

FALL 2023

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IN•FLIGHT REVIEW

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MARINE PILOTS**

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Helijet

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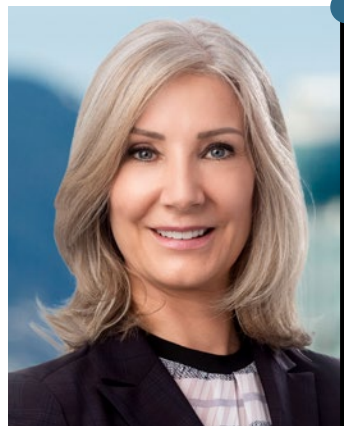
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GUEST EDITORIAL



Crucial COG

Julie Gascon
CEO, Pacific
Pilotage Authority

IF YOU WERE to count 10 random items in your home, it's likely that nine of them were transported by ship from elsewhere. This is because around 90% of all worldwide transportation is done by ships, from producers to consumers.

Shipping plays a pivotal role in Canada's economy, and a vital aspect of ships entering or leaving BC's coastal waters are marine pilots. The Pacific Pilotage Authority (PPA), a federal Crown Corporation, holds the responsibility of overseeing pilotage services along BC's extensive 25,725-kilometre coastline, including the Fraser River.

A marine pilot's responsibility is to guide the captain and crew of any vessel over 350 gross tons, choosing the safest route to avoid hazards and other vessels. While most regions involve pilots in navigating vessels within specific ports, Canada's West Coast stands apart with arguably one of the most intricate areas to navigate and the BC coast is the world's largest compulsory pilotage area.

Becoming a certified marine pilot demands an exceptional level of expertise acquired over years of sea experience, extensive study and training. The process is rigorous and not for the faint of heart.

The application and training are notably stringent and requires candidates who have spent several years at sea, accumulating over 1,000 days of watch-keeping time on the West Coast. Following successful completion of oral and written exams, candidates undergo a comprehensive 12-month apprenticeship program to attain a restricted licence. Subsequently, they can accumulate more hours and training towards an unrestricted licence. Training continues incorporating new electronics, navigation systems, advanced ship-handling, as well as training using sophisticated simulators.

While technology has made shipping significantly

safer, there is no replacement for local knowledge and extensive seafaring experience. I can personally vouch for this, having started my maritime career in 1994 with the Canadian Coast Guard, joining the Pacific Fleet as a navigator in 1998. I temporarily left in 2001 to navigate large crude carriers and passenger vessels, eventually obtaining my Master Mariner and in 2005, I took new roles in Transport Canada and the Canadian Coast Guard. Having spent my career in the maritime sector, I hold immense respect for marine pilots and the four Canadian Pilotage Authorities that administer the pilotage system in Canada. As the Director General of Marine Safety & Security, I had the privilege to closely observe the Authorities' role and was fortunate to join the PPA as their CEO in October 2022.

Since assuming the role of CEO from my predecessor, Kevin Obermeyer, I have continued to align our focus and vision to uphold our organization's high standards and safety record. To achieve this, we will continue to recruit, train, and qualify the most talented and experienced mariners in BC, including pilot launch crew, dispatchers, accounting services, and management team.

The PPA's role in facilitating the safe and efficient transit of vessels in compulsory pilotage waters is a crucial component to prevent any incidents while we coexist with the marine wildlife and protect the environment we are sailing in. Timing is critical when billions of dollars in goods and materials flow through BC's ports, connecting them to vital supply chains while transiting the pristine waters of our coast that are both breathtaking and hazardous.

The PPA remains steadfastly committed to supporting our marine pilots, and ensuring their quick and safe transit to various locations along the coast is a significant focus for the Authority. To this end, we have partnered with organizations like Helijet to provide rotary- and fixed-wing services up and down the coast. We rely on their pilots to transport ours swiftly, safely, and efficiently.

