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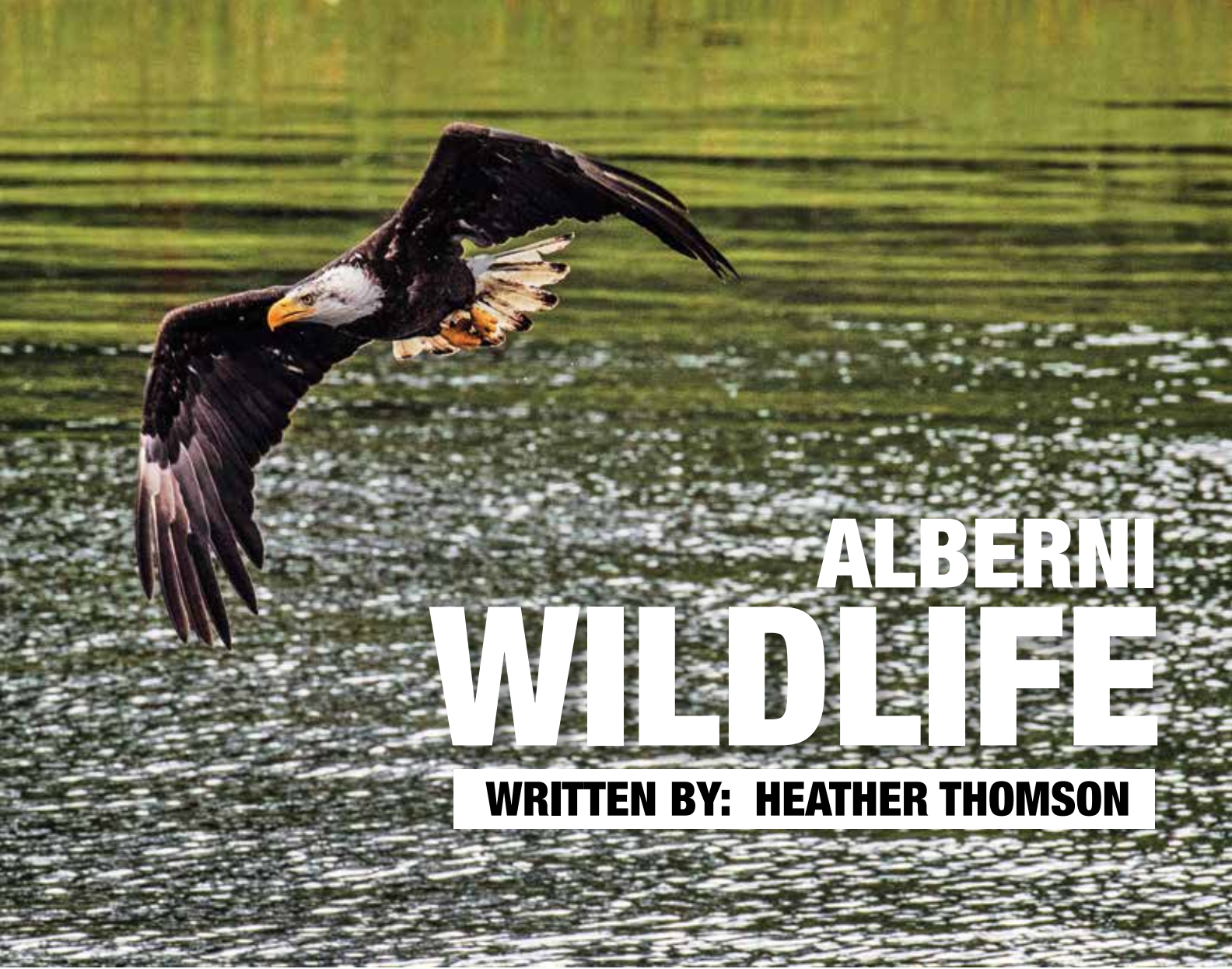
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ALBERNI WILDLIFE

WRITTEN BY: HEATHER THOMSON

The Valley is surrounded by lakes and rivers, and so many interesting wildlife call them home. Here are just a few that are easy to check out. We'd like to tell you about all of the birds that call the Valley home, but there are simply too many. If you have an afternoon to explore, you can find nearly 180 species of birds at the Somass River Sanctuary (<https://birdalberni.ca/location/7>). It is located where the Somass River empties into the Alberni Inlet, approximately across from Clutesi Haven Marina, and is easily accessible by the JV Clive Bird Sanctuary Path.

With nature all around, the Alberni Valley is home to many furry, finned, feathers, and scaly critters. This summer while you are exploring the amazing outdoors the Valley has to offer, take some time to check out with whom we share this amazing valley.

Beavers (*Castor canadensis*)– Due to his history in helping build Canada through trade and its historical importance to First Nations, the beaver was declared the country's unofficial emblem in 1975. This large rodent is well known for its exceptional dam building skills as well as its iconic orange teeth, chubby body, and flat tail. A beaver can weigh as much as 32 kilograms and grow up to 140 centimetres. Although we call their homes dams, it might be better to refer to them as lodges as they are a dome-like lodge with multiple entrances and living quarters above the waterline.

Did you know? Beavers are the largest rodent in North America. They can stay under water for almost 10 minutes. Where to spot them: Perhaps the best place to see beavers is in Weiner Bay, on Sproat Lake. From Sproat Lake Landing their den is visible, and they can often be spotted swimming around the shallow water. Check out their webcam here: www.sproatlakelanding.com/webcams/. Of course at the top of Burde Street you can also hike along the Log Train Trail and find them in the beaver ponds there.

Canadian Goose (*Branta canadensis*) – Canada geese can be seen flying through the sky in their signature V shape in the spring and fall in the Alberni Valley. Canada geese mate for life. They also return every year to nest in the same place as their parents did, often reusing the nest from the previous year. They live together as a flock. These iconic geese can weigh up to eight kilograms and have a wingspan of up to 180 centimetres.

Did you know? Not all Canadian geese look the same. Although their black head and neck, with a streak of white around their eyes is the most well-known look, it is believed there are up to 11 different types. A Canada goose is well known for its droppings, as a single bird can produce up to a kilogram a day! Where to spot them: Canada geese can be found on most of the lakes in the Alberni Valley, and at certain times of the year large flocks settle in at the bird sanctuary along the Somass River as they prepare to migrate.

Bald Eagle (*Haliaeetus leucocephalus*) – Although our neighbours to the south claim this majestic white capped bird of prey as their national emblem, there are lots along the rivers and lakes of the Alberni Valley. It is a spiritual symbol for First Nations, including the Nuu-chah-nulth, and is used in many of their cultural practices. Bald eagles are protected in Canada and the States, which has help their populations increase to a healthy number. They can be as tall as 100 centimetres, with a wingspan of up to 2.3 metres. They usually weigh between three and seven kilograms, with the females about 25 per cent smaller.

