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Letter From the Editor *Megan Warrender*

Summer is here, and there is never a more beautiful time of year to be living in the Alberni Valley. With so much natural beauty around every corner, we don't have to go far to enjoy a hot summer. Whether it's a day trip to the lake, or an afternoon walk in one of our many local trails. As locals we know where the best spots are to enjoy a beautiful summer day.

After spending so much time at home this spring, many of us, myself included, are going to spend the summer enjoying fresh vegetables straight out of the garden. Many of those projects that we never had time to finish around the house and yard are finally getting finished. I know that there isn't another place I would rather call home than our little Valley.



EDITOR IN CHIEF
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.



Letter From our MP *Gord Johns*

Hello to everybody in our wonderful valley. We have faced a lot together through the Spring and now we're into an Alberni Summer like never before. As we always do – in good times and bad – we will continue to get by with love and courage. Importantly, we also will continue to support and care for the many heroes in the Alberni Valley who look after us, keep us safe and healthy, fed and nurtured, positive and hopeful. We've been calling their work "essential" since the beginning of the COVID-19 pandemic and whoever came up with that word sure got it right! It's also "essential" that our hearts are good and true and we all do our personal best to stop the pandemic in its tracks. We're in this together and know what we have to do!

Take care, everybody.

Gord Johns
MP for Courtenay-Alberni



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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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Tips for Successfully Working from Home

More people from than ever before are working from home thanks to the new reality that the coronavirus brought to our everyday lives. For many, the work-from-home regime was a forced trial that will result in more at-home workdays moving forward.

While working from home can be extremely efficient because there's no commute involved, it also poses the potential for added distractions in the workday.

Here are six ways you can boost your home office productivity:

1. Create a Work Area: Ensuring you set up a work area that meets your needs is essential to promoting your success while working from home. Whether this means an entire office or a dedicated area of a room in your home, it's important to feel comfortable while in your workspace. This can include everything from a comfy chair and ergonomic work station to having good lighting and a quiet space to think. You can also leverage technology in your space to make your day as streamlined as possible.

2. Get Ready: Even though you may not be seeing people throughout the day, it's still important to look and dress the part. There's something about getting read every day that helps set a professional tone for your productivity.

3. Set a Schedule: Time-blocking your day is huge. After all, what gets scheduled is often what gets done. It's also a great feeling to be able to check things off your list as the day progresses. Be sure to give yourself ample breaks throughout the day so that you can eat or take care of personal tasks during dedicated timeslots.

4. Be Disciplined: It's easy to let your homelife creep into your workspace if you let it. Fight the urge to take care of personal tasks at any other time than during designated breaks that you blocked into your schedule.

5. Book Outside Appointments: Feeling connected to others is extremely important and not always the easiest thing to master when you're working remotely. Be sure to schedule some meetings out of the house for lunch or even coffee periodically to keep the human connection factor present in your workday. Breaking up the day can mean the world for your productivity when you return to your workspace.

6. Protect Your Personal Time: While many people worry about being distracted from work due to personal interruptions, the opposite can be true. We sometimes say we'll just finish one more task before the workday wraps up and, before we know it, it's 8pm. While this may be necessary from time-to-time, it's important to maintain a healthy work-life balance whether you're working from home or offsite.

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*Port Alberni -
Our Home Town*

Port Alberni, the community with a heart, and if you drive around town, it's easy to see why. Hearts have started popping up around local trails and in the front windows of houses all across town.

Our mission at the Valley Vibe is to share why we love where we live, and our community is at the heart of that mission. We are so blessed to live in such a beautiful and lush environment and community.


Spending time outside, doing what we do best by enjoying our beautiful slice of heaven, the people of Port Alberni know how to keep busy. We're building gardens, exploring local trails, relaxing by the river, or climbing mountains. We've had time over the last few months to try new things, learn new skills, slow down and appreciate everything around us.

Exciting things are happening around town, the Rotary Club built a beautiful covered viewing dock at Victoria Quay, perfect to sit and watch the sunset and wildlife. The Alberni Valley Museum has set up an online shop where you can purchase books, board games, and playing cards so you can continue learning about the Valley in a fun way. The small businesses that keep Port Alberni going have shown us that anything is possible, and over the last few months they have continued serving the community. We have many different shopping areas in our community depending on what you're looking for, and no matter where you shop you will be greeted with a very unique and friendly experience.

The Summer 2020 edition of the Valley Vibe hopes to inspire you to look for the positives, everywhere you go in our beautiful community. We are always grateful for the amazing town of Port Alberni and the exceptional members of our community. You, the people, are what makes this town amazing.

Summer in our Valley is the most amazing time of year to be an "Alberni(an)" from the hot summer days, to the central island living with amazing vacation spots just around the corner. From a quick trip to Sproat Lake for an afternoon swim, or a full day trip to the West Coast, we live in one of the best spots on Vancouver Island. Port Alberni is the community you'll find tucked away behind the tree covered mountains, surrounded by walking trails, and just a 15 minute drive in either direction to a beautiful water spot.

We would love to hear from you; share with us your favorite part about summer in the Alberni Valley, tag @thevalleyvibe.



