

PORT ALBERNI

VALLEY VIBE

FALL 2020

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WATERFALLS

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PORTALBERNI



Embracing Tech Gadgets to Streamline Your Workday

There are some excellent high-tech office supplies available that could simplify your day-to-day tasks as a business owner. Sure, some are in the “nice to have” category, but there are definitely some “need to have” tools available today that could really brighten your workday.

Here are five important office supplies that could help instantly make your workspace more user friendly – and enjoyable – during those long hours dedicated to your craft:

1. Large Monitor or Multiple Monitors

There are extra large monitors available that can replace multiple monitor use, but it all comes down to personal preference. The goal is to be able to put priority on productivity and efficiency by maximizing your visual workspace. You'll be able to use multiple programs in multiple tabs at the same time, which can help shave time off your day – and even your eyes will thank you.

2. Monitor Stand

This helps elevate your monitor to eye level, which saves your neck through improved posture. Many options also feature convenient charging ports so that you don't have to dig

behind your desk to charge your devices.

3. Vertical Cube Mountable Power Strip.

This will help you save valuable time and energy by avoiding untangling messy cables and cords whenever you need to find a free outlet. This device easily mounts under your desk, ensuring power is always within reach.

4. Reusable Smart Notebook

This offers the convenience of an old-school notebook and pen with a modern twist. It not only helps conserve space but also saves paper.

5. Temperature Control Smart Mug

This ingenious device will prevent frequent trips to the kitchen in order to microwave your coffee or tea that has gotten cold because you've been diligently working away. This smart gadget features a heating element that keeps your drink of choice warm no matter how long it takes you to drink up.

We all have those tasks throughout the day or week that we put off because they take too much time or lead to uber frustration. Why not do a quick Google search to see if there are any gadgets available to help alleviate these issues for you? You don't have to commit to trying lots of new tech at once, but how about every quarter? You never know how much you'll love new tech until you try it.

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Letter From the Editor

Megan Warrender

Being born and raised in Port Alberni, sometimes I have taken for granted the beauty that is all around us. During these “unique” times we find ourselves in right now, and being home a lot more than usual, I have found myself roaming near home and having a chance to rediscover our beautiful valley. The places we can discover right outside our front door are endless in opportunity, and these issues only touch the surface. But my hope is that it will stir something inside of you, just like it does in me, to discover more. To look for more opportunities around every corner of our beautiful valley. This place we are so blessed to call home.



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PUBLISHER**
MEGAN WARRENDER
megan@thevalleyvibe.ca
Founder of the Valley Vibe magazine. Megan’s passion is to show the world why we live and love Port Alberni through print media.

Photo credit: Denay Platka



Photo credit: Corinne Schmitz



Photo credit: Chris Pouget



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An experienced writer, life coach and personal trainer. Nicole looks forward to bringing stories to you in a variety of different ways.



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<https://raincoasthistory.blogspot.ca/>

Glen takes us back in time to true stories that occurred from our social history of the hotels, saloons and pubs of Vancouver Island.

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www.exploreportalberni.com

The Valley Vibe in partnership with Explore Port Alberni. "Port Alberni is a lifestyle. This is how we live it."

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Welcome
to
Port Alberni
A SLICE OF ISLAND PARADISE



#EXPLOREPORTALBERNI

In the heart of Vancouver Island, kissed by the sun and connected by the ancient sea, sits a valley filled with opportunity, adventure and wonderment.

As the community fortunate enough to be surrounded by the towering peaks of the Beaufort Mountain Range, lush canopies of the west coast rainforest and salty waters of the Alberni Inlet, we have the privilege of showing each other and the world just how lucky we are.

So, to the residents looking to rekindle their sense of adventure, those thinking of making this magical place home, visitors seeking an authentic Vancouver Island experience, the young and the young at heart, we invite you to lace up your hiking boots, dust off your kayaks, polish your golf clubs, grab your fishing rods and pack your cameras - it's time to roam near home and explore Port Alberni.



*Waterfalls
of the Alberni Valley*





Waterfalls are some of the most magnificent natural wonders of the world, and we're lucky enough to be home to some beautiful waterfalls in the Alberni Valley. Seeking out waterfalls can be a daunting task, oftentimes requiring trekking up a mountain for the best views; we're going to give you a breakdown of our top seven waterfalls in the Alberni Valley, ranging from easiest to hardest.

First on our list is the beautiful Stamp Falls Provincial Park. Located 14km down Beaver Creek Road, Stamp Falls is a short 1.3km hike with 49m elevation gain, making it perfect for the entire family. Stamp Falls offers spectacular views all year round; in late summer and early fall you can watch the salmon make their way upstream, winter and spring bring raging rapids that will make you appreciate the strength of water, and summer offers calmer waters with little wading pools to cool off. This trail offers multiple viewpoints along the river and falls, and will be sure to awe the entire family. Dogs are allowed but must be kept on leash. Remember to be bear aware, especially during the fall salmon season.