Did you know? Bald eagles often hunt cooperatively, with one pushing its prey toward the other until they are successful. Where to spot them: To find an eagle, look up in the tall trees along any of the rivers and lakes in the Alberni Valley – they are there watching. If you're lucky, you may even see one snatch an unsuspecting salmon out of the river.

Great Blue Heron (*Ardea herodias*) – This large wading bird often blends into the water it loves, with its grey/blue feathers. It is the largest heron in North America. It has a heat-to-tail length of up to 137 centimetres and a wingspan of as much as 200 centimetres. The stand as tall as 140 centimetres and can weigh up to 3.6 kilograms. Their long skinny legs allow them to wade along the shores of lakes, rivers, and oceans searching for prey.

Did you know? Many Nuu-chah-nulth people believe it is bad luck to point at a blue heron, so if you spot one it might be best to just tell people where it is. Where to spot them: One of the best places to spot blue herons is along the Somass River. Stop and look carefully from Victoria Quay and you might be lucky enough to catch one fishing.

Whether you walk down to the ocean at the Harbour Quay or if you venture further down the Alberni Inlet, the ocean is bound to introduce you to some interesting characters.


Harbour Seal (*Phoca vitulina*) – If you've seen a seal in the Alberni Valley, chances are it is a harbour seal. They are often described as the dogs of the sea because of their friendly behaviour and puppy dog eyes. They are typically around 70 kilograms and approximately 1.5 metres long. They range in colour from grey and white to brown and black, often in a mottled pattern that protects them in the waters from predators.

Did you know? An adult seal can eat more than two kilograms a day. They can dive up to 500 metres, making them a keen predator.

Where to spot them: Harbour seals can be found year-round in BC waters. They are usually found no more than 20 metres offshore. They can often be spotted from the Harbour Quay or Victoria Quay.


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Orca or Killer Whale (*Orcinus orca*) – This carnivorous mammal travels the waters around the Alberni Valley. They can weigh up to nine tonnes and measure more than nine metres in length. They are well known for their black and white bodies and tall dorsal fin that makes them easy to spot. They live in groups called pods, which can be as small as two or as big as 30. The pods can communicate with each other and often both sexes remain with their parents for life.

Did you know? The orca is not actually a whale. It is the largest of the dolphin family. Many First Nations around BC believe when fishermen die their souls turn into orcas. Where to spot them: Orcas have been known to come as far as the inner harbour in Port Alberni. The best way to spot them is in a boat in the Alberni Inlet. You can often spot them from the Frances Barkley.

Humpback Whale (*Megaptera novaeangliae*) – Humpback whales are found in every ocean in the world. Their Latin names means “big wing of England”, named after its large pectoral fins, which can be as long as almost 5 metres, and New England where explorers first discovered them. They are usually between 12 to 16 metres in length and weigh up to 36 tonnes. They can be recognized for the black backs and white bellies.

Did you know? Humpback whales have a unique way of eating called bubble-netting – they exhale bubbles as they swim in a spiral below a patch of water dense in food. The bubbles confine its prey to a small area where the whale surfaces eating up their ocean treats.

Where to spot them: Humpbacks can be spotted in the Alberni Inlet, and they often swim close to shore, including into harbours and rivers. So keep your eyes open when you are along the Inlet in Port Alberni, but the best place to spot them is by boat further down the Inlet.

Pacific salmon (*Oncorhynchus*) – In the Alberni Inlet and its subsidiary rivers, you can find five different species of Pacific salmon – Chinook, coho, chum, sockeye, and pink. Pink are the smallest, and the Chinook is the largest, often exceeding 50 kilograms. As adults, the salmon undertake often challenging, long migra-

tions back to the place where they hatched. In the freshwater, clean rivers and stream offer a good environment to reproduce and lay their eggs. Most die after reproduction.

Did you know? The earliest record of the salmon in North America is the “saber-tooth salmon” in fossils dating back seven-million years. They were up to three metres long. Imagine catching that in the Salmon Derby. Where to spot them: The best place to watch salmon migration is at Stamp Falls where they daringly just the treacherous rocks. You can also see them in the Inlet and many of the rivers and streams in the Alberni Valley.

Sea lions (*Oncorhynchus*) – In the Alberni Inlet it is common to spot a sea lion. These semi-aquatic mammals feed on fish and other seafood. On average a male weighs around 300 kilograms and is up to 2.4 metres long, while a female weighs 100 kilograms and measures approximately. Both California and Stellar’s sea lions live along the coast of Vancouver Island. The Stellar’s is the largest of the two.

Did you know? They are able to swim under water up to 10 minutes and dive to depths of up to 275 metres by slowing their heart rate. They also regulate their body temperature by lifting and exposing one or more flippers as they float around in the water. The blood vessels just under the skin dilate and either absorb or release heat.

Where to spot them: You can often spot sea lions swimming up the Somass River or in the Inlet, chasing fish. During herring spawning season, sea lions are our in abundance, although you’d have to go to the east side of Vancouver Island or down the Alberni Inlet to see this. We are surrounded by some of the most lush and expansive forests in the world. They are home to animals of all sizes, and here are a few you may bump into in your travels.

Black Bears (*Ursus americanus*) – Despite their name, black bears are not always black. They can also be cinnamon, brown, and blonde. The bear we see in the Alberni Valley is usually darker and larger than bears in other areas. Males mature at about five years of age, while the female is typically

around four years. The females give birth every two to three years. Bears eat both plants and meat, except in the winter when they hibernate until March. They can weigh between 140 kilograms (female) to 270 kilograms (male). Did you know? It is estimated that more than 7,000 bears live on Vancouver Island.

Where to spot them: Spotting bears is easy in Port Alberni, just head down to Victoria Quay test your luck.

Black-Tailed Deer (*Odocoileus hemionus columbianus*) – The black-tailed deer, or mule deer, can be found throughout Western North America. They are most common in woodland areas. They are highly praised by hunters because they are so good at seeking cover, making them a worthy adversary. For this reason, it is most common to see them in the rain or at night.

Did you know? Black-tailed deer have four-toed feet. They also have top incisor teeth, which is unusual for ruminants (having a four-chamber stomach) Where to spot them: It’s not hard to spot black-tailed deer in Port Alberni. Since they are quite comfortable in urban settings, avoiding them might be a more difficult task.

Raccoons (*Procyon lotor*) – These little bandits are known for their masks and are a familiar sight in the Alberni Valley. They live up to their bandit reputation because they will eat just about anything and no obstacle is too great for their dexterous front paws and long fingers. They have been known to be as large as 70 centimetres long and 26 kg or as small as 40 centimetres and five kilograms. They also have a ringed tail. They are believed to be highly intelligent, with studies showing they can understand abstract principles and solve complex puzzles. Did you know? Raccoon means scratches with his hands. They also need a lot of water with their food, something that often means they look like they are washing their hands as they eat.

