

IFR

IN•FLIGHT REVIEW

Helijet

GEMS OF THE WEST

EVERY STONE TELLS A STORY

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POWERING TOWARDS INCLUSIVITY

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HELIJET'S ZERO-EMISSION FUTURE PAGE 6

THE BENEFITS OF VITAMIN D

PAGE 14



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Helijet

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Cover photo: Ammolite pendant designed by Idar Bergseth, owner of Idar Jewellers in Victoria. Pendant photo by Milena Ludwig

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GUEST EDITORIAL

Paddling towards an inclusive future

By Dana Hutchings

Co-CEO, Power To Be



Jasmine Parr, Power To Be participant-turned-volunteer-turned-staff member in Community Engagement, enjoys adaptive kayaking alongside Paul Blood, Program Facilitator.

EVERYONE HAS their own unique relationship to nature and deserves the opportunity to experience its benefits by having access to outdoor spaces.

Nature is many things: a place of home, belonging, respite, adventure, play, mindfulness, community and peace. At Power To Be we build community by removing barriers to nature, and as a non-profit organization we provide inclusive programs to youth, adults, and families with cognitive, physical, financial and social barriers.

This year, Power To Be is excited to celebrate an important milestone for our organization: 25 years of

Power To Be Participant (2023)

Dana Hutchings is Co-CEO of Power To Be in partnership with Jason Cole. Dana's continuous goal is to lead with positivity first and authentically connect with people through stories and experiences.



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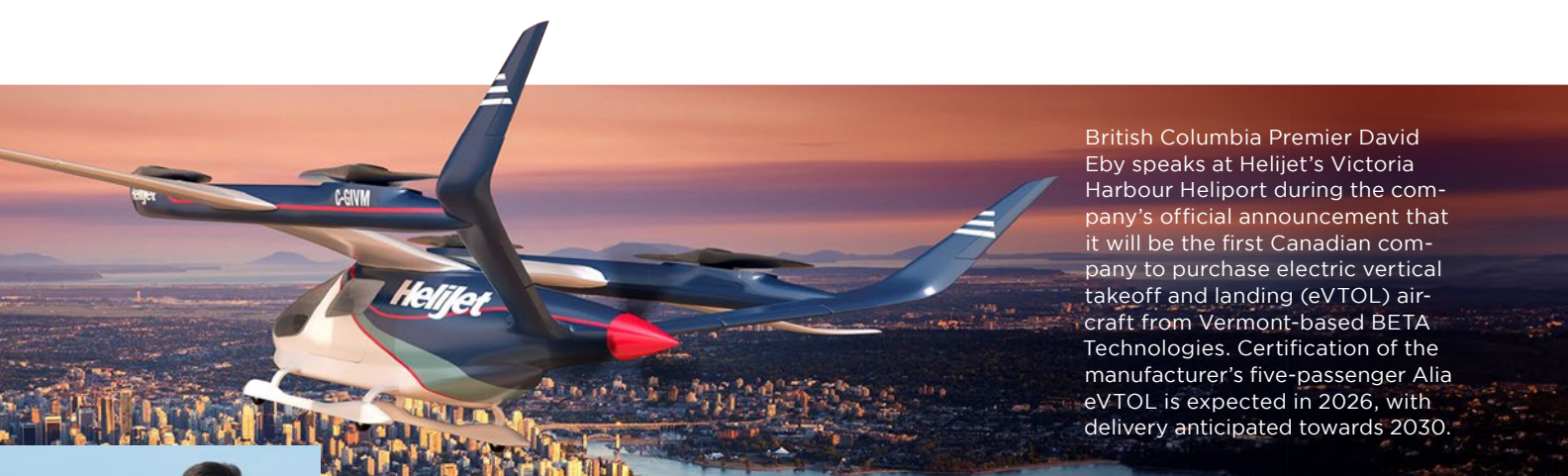
ON OCTOBER 31, 2023, Helijet announced plans to become the first Canadian air carrier to provide passenger and cargo services using electric vertical takeoff and landing (eVTOL) aircraft after placing firm orders for ALIA eVTOL aircraft from Vermont-based BETA Technologies. Helijet President and CEO Danny Sitnam and BETA Sales Director Skye Carapetyan made the announcement with British Columbia Premier David Eby at Helijet's Victoria Harbour Heliport.