Next on our list is the beautiful and lush Fossli Provincial Park. Travelling towards Sproat Lake, make a left onto McCoy Lake Road, left onto Stirling Arm Drive, left onto Ash Main, and right onto Stirling Arm Road, after about 4km the trailhead will be on your right hand side. Park as far over as possible to allow others access. Access to this trail does require driving on logging roads, so please be aware and always give logging trucks the right of way. Once you've parked, follow the road down the hill, staying left until you reach the trailhead. Fossli Park is a 3.4km easy trail with 93m elevation gain. The waterfall is downstream from the suspension bridge across the creek. The waterfall travels down the rocky and moss covered creek, with a magnitude of ferns and trees on either side. Fossli Park is truly a magical place to explore with beautiful views of Sproat Lake, birch and old growth trees, ferns, and a lush layer of moss covering almost every surface. Perfect for kids and dogs, this is the perfect hike for the entire family.

Let's head further down Sproat Lake to Weiner Falls, located across Hwy 4 from the Sproat Lake Landing Resort, stay right after you turn off the highway and head up a short hill, turn left down a logging road, park just before the bridge off the road and start walking along the road to the right just before the bridge. This trail is an easy/moderate 3.9km hike with 145m elevation gain. As you head up the hill along the road, you'll be met with a fork where you can stay on the logging road or travel along the trail. After about 1km the trail will veer left, down towards the lower falls, offering swimming at the very bottom of the falls and a beautiful view from the top. You can either stop there (highly suggested if you have small children), or head back up the trail towards the upper falls. There is a section of trail that travels along a steep cliff with a rope along the mountain wall, but the views are well worth it. Carry on until you reach the upper falls and enjoy the waterfall and views for a while,



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before heading back the way you came. The lower falls is great for kids of all ages, but the upper falls is better reserved for older kids. Dogs are allowed, but please keep them on leash.

Kitsuksis Creek Falls is next on our list, an easy 6.3km trail with 79m elevation gain. This trail takes you around the Kitsuksis Dyke and up into the forest towards an old railway trestle that spans Kitsuksis Creek. This trail is ideal for kids of all ages, seniors, and leashed dogs; offering beautiful old growth forest, wildlife, and the waterfall of course, it's the perfect hike if you're short on time but want to experience the beautiful nature the Valley has to offer. The falls are located perfectly under the trestle providing the perfect opportunity to take in the natural beauty we're surrounded by.

Cold Creek Falls is located near the entrance of the Alberni Valley, just off of the Alberni Highway at one end of the Log Train Trail. Walking about 5km along the Log Train Trail after a short descent towards a bridge you'll find the Cold Creek Falls sign to your right, the falls are located about .5km from the sign. This easy trail is about a 9km roundtrip with about 100m elevation gain (found primarily around the falls),



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Photo credit: Della Falls, Ashley Cyr

and is suitable for dogs and kids. The terrain becomes a bit rough closer to the falls and can be slippery, use caution as you approach the falls. These falls offer some spectacular photo opportunities, so be sure to bring your camera and capture some beautiful memories.

China Creek Falls is next on our list, located at N 49° 11' 02.9400" W 124° 45' 39.6600", heading towards Bamfield / China Creek along Ship Creek Road, towards Franklin River Road. Use the coordinates and park off the road by a gate next to a gravel pit; be sure to park far enough off the road, as this is an active logging road. Walk down the main road for a few meters and the trailhead is marked by flags on the trees above. This is a moderate 4.6km hike suitable for kids and pets; from the trailhead it takes about 25 minutes to get to the falls. There are some steep and slippery sections, but once you reach the falls, it'll all be worth it. Surrounded by boulders and fallen trees, this is a stunning spot to rest on the rocks, or swing into the water and go for a cold swim.

Lastly, we're headed to Della Falls. Located at the far end of Great Central Lake, this trail is accessible only by boat. This is a difficult trail, coming in at 29.5km and 1,117m elevation gain, bringing you to Canada's 16th and Vancouver Island's 2nd tallest waterfall spanning 440m. This trail was built in 1899 by Joe Drinkwater, who named the falls after his wife, Della. Most people take 2-3 days to do this hike, camping at marked sites along the way. Della Falls is a magnificent sight to see, the falls are seemingly endless with breathtaking mountain views as far as you can see. This trail is suitable for experienced backcountry pets and kids 10+; there are some steep sections, cable cars, and rough terrain.

There you have it, seven of the top waterfalls to explore in the Alberni Valley! We want to remind you that if you're exploring these areas to always respect our beautiful wildlife; pack out what you bring in, take pictures instead of things, stay on the trails, and safely enjoy yourself. We hope you enjoy these waterfalls as much as we do!



Photo credit: Weiner Falls, Jim Stelmacker



Photo credit: Stamp Falls, Chris Pouget



Photo credit: Fossli Park, Chris Renwick



Arrowsmith Rotary Mural Project

A project that began as an idea from the Arrowsmith Rotary Club in 2018 has finally come to completion at the entrance to the Harbour Quay. What originally began as a message of reconciliation has transformed into a beautiful mural depicting Building Relationships, Brick by Brick. Located on the side of the Canadian Maritime Engineering building, which is the end of the Rotary Arts District, this mural is a beautiful welcome for anyone heading to the Quay.

