

**Go Edmonton!** Year-round fun in the Festival City

othing is the new something

**Explore the Southern Gulf Islands** 

**Outdoor art** 

Five must-see pieces of public art in Richmond

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# INSIDE



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**ON THE COVER** Edmonton at dusk.

#### Holiday solutions at Central Mountain Air



**Douglas McCrea**President, Central Mountain Air

The holiday season is rapidly approaching, bringing a sense of excitement and joy to the

air. This is the perfect opportunity to cherish traditions, spend quality time with loved ones and create lasting memories. At Central Mountain Air, we understand the significance of these moments and are committed to ensuring your holiday travel experience is as seamless and stress-free as possible.

In anticipation of the holidays, we wanted to share some important information that can help ensure your travel plans go smoothly. Due to high demand and limited capacity during this festive season, we strongly recommend booking your holiday travel with Central Mountain Air sooner rather than later. By doing so, you can secure your preferred flights and travel dates, avoiding the last-minute rush.

We realize that the holidays can be an exciting yet stressful time for many, which is why we wanted to remind you of our partnership with Uplift. Our buy-now, pay-later options through Uplift allow you to spread the cost of your trip over low monthly payments. This means you can plan your holiday getaway without break-

ing the bank, making your travel dreams more accessible than ever.

At Central Mountain Air, we take pride in connecting communities and creating memorable travel experiences. As we approach the holiday season, we want to express our gratitude for choosing us as your travel partner. Your trust in us drives our commitment to delivering exceptional service every step of the way.

As you prepare for the holidays, remember that CMA is here to support you, whether you're planning a trip or seeking the perfect gift. We're dedicated to making this holiday season one to remember. To keep up with our journey and stay informed about the latest news, follow us on our social media channels: Facebook, Twitter, LinkedIn and Instagram. Additionally, consider subscribing to our e-newsletter, where you'll receive valuable announcements, information about our destinations and timely updates.

~ Douglas McCrea

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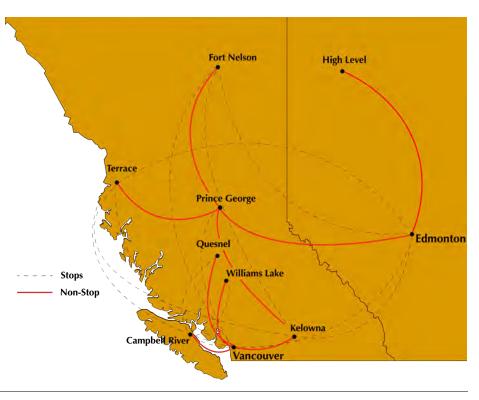
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BY • JENNIFER BLYTH westcoasttraveller.com

Two western Canadian capital cities are among this year's top travel destinations in the world, according to Forbes—and one is a Central Mountain Air destination.

Edmonton and Victoria were both saluted as the top must-visit places in Canada, according to the Forbes list, which saluted destinations around the globe, including spots in Europe, Asia, South America and beyond.

Recommended by Seattle-based writer Corinne Whiting, Victoria, British Columbia's capital, was recognized for its compact, walkable nature and numerous treasures to discover by foot, bike or boat.

Edmonton, the capital of Alberta, earned the nod from Kelsey Marie, content creator and writer at *Travel Noire*.

Edmonton was described as "a vibrant urban centre in the heart of the wilderness" and earned accolades for its 18 hours of summer daylight,

Described as "a vibrant urban centre in the heart of the wilderness," Edmonton earned a spot on the Forbes list for its summer sunshine, eclectic culinary offerings and festive winter celebrations.

eclectic culinary offerings, exploding craft beer scene and festive winter celebrations.

"I had one of the most amazing meals at RGE RD. From the decor to the plating, this place is phenomenal," Marie writes. "Another must-try at RGE RD: the Road Trip. Your taste buds will embark on a journey, and you won't know what's coming next on this blind-tasting multi-course adventure."

Recommended activities included Indigenous experiences such as the Whiskeyjack Art House, Bearclaw Gallery and the Indigenous Peoples Experience at Fort Edmonton Park, and the not-to-miss Elk Island National Park. "On a snowshoe adventure with Talking Rock Tours, you'll learn about Indigenous culture and surrounding wildlife and have a chance to become one with nature," Marie says.

