

CANADA MAG



Let's travel again!

"Travel isn't always pretty. It isn't always comfortable. Sometimes it hurts, it even breaks your heart. But that's OK. The journey changes you; it should change you. It leaves marks on your memory, on your consciousness, on your heart, and on your body. You take something with you. Hopefully, you leave something good behind." Said by the late Anthony Bourdain.

Featuring

Intimate reflections and accounts from Elinor Harrison. Flip over to page 18 and read a bizarre story about her scary night in BC.



Flying to the West

It was my first time traveling to Seattle, the so-called "Emerald City." I looked forward to it, and was even more excited to meet the rest of the group. However, excited and terrified are two emotions that always find a way to coexist. To add to that, I also have this irrational fear of dying in a plane crash. This fear has made it muscle memory for me to grab my mother's hand anytime the plane moves unpredictably. That being said, the person sitting next to me was also not having a good time.

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An Introduction to the Project

BY EGH

I will be forever grateful of this journey I was able to take through SDC. I hope the project choice offers a charming insight on my time in Canada.

My intention was to write multiple pieces that would make readers feel. Whether it is relating to my fear in the beginning, feeling sad with me in the end, or laughing to the stories I have to tell. Everything past this introduction is meant to be ironic. The stories are true, but the perspective or attitude that I wrote it in might not express how I actually felt. I love everyone in my group and all of the memories we made together. If something I wrote seems like it was a situation I wish did not happen, this is not the case! It was a trip with no regrets. A trip for growth. Everything I have in my project was an amazing experience or one that I am glad I learned from.

I will always love to write, but have felt limited by the rules of essays, stories, research papers, etc. I did not want to reflect on this unforgettable part of my summer by turning it in to a project that I would not have fun making. By creating this mock-magazine I can include stories from my perspective, interesting facts, fake news articles, even an interview with myself! One issue I bumped into was that magazines are not created by or made to be about just one person. My solution: different aliases. A new name for each of my sides, including the writer, tourist, movie critic, celebrity, foodie, and so many more! This was meant to be funny, not egocentric.

In school it is expected that papers be reasonably formal. I decided that this was the chance to try something new. And I know because of that decision, my writing will be more authentic.



By Nora GH.

The Museum of Anthropology

MOA delves into the deep history of British Columbia. There were exhibits that focused on other cultures and arts from around the world, but so much of the museum is dedicated to the First Nations.

The Museum of Anthropology was built in 1949, and since the beginning it has worked closely with representatives of First Nation's groups. The famous architects, Arthur Erikson and Cornelia Oberlander, designed and helped develop MOA. The Great Hall purposefully looks out to the mountains and forest with poles and artifacts up against the glass to appear as if they are outside. Erikson wanted there to be a balance of natural light and shadows, which makes the building even more elegant.

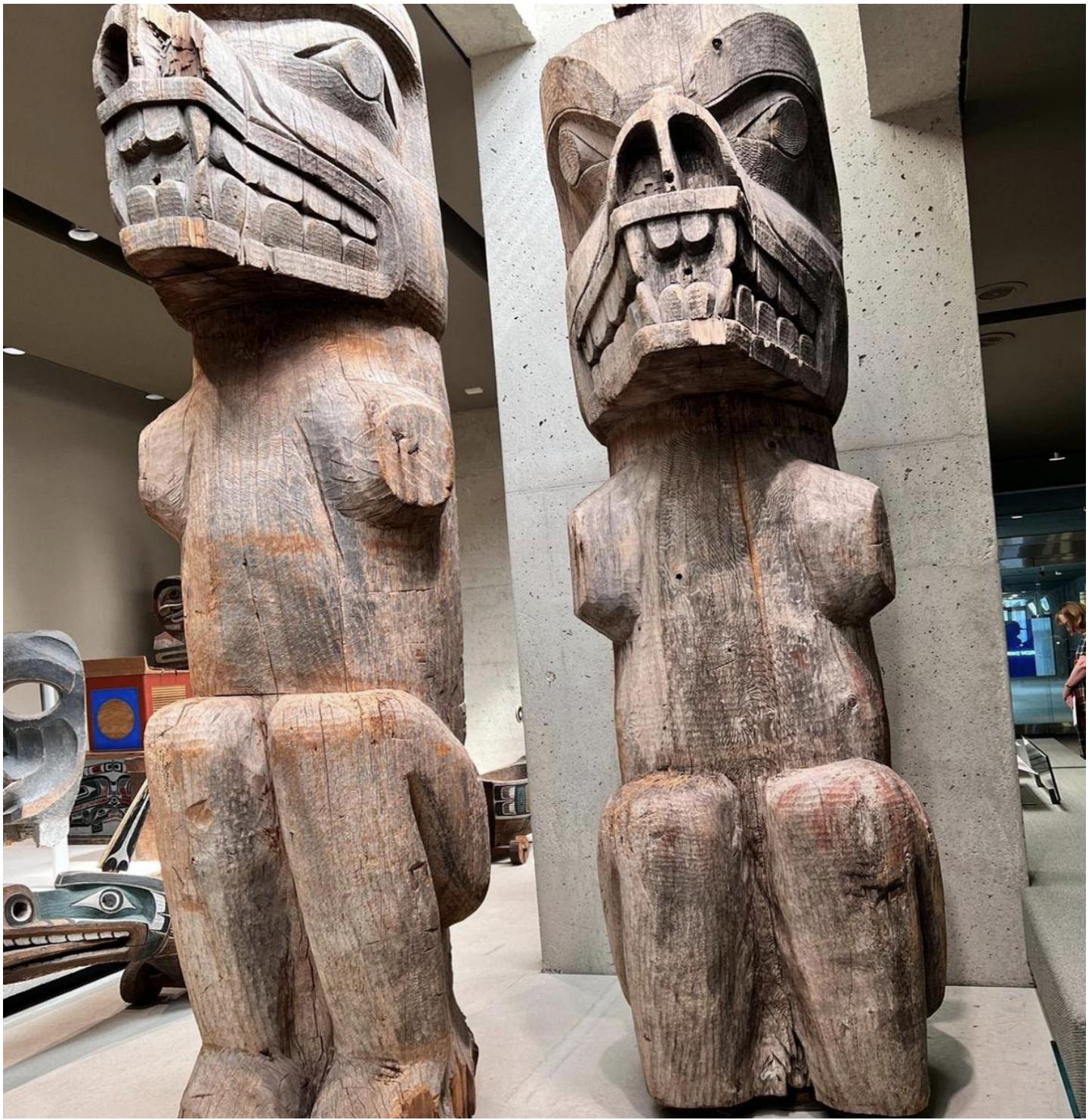


MOA is committed to promoting awareness and understanding of culturally diverse ways of knowing the world through challenging and innovative programs and partnerships with Indigenous, local and global communities.



MOA was established on the unceded Musqueam territory. Outside of the museum, Musqueam sculptures and artwork are the first pieces visitors see. The Musqueam people were also the first natives to inhabit the land that is now known as Vancouver.

MOA's goal is to focus on the First Nations peoples and other cultural groups in British Columbia. It aims to portray the spirit of Canada's West Coast. This museum showcases films that tell the stories of Indigenous people and includes choreographed performances from native dancers. As visitors walk through the museum they will learn about the true and painful history that Indigenous communities had to face.





