

FALL 2019

IFR

IN • FLIGHT REVIEW

Helijet

WHALE OF A TALE

GETTING TO KNOW
THE SOUTHERN
RESIDENT KILLER
WHALES

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OMEGA

**In-Flight Review
Magazine**

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Killer whales are the
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Raising the curtain on Canadian theatre

BY ANDREA HÉBERT
MANAGER OF CORPORATE
SPONSORSHIP & FOUNDATIONS
ARTS CLUB THEATRE COMPANY

THERE IS AN overwhelming feeling when you find yourself sitting in the dark surrounded by 600 strangers. The buzz of conversations starts to subside, followed by the most deafening silence, then all five senses are instantly awakened. The curtain opens and you are transported to another world. Streaks of light and splashes of colour illuminate the space. The melody being played is subtly familiar and the anticipation from the youngster next to you is irrefutably contagious.

You take a sip of wine and settle in as the actor takes their mark and a story begins to unfold before you.

The power of the performing arts is undeniable, and the Arts Club Theatre Company is proud to be one of the most sought-after destinations for live theatre in Canada. Each season, approximately 15 productions take place across their three stages: the flagship 620-seat Stanley Industrial Alliance Stage located on South Granville, the charming 440-seat Granville Island Stage overlooking False Creek, and the state-of-the-art 243-seat Goldcorp Stage at the BMO Theatre Centre in lively Olympic Village.

Ashlie Corcoran, a B.C.-born artist, stepped into the role of Artistic Director last year, with the aim of energizing the city with her fresh artistic outlook. “The Arts Club Theatre Company’s local identity is a

vital component of our mission,” she says, “and our values are deeply rooted in what it means to be British Columbian. We firmly believe that cultivating and engaging local artists to tell stories, enlivened by our shared experiences, strengthens not only us, but also our community.”

The Arts Club employs over 500 Canadian artists, practitioners and administrators annually, producing thought-provoking dramas, blockbuster musicals and laugh-out-loud plays. The company also facilitates nine core education and outreach programs to inspire the next generation of theatre-makers and theatre-lovers alike.

Together with Executive Director Peter Cathie White, Corcoran is now co-leading the company into its next stage of growth and innovation, and as



The cast of *Miss Saigon* taking their bow at the historic Stanley Industrial Alliance Stage on South Granville.
Photo: David Cooper Photography

the Arts Club enters its 56th season, it is imperative to recognize those who have offered unconditional support. Helijet is one of those supporters and has been an important sponsor and Arts Club advocate for almost 15 years.

“In order to promote our support of B.C.’s vibrant theatre community, we frequently travel between Metro Vancouver and Vancouver Island to meet with local artists and collaborators,” says Cathie White. “It is important that we celebrate the talent from coast to coast and maintain ties with like-minded organizations. As Helijet understands, ‘The show must go on!’” **H**

Visit artsclub.com to learn more.



Photo: Jay Minter

Pride in Service

Aisling (Ash) Sutherland,
Coordinator Training and
Standards Passenger Services
& Employee Travel, Helijet

HOW MUCH TIME does the average person spend at work over the course of a lifetime? The answer is much more than you think. On average, a typical employee will spend around 90,000 hours on the job — that's more than 10 waking years in the workplace.

For some, those years can seem like an eternity in purgatory, if not hell. But for some the workplace can be a little slice of heaven — a source of satisfaction, friendship and reward.

Such jobs are few and far between, which perhaps explains why so many professionals regularly change

jobs, or careers, over the course of their professional lives, forever chasing the elusive promise of the “dream job”. Some spend decades on their quest; few realize it.

Aisling (Ash) Sutherland counts herself among the fortunate few. What's more, she found her forever home with Helijet at the tender age of 19, shortly after graduating from high school.

This September Sutherland celebrates 25 years service with Helijet, which might seem like a rare achievement until one discovers she is surrounded by dozens of other employees who have similarly dedicated most of their professional lives to the company.