Where to spot them: Although they do live in the forests around the Alberni Valley, these little devils are probably most commonly spotted trying to sneak into your yard.

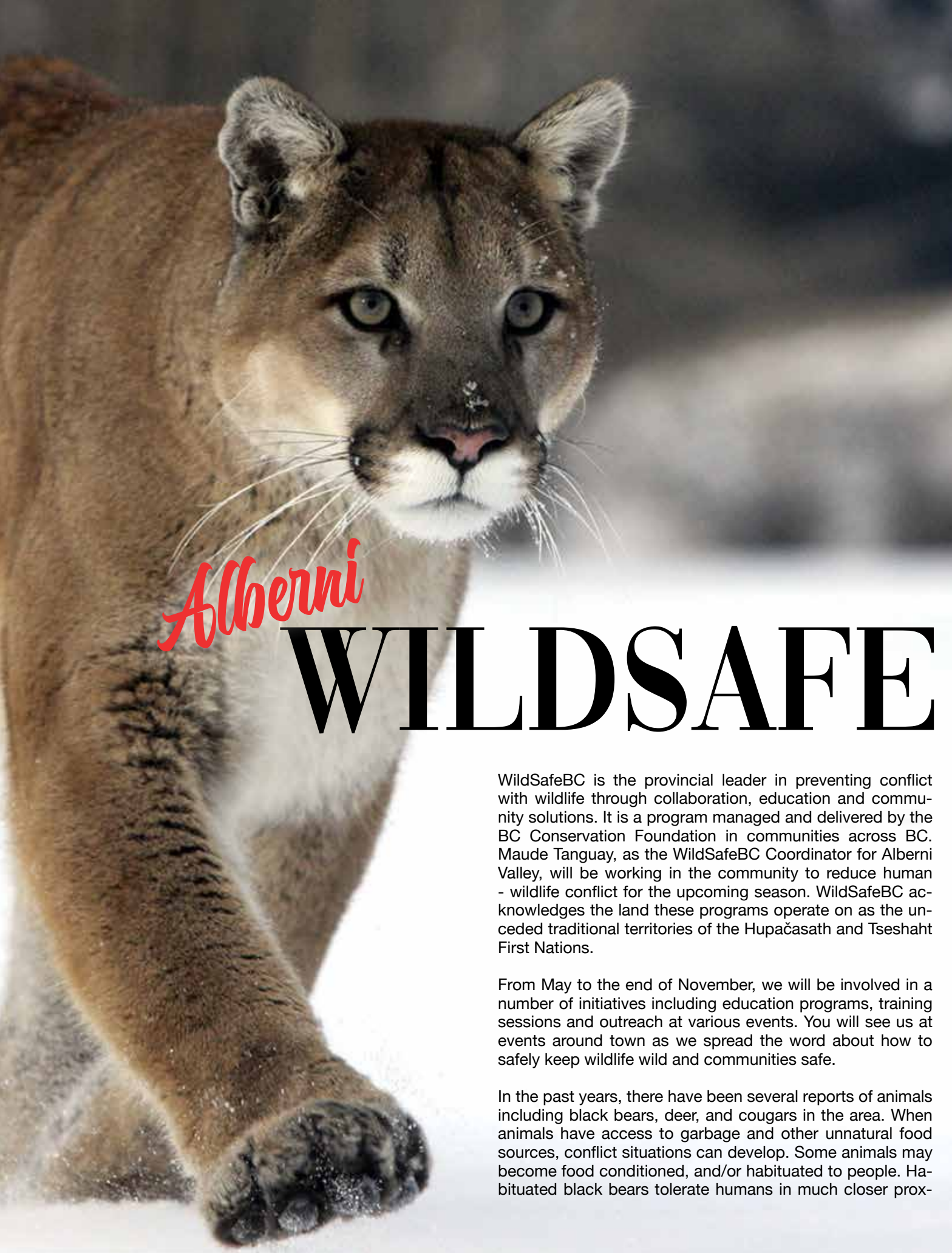
Roosevelt Elk (*Cervus canadensis roosevelti*) – The elk in the Alberni Valley are Roosevelt elk, the largest elk in North America. A bull can weigh as much as 550 kilograms, and the cows up to 285 kilograms. They can grow as tall as 1.7 metres and as long as three metres. They are an impressive sight with their large racks and flashy white bottoms.

Did you know? They are named after Theodore Roosevelt, who was a friend of the man who named them in 1897. Where to spot them: The most common place to see elk around the Valley is either in the foothills of Arrowsmith or in the Sarita area, on the way to Bamfield. Both areas have a healthy population.

Cougar (*Puma concolor*) – Often referred to as the cougar, puma, panther, or mountain lion, these stealthy creatures are keen hunters, often stalking their prey for long periods of time. Most adults are between 60 to 80 kilograms, with females being about 25 per cent smaller. They are nocturnal, coming out when it’s easiest to ambush their prey. Did you know? Vancouver Island has the highest concentration of cougars in the world. Of the estimated 4,000 cougars in Canada, 3,500 are believed to live in British Columbia. Although Vancouver Island only represents three per cent of the province’s land mass, one-quarter of the cougar population lives here. Where to spot them: They are all around us, but you are unlikely to ever spot one of these reclusive cats. If you do, be careful.

Squirrels (*Sciuridae*) – With more than 200 squirrel species, it’s probably safe to say everyone knows what they are. They are generally small, ranging from 14 centimetres and 26 grams to 1.2 metres and eight kilograms – luckily we don’t have any of the latter in the Alberni Valley. They typically have lean bodies and very bushy tails. They live in almost any environment, and here they are commonly found in the woods. Did you know? Like other rodents, they have four large front teeth that never stop growing, forcing them to continue to gnaw in order to keep them worn down.

Where to spot them: Walking the Kitsukis Dike, you have probably spotted the squirrel that lives in the friendship trees.



Alberni

WILDSAFE

WildSafeBC is the provincial leader in preventing conflict with wildlife through collaboration, education and community solutions. It is a program managed and delivered by the BC Conservation Foundation in communities across BC. Maude Tanguay, as the WildSafeBC Coordinator for Alberni Valley, will be working in the community to reduce human - wildlife conflict for the upcoming season. WildSafeBC acknowledges the land these programs operate on as the unceded traditional territories of the Hupačasath and Tseshaht First Nations.

From May to the end of November, we will be involved in a number of initiatives including education programs, training sessions and outreach at various events. You will see us at events around town as we spread the word about how to safely keep wildlife wild and communities safe.