"And, of course, it doesn't hurt that Canadians are some of the nicest folks around, too," Whiting says.



Detail from "Ways of Seeing, Ways of Being" by Steve Mennie, as part of the Semiotically Speaking art installation at Kelowna International Airport.

#### The next time you're travelling through Kelowna International Airport be sure to stop and look up.

Above the airline check-in area, visitors can now see a series of paintings by Salmon Arm-based artist Steve Mennie featured in the 40-footlong exhibition space organized by the Kelowna Art Gallery.

Titled *Semiotically Speaking*, these works highlight the artist's interest in signs and symbols (semiotics) and take a closer look at how we use them to communicate ideas.

Have you ever stared at something that's very familiar for long enough that it begins to look strange? In a similar way, airport visitors will encounter examples of common road signs that, when taken out of their regular context, may cause viewers to scratch their heads and think, "How did we ever decide that this is supposed to represent this idea?"

To add to his examination of symbols, Mennie has included his own

playful commentary in the form of text-based painted signage.

Through his stylistic approach rooted in realism and his unique sense of humour, Mennie challenges viewers to interpret the meaning behind the icons, imagery and text present on the everyday signs we encounter.

Semiotically Speaking is presented at the Kelowna International Airport until June of 2024.

Born in Revelstoke, BC, Mennie completed his formal studies at the Ontario College of Art (now OCAD University). Afterwards, he worked for many years as a freelance illustrator and commercial artist in Toronto. Later, Mennie returned to British Columbia, where he began his career painting "en plein air" in a high realist style. He has twice been commissioned by Canada Post to design commemorative postage stamps. Mennie's work is held in both public and private collections across Canada.



Edmonton Folk Music Festival. Photo by Brandon Mattice

## **FESTIVAL CITY**

Foodies, nature lovers and arts aficionados will find **something to celebrate** in Edmonton—all year round

#### **BY • CHLOE SJUBERG**

You might expect Canada's "Gateway to the North" to be a cold, dark place, where residents quietly huddle indoors most of the year. But, while Edmonton does get cold, it's anything but quiet. In fact, the abundance of cultural events in Alberta's provincial capital have earned it another nickname: "Festival City."

And as for dark? Edmonton is actually one of Canada's sunniest cities, boasting up to 18 hours of daylight in the summer months. And in the winter, though the days grow short, the mesmerizing colours of the aurora borealis, or northern lights, often grace the night sky.

Edmonton is one of the fastest growing cities in Canada, and if you come for a visit, you'll soon see why. Its unique setting and vibrant culture make it an exceptional destination with something for everyone, no matter the season.



Biking in Queen Elizabeth Park. Photo by Cooper & O'Hara

#### **Outdoor adventures**

Located on the North Saskatchewan River, Edmonton is full of natural beauty to explore. The North Saskatchewan River Valley is 22 times larger than New York's Central Park, with 150 kilometres of trails to traverse by foot, bike, crosscountry ski, or snowshoe. For snow sports enthusiasts, Snow Valley Ski Club offers 20 acres of skiable terrain right in the heart of the city.

Just outside the city is Elk Island National Park, a tranquil wilderness of woodlands, wetlands and meadows, home to bison, elk and other wildlife. As part of the Beaver Hills Dark Sky Preserve, it's ideal for stargazing and viewing the northern lights. This peaceful place is a sanctuary for people and wildlife alike.

#### **Festivals for all seasons**

True to its "Festival City" nickname, Edmonton hosts more than 50 festivals each year. Arguably the most famous is the Edmonton International Fringe Theatre Festival, the oldest and largest of its kind in North America. The Edmonton International Film Festival and the Edmonton Folk Music Festival are other standout events.

The city honours its diverse cultural heritage throughout the year with events like the UFest Edmonton Ukrainian Festival, the Edmonton Indigenous People's Festival, and the Cariwest Caribbean Arts Festival.