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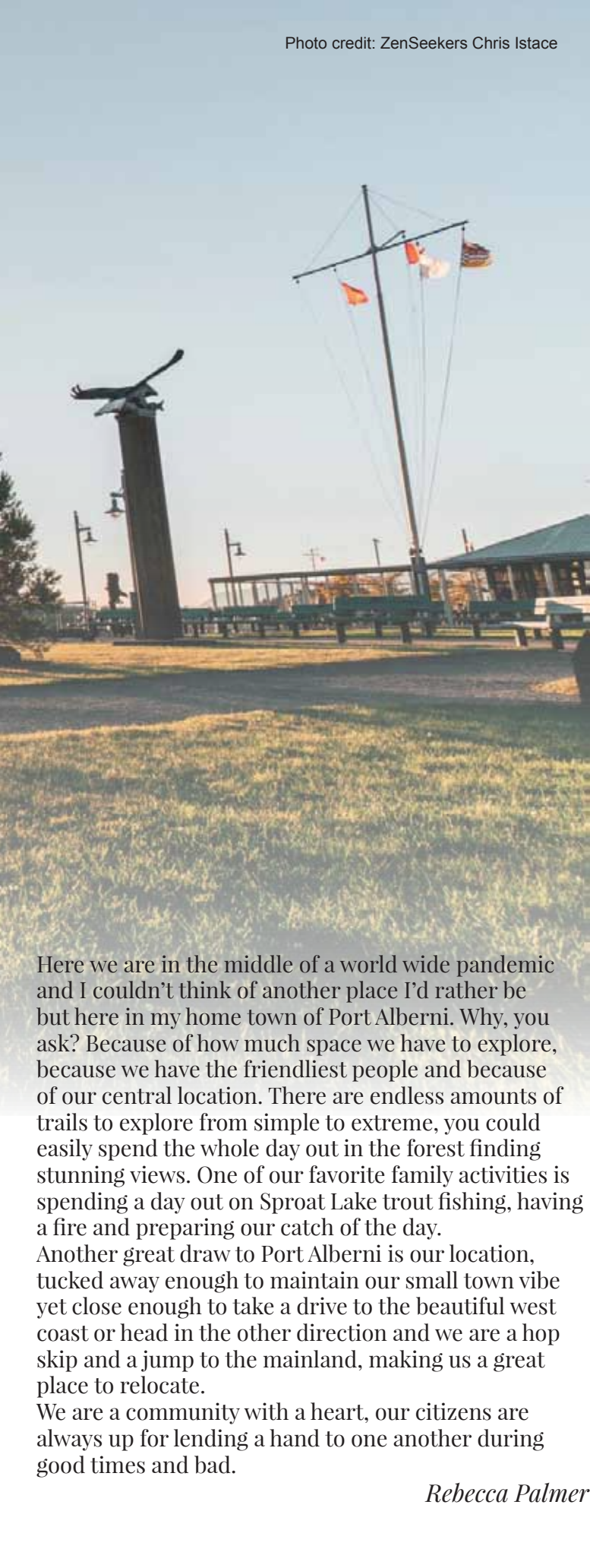
Why do I love Port Alberni?Here's why....

On a cold, rainy Friday night in April (24th), 104 cars, trucks and motorcycles came out to show support for all our health care workers, ambulance paramedics, volunteers and RCMP. More importantly we all drove past our care homes where the elders who shaped this community into what it is today are being taken care of. The streets, parking lots and windows on the entire route were lined with people holding signs, waving, cheering, banging pots and pans - it was emotional for all. With everything that is going on in our city and the entire planet for that matter, it filled my heart right up to the top. And now more than ever, everyone needs something to cheer for. If you can get out and spread some cheer to someone's day, do it. It could make a difference more than you know and the fulfillment you get in return is priceless. Our little town is the community with the BIGGEST heart. This is my home, and I LOVE it here.

Paul Robertson

Why I am Proud to be a Positive Port Alberni(an)
Born and raised in Positive Port Alberni, I learned to celebrate the little things in life in a large way. From performing arts to sports and family commitments we all enjoyed picturesque Port from harbor to harbor. The community is strong, the hearts are true, and the people are genuine. Raising my children in this community gives me sense to pause as I watch them partake in school, dance, church, track, martial arts, and drama with dedicated coaches, mentors and teachers who forever have their best interests at heart. From walking or cycling calming and challenging trails, spending time meditating by the waters or shopping in local shops, Port Alberni sends a welcoming gesture to all who visit. Although I have lived in many other towns and communities, when it comes to Port Alberni, "There's no place like home."

Janis Joseph



Here we are in the middle of a world wide pandemic and I couldn't think of another place I'd rather be but here in my home town of Port Alberni. Why, you ask? Because of how much space we have to explore, because we have the friendliest people and because of our central location. There are endless amounts of trails to explore from simple to extreme, you could easily spend the whole day out in the forest finding stunning views. One of our favorite family activities is spending a day out on Sproat Lake trout fishing, having a fire and preparing our catch of the day. Another great draw to Port Alberni is our location, tucked away enough to maintain our small town vibe yet close enough to take a drive to the beautiful west coast or head in the other direction and we are a hop skip and a jump to the mainland, making us a great place to relocate. We are a community with a heart, our citizens are always up for lending a hand to one another during good times and bad.

Rebecca Palmer

For more than 100 years The Salvation Army has counted on volunteers to support its work in our community.