Once delivered, Helijet will integrate the BETA-designed aircraft into its existing network of helicopter services, providing quieter, lower cost, sustainable air transportation for travelers in southwestern B.C. and the Pacific Northwest. The electric aircraft's vertical take-off and landing capability will also have tremendous potential to enhance Helijet's provision of emergency response, air ambulance and organ transfer services in the Lower Mainland, as well as support rural and remote communities that do not have access to affordable and convenient air services.

Built by electric aerospace company BETA Technologies, the ALIA eVTOL aircraft is configured for five passengers and one pilot. The aircraft is currently in advanced flight standards development towards commercial regulatory certification in 2026 and will be available for private and commercial service shortly thereafter.

Helijet's decision to become BETA's first commercial customer order from Canada is due in part to BETA's intention to certify the aircraft for IFR (instrument flight rules) operations, and its interest to consider growing its industrial base in Canada.

"We are proud to partner with BETA Technologies, who are leaders in the advanced air mobility space," said Sitnam. "We are committed to introducing and integrating zero-emission, vertical lift technologies and related ground/building infrastructure in the communities we serve and look forward to transforming our current heliport infrastructure to



British Columbia Premier David Eby speaks at Helijet's Victoria Harbour Heliport during the company's official announcement that it will be the first Canadian company to purchase electric vertical takeoff and landing (eVTOL) aircraft from Vermont-based BETA Technologies. Certification of the manufacturer's five-passenger Alia eVTOL is expected in 2026, with delivery anticipated towards 2030.



meet future urban air mobility vertiport standards.”

Premier Eby noted the Province of B.C. is committed to embracing and supporting sustainable aviation technology, as well as related infrastructure development opportunities within the province.

“This provincial government recognizes the potential of advanced air mobility to decarbonize

the aviation sector, improve regional connectivity, improve emergency response times and introduce new manufacturing opportunities in our province,” said Premier Eby. “We congratulate Helijet on their excit-

ing news and look forward to British Columbia becoming a leader in the advanced air mobility sector.”

BETA's selection as the first provider of eVTOL aircraft to a Canadian air services operator marks another milestone for the Vermont-based aircraft manufacturer.

“We designed ALIA to be a reliable, efficient, and sustainable aircraft option that could carry out a variety of missions in all types of geographies, and we're thrilled to be partnering with Helijet to bring this next-generation, net-zero technology to Canadian commuters and travelers,” said Kyle Clark, BETA's Founder and CEO. He added, “We look forward to continuing to grow our presence in the country. To be able to do that in partnership with the foremost operator in British Columbia is very exciting.”



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AGENDA

IT'S A WONDERFUL LIFE

ON UNTIL DEC 23: CHEMAINUS

Cheminus Theatre presents this beloved holiday movie classic with a twist: staged as a live 1940s radio broadcast. A quick-changing ensemble cast portrays a few dozen characters including well-meaning but desperately frustrated George Bailey, his guardian angel, Clarence, and a town full of folks touched by George's lifetime of generosity and good deeds.

chemainustheatrefestival.ca

MOM'S THE WORD: TALKIN' TURKEY

DECEMBER 5-31: VANCOUVER

Cooking up a special recipe of holiday humour mixed with heartfelt humanity, the Moms return to the creative kitchen for this Arts Club performance on the Granville Island Stage. Known for their wickedly funny and perceptive take on life, the Mom's the Word Collective yet again serves up this delightful holiday performance inspired by their own relatable experiences sprinkled with a smattering of tall tales.

