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Letter From the Editor *Megan Warrender*

Every issue I learn something new about our community. I am always on a constant treasure hunt seeing what next hidden gem I will discover that Port Alberni has. Going into spring I could not think of something better than bringing you on that treasure hunt with me. This issue of the Valley Vibe magazine has many “must see and do’s” in Port Alberni – whether you’re travelling through Port Alberni, new to the community, or a long time resident – there is always something new to see and do. This truly is a town of endless opportunities and adventures to explore. This issue is just the beginning. In a town with countless trails to explore, and historical sites around every corner – you will always have somewhere new to explore. Lets begin the journey together! We love to hear your stories and adventures. Write to us with the chance to be featured on our social media and share your adventure with the world!



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Printing & Design: *Houle Printing Inc.*
Cover Design and Photography: *Explore Port Alberni*

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EDITOR IN CHIEF
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 Founder of the Valley Vibe magazine. Megan's passion is to show the world why we live and love Port Alberni through print media.



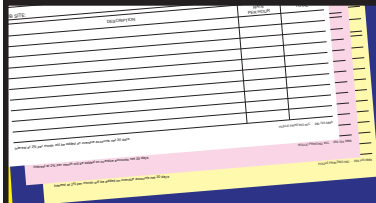
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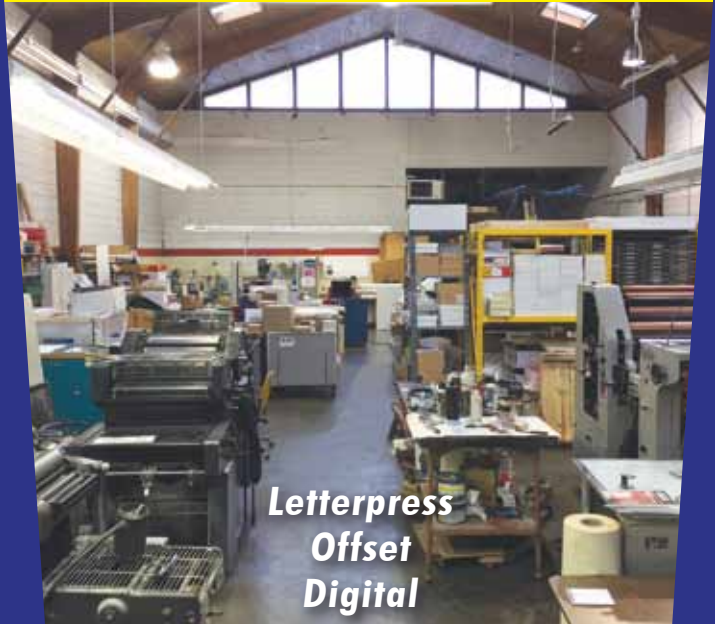
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Welcome
to
Port Alberni
A SLICE OF ISLAND PARADISE

#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 shake off the stress of this chaotic world and Explore Port Alberni.



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East Coast Rhythm



This is the side of the island that basks in the first rays of the morning. Beaches come alive, as the residents greet the new day. Eagles, Herons, Gulls and Geese. A stroll in Rathtrevor Beach park, with it's stunning vistas. We'll make our way to the Coombs country store, for a leisurely lunch followed by some fabulous shopping options. The Wildlife Recovery Center is a great place to get up close and personal with rehabbing, wild critters on the mend. Our next stop is Cathedral Grove. An island gem, and an original. The Grove boasts trees, some close to 1,000 years old. It is a majestic collection of ancient Douglas fir, and Western Red Cedar. The canopy creates a micro climate that instills a sense of awe and reverence. One cannot walk through these pathways, without having their soul touched in a tangible way.

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Key Exploring the Alberni Valley Exploring the Alberni

The Alberni Valley truly is the heart of Vancouver Island. Surrounded by mountains, rivers, creeks, and lush rainforest, there is always a new place to explore.