VANCOUVER'S 10TH ANNUAL

Music Festival

Thousands of unique faces, outfits, hairstyles, all on one street at the same time. Everyone gathered for the same experience. The food trucks and tents acted as a barrier to guide people down the street, to keep us trapped within the line of advertisements and entertainment. It felt as if there were so many ways to get in but no way to pull yourself out. The crossroads were turned into stages, and as each artist lures their listener in, it does not become apparent that the street is a dead end until the singer stops for a break. It was never silent, but when the music stops in that section, the noise is finally at a level where you can hear yourself think. Almost telepathically the crowd gets the same idea that "there is still so much left to see!" Then, rather than waiting, everyone subtly walks away as a new wave of curious listeners arrive to fill in for the last crowd. This is the only example of people following a pattern. The rest of the festival consists of constant navigating, light pushing, swerving, "excuse me"s, and the occasional stop to look at products. The beauty of the festival was that there was no forced order. Even if it was the last thing anyone wanted to do; you would find yourself going up and down, up to see everything again, down to start shopping, up to revisit a spot, down to look for food, up to find more options for food, down to actually order food, and up to make one last walkthrough. It was the adult version of the fitness gram pacer test.

Written by Ella G.

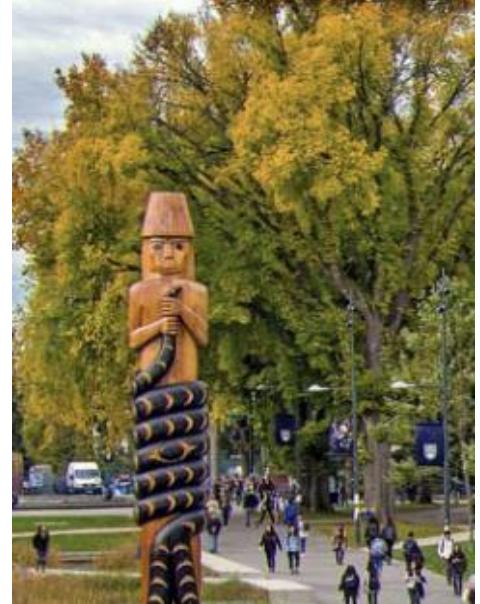
The Controversial Danger Dan Spotted Again!

Danger Dan, the street artist that plays mellow rock on his guitar and sings along to the tune, is under fire for supposedly not being the person behind the voice. On July 8th, Danger Dan set up his equipment right on the sandy boardwalk of Kitsilano Beach. Mr Danger checked the microphone and speaker, tuned his guitar and got to singing. His soft and dry voice complemented the sound of rough waves, but it was his guitar playing that entertained the crowd. All had felt balanced until someone suggested that he wasn't singing at all! A tense debate broke out and people were trying to see if the lip-syncing matched the lyric times. To this day there has been no compromise or information of whether he was or wasn't singing. Despite the conflict, Danger Dan was seen again at this year's music festival. Only this time, he chose not to sing. Very suspicious.



A light rainstorm broke out in the middle of the music festival. Luckily it was not too much of an inconvenience and no one needed to go home. The drizzling offered a refreshing touch of cold water to those who had been walking back and forth under the hot sun. As annoying as some may have found it, the rain left a pleasant surprise for the music lovers. As the wind pushed the thin clouds away, the sun came back out and there it was; a double rainbow! Everything felt perfectly splendid. The guitar riffs and soothing, melancholy voices of different singers contrasted with the bright, colorful sky. Now, all was in harmony. People slowed down to look up at the sky, and for a moment, the hustle and bustle calmed down. The crowd had embraced a new energy. Our group sat down to eat, taking breaks every now and then to stop staring at the plate but the rainbow instead. We were all minding our business, when all of a sudden, a woman with a lime colored skirt and top came up to us and said "I just want to say, the smell of weed coming from this group right here is phenomenal." and she waved goodbye before anyone could reply. We were all in shock. It could not have been us. The woman had meant it as a compliment, but wow.

Vancouver and UBC Campus Life



Among the many recreational trails that Vancouver has to offer, Stanley Park is one of the best. The park is known for its beautiful and welcoming bike trail that wraps around the island.

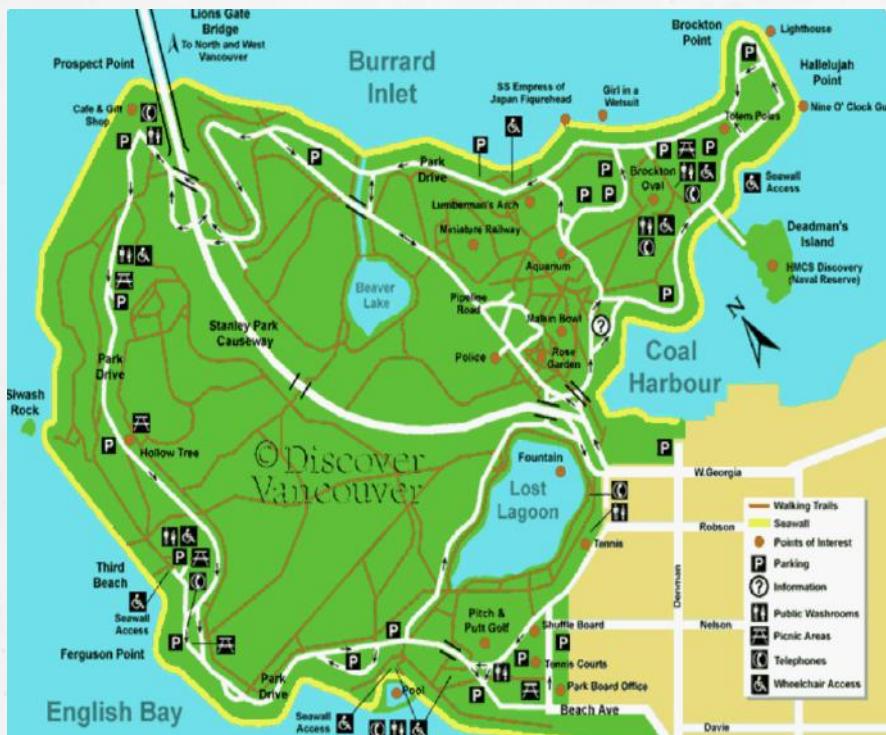
It had been one year since I touched a bike, and as much as I enjoyed the experience, it was extremely challenging. I can remember feeling the pounding of my heart as I tightened the helmet. I was terrified, yet chose courage over comfort. By making this decision, did I threaten the safety of myself and other bike riders? Yes.

If bicycles could feel pain I would be on trial for abuse and endangerment. I had crashed three times despite the simplicity of the trail. The poor rental bike was steered, by its foolish operator, straight into the rails. I would love to say "everybody makes mistakes!" but it happened more than once. This only goes to show that bike riding is all about confidence.

In some dimension, there is a world run by a society of velocipedes, and I am sure that I have already been banned from it. Despite my personal experience, bike riding around Stanley Park is an adventure I still recommend.

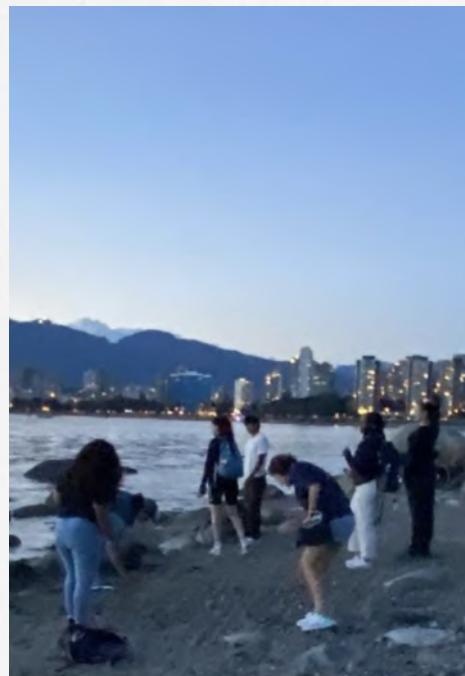
It takes a few hours to go all the way around the island. My group and I started from West Georgia Street, heading down to Coal Harbor. Unfortunately, we did not get to see the mysterious Deadman's Island. We continued to get farther and farther away from each other. The fastest riders were ahead and the slower riders, or those who wanted to enjoy the scenery, took their sweet time. This included me. Eventually, we all met up by the Girl In A Wetsuit statue. It was between there and Lions Gate Bridge that I crashed. Then, we stopped to relax at the beach by Siwash Rock. Two sea otters frolicked on the rocks, but once they were done we decided it was time to leave too.