In the past years, there have been several reports of animals including black bears, deer, and cougars in the area. When animals have access to garbage and other unnatural food sources, conflict situations can develop. Some animals may become food conditioned, and/or habituated to people. Habituated black bears tolerate humans in much closer prox-

imity than what is safe for both black bears and humans. Food-conditioned black bears may become very motivated to access unnatural food sources, which can lead to property damage or increased concerns regarding public safety. It is particularly unfortunate to see sow black bears teaching cubs to forage for unnatural food among people – potentially leading to future conflicts and shorter lives.

The most effective action we can take to keep wildlife wild and our communities safe is to keep all attractants secure, including:

- Do not store garbage or other organic waste outdoors. If you have curbside collection, only put the containers out on the morning of collection day – never the night before. Make sure recyclables have been cleaned.
- Protect fruit trees with electric fencing or pick fruit early and do not let windfall accumulate. Ensure your compost is well-managed and does not smell.
- Avoid feeding birds when black bears are most active (April to November) and ensure birdfeeders are always inaccessible to non-target species such as bears, deer, squirrels and raccoons. Do not let seeds accumulate that may attract rats and other rodents.
- Feed pets indoors and keep pets inside at night.
- Keep your barbecue clean by burning off uncooked food and emptying the grease container.

To volunteer or for further information on reducing human-wildlife conflict, visit our website wildsafebc.com, follow WildSafeBC Alberni Valley on Facebook, or contact your local Community Coordinator, Maude, at albernivalley@wildsafebc.com.

Please report sightings of bears, wolves or cougars in urban/residential areas, or wildlife in conflict, to the Conservation Officer Service at 1-877-952-7277.

WildSafeBC Alberni Valley is grateful for the generous support the program receives from its funders including Alberni-Clayoquot Regional District, the British Columbia Conservation Foundation and the BC Ministry of Environment and Climate Change Strategy.

Article and Photos Submitted by Wildsafe BC



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FALL INTO FASHION

Article Submitted By: **Rebecca Palmer**

As summer comes to an end we start the transition to fall and winter, with the transition comes the desire for a cozy feeling. Bring on the crackling fires, pumpkin spice lattes and soft sweaters. This fall we are seeing a lot of colors, textures and patterns, shades of the 60's and 70's are strong with a splash of the 80's suiting. Think bold colors, classic tailored silhouettes and plenty of dresses from sweater knits to silky styles. Here are a few ideas to keep you on trend this season.

Adding a pop of the jewel tones is a fun way to jump on the color trend. Think sapphire blue, ruby red, mustard yellow, hot pink and blue teal. It can be as simple as a kelly green turtleneck layered under an easy fit suit jacket, a statement necklace over a simple black dress, or a great pair of shoes in a bold colour. Another great way to add a bold color without investing too much is by adding a fun small handbag or clutch. Small bags are back!

Boxy blazers and classic tailored silhouettes will be on everyone's list this year. We will be seeing blazers in an array of colors, textures and patterns, from neutral to bold colors. Tartan is back, pair a tartan blazer with a classic button up shirt and a great fitting pair of jeans and you are good to go for any occasion, or try your hand at matchy matchy and do a full check or colored suit!

Dresses, dresses and more dresses, summer was big for dresses and now as we transition to fall they will still be just as important. We will be seeing a lot of cozy sweater dresses with mock necks, ribbed knit body con dresses for those that dare and silky satin dresses with lace trims for an evening out. Dresses are great used as a layered piece, pop on a denim jacket with a pair of tights and a high boot, yes high boots are back!

While it's fun to jump on the fashion trends for each season it's always important to remember to stay true to who you are and what makes you feel your most confident self. If fashion trends aren't your thing don't worry you can't go wrong with a fuzzy sweater, a good fitting pair of jeans and a nice boot. Try not to focus on a particular style of jeans because everything is in from skinny to ultra wide. Focus on what works for your lifestyle and your body. When you feel confident you will shine bright!

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CLASSICAL CONCERT SERIES

WRITTEN BY: DIANE MAYBA
 Vice-President Alberni Classical Concerts Society

Since 2016, Port Alberni has been hosting a popular Classical Concert Series each year. The four concert series is presented annually by the registered non-profit Alberni Classical Concerts Society. The mission statement of the Society is From the World to You. Although the focus is on Canadian musicians, international artists are also brought in when opportunities arise.

When booking artists, the Society looks for variety and diversity within and across concert seasons. All the performers are encouraged to include some more challenging pieces, especially any commissioned or new work, in their program as well as more well known work.

From the beginning, Alberni Valley residents have been very enthusiastic about the Series. Local resident, Helen Smith said that, "When I retired to this gem of a city a year ago, what a bonus it was to discover that it offered a well-established and well-supported Classical Concert Series. I am so grateful that music of this calibre is available in this smaller community."

A subscription model is used for the Series. As well as guaranteeing that the Society has sufficient funds in advance for all four performances, it exposes audience members to a wider range of classical music because they commit to the entire series. Often, subscribers comment that the concert they were least looking forward to, was the one that they ended up enjoying the most. The concerts are held at Arrowsmith Baptist Church which has wonderful acoustics and provides a warm, welcoming and intimate concert space. The venue is accessible for wheelchairs and for those with mobility issues.

Our performers often comment about how engaged and appreciative our Port Alberni audience is. Concert pianist Danielle Marcinek, who began her musical career in Port Alberni said, after her concert in November 2022, "What a joy it was for me to return to Port Alberni and perform to a sold out house with such a warm and receptive audience."

To encourage youth participation, the Society offers two free concert tickets to local music teachers so they can bring two students to each concert. Local music teacher, Dorianne Miller, commented that, "Because of the variety of concerts offered I was able to pick students to attend concerts based on their music interests. My students were very animated in discussing the concerts with me afterwards and felt very privileged to have been able to attend."

For information about our upcoming 2023/24 Concert Series, the artists that are booked, and ticket prices, please visit our website at alberniclassicalconcerts.ca or search for Alberni Classical Concerts Society on Facebook.



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ALBERNI EATS

Recipe from Grandma's Kitchen In honour of Lena Sander

Pineapple & Carrot Salade

- 10 Potatoes medium size
- 20 oz. can crushed pineapple
- 1.5 cups pineapple juice
- 1 pkg. Lemon jelly powder
- ½ cup sugar
- 1 cup whipping cream
- 1 cup carrots (finely grated)
- 2 tbs. Lemon juice
- ⅓ tsp. Salt

In a small pot, combine the liquid, add sugar, salt and lemon juice. Stir all together, heat and bring to a boil. Take off the stove and pour hot liquid over the jelly powder in a medium sized bowl. Stir together until all dissolved. Place jelly in the fridge until slightly thickened and the consistency of egg whites. Mix together the crushed pineapple and grated carrots. Mix in the partially set Jello and fold in the whipped cream. Pour into a 1.5 quart ring mold that has been slightly brushed with salad oil. Place in the fridge until firm.