This mural was created to bring the community together in positivity, and that message is present throughout the planning, design, and execution of this beautiful piece of art.

Back in 2018 the Arrowsmith Rotary Club began accepting applications from local artists for this mural project, and Shayne Lloyd thought it would be interesting to depict the Harbour Quay, Inlet, and traditional practices of the Tseshaht First Nations, pre-colonization. His submission was chosen and he began collaborating with renowned local Tseshaht First Nations artists Gordon Dick and Tim Paul. Although Shayne is not a First Nations Artist, his style and eagerness to collaborate, made him the ideal candidate for this project.

When creating a mural, there are different methods artists use to scale an image from paper to wall. The method Shayne chose is called the scribble method, where the artist starts off with random scribbles on the wall before taking a photograph of the wall

and overlaying the mural image. Once the images have been overlaid, he's able to use the scribbles as landmarks for the mural. He wanted to do something more meaningful for this mural; instead of scribbles, Shayne worked with Corey Anderson and other Elders to create positive Nuu-chah-nulth words and phrases as their "scribbles" for this mural. Although those words and phrases have since been covered up, it's important to know that the mural was built upon a positive message from the start.

Along with the positive Nuu-chah-nulth phrases, the land and building also went through a cleansing and blessing ceremony. Throughout the process local Tseshaht singers and drummers came to bring positive energy to this project, while other members would share stories of their history with Shayne. The community involvement in this project has created a lasting impression for everyone involved.

It's fitting that the mural overlooks the present day Harbour Quay and Inlet, because it depicts what the lands looked like pre-colonization. From left to right the mural goes from day to night. The design is meant to be simple and complimentary, with specific Tseshaht elements throughout. To the untrained eye, the mural looks like typical West Coast First Nations art, but details in the sun which was designed by Gordon Dick, the moon which was designed by Tim Paul, the spirit lines, the ovoids within the wolves and eagle feathers, and even the canoes, are all specific to the Tseshaht First Nations. It was important to all the artists that this

be as true as possible to the local culture, and those details are present throughout.

Prior to the amalgamation of the Tseshaht First Nations, there were five First Nation groups that inhabited the Broken Island Groups, they banded together to form the Tseshaht First Nations. These five First Nations groups are represented throughout the mural, from the people standing on the shore, to the wolves, and lastly with the five portraits of various elders who were amongst the original chiefs who came together to form the Tseshaht First Nations.

Tseshaht refers to Great Whaling People, it directly translates to 'people from a smelly place' which reflected that they were successful whale hunters. In traditional stories, wolves and whales play major roles, often shown as shapeshifters; Shane represented these shapeshifters on the mural with a wolf walking out of the water with a fin on its back. The wolves also represent the five leaders of the nations coming together.

As the mural transforms from day to night, these great whaling people are depicted fishing at night with a torch attached to the front of their canoe. This was a traditional and ritualistic fishing practice, where they



From left to right: Shayne Lloyd, Terry Deakin, Cheryl Hamilton, Claude Lavertu, Pam Craig, Val Deakin.

used light to attract fish to the surface of the water before spearing them. Eagle feathers along with the young boy dancing represent moving forward; showing that the First Nations culture is still very alive and thriving.

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The message throughout not only the mural, but the process behind creating it, is building strong relationships. This was very much a collaborative effort between the Arrowsmith Rotary Club, Shayne Lloyd, Gordon Dick, Tim Paul, and the Tseshaht community. Upon speaking with those involved in this project, it is very much apparent that this mural has injected much needed positivity into our community, and has truly brought us closer together.

Big projects like this are never an easy undertaking; they require months, if not years of planning, fundraising, adjusting, revising, and finally creating the actual piece of art. His willingness to collaborate and desire to really showcase the Tseshaht First Nations history truly made this mural what it is, a beautiful depiction of the land we call home.

The relationships that have been built through this mural are a beautiful representation of what this mural is about- Building Relationships, Brick by Brick. Change begins with one person who is willing to challenge their current beliefs and create space for a new way of viewing the world. This mural does exactly that, by bringing First Nations artwork to our community, creating space for stories to be told and heard, allowing us the opportunity to create a new, positive way of doing things.

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The Arrowsmith Rotary Club would like to acknowledge major contributors:

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Lily Diotte & Swale Rock Cafe

The Rotary Club is still accepting donations for this project. To purchase a brick for \$25, reach out to arrowsmithrotaryclub@gmail.com or visit the Arrowsmith Rotary Facebook page. Orders can also be placed in person at INEO Employment Services and Swale Rock Cafe (both on Argyle Street).

A huge thank you to everyone who contributed to this beautiful mural. Our community is incredibly lucky to have such amazing people who go out of their way to foster a positive community.