“I really like that there are so many long-term employees here at Helijet,” says Sutherland. “I've grown up with these people. They're like family to me.”

Sutherland was initially hired in September 1994 as a Reservations Agent and worked in that role for a couple years before taking on a frontline role as a Passenger Services Agent (PSA). After honing her skills in this role she progressed to Training Coordinator, conducting initial training with new-hire staff.

She eventually moved from frontline service to Helijet's corporate head office at YVR airport where she assumed responsibility for employee travel. In her current role, Sutherland's office is akin to an internal travel agency for Helijet's personnel, handling arrangements for airline travel, hotels and car rentals, among many other things. That is no mean feat in a company of nearly 160 professionals, many of who live throughout Canada and need to regularly travel to Helijet's bases of operations for work. Moreover, Helijet employs some 60 pilots, who regularly attend simulator training at FlightSafety International in the U.S. every six months.

“I never get bored: mine is an on-demand job where things are constantly changing,” explains Sutherland. “I coordinate travel and accommodations for pilots and maintenance personnel from all over the country, helping them get where they need to go quickly, efficiently, and at the best price available.”

Sutherland says she enjoys the challenges associated with the job because of the inherent satisfaction she derives from helping her colleagues. Likewise, she appreciates the help and flexibility Helijet affords her so she can spend time with her two children, Myah and Dorian.

“My kids are so important to me,” says Sutherland. “Helijet has always been amazing when it comes to family. They offer flexibility and support, whether it's

“Helijet has always been amazing when it comes to family. They offer flexibility and support, whether it’s working around a parent-teacher interview, the loss of a loved one, or coaching my son’s soccer team.”

working around a parent-teacher interview, the loss of a loved one, or coaching my son’s soccer team.”

Sutherland believes the organization benefits from its relatively small size, and the intimate working relationship between management and employees: “Lots of companies talk about having an ‘open door’ policy with senior management, but few compare to Helijet,” she insists, nodding towards the office across the hall occupied by Helijet’s President and CEO, Daniel (Danny) Sitnam. “Danny is awesome. Yes he’s the president and the boss, but the culture he has created is one of mutual respect. I can go into his office any time and know he’ll make time for me.” She adds, “That sets the tone from the top down; it’s a team effort at Helijet, no matter what your role is, or what department you work in.”

For his part, Sitnam recognizes the value dedicated employees bring to the organization:

“Ash joined Helijet 25 years ago as a frontline worker and has progressed through the company in a variety of roles. Her wealth of knowledge and experience, combined with a wonderful spirit, is invaluable to our organization. I have met very few people during my career who give so much, while asking little in return. Her untiring dedication to support our employees and travelling guests is in a league of its own.” With humorous affection, he adds, “If you look up the word *commitment* in the Merriam-Webster Dictionary, you will see a picture of her smiling face!”

Indeed, Sutherland says being part of an organization where she is surrounded by friends, helping others, and making a meaningful contribution, is why she looks forward to going to work every day, even after 25 years: “I am grateful for the job I have, and so very proud to tell people I work for Helijet. I definitely see myself retiring here.” 🍷

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Photo Courtesy of JW Marriott Parq Vancouver

We chatted with **Rodolfo Parra**, Chef Concierge at the JW Marriott Parq Vancouver and a member of the prestigious Les Clefs d'Or Canada, to get his take on the best of the best in Vancouver this fall.

Best place for a working lunch or dinner

Chambar Restaurant on Beatty Street is a charming brick-walled restaurant that offers a casual but elegant feel, making it the perfect spot to take clients or co-workers. It's a Belgian-style restaurant with Westcoast-influenced cuisine and their famous *moules frites* paired with their signature Belgian beers is outstanding. You can sit outside on the terrace during nice days, or inside at one of the cozy red-leather booth tables as the fall weather turns cooler. It's great for a small lunch or dinner meeting, but if you have a larger group of 12 or more, their private area is ideal.