It's worth noting that, as per the Pilotage Act, the PPA's services are funded through a user-pay system, where vessels subject to pilotage bear the cost of PPA's services. One of the key roles of the PPA is to consistently strive for safety and cost-efficiency. While safety might come at a cost, the price of an incident is far too steep to pay. 📍



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AGENDA



Photo: RBC GranFondo Whistler

RBC GRANFONDO WHISTLER SEPTEMBER 9: WHISTLER

Take part in North America's largest Gran Fondo and enjoy cycling the Sea-to-Sky Highway on the one and only day of the year without traffic. From Vancouver to Whistler, cycle 55, 122 or 152 kilometres to the finish line and post-ride party at Celebration Plaza, where food, live music and a hard-earned beer make this uphill climb all worthwhile. rbcgranfondo.com

BREWERY & THE BEAST SEPTEMBER 24: LANGFORD

If the scent of barbecuing sets your mouth a watering, be sure to add this one-of-a-kind festival to your fall calendar. An exceptional lineup of chefs will serve up a feast of locally raised proteins, using both modern and traditional open-fire cooking techniques. Then quench your thirst with a bevy of yummy craft beers, ciders, cocktails and non-alcoholic options.

breweryandthebeast.com

GUNS N' ROSES WORLD TOUR 2023 OCTOBER 16: VANCOUVER

Guns N' Roses will be knock-knock-knockin' on Vancouver's door in October when the iconic band pays a visit to BC Place for the final show of its extensive 2023 world tour. Performing with special guest Alice in Chains, this is your chance to see the group once dubbed "the most dangerous band in the world."

gunsnroses.com

VANCOUVER ISLAND SYMPHONY PRESENTS BLOOMING

OCTOBER 25: NANAIMO

Enjoy a mid-week evening of symphony at the Port Theatre in Nanaimo under the skillful baton of conductor Cosette Justo Valdés alongside guest artist Philip Chiu on the piano. The evening programme includes performances of “Bite” by Bekah Simms, Beethoven’s Piano Concerto No. 4 and Shostakovich’s Symphony No. 5.

vancouverislandsymphony.com

BRUCE SPRINGSTEEN AND THE E STREET BAND

NOVEMBER 3: VANCOUVER

Believe it or not, The Boss released mega-hit “Glory Days” almost 40 years ago and is celebrating his 74th birthday this fall. With 21 studio albums to his name and a career that spans six decades, don’t miss this Rogers Arena concert performed by one of the most prolific and celebrated artists in popular music history.

brucesteen.net

GIBNEY COMPANY

NOVEMBER 17 & 18: VICTORIA

The Dance Victoria 2023/24 season kicks off with a powerful performance by Gibney Company, a world-class dance troupe based in New York City dedicated to presenting emerging and renowned choreographers. Led by artistic director Gina Gibney and director Gilbert T Small, this Royal Theatre contemporary performance is sure to be both thoughtful and memorable. **dancevictoria.com**



Photo: Sharen Bradford/Gibney Company



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YOUR GUIDE TO HOT-TICKET SPORTING EVENTS THIS FALL

There's no better time to be a sports fan than in the fall. After all, 'tis the season for hopeful season openers, nail-biting playoff games and once-in-a-lifetime sporting spectacles.



SOCCKER

OCTOBER IS CRUNCH TIME for both Major League Soccer (MLS) and the Canadian Premier League (CPL) as teams cap off their regular seasons and look to punch their tickets into the playoffs.

In the MLS, excitement builds with every game as the Vancouver Whitecaps FC heads into its final regular season game against defending champions LAFC, October 21 at BC Place. Meanwhile, in the CPL, Victoria's Pacific FC has had a strong season and will play their last home game at Langford's Starlight Stadium on September 30 before heading to Calgary to conclude the regular season against highly regarded Cavalry FC, October 7.

HOCKEY

VICTORIA HOCKEY FANS won't have far to travel this fall to see their favourite Vancouver Canucks on ice. From September 21 to 25, the team will hold its pre-season training camp at Victoria's Save-On-Foods Memorial Centre where spectators can watch star players Elias Pettersson, Quinn Hughes, JT Miller and others hone their skills.

Two weeks later, the Canucks regular season begins on home ice for the first time in five years when Connor McDavid and the Edmonton Oilers arrive

for the puck drop at Rogers Arena, October 11. Hockey fans also won't want to miss the November 30 home game, when defending Stanley Cup Champions, the Vegas Golden Knights, come to town.

FOOTBALL

FALL IS MAKE-IT-OR-BREAK-IT TIME for the CFL as teams battle towards the playoffs and a spot in the Grey Cup, this year happening November 19 in Hamilton, Ontario.

The BC Lions have built a strong team with some exciting young players on the roster, making each and every game a must-see event. Pivotal end-of-season games include the Gravy Bowl on Thanksgiving Day weekend against the Winnipeg Blue Bombers on October 6, and Blackout Night on October 20 against the Calgary Stampeders. Both have the potential to be significant games with playoff seeding on the line as the regular season comes to a close.