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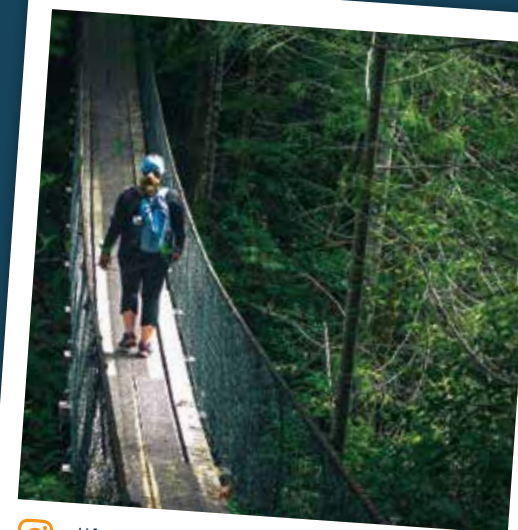


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ALBERNI VALLEY

CHAMBER

CHAMBER OF COMMERCE

Spotlight



The Alberni Valley community is growing at an exciting rate, and I am so pleased to serve as CEO of the Chamber of Commerce to shine a spotlight on our Chamber Members and continue leveraging the opportunities of our thriving business community.

Often people may wonder, what is a Chamber of Commerce? And question whether to join as a member. The Alberni Valley Chamber of Commerce is the Voice of Business of the Alberni Valley. We advocate for business needs and connect our business community. We are a membership-based organization in partnership with the BC Chamber and the Canadian Chamber, granting access to benefit programs to support the growth and success of your business.

One of the key strengths of our community is our diverse and innovative business landscape. From small local shops to thriving industries, Alberni Valley claims a wealth of opportunities. Another key strength and driver in the economy are the First Nations in the region. Whether it's an Indigenous entrepreneur, First Nation Government or their Economic Development Corporation, all are innovative and influential. Collectively, we are all driving the economic prosperity in the region and ensuring that the Alberni Valley remains a great place to live and work.

As we move into the Fall and New Year, we are thrilled to host a few networking events to connect our community. Businesses in the Alberni Valley are resilient, from maneuvering through the COVID-19 pandemic, to the Cameron Bluffs Wildfire that disrupted the supply chain and tourism season. We know that it feels like we can't catch a break. But despite that we've seen businesses hit major milestones and an increase in new businesses over the years.

I can't wait to connect with the passionate people involved in our business community at our Business Leaders Breakfast and upcoming social events. I am especially looking forward to our annual Business and Community Excellence Awards in 2024 to celebrate those milestones and achievements.

Please visit albernichamber.ca to view our membership directory, register for events, explore the benefits, or join us as a member!

Sincerely,

Jolleen Dick
Chamber of Commerce CEO





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VALLEY VIBE VIBE PUBLICATIONS

Valley Vibe is a community focused magazine; sharing local stories of interest. Our mission is to show the community why we love where we live, and the many reasons why it's best to shop, live, and explore is right here in our local community. The Valley Vibe is a print magazine available at many local locations, as well as an online version.

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WORLD FINANCIAL GROUP ALAINA NADIG

Hello, I'm Alaina! Financial services broker with World Financial Group, author, and owner operator of Pursuit of Relentless podcast. My mission is to help families get into better financial shape and learn how to achieve their dreams. Building a strong community through education is what I am here to do.

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THE IMPORTANCE OF COMMUNITY SPORTS

Written By: Paul Robertson

Executive Director of Funtastic Sports Society

The Importance of Community Sports in the Valley. Where do I start? In my opinion, staying active in your own community is important! Whether you are participating, spectating, volunteering, sponsoring an event or listening to The Bulldogs on the radio, these things are vital to the health and heartbeat of a community. We are blessed with a community full of amenities; a beautiful rink, Bob Dailey Stadium, Lon Miles Fields, Rec Park, Fall Fair Grounds, the all weather soccer field, and without a doubt the best ball fields on the Island. Year round in the Alberni Valley there are active sports groups, for all ages, to participate in.

Sports also bring economic benefits that are so important to the businesses in Port Alberni. Hotels, restaurant's, campsites, markets, and our brew pubs are just a few that feel the positive impact of community sports. People travel from all over the island and lower mainland to take part in our yearly events, and host events of their own here. All because Port Alberni is a strong sports focused community that attracts people from all over, bringing people to the Alberni Valley.

We all know that getting out improves your quality of life, now and into your later years. From the wee little children out running around on the soccer pitch, to the senior men's baseball teams playing ball and keeping active. It truly is a win-win for all of us, and becomes part of our lifestyle. My advice is, get out there, stay active and involved in one, or all of the many community minded sports leagues and events we have right here in Port Alberni. You are not only keeping yourself active, healthier, happier, you are contributing to our community. It's called "Sport Alberni" for a reason. CHEERS!!

Written By: Mike Roberts

ADSS Athletic Director

I believe that the importance of community sports is greater than some may think. Apart from the obvious health benefits, there are a multitude of reasons to look at. However, before we do that it is important to understand how community sports and school sports work in conjunction. The love of sports or a sport typically begins at a young age whether that is through school or community. As the child grows, he/she will explore a sport played in school to the community to extend the playing opportunity and/or the other way around. For the child to continue to play, the experience must be fun enough to keep them coming back. Once they are hooked, here are just a few of the things that will benefit their sporting experience, again, outside the obvious of mental and physical health.

Teamwork: Teamwork begins at an early age, and it might be looked upon initially as sharing. Children learn how to share, how to work together, how to all work towards a common goal. They will not understand this concept initially but as they grow, they will learn the value of teamwork and it will be refined. As they develop, fun play leads to more competitive competition. Teamwork and sharing of tasks/duties will be very important to succeed.

Social Circle: Community sports will allow children to develop friendships with others that may not be in their neighborhood, grade or school. When children play year after year, familiar faces become friends which will often last a lifetime. Community sport is not just about competition. It later becomes about birthday parties, camp outs, fundraisers, BBQ's and various other social events. Sports and teams tie individuals together in a positive way teaching the value of including everyone and the learning of other cultures. Teams become social circles that extend to other teams or participants. They are all bound by a common thread.

Commitment: Even if a child chooses a sport that is individual, it usually also has a team element. Teams rely on everyone to show up and do their part. It teaches youth that once signed up and committed it is important to follow that commitment through to the end. Even on the playing court or field, everyone has a job(position) and must be committed to learning the necessary skills through practice to do that aspect of the position. Children must learn that if they do not do their part, practice, or show up routinely, everyone is affected.