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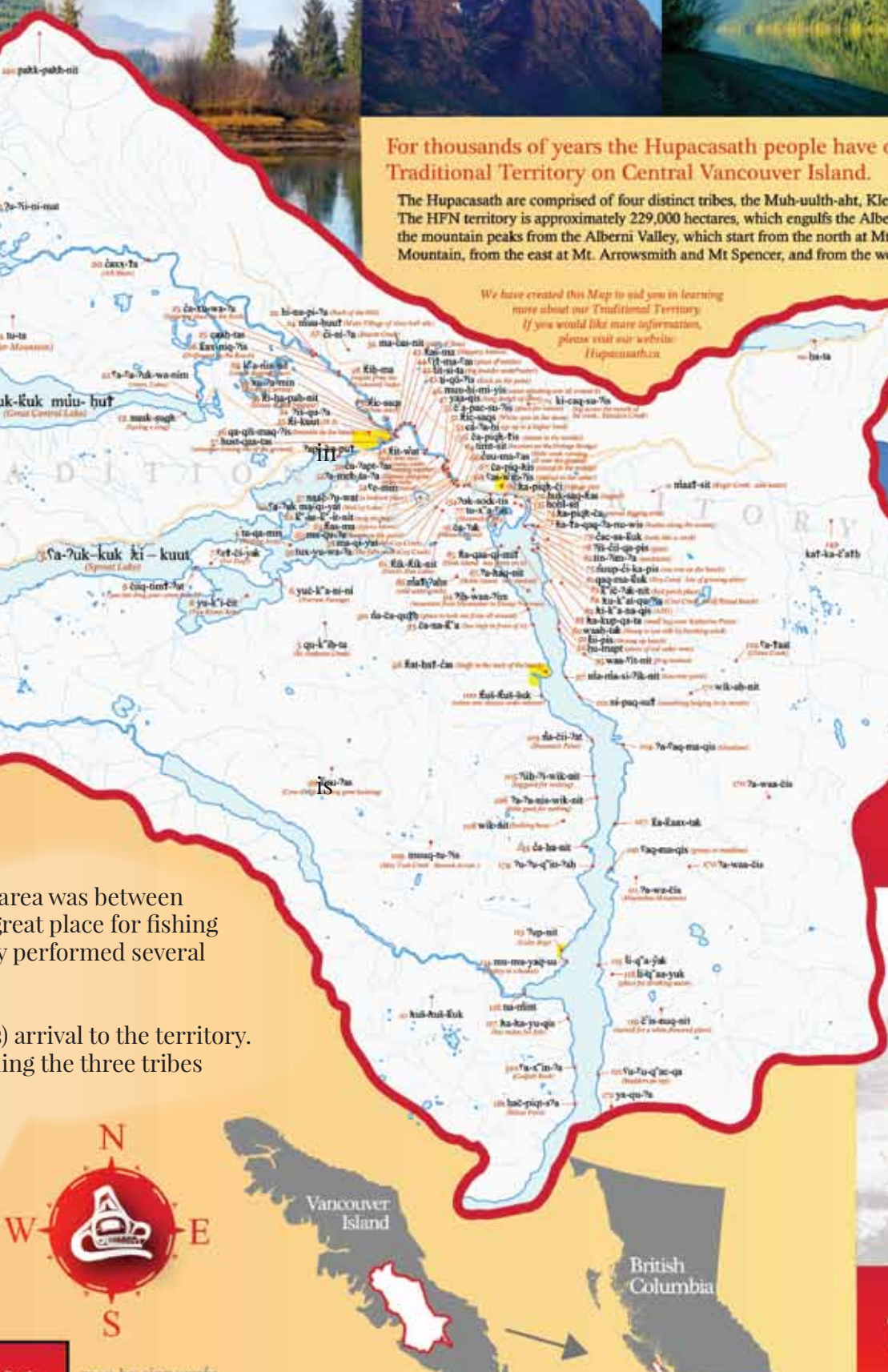
TORY OF THE hupačasath

c̣uu-ma-as
(Somass River)

kaŋ-ka-č' aŋh
(Mount Arrowsmith)

ha-ta
(Spiritual place on Cameron Lake)
(You can bathe there anytime)

ŋa-ŋuk-ŋuk ʔi - kuut
(Sproat Lake)



For thousands of years the Hupacasath people have owned, used, and occupied their Traditional Territory on Central Vancouver Island.

The Hupacasath are comprised of four distinct tribes, the Muh-ult-h-aht, Kieh-koot-aht, Tuxil-aht and Cuu-ma-as-aht (Ahahswinis). The HFN territory is approximately 229,000 hectares, which engulfs the Alberni Valley. The boundaries for this territory are basically the mountain peaks from the Alberni Valley, which start from the north at Mt. Chief Frank, from the south at 5040 Peak and Hannah Mountain, from the east at Mt. Arrowsmith and Mt Spencer, and from the west from Big Interior Mountain.