written by Ella G



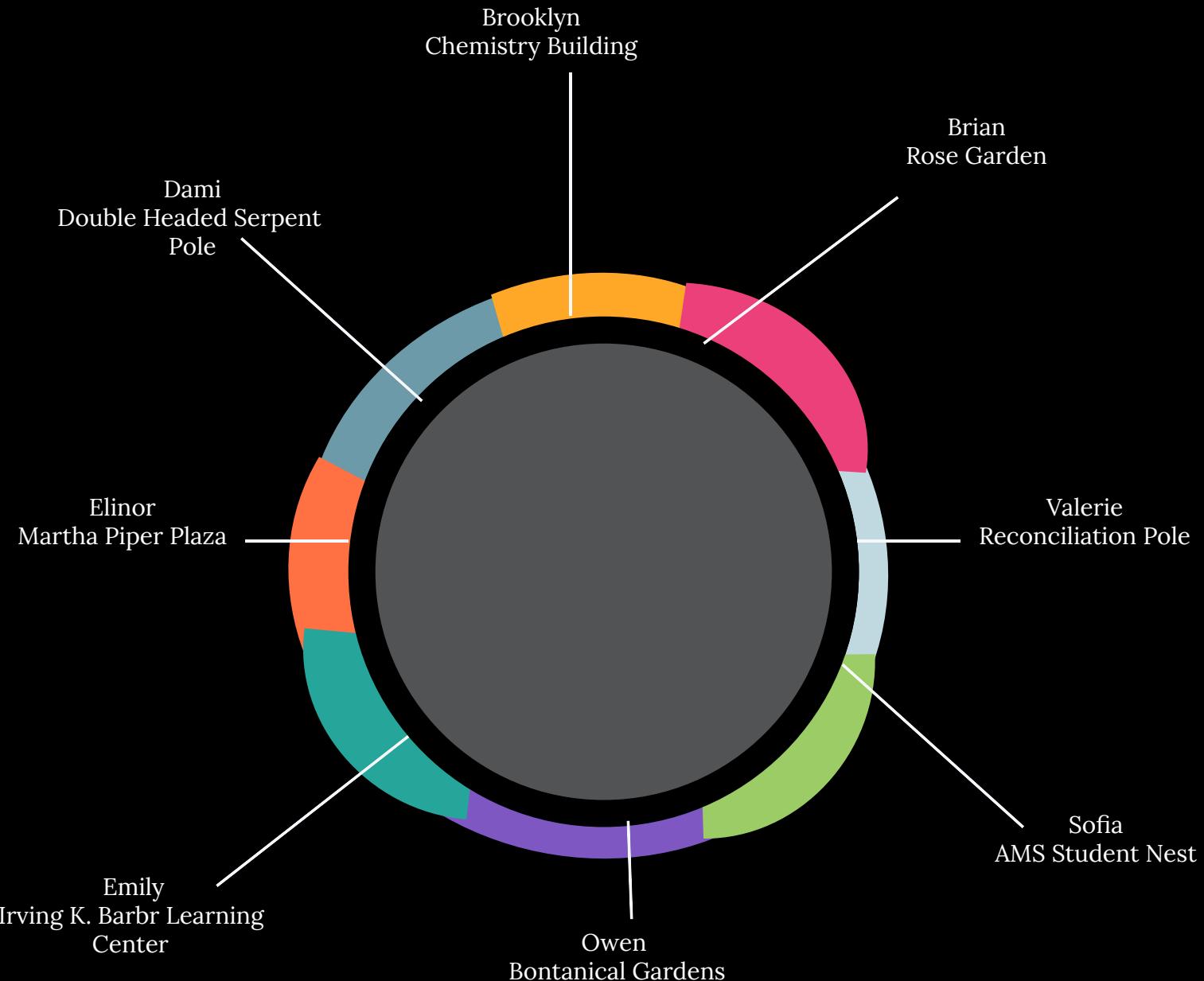
Recent News

Boy Claims To Have Skipped Rock 15 Times. Fails To Prove It.



On the evening of July 8th, a group of young tourists started a rock skipping contest at Kitsilano beach. It was an abrupt tournament and meant to be a challenge for beginners. One of these supposed "amateurs" stated that he had been able to skip a rock 15 times. This was a shock to everyone participating in the tournament. The young man became quickly admired and was soon watched by every other skipper. The competition, which was made for and by people terrible at rock skipping, had now felt like it was a high performance sport. The boy flaunted his skills to the new fans, but could not exceed 5 skips. It was then, people made the conclusion that he bluffed. This was the shortest lived fame the city of Vancouver had ever seen.

SDC Students Give a Tour of UBC Campus



A Brief History of Martha Piper Plaza

Welcome to Martha Piper Plaza! This area was named after UBC's eleventh president, who worked to "internationalize the campus". Martha Piper began her leadership position in 1997, succeeding David Strangeway. Both Strangeway and Piper pushed to make UBC a more diverse campus.

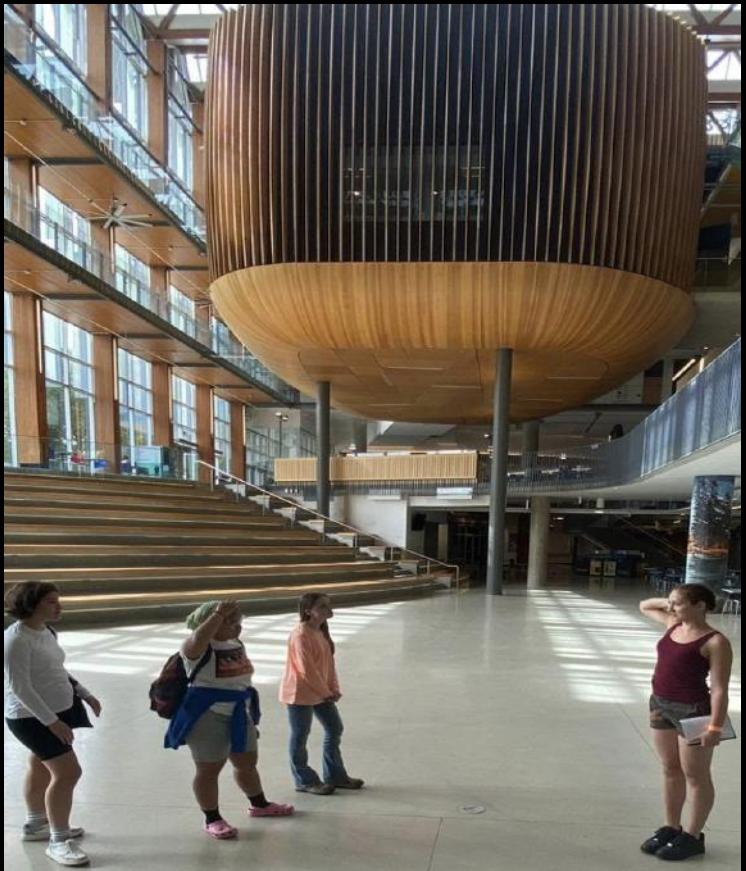
The artistic intention of the fountain was that "the reflecting pool respects the campus' Beaux Arts origins, while introducing contemporary symbolism of the self within the campus community, and an extension to the civic community at large". Another meaning for the fountain is that it represents the rush and the chaos that students go through while getting to classes. The university has begged students not to mess with the fountain. Many students have a bucket list of things to do before graduating and jumping in the fountain is a common one. One prank involved filling the fountain with soap, which the school was not happy with.