Must-do fall event or performance

The Vancouver International Film Festival runs from September 26 to October 11 and it's one of the top events in the fall for many Vancouverites. There are more than 320 films from all over the world, from documentaries to fiction, so there's lots to choose from. Movie-goers will need to plan ahead to make the most of VIFF!


Vancouver's latest hot spot

D/6 Bar & Lounge right here at Parq is *the* hip and classy hangout right now. It's a great place to chat and mingle with locals, and an indoor/outdoor rooftop lounge with a live DJ and eclectic cocktails makes it the perfect spot to spend an evening. There's even a cool private hiding room behind the library.

Vancouver's best cocktail

Another great spot is The Keefer Bar, hidden in the heart of Chinatown. It's dark and slightly mysterious with an apothecary-style cocktail bar (a.k.a. Medical Center). Their Asian-inspired cocktails are a must – especially during happy hour. Another one of my favorites is Nightingale by Chef Hawksworth. The dining room is located on the mezzanine with an open kitchen and it looks down onto the beautiful lounge with contemporary decor and soaring ceilings. Their signature drink, the Nightingale martini, is incredible.

Vancouver's best hidden gem

The delicious Dumpling Trail in Richmond is a must. It features a collection of over 20 restaurants you can walk to. Try some of the mouthwatering, crispy, chewy dumplings or sample a wide variety of dim sum. This self-guided culinary trail is so good it made it onto CNN Travel's list of "12 of the world's most enticing food and drink trails." To find your way, Tourism Richmond has a map and itineraries on its website (visitrichmond.bc.com) that you can download before heading out on the trail. 

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AGENDA | VANCOUVER

RUGBY CANADA: CANADA VS. U.S.A.

SEPTEMBER 7: VANCOUVER

In their last scheduled game on home soil before heading to Japan for the 2019 Rugby World Cup, the Men's National Team will host rivals U.S.A. Rugby at BC Place. #GoCanadaGo rugby.ca

POWER TO PLAY

SEPTEMBER 19: VANCOUVER

This action-packed, team-building adventure race in Stanley Park pushes racers to their limits in support of Power To Be, a non-profit organization that empowers people to explore inclusive adventures in nature. powertobe.ca

ELTON JOHN: FAREWELL YELLOW BRICK ROAD

SEPTEMBER 21, 22 & 24: VANCOUVER

There's one last chance (well, actually three) to see the Rocket Man himself live on stage in Vancouver. After more than 50 years on the road, Sir Elton John is bidding farewell with a three-year, five-continent tour concluding in 2021. Don't miss the sequins, sunglasses and songs on stage at Rogers Arena.

eltonjohn.com



Photo: Matt Beard

CIRQUE DU SOLEIL: LUZIA

OCTOBER 3-DECEMBER 15: VANCOUVER

Described as a "waking dream of Mexico," LUZIA combines light and rain, tradition and modernity in this surreal Cirque performance under the Big Top.

cirquedusoleil.com

VANCOUVER CANUCKS SEASON OPENER

OCTOBER 9: VANCOUVER

Check out how the team is shaping up during the September pre-season, or get in on the regular-season action starting October 9th when the Canucks face off against the LA Kings. nhl.com/canucks

JONAS BROTHERS: HAPPINESS BEGINS TOUR

OCTOBER 11: VANCOUVER

The brothers are back! It's been almost a decade since their last headline tour, and now Joe, Nick and Kevin are back at it touring tunes from their fifth studio album, *Happiness Begins*. jonasbrothers.com

GATEWAY THEATRE: CHINA DOLL

OCTOBER 17-26: RICHMOND

The Gateway Theatre presents this historical drama blending themes of tradition, independence and new possibilities. Su-Ling's world is bound by her grandmother's determination to have her marry well, but when Su-Ling learns how to read her world is enlarged and the choices she makes have consequences for everyone. gatewaytheatre.com