We have created this Map to aid you in learning more about our Traditional Territory. If you would like more information, please visit our website: Hupacasath.ca

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Hupacasath First Nation
 Address: 5500 Ahahswinis Drive
 Port Alberni, BC V9Y 8J9
 Phone: (250) 724-4041
 Website: Hupacasath.ca

Connecting Our Language to Our Land



hupačasath
First Nation

TRADITIONAL TERRITORY
Alberni Valley, British Columbia

area was between
 great place for fishing
 y performed several
) arrival to the territory.
 ing the three tribes

Top Places to "Roam Near Home" In the Alberni Valley This Fall



#1 Victoria Quay

Victoria Quay was the center of the early pioneers settlement. This strip was home to a post office, bank, barber shop, stores, hotels, and the first City Hall. Today, the Victoria Quay is famous for wildlife viewing across the river (look for bears during low tide events Spring, Summer, Fall). Most recently the Rotary Club sponsored a viewing area with a beautiful covered area to sit and take in the nature across the river.

Photo credit: Denay Piatka

The Welcome Figures stand at the bottom of Johnston Rd. with their arms outstretched, welcoming visitors to the area. One figure faces the water, the other the land, welcoming people from the water and land. Right next to them is the Hupacasath Whaling Monument, designed by Vancouver artist Lionel Thomas and carved by local artists Godfrey Hunt and Douglas Cramner.



#2 Welcome Figures

Photo credit: Corinne Schmitz

#3 Harbour Quay



Photo credit: Denay Piatka

The Harbour Quay - Come and enjoy panoramic ocean views from the top of the impressive clock tower, and marvel at the stunning salmon carving that sits in the centre of the Quay. Take a stroll along the waterfront to Port Alberni's lighthouse. Harbour Quay also features a children's playground, shops, restaurants and the Alberni Aquarium.

#4 Alberni Inlet Trail



Photo credit: Denay Piatka

Alberni Inlet Trail - Divided into two phases, this moderate-level hike boasts stunning views. Elements of Port Alberni's mining days can be found along the route. Phase one begins at Ship Creek Road, approximately 10km. Phase Two begins at Franklin River Road for 14km. Remember to check Island Mosaic Forests' website for access.



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#5 Rogers Creek



Named for Jeremiah (Jerry) Rogers, a New Brunswick logger who worked for the Anderson Mill in 1860. This was an important water source for Alberni. A dam was constructed two miles up the creek and a wooden stave pipe line laid into town to a tank further up the hill. This waterway also used to represent the dividing line between the two towns. Today, Rogers Creek is known for the town's waterpark and playground, and is surrounded by beautiful walking trails.

Photo credit: Dan Fredlund

#6 Centennial Pier

Centennial Pier was opened in 2013 as part of the celebration of the 100th anniversary of Port Alberni's incorporation. It provides a lovely view of the Alberni Inlet.

#7 Train Station



Photo credit: Dan Fredlund

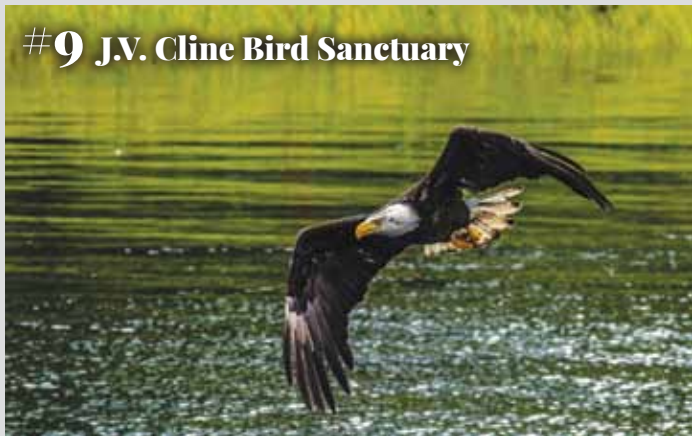
The Train Station which is located at the bottom of Argyle and the beginning of the Harbour Quay. In 1907, Esquimalt & Nanaimo Railway, purchased land from the Anderson Company and began building up New Alberni as a railroad town. The Valley's industries, especially the forest industry, saw a boom in the next couple of decades, as the railroad increased mobility of people and materials. The first passenger train pulled into the station December 20, 1911, and the last pulled out in 1957. The station is a Municipal Heritage Site owned by the City of Port Alberni and has been restored, along with several trucks, locomotives, and other industrial artifacts, by the volunteers of the Western Vancouver Island Industrial Heritage Society, many of which still run today.

#8 Kitsuksis Dyke Loop Trail

An easy access wheelchair accessible 2.5km paved loop following the dyke along both sides of Kitsuksis Creek. The paved path crosses through two parks which include washrooms, playgrounds and picnic areas.

Valley Exploring the Alberni

#9 J.V. Cline Bird Sanctuary



J.V. Cline Bird Sanctuary. The most diverse estuary on the Pacific Coast is located across the inlet and is home to hundreds of bird species, many of which live in the area year round. Spend some time watching and listening and you too will become an avid bird watcher.

#10 Waterfront Park, Canal Beach



Photo credit: Corinne Schmitz

“Industrial to Recreation” - previously a plywood site, this City owned park is now home to a grassy play area, picnic benches, beach volleyball court, and a beach. This public access park can be used for non motorized water sports launch.