artsclub.com

JERRY SEINFELD LIVE

JANUARY 5 & 6: VANCOUVER

He's a car enthusiast, espresso aficionado, New York Mets fan and the epitome of 90s pop culture. Don't miss comedy legend Jerry Seinfeld perform his newest stand-up routine live on stage at the Queen Elizabeth Theatre. **seinfeldtour.com**



Photo courtesy Netflix



PUSH INTERNATIONAL PERFORMING ARTS FESTIVAL

JANUARY 18-FEBRUARY 4: VANCOUVER

Edgy, contemporary, groundbreaking and visionary, Vancouver's annual PuSh Festival is a celebration of live performing-arts disciplines including theatre, circus, multimedia, dance, music and so much more. Witness local and international creative minds put on a showcase of brilliant new works that are sure to bend genres, startle audiences and inspire thought-provoking discussion. **pushfestival.ca**

PHOTO: See *Pli*, a visually stunning circus act in which paper becomes a playground, February 2 & 3 at the PuSh Festival.

Photo courtesy Papier-travail Plj - 4(c) Domitille Martin - Lucie Brosset

WWE FRIDAY NIGHT SMACKDOWN

JANUARY 5: VANCOUVER

Grab your ringside tickets for an explosive evening of wrestling mayhem when WWE Friday Night SmackDown comes to Rogers Arena on January 5th. See WWE superstars LA Knight, IYO SKY, Charlotte Flair, United States Champion Rey Mysterio, Solo Sikoa, Bobby Lashley and others during this lone Canadian stop to kick-off the 2024 season. **wwe.com**

MEAN GIRLS

JANUARY 23-28: VANCOUVER

Direct from Broadway, this hilarious and energetic musical based on the 2004 hit film of the same name is the creative brainchild of writer Tina Fey, composer Jeff Richmond, lyricist Nell Benjamin and original director and choreographer Casey Nicholaw. See the *Plastics*, *Mathletes* and the release of the dreaded *Burn Book* unfold live on stage at Queen Elizabeth Theatre. **meangirlsontour.com**

MADONNA: THE CELEBRATION TOUR

FEBRUARY 21: VANCOUVER

This past October, Madonna reclaimed her Guinness World Record title as the biggest-selling female recording artist of all time. Not surprising when you consider her career spans 40 years and more than 400 million records sold worldwide. Join the party and celebrate with the Queen of Pop as she takes to the stage at Rogers Arena this February.

madonna.com

HSBC RUGBY SVNS

FEBRUARY 23-25: VANCOUVER

World Rugby's revamped and rebranded global celebration of rugby sevens returns to Vancouver's BC Place with a fully combined women's and men's tournament spread across three days of exciting play. Vancouver is one of eight destinations that comprise the HSBC SVNS tour, so be sure to get your tickets to cheer Canada's teams on home turf.

bcplace.com

DANCE VICTORIA PRESENTS NRITYAGRAM DANCE ENSEMBLE

MARCH 8 & 9: VICTORIA

Regarded as one of the foremost dance companies of India, Nrityagram Dance Ensemble infuses traditional dance practices within contemporary contexts and fresh compositions. Joined by Sri Lanka's Chitrasena Dance Company, this Dance Victoria performance promises an evening of vibrant movement, live music and lyrical storytelling. **dancevictoria.com**



Photo courtesy Karthik Venkataraman

An advertisement for Straith's Fine Clothing. It features a mannequin wearing a dark blue shirt, a purple vest, and a tan jacket. A patterned pocket square is visible in the vest pocket. The text "EST. 1917" is on either side of a circular logo containing a dollar sign. Below the logo, the brand name "Straith's" is written in a large, elegant font, with "FINE CLOTHING" in a smaller font underneath. At the bottom, the address "#110-735 Yates St, St. Andrew's Square, Victoria, British Columbia" is listed, followed by the phone number "(250) 384-8087" and the email "contact@straithsfineclothing.com". The website "www.straithsfineclothing.com" is also provided.