Photo credit: Sharlene Patterson

The main road into Port Alberni is via the Alberni Highway; travelling around Cameron Lake, through Cathedral Grove, and over the Port Alberni summit. The drive is magical to say the least; upon first entering the Alberni Valley, visitors and residents alike are greeted by 360° mountain views, encompassing our beautiful town; but entering the Alberni Valley wasn't always this way.

Travelling through the Barkley Sound and up the Alberni Inlet used to be the main route for anyone travelling in or out of Port Alberni. Imagine, if you will, how our beautiful town might look from that perspective; travelling on a ship, boat, or canoe, rocky mountains rising almost perpendicularly from the water on either side of you, trees covering the mountain sides. Certain parts feel as though you're in the middle of a mountain lake, rather than an inlet. We truly are blessed to live in such a beautiful place.

Alongside the natural beauty the Alberni Valley has to

offer is our amazing community. Friendly faces are seen throughout the town, whether you're running errands or going for a walk along the Dike. Accompanying those smiling faces are friendly hellos, quick conversations, and an amazing sense of community. You can feel how close this town is when you check out a Bulldogs game or go into a local coffee shop, everyone comes together to support one another.

We are fortunate to share this land with First Nations. Many of their traditions and lifestyle are still present in our community today; as seen during many of our local festivals and events.

The Alberni Valley is like a breath of fresh air with many places to explore all year long, filling you with rich history, strong community, and beautiful scenery. Around the lake, through the grove, over the hump, and you're home.

Exploring the Alberni Valley



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Stamp River Provincial Park is a quick 15 minute drive down Beaver Creek Road; perfect for camping, day hikes through breathtaking forest and waterfall views, or relaxation by the river, Stamp River has it all.

One of the main attractions of the park is its annual run of thousands of Pacific salmon swimming in the pool below the falls, before ascending up the ladder to the spawning grounds; this natural migration happens during late summer and early fall months. The trail along the river and falls offer fantastic view points of the salmon, alongside well placed information stands that the whole family will enjoy reading. With salmon comes black bears looking for an easy meal, so always be aware and keep dogs leashed.

Stamp River Provincial Park is the perfect place to spend a couple hours immersed in nature or a couple days camping along the river. During summer months the water is calm enough in certain areas for a quick dip in the river to cool off while having a picnic lunch, while the trails offer spectacular views of the raging river and falls alongside the beautiful forest. The fall and winter months offer a phenomenal display of the river rushing past and down the falls, as you crunch on fallen leaves along the trail. This park is the perfect escape into nature, regardless of the season!



Located at the end of Plywood Drive, **Canal Beach** is the only sandy beach for non-motorized water sports, including windsurfing, stand up paddleboarding, and kayaking in Port Alberni.

Formerly an industrial mill site, Canal Beach has been transformed into the perfect waterfront beach spot. Created to help transition the economy from industrial based to recreational and tourism, this beach has been fought for by the community. There are two must see murals created



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Key Exploring the Alberni Valley Exploring the Alberni

by local artists, Alicia LaRue (Winddiva) and Alana Orr, one depicting the story of the Canal Beach evolution and the other depicting the windy activities along the Alberni Inlet.

The beach offers a waterfront park with a panoramic backdrop of the busy Alberni Harbour. Ideal for the entire family; walk along the beach, throw a frisbee, or head out into the water for a paddle. The perfect place to cool down on a hot summer day.



Located just 20 minutes outside of Port Alberni, down the bumpy Franklin River Road, is home to **China Creek Marina**, a beautiful destination for fishing, water sports, camping, RVing, and hiking.

China Creek is rich in history; starting with gold mining around 1862 with small placer-mines, worked primarily by Chinese men searching for “flour” gold. A placer gold-deposit is formed by the natural concentration of eroded gold-bearing rocks, the process of mining this gold was principally done using a “shoe-rocker” which separated the gravel from gold. In the summer of 1999 four Chinese vessels crossed onto Canadian Seas, carrying approximately 600 illegal immigrants. Most immigrants were sent home, but this event sparked the creation of one of Port Alberni’s most popular diving sites.