The volunteers at the Salvation Army are out in the community every day delivering meals to those in need. With over 1000 + home deliveries every week your support makes a big difference. Thank you to Port Alberni for making this outreach possible. #stillhere #stillserving

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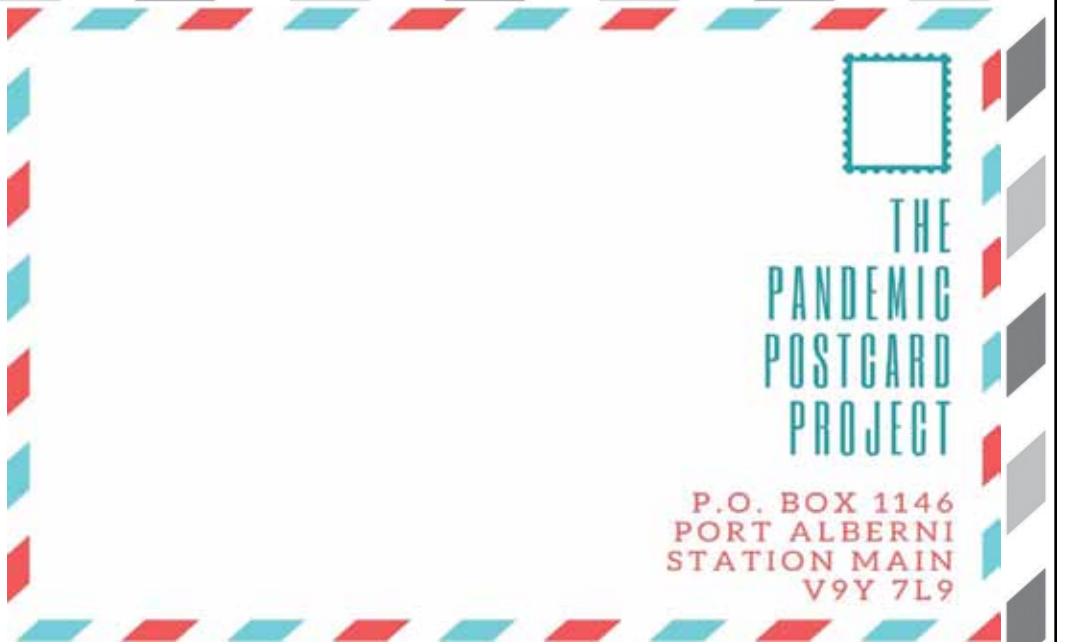
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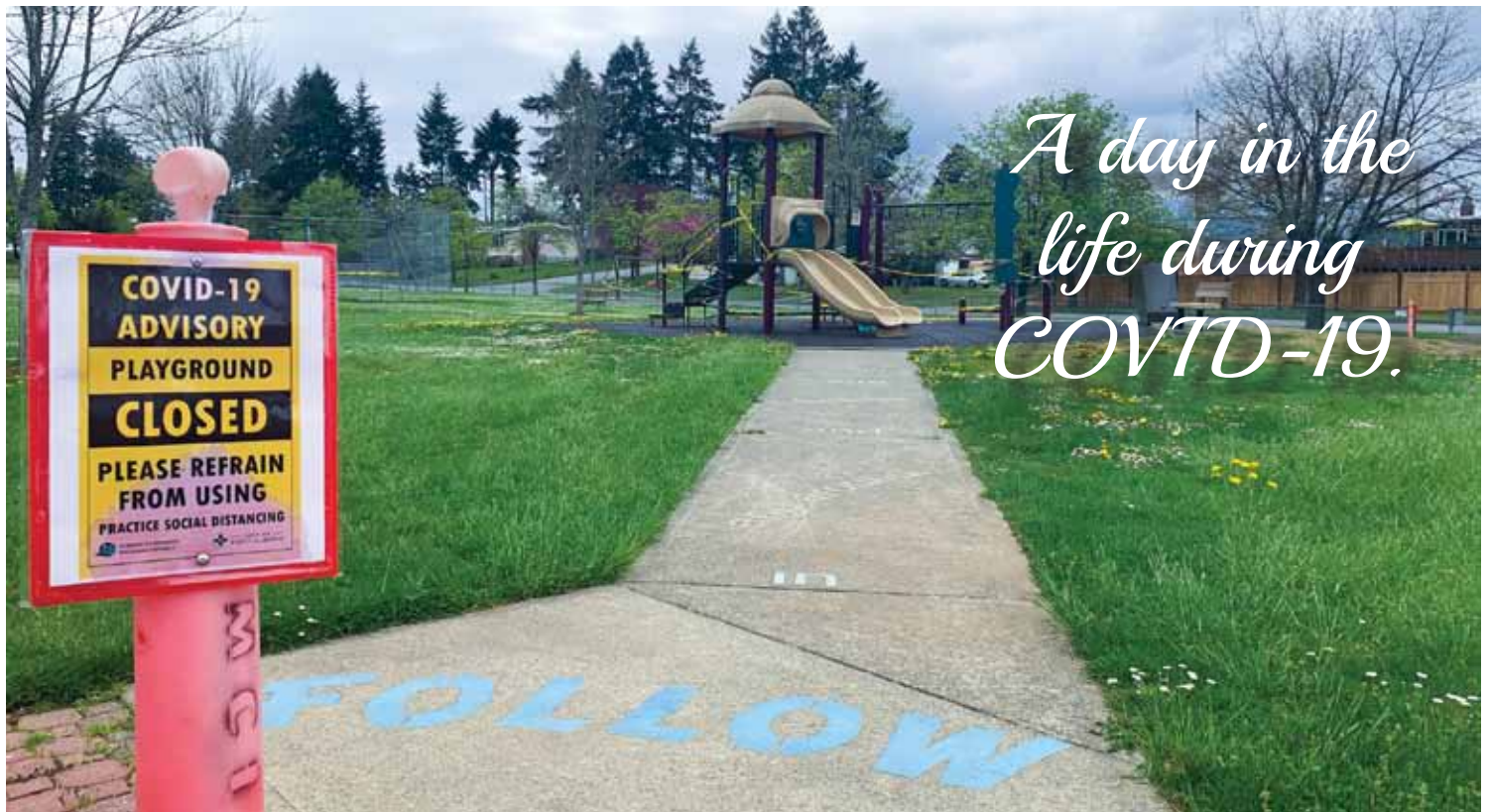
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A day in the life during COVID-19.