EST. 1917

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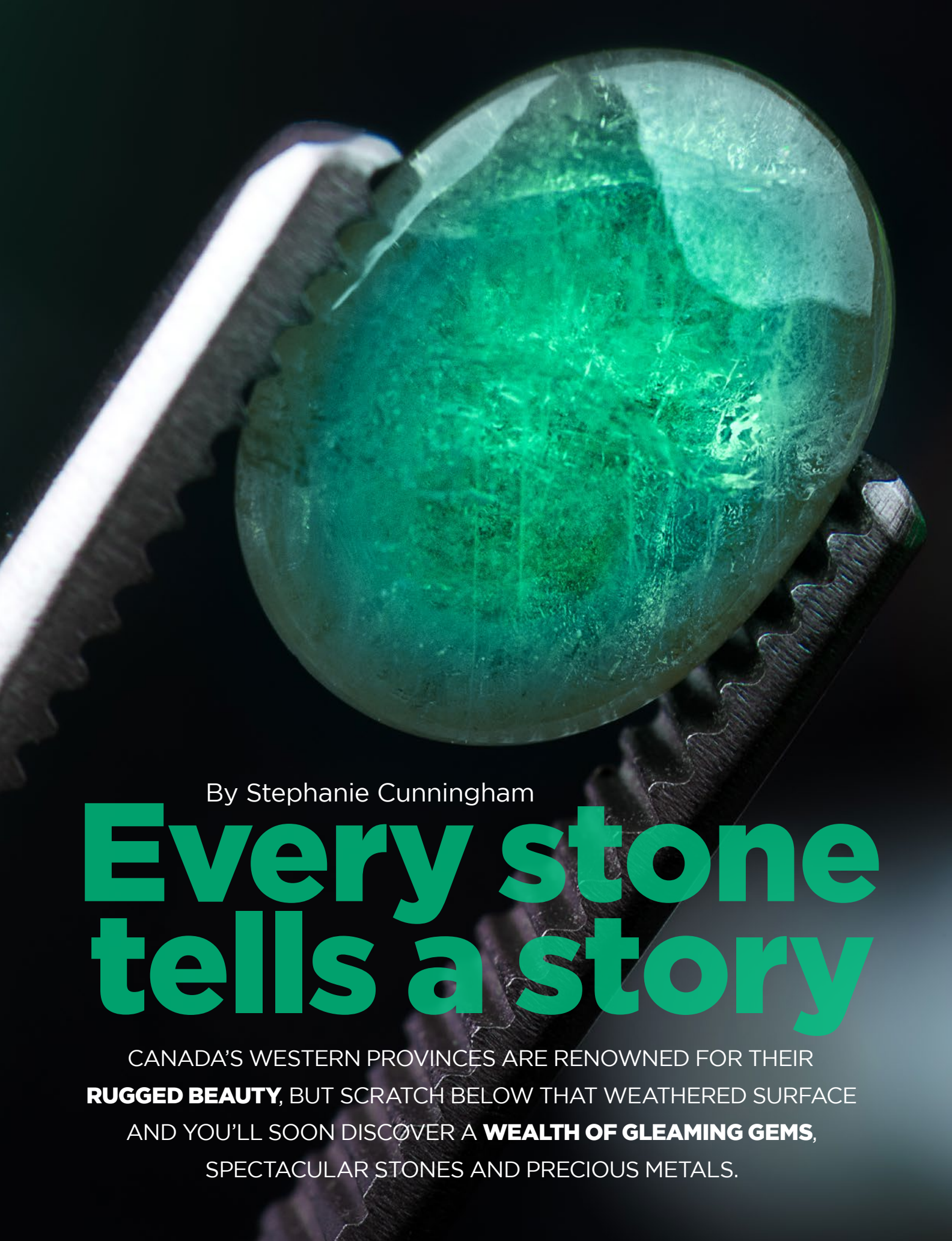
An advertisement for Helijet's In-Flight Review (IFR) magazine. It features a woman in a white blazer and pantsuit, smiling and holding a grey rolling suitcase. The text "CONNECT WITH NEW CUSTOMERS" is prominently displayed in blue. Below it, a paragraph describes the magazine as a platform to promote business to a sophisticated readership of professionals in business and government. At the bottom, the text "Serving... Vancouver Victoria and Nanaimo" is followed by the phone number "250.380.3961" and the website "archipelagomedia.com".