Research and writing done by Valerie Rosa.

A list of what was intentionally carved into the Reconciliation Pole, from the bottom to the top:

- salmon representing the cycle of life
- above is a shaman ensuring their return
- mother bear holding her cubs
- a raven looks over the mother bear's ears
- residential school with skeletons underneath it
- children holding hands supporting each other. they are shown with their uniforms and numbers which is how they were identified
- four spirit figures, killer whale (water), bear (land), eagle (air), and the thunderbird (supernatural) symbolizes the many cultures children came from
- above that is a mother, father, and children dressed in high ranking attire to show the strength within them today
- a longboat and a canoe moving forward side by side showing Canada and The First Nations working together,
- four coppers to represent diversity
- the eagle on the top represents determination, power, and always looking forward



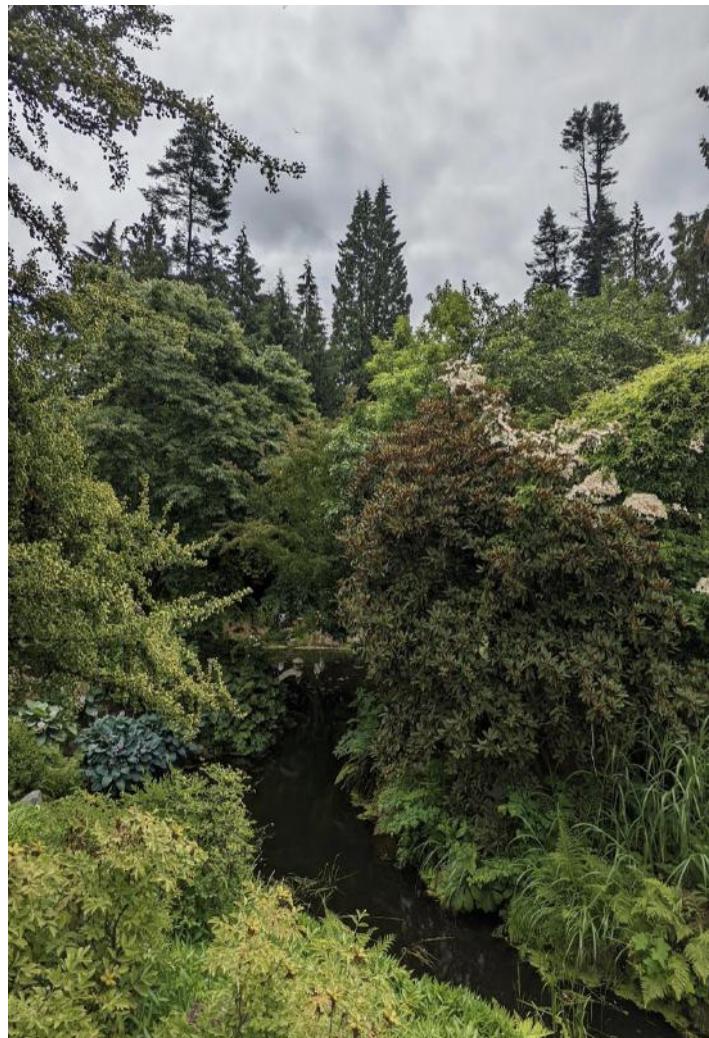
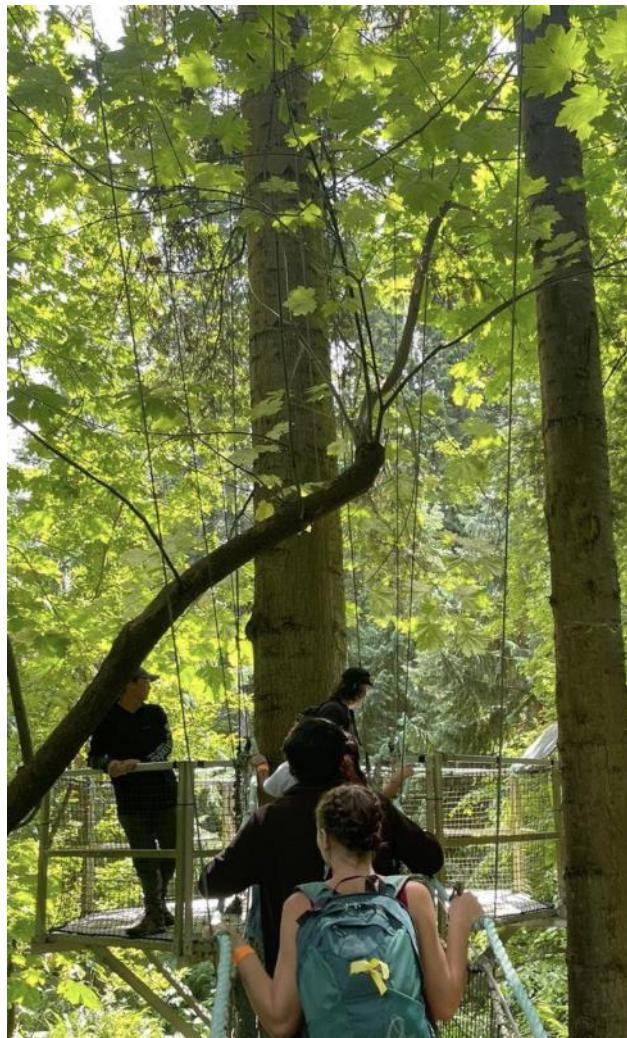
I was beginning to know the campus like the back of my hand, even feeling like a real college student at times. It was nice to be on campus while it was quiet. The University typically has over 60,000 students but having significantly less people there made it much more hospitable. We fit in. There was enough space for us to simply admire as tourists and then become a part of that environment.

Botanical Gardens

AND HOW THEY ALLOW THE PUBLIC TO DISCOVER, LEARN, AND CONSERVE.

Parks and gardens give people the opportunity to willfully explore nature and gain knowledge on the diversity of plants. Botanical gardens preserve species that are endangered or just extraordinary. The goal is to study them, protect them, and educate others on its existence. Our group had the honor of going through the UBC campus botanical gardens and the Greenheart TreeWalk.

Before the canopy walk, two very kind workers educated us on the theory of the mother tree. The idea came to light through Suzanne Simard, who wrote a book detailing her discoveries. Every forest has a mother tree, an organism that has grown to be the strongest and biggest in the area. These trees manage the prosperity of the forest. Simard noticed an underground system of roots and fungi that plants were using to communicate with each other. For example, if one tree was infested with insects or harmful vines, it would warn the trees around it. Mother trees inspire other organisms to work together to survive. Without this dynamic, the forest becomes a competitive environment that new vegetation cannot endure.



"AN ABSOLUTE MENACE!"

It was a beautiful Sunday afternoon and nature lovers were wandering through the botanical gardens. Everyone was enjoying the flowers that were open and blooming. It was a perfect day, not too hot and just the right amount of wind. Visitors looked forward to the Greenheart TreeWalk, one of the biggest draws to the UBC gardens. It is also one of the few canopy walks that does not hurt the plants around it. This trail is suspended from the trees, and relies on tension to keep the platforms up in the air. If you are afraid of heights, this attraction is not recommended. It sways very easily and the noises it makes can be alarming. The SDC Group went on the canopy together, and rather than spread out or take time to go through it, they decided to stick together! This caused the bridge to sway and make scary noises even more. To add onto that, some people were jumping on the bridge. They jumped, ran, swayed, shook... anything you can imagine could have killed us, they did it! Things were no longer perfect. E Glenn, the magazine photographer, was on the boardwalk at the time but could not name the culprit.