In winter, the festivals don't slow down—all the better to keep spirits bright on cold nights. Silver Skate, the city's longest-running winter festival, shares the magic of prairie winter life through art, music and sport (including



ice skating, of course). Flying Canoë Volant celebrates French Canadian, First Nations and Métis legends and traditions. And Chiseled, Edmonton's international ice carving competition, brings glistening ice sculptures to the city.

And this is only scratching the surface. There are dozens more festivals celebrating music, film, comedy, theatre, food and much more throughout the year. Visit exploreedmonton.com for a full festival calendar.



#### Arts, culture and history

Beyond festivals, Edmonton offers year-round cultural experiences at its museums, art galleries and entertainment venues.

Hear the Edmonton Symphony Orchestra at the Francis Winspear Centre for Music; spend the day wandering the expansive Royal Alberta Museum; or catch a play at the Citadel Theatre, Canada's largest regional performing arts centre.

Art aficionados will want to check out the Art Gallery of Alberta, the self-guided downtown Gallery Walk, or the Indigenous-owned Whiskey-jack Art House.



#### **Team spirit**

Soak up the energy with passionate fans at Edmonton's pro sporting events. Watch the NHL's Edmonton Oilers on the ice at Rogers Place, or enjoy CFL football with the Edmonton Elks at Commonwealth Stadium.

Other local teams include the Stingers (basketball), Oil Kings (junior hockey) and Riverhawks (baseball).



Downtown winter cityscape. Photo by BlackHawk Aeronautical Solutions

ÎNÎW Indigenous Art Park. Photo by Brandon Mattice

#### **Indigenous perspectives**

Edmonton is located on Treaty 6 Territory, home to many Indigenous peoples including the Cree, Saulteaux, Blackfoot, Sioux and Métis. In Cree, it's known as amiskwacîwâskahikan (meaning "Beaver Hills House"). Indigenous perspectives are vital parts of the city's history and identity.

There are many ways to engage respectfully and authentically with Indigenous history in Edmonton. Visit the Métis Crossing cultural interpretive centre or the Indigenous Peoples Experience at Fort Edmonton Park. Or, head outside with Talking Rock Tours to learn the cultural and geological history of the land, guided by Métis geologist Keith Diakiw.



#### Eat, drink and be merry

Edmonton is a foodie's paradise, with a burgeoning craft beer scene and unique indie coffee shops alongside its many restaurants.

Fu's Repair Shop was Edify magazine's 2023 pick for best new restaurant in Edmonton. This spot serves classic dim sum, Chinese fusion dishes and creative cocktails, all in a super-stylish setting. Edify noted, "If 'Coolest Vibe' was a category, Fu's would probably win."

Alberta is known for its beef, and Edify's readers crowned Odd Company Brewing the home of the best burger in Edmonton, with its special Odd Sauce and sustainably raised beef from local farm-to-table company RGE RD. (Plant-based eaters, try The Moth Café and its addictive caramelized shiitake mushrooms.)

If it's a longtime local favourite you're after, Acajutla has been serving up pupusas (stuffed tortillas) and other delicious fare from El Salvador for over 20 years. And for brunch, Sugarbowl is a local institution—try their legendary cinnamon buns.

#### **Learn more**

To plan your Edmonton getaway, visit exploreedmonton.com and browse dining, accommodation, shopping and entertainment options. Whether you come for the long summer days or the sparkling winter nights, you'll find something to celebrate in Festival City!