Information supplied courtesy of the Alberni Valley Chamber of Commerce and the Alberni Valley Museum

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Steam from the Lake Floor: The Restoration of the Swan

During the 19th century, many communities would not have survived without the use of boats utilizing the systems of rivers and lakes. Port Alberni and the surrounding towns along the inlet is one of these sets of communities; the town has been home to many important sea vessels which has helped our survival until the arrival of modern transportation. One of

these important vessels was the Swan, a steamboat that was used for almost sixty years. The Swan was brought up from the bottom of Sproat Lake in 1994 after spending over 40 years submerged. This boat was given a historical value of \$15,000 and was still in a condition where it could be restored, a project that came to reality.

When the Swan first came to Port Alberni, she was used on our saltwater inlet as a meat carrier to Bamfield twice a week, stopping at all the docks along the way; during the remainder of the week, she was used as a passenger boat and for transporting mail. After twenty years of being an important part of the inlet, The Swan was brought to Sproat Lake in 1927 and was used by the Sproat Lake Sawmill until it was shut down. At this time, she spent her days transporting the mill workers and some lumber back and forth across the lake. The Swan's last journey was in 1954 to take a few hikers up to the lake, and a year later, her owners made the decision to sink her; with hull filled with rocks, she sat on the Sproat Lake floor – at the bottom of Klehkoot arm in forty feet of water – for fifty years.

At the time, the steamboat was the essential transportation for both people and supplies to different areas which became essential for many parts of Canada's survival and provided transport for the everyday traveller. Originally if a town couldn't be reached by a steamboat at all water levels, it didn't last very long but when the railway came into play, this no longer mattered. This is why The Swan was so essential for the area of Port Alberni because it connected all the communities along the inlet that would have been inaccessible for many without it. Eventually, the steamboat was pushed to the side by the railway.

The Swan, while forgotten for forty years, was raised from her resting place on Labour Day in 1994 and was then restored. They had found her forty feet from shore in water at a depth of sixty feet. Divers used barrels as floats to bring the boat closer to shore and it took a total of three days to fully get the boat out of the water. A major rebuild was needed in order to make it seaworthy once again. The Swan was completely refurbished by Art Skipsey and her rebuild shortly became a community effort. Most of the wood decay that the Swan suffered was found on the decking and beams. Most of the equipment also had to be disposed of. Like many locally built boats, the Swan was rebuilt with fir wood for the keel and keelson, oak for the ribbing and cedar for the planking. Art Skipsey and his helpers tried to use as many original pieces as possible.

The hardest part of the rebuild was getting the pieces for the engine. The new engine after the restoration came from a boat called The Effie; a boat used on the Hudson River in New York. Another big part of this project was rebuilding the boiler. This boiler was built to be a wood fueled one like the Roberts type boiler – which produces a lot of steam. With this The Swan can reach 5-7 knots at 60lbs of pressure at its top speed.



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After many hours of work and research, The Swan had her official launch of being rebuilt at Sproat Lake on July 20th, 2005. This was a huge project that involved many people of the community coming to make the magnificent vessel come alive again. The Swan is a type of boat that is viewed as a connector of communities and that is exactly what she does.

When the SWAN was pulled out of Sproat Lake in November of 2015 it was the beginning of another adventure for the SWAN under the wing of the Port Alberni Maritime Heritage Society which has as their mission to Present, Preserve and Promote maritime history and heritage of Port Alberni, the Alberni Inlet, Barkley Sound and the West Coast.

From November of 2015 into March of 2016 The Maritime Heritage Society was fortunate to receive some funding from the Alberni Clayoquot Regional District which allowed them to purchase a variety of yellow cedar timber from the McLean Mill National Historic site, which helped to get started in building a shelter over the SWAN. They were also able to acquire the carpentry skills of Sandy Fitzpatrick who agreed to take on the overall construction with help from a variety of volunteers.

There were four goals in mind when it came to the SWAN. The first was to procure the SWAN through the generosity of its owner Art Skipsey. The second was to get a shelter built over the SWAN before the weather turned bad. Just as the roofers were completing the metal roof on Oct. 30/16 it began raining and didn't stop until the end of April 2017. From May to the end of August the weather became extremely hot and with a lot of volunteer personal obligations an unconscious decision was made to hold off until the weather became cooler which it did in late August.

Our third goal which was to build a crib for the SWAN as well as a viewing platform on the south side of the vessel so that residents in the Alberni Valley and tourists alike can get a better glimpse inside the SWAN and to view the steam engine that powered this boat for a number of years on Sproat Lake.

The fourth and perhaps final goal for this project is to add a plaque to commemorate not only the SWAN and its final resting place but all those volunteers, funders and businesses in Port Alberni who contributed to this project and believed in saving this unique vessel which plied the waters of the Alberni Inlet and Sproat Lake for many years before it was sunk in Sproat Lake for 48 years and then raised again on Labour Day 2004.

Article courtesy of Maritime Discovery Centre.

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And very soon now Christmas is coming. In a 'normal year' we are providing for 300 or 400 people in the Valley at Christmas. In this pandemic we are already serving at least that number every day. We cannot even predict how much the need will continue to grow at this particularly vulnerable time of the year.