Two of the four ships, The Blue and The Rusty, were sunk in the China Creek Marina. Before the ships were sunk, visitors were invited to explore the ships, as a public awareness project to highlight just how terrible the living conditions were. The ships were sunk in 2001 and now home a giant octopus, Dungeness crabs, the occasional wolf eel, and various species of fish and anemones. Visitors can dive down to the ships and witness this beautiful artificial reef. With the mountains and forests surrounding China Creek Marina and ocean at your feet, it has a deep sense of calm, relaxation and exploration.



Paper Mill Dam is located on Paper Mill Road off of Falls Street. In 1892, British Columbia’s first paper mill was built on the Paper Mill Dam site on the Somass River. Paper was produced between 1894 and

1895, but due to heavy expenses and poor equipment, the mill was unable to continue running and closed down. In 1915 the dam itself was destroyed to allow schools of salmon to continue up the Somass River to their natural spawning grounds.

Now, the Paper Mill Dam Park is an ideal location to cool off during the summer heat in the river, walk through the forest, and bask in Port Alberni’s natural beauty.

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Evaluating Your Year and Planning Ahead

With a new year – and decade, for that matter – upon us, now's the perfect time to review what worked and what didn't work over the past year so you can prepare for the year ahead.

This doesn't have to be a long drawn out process, but it does require some dedicated time blocked in your calendar to focus on evaluating your business in three important steps.

Step #1

Start by jotting down new things you did in 2019 – everything from client communications and marketing to social media approaches and processes. Next, evaluate your efforts. How were these new things received? How did they make your business top-of-mind? How did they help generate new and repeat business?

Rate each item on a scale of one to 10 – where 10 is the best. How can you improve upon them for next year?

Step #2

It's impossible to improve your year-over-year growth if you don't know where you started.

Pay close attention to your numbers for 2019, including:

- Income
- Number of clients you worked with
- Numbers of sales you made
- How do these numbers compare to your goals for the year?

Step #3

Start brainstorming. Once you understand what you accomplished over the past year and how, it's easier to focus on where you can go over the next 12 months.

If you weren't on track, how can you get closer to your goals? And, if you were on track, how do you improve for next year?

What are some things you've thought about doing or seen others implement in their businesses that you'd like to try?

Are there any new revenue streams you could introduce to enhance your current products/services and make you even more valuable to past, current and/or future clients?

What are your financial goals? How many clients will you have to work with to help achieve these goals? What do you have to do to work with this many clients?

How can you better streamline your processes to help save time so you can focus on other things?

Is it time to hire a professional to help with certain aspects of your business – such as social media and bookkeeping – to ensure you focus on tasks that will generate more income?

Asking yourself these tough questions and answering them honestly can make a big difference in the future success of your business. But don't just go to all this effort once a year – be sure to re-evaluate at least quarterly to ensure you remain on track.

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Another way to ensure that you have an estate to leave should you have a health crisis which limits you from earning income and thereby having to draw down your financial assets is:

- with the protection afforded by a critical illness insurance plan that pays out a lump sum upon illness; or,
- with a long term care plan which pays you a monthly income.

Cheryl, I am a small business owner. What is the best way I can protect myself and my employees from injury or illness?

The best form of protection is to establish a group benefits plan which I can customize to meet you and your business' unique circumstances. I can even create a plan for you even if you have existing health issues.

Cheryl, how can I enhance charitable giving in my estate?

Many people are unaware that they can create a much larger charitable gift through the purchase of life insurance without taking away from benefiting their loved ones. Instead of contributing to those charities you favor through your life, you redirect your annual charitable contributions to fund a permanent life insurance policy which results in a larger after-tax charitable legacy which significantly benefits the charities you favor.



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Della Falls is located at the west end of Great Central Lake in Strathcona Provincial Park, about 25 minutes from Port Alberni. At 440 metres (1456 feet), Della Falls is the highest waterfall in Canada and one of the highest falls in North America. Home to cougars, black bears, Roosevelt moose, grey jays, eagles, and Vancouver Island marmot.