Failure: Failure is probably not something that would come to mind as a benefit, but as a teacher I see students all the time not trying or engaging because of the fear of failing. If children and young adults play sports or compete in something you will fail, you will strike out, mis a shot, get scored on, make an error, take a penalty, lose a game. You don't quit, you learn from it. A good coach will often say you can learn more from losing than winning. In life we must fail before we can learn. We take these failures (in sport) , figure out why, practice and try to do better the next time. It makes us resilient to failure. It becomes a moot point as it is part of the game, part of life.

Again, these are just a few things that make community sports for youth beneficial in my opinion. Sports parallel family, work and life in general. If we can make school and community sports fun for kids, they will continue playing, eventually into adulthood. They will learn more than the sport itself; they will learn life skills. My fondest memories are from the ballpark, best friends are from the sports I played, and I still utilize skills learned from playing as well as coaches in my career today. I am sure others reading can relate. Being involved in community sports (or some group/club) is something everyone should explore. The benefits are extensive and very worthwhile.

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ALBERNI VALLEY SPORTS CLUBS



ALBERNI JUNIOR BASEBALL

ALBERNI JUNIOR BASEBALL is a volunteer organization which provides a safe and structured baseball program for boys and girls between the ages of six and 17. Our introductory 6 to 8 year old (9U) grassroots level is affectionately referred to as our Tadpole division. The emphasis at this level is teaching the kids the basics of the game while having fun doing so.

Moving up to the Mosquito level for players aged 9 to 10 (11U) can be a little daunting for some players. The initial first two weeks of the season are spent acclimatizing players to pitching and pitch count, umpires and rules in general. Player pitching, skill development and game situation learning are stressed. Repetition is key to enhancing those basic skills. For those players wanting additional play time we offer a Prospects program that is played on weekends with such communities as Nanaimo, Oceanside, Comox and Campbell River.

Pee Wee (13U) is the next level of our program for players aged 11 and 12. Games become more exciting with the addition of lead offs, base stealing and enhanced skill development. Inter community play and a Prospects program are regular features of the program at that level.

Bantam (15U) play is a step up for 13 and 14 year olds which features regular season play with out of area communities such as Ladysmith, Duncan, Nanaimo and Oceanside. Play for both the Bantam and Midget division takes place on the newly refurbished Lon Miles field. It is a beauty and an absolute pleasure to play on. Thank you to all that were a part of that process.

Our top level of players features 15 – 16 – 17(18U) year olds and forms our Midget division which too is a travel team interlocking with various island communities. We have seen

the development of those players that have come through our program and are now moving on. We wish you all the best in your future endeavors in life.

All regular season home games in all divisions are played at the Seredick Place complex on Compton Road which features four divisional fields that are maintained by the City of Port Alberni from the last week of April to the end of June. Following that, summer ball is offered which runs until the August long weekend. Looking ahead, we will be offering a Fall Ball program in the near future for various divisions.

Please note that Alberni Junior Baseball is under the umbrella of BC Minor Baseball who is our governing body. We would like to thank all of our volunteers in whatever capacity, as well as the community in general for their continued support.



ALBERNI VALLEY MOTOCROSS

Alberni Valley Motocross is a diverse club of motocross and enduro riders and racers of all ages and skill levels. We welcome new and returning members and volunteers. We cooperate with three other tracks on Vancouver Island to organize spring and fall racing events and to promote Motocross on Vancouver Island. The Motocross Park offers a main 1.5 km motocross track, an Enduro Park and a Mini Beginner Track. The track is maintained by a group of dedicated volunteers and Board of Directors. Alberni Motocross has been a part of the Alberni Valley for many decades and partners with Mosaic Forest Management at our current location at the end of Milligan Road in Cherry Creek.

An annual membership offers members to access the track at anytime during the year and day passes for riders who want to experience the track on occasion. Every Wednesday evening, we host “Wheelie Wednesday” where members and occasional riders meet and have some fun on and off the track! Follow us on Facebook and Instagram for up-to-date track conditions, upcoming events, and Q&A.

avmxcoldcreek.com



ALBERNI VALLEY CURLING CLUB

The club started in 1952 on 10th Ave, behind the back gates of the Fall Fair grounds. On February 17, 1962 during the Men's Bonspiel, the building burnt to the ground. Some very dedicated volunteers and many companies from town built a new rink at our current location on 9th Avenue. It opened a year later with the Men's bonspiel in February, 1963. During the golden years we've had over 400 participating members as well as 40 young people in the school program.

We invite all who are interested in the sport of curling. We offer Learn to Curl lessons starting the first week in October. Daytime and Evening Leagues will begin play the first Wednesday after the Thanksgiving weekend. Our Junior program is every Tuesday afternoon after school. We have the Special Olympics program on Tuesday evenings, offering a sport open to all our disabled athletes.

albernicurling.ca



DRAGON MARTIAL ARTS

I've been a Taekwondo Black Belt Master since 1980 and hold a Blackbelt Professor Rank in Gracie Jiu Jitsu, one of only 4 in Canada. Royce Gracie was ranked in the top 50 most influential Sports athletes in Sports Illustrated. Martial arts was developed for self defense and that is our main focus here at DMA. Most people join Martial Arts to learn how to defend themselves and their loved ones, not for sport. Our focus is to create a safe and positive environment for all ages, building skills to defend against the stronger and bigger. Our students range from ages 4 years to 83 years old, our program is meant for all age groups. You can find us at 2982 3rd Ave or follow us on Facebook or call Warren at 250 720-9556 for more information.



DEL RIO JIU JITSU ACADEMY

A locally owned and operated Jiu Jitsu Academy, focusing on grappling, ground fighting and submission holds. Del Rio Jiu Jitsu is a self defense martial art training and competing sport. Offering group classes and private lessons from highly skilled and trained teachers. We have a wide range of kids and adult classes available for all skill levels.

Find us on Facebook!



PORT ALBERNI LAWN BOWLING CLUB (LBC)

The Port Alberni Lawn Bowling Club [LBC] is one of the gems in the valley. Located behind Echo Centre and next to the ADSS sports turf fields, our Club offers a sport for all.

Our Club has members that have played at the international level and enjoy a sporting challenge and refreshments and chat after the game. Our Club also has members that enjoy a relaxing game offering fresh air and gentle exercise and share stories after the game over a cuppa.

Our season is played from about mid-April to about the end of September - a lot depending on weather conditions. For more information and to come out and try the sport before our 2023 season ends, please contact me at: robin.forrest@shaw.ca. OR, contact me next year in April to come out for a coaching session and learn that the sport is not just for "old people in white".

Cheers and hope you enjoy Port Alberni as much as we do.



ALBERNI VALLEY MIXED VOLLEYBALL

The Alberni Valley Mixed Volleyball Association has been around for over 40 years and runs from October until April. Our mission is to provide an opportunity for players of all skill levels to come together and play volleyball in the Alberni Valley.