BASKETBALL

FOR ONE DAY ONLY, the NBA is back in town with NBA All-Star Pascal Siakam and the Toronto Raptors taking on the 2022-23 NBA Pacific Division champion Sacramento Kings for a Canadian Series pre-season game at Rogers Arena, October 8.



Photo: Bob Frid/Vancouver Whitecaps FC



Courtesy Laver Cup

TENNIS

WHAT HAPPENS WHEN Europe takes on the World? The Laver Cup.

For the first time since its inception in 2017, Canada will host this premier tennis event, pitting Team Europe, led by Casper Ruud of Norway, against Team World, featuring Canadian men's tennis star Félix Auger-Aliassime.

Harkening back to their days as explosive players on the court, Team World captain John McEnroe will look to defend his team's title against Team Europe, captained by the legendary Björn Borg. Catch all the action at Rogers Arena, September 22 to 24.



Photo: Skate Canada/Danielle Earl

FIGURE SKATING

EIGHTEEN TOP-TIER Canadian figure skaters will face a challenging field of international competitors at the 2023 Skate Canada International, October 27 to 29 at the Doug Mitchell Thunderbird Sports Centre.

This high-stakes event is the second competition on the annual International Skating Union (ISU) Grand Prix of Figure Skating series, with Team Canada led by defending ice dance champions Piper Gilles and Paul Poirier.

Catch the fan-favourite Exhibition Gala for a chance to see Canadians Deanna Stellato-Dudek, Maxime Deschamps, Madeline Schizas and others alongside worldclass figure skaters from across the globe.

SUPERCROSS

BC PLACE WILL TRANSFORM from football field to dirt battlefield for the World Supercross Canadian Grand Prix, October 28.

This action-packed event promises to keep spectators on the edge of their seats with elite motorcross racing, freestyle stunts and non-stop entertainment.

Ten teams and 40 of the best riders from around the world will take part in this one-day spectacle before heading to Abu Dhabi for round five of six. Be on the lookout for Germany's Ken Roczen, reigning champion of the 2022 FIM WSX, while in the 250cc division defending champion Shane McElrath leads the way in the SX2 class.

LACROSSE

VANCOUVER IS HOME to some spirited and engaging professional lacrosse when the Vancouver Warriors take to the box. Regular season runs from early December until mid-April with players gunning for the playoffs at the end of April through May. The team will be looking to build from last season, so watch for the Warriors to come out firing and ready to prove themselves in 2023-2024. **🏒**

Fathom Restaurant intrigues and delights

By Garth Eichel

HOTEL RESTAURANTS, once considered benign and familiar for tourists, are now competing with the finest dining establishments in Vancouver and Victoria. Tastefully renovated and with a new chef at the helm, Fathom Restaurant in the Hotel Grand Pacific is one such establishment.

In March 2022 the hotel recruited Peter Kim, a talented Vancouver-based chef, and has since invested in a major makeover. The restaurant had a soft re-opening earlier this year, and with completion of the veranda this past summer, the project has finally come to fruition.

My wife, Heather, and I decided to check out the new establishment one warm August evening and were impressed by the eclectic menu and elegant décor. The stylish new interior is appealing, but with the lazy hazy days of summer drawing to an end we opted for the open veranda. What used to be a simple patio is now a year-round outdoor dining space with table fire pits and overhead heaters mounted on an attractive pergola. Expansive glass panes surround the space to protect against cool breezes while allowing views of Victoria's Inner Harbour.



Kicking the evening off in style, we each opt for a cocktail. Heather notices the “Green Applelicious” features Esquimalt Bianco Vermouth. Considering we live in Esquimalt we felt compelled to support a local business and it did not disappoint: the combination of tart green apple and zingy lemon zest is balanced by the smooth sweetness of the white vermouth.

I gravitate to “The Detective”, an apt name for a most mysterious cocktail. Brown butter-washed Bearface Matsutake Whisky, together with cane sugar, black walnut bitters, a mezcal rinse, bay leaf and lemon zest in a smoked glass creates a sweet and savoury libation that is both charred and herbaceous with hints of mushroom and forest floor. Certainly, only a true detective could figure out this cacophony of flavours and aromas!

While Heather takes Instagram-worthy pics of our drinks, I peruse the appetizers.