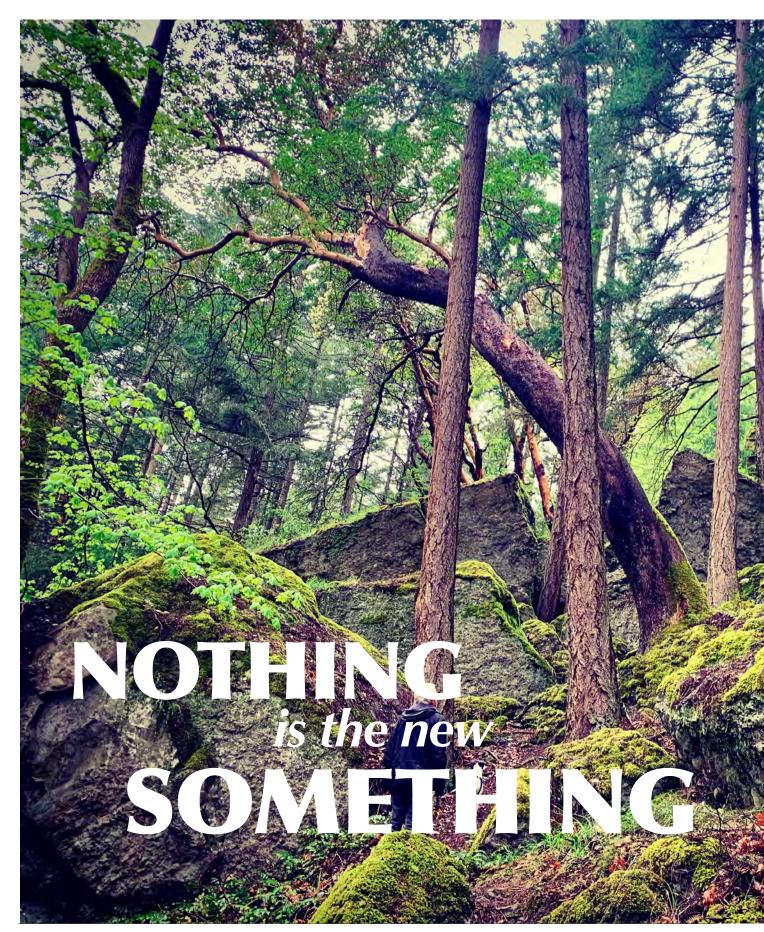
Cafe Bicyclette. Photo by Ampersand Grey

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But the concept of "slow living" is old news to the residents of the Southern Gulf Islands. In fact, on the islands you could say "slow living" is just plain old "living.



### **Get cosy** in the off-season on BC's **Southern Gulf Islands**

BY • KATRINA LESLIE, westcoasttraveller.com
PHOTOS • SUSAN LUNDY

Many travellers believe spring and summer are the best times to explore. That means the off-season often gets the "cold shoulder," despite offering a variety of perks for those looking to save money or avoid crowds. Southern Gulf Islands Tourism lovingly refers to this time of year as the "cosy season"—and they might be onto something!

With its "Nothing is the New Something" campaign, Southern Gulf Islands Tourism is encouraging tourists to fully embrace the trendy movement of disconnecting from hustle culture and reconnecting to a slower way of living.

And for travellers flying Central Mountain Air, the Southern Gulf Islands are just a short drive and ferry ride away from the airline's Richmond destination.

With burnout on the rise and the call for work/life balance growing, disconnecting from regular obligations is gaining popularity. But the concept of "slow living" is old news to the residents of the Southern Gulf Islands. In fact, on the islands you could say "slow living" is just plain old "living."

With cheeky catch phrases like "the subtle art of not showing up" and "how to not crush your goals," the message from Southern Gulf Islands Tourism is pretty clear: take time to rest, relax and fully embrace your inner islander by trading in the laptop and smartphone for slow mornings, afternoon naps and tasty treats from local bakeries this off-season!

The shoulder season is the best time to practise Nothing is the New Something, and here are three reasons to use a few of your vacation days and get in on the art of doing nothing on the picturesque Southern Gulf Islands:







**ONE** There's nothing quite like having a West Coast beach all to yourself! Sure, sunbathing might be off the agenda, but frankly those UV rays are not good for you anyway.

You'll need to dress for unpredictable weather for your shoulder-season beach day, but we think the positives outweigh the negatives! You'll have vast, breathtaking beaches all to yourself (added bonus: mist-covered beaches make for epic photos!), and gorgeous green forests to hike and explore without the bustle of busy summer trails.

"Cosy" takes on a whole new meaning when you're enjoying your favourite warm beverage from a local café at a beach with your favourite adventure buddies. Grey, foggy beach walks stir something in the human soul, so if you've been facing a creative block, an off-season island adventure might be just what the doctor ordered! Yes, it might rain, but as long as you dress accordingly that doesn't have to ruin your fun!

Not sure which island beach to check out? Consider Montague Harbour on Galiano Island, Bennett Bay on Mayne Island, Beaumont Marine Park on Pender Island or Ruckle Park on Salt Spring Island.