By Nora GH

travel writer



THE MUSEUM OF BIODIVERSITY

The Beaty Biodiversity Museum places a strong emphasis on preserving the ecological balance of all species on Earth. We need to support these delicate connections between living organisms. The museum reiterates the fact that an ecosystem's foundation can be in the simplest of things. It's also important to study the more obvious things, such as the food chain or how animals depend on one another for protection and grooming. These relationships are crucial. Ecology is at the basis of everything in this world, and Beaty highlights this idea. Through the collections, activities, short films, and art, you can learn more about the biodiversity of the planet. There are over two million displays inside of the museum, including fossils, dinosaur tracks, taxidermy, and insect collections. Visitors are also welcomed by the 85ft long blue whale skeleton that hangs from the ceiling. Beaty is one of the few places in the world with this many archaeological finds.



It is essential that people have an understanding of how the world works.

Biodiversity is how living things work together, and this can teach kids the importance of working together.

Beaty is not only a museum for the public, but also an active research facility.

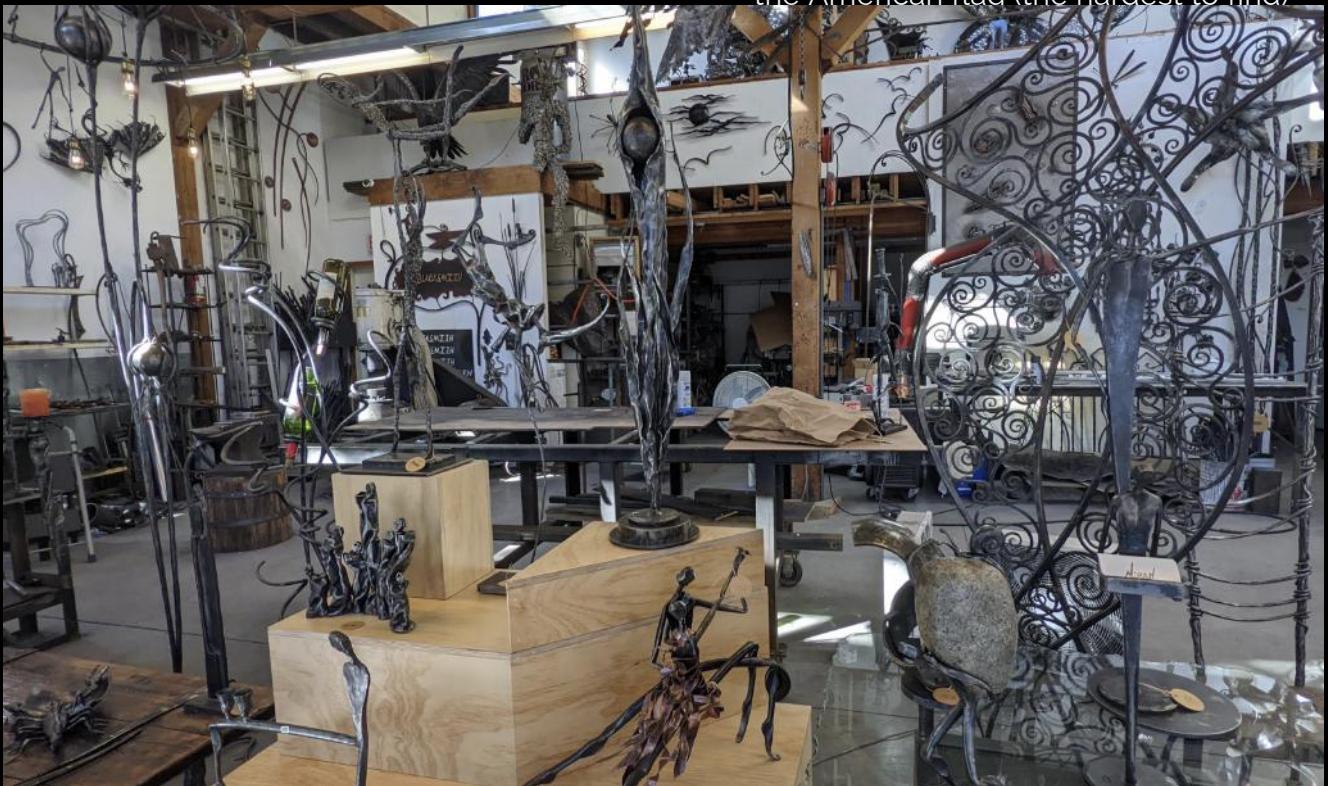
SCAVERGER HUNT

On Granville Island



On July 11th one of our many fun activities included a scavenger hunt with a partner. Sofia and I were one of the dynamic duos, and we were determined to win. The list of things we needed to find or do was:

- rainbow tour boats
- the Canadian flag
- an upcoming play/show
- wear a stranger's hat
- get a picture with a performer
- juggle an object
- something with stripes
- the Blue Parrot cafe
- a unique type of meat
- something sweet
- a pirate ship
- a whale
- the kids play place
- a totem pole
- an eagle
- a historical sign or statue
- Turkish lamps
- maple leaf
- the American flag (the hardest to find)



RUMOURS DRAMA AND TEA

When we finally arrived at UBC, all of us were eager to settle in. However, before we could see the apartments we needed to work out who would stay in which rooms. Our group of eight was split up. Half of us stayed on the main floor and the other half went up to the second floor. We each got our own room, which made the transition of being complete strangers to roommates much easier.



The first photo together. Seattle Airport.
July 7th 2022.

Brooklyn, Dami, Valerie, and I became close companions very quickly as I am sure the other group did. Sharing an apartment can do that to you. The problem was, we split up all the time. It was difficult to get to know everyone in my group because we always hung out with the same people. Eventually, we made an unspoken deal to unite! Every now and then someone would walk up to me and ask a question, then I would do the same to someone else. Slowly, we were getting closer. Bonding.

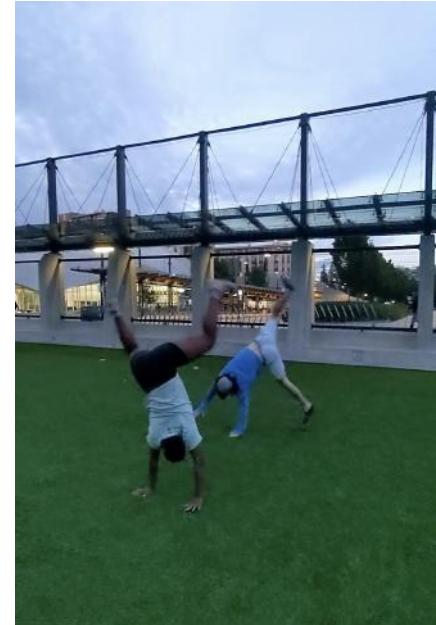
On July 11th, our second to last day in Vancouver, an idea unfurled. It was time for a sleepover. We packed our overnight bags and followed Brian as he hauled a mattress to the second floor. I went back down to shower and grab a few things, knowing that I would be missing out on a bit of fun. However, what I did not know was that when I came back up and knocked on the door there would be no answer. I thought perhaps everyone had already fallen asleep, but after a few minutes of waiting I began to think they forgot about me. I knocked again, and then once more before I went back down. Suddenly, Emily and Valerie opened the door and let out a sigh of relief. I saw everyone come out of their hiding spots and they explained to me that they thought I was a neighbor trying to make a noise complaint. It was hilarious, and as someone who's lived on dorm for the past two years I understood the fear behind getting noise complaints.

Later that night, we wanted to play a game. Dami mentioned a trend where two people have water in their mouths and slap each other with tortillas. The problem was: we did not have tortillas. The solution: a good old classic pillow fight. After multiple beat downs, all in good nature, the fights got a bit more serious. I supposedly hit Brian with a "triple three combo," Dami had to surrender, people spit water out onto the floor, Emily slipped, and Sofia got tackled. Valerie was our sports commentator, tying in the whole pro-wrestling vibe.