VANCOUVER FALL HOME SHOW

OCTOBER 24-27: VANCOUVER

Looking for inspiration, ideas or solutions for your home? The Vancouver Fall Home Show features expert advice, culinary demos and exhibitors galore during its four-day run at the Vancouver Convention Centre. Be sure to check the schedule for main-stage presenters Bryan Baeumler of HGTV Canada's hit show *Island of Bryan*, Sabrina Smelko of *Save My Reno* and others. vancouverfallhomeshow.com

ARTS CLUB: THE SOUND OF MUSIC

NOVEMBER 7-JANUARY 5: VANCOUVER

Why not enjoy Rodgers and Hammerstein's iconic musical the way it was originally meant to be seen? *The Sound of Music*, based on the true story of the von Trapp family, was originally a Broadway production opening in 1959 before being made into the classic film in 1965. This winter, the Arts Club Theatre will bring it back to the stage for audiences of all ages.

artsclub.com

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CJ started a t-shirt design business as part of his Grade 10 personal project, a core part of the International Baccalaureate program.

From design to outsourcing production, he directs all aspects of the operation. The school project is long since complete, but he continues to develop and market his growing clothing company.



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Aspen Santa Fe Ballet Photo © Sharon Bradford for The Dancing Image 2018

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AGENDA | VICTORIA

BELFRY THEATRE: *THE CHILDREN*

SEPTEMBER 17- OCTOBER 13: VICTORIA

Award-winning playwright Lucy Kirkwood's play, *The Children*, introduces audiences to Robin and Hazel, retired nuclear scientists living in a seaside cottage. But all is not as peaceful as it may seem in this captivating drama. belfry.bc.ca

URBACITY CHALLENGE

SEPTEMBER 22: VICTORIA

Truly a one-of-a-kind race, teams of two and four choose their own route to complete challenges throughout Victoria's downtown core. Time is limited, the challenges are a closely guarded secret and racers are encouraged to bring their best game to support the Island Prostate Centre. urbacitychallenge.ca

VICTORIA ROYALS HOME OPENER

SEPTEMBER 27: VICTORIA

Roar with the Royals as they return to the ice at Save-On-Foods Memorial Centre for their ninth season of Western Hockey League play. victoriaroyals.com

JOHN FOGERTY: MY 50 YEAR TRIP

OCTOBER 12: VICTORIA

Relive the spirit of 1969 with John Fogerty live on stage. Playing his iconic Creedence Clearwater Revival hits and more, this arena tour showcases stories and music from the past five decades. sofmc.com

GOODLIFE FITNESS VICTORIA MARATHON

OCTOBER 13: VICTORIA

Running Vancouver Island's world-class, record-breaking course is a Thanksgiving Weekend tradition in Victoria. With a full marathon, half marathon, 8K Turkey Trot or Thrifty Foods Kids Run, there's something for everyone. runvictoriamarathon.com

DANCE VICTORIA: ASPEN SANTA FE BALLET

NOVEMBER 15 & 16: VICTORIA

Integrating music with movement, world-renowned pianist Joyce Yang will perform live on stage alongside the Aspen Santa Fe Ballet as they present *Half/Cut/Split* by noted Finnish choreographer Jorma Elo. dancevictoria.com

CHEMAINUS THEATRE: *MRS. WARREN'S PROFESSION*

SEPTEMBER 13 – OCTOBER 5: CHEMAINUS

Written in 1893 but censored by government until 1902, *Mrs. Warren's Profession* is long considered one of George Bernard Shaw's most controversial classics. When Vivie Warren returns home from university as a "modern woman" only to discover that her mother secretly manages a thriving business as a Madam, the two women clash over ideals, realities and expectations. chemainustheatrefestival.ca

NANAIMO JAZZ FESTIVAL

SEPTEMBER 20-22: NANAIMO

Outdoor concerts, a New Orleans-style parade, jam sessions and student workshops are yours to experience during the third annual Nanaimo International Jazz Festival. After all, live jazz is always the best kind of jazz. nanaimojazzfest.ca