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By Stephanie Cunningham

Every stone tells a story

CANADA'S WESTERN PROVINCES ARE RENOWNED FOR THEIR **RUGGED BEAUTY**, BUT SCRATCH BELOW THAT WEATHERED SURFACE AND YOU'LL SOON DISCOVER A **WEALTH OF GLEAMING GEMS**, SPECTACULAR STONES AND PRECIOUS METALS.



AT HEART, award-winning goldsmith and jeweller Idar Bergseth is a self-proclaimed rockhound. Ask him about gems and stones found in Western Canada and he'll eagerly disappear into his workshop, returning with an array of brilliant sparkling citrine, bright green emeralds, smooth nephrite jade and other glistening stones and gems.

"These are all from British Columbia, Alberta and the Yukon," Idar says, looking fondly at the samples set out on the table. "Our complex geology means there are countless gems and minerals to be discovered all around the West and that really makes it special to collect and work with stones like these."

LOCAL LOVE

Starting with some of the stones found closest to home, Idar points to a sparkling lens-cut citrine stone originally brought in by a local geologist some 40 years ago. A type of crystalline quartz, citrine is yellow in colour and reminiscent of topaz – so much so it's considered a modern alternative birthstone for the month of November.

Idar's sample of translucent yellow citrine was found in the mountains on the east side of Harrison Lake yet it's vastly different from the opaque white stone he shows me next. "This howlite also came from the Harrison Hot Springs area," he says, picking up a milky-white stone with black and grey veining.

Howlite is in fact a Canadian discovery first identified in 1868 by geologist and mineralogist Henry How in Windsor, Nova Scotia. Local miners had brought the mineral to How, complaining the "nuisance" stone was getting in the way of their efforts to extract gypsum from a local quarry, but today howlite is recognized as distinct nodule stone, often resembling a white version of turquoise and is, in some cases, dyed to make a convincing substitute.

The local sample Idar holds looks much more striking than most other howlite, with thick dark crosshatch lines in variations of grey and black. "If you look at these markings," he says, "you can see why this particular type of howlite is called Chinese writing stone."



Award-winning designer Idar Bergseth, owner of Idar Jewellers on Fort Street in Victoria, opened his first jewellery store in 1972.

HISTORIC CONNECTIONS

Opaque and exceptionally hard, jasper is a semi-precious stone consisting of microscopic quartz crystals coloured by various mineral impurities. Some varieties are named for the location where they are found, while others are best known by their colour or pattern, which can range from swirls and rings to speckles and spiderwebs.

Idar points to a deep red jasper cabochon with white quartz flecks and a high polish. "I love this piece because it was found on Lake Laberge outside of Whitehorse, the setting for Robert W. Service's famous poem, *The Cremation of Sam McGee*," he says with a laugh. "Robert Service worked in a bank just down the street from us here in Victoria in the 1800s and I love discovering those kinds of connections. It makes stones like this special to work with."

As a type of agate, jasper is particularly hard, making it ideal for pieces like rings and pendants which can undergo significant wear and tear when worn day to day.

On the other end of the hardness scale, however, is rhodonite, an opaque pink semi-precious stone shot with black and brown veining, which is much softer and not as durable. "This particular stone was found outside of Duncan," says Idar, "but that vein of rhodonite runs all the way through to Salt Spring Island where you can often find more stones like this."

GRAND IN GREEN

Next, Idar picks up a clear container with four small green gems glittering on a bed of gauze. "Now these are special," he says. "I got these emeralds from a fellow who found them outside of Whitehorse."