If you would like to help us help those in need in our community that would be a real blessing. Please, if you have ever considered volunteering, donating your time or resources we would love to have you join our team in giving hope today, every day to those in need in the Valley.

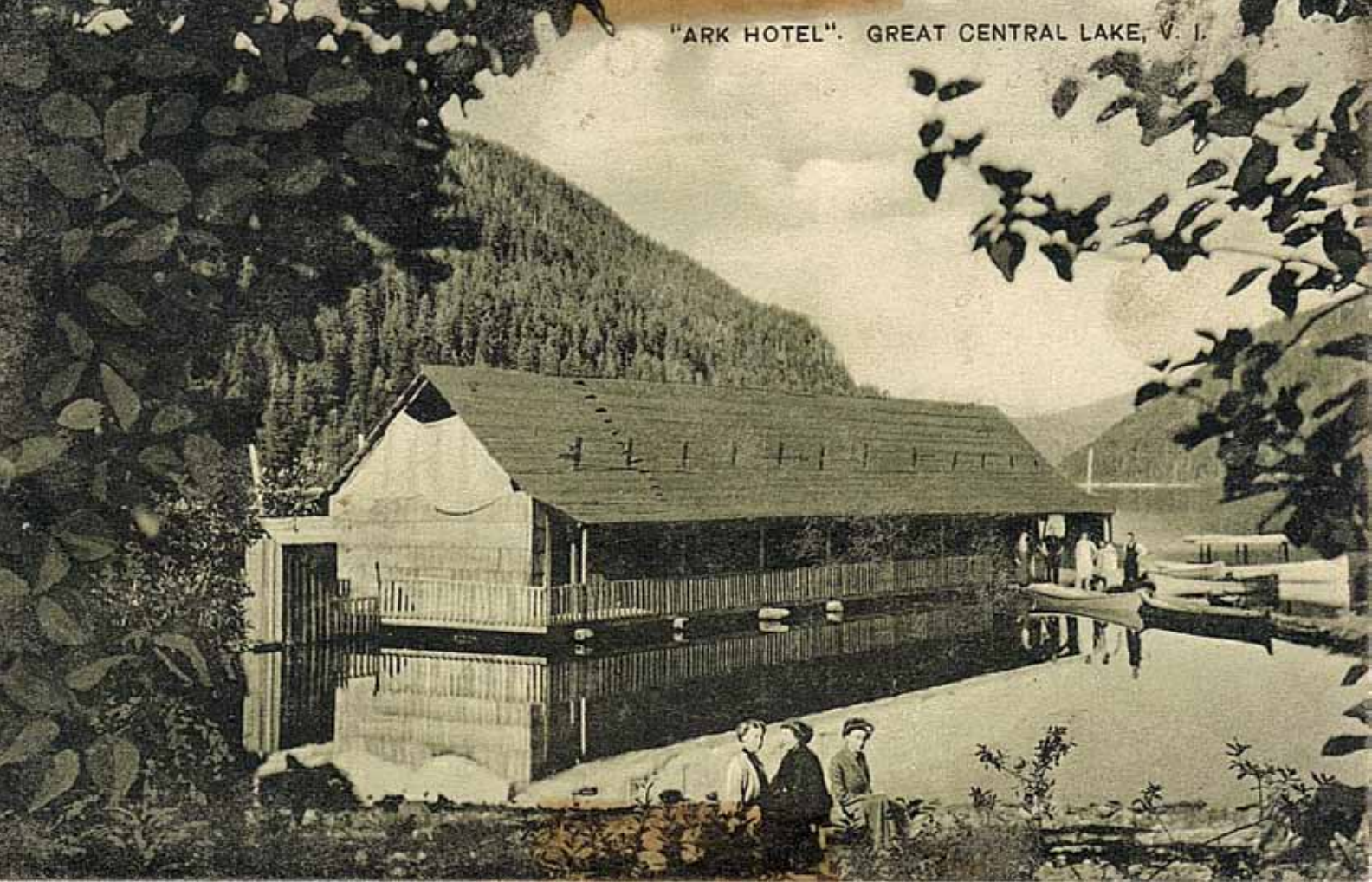
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To volunteer or donate you can call the Salvation Army Alberni Valley at 250.723.6913 or donate online at Canadahelps.org

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THE AMAZING JOE DRINKWATER and THE FLOATING ARK RESORT

written by Glen Mofford

The surname Drinkwater may be familiar to many in the Alberni Valley. The pioneer family name has become an integral part of the local lexicon, from Drinkwater's Social House at Sproat Lake to Sonia Drinkwater's regular column in the *Alberni Valley News*, to the famous tugboat the *Joe Drinkwater* and the *Joe Drinkwater II* and more. It all began with Joe. Joe Drinkwater was one of twelve siblings (eight brothers and four sisters) that arrived in Vancouver from Brant, Ontario. He continued west and worked on a farm in Esquimalt for a time before settling in the Alberni Valley in 1889. Sit back and enjoy a glimpse into our colourful past as we uncover a few precious nuggets

of history about Joe and Della Drinkwater and their floating ark that plied the waters of Great Central Lake from 1912 to 1929.