**TWO** Artisan food and wine tasting is even better when you are not stuck three-deep in a crowd of like-minded travellers.

The vast crowds of tourists during the peak summer months can make getting into local vineyards and artisan cheese farms a nightmare, but many of these same locations are open during the shoulder season. A quick web search or phone call to research reduced hours or reservation requirements can get you all the information you need for planning your stress-free, crowd-free visit during the cooler months.

Another bonus to having the place all to yourself is the opportunity to enjoy more genuine conversations with the owners and staff members who, while always delightful, understandably don't have as much time to provide all their guests with one-on-one attention during their busy summer months. So, if you're looking for that VIP feel without the VIP price tag, booking an off-season food and wine tour is the way to go!

**THREE** Local resident deals make off-season staycations a worthwhile investment that you can feel good about!

Need a vacation but can't take more than a long weekend off? Can't justify crossing international borders this winter but still need a break? Staycations offer a variety of benefits and can be just as relaxing as a more traditional vacation.

Many B&Bs and boutique hotels offer local resident deals. So, practise the art of "Nothing is the New Something," turn off your phone for the weekend and know that you're helping support your local economy, saving money by staying local and still taking that invaluable time for yourself.

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## QUESNEL 'ARTNERSHIPS'

**Art Trail** highlights both artists and businesses in a unique partnership

BY • FRANK PEEBLES, westcoasttraveller.com

There's a science to doing business, and in Quesnel there's also an art.

Shops, boutiques, cafes and offices in the city have recently become small galleries, as they showcase the artists of the area in their public spaces during the Quesnel Art Trail, a city-wide art exhibition.

"We believe that art, in all its forms, is a positive force in our community. It enriches our culture, enlivens our community and strengthens our ties with each other," says press material from Quesnel's community arts council.

Called the Art Walk since its inception in 2020, it was renamed the Art Trail last year to reflect the growing scope, which now extends beyond the downtown core.

Pairing the artists with the businesses was coordinated by Keith Prestone, one of the city's active painters.

"I have really enjoyed working with our community-minded businesses this year to connect and also to showcase their businesses and local visual artists' work," Prestone says.

The interest was significant for both sides of this 'artnership.' Both artists and businesses were eager to meet one another and share this local tourism opportunity.

"As artists, it's often very difficult to make that step forward and to 'put yourself out there' and let others see what is often a very personal and vulnerable piece of yourself," Prestone says. "[Showing your] art can be an almost bare-naked feeling—[allowing] others to see into that secret place, your own private niche. It has been a struggle for some local artists to make that step."

Thanks to the many community-minded businesses in the Quesnel area, many local artists have been able to take that step.



Popular Quesnel artist James Savage knows well, as the former executive director of the city's economic development corporation, how well art and business go together. Savage will be the featured artist at Rocky Peak, on this year's Quesnel Art Trail. (Photo submitted)

The Quesnel Art Trail is a feature element of BC Culture Days, which showcases British Columbia artists and performers of all sorts. This year it kicked off in Quesnel. Prestone says the tour is a brilliant opportunity for people to discover businesses though the appeal of art, and to discover art by patronizing local businesses.

"We really wanted to see what new things we might bring forward, and we have actually found some pretty amazing, almost unbelievable discoveries," he says. "One in particular is thanks to local artist and gallery owner Maureen Wheeler, who has found a local 88-year-old artist with an absolutely stunning number of beautiful works of art...and who has never shown them. And when I say beautiful, I mean these paintings have been hidden because this artist wasn't sure that they were 'good enough,' and yet there is a level of creative ability that shouts to you from the canvas and make you a believer almost instantly."

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BY • LAUREN KRAMER

If you love art, don't assume you need to visit a gallery to enjoy it the next time you're in the Central Mountain Air destination of Richmond, BC. The city's deep appreciation for art is reflected in the many different pieces of artwork scattered throughout its neighbourhoods and public spaces.

The artwork exists not to just beautify and enrich those spaces, but to tell the story of Richmond through metaphors of steel, bronze and other mediums, to address relevant themes and to provoke thoughtful conversation. Some pieces are entirely un-missable, while others can be forgotten in the rush and bustle of daily life. Here are five pieces of public art in Richmond, and the stories they tell about the environment they beautify.