This breathtaking landmark is accessible via boat or water taxi and a 15km hike from Love Lake. This hike includes rugged terrain, backcountry camping, and is best suited for intermediate and experienced hikers. This adventure is perfect for those looking to submerge themselves into nature for a couple days!



Where the fresh water meets the sea; from the Pacific Ocean, through the Barkley Sound, up the **Alberni Inlet** to meet the Somass River. Travelled for thousands of years by the Hupacasath First Nations, whose territory was governed by the seasons, they followed the animals, fish and mammals alike, up and down the inlet

between Sproat Lake and Nettle Island.

The Alberni Inlet is named after the Spanish captain, Pedro de Alberni, who commanded a military outpost in the Nootka Sound between 1790-1792.

In 1860, a tall-masted schooner, the “Meg Merrilies” moored in the Alberni Inlet.

In present day the Inlet is still used for maritime trade and marine commerce between Port Alberni and the world.

We continue to follow the Salmon up and down the inlet, during the Salmon Festival and Derby, as well as spending our summers in and around the water.

You don't even need a boat to see the Alberni Inlet; along the 20km Inlet Trail, hikers can explore from Port Alberni

continued on page 18



A promotional poster for the Kiixin National Historic Site. The top half has a blue background with the text 'DISCOVER... EXPLORE...' and the Kiixin logo. The bottom half features a photograph of a person in a hat and backpack hiking through a forest. Text on the poster includes 'HIKE KIIIXIN National Historic Site', 'In Bamfield, BC', 'MAY - OCT 2020', 'Introducing Sunset Tours', 'Family & Group Rates', 'Email for more info info@kiixin.ca', and 'BOOK TODAY! | KIIIXIN.CA'. The slogan 'JOURNEY WITH OUR ANCESTORS' is repeated at the bottom.



32ND ANNUAL OKEE D AND FUNTASTIC MUSIC

The Slo-Pitch Tournament runs on the Echo Park fields from 8:30 am Saturday all three days, with the playoffs/elimination rounds on Monday the 29th. 80 teams/concession/vendors/50/50 draws.

Our motto at Funtastic is **“Building a Better Community Through Sport”** *Over the past 7 years we have donated close to \$150,000.00 to local charities, sports groups, quality of life care.* In 2019 we donated \$28,000.00 to the following groups: Read & Feed Breakfast Program, EJ Dunn Backpack Program, ADSS Breakfast Club, CMHA, Alberni Teens Can Rock, Zattzoo Music Project, Elite Dance Academy, ADSS Wrestling Team, AV Kinsmen, AV Lacrosse, Special Olympics, Pathways, Navy League, Rec Park, ADSS First Aid Training, and a bursary to a graduating student was handed out!

Without our awesome sponsors and volunteers this entire event would be really hard to pull off. It’s an awesome weekend with all the businesses in town benefiting in a really big way! Close to 1500 players/fans/bands/umpires/security pour into town. Soo much FUN!!

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Valley Vibe



DOKEE SLO-PITCH TOURNAMENT

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June 27th we have Canadian Rockers 54/40 on stage at Bob Dailey Stadium. This band is a staple on the air waves with more than a dozen easily recognizable tunes getting constant play on radio stations right across Canada. 2Cent Tribute will be on before 54/40 takes the stage. Local performer Chase Spencer opens the show at 6PM! Sunday the 28th we switch to a little bit of Country Music. Completely Creedence (CCR Tribute) is the Headliner with Rising Country Star Dave Hartney and Jayden Holman opening!



54.40

Website: www.funtasticalberni.com Email: funtasticalberni@hotmail.ca

Thank you from all of us at Funtastic!





Photo credit: #ExplorePortAlberni

to just past China Creek Marina. The hike offers some challenging sections, spectacular views, and the perfect balance between forest, mountains, and the Ocean.



Located just 15 minutes west of Port Alberni down the Pacific Rim Highway, **Sproat Lake Provincial Park** is the perfect summer get away. Choose from hiking, nature walks complete with Petroglyphs, camping, lounging on the beach, or water sports, this park has something for the entire family.