Joe Drinkwater married Della de la Fayette, then the newlyweds moved to the Alberni Valley. They were particularly smitten with the Great Central Lake region located about thirteen miles northwest of Alberni and it was there that they made their home. Joe Drinkwater was a jack of all trades and very able as an explorer, hunter, hunting and fishing guide and businessman. He explored the region around the lake and beyond discovering the highest waterfall in Canada that he

1912, June 28, page 1 of the Alberni Advocate *Photo of the Ark Hotel on Central Lake by Leonard Frank. "To the worn out city man who is looking for 'something different' to restore the nerves, shuttered by contact with the worry and turnout of his strenuous life, the Ark Hotel at the foot of Central Lake offers a unique attraction...try it for that tired feeling."

named Della Falls after his wife. Drinkwater also dabbled in business ventures going into a partnership with Mike Tebo on a gold mine that Drinkwater also named after his wife – the Della Mine.

Perhaps the most interesting venture that Joe Drinkwater embarked on was to build a floating ark. In 1912, in partnership with his friend Clive "Snowball" Paxton, they built a 100-foot long hotel on a barge made completely out of red cedar. The sixteen-room floating resort was mainly built for tourists who wanted some peace and quiet for fishing, hunting or just a getaway to the pristine Great Central Lake. For four dollars a day or twenty-one dollars a week a guest would receive a pleasant room equipped with a bunk bed, a small table and a heater plus a combination dining and living room. A communal kitchen was built in the middle of the boat. Joe acted as guide while Paxton operated the boat. Dinner, served promptly at four o'clock, consisted of venison or trout with blackberry pie for desert and coffee or tea. All for the sum of seventy-five cents.

In 1919, Joe added a speedboat where he would take groups of people from the ark to the best fishing spots on the lake. His business took off as the word spread. People came from far and wide; celebrities and noteworthy people and politicians made a point of visiting. A young Olivia de Havilland and her entourage was just one of many stars who enjoyed the floating ark. Those seasons on the lake were most enjoyable for Joe and Della and their guests.

In 1925, the E&N spur line reached Great Central Lake, and everything changed. Before the train, it was a challenge to get to the lake, but the train made it easy. With the train came people, a sawmill, and a growing community. Joe felt crowded out and sold his floating ark. In 1929, Della died. Joe was a widower but still had his trusty dog Mike. They lived in a cabin by the lake where Joe continued to fish and wander the trails. He had many reminders of his lovely wife, Della and so many fine memories.

Joe met his end in January 1932 when his body was found near the shore of the lake he loved. He had drowned. The rugged woodsman and pioneer will always be remembered.

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Eating Healthy This Fall

by Nicole Brazzale

Healthy eating can feel very overwhelming and complicated. With hundreds of diets available, that all seem to simultaneously work and not work, it can be incredibly frustrating trying to find something that works for you, your family, and your lifestyle.

In my coaching practice, I'm big on simplicity and sustainability, meaning, if you can't see yourself eating this way until you're 80, it's probably not the right plan for you. I also believe that you don't need to feel deprived to make progress on your health and fitness goals. You can eat healthy while still enjoying the delicious side of life.

In keeping things simple, I'm going to share with you two tools that you can easily implement into your

lifestyle, but first, let's look at what our food is made up of.

Our food is made up of macro and micronutrients. The three macronutrients are protein, carbohydrates, and fat. Micronutrients are the vitamins and minerals those macronutrients contain. Both are important to overall health, but to keep things simple, we're going to focus on macronutrients.

We've all heard that we need to eat protein to build strong muscles, right? Well, it's true. Protein converts into amino acids which are the building blocks to all of your cells. Protein can be found in almost all whole foods, but primarily you'll find it in meat, poultry, fish, beans, and legumes.

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NICE TO MEET YOU.

Hi, I'm Tyler, the Owner of Tyler's No Frills®. Our commitment to community is bananas.

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Carbohydrates often have a bad reputation because carbohydrates turn into glucose which our bodies convert into energy. If we don't utilize that glucose, our body will store it to be used later on. Carbohydrates are found in fruit, vegetables (more so in starchy vegetables like potatoes and yams), wheat products like bread and pasta, and sugar.

Lastly, we have fat, another macronutrient that has a bad reputation. Fat turns into fatty acids which our body uses for energy and hormone regulation. It takes our bodies longer to convert fat into energy, than it does carbohydrates, so fat is often recommended as a more sustainable energy source. Fat is found in nuts, seeds, dairy products, and oils.

Now that you have an understanding of the three macronutrients, you can start putting together simple meals, using your hands. I love using hands as portion sizes for a couple reasons; first, your hand is unique to you which means your portions will be as well, and secondly, you always have your hands with you!

The typical recommendations are 2 servings of each at each meal (4-5 meals/day) for men, and 1 serving of each at each meal (4-5 meals/day) for women. Everybody is different though, so I highly encourage you to experiment with what works best for you. Some people do well with half a serving of carbohydrates and two servings of fat, others do better with more carbs than fat- the key is to figure out which method makes you feel your best!

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