#### Water Sky Garden

When the Richmond Olympic Oval was built for the 2010 Winter Olympics, art was a key component of its beauty—and you don't have to look far to see it.

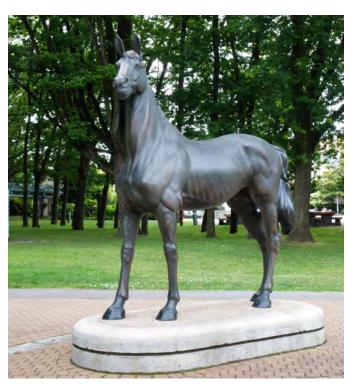
The entrance to the Oval is marked by a series of massive red, netted "sky lanterns" that extend over a small pond traversed by pedestrian pathways. This is the *Water Sky Garden* by Janet Echelman, a piece of art inspired by the city's mix of cultures. The netted lanterns hearken back to the fishing nets used by the native Musqueam Indian Band, which continues to fish the bend in the river.

The wooden boardwalk over the pond follows a curving path reflective of the Dragon Dance at Chinese festivals, paying tribute to Richmond's many Asian immigrants. And the structure as a whole, illuminated at night, situates art in the sky, creating a visual experience that combines water, sky, light and air.



#### 2 Hupakwanum: The Chief's Treasure Box

The city's First Nations heritage is also reflected in *Hupakwanum: The Chief's Treasure Box*, a 2009 installation of wood, glass and LED lights made by Nuu-chah-nulth artists. The obelisk represents bentwood boxes (traditionally used to store food, clothing and household and ceremonial items), their glass etched with creatures of the sea, land and sky. In *The Chief's Treasure Box*, the artists hoped to share their stories and demonstrate the foundations of their culture.



#### 3 Minoru Horse

At the city's centre, look out for *Minoru Horse*, a striking, life-size bronze sculpture located just outside Richmond Public Library. This is a monument to the thoroughbred Minoru, a horse owned by King Edward VII, and for which Richmond's 1907 Minoru horse-racing track (now the site of Minoru Park) was named.

The word "minoru" means "the enlightened one" and symbolizes the spirit of Richmond's early pioneers who helped establish the thoroughbred racing industry in the early 1900s. Today, the site of the old horse race track is a well-used running track, but Sergei Traschenko's bronze sculpture invites a pause to reflect on Richmond's history.





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#### 4 Together

Together is another must-see piece of art—even just by virtue of its 18-foot height. The coated steel structure of an adult and child, hand in hand, was created by David Jacob Harder and erected in 2019. From afar, the two figures are easily discernible, but as you get closer, other figures become apparent: a group of walkers, a heron, a dancer.

Harder hoped his 300-plus silhouettes would reflect the active, vibrant lifestyle of Richmond's residents, and serve as a symbol of the community. The two figures face Richmond's newest aquatic and senior centre, the Minoru Centre for Active Living.



In Steveston Village, the Fisherman's Memorial in Garry Point Park is a sobering reminder of the many local fishermen who lost their lives at sea. This artwork is comprised of a giant fisherman's needle at the centre of a stone compass rose engraved with the names of fishermen who never made it home.

Stare out at the ocean, just steps away, and you get a glimpse of the anguish suffered by many Richmond families who waited in vain for their men to return from fishing expeditions that turned tragic.

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# What's Happening?

Events in CMA destinations

#### **Campbell River**

Campbell River Festival of Film Until November 21 Tidemark Theatre



Upcoming film festival showings at time of publication include North of Normal (Oct. 10), based on Cea Sunrise Person's memoir of her counterculture upbringing in the wilderness of Alberta and BC; the enthralling rock 'n' roll documentary Little Richard: I Am Everything (Oct. 24); a local showcase of short films from northern Vancouver Island filmmakers (Nov. 7); and the effervescent British romantic comedy What's Love Got to Do With It? (Nov. 21).