Sproat Lake is named after Gilbert Malcolm Sproat, a native of Galloway, Scotland, who came to Vancouver Island in 1860 to establish the sawmill at the head of the Alberni Canal. Before being given to the Province in 1966, it was known as Smith's Landing after George Smith who farmed the area. The park homes one of the finest panels of prehistoric Petroglyphs in British Columbia.

Sproat Lake offers many water activities including canoeing, scuba diving, fishing, swimming, windsurfing, stand-up-paddle boarding, and water skiing. Year round you can enjoy nature walks, hiking, and wildlife viewing on many of the surrounding trails of varying difficulty. Sproat Lake is a beautiful place to spend a couple of hours or a couple of days, the ideal family escape.



Port Alberni is full of hidden gems. For day hikes that are perfect for the entire family and take you away from reality into nature, the **Hole in the Wall** is top of our list.

Located at the entrance of Port Alberni, across the Alberni Highway from the entrance to the Look Out, you'll find a marked trail head. After an easy 15 minute hike from the trail head, visitors are greeted by a breathtaking hole in the wall. This hole is complete with a stunning waterfall, leading into a calm creek. It almost seems as if it's a doorway into another world. Ferns and trees crawl their way up the wall, creating a picturesque image that you'll want to look at for hours.

This large, man made hole was once a shortcut for the city's water line, prior to the amalgamation of Port Alberni in 1967. The hole was formed through volcanic shale and is now a beautiful waterfall feeding into Roger Creek. This is an ideal spot to stop for a picnic lunch, dip in the creek, or quiet contemplation.

There's more to see than just a Hole in the Wall; if you turn left and walk along the creek you will find several Inukshuk formations, with more being added all the time. This is a fun activity to do with kids, balancing rocks on top of each other to create beautiful rock formations, taking shape from imagination. Walking along the creek with the massive volcanic shale wall to your left and lush forest to your right, reminds you how small you are in comparison to the Earth. This is the perfect place to explore with friends and family of all ages.

You can spend half an hour or a couple hours exploring the Hole in the Wall; with trails taking you along Roger Creek, down logging roads, or just dipping your feet in the creek, these trails are fairly easy and ideal for the entire family.



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Western Vancouver Island INDUSTRIAL HERITAGE SOCIETY

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Literacy Alberni

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Literacy Alberni Society is a non-profit organization located in the Alberni Valley on Vancouver Island. Our society's mission is to work collaboratively with other organizations and stakeholders within the community towards improving literacy levels in the Alberni Valley.



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Website: literacyalberni.ca

E-Mail: info@literacyalberni.ca

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West Coast General Hospital FOUNDATION

“A Foundation for a healthier future. Help us to help you.”

When you give to the WCGH Foundation, you are demonstrating your commitment to helping us in our goal of providing the best possible health care for everyone in our community, from birth to end of life.

With that goal in mind, the Foundation used over \$195,000 donor dollars in 2019 to purchase equipment items such as a new state-of-the-art ultrasound machine, an infant Panda Warmer, esophageal dilators and ureteroscopes, as well as providing funding for hospital staff training, public Wi-Fi in the hospital and new patio furniture for patient and staff use. In a new initiative this year, the Foundation teamed up with the WCGH Social Worker to provide funding as needed to assist patients and their families when hospitalization presents financial challenges.

In the spring of 2019, the Foundation was excited to host an informal gathering for major donors to the costly ultrasound machine featured in our 2018 Holiday campaign. It was a great opportunity for donors to ‘see and touch’ the equipment they helped purchase and learn more about its many features from the staff using the machine. It was also a wonderful opportunity for us at the Foundation to get to know our donors better. We look forward to hosting other such events in 2020 to express our appreciation to our dedicated donors.

As well as being so grateful to every one of our individual donors, we were particularly pleased to affiliate with some community partners in 2019. The Guru Nanak Sikh Society kindly sponsored a spectacular fundraising dinner and cultural event in September to benefit Westhaven long-term care facility, now under the auspices of Foundation support for fundraising and advocacy. Donations from that event were applied towards the purchase of two new medication carts and a sterilizing machine, both essential and much-needed items that allow Westhaven staff more time to focus on all-important patient care. We offer our sincere thanks to the Guru Nanak Sikh Society for giving back to our community by hosting such a fun-filled evening.