The day after the sleepover we had become a lot closer. Granted, after that pillow fight I was scrutinized for not being as innocent as everyone thought. Our plan for the day was to go dragon boat racing and then tour a replica of a Chinese scholar's house and garden. It was a very tiring day full of walking, rowing, and learning! We were exhausted, but Sofia brought up the idea of going to see the sunset. It would have been unforgettable, but some of us were hesitant. Unintentionally, we split up again, with the same people too. I convinced the rest of the group to chase after those who went to see the sunset, but it was too late. Since we could not catch up to them, we had a cartwheel contest at the park instead.



It was my first day in the hostel after being in quarantine for 3 days. I saw a familiar man and didn't think anything of it until Dami pointed out his resemblance to Seth Rogan. From then on out he started to appear out of nowhere. I was taking this picture of Atwell Peak when he zoomed past me on a bike and I almost screamed. This Seth Rogan look alike was for sure following us.



Our group stayed at the Cheakamus Center for 3 days. We participated in many activities together, but when Owen got COVID we did have to social distance. One of the games was a contest for who could put a cup the farthest if we pretended the ground was lava. Owen got to work alone while the rest of us were a team. The game got serious as we playfully tried to beat him and vice versa.



AN INTERVIEW WITH

Elinor Harrison

ON HER JOURNEY
THROUGH BRITISH
COLUMBIA AND THE
EXCLUSIVE STORY NO
OTHER MAGAZINE
KNOWS ABOUT

The young icon spent a month in Canada, visiting popular towns such as Vancouver, Brakendale, Squamish, Whistler, and Victoria. In this special interview with CAN Magazine she will share a story no other tabloid has heard of. Harrison describes her frightening night in Whistler. It was her fifteenth day in British Columbia, however, Harrison stated it had already felt like 3 months. The days were getting mixed up and the only thing keeping her mind in order were sweet memories.

Elinor, it is a pleasure to be interviewing you. This is your first time opening up about what happened, is that correct?

Yes. It was a terrifying experience and it took me a long time to open up about it because there is just so much to say and reflect on.

Before any of it started, what were you feeling?

I felt safe at the time. We had just got back from the 3 day backpacking trip and were just ecstatic to be in a nice place with comfortable beds and a roof over our heads. We stayed in a beautiful chalet near a small forest, many trees surrounded the house. I knew that when it got dark I would be more aware of what could be outside, but for now all I cared about was becoming aware of what was inside the house. Showers, a sauna, TV, beds, blankets, a fridge. After being in the woods, this was like paradise.

Did the incident happen the day you arrived?

Yes. Every one of us was exhausted and we even joked about being in need of a spa day. I offered to give one of the girls a massage and she accepted the offer. We knew the spa day would never happen, but thankfully there was a sauna in the cabin. However, the only thing I needed after the backpacking trip was a

What did you encounter after that?

We had a small dance party in the living room, and after that everyone went their separate ways. I read some vintage National Geographic magazines, some folks went upstairs, others chilled in their rooms. It was already pretty late by the time Valerie asked me if I was still willing to give her a massage. I told her Stories of how I got my "experience" and eventually she fell asleep. I planned to continue the massage for a bit even though she was no longer awake. Suddenly, I heard a strange tapping noise. The density of the knock made me think it came from the window, which scared me even more. It took me a while to remember we were on the second floor, but once I did I convinced myself the sound was a tree or squirrel. Then, I heard a definite knock. It startled me and woke up Valerie. She yelled "Who is it?" and "COME IN!" multiple times but there was no response. I went to open the door, nothing.

Did you think it was anything paranormal?

That crossed my mind, but the tapping sounded like a human was doing it. When I thought we were on the bottom floor, I worried it was creepy neighbors. Once I remembered it was actually the second floor I figured a branch hit

And what did you do after being alarmed by that?

I continued my little massage until we heard it again. I whispered "That's coming from the window" but Valerie did not agree. She got up and checked outside the door, nothing. I tried to convince her that we needed to check outside the window and I was too scared to open the blinds by myself. Valerie told me I was freaking her out by claiming this. With my body ready to run, my voice ready to scream, and my arms reaching for the blinds I was going to open it. Dami came out of the bathroom at this point and was very confused. I looked out and jumped back. There was a dark figure sitting on the roof and he moved to the other side once I saw him. I yelled "There's a man outside the window!" and was begging Dami and Valerie to help me. All of us started freaking out and I opened the blinds again to show them. This time, Brian revealed himself. We were relieved, and very mad at the same time. Brian came back into the house through a window and Valerie started jokingly hitting him with a pillow. It was funny but cruel at the same time. Emily stated she was in on it too and from then on I did not feel safe in that house. Moral of the story: always remember that friends will take their



Health and Wellness

THE IMPORTANCE OF MAINTAINING MENTAL AND PHYSICAL HEALTH WHILE TRAVELING

There is so much exhilaration and adventure that comes with traveling, but it is essential to make time for relaxing activities. The average vacation includes so much more walking, navigating, and stress than we might be used to. The body and brain cannot always handle so many changes or differences in the environment. Headaches, sore legs, over sleeping, or any other physical reactions are signs that you are in need of a break. Replenishing your energy does not always have to stop the travel plans, it can enhance the trip too! When I feel drained during my travels, my ways of recovering include watching a movie, having a spa day, or just eating familiar food. Targeting any symptoms of homesickness is a good way to cure the exhaustion from traveling.

This pandemic has made travelers more cautious of being sanitary and preventing the spread of germs. As someone who has gotten COVID while traveling, I can say that it is totally worth it to wear a mask and continue to be careful. Getting sick abroad ruins so many plans.



We had survived a week of constant walking and learning and awkward ice breakers. Things were going smoothly until out of the blue, one of us caught COVID. Two days later and it infected half of the group. None of us were expecting the virus to infiltrate our study abroad, but it did, and difficult decisions had to be made. We were separated once again, four of us stayed in a hotel to quarantine and the other four went to a hostel. I was one of the people that got COVID. None of us were happy with this, but it was nice to slow down and rest for a few days. We tried to keep each other entertained at the hotel, watching movies, playing charades, eating together, anything fun we could think of. Our group got to reunite twice but even then we distanced ourselves.

While we were in Squamish, the itinerary was to go to a CPR class and get certified. Things got very complicated when four of us got COVID, but we were still able to do it together. Our instructor, Martin, was a very interesting character. He taught us how to treat a patient that is unresponsive, CPR on adults and babies, how to make a sling for a broken arm, and how to perform the heimlich maneuver. Every now and then Martin would tell us his life story or throw in a controversial opinion. It got to the point that we were all just confused. Nevertheless, our group found a way to have fun and act silly. We had a race for who could wrap a sling around the shoulder the fastest, made fun of Brian's head wrap, and made our baby dummies fight each other.





Backpacking In Garibaldi

An unforgettable experience. Not only because my neck still hurts but also because it was incredible being able to camp and backpack with my group. It was very tiring, which all of us expected. The first day was the hardest, but there is so much satisfaction that comes with being done, kicking off the hiking boots, and setting up the tent. Brooklyn and I were tent roomies and we had a lot of fun. At night we waited for the stars to come out. In the day our group oftentimes dispersed but we still looked out for each other. We collected sticks for roasting marshmallows, looked out for bears, played word games, and sled down snowy mountains. We made so many core memories for each other and as hard as the trek was, I am thankful for the chance to experience it.