#### Fort Nelson

Shaun Majumder: The Love Tour **November 14 Phoenix Theatre** 

One of Canada's most beloved comedians, Shaun Majumder, brings his signature sharp wit and infectious energy to his latest standup tour. Born and raised in Newfoundland, Majumder has kept fans laughing for over 20 years in movies and shows including Just for Laughs, Cedric the Entertainer Presents, Unhitched, and This Hour Has 22 Minutes, for which he won a Gemini Award.

#### **Prince George**

30th Annual Festival of Trees

#### November 29 to December 3 Prince George Civic Centre

This Prince George holiday tradition is a vital fundraiser for the Spirit of the North Health-care Foundation. Explore a magical winter wonderland of trees, each one generously sponsored and beautifully decorated by local businesses, organizations and individuals. From kids' crafts and live local entertainment to festive treats, silent auctions and charity raffles, there's something to kindle everyone's holiday spirit while supporting a great cause.





#### **Terrace**

Terrace Symphony Orchestra *October 28* 

R.E.M. Lee Theatre

October is a special month for the Terrace Symphony Orchestra. This year, it marks the community orchestra's 30th anniversary, and it also means it's time for the orchestra's Halloween-themed concert, which has become an annual community tradition. Advance tickets are available for purchase from Misty River Books.

#### **High Level**

Fest-of-Ale

October 21 Flamingo Lounge

At High Level's 10th annual Festof-Ale, sample ales, lagers, stouts and ciders—all for a great cause.



This annual event is a fundraiser for the High Level Play Association, which helps subsidize the costs for youth to participate in recreation in the community, so every child has a chance to play.

#### Vancouver

Eastside Culture Crawl

November 16–19
Various locations

At this annual visual arts festival, more than 500 artists from Vancouver's Eastside open their studios to the public. Explore the works of painters, jewellers, sculptors, furniture-makers, weavers, potters, printmakers, photographers, glassblowers and more, from emerging to internationally established artists. You can find more than 100 artists at Parker Street Studios, but there are dozens of participating studios.





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# Williams Lake INSIDER

#### BY • CHLOE SJUBERG PHOTOS • COURTESY OF TOURISM WILLIAMS LAKE

#### Where does the name of the city come from?

Williams Lake is named in honour of Secwepemc Chief William, who served as a chief during the mid- to late 1800s.

#### What is the city best known for?

Located in the heart of the Cariboo Chilcotin, Williams Lake is known as a business hub for the region's forestry, ranching, mining and tourism industries. It's acclaimed for its mountain bike trails and countless opportunities for outdoor adventures. It's also well known for hosting the Williams Lake Stampede, a highly anticipated annual rodeo event taking place on the Canada Day long weekend.

#### Best family activities?

Surrounded by hundreds of lakes and rivers, Williams Lake is an out-door paradise for families to explore. With scenic mountains, forests and trails, families can enjoy outdoor activities like hiking, biking, camping, boating, fishing and more.

#### Best spot for a fantastic dinner? A hearty breakfast?

For dinner, head to The Point Restaurant, an upscale casual dining room inside Signal PointmCasino whose menu features fresh local ingredients with a gastropub influence. Craft beer enthusiasts can check out Fox Mountain Brewing Co. for local brews along with hearty pub fare.

For breakfast, The Gecko Tree offers wholesome food, organic cof-

fee and a bohemian-style café atmosphere. Or, start your day off with a delicious dose of fresh fruits and veggies at Smashin' Smoothies, which also offers granola, wraps and more, with many glutenfree and vegan options.

#### Best locally owned getaway?

Likely Lodge, in nearby Quesnel, is situated on the shores of Quesnel Lake and offers a wide range of outdoor activities both on the water (boating, river rafting, kayaking, fishing) and on land (hik-



ing, biking, quadding, snowshoeing, cross-country skiing and snowmobiling). Located an hour's drive from Williams Lake, the lodge offers 14 lodging rooms, a restaurant and a pub.

#### How can visitors find out more about the town?

Start your trip at the Discovery Tourism Centre, a gateway to understanding the city's growing industry, economy, and rich history and culture. Located on Highway 97, this massive log and timber frame structure offers information on attractions, events and a wide range of visitor resources in Williams Lake and the Cariboo. For more information, phone 1-877-967-5253, or visit tourismwilliamslake.com or landwithoutlimits.com.









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