MEET A MACHINE

SEPTEMBER 21: NANAIMO

Support the Juvenile Diabetes Research Foundation by visiting the Nanaimo Harbour Terminal at 100 Port Way from 10 a.m. to 3 p.m. to discover and explore machines in all shapes and sizes: fire engines, police vehicles, tractors, excavators, mining machines and of course a Helijet will all be on display. The event is free for children ages 12 and under.

jdrf.ca/meetamachine

VANCOUVER ISLAND SYMPHONY: THE BRAVE HEART

OCTOBER 19: NANAIMO

Vancouver Island Symphony kicks off its 25th anniversary with guests of honour pianist Michael Kim and composer Jason Nett during this season's opening concert featuring Grieg's Piano Concerto in A minor and Tchaikovsky's Symphony no. 4 in F minor. vancouverislandsymphony.com

MOSCOW BALLET: SLEEPING BEAUTY

NOVEMBER 11: NANAIMO

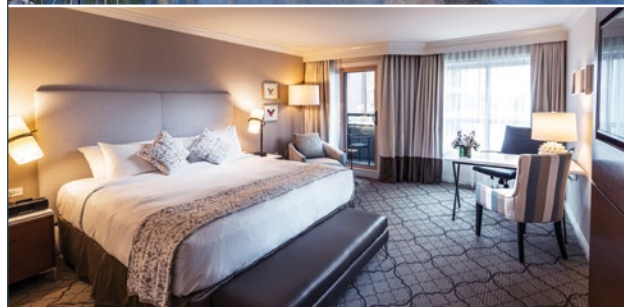
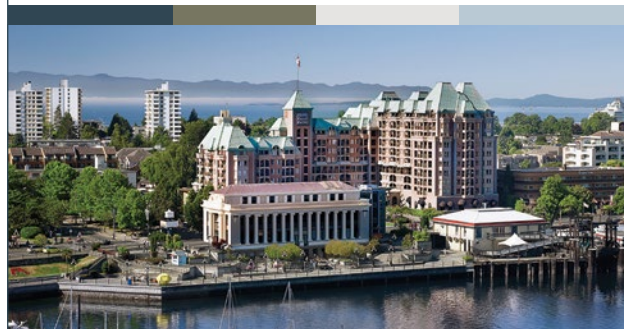
Challenging choreography, stunning costumes and sets made in grand Russian theatrical style grace the stage at Nanaimo's Port Theatre for this charming re-telling of the classic fairy tale. moscowballet.com



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Whale of a Jale



GETTING TO KNOW OUR NEIGHBOURS IN THE SEA: THE SOUTHERN RESIDENT KILLER WHALES

OFTEN, IT'S A PUFF OF MIST on the horizon that first catches the eye. Then a series of rolling, glossy black bodies push through the surface of the water and the distinctive triangular dorsal fins rise and descend in beautiful fluid movement. Watch for long enough, and you might be treated to the slap of a tail or even a breath-taking acrobatic belly flop as these impressive mammals make their way through the waters *en masse* socializing, playing and hunting for salmon.



By Stephanie Cunningham

THE SOUTHERN RESIDENT killer whales that cruise our coastal waters are not to be taken for granted. Once thought to number as many as 98 animals in the mid-1990s, the clan has since declined and was officially declared an endangered species by the Canadian government in 2001.

This past spring, news of a new calf was met with hopeful expectancy, only to be followed weeks later by reports that three other members were declared missing and presumed dead, pushing the estimated population to a low not seen since the mid-1980s.

So what makes these whales so unique? And what can be done to ensure their survival?

A mighty trio

Killer whales, scientifically known as *Orcinus orca*, are the largest members of the dolphin family. The three distinct groups, or ecotypes, found in Canadian Pacific waters are the Offshore, Transient and Resident killer whales, with the latter group further divided into the Northern and Southern populations.

While all three ecotypes may look alike to the untrained eye and overlap in region, research and genetic studies indicate these populations do not interact, nor do they interbreed. In fact, each ecotype is thought to have its own social structure, distinct vocalizations and dietary requirements that differentiate one population from another.