Despite their high quality and consistent colour, emeralds found in the north tend to be very small,

likely due to frost-shattering during harsh arctic weather conditions over thousands of years. Making extraction even more difficult, Canadian emeralds are most often found in schists, host rock formations from which the precious stone must be removed by hand.

“That makes it very hard to get any Canadian emeralds larger than a quarter-carat,” says Idar, “which isn’t very economical and, in the end, makes them not very commercially viable.”

But there is another green stone found in British Columbia that is both abundant *and* highly commercial: nephrite jade.

While large blocks of nephrite jade, some up to 10 tonnes in weight, are mined in the province, only a small proportion is available to purchase locally. Most is exported to China where demand is enormous for this mossy-coloured gem that is distinct from the more expensive jadeite.

THE GEM OF HAIDA GWAI

Soft, greyish black and with a silky, smooth finish, black argillite is exclusively found at the Slatechuck quarry on Graham Island, the most northerly island in the Haida Gwaii archipelago.

Boasting a unique geological composition and highly compacted particles, this dense slate stone takes well to fine-detail carving. For generations, Haida artists have carved black argillite and in 1941 received exclusive rights to this resource. Today, the traditional artform still thrives with highly skilled Haida artists carving boxes, poles, bowls, figurines and jewellery.

“Argillite is so special because of where it’s found, and artists often incorporate abalone into their carvings, because that also comes from the coast,” says Idar.

ALBERTA’S AMMOLITE

Straying slightly east across the British Columbia border, deeply iridescent ammolite can only be found in the Bearpaw Formation of southwestern Alberta. This delicate gemstone is cut from the fossilized shells of extinct marine mollusks known as ammonites and each piece sports a rainbow of colours from deep greens and blues to vibrant purples, reds and yellows.

Known by the Blackfoot Nation as “Iniskim” meaning “buffalo stone”, this extraordinary gemstone was believed to have the power to attract buffalo during hunting.

Photo by Milena Ludwig



The Canadian Geological Survey described the shells at the turn of the 19th century but it wasn’t until the 1960s that cut ammolite gems were mounted into commercial jewellery. Ammolite received official recognition as an organic gemstone in 1981 by the Coloured Stones Commission of the World Jewellery

Confederation and has since become a sought-after stone for its dramatic colours and unusual patterns.

With its deep hues and freeform shapes, this delicate stone is most often mounted onto a thin slab of black shale or other backing for stability and topped with a transparent coating or synthetic spinel to both protect it from delaminating and to enhance its iridescence.

THE GOLDEN TICKET

Of course, many of these gems owe their discovery in part to the gold rush era of the mid- to late-19th century when the promise of vast riches lured prospectors from around the world to mine and pan for gold in B.C. and the Yukon.

And while these stones and many others are varied and plentiful throughout the West, discoveries of gold still outrank gems in terms of output.

According to Natural Resources Canada, country-wide, gold tops the list of Canada’s mineral products by value, followed by coal, iron ore concentrates, potash and copper. In fact, last year more than 22,000 kilograms of gold were mined in B.C. valued at more than \$1.4 billion.

“Gold is the ultimate recyclable material,” notes Idar. Once unearthed, it can be refined, shaped and re-used ad infinitum, making this valuable metal very precious indeed. ☺



PHOTOS (above) Raw alluvial placer gold with smaller gemstones, platinum and black sand. (top) A stunning pendant designed by Idar features ammolite from Alberta.

