

PORT ALBERNI

VALLEY VIBE

WINTER 2022

**COLD WEATHER
ADVENTURES**

**LOCAL
BUCKET LIST**

**WINTER
IN THE VALLEY**

**#EXPLORE
PORTALBERNI**



OPEN 7 DAYS A WEEK



COFFEE • GROCERIES & SNACKS • ART & GIFTS



6109 RIVER RD • PORT ALBERNI

RIVERBENDCAFE.CA





JOWSEY'S

FURNITURE



MATTRESSES



INTEREST FREE PAYMENT OPTIONS AVAILABLE
LOW PRICE GUARANTEE
KNOWLEDGEABLE AND CARING STAFF

4957 Johnston Road
250-723-3922

www.jowseys.ca
Find us on Facebook and Instagram!



ARROWSMITH MORTGAGE CORP

rabinderdhillon.ca



Welcome to

Port Alberni

Vancouver Island's Best Buy



DKG.ca 250 723-SOLD

RE/MAX

OF NANAIMO - DAVE KOSZEGI GROUP
Each Office Independently Owned and Operated
DAVE KOSZEGI PERSONAL REAL ESTATE CORPORATION

CONTENTS



10 BUCKET LIST

22 VISIT A NATIONAL HISTORICAL SITE.

12 VISIT YOUR LOCAL AQUARIUM.

25 TRY A NEW RECIPE.

20 READ A BOOK

32 MAKE YOUR OWN BUCKET LIST.