Without question, the most over-the-top item on the appie menu is the beef tartar “Smoke Bowl”. As it arrives, other diners stop and stare at the smoke billowing out of the large fishbowl containing my appetizer of minced raw filet.

The fanfare is worth it. A subtle combination of miso motoyaki, bottarga, pear, and hoisin goma dressing garnished with spring onions makes for a sublime experience any red meat lover should experience at least once. Those dining beside us were apparently intrigued; two more “Smoke Bowls” are served about 10 minutes after mine arrived.

Heather's order of calamari is not your typical battered squid rings with sauce. Instead, lightly coated Humboldt squid with fried Brussels sprouts and a

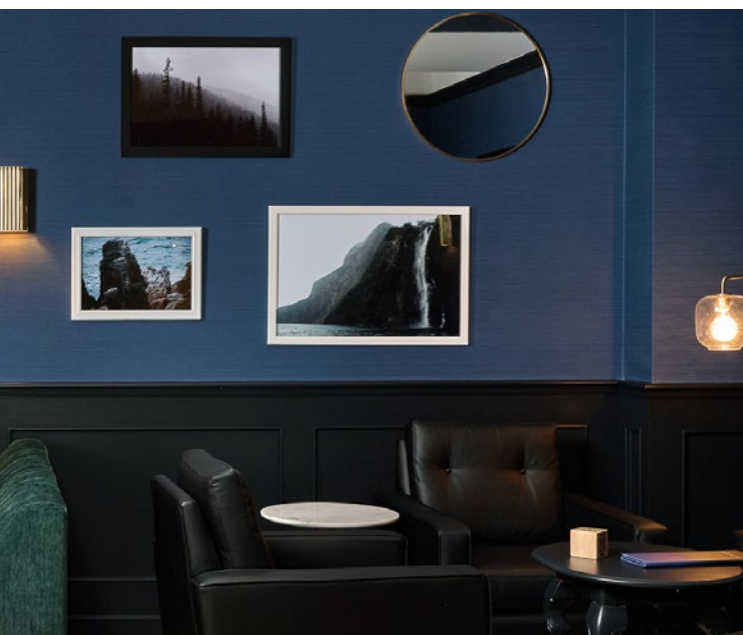


Photo courtesy of the Hotel Grand Pacific

chorizo vinaigrette makes this a delicate and savoury variation on a popular appetizer.

Portions here don't leave diners going hungry. In fact, the beef tartar is substantial enough that I regret ordering the Wagyu burger as my main course.

"I'll have it!" declares Heather. "I did a two-hour hike with my girlfriends today and I'm famished."

Wagyu beef is all the rage and Fathom's burger justifies the hype. Their version uses a bulgogi marinade, topped with a charcoal onion ring, pickled daikon slaw, served alongside fries with garlic mayo.

In turn, I swipe her seared scallops with spring pea risotto, phyllo shell, ginger scallop mousse, kaiso seaweed and citrus beurre blanc. Delicate doesn't begin to describe this savoury concoction. But like all other dishes at Fathom, this plate doesn't leave one hungry. As much as we'd like to finish the evening off with something from the appealing dessert menu, we just don't have room.

I caught up with Chef Peter Kim a few days later to get his take on the new Fathom and he spoke passionately about what he hopes to achieve.

"I was born in Korea, raised in Canada, and have travelled the world as a chef," says Kim. "The people I've worked with along the way have influenced my style of cooking so it's hard to say I have a particular style I fall into. Rather, I am guided by the principle of treating local, sustainable ingredients with care and patience to create complex and unique dishes. Sometimes that means creating something original, or it can be a variation on a classic. Either way, I hope to intrigue guests with a dining experience they've never had before." **H**





AROGA
LIFESTYLE MEDICINE

Better Versions of Ourselves

Amar Magon, Co-founder and CEO, Aroga Lifestyle Medicine, on changing the healthcare narrative.

By Garth Eichel



HOW DID AROGA LIFESTYLE MEDICINE ORIGINATE?

Amar: The opportunity to start the business arose in 2017. My cousin Dr. Jasdeep Saluja, an internal medicine specialist in Victoria, approached me with a concept he had discussed with a colleague, Dr. Jesse Pewarchuk. Both men were frustrated by the lack of success they were having managing chronic health issues with their patients. They felt stuck in an endless cycle of prescribing and re-prescribing medications.

