjoys the work-life balance Helijet affords



*This August Tammi Lim celebrates her 10th year with Helijet. Danielle Pope photo*

**TAMMI LIM** has never been one to settle for an easy path in life. As a young girl she told her parents she wanted to work in aviation, and shortly after turning 18 she made good on that when she began working as a flight attendant for Air BC.

Lim's career in the sky took off like a whirlwind romance. She fell in love with the excitement and fast-pace of airline travel, but soon realized she craved greater challenge in management. To that end, she left the job security offered by Air BC to work for Trans-Provincial Airlines as a flight attendant instructor, before eventually joining Kelowna Flightcraft as that company's Flight Attendant Manager.

When her son, Brycen, was born in 1996, followed by daughter, Brooklyn, in 2000, she stepped out of the industry to focus on being a parent. But the urge to keep her hand in aviation remained. To balance the demands of both worlds she set herself up as a consultant, instructing and certifying flight attendants for a number of B.C. air carriers.



Her expertise soon caught the attention of Carla Kovacs, Helijet's then Director of Passenger Services, who headhunted Lim to develop the company's flight attendant program for the Sikorsky S61 helicopter in 2005. But Kovacs wasn't interested in hiring her as a consultant; she wanted Lim on Helijet's payroll full-time.

Lim hesitated at first. As a full-time single mom to two young children she enjoyed the flexibility of being self-employed, but Kovacs and her colleagues made a persuasive impression.

"I remember walking into Helijet's head office and being impressed by the professionalism of the staff, and Carla in particular," says Lim. "I knew right away this was a person — and a company — I could enjoy working with for a long time. I decided I wanted to make a home here."

That August Lim joined the company in the dual role of Flight Attendant Manager and Passenger Services Agent, later transitioning to the position of Lead - Resort Services Manager.

Then in 2013 she was tapped to play a significant role managing Helijet's burgeoning lodge operations in Haida Gwaii. The responsibilities of the job required her to be away from family for much of the summer, but with the support of her parents and partner she felt confident her teenage kids could survive her periodic absences from home. Moreover, she admits it would have been heart-breaking to turn down the job of managing Helijet's resort operations.

"I love the job, every bit about it," says Lim. "I'm constantly being challenged; every day there are problems to solve and decisions to make. It definitely keeps you on your toes." With a laugh, she adds, "I thrive quite well under stress because otherwise I get bored!"

There is little chance of that happening now that Helijet has contracts to provide air services to 13 different fishing resorts throughout Haida Gwaii and the Mid-Coast of B.C.

From May to September Lim splits her weeks between Haida Gwaii and the company's head office at YVR, overseeing all aspects of resort operations, from organizing staffing and schedules, coordinating resort flight operations, building and pricing lodge client helicopter contracts, and developing new procedures to better accommodate guest transfers, among other things.

Lim says her aircrew experience helps her stay on top of the hectic job: "Flight attendants deal with busy, and sometimes stressful, situations all the time. No matter



*Tammi Lim was hired in 2005 to develop Helijet's flight attendant program for the Sikorsky S61 helicopter.*

how challenging things are you have to stay focused on safety, portray calmness, and maintain a high level of customer service." She adds, "Our resort customers expect that, and so does my boss."

The bigger challenge, she says, is appeasing her summer-vacation-starved kids.

"We don't go on summer holidays," sighs Lim. "That's difficult for them, but the trade-off is that I have the time and flexibility to be there for them more during the school months. They are my 'customers' in the off-season; I use the same skills I use at work to make sure I'm at every game, every school meeting, and driving them to all their events."

"My kids get that it's a good balance between work and family, and they know I love my job — being up north in the summer managing Helijet's busy resort operations is when I'm in my zone."

Brycen and Brooklyn also appreciate that Helijet has become mom's extended family over the past 10 years — one she's immensely proud to be a part of.

Sometimes Lim pauses to reflect on her decision to forego a secure job and pension as a flight attendant with a large airline, but she knows herself well enough to recognize that she would never have been satisfied in just one role.

"I loved being a flight attendant, and perhaps it could have provided me with a 'safe' job, but I would never have been happy doing the same thing every day for my entire career," says Lim. "I wanted to learn more and to know how this industry works, discovering the variety of roles that keep aircraft in the air, getting people where they need to go."

"I consider myself fortunate that I've been able to experience that in a job I love, and which also allows time for family." 🐾



# Summer Skin Care

Don't get burned by myths about sun exposure this summer

**AFTER MONTHS** of cold rain and winter gloom in the Pacific Northwest the arrival of summer encourages many to soak up as much sun as possible. But living on the "Wet Coast" doesn't make us immune to the risks of sun exposure. In fact, fewer annual days of sunshine actually lulls local sun seekers into a false sense of security. The result is that many take insufficient precautions when the sun starts to shine.