Teams are mixed-gendered and cannot have a male majority. This year four gyms will accommodate five teams each on each league play night. We are currently determining which night league play will be on. However, every Thursday we have a drop-in night for all skill levels. To keep up to date on what nights volleyball will take place or how to get involved, join our Facebook page; AVMVA- Alberni Valley Mixed Volleyball Association. Or email Paula Sogge at paulasogge@live.ca for more information.

danatoombs411.wixsite.com/avmva



SPROAT LAKE CANOE CLUB

Sproat Lake Canoe Club is based on Sproat Lake. We paddle outrigger canoes both recreationally and competitively all year round. The club was formed 20 years ago and membership has grown to over 40 paddlers. Our club has 4 different sizes of outrigger canoes for members to use. All equipment is supplied. Whether you are looking for exercise, paddling experience, race training, or just to enjoy our beautiful lake and have some social time, we have it all here. Come out and experience outrigger paddling on the BEST LAKE IN BC! To learn more about outrigger paddling, visit our website at: sproatlakecanoecub.com or find us on Facebook. Contact us at 250-723-8537 or email angeladb@telus.net

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ALBERNI ATHLETICS SOCCER CLUB

The Alberni Athletics Soccer Club (AASC) offers youth from the age of 5 to 18, in the Alberni Valley and from the West Coast, an opportunity to participate in a team sport. At AASC we develop, provide, and promote meaningful opportunities for all members to participate in soccer in a supportive, inclusive, and safe environment, and to ensure their lifelong development through the game.

We envision an inclusive environment where all members can learn, grow, and share in the game, while being supported to ensure they have the best possible soccer experience. We are affiliated with the British Columbia Soccer Association and the Canadian Soccer Association.

Soccer registration opens to the public each year on April 1 and closes on August 31. The regular soccer season runs from September to March. Our club is made up of a wide variety of players, coaches, referees, parents, caregivers and community members and we are always excited to welcome new members! Please contact AASC if you are interested in joining or for more information.

avsoccer.com



ALBERNI VALLEY TSUNAMI SWIM CLUB

The Alberni Valley Tsunami Swim Club offers a youth oriented program for swimmers aged 7-18. The club offers programs for all levels including swim lessons for beginner swimmers, intermediate level youths looking for a crossfit program as well as an advanced group. The Tsunami Swim Team has an individualized coaching approach and caters to both competitive and non-competitive goals. There are no try-outs, all kids aged 7-18 are welcome to join.

tsunamiswimming.ca



WEST COAST COMBAT SPORTS

West Coast Combat Sports was opened 7 years ago by Matt and Shay Goodwin with the intent to bring their love of Muay Thai and Kickboxing to the Alberni Valley.

The pair met at the former Alberni District Secondary School before moving to Victoria for school and work experience, they returned to Port Alberni to be close to family and open West Coast Combat Sports. When you join WCCS, you not only become a member of a martial arts gym, but a team and a family-oriented community. Regardless of skill or fitness level, their members embrace one another and push each other to not only reach, but surpass their individual goals. Whether you are a complete beginner or a seasoned professional, they have programs and classes that will suit your needs. They make it a priority to ensure that every student feels part of an empowering community and can grow and develop in a healthy learning environment. West Coast Combat Sports offers a free trial class for those interested. Check it out!



ALBERNI VALLEY WRESTLING CLUB

The mandate of the Alberni Valley Wrestling Club is to enhance the amateur wrestling opportunities available to youth in the Alberni Valley. In other words, our club provides additional development opportunities that are complementary to the school wrestling programs offered.

Wrestling in the schools in the Alberni Valley goes back as early as the 1960's at A.W. Neill Jr. High. It wasn't however until the late 70's that the sport really began to grow. Today we have strong programs for both boys and girls at all elementary schools and ADSS which traditionally involves well over 250 young people each year.

alberniwrestling.ca

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ABOUT US

Chris Dods started Coastal Bridge & Construction Ltd. in 2008 when he purchased his first piece of equipment. Chris is a ticketed bridge man with 30+ years of experience, including equipment operating and truck driving.

It all started with one excavator, one truck and two employees. Fast forward to 2023 where Coastal Bridge now has 50+ employees. The crew is made up of equipment operators, truck drivers, log truck drivers, carpenters, welders, shop mechanics, sawmill operators, as well as our new division Coastal Logging. The company now has a full fleet of excavators, dump trucks, tractors, trailers and low beds!





PORT ALBERNI BLACK SHEEP RUGBY

The Port Alberni Black Sheep Rugby Union Football Club (RUFC) was founded in 1979; the core group of the club was graduating players from the ADSS school program. The PABS started with goals of developing a high quality grass roots rugby club, by developing young rugby players in the Alberni Valley and providing an opportunity for senior men to play competitive rugby. The other goal was to develop a venue for the club to have its own playing field and clubhouse. In 1999 the PABS opened the PABS Rugby Club facility with a rugby club overlooking an international size pitch. This previous year the Men's team won the Times Colonist Cup (Vancouver Island Championship) and finished second in the Province's Division I competition. Presently the club is running a single men's Division I team as well as a U-16 Boys team. We are always looking for new members, no experience necessary.

Facebook: Port Alberni Black Sheep
Instagram: @blacksheeprugby



PORT ALBERNI GYMNASTICS ACADEMY (PAGA)

Welcome to PAGA! We are a non-profit organization that offers both recreational and competitive classes in artistic and trampoline gymnastics. We provide fun programs for children 3 years of age and up which promotes both physical and mental fitness. Our programs develop basic movement patterns, physical awareness, camaraderie, personal accomplishments, positive environments and much more. Interested in registering for gymnastics classes or booking birthday parties check out our website.