Since mid-March the World Health Organization announced that COVID-19 is a global pandemic, and life looks a little different these days.

It all started in March 2020, kids were gearing up for Spring Break. Vacations were planned and the weather looked promising, when hard decisions needed to be made. The Canadian government implemented social distancing and recommended we stay home as they announced this new virus called COVID-19 that was spreading quickly around the world. Everything felt incredibly uncertain and a little scary.

Many businesses, and all schools were forced to close their doors as we navigated this news, no one was sure of how to proceed forward. Businesses had to pivot and adapt to serve our community. Within a few short weeks everything had gone online or over the phone ordering, contactless pick up and delivery, and long lineups at the grocery stores. Everyone who had to venture out to do their shopping showed up wearing gloves and some even wearing masks. The world had changed almost overnight.

Driving around town has changed as well. Traffic is almost non-existent. Parks and playgrounds are closed and taped off. But yet through all of it our community has figured out a way to brighten up our town by placing hearts in their front windows and along trails.

Grocery shopping and shopping department stores have been another interesting experience during these

exceptional times. Lines and arrows have been drawn on the floor to help us visualize what 6ft actually looks like, in an attempt to create some social distance in a usually crowded environment. Plexiglass barriers have been installed at all tills and cashier counters to make it possible for us to still continue to buy.

One of the biggest lessons during this global pandemic has been that although the world has “shut down”, human connection has not; Port Alberni is a prime example of this. Waving hello when out for walks, talking about the weather, laughing over how awkward social distancing in a grocery store is, social distancing at the dog park, and celebrating our amazing front line workers with cheers and parades, are proof that human connection is alive and well, it just looks a little different these days. New businesses have taken off, while organizations and companies have come together to fill the gaps. Our very own BullDogs have teamed up with Save on Foods to bring groceries to seniors. Beautiful things are happening in our community despite the uncertainty of the world.

We, as a community, need to remember life before COVID-19, things may never be exactly the same. But our core values, family, friends and human connection will find their way back into existence in our lives again.

So while our days might look and feel a little bit different, nothing lasts forever. We have the power to decide what our “new normal” is going to look like.

ANTIQUE TRUCK & MACHINERY DISPLAY

Since they moved in fifteen years ago, the volunteers at the Industrial Heritage Centre (“Old Arena”) have restored more than one vintage vehicle per year in the Shop on the Tenth Avenue hill. In 2020, the result is that one of the best Collections of antique trucks and machinery in the Province is located right here in Port Alberni.



1928 “Chevrolet” Fire Truck

This is one of the first Fire Trucks to serve in the Valley. With only a 30-gallon water tank, it was not much of a fire-fighting machine but, it beat running to the fire, carrying your supplies and gear!

1926 “Federal” tow truck

This did not start out life as a Tow Truck. It was a ‘Scissor-lift truck’ designed to service the overhead Trolley wires for Streetcars on the Lower Mainland. It ended up as a fuel delivery truck on the West Coast before it arrived here, in rough shape. An example of the skills in the I.H.C. Shop, the frame was shortened and the truck was rebuilt as a “First Generation Auto Wrecker”.



2020 “Euclid” Dump Truck (Model)

The most recent creation from the Shop is this model of a Heavy-duty “Euclid” truck that was restored in 2019. Les Stevens fabricated the little truck with the help of several other retired Tradesmen at the I.H.C.



1937 “White” Flatdeck

The “RB McLean Lumber Company” bought this truck new for \$2800 for log-hauling. It was not successful on the Beaufort slopes so it was used to haul lumber to town. When old and tired, it was used as a tanker for fire-fighting. It was one of the first trucks restored by our volunteers.



1947 “Hayes” Logging Truck

This was the first truck restored by the I.H.S. and one of our most iconic. It has represented Port Alberni in parades and events all over the Island, in Vancouver and has even been to big Shows in the USA. One of the first ‘big trucks” specifically built to haul the big wood in the coastal forests.

For up to date information and hours please call us or check out our Facebook page.

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Uncertain but Exceptional Times

by Nicole Brazzale

We're in the midst of uncertain and exceptional times, but you already knew that. It's a time of exponential change and growth, which can feel incredibly uncomfortable. We don't know what the world is going to look like in six months or a year, we don't know what "normal" will look like anymore- and that can be scary.

If you've been feeling overwhelmed because of this global pandemic and the massive change we've gone

through within our economy and ourselves, I hope this article gives you some insight on how you can take control again.

First, I want you to question how much control you really had before all of this happened.

Humans like to think that we have control over things, it gives us a sense of empowerment, but really, few

things are actually within our control. We can't control the weather, we can't control other people, we can't control when a global pandemic shuts down "normal" life. The only thing we can control is our attitude and our effort. How we show up every day is within our control, how we respond to situations is within our control, how we treat people is within our control - and that's incredibly powerful.

In our Spring edition I spoke about motivation. Your motivation might be incredibly low right now, nonexistent even; you might be allowing the excuses that the gym is closed and you're too stressed out to make healthy choices, run your life right now. Those thoughts are within your control. You're allowed to have those thoughts, they may be serving you in some way, but I want you to think about the person you want to be after all of this passes, because it will pass.

What was your motivation at the beginning of the year? What kind of person did you set out to be this year? Are you going to allow a global pandemic, that is completely out of your control, change who you want to be, or are you going to take control of the only thing you can control, your attitude and your effort, and show up for yourself?

Please know that you can choose to be whoever you want to be, I'm not here to tell you what you should do, my goal is to help you start questioning who you think you are and compare it to the person you want to be. You have that control which is incredibly powerful.

So, how do you start taking control?

Pick one thing you'd like to improve on, just one, no more. Keep it small, lower your expectations, make it impossible to fail (because it is impossible to fail; failures are just lessons in disguise). What I like to do with my clients is look at what they're currently doing and decide if it's serving them anymore. Maybe you feel that you don't have the time or energy to exercise; start with committing to 5 minutes of movement (any kind of movement, dance around your kitchen or walk around your house), at the end of those 5 minutes check in with yourself. If you're feeling good and want to continue on, that's great, go for another 5 minutes. If you're still not feeling it, that's great too, at least you did those 5 minutes.

Take stock of what you're doing currently, make one small change, assess how you feel, make another small change, assess, rinse and repeat.

Baby steps are the key to lasting change, as long as they're taken consistently.



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hupačasath First Nation

Who We Are

&

What We Do

Fishing Over the Years in the Alberni Valley

For thousands of years the Hupačasath people have owned, used, and occupied their traditional territory on Central Vancouver Island. The Hupacasath are comprised of three distinct tribes, the Muh-uulth-aht, Kleh-koot-aht and Cuu-ma-as-aht (Ahahswinis).

Hupačasath has benefited from the salmon resources for thousands of years. Traditionally the Hupačasath were a sea-going people and utilized all sea resources down the inlet and through Barkley Sound and beyond and continue to do so today. Hupačasath traditionally fished in the Tsuumaas (Somass) River and the Barkley Sound.

The area of the Hupačasath territory is approximately 232,000 hectares plus their interest

in the Barkley Sound and offshore. This territory, on the wetter west side of Vancouver Island contains some of the most valuable forest, fish and marine resources in the world. The lakes and rivers contain all five species of Pacific salmon as well as steelhead and trout. Estuaries, forests and fields contain a wide variety of berries, shrubs, tubers, and grasses that are used by the Hupačasath as foods, medicines and traditionally for clothing, utensils and a wide variety of other uses.

But we have been at a disadvantage where the fish processors make more money than the fisherman. And the commercial fishery became more and more challenging to get into, which lead the Hupačasath to develop a company that involves



more of our people in the fishery and the process.

The Hupačasath Fisheries department has been monitoring the Salmon returns to the Alberni Valley for many years. Their Salmon escapement program has evolved over the years and now has a high definition video of every fish passing through the Sproat and Stamp River fishways. These escapement estimates are essential for the management of this vital resource. Recently the fisheries department has expanded their salmon assessment program to include juvenile salmon work. During the winter months the Hupačasath Fisheries crew spends many nights on lakes in around Port Alberni and across the Island conducting Acoustic and Trawl Surveys. These surveys are used to determine the health and

abundance of juvenile sockeye in nursery lakes.

All the information that the Hupačasath Fisheries department collects is used to ensure that the Salmon stocks are sustainably managed. The 2020 season DFO is predicting very low sockeye returns (less than 200,000) to Sproat and Great Central Lakes. The Chinook forecast remains similar to 2019 returns with 91,000 expected to return to Robertson Creek.

Hupačasath strives to harvest salmon in their territory in a sustainable way to ensure that the salmon runs are robust for future generations and they have expanded their role to provide the stock assessment science necessary to effectively manage the salmon stocks moving forward.



hupačasath First Nation

5500 Ahahswinis Dr., Port Alberni
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THE MIGHTY MARTIN MARS



The Martin Mars was built as a long-range US Navy Troop and Freight transport aircraft to fly from the continental United States to the Hawaiian Islands. There were originally 6 built of which Coulson Flying Tankers owns the last 2 remaining. Between these 2 aircraft they have flown over 8000 fire missions throughout British Columbia, Canada dropping over 182 million litres of water/gel/foam.

Coulson Airplane purchased the last 2 remaining Martin Mars water scooping aircraft in 2007. These aircraft (Hawaii/Philippine) were operated for the last 47 years in British Columbia by a private consortium of 5 forestry companies. Since Coulson has purchased these aircraft, the Hawaii Mars has worked in British Columbia and California in 2007, 2008, and 2009 for the British Columbia Forest Service, CAL Fire and the United States Forest Service.

Originally conceived as a bomber for long range missions and patrols, the production aircraft were redesigned and classified for long-range general transport because of the demonstrated heavy-lift capability of the prototype. The “Big Four”, as they were affectionately known, established airlift and endurance records which remain valid today and they logged some 87,000 accident-free hours before being retired by the

US Navy and sold to Flying Tankers.

During the fire season, the aircraft are kept in a state of readiness to meet the existing fire hazard conditions. They can be in the air in ten minutes and, based on historical data, each can make a drop every fifteen minutes. Working in tandem, this equates to 7,200 US gallons (27,276 litres) every seven minutes and each drop can cover an area of up to 4 acres (1.6 hectares). It has often been said that the Mars, with a 60,000-pound (27,216 kilogram) payload of foam, is like “a huge wet blanket”.

The Mars carries a crew of four; Captain, First Officer and two Flight Engineers, all of whom work together as a team to get the job done – efficiently and safely.

The most frequently asked question regarding the Mars is “How do they pick up their water?”. This part of the flying operation is, perhaps, the most demanding in terms of teamwork among the crew. The Captain executes a normal landing, keeps the aircraft “on the step” and allows the speed to decrease to 70 knots. He then passes engine power to the Flight Engineer and selects the scoops to the “down” position. The ram pressure for injecting the water into the tanks is such that the aircraft is taking on water at a rate more than a ton per second. To account for this added weight, the



Photo credit: Sharlene Patterson

Flight Engineer must advance the throttles to maintain a skimming speed of 60-70 knots to ensure the aircraft remains on the step. Pickup time is, on average, 25 seconds. When the tanks are full, the Captain will have the scoops raised, call for takeoff power from the Flight Engineer and carry out a normal loaded takeoff. Once airborne, the foam concentrate is injected into the water load (normally, 30 US gallons of concentrate into the 7,200 US gallon water load) where it is dispersed and remains inert until the load is dropped. Once dropped, the tumbling action causes expansion which converts the water load into a foam load. This process is repeated for each drop. In other words, this vital teamwork is carried out, on average, every 15 minutes per aircraft. For a gel drop, the concentrate is injected during the scooping process to allow even mixing.

In 2007 Coulson Airplane Ltd. purchased the Hawaii and Philippine Mars to expand its firefighting capabilities and establish itself as the only operator worldwide to operate Sikorsky S61 Type 1 helicopters and the world's largest water bombers.

Since purchasing the Mars water bombers, significant upgrades have been carried out on the Hawaii Mars to bring it to higher aviation and safety standards for modern-day firefighting. Coulson's goal is always to provide a world-class operation that brings the highest level of safety and accountability to its customers in the Firefighting Industry.



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! During the COVID-19 crisis KiiXin Tours will remain closed until the Public Health Agency of Canada lifts current travel restrictions. Please check our website or social media pages listed below for updates. We hope to see you in the future. Stay safe!

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Bringing the indoors out: 2020 outdoor living trends

2020 outdoor living trends are all about enjoying your backyard alfresco - but with the comfort and ease you expect from your indoor spaces. Today's outdoor spaces are transforming into an extension of the home. The current outdoor design also takes into account the look and feel of your entire home, including the interior and exterior, building materials and surroundings.

Connecting with nature: is the "biophilic design"

Biophilic design is achieved when natural elements are incorporated into the space, helping people feel connected to the natural environment.

It creates a calm, tranquil space and reduces stress. Biophilia makes sense for indoor urban environments needing to bring the outdoors in, but how does it work when you're already outside?

Biophilic design for outdoor spaces means integrating natural elements with constructed elements to create a harmonious space. A plant



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wall or raised garden bed can integrate greenery and pops of color with the built elements of your outdoor space. It also means using natural materials, like wood and stone, to complement the surrounding environment.

Create greener, more sustainable spaces to celebrate the environment, which can help encourage pollinators, grow healthy food and forge a cohesive outdoor space. You can also use materials such as Belgard's permeable pavers, which allow water to drain through the surface, replenishing the soil and aquifers beneath your path, walkway or driveway.

Homeowners also have many options when it comes to the design and price point of their outdoor kitchen. Some may lean toward a grill island, adding prep and storage space to their grilling station, while others might create a full-on outdoor kitchen with a grill, smoker, refrigerator, sink, seating area and more.

Get creative: Add vertical planters, hang hammocks for lounging, create built-in seating, or build raised garden beds.

Whether you have a straightforward vision for a patio or dream of elaborate outdoor living spaces, these ideas can help you create your oasis.



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Ways To Brighten Up Your Garden This Summer

If you're looking for a fun way to brighten up your garden or neighbourhood, while keeping the kids (and yourself) busy, rock painting is an easy and cost effective craft.

What you'll need:

- Rocks.
- Acrylic paint.
- Paint brushes.
- Markers and pens.
- Sealant.

When picking your rocks, look for ones that have a smooth, flat surface, as those will be easier to paint and decorate. You can buy rocks online or at craft stores, but we think it's more fun to go outside and hunt for the perfect rocks. Get creative, pick a variety of shapes and sizes for your rocks; just keep in mind



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that the smaller the rock, the smaller your image will need to be.

Once you have your rocks, it's time to clean them up! Wash and dry your rocks so that they are free from dirt, ensuring you have a flat surface to paint.

Now it's time for the fun part—decorating! Decide what you'd like to put on your rocks; the options are endless:

- Rock pets: paint your favourite animal for a low maintenance pet.
- Shapes: rainbows, flowers, the sun, the moon, or stars.
- Scenery: sunrise or sunset, a forest, the ocean.
- Positive words: smile, you rock (pun intended), love, laugh, welcome.
- Mandela designs: create different line designs.
- Vegetables/fruit: use them as garden markers.
- Whatever your heart desires.

Have fun with this, get creative, get messy, laugh at how terrible of an artist you are. This is what memories are made of!

Once you've painted your rocks and are happy with your creation, it's time to seal them. The sealant will help keep the paint on the rocks, even if they're left outside.

You're done! You've created some beautiful and fun pieces of art that you can scatter around the neighbourhood, your backyard, or even your house.

We'd love to see your creations! If you post pictures of them on Facebook or Instagram be sure to tag us at @thevalleyvibe!



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ACRD Burning Bylaws 2020



ALBERNI-CLAYOQUOT
REGIONAL DISTRICT

Open burning and wood burning for residential heat can negatively affect air quality in our communities, leading to both short term and long term health effects for our residents. The Port Alberni Air Quality Council (AQC) is a multi-stakeholder group that is working collaboratively to improve air quality within the region. The AQC has focused attention on the need for burning regulations within the region to better control the emission of smoke and particulate matter from burning in the rural areas.

The Alberni-Clayoquot Regional District (ACRD) is considering two bylaws that would regulate the emission of smoke from residential burning in the ACRD:

Bylaw R1030 (solid fuel burning appliances): Bylaw R1030 would require that any new woodstove conforms to the CSA/EPA Standard and require that any existing woodstove (pre-1994) be permanently

disconnected and removed by July 1, 2023.

Bylaw R1032 (open burning): Bylaw R1032 would introduce regulations for backyard open fires and larger land-clearing open fires within the ACRD. The bylaw would include regulations for atmospheric venting; time of year and time of day; size of fires; number of fires on a parcel of land; setbacks from buildings and property lines; and time limited smoke-release periods.

The ACRD Board of Directors is seeking public input on the two proposed burning bylaws prior to considering adopting any new regulations. Details of the proposed burning regulations can be found on the ACRD Air Quality Council website at www.acrd.bc.ca or by contacting the ACRD Planning Department at planning@acrd.bc.ca or 250-720-2700.

We want to hear from you! Let's work together on improving air quality in the region.



ACRD Collects 'Get the app'

During the COVID-19 pandemic the ACRD is encouraging people to stock-pile and presort recyclable items to aid in social distancing measures in place at facilities.

The ACRD is excited to announce that this summer there will be a free customized app, "ACRD Collects" available for the region. This will allow you to:

- See your waste collection schedule
- Receive reminders on waste collection day
- Search an item to see if it can be recycled and where



For more information and resources visit www.acrd.bc.ca/recycling. You can also connect via email at recycle@acrd.bc.ca or check out the local FB page Alberni Waste Reduction Education.

WildSafeBC is pleased to be part of the Alberni Valley Community this season. There is a new community coordinator working on minimizing wildlife conflict through education. Please reach out via email to alberni@wilsafefbc.com.

It is important to wash out food residue on your recycling, so you don't encourage a bear to come lick out your tuna cans!





For decades, the airshed of the Alberni Valley was exposed to heavy industrial pollution that was generated within the main population base. Since 1989, there have been tremendous improvements made to air quality in the Alberni Basin. As individuals and companies are led into a new awareness, especially during the COVID-19 pandemic, of the links between air pollution and its health effects, increasing value is being placed on air as a common property resource, and on clean air as a fundamental component of human and environmental health.

The mission of the AQC is to work toward the continual improvement of air quality and health in the Alberni Valley airshed.

In the spring of 2019, an airshed emissions inventory was conducted which identified Particulate Matter 2.5 (PM2.5) as the contaminant of primary concern within the airshed. The largest sources of PM2.5 are outdoor burning and wood burning for residential heating.

The Port Alberni Air Quality Council (AQC) was formed in 2004. The AQC is made up of a number of local government members, provincial agencies, local industry and citizen delegates.

The Alberni Air Quality Society (AAQS) provides institutional, financial resources and guidance to the AQC and supports the Chair who directs activities and programs in the community.

To ensure the inhabitants of Alberni Clayoquot

Regional District have access to clean air, it is crucial for the general public to understand the strong correlation between air quality and community health. The health effects associated with air pollution are a significant concern for all citizens as there is no “safe” level of pollution. Air does not respect any jurisdictional boundaries thus it is important to have a collective approach to improving and maintaining air quality.

In response to the COVID-19 pandemic and the effect pollutants have on viral respiratory infections, the province and the BC Center for Disease Control prohibited all Category 2 and 3 fires. Several communities, including the City of Port Alberni, have bylaws related to backyard burning and compliant woodstoves. We applaud the ACRD’s commitment to taking steps to ensure the entire Regional District has protective measures in place.

Port Alberni Air Quality Council stakeholders include:

- Ministry of Environment
- Island Health
- ACRD electoral director
- City council representative
- Catalyst Paper
- Port Alberni Fire Chief
- MLA’s office
- School District 70
- First Nations Health Authority
- Community members

2020 Wood Stove Exchange Program

Two available options for households upgrading woodstoves.

1. \$800 for the exchange of any wood stove manufactured **prior** to 2014 switching to an alternate heat source.
2. \$400 for the exchange of an uncertified wood stove (pre-1994) to a certified wood stove.

To date: 360 old woodstoves change outs!

For further information and how to qualify please visit our participating retailers, check out the link on the ACRD website at www.acrd.bc.ca or phone 250)720-2700.

Highlights of the AQC over the past 15 years:

- Co-authored PM2.5 scientific paper
- Installation of Port Alberni’s first PM2.5 monitor
- Established ACRD Air Quality Website
- Air Emissions Inventory (all local air pollution sources)
- Public and primary school education programs
- Outdoor and Indoor Smoke Reduction Initiatives

To contact the Alberni Air Quality Society or find more information: email: aqc.coordinator@gmail.com
 Facebook: Air Quality Council
www.acrd.bc.ca/air-quality-council-web-directory



GROW LOCAL | SUPPORT LOCAL | LEARN LOCAL



Grow Local

written by Anna Lewis

With the emergence of the COVID-19 pandemic the Alberni Valley is seeing a resurgence of people wanting to become more proactive in their personal food production. People are looking to their windowsills, balconies and backyards wondering how they can be more resilient? A circular economy is key to supporting all our citizens within the Valley and food initiatives are more appealing than ever!

On May 2, the Grow Local Team, (a collaboration of Alberni Valley Food Hub, Alberni Farmers' Institute, ACRD as well as community volunteers and sponsors) hosted an event to promote local growing. They put together a garden starter pack program which had three available options: a potato pack, a container pack and an in-ground starter pack which distributed seeds, soil, hay, pots, compost and plants (all locally purchased or donated).

The best thing about growing food for yourself is the increased food security, access to healthy veggies, and a zero-mile footprint. If nothing else, you will find a newfound appreciation for those who grow food and hopefully a new passion!

There are several ways to support local food production, by attending a farmers' markets, look for farmgate sales in your community, or turn a portion of your lawn into a veggie bed. The possibilities are endless.

There are several groups that will support you in your endeavor so do not be intimidated if you have never grown anything. The Grow Local team is happy to offer a few tips and tricks for the aspiring grower.

To stay connected to local tips and trips as well as building a community to help you as you grow join the Facebook page, <https://www.facebook.com/growlocalalbernivalley/> or you can join the email list by sending a message to www.growlocal.acrd@gmail.com.

Did you know that the Alberni Farmers' Institute (AFI) was founded in 1898 and is one of the oldest institutes in the province? Over the course of the last 122 years the Valley has seen substantial changes to the way in which farmers strive to keep their community fed.

The key objectives of the institute are promoting and supporting the valley's local agricultural community, ranging from urban backyard growers to commercial scale producers. An exciting new project the AFI is undertaking is looking at fire mitigation and field trials. The intention is to create a model for a community project which supports field renovations and management, as well as producer transitions to new, innovative, and climate-appropriate crops. Stay tuned!

To contact the AFI you can email albernifarmersinstitute@gmail.com or visit the FB page, Alberni Farmers' Institute. Membership is not only for farmers - anyone growing food on any scale, or any residents who want to support the growth of local agriculture are welcome to join!

For more information about the Alberni Valley Food Hub and its work on food security in the Valley including gleaning (harvesting unpicked fruit), facilitating food recovery, discussing food policy, and encouraging the growth of our community gardens, please email avttsfoodhub@gmail.com



Food Box Program



What's in the box?

Each week's food box is packed with produce picked that day to ensure the maximum freshness. This means that you are always getting vegetables that are in-season. We try to provide as much diversity as possible in what we give to our shareholders. This means that you may get to try unique heritage varieties that are well suited to small scale agriculture.

The size of the boxes will ebb and flow with the season – early ones are often smaller with more greens and spring vegetables, while late summer ones are full of favorites like tomatoes, peppers, and garlic.

For more obscure vegetables, we always include a newsletter that provides recipes for preparation.

When and where do I get my food?

Our boxes start towards the end of June and run to Thanksgiving. Our harvest day is Wednesday, meaning that boxes are available for pickup at our farm gate stand at your leisure on Wednesdays from 12:00 noon to 8:00 PM.

We also offer a delivery service for an additional \$80 a share (equivalent to \$5 per box). This is only available to households within Port Alberni city limits.

Our farm is located at 4890 Beaver Creek Rd, right across from the Co-Op.

How do I sign up?

Shareholder type: \$480 Pick-up share
 \$560 Delivery share

For more information about the CSA program:

250-724-4041

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Start meal planning with simple tips

Have you heard about meal planning and thought it sounded like a great idea, but think it's just too complicated for you to tackle? The truth is it's easier than you think if you know a few tips and tricks.

Meal planning saves money, cuts stress, reduces food waste and encourages family time, all while putting nutritious foods on the table. It can seem overwhelming to start, but if you follow a few simple strategies, you'll be meal planning like a pro in no time and enjoying all the benefits. Meal planning encourages healthy eating habits for everyone.

Start slow: When you first try meal planning, start with one step you're comfortable with and grow from there as you gain confidence. For example, try chopping up a week's worth of produce so you're ready for snacking and cooking. Or, buy bulk chicken and cook it all up so it's ready for quick meals such as tacos or topping a salad.

Focus on the effective: Is there one meal you struggle with more than others? Maybe breakfasts are consistently chaotic or you know you work late every Tuesday and it's tough to get dinner on the table. Select a meal you can make ahead for those times to feel the immediate benefits of meal planning. You'll be proud your family is fed a nutritious meal and enjoy less stress.

Simplify shopping: To avoid overbuying as well as food spoiling, think about your meal planning before you

head to the grocery store. Focus recipe selections on in-season ingredients to get the best flavor at the lowest prices.

Double favorites: No need to try complicated new recipes when beginning to meal prep. If you know your family loves a recipe, double it and eat one that day and freeze one for next week. As you expand your cooking, keep a list of family favorites that you can easily double for future meal rotations.

Freeze smart: For freezer meals, use resealable freezer-friendly plastic bags for sauces and raw ingredients that can be thawed and used later. Aluminum pans are good for freezing whole meals like casseroles. Remember to always label and date items and keep a running list of what is in the freezer for easy reference.

Make it family fun: Kids love to help cook, and when they assist in the preparing of foods, they are more likely to try new flavors. Invite kids into the kitchen to help meal prep to hone their cooking skills. Youngsters can help wash produce and stir mixes while older kids can assist in reading recipes and measuring ingredients.

Looking for recipe inspiration to kick off your meal planning efforts? Try this recipe opposite: With just a few minutes of preparation, this delicious meal cooks all day in the slow cooker so you can come home to a tasty meal the whole family will love.

NICE TO MEET YOU.

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Eat Local Eat Local Eat Local Eat

Slow Cooker Chicken and Tomatoes

Ingredients:

- 1 1/2 pounds boneless, skinless chicken thighs
- 2 small RealSweet sweet onions, sliced
- 1 pint Nature Fresh Farms TOMZ cherry tomatoes
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon olive oil
- 1/4 teaspoon pepper
- 1 package Eat Smart sweet kale salad

Directions:

Place chicken, onions and tomatoes in slow cooker. Whisk garlic, soy sauce, brown sugar, Worcestershire sauce, olive oil and pepper in small bowl. Pour over chicken. Cover slow cooker and cook on high 4 hours or low 6-8 hours. Once done cooking, you can shred the chicken or leave as-is. It's great to serve over rice, quinoa or cauliflower rice for a delicious dinner. To add a little more flavor, squeeze some fresh lemon over top!

Serve with salad.




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#EXPLOREPORTALBERNI is a lifestyle. Show us how you live it! We are asked to stay close to home during these ever changing times. Good thing we live in paradise! Aren't we lucky? Seriously. The freedom of space and natural beauty in our own backyard is something to be proud of so let's share it with each other and the world! **#roamnearhome**

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