With this in mind, it is worth debunking some popular myths about skin care protection:

## "SUNSCREEN LASTS THE WHOLE DAY"

Most sunscreens provide protection for approximately two to four hours. As such, they need to be reapplied regularly throughout the day, more so if you are sweating or engaging in water activities.

## "I DON'T BURN; I TAN"

There is little doubt in the medical community that sunburn can lead to skin cancer. It directly damages the DNA of the skin and blood cells near the skin's surface, which is passed on to newly produced skin cells, accumulating with each new sunburn. A tan does little to protect against sunburn or skin cancer — tans and sunburn are both the result of sun damage. Indeed, a deep dark tan is only equivalent to an SPF 4 sunscreen, which is almost useless. Tanning to prevent sunburn and skin cancer is like smoking to prevent lung cancer.

## "I WON'T BURN ON A CLOUDY DAY"

Even on an overcast day sunlight is made of ultraviolet A (UVA) rays that can cause wrinkles. If you care about what your skin will look like in 20 years, put on a high, broad spectrum sun protection factor (SPF) sunscreen even on cloudy days.

## "I NEED TO SIT IN THE SUN TO ABSORB VITAMIN D"

B.C. residents are definitely lacking in Vitamin D for much of the winter, but it is much better to get that from a supplement than to put yourself at risk in the sun.



In fact, the body's skin can only make a limited amount of Vitamin D each day — to the order of approximately five to 10 minutes of sunshine a day on the face and arms. After that the skin is saturated and cannot make any more Vitamin D.

## "MY MAKEUP HAS SUNSCREEN"

Sunscreen within makeup is a good thing, but it doesn't provide protection any longer than a traditional sunscreen. A more prudent approach is to apply a dedicated sunscreen before makeup. In fact, there are now mineral sunblock SPF 30 powders available inside a brush for easy application throughout the day.

## "SKIN CANCER IS NOT AS DEADLY AS OTHER FORMS OF CANCER."

While skin cancer may not be as deadly as some other forms of the disease, it is still cancer.

"One in eight people in B.C. will get skin cancer in their lifetime," says Dr. David McLean, professor of dermatology at UBC and Head of Cancer Prevention, BC Cancer Agency.

"The rate has doubled since the 1970s, and the rate of skin cancer is still rising." He adds, "Skin cancer surgery is disfiguring and produces scars. Squamous cell carcinoma and melanoma can spread — and melanoma can be deadly. The cure rate for late melanoma is only 40 per cent."



## ENJOYING THE SUMMER SUN

Notwithstanding the seriousness of sunburn and prolonged exposure, there are several measures sun worshippers can take to enjoy the fleeting summer sun in B.C.

The first is to dress appropriately. Clothes provide cheap, chemical-free sun protection. And the most important piece of clothing is a wide-brimmed hat that adequately keeps the sun off your face. (A baseball cap is not enough.)

Secondly, invest in quality sunscreen with sufficient SPF. To that end, purchase products with SPF 30 or better, and look for those labelled "broad" or "full spectrum". These will protect against both UVA and UVB rays. (UVA breaks down the collagen and skin structure, causing damage such as wrinkles; UVB causes burns and can lead to skin cancer.)

In addition to sunscreen, mineral sunblock products contain zinc or titanium oxide that sits on the surface of the skin, physically blocking the sun's rays. What's more, chemical sunscreens have active ingredients that are absorbed into the skin to break up UV rays.

Antioxidant creams and serums also provide a low base SPF protection against the sun, and are a good pairing

with your sunscreen to help optimize sun protection while also reversing sun damage that may occur despite good sun protection habits.

## TREATING SUNBURN & LONG-TERM DAMAGE

If you do get sunburned there are a number of treatments worth considering. The most common is to apply cooling aloe vera gel, but you can also make a green tea compress by soaking a cloth in strong green tea that has been chilled. Another is to take a lukewarm bath with lavender or chamomile essential oils.

Skin damage caused by prolonged exposure and repeated burns is a different matter. Sun exposure can break down collagen, which essentially forms the skin's scaffolding. Damage that and you get wrinkles. Still, a collagen stimulation laser can boost the collagen, reducing redness and improving the firmness in deeper skin. Brown patches on the skin, called Melasma, can also be treated using intense pulse light therapy.

Whatever the case may be, it is best to seek professional medical advice if you are concerned that sun damage presents a health risk. ☞



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# DESTINATION NARAMATA!

VINEYARDS AND WINERIES OF THE NARAMATA BENCH

STORY AND PHOTOS BY GARTH EICHEL







*A view of the Naramata Bench as seen from Munson Mountain in Penticton.*

*Above right: Winemaker Richard Roskell punches down the cap on fermenting Syrah at Marichel Vineyard.*



---

**IN TERMS OF** grape growing, British Columbia's 4,000 hectares (ha) under vine doesn't loom large on the world stage, especially when compared to Washington State next door (18,000 ha), or international titans like Spain (1,100,000 ha). Nevertheless, B.C. punches above its weight class in terms of diversity and quality.

Nowhere is this truer than on the Naramata Bench — a 15-km-long plateau on the southeast side of Lake Okanagan. Certainly, B.C. boasts several excellent wine regions, but few enjoy the natural beauty and unique *terroir* of the Naramata Bench, which explains in part why the area is home to so many remarkable wineries, drawing thousands of visitors every year.

Interestingly, the Naramata Bench didn't even exist as a wine region prior to May 25, 1990 — the day the provincial government issued Lang Vineyards the first farm gate winery licence in B.C. Now, 25 years later, there are close to 40 wineries located in the area making it one of the most popular wine destinations in the province.

The Naramata Bench owes its dramatic success to a combination of factors, mainly stunning scenery, exceptional growing conditions, and more than a few world-class wineries.





Indeed, few wine regions compare in terms of natural beauty. Perched atop dramatic silt bluffs, the Naramata Bench is framed by the blue waters of Lake Okanagan to the west and gnarled rocky hilltops to the east. The farmland in between is dominated by colourful fruit orchards and rolling green vineyards, interrupted only by rustic farms and elegant wineries. Awe-inspiring views can be had in almost any direction.

What makes the area exceptional as a wine region is its unique *terroir*

But gorgeous scenery only tells part of the story. What makes the area exceptional as a wine region is its unique *terroir* — an all-encompassing French term with no English equivalent that describes the influence the natural environment has on the aromas and flavours of wine.

The definition of *terroir* is much debated, but broadly speaking it refers to how the soil, topography and climate of a region interact and find reflection in wine from one vintage to the next.

Understanding the unique *terroir* of the Naramata Bench requires a bit of time travel. Two billion years, roughly. At that

time material began accumulating on the continental crust of North America, rising eventually some 20 kilometres high. That all changed about 60 million years ago when a massive fault opened, running all the way from Washington State up through the Okanagan Valley to as far as Prince George.

Massive earthquake movement occurred along this fault, causing the western side to slide a staggering 80 kilometres towards the Pacific coast, exposing the ancient granite of the continental crust. More earthquakes and explosive activity followed as volcanoes arose, depositing volcanic rock throughout the Okanagan Valley.

Then came the first of six ice ages, beginning around 2 million years ago. The most recent glacial period began about 25,000 years ago, and lasted until as recently as 12,000 years ago. Around this time a massive ice dam at McIntyre Bluff, near Okanagan Falls, was holding back glacial meltwaters that filled the Okanagan Valley with a vast body of water known as Glacial Lake Penticton. That ancient lake vanished in a matter of days when the ice dam collapsed, unleashing a megaflood that sent gigatons of water coursing south through the Okanagan Valley at 120 km/h, fundamentally reshaping the landscape as it went.

When the torrent subsided the valley was a very different place. Glacial Lake Penticton had been nearly drained, its





high-water mark dropping hundreds of feet to form Okanagan Lake, Skaha Lake and Vaseux Lake. The subsidence also revealed the effects of repeated glaciation, which carved deep canyons, rounded mountaintops, and deposited enormous volumes of silt, sand and gravel.

The consequences are still visible today with the naked eye. In fact, Naramata Road between Penticton and the village of Naramata contours along what was once the high-water mark of Glacial Lake Penticton. On the west side, below the road, the soils are ancient lakebed — fine-grained lacustrine silt interspersed with ribbons of sand and gravel left behind by streams flowing into Lake Okanagan. To the east, above Naramata Road, the soils are markedly different, containing mostly rock, sand and gravel.

As a result, two vineyards on either side of Naramata Road planted with the same grape variety will produce significantly different grapes, manifesting in two distinct wines.

Soil is not everything, though. Topography matters, too, particularly slope and aspect. Many vineyards on the Naramata Bench are planted on steep, west- or southwest-facing hillsides, which receive maximum sun exposure — crucial for helping grapes achieve physiological ripeness in the area's cool continental climate.

Anyone who has visited the Naramata bench in the height

*Above: A flight of wines gets poured in the tasting room at Misconduct Wine Co.*

*Opposite page: A wide range of Vitis vinifera grape varieties thrive in the complex soils of the Naramata Bench.*

of summer might disagree with calling it a cool climate, but high temperatures are generally limited to a few weeks in July and August. The rest of the growing season is cool, and sometimes downright cold.

Certainly, Vitis vinifera grapes would barely be able to grow in the area were it not for the area's proximity to Okanagan Lake, which moderates regional temperatures during frigid winters and hot summers.

Taken together, the area's climate, topography and soils are nearly ideal for a wide range of grape varieties. And as any talented winemaker will admit, the key to making good wine starts with premium grapes, which explains why so many wineries have put posts in the ground on the Naramata Bench over the last 25 years.

Interestingly, no one grape dominates the Naramata Bench. Several major varieties are planted here, from Pinot Gris, Sauvignon Blanc, Riesling and Gewürztraminer, to Pinot Noir, Merlot, Cabernet Franc and Syrah, to name just a few.

## NARAMATA BENCH WINERIES ASSOCIATION



If you're planning to tour the wineries of the Naramata Bench be sure to familiarize yourself with the Naramata Bench Wineries Association (NBWA).

The Association was formed in 2004 by a

small band of local winery owners who recognized the Naramata Bench was a unique wine region that should be promoted as such. Since then the NBWA's membership has grown to include 25 local wineries.

While member wineries are, in fact, competitors, they are also neighbours and members of the community. With that in mind, the NBWA works collectively to promote one and all, drawing attention to the quality of wine produced in the region as a whole.

To that end, the Association promotes its members' wines at regular events in B.C. and Alberta. The most popular of these are the Annual Spring Wine Release events held in Vancouver, Victoria, Calgary and Edmonton.

Closer to home, the Association hosts its Annual Tailgate Party on the Naramata Bench — a sellout event celebrating the arrival of harvest each year. Winter is a busy time of year, too, with the NBWA putting on separate tasting events at Apex Mountain Resort and Sun Peaks Resort.

The NBWA also has an active online presence. The Association's website, [naramatabench.com](http://naramatabench.com), is an invaluable tool for planning a wine tour, learning about member wineries, or getting updates on news, festivals and events. Likewise, fans of Facebook and Twitter can keep tabs on what's happening through both virtual venues.

Projecting its member wineries to the outside world is only part of the Association's mandate, though. The NBWA also goes to great lengths to attract visitors to the Bench. And those who make the journey soon discover why the Naramata Bench deserves its reputation for quality and community.



*Above: Winemaker Lyndsay O'Rourke checks Merlot from the 2014 vintage at Tighrope Winery.*

How each manifests in the bottle depends largely on the winemaking philosophy of individual wineries and wine-makers, but most all strive to let their wine express the place it comes from.

There is no shortage of interesting wine and wineries doing so on the Naramata Bench, but the challenge for many visitors is deciding which wineries to visit. To figure that out it is perhaps best to consider what kind of wine experience you want.

Younger people and those relatively new to wine generally prefer a laid back atmosphere and approachable wines that are affordably priced. Alternatively, serious oenophiles will be inclined to visit wineries with reputations for cellar-worthy collectible wines. Then there are those wineries offering the best of both worlds, often with on-site bistros.

Deciding when to visit the Naramata Bench is another important consideration.

Summer is by far the most popular time of year for visitors, particularly the months of July and August when most people go on vacation. Peak season has its pros and cons, though. Expect line-ups in winery tasting rooms, higher occupancy at local accommodations, and spells of blistering hot weather. That suits many wine tourists just fine, especially the younger set wanting to live it up. But those inclined towards a more genteel experience may opt for the shoulder



months of June and September when the weather is relatively mild and the tasting rooms not quite so crowded. Fewer visitors during these months also allows greater access to winery owners.

Don't count on that in October and early November, though. During harvest winemakers at most wineries will be all eyeballs and nerves as they oversee the picking and crushing of their grapes. There is usually little time for casual chitchat. Still, this is an exciting and beautiful time of year, and seeing wine made firsthand is an unforgettable experience that winery staff are eager to share with visitors.

Most Naramata Bench wineries close their tasting rooms during the off-season, between November and March, but a few remain open on weekends, and almost all accept private appointments. The weather will likely be too cold for flip-flops and shorts, but the opportunity to spend uninterrupted time in thoughtful conversation with owners and winemakers is a rare privilege certain to enhance any wine tasting experience.

Indeed, the Naramata Bench is a place notable for the extraordinary collection of men and women who



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own and operate the region's vineyards and wineries, small and large alike.

To be sure, growing quality grapes and making quality wine is not for the faint of heart. It is laborious work filled with financial risk and heartbreak. Only the most passionate, ambitious, and optimistic can hope to succeed. These same qualities make for big personalities.

No two wineries or winemakers are the same, but the tie that binds is an overarching desire to make world-class wine. Their collective ambition is all the more impressive considering the relative youth of the B.C. wine industry. In contrast to the legendary growing regions of the Old World — Burgundy, Bordeaux, etc... — that developed over centuries, passing down knowledge from one generation to the next, the Naramata Bench can measure its history in decades.

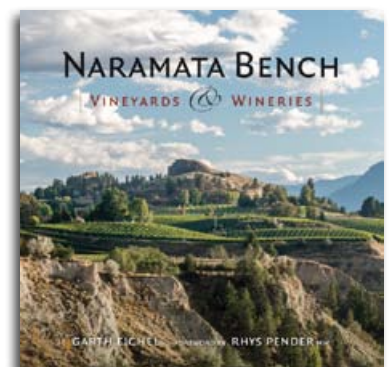
No matter. What the wineries of the Naramata Bench lack in history they make up for with science, technology and gritty determination. Indeed, they are a dauntless lot who relish the opportunity to be pioneers in this New

*Left: Bench 1775 Winery's general manager, Val Tait, and associate winemaker Patrick O'Brien, get ready to crush Cabernet Sauvignon from the 2014 harvest.*

*Above: Winemaker Robert Van Westen samples Merlot in Van Westen Vineyards's barrel cellar.*

World wild west of wine where they are free to take chances and experiment as they develop their own style. Moreover, they are not shy about pitting their wines against the biggest names in wine, and more than a few can hold their own against the best in the world. 🍷

*This story is excerpted from Naramata Bench Vineyards & Wineries, available at [bcwinebooks.com](http://bcwinebooks.com).*





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STORY AND PHOTOS BY  
GARTH EICHEL

# GLITTER GUIDES

Gold prospecting adventure tours on Vancouver Island

**PROSPECTING** for gold is not what I expected. So far, I've been crouched at the side of a river for the better part of an hour, staring at pan after pan of muddy water, sand and gravel, with nothing to show for it but a stiff back. I can think of better ways to spend a sunny summer afternoon in the Comox Valley.

Suddenly, I hear my 12-year old son, Rowan, yelping downriver.

"Gold!" he exclaims. "Dad! Dad! Dad! I've just found gold! Real gold!"

I jump up in disbelief and scramble down the riverbank to join Rowan and our guide, Ian Jensen, owner of Vancouver Island Gold Prospecting.

Rowan points excitedly at perhaps two dozen small flecks of gold glittering amid a background of black sand, like bright stars shining in the night sky.

The kid can't stop beaming.

Bested by my boy, I redouble my efforts to find some gold of my own. To that end, I pick a new spot on the river — one rather closer to where Rowan and Jensen are trying their luck.

Luck plays a big part in prospecting for gold, but so too

does experience. After another 10 minutes of disappointment I swallow my pride and ask Jensen for help.

First, he shows me what to look for, and where to start digging on the riverbank. He uses a crowbar to loosen a small boulder, prying it to one side so we can get beneath it. I dig a few shovelfuls of mud, sand and gravel into a pail and then we set to work sifting through it.

Squatting together at the river's edge, Jensen coaches me in the finer points of panning: placing a scoop of dirt into the pan, he has me place the edge of the bowl into the river, allowing a small measure of water to flow in. Keeping it there, I agitate the pan from side to side to help any potential gold settle to the bottom. (Gold is 19 times heavier than water.) I then tip the pan forward to let the muddy water run off, replenishing it with clear water from the river. Jensen instructs me to keep the pan tipped in the river, gently waving the water back and forth, like waves on a beach, so as to wash out the top layer of sand and gravel.

Eventually, most of the sand and debris washes off and a few small flakes of gold begin appearing, glinting in the sunlight. Exhilarated by the sight, I continue washing the pan, rocking it back and forth. And then I see it — a small nugget





of gold pancaked at the bottom of the pan.

My first reaction is disbelief. Gold. Actual gold. Discovered by me. (Well, sort of.) My heart starts racing fast, and I have to fight the urge to holler out loud. All I can think is that if this nugget is here then there must be more nearby. Perhaps the mother lode!

Filled with zeal, I start panning like a mad man, exhibiting all the classic symptoms of gold fever.

Jensen knows this well. He experienced a similar phenomenon at the age of 15 when an old time prospector took him out panning for gold one day near Campbell River on Vancouver Island. He caught the gold bug that first day and has been prospecting on the Island ever since, lately concentrating his efforts in the streams near the historic gold mining town of Zeballos.

Like many prospectors, Jensen initially kept his claims to himself, operated alone and spoke to no one about his finds. But in 2011 he decided to start sharing his love of prospecting with the general public. To that end, he started Vancouver Island Gold Prospecting, a guided adventure tour company that introduces people of all ages and abilities to the exciting world of prospecting.



*Opposite page: Panning for gold is an exciting outdoor adventure that offers a glimpse into B.C.'s past. Just don't expect to get rich doing it.*

*Top: Prospector Ian Jensen coaches 12-year-old Rowan Eichel in the subtleties of panning for gold.*

*Bottom: Vancouver Island Gold Prospecting guide Dave Mullet shows off a gold nugget discovered at an undisclosed location in the Comox Valley.*

"Most 'gold panning' opportunities in B.C. are found at tourist attractions where a man-made water trough is salted with gold dust," says Jensen. "That's not prospecting. If you want the real experience you have to go out in the bush and dig your own dirt on the side of a creek."

That's certainly true, but easier said than done.

To get to Jensen's site (at an undisclosed location in the



*Summer, when water levels are low, is the best time to prospect for gold in sections of dry riverbed.*

Comox Valley) Rowan and I first fly to Campbell River where Jensen picks us up at the airport in his off-road truck. After a half-hour drive south on the highway we turn onto a dirt road and spend the next hour following a labyrinth of logging roads up into the hills. After arriving at our destination, we spend another 20 minutes bushwhacking our way down a ravine before emerging from the forest at the edge of a beautiful river filled with smooth, water-polished boulders.

After a quick tutorial on hydrodynamics, Jensen explains how gold travels — and settles — in rivers and where we are most likely to find it.

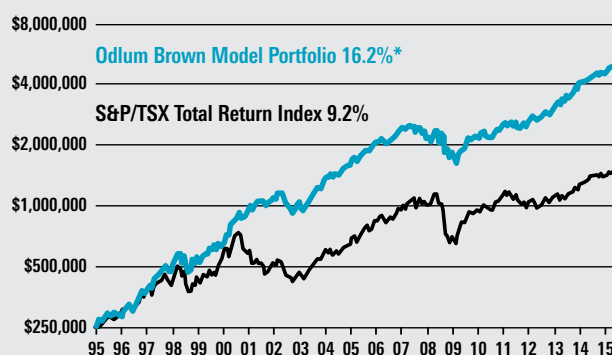
Summer is the best time to pan for gold because water levels are low and sections of dry riverbed are exposed. Pointing to one such section, Jensen describes how the river might deposit gold here in crevices, and behind rocks and boulders, during winter months when water levels are higher. Over hundreds of thousands of years successive deposits of gold can accumulate.

The trick is finding it.

“The price of gold is high for a reason,” says Jensen. “The easy gold has already been mined. What’s left is hard to find

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### Odlum Brown Model Portfolio vs S&P/TSX Total Return Index



\* Compound annual returns are from inception December 15, 1994 to April 15, 2015.

### Compound Annual Returns (Including reinvested dividends, as of April 15, 2015)

	1 YEAR	3 YEAR	5 YEAR	10 YEAR	20 YEAR	INCEPTION <sup>1</sup>
Odlum Brown Model Portfolio <sup>2</sup>	25.2%	24.1%	17.5%	12.0%	16.1%	16.2%
S&P/TSX Total Return Index	11.2%	12.0%	7.9%	8.2%	9.0%	9.2%

<sup>1</sup> December 15, 1994. <sup>2</sup> The Model was established by the Research Department in December 1994, with a hypothetical investment of \$250,000. The Model provides a basis with which to measure the quality of our advice and the effectiveness of our disciplined investment strategy. 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.

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and get out of the ground. If every person who went out panning came back with lots it wouldn't be exciting, and gold wouldn't be worth much. The excitement comes from not knowing what might be there and then finding it.

"It's a bit like fishing: you can go out day after day and get nothing, but catching a big one just makes you want to go out more. The same is true with gold. You get hooked on the excitement of finding gold in a place and knowing there may be more there. The more you find, the more you want to find even more." With a knowing smile, he adds, "Gold fever is real. You're always looking for that hidden nugget.

Rowan and I are starting to understand that. Even though our find so far this day is small — worth enough to perhaps buy a sandwich — the fact is that it's real gold, discovered by us, and we are the first to ever lay human eyes on it.

That same fascination propelled many prospectors into the hills of B.C. during the 19th Century gold rush. Less than one per cent struck it rich, but that didn't stop the tide of fortune seekers bitten by the gold bug.

While those heady days are now a distant memory, vestiges can still be found in the bush in the way of old cabins and mine portals. Jensen says he comes across these remnants from time to time while exploring the Island's rivers

and creeks. When he does he is reminded of the hardship and struggles early prospectors would have endured in their pursuit of gold.

"Nowadays, we're able to drive to a stream in a four-by-four truck that can carry all our tools and gear, but back in the day prospectors hiked in with hundreds of pounds on their back through rugged terrain, living off the land — and sometimes dying — trying to make their living. It was a hard life, and very few made any money. The only ones who profited were the outfitters who supplied them."

Jensen says the same applies today. He cautions us not to get our hopes up about hitting paydirt, noting that it is exceedingly rare for newbies to unearth a big nugget. That said, he concedes it occasionally does happen, and when it does it's finders keepers.

He underscores that point by holding up a nugget the size of a pinky fingernail, and with a broad grin, says, "you just never know what's going to be in that next pan." 🪄

*Based in Campbell River, Vancouver Island Gold Prospecting offers a range of guided tours in the Comox Valley, Nomass Valley and the area near the town of Zeballos. For more information, visit [vancouverislandgold.com](http://vancouverislandgold.com)*



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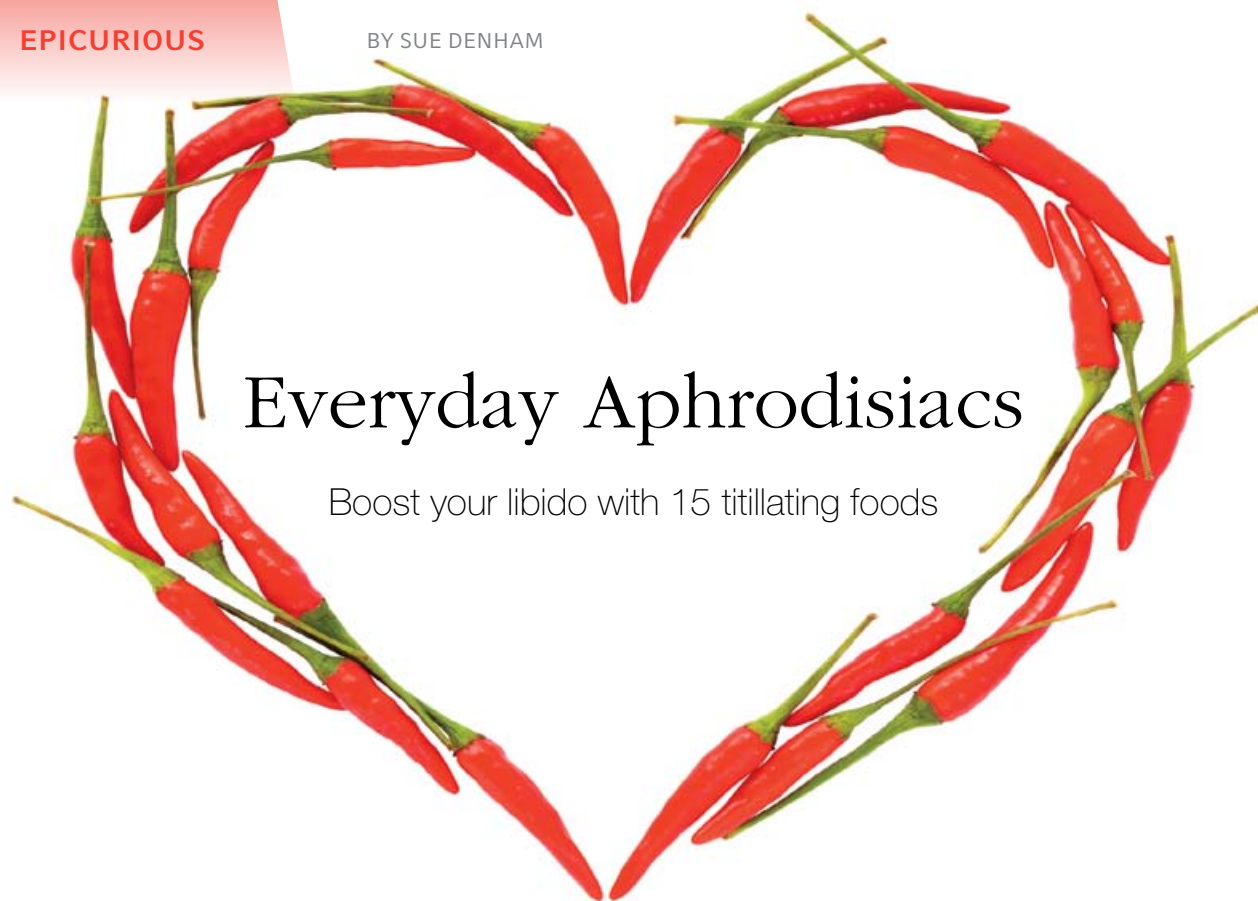
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# Everyday Aphrodisiacs

Boost your libido with 15 titillating foods

**APHRODISIACS** are gastronomic mysteries that never seem to fall out of fashion. That's because people generally like the idea of being able to eat their way to a better sex life.

While supporting scientific evidence is relatively thin, there is little doubt that many people believe them capable of enhancing sex and boosting the libido. And when it comes to romance, just believing is often all that is required.

The following foods won't save a loveless relationship, but with a little faith they may just spark a waning sex drive, or increase the body's response to physical pleasure. Whatever the case may be, there is little to lose and much to gain.

## OYSTERS

Fresh raw oysters frequently top the list of most reliable aphrodisiacs. If there is a scientific basis to support its claim as a love-making enhancer, it may lie in the oysters' high zinc content. Research has linked zinc to sexual endurance. Additionally, low zinc levels in men have been linked to low sperm counts. Oysters have been considered sexy food throughout history and across cultures. It could be that the zinc content in oysters is at the heart of the bivalve's aphrodisiacal properties. Because zinc levels diminish when cooked, it's considered most beneficial to eat the oysters raw when they still taste like the sea.

## SEAWEED

Seaweed has long been promoted as an aphrodisiac since Roman times when the philosopher Juvenal recommended that lovers at odds should dine on it to cure their anger. Today, it is often blended into various drinks that are mixed with spices and sometimes milk or rum. In some places, like Tobago, seaweed is blended into ice cream. Popular as a sex-enhancing food throughout the world, seaweed is said to ward off depression and cure fatigue. It is also loaded with minerals that may truly enhance sexual performance.

## RED WINE

Since alcohol can reduce physical sensations and inhibit sexual function, it's important to go easy on the vino if you're planning to get intimate with your partner. However, a little red wine can actually help to improve your sex life. That's because red wine contains resveratrol, an antioxidant that increases blood flow to your nether regions.

## CHOCOLATE

Chocolate is a classic sensual food, as lovers often enjoy feeding it to each other, especially chocolate-coated strawberries. On a more practical level, however, chocolate contains phenethylamine, which enhances your response to pleasurable sensations and may even make you feel more physically attracted



to your partner. It's also worth noting that the tryptophan in chocolate appears to help people feel more mellow and optimistic — both good qualities for getting in the mood.

### POMEGRANATE JUICE

Pomegranate juice spikes testosterone levels, increasing them by up to 30 per cent in some studies. This male sex hormone can enhance the sex drive of both men and women, leading to a greater interest in more frequent sex. Further, some research suggests that pomegranate juice improves circulation, which can improve male sexual performance and enhance physical sensations.

### VANILLA

Vanilla has a rather boring reputation, but the vanilla bean is actually a nerve stimulant. As a result, vanilla consumption may sensitize your skin and increase the pleasure you feel when your partner touches you.

### ASPARAGUS

Since asparagus is well known for changing the scent of your urine, it might not be your first choice as a sexy food. However, the aphrodisiac qualities of this delicious vegetable have been documented since the 17th Century. Recent research suggests that asparagus stimulates the libido by making you have more folate at your disposal. Moreover, asparagus increases histamine production, and histamine is necessary for orgasm.

### HONEY

This natural sweetener provides you with a hefty dose of boron, a chemical that helps to make sure that male and female sex hormones remain in the right balance. As a bonus, honey can offer you a quick improvement in energy levels, potentially increasing your enthusiasm for lovemaking.

### CHILIES

Hot chilies instigate endorphin production, leading to greater levels of energy, excitement and happiness. While you can also enjoy these consequences by hitting the gym, sharing a spicy pasta dish with your partner can be a much more enjoyable precursor to sex. Chilies also create physical responses



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similar to those evoked by sexual stimulation, such as sweating and a faster heart rate.

## EEL

In both Europe and Asia, eels are regarded as powerful aphrodisiacs — especially for men. In fact, eating grilled unagi eel at your favorite sushi restaurant is regarded as a heady experience that can stimulate the libido. High in vitamins, proteins, and unsaturated fatty acids, unagi eel is believed to reduce cholesterol and lower blood pressure. It is even said to benefit eyesight. Whatever the case may be, eel has a variety of health benefits that may, in fact, enhance sexuality as overall good health typically does.

## BANANAS

Bananas have an undeniably phallic appearance that might immediately encourage sexual thoughts. But they also contain minerals and enzymes that have been shown to boost male sex drive, so it's important to eat them after looking at them.

## COFFEE

Research on caffeine suggests that a cup or two of coffee can help to improve things in the bedroom. It seems that caffeine

increases blood flow and heart rate in a way that enhances sexual response in women in particular, but further studies have yet to reveal similar results for men.

## LOBSTER

Rich in protein, lobster ranks as a popular aphrodisiac. Beloved for its texture as well as its taste, lobster is a prime meal choice when it comes to date nights around the world. Beneficial for its amino acids, lobster also provides boosted levels of dopamine and norepinephrine — two chemicals in the body that appear to be associated with sexual sensitivity. Lobster's mineral content, specifically zinc and selenium, is believed to offer benefit in the bedroom, as well as properties linked to overall good health.

## CAVIAR

Prized as a delicacy the world over, caviar is also highly regarded as an aphrodisiac. Containing a multitude of vitamins and minerals, caviar does appear to have the power to make a body feel good physically and psychologically — which is not surprising given that it is typically expensive and regarded as a luxury. Caviar, or roe, are regarded as a symbol of fertility and have been linked to the Greek and Roman goddesses of love since antiquity. 🐟



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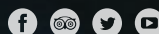
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