The elusive and far-reaching Offshore killer whales can be found along the continental slope and farther out to sea and are known to be primarily fish-eaters with an appetite for sharks as well.

Transient killer whales, also known as Bigg's, feed on a broad range of marine mammals such as porpoises, sea lions and seals. To be successful hunters, Transients are masters of the silent pursuit: they rarely vocalize, breach or splash as they sneak up on their prey in small groups of two to five individuals.

Resident killer whales, meanwhile, dine mostly on salmon and travel in large, multi-generational pods of up to 20 to 40 individuals. Because their prey is oblivious to noise, these highly social and charismatic whales are a chatty group, using echolocation clicks and vocalizations to both navigate and hunt.

With territory that extends from Washington to Alaska, the Northern Residents are most often observed from mid-Vancouver Island northwards and have an estimated population of more than 300 individuals. Their Southern counterparts, however, reflect their name with a territory that ranges from the waters of Southern Alaska to as far South as California. During summer months, this population favours the waters of the Salish Sea, swimming in the straits of Georgia, Haro and Juan de Fuca, and making them the whale-watching celebrities they have become.



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Family dynamics

The Southern Resident population is actually a large extended family, or clan, consisting of smaller distinct family groups referred to as matriline. Usually led by the oldest female member, matriline include her offspring and the offspring of her daughters – a tightly knit family unit of both males and females that communicates using their own dialect and stays together for life.

Groups of matriline are known as pods and the Southern Resident population is comprised of three of these: J, K and L.

J Pod is perhaps the most well-known as it often remains in the waters of the Gulf and San Juan Islands for stretches of time and has recently made global headlines under both sad and happy circumstances. In August 2018, a female known as J-35 was observed nudging her dead calf along the surface of the water for 17 heart-breaking days, but in May of this year a new baby spotted swimming alongside

two adult females off the coast of Tofino renewed a flicker of hope for this orca community.

L Pod is the largest grouping with more than 30 members and includes the oldest living great-grandmother among all the Southern Residents: L-25, otherwise known as Ocean Sun, is thought to have been born circa 1928 and has out-lived all her immediate family. (Typical life expectancy for females is 50 years, and 30 years for males.)

K Pod, the smallest pod, is thought to consist of just 17 individuals.



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As individual as a fingerprint

When viewed in the expanse of the ocean, it's difficult to grasp just how enormous these animals are. Although certainly not the largest of whales, adult Southern Resident males typically grow to a length of eight to nine metres, weigh up to five tonnes and sport a dorsal fin that is one to two metres tall; adult females are approximately 20 per cent smaller.

Physically, each whale can be identified by the size and shape of its dorsal fin as well by any nicks or scratches it has picked up along the way.

Saddle patches, the light grey or white areas located just behind and to either side of the dorsal fin, also help with identification. Much like fingerprints, these patterns are individual to each animal and are not necessarily symmetrical on the right and left side. These markings are considered "closed" if they are uniformly grey, or "open" if they have patches of black in the centre. Generally, Transients sport closed saddle patches, while Resident killer whales have open markings.

Follow the fish

Southern Resident killer whales have not had an easy history. Shooting these mammals was once common practice and live capture for public display in the 1960s and 1970s is thought to have reduced the population by as much as half. After these activities were banned, the population rebounded, but has since struggled to maintain numbers.

Many believe the issue is a dietary one.

Chinook and chum salmon are the primary food source for Southern Resident killer whales and the poor health of the general population suggests they are not getting enough to eat.

The question is, why are they so hungry? Some surmise it's because Chinook runs are in decline, or that whales are having difficulty hunting due to vessel traffic, underwater noise, contaminants or other factors that might interfere with their ability to use sound frequencies to locate their prey.