Swimming in Garibaldi Lake

The very definition of looks can be deceiving. Our long trek was over. We were able to set up camp and finally take off the heavy hiking boots. It was our second day of backpacking, and a little less tiring than the first. Fortunately all of us still had the energy to take one more adventure: a refreshing swim in the glacier water that filled up Garibaldi Lake. We changed into our bathing suits, prepared for the short hike, and were on our way. What we soon learned was that it was more than a fun little hike. My legs could not handle all of the hills. And when we finally got to the lake, the first smell overpowered our initial surprise to the beautiful view. Pollen. That word might make you think of bees and flowers, but that is not at all the imagery I want to convey. Think of vomit, think of a repulsive cluster of yellow foam that was backed up by trees and debris. It smelled like dead rats and I was ready to turn around. Thankfully, it did not cover the whole lake, but our dilemma was getting across it.

We could see a little cove on the other side, the perfect spot for swimming. To get there we needed to walk through the yellow gunk and the freezing cold water that hid below it, cross a bridge, walk through the pollen yet again, and then needed to continue walking in the cold water for what felt like a thousand miles. To avoid even touching the yellow foam, we rappelled across the base of the mountain - which seemed like a 90 degree angle, clinging to the roots of young trees, and praying no one fell in. When we got to this cove I overheard Ian and Owen making a bet for who could stay in the longest. I, of course, needed to win this bet. After slowly getting in and swimming for over 20 minutes, I could feel my limbs going numb. It felt as though my torso was no longer a part of my body and I swore there were needles going through my feet. Despite all of the pain, I won! I had to shuffle out of the water without touching anything or else I thought my body would break like an icicle. It was a serious struggle to get back to the trail we came in from. I had done my best to avoid the yellow gunk by hanging onto the roots again. When we were right by the entrance of the trail I watched as Valerie slipped and fell in to the pollen covered water. The worst had happened, and even though I could not help but laugh, I sympathized with her.

STRANGE SPORTS

the brilliant inventions and activities that inspired these uncommon sports and how on earth anyone came up with it.

- archery
- mountain biking
- climbing
- skiing
- kayaking
- white water rafting

The bow and arrow has played a very prominent role in human history, being one of the earliest weapons mankind made and still uses today. Many indigenous tribes, not only in Canada but around the world as well, used bows and arrows to hunt. The weapon would be made from natural materials such as bone, wood, or stone. Archery became a sport in England around the 15th Century but could not get back into the Olympics until 1972.

Mountain biking started out with very humble origins. People wanted to go off road with their bicycles. Over time, the structure of the bike began to evolve, which brought iconic thick tires into the world. Whistler and Squamish are huge hubs for mountain biking lovers.

Rock climbing and bouldering has always been an activity available to humans. Granted, before climbing became a sport or hobby to some, it only made sense to scale a mountain if you lived on it. However, climbing has grown so much these past few decades, it is becoming an unstoppable sport.

Skiing is a well known activity that has been around for thousands of years, and yet the idea of it is so funny. One person, with an intense desire to get downhill, has each foot on a plank in order to glide atop the snow. Though it may sound silly to someone who has never heard of it before, skiing has become quite an elitist sport.

The Inuit tribes are credited for the innovation of the kayak, which at the time of its creation was used for traveling and fishing. Kayaking had an increase in popularity in the 1970's. It was a new sport in the Olympics, got featured in a movie, the plastic kayak was invented, and play boating became a thing! As much as kayaking has evolved, it is still important to remember the origin of this sport.

Different kinds of rafts originated with several Indigenous groups around the world, but the one that inspired white water rafting was brought up by Horace H. Day. He and one other explorer attempted to go down Snake River, but were not successful. Rafting began to kick off in the 1960's, influencing the popularity of kayaking and other aquatic sports.



Food & Restaurants

The best restaurants
in British Columbia,
ranging from hidden
gems to the most
popular spots in town.
A list of all you need
to taste and try..



WHAT TO GO FIRST



1

Tim Hortons

You can't go to the North and not eat Tim Hortons. It is needed in order to fulfill the Canadian experience. Tim Hortons is like any other fast food chain except it specializes in breakfast food. They have world famous donuts that are worth a try.



3

Saha Eatery

Had the best vegetarian options I have ever seen. This trip really pushed me to stick with the vegetarian diet but Saha Eatery convinced me that I wasn't missing out on much. I know people get made fun of for saying cauliflower can taste like chicken, but I will gladly be one of them.



5

Sura Korean Restaurant

Our last supper. The day before we left, all of us decided to dress up and enjoy the last dinner together. It was a bittersweet moment, but the food was flavorful and spicy.



2

Bao

The restaurant that allowed me to trust the food in Canada. Before the trip I was expecting bland English food. thankfully I was proven wrong. Bao not only satisfied my taste buds but opened my eyes.



4

Blue Parrot

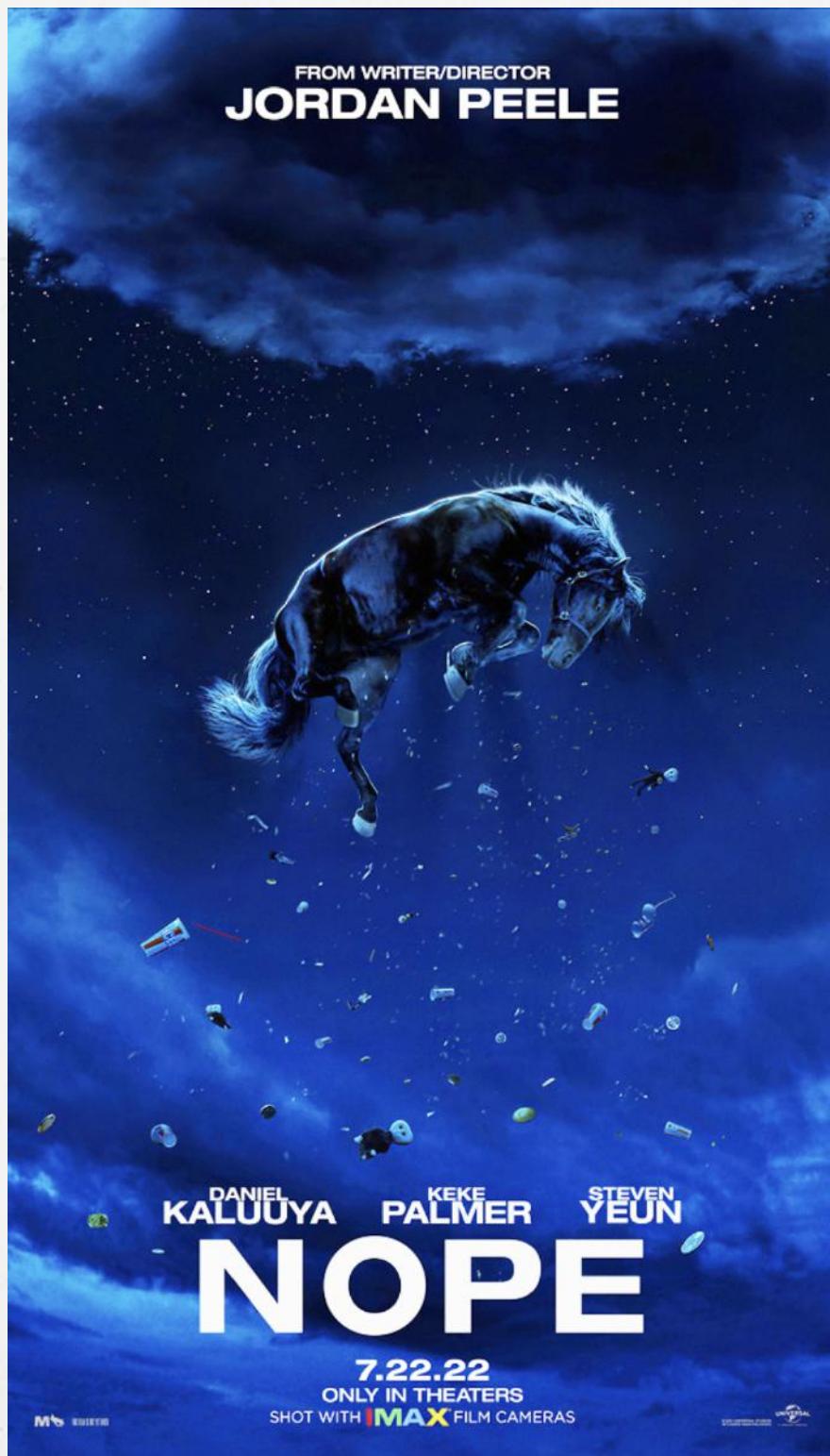
The cutest cafe on Granville Island. Right by the water with a perfect view of the bay. Blue Parrot has incredible sandwiches, bagels, and salads. The location enables you to be in the loop of what is happening in the market and on the water.