When my cousin's dad suffered a stroke and a heart attack he went digging to find ways to help his father. He soon became convinced the key lay in treating root causes, rather than symptoms. Together with his colleague, they saw value in the field of lifestyle medicine, using evidence-based treatments focussed on preventing, and reversing, chronic health issues through lifestyle modification.

Dr. Saluja and his colleague started coaching their patients on lifestyle modification and within a few months began seeing significant results on a range of health issues, such as heart disease, high blood pressure and Type 2 diabetes, among others. They decided to collaborate on a business concept and recruited me because of my business background. We acquired an unused walk-in clinic in Langford and six months later launched Aroga Lifestyle Medicine with five employees and 50 referrals. Things took off quickly.

PHOTO (left to right): Amar Magon CEO/Co-Founder, Dr. Jasdeep Saluja CMO/Co-Founder, Dr. Jesse Pewarchuk Co-Founder

Six years on, we now have more than 30,000 referrals, and a team of 75 people working at five clinics across Canada, including Victoria and Vancouver.

THE CONCEPT OF IMPROVING PATIENT HEALTH THROUGH LIFESTYLE MODIFICATION IS NOT EXACTLY NEW. HOW IS AROGA DISTINCT IN THIS REGARD?

Amar: Everyone knows the old saying about eating less, exercising more, and laying off the booze. But a doctor telling a patient to live healthier and sending them on their way isn't necessarily going to help them adjust their behaviour. There are plenty of apps for that, but most patients fall back into familiar habits without mentoring.

What makes Aroga Lifestyle Medicine effective is that we work closely with patients, guiding them every step of the way on their healthcare journey. We believe it's important to meet the patient where they're at, and not overwhelm them with a multitude of lifestyle changes all at once. We take things one step at a time.

The first step is for a patient to get a referral from a physician. When they come to us they meet with our interdisciplinary team all at one location, or virtual. Here a patient meets with a variety of like-minded health professionals, which can include registered dietitians, clinical counsellors, physiotherapists and specialist physicians, among others. Having the team in one location, all speaking collectively with the patient, helps create a comprehensive treatment plan with identifiable and achievable goals.

Think about it this way: successful athletes are not self-taught. They work closely with multiple trainers and coaches over time to realize their potential. Healthcare is no different, but most physicians simply don't have the capacity to give significant individual attention to patients.

HOW DO YOU DEFINE "LIFESTYLE MEDICINE"?

Amar: It's not just hocus-pocus words about holistic medicine. There's science and evidence behind this. We skip the feel-good clichés and focus on the root causes of chronic health issues.

How did the patient get here in the first place? What is going on in their personal life that is contrib-

uting to their health issue? Once we understand these factors we decide with the patient how best to address the underlying problems.

We focus on "Six Pillars" of health. Specifically, we look at nutrition, with an eye to reducing or eliminating sugars and processed foods, while increasing consumption of whole foods, particularly veggies and greens. We also develop an exercise plan that is practical for the individual. At the same time, we address mindfulness and stress management techniques. In keeping with this, we address substance control and ways to improve sleep hygiene. Moreover, we consider the patient's relationships with others, their community, and the environment.

WHAT KIND OF SERVICES DOES AROGA OFFER?

Amar: The majority of our services are covered by MSP, but for patients wanting a more preventative, in-depth care program, we offer our Infinity Care private care service. Run by nurse-practitioners, this is a concierge service that allows members to access their practitioner on a timely basis with a preventative approach to their healthcare for an annual fee.

We also offer Executive Assessments for businesses wanting to support the overall wellbeing of their workforce and leadership teams. After all, a healthier and happier employee is more productive and requires fewer sick days.

IS AROGA ROOTED IN EASTERN OR WESTERN MEDICINE, OR A COMBINATION OF BOTH?

Amar: It incorporates elements of both, but at its core it's just good medicine.

Centuries ago we ate natural whole foods and led simpler lives in tightly-knit families and communities. Not so now. In the last 150 years we've introduced large amounts of sugar, processed foods and pharmaceuticals. And for all the benefits of the technological revolution, the side effects of constant negative news and social media is a fractured society with less personal contact. Humans did not evolve to deal with this kind of physiological stress.

I like to think we're doing our small part in changing the healthcare narrative, giving people a second chance at life — to be better versions of themselves. **H**

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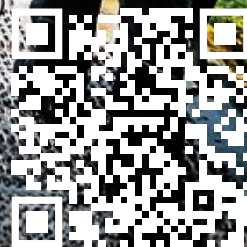
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