Collaboration is key


To help solve this conundrum, innovative research is underway to track the availability of Chinook salmon for killer whale consumption. Under the auspices of the Government of Canada's new 'Whale Science for Tomorrow' initiative and led by University of British Columbia marine mammal scientist Dr. Andrew Trites, a new study using acoustic tags implanted onto individual fish that "ping" off underwater receivers will be the first research of its kind to track the movements of Chinook salmon while killer whales are hunting.

Using a combination of repurposed technology and new receivers in Haro Strait, the Pacific Salmon Foundation (PSF) has provided a \$150,000 grant underwritten with funds from the Province of B.C. to make this study happen. The funding will also assist with fish tagging and tissue analysis to look at how fish stress, energy and health affect their survival during migration.

"There is still a lot to be learned about Southern Resident killer whales and their dietary dependence on Southern B.C. Chinook stocks," said Michael Meneer, president and CEO of the PSF. "The research will have direct implications for management of fisheries, the conservation of killer whales and the economies of many coastal communities in Southern B.C."

All together now

Ultimate survival of the Southern Resident killer whale population will depend greatly on research such as this, as well continued collaboration between academics, scientists, government bodies, fishing communities and others to learn as much as possible, as quickly as possible.

To find out how you can assist the Southern Resident killer whales by minimizing disturbance from your activities on the water, check out Be Whale Wise (bewhalewise.org) to learn about current local laws on both sides of the border, as well as helpful links to both Canadian and U.S. resources. 

3 ways you can help save the whales

Help the salmon, help the whales

Consider volunteering with one of many streamkeeper groups across B.C. that are working to conserve, restore and enhance salmon and their habitats. To find training and volunteer opportunities in your community, visit the Pacific Streamkeepers Federation website at pskf.ca.

Dispose of medicine and chemicals responsibly, not down the drain

Take expired and unused medicines to your community pharmacy for proper disposal and contact your local waste collection facility to find a drop-off site near you for household hazardous waste.

Spot a whale? Report it!

The B.C. Cetacean Sightings Network collects and analyzes reports of cetacean (whale, dolphin and porpoise) and sea turtle sightings to learn more about species distribution patterns. There's even an app for that. To find out more, go to wildwhales.org.



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How to plan your digital life for after death

AT ONE TIME, when a loved one passed away, his or her important paper documents would be sifted through and organized, photo albums would be distributed to family members and friends, and any incoming mail would be collected from the mailbox and replied to as needed by the executor of the estate.

But as our lives are progressively lived online, the hefty job of dealing with those types of items after a death is proving to be increasingly complex. After all, how can you even begin to collect and sort through documents, photos and other important records when you may not know where – or even *if* – they exist?

Here are four ways you can get your digital life in order now, to make it easier for your loved ones later.

1 | Take a digital inventory

Whether you favour Facebook, Instagram, LinkedIn or Twitter, most of us have a presence on social media. In fact, according to recent statistics from Hootsuite, 69 per cent of adults use some kind of social media, with the average internet user having no less than seven social media accounts to their name.

Your internet footprint is larger than you think, so preparing a detailed digital inventory will no doubt prove to be an invaluable resource for those left behind to manage your affairs.

Social media accounts are just the tip of the iceberg. Your digital inventory should also include details for your email addresses (most people have at least two) and domain registrations, as well as a list of all the accounts you use for photo and video storage, file-sharing, online shopping, online entertainment and streaming services, loyalty programs and any other digital assets that will need to be shut down, or otherwise rendered inactive after your death.

2 | Set up your accounts with the end in mind

Some online services and social media accounts allow you to plan for the future today with built-in tools that let you choose how your account will later be deactivated if left unused or memorialized upon your death.



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Google's Inactive Account Manager tool, for instance, lets you decide how long Google should wait before considering your account inactive, choose cellphone and email addresses for Google to contact before deactivating the account, and it even allows you to set up an autoreply to respond to incoming Gmail messages after the account has been rendered inactive.