6

Mr. Shawarma

If you are lucky enough to find this food truck on the streets of Vancouver, then do not take it for granted. Mr.Shawarma had some of the best middle eastern food I have tasted, and that's saying a lot considering I grew up in Oman.



NOPE

Jordan Peele does not disappoint! It was a unique story that recreated the alien trope rather than reuse. The film had magnificent cinematography. The soundtrack consisted of the modern, feel-good, pop music that the audience could relate to but also very vintage soul songs. The character's personalities contrasted so much, and yet found a way to complement each other at the right moments. The two leads: Daniel Kaluuya and Keke Palmer give the audience two very different characters but they work together like yin and yang. Peele wanted the movie to show "a reminder of how we treat anything that doesn't qualify as human". With the humorous title standing for Not Of Planet Earth.

My mother always makes the point that if we are traveling, there is no need to do things that could be experienced at home. Going to the movie theaters, eating fast food, shopping at chain stores, etc. I am all for trying new things, especially when in a foreign country, but watching this movie was necessary. Despite the film being a thriller, there was this undefined feeling of comfort as I watched it. For 2 hours and 15 minutes, my senses could take a break from all of the new experiences. I saw the same big screen every other theatre has, sat in a dark room, saw familiar actors. I smelled popcorn and sanitizer. I felt comfortable in the seats. I tasted the sweet candies and sodas. I recognized all of these sensations, and in a way it cured my homesickness.

Victoria

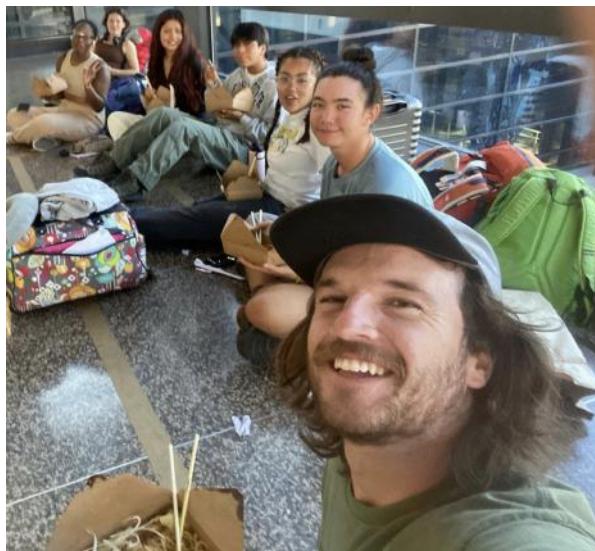
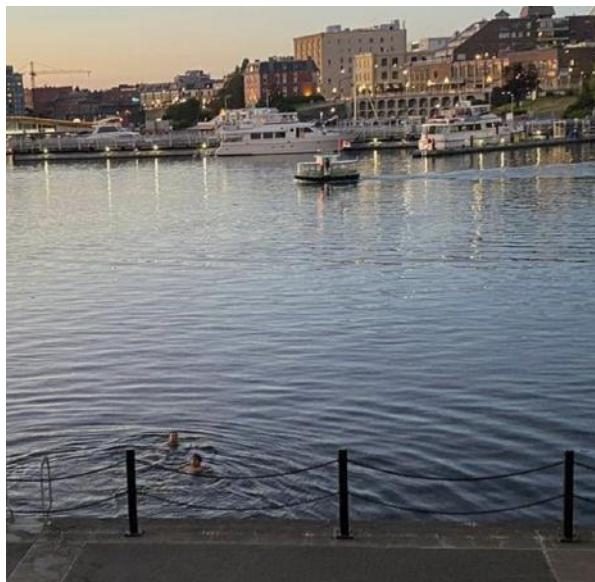
The last city on our journey through Canada. Victoria welcomed us with an hours worth of traffic and a campus so empty that the deers were walking on the sidewalks. At first I felt like Victoria would not have much to offer our SDC group, but I eventually grew to love the island. Victoria has its own culture, one that cannot be compared to any other area in Canada I have seen. Victoria has many historical buildings and sites. I do not recommend mistaking the building in the photo below for the parliament of Canada. A person asked me what it was and I stated "I think that's parliament." Next thing I knew, every Canadian in a 20 mile radius was making fun of me. Since that moment, every local of Victoria seemed to have a grudge against me.



Saying Goodbye

Our last few days together hit hard. Once we remembered "nothing gold can stay" the days felt so much shorter. We spent our last adventures together in Victoria and Port Angeles, trying our best to make each other laugh and smile so we would forget the little time we had left. Nature blessed us with a beautiful sunset as our last. The night before our travel day, I stayed up all night packing and writing my final reflection. It brought tears to my eyes thinking about the end. When everyone else woke up I knew it was time to start saying goodbye. Nothing had to be said yet, sometimes you can just tell what a person means by their eyes. We smiled and spoke, but in the back of everyone's mind was that one painful word: goodbye.

For our second day in Victoria, we planned to have dinner at a very fancy restaurant. It was located right by the harbor and we had a very nice view of the sunset over the sea. A lot happened that night, most notably, Emily proposed to Valerie with a ring pop and later that night Brian and Owen took a swim in the nasty water. We do not even know if it was allowed but the ladder had to have been there for a reason. Everyone in the restaurant stared at us, but it was one of our last nights and we were determined to have a good time.



Contributors

EGH is the magazine editor for CAN Magazine, a new organization that encourages traveling to West Coast Canada. EGH has planned this project for months, working tirelessly everyday to get it done.

Nellie Harr is our journalist. Many of her ambitions she credits to the trailblazing Nellie Bly. Harr even wrote her own version of Bly's work, titling it "Around the World in 50 Days".

E Glenn is a photojournalist for this magazine. E Glenn Studios has provided more intimate pictures of British Columbia.

Ellen H has a passion for film and cinematography. She is a respected movie reviewer that first got into film at the age of 15.

Ella G. is our notorious travel-blogger. She has been writing about her travel experiences since she was a child. Inspiring people everyday to venture out into the world.

Nora GH. is another travel writer for CAN magazine. She loves to write factual articles.

Son of Harris is the gastronaut for this magazine. Son of Harris began experimenting with cooking this year, but has always been an analytical eater.

Elinor Harrison wrote everything in the "Rumors, Drama, and Tea" section of this magazine. All of it was based on real stories of her time in Canada,

The Origins of Whitewater Kayaking." Watershed Drybags, 6 July 2020,
<https://www.drybags.com/the-origins-of-whitewater-kayaking-a-timeline-2/>.

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"Who Decided This Was A Good Idea? A Short History of White Water Rafting." Raft Outdoor Adventures, 8 Sept. 2016, <https://raftoutdooradventures.com/blog/short-history-whitewater-rafting/>.

Museum of Anthropology at UBC, 27 Mar. 2018, <https://moa.ubc.ca/>.

This page is meant to be a joke but it also has links to websites I recommend looking at.

SDC CANADA

I hope you enjoyed reading through my project!