We also collaborated with Jowsey’s Furniture whose fundraising efforts on our behalf contributed towards the purchase of the Panda Warmer to enhance health care right from birth for Port Alberni’s newest little citizens. Thank you to the helpful staff at Jowsey’s who are clearly committed to giving back to the community they have served since 1947.

We wish to thank the many loyal subscribers and supporters of Alberni Lifeline Monitoring for their ongoing contributions to the Foundation. We also appreciate the support for the Foundation’s West Coast Café by hospital visitors, patients and staff. That support allowed us to give back to the staff by funding some continuing education courses for WCGH nurses.

Without the generous and faithful support of our individual and business donors, the WCGH Foundation could not remain a key fundraiser and advocate for the health care provided at WCGH and Westhaven, for each one of us at every stage of life. Thank you to all our supporters!

A new Board of Directors was elected at the Foundation’s Annual General Meeting on 28 November.

Photo: Just as your donations purchased this resuscitation doll in 2016, the new WCGHF Board calls 9-1-1 to give ‘life support’ to our 2019 Holiday Campaign!

Left to right: **Chris Francey**, Business Director; **Ken Zydyk**, Director (making the 9-1-1 call); **Ellen Brown**, Director; **Karen Maika**, Treasurer; **Cody Dame**, Director; **Dr. Robbie O’Dwyer**, Vice-President; **Mike Carter**, Director; and **Carol Chipman**, President.

On behalf of the Board of Directors and the staff of the WCGH Foundation, West Coast Café and Alberni Lifeline, we wish you and your loved ones a happy and healthy 2020.





The **Kingsway Pub** brings patrons back to a time when fishing and logging reigned supreme for most residents of the Alberni Valley. Today, the Kingsway Pub is proud to keep history alive, with an array of historical photos on display, and a logging theme within the pub decor. Come by for live entertainment from local artists, karaoke, meat draws, indigenous DJ's and more. The Kingsway is proud to offer a curated selection of craft beer, local and international spirits, a selection of parlour games

including darts, cards, chess, checkers, pull tabs, BC lottery games, keno, a pool table, and a full size 22-foot shuffleboard table at no extra charge.

The Kingsway Pub is located on the corner of Kingsway Ave, Athol St, and First Avenue, in the heart of Uptown Port Alberni, and steps from Harbour Quay. The Pub and Hotel have been in continuous operation since being built in 1925. The Kingsway has always been a place where the locals have gathered, our strengths are in the diversity of our patrons, and we are proud to welcome everyone. Check our website for our events schedule www.kingswaypub.com and for the latest news, sign up to our newsletter.



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| 4 Half order of Nachos | 13 Smoked Beef Brisket Sandwich Slaw and Beans |
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| 6 Pub size French Fries and Gravy | 15 Ginger Beef |
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hupacasath First Nation

The Hupacasath First Nations pride themselves in the many partnerships they have within the community of Port Alberni.

Forestry

Forestry in the Alberni Valley has been a part of Hupacasath culture forever, providing shelter, clothing, and food. Recent day forestry has expanded recreationally and sustainable tourism opportunities. Specifically at Great Central Lake with the building of a portable saw mill and potential float house projects.

Community Farm

The Hupacasath First Nations community garden provides the Alberni Valley with locally grown produce. This service is available to the whole community. Locally grown produce supports local businesses and sustainable agriculture, all while enjoying fresher and tastier food! Opening this June we will be located on 5333 River Road and look for the bright red sign.

Fisheries

The Hupacasath First Nations have a partnership between the Department of Fisheries and Oceans and the Hupacasath First Nations through the Pacific Integrated Commercial Fisheries Initiative has aimed to achieve environmentally sustainable and economically viable commercial fisheries. Through this initiative Tsuumass Seafoods was created, which has provided employment opportunities for First Nations.