En Route with Helijet

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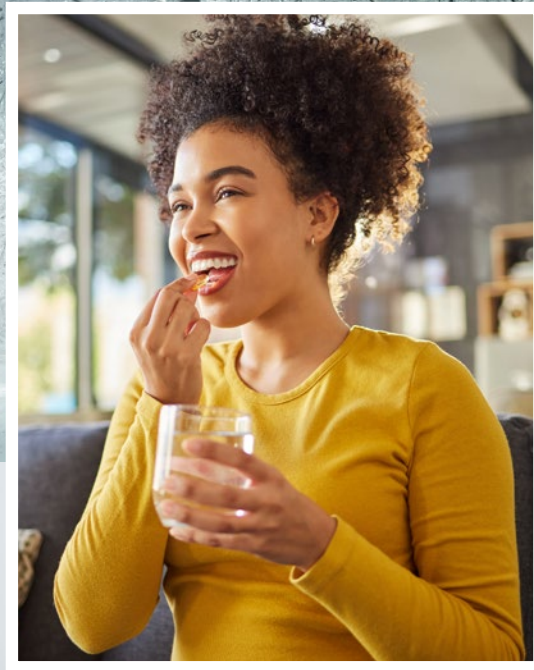
Helijet



Points of Interest

- | | |
|---------------------------------------|------------------------------|
| 1 Downtown Vancouver Harbour Heliport | 16 Salt Spring Island |
| 2 Stanley Park | 17 Fulford Harbour |
| 3 English Bay | 18 Moresby Island |
| 4 University of British Columbia | 19 Sidney |
| 5 Vancouver Airport | 20 Victoria Airport |
| 6 Point Roberts | 21 James Island |
| 7 Nanaimo Heliport | 22 Sidney Island |
| 8 Gabriola Island | 23 Turn Point Light Station |
| 9 Valdes Island | 24 Waldren Island |
| 10 Galiano Island | 25 Orcas Island |
| 11 Mayne Island | 26 Roche Harbor |
| 12 Saturna Island | 27 San Juan Island |
| 13 North Pender Island | 28 Chatham Islands |
| 14 South Pender Island | 29 Discovery Island |
| 15 Ganges | 30 Trial Islands |
| | 31 Victoria Harbour Heliport |

This map is not intended for navigation



Vitamin D: Your best winter D-fence

VITAMIN D is naturally produced when skin is exposed to sunlight, but when the days are short and the sun is low, it can be challenging for those of us who live north of the 49th parallel to get enough of this essential nutrient.

Not only does vitamin D help the body absorb calcium and phosphorus for healthy bones and tissues, it also supports the immune system and is a well-known mood-booster. Without it, children are susceptible to rickets causing soft bones and malformation, and adults are at risk of osteomalacia, a softening of the bones.

More than 50 years ago, medical professionals in Canada recognized the prevalence of rickets among children and successfully lobbied the federal government to make vitamin D fortification mandatory in milk. That legislation still exists, and vitamin D continues to be added to cow's milk and milk substitutes, margarine, infant formula, egg products and meal replacements.

And while other natural dietary sources include fatty fish like salmon and snapper, white mushrooms

and egg yolks, it's almost impossible to get enough vitamin D from diet alone. As a result, Health Canada recommends most Canadians take a vitamin D2 or D3 supplement, especially older adults, those at higher risk of vitamin deficiency and breastfed babies.

"Vitamin D3 supplements are the most common and most inexpensive," says Bonnie Elendiuk, a Chartered Herbalist at The Vitamin Shop on Broad Street in Victoria. "It's usually made from the lanolin in sheep's wool. Sheep need to be sheared anyway so it doesn't hurt the animal, and they use a high-intensity light process to extract the vitamin from the lanolin. Or, you can also get vitamin D from fish liver oil supplements as well," she says.

Vegans will want to look for vitamin D3 in supplements specially sourced from wild harvested lichen or algae.

Because it's a fat-soluble vitamin, many supplements come either in a sunflower-oil based liquid form, or in an oil-filled liquid softgel. Either way, it's best to take your vitamin D with food to enhance absorption and reap the benefits. 🍷





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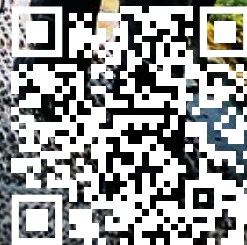
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