paga-gym.ca

Alberni Athletic Soccer Association

Avsoccer.com

Alberni Golf Club

albernigolf.com

Alberni Motocross Association

avmxcoldcreek.com

Alberni Valley Baseball

albernibaseball.com

Alberni Valley Curling Club

albernicurling.com

Alberni Valley Minor Hockey Association

avmha.com

Alberni Valley Minor Lacrosse

albernilacrosse.com

Alberni Valley Mixed Volleyball

danatoombs411.wixsite.com/avmva

Alberni Valley Softball Association

albernisoftball.com

Alberni Valley Track Club

avtrackclub.com

Alberni Valley Wrestling Club

alberniwrestling.ca

Del Rio Juijitsu Academy

delriojujitsuacademy.ca

Dragon Martial Arts Academy

dragonmartialarts.ca

Port Alberni Badminton Club

badmintonbc.com

Port Alberni Blacksheep Rugby

Facebook - Blacksheep Rugby

Port Alberni Gymnastics Academy

paga-gym.ca

Port Alberni Lawn Bowling

portalbernilawnbowling.com

Special Olympics

specialolympics.ca

Sproat Lake Canoe Club

sproatlakecanoecub.com

Sproat Lake Wakeboarding Club

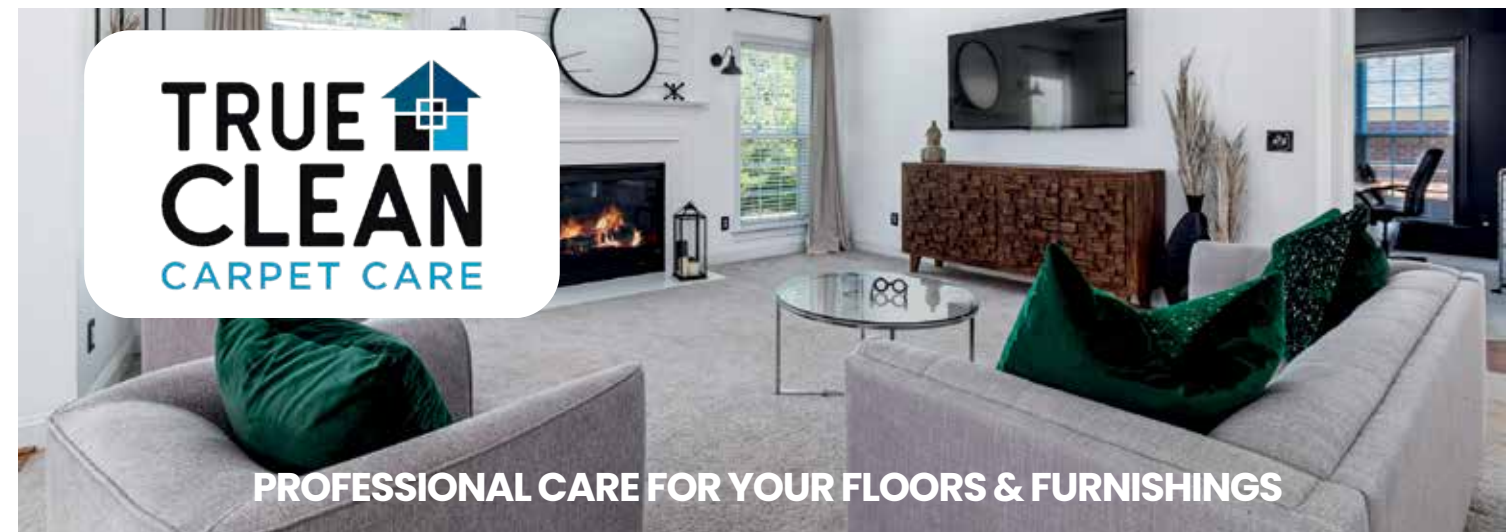
swwc.ca

Tsunami Swim Club

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Stocks: The Nuts and Bolts	Oct 14, 11:00 am	4255 Wallace St., Port Alberni
Preparing for the Unexpected	Nov 23, 7:00 pm	
Preparing for the Unexpected	Nov 25, 11:00 am	



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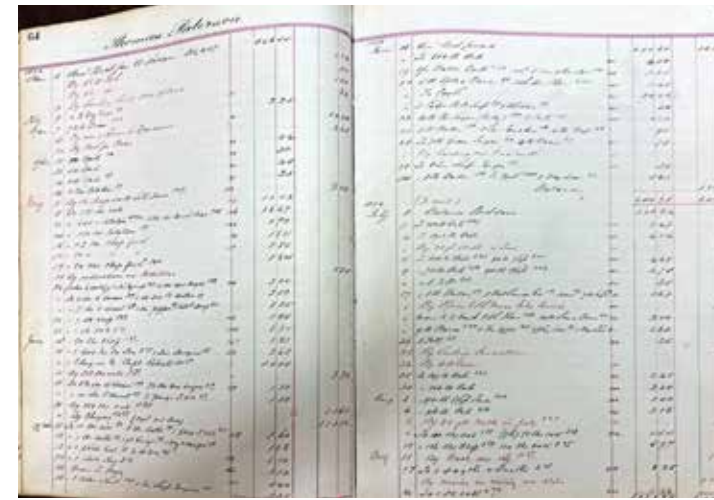
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Pictured is the 1895 store ledger of Capt. George Huff. His store was located at the corner of Johnston Street and Victoria Quay. The ledger contains over 300 pages, one for each resident, outlining their purchases and money owed. This particular page is that of Capt. Huff's daughter, Minnie and her husband, Thomas, showing typical purchases such as flour, sugar, yeast cakes and, often, chewing tobacco.



Top Left header Image
 Front: Diane Dobson (right) Diane Best (left)
 Back: Glenda Noiles (right) Laurie Clark (left)

PRESERVING OUR PAPER TREASURES

Written By: Diane Dobson

Alberni Valley Historical Society

In March 1965, a few individuals met at the Alberni City Hall to see if there was enough interest in forming an historical society. Ketha Adams, acting as Chairman, was one of them. Others spearheading the movement included Helen Ford, Meg Trebett and Dorrit McLeod. They felt that preserving documents, letters and records of the early life in the valley must be done. The wheels were put in motion.

In November of '66, the federal government granted permission to the society, now called the Alberni District Museum and Historical Society, to use the basement of the Alberni Post Office. From there it was moved to the roomier building at the corner of 10th Avenue and Roger Street, the previous fire hall.

All this time, the push was on for Port Alberni to have a proper museum in the newly-developed Echo '67 complex. As a centennial project, the museum became a reality in July '71.

In time, the archival collection was relocated to the museum with its special humidity-controlled environment. Still, its own entity, the society was renamed the Alberni District His-

torical Society - the keeper of Paper Treasures. What exactly are these? Included are local newspaper clippings dating back to 1907, filed by category; land records; school registers and annuals; telephone books and directories. One can also check out one's family in the biography clipping files and history sheets. In the land records, one can search the list of previous owners of your home. Local newspapers can also be searched digitally.

The ADHS is run solely by volunteers who put in an average of 200 hours per month. They are willing to guide you in your search. The society's collection is a wonderful resource, one available only due to the generosity of you, the general public. Before hauling boxes of records and other paper goods to the dump, check with the Archives. We can let you know what should be saved. Organizations may have records worthy of collecting also. Unfortunately, we cannot accept photo albums or scrapbooks.

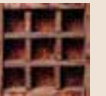
How can you support the Alberni District Historical Society? You can share your paper treasures of local interest as stated. You can also pick up a family history sheet, fill it out and we will add it to our collection. You can also become a member of the ADHS for \$10/year and attend meetings covering topics of local history. We welcome you gladly.

As Ketha Adams once said, "If we are to grow, we must know where our roots lie".



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