Big Leaf Maple Syrup

Maple syrup, a Canadian classic, and Port Alberni is home to a specific type from bigleaf maple trees. Found in the Kleekhoot area of the Alberni Valley, the bigleaf maple offers a unique caramel and vanilla taste to it's maple syrup. Did you know, it takes 3 gallons of sap to make one 200ml bottle of maple syrup?

Waste Management Services

The Hupacasath First Nations offer residential garbage pickup and commercial waste disposal throughout Port Alberni, Beaver Creek, Cherry Creek, and Sproat Lake. Utilizing the waste management system from HFN supports local business.

Be ambitious with your goals in 2020

written by Nicole Brazzale

We're officially two months into not only a new year, but a new decade! Did you set intentions, goals, or resolutions in January? Have you been working hard towards them?

January is an exciting time of year; it's a fresh start, an opportunity to try again. You're excited to set new goals for yourself and that excitement fuels your motivation to work hard towards them. Unfortunately, as time goes on, motivation starts to dwindle and excitement fades. Real life creeps back in, gym sessions are missed, nutrition isn't as strict, and it's harder to motivate yourself. How do you stay on track with those big, amazing goals you set for yourself in January?

First, determine your why.

After the initial excitement of New Years, new goals, and a fresh start fades away, it's easy to fall off track. A lot of times we rely so heavily on sheer willpower to achieve our goals, but willpower is the first thing to be thrown out the window when the laundry piles up, dishes are dirty, or work gets busy. Digging deep into the real reason why you want to achieve your goals means you don't need to rely on willpower to motivate you. Your motivation comes from within, comes from a deeper place of desire to change.

Your reason is completely personal to you, there are no right or wrong reasons why you want to lose weight or get stronger, as long as they are personal to you. Challenge yourself to dig deeper than "I want to lose weight", ask yourself why; do you want to lose weight so you can walk up the stairs without feeling winded or so that you can play with your kids? Once you uncover the real reason behind your goals, you can pull from that when motivation is lacking.

Second, find something you enjoy doing! You're more likely to stick with something if you enjoy doing it, plain and

simple. If you're bored with your routine you're less likely to follow through when you're feeling unmotivated, it's an easy excuse to not do something when you're not excited about it.

Trying out fitness classes is a fantastic way to try new things while switching up your workout routine in a safe way. They offer an amazing sense of community and comradery, as well as a killer workout. There is a fitness class for everyone; deep stretching yoga for those who want to increase mobility, high intensity interval training for those who want a sweaty challenge, spin for those who want cardio and a killer leg burn, or kickboxing for those who want to learn some self defence or punch out their stress. If you don't know what you enjoy, try them all out and find a class that aligns with your goals and lifestyle. Fitness classes are also great because you don't need to think about what you're doing, you just follow the instructor and work hard.

Third, create a support network. Having support when you're working towards a goal is a fantastic way to stay accountable. Involve your family in the journey, bring your friends to the gym with you, or hire a personal trainer to help you on your journey.

Hiring a personal trainer is one of the most effective way to achieving your goals. Our personal trainers are all certified and passionate about helping you better your life. Hiring a personal trainer takes the guesswork out of your fitness journey; we create your programs and all you need to do is show up. Many of my clients tell me that they would have bailed on their workouts if they didn't have me waiting or checking in on them. Our trainers dedicate their lives to helping our clients live the best life possible, we are your biggest support because we want to see you succeed!

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Penne with Chicken and Asparagus

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- 1 (16 ounce) package dried penne pasta
- 5 tablespoons olive oil
- 2 skinless boneless chicken breast – cut into cubes
- Salt and pepper to taste
- Garlic powder to taste
- 1 bunch slender asparagus spread, cut into diagonal 1 inch pieces
- 1 clove garlic
- ¼ cup Parmesan cheese



Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, set aside.

Warm 3 tablespoons olive oil in a large skillet over medium heat. Stir in chicken and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken.

Pour chicken broth into the skillet. Stir in asparagus, garlic and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.

Stir chicken into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.

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