Facebook, meanwhile, memorializes accounts if they are made aware that an individual has passed away in order to keep the account secure and prevent others from logging into it. If you wish, however, you can designate someone to serve as your Legacy Contact to manage the account upon your death. While that person won't be able to log into the account, they will be able to pin a final message to your profile, respond to new friend requests and update the profile picture and cover photo.

3 | Detail your digital banking

The Canadian Bankers Association reports that more than three quarters of Canadians use digital channels, both mobile and online, to conduct most of their banking transactions. And while many banks still have bricks-and-mortar locations, a growing number of online-only financial institutions have done away with physical locations and monthly paper statements altogether, making financial paper trails after death a little less easy to follow.

Make sure your executor has a complete list of all the online financial and credit card accounts you hold, both personal and business, as well as funds that might be tucked away in pensions, investments or offshore accounts that don't necessarily issue a tell-tale trail of paper statements. And don't forget to include a list of other credit balances that may exist on PayPal, eBay, Etsy, Square or even in cryptocurrency wallets.

4 | Back it up

Like flossing our teeth, we all know we should regularly back up our data, but actually doing it can be another matter.

Backing up your personal data and cloud accounts to an external hard drive or USB drive is not only a good idea for your own convenience and protection, it can be an enormous gift for the executor of your estate and loved ones at the time of your death. Take it one step further and create a portable drive that contains the information you wish to pass along immediately upon your death, including the digital inventory list and digital banking details you have so thoughtfully put together for just this final life event. **H**



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A BEET SALAD TO FALL FOR

GLORIOUSLY COLOURFUL, SWEET AND TANGY, THIS BEET AND PEAR SALAD BY CHEF MICHAEL OOMS SHOWCASES THE FABULOUS FLAVOURS OF FALL

Fall Beetroot & Pear Salad with Pickled Ginger Vinaigrette

SERVES 4

FOR THE SALAD

2 medium golden beets
2 medium purple beets
2 pears, ripe but firm to the touch
4 oz goat cheese, more if desired
1 lemon
handful of fresh pea shoots (optional)
salt and pepper to taste

FOR THE VINAIGRETTE

$\frac{3}{4}$ cup rice vinegar
 $\frac{1}{2}$ cup pickled ginger, drained and patted dry
2 Tbsp honey
1 tsp dijon
1 Tbsp cilantro, chopped
2 $\frac{1}{2}$ cups canola oil
salt and pepper to taste

1. Poach golden and purple beets in salted water a in medium size saucepan until a paring knife can be inserted easily. Cool under running water just enough until able to handle. Rub the beets with your hands and the skins should peel off with ease. If not, clean with a paring knife and let cool completely.
2. Cut beets into wedges and place in large mixing bowl. Cut pears into quarters, core, slice lengthwise and place in bowl with beetroot. Zest half the lemon over the top and gently toss. Set aside.
3. Puree ginger, honey, dijon and rice vinegar in blender. Slowly add oil until the vinaigrette is emulsified. Add salt and pepper to taste and add chopped cilantro. Do not puree again.
4. Pour vinaigrette over beetroot and pear mixture, toss and let rest for 30 minutes.
5. Arrange on serving vessel, crumble goat cheese over top and garnish with pea shoots.

Enjoy!



Michael Ooms, Corporate Chef de Cuisine for Kingsbridge Management Ltd. and its boutique properties, The Oswego Hotel in Victoria and the Qualicum Beach Inn.

For Chef Michael Ooms, beets are at their absolute best in autumn. “Beets are awesome all year around,” he says, “but in the fall, at just the right time of year, they are just a little bit sweeter with lots of great earthy flavours that work especially well with pears.”

His tips for picking the best of the crop? While Ooms says you can’t necessarily choose beets based on their colour, he recommends buying organic if at all possible, and choosing medium-sized roots that are firm and free from dents or bruises. Same goes for pears.

“I love Anjou and Barlett pears,” he says, “but any type of pear will work for this recipe – as long as it’s firm but just soft enough to indicate that it’s ripe.

“Sight, smell and touch will always be your best guides for buying fruits and vegetables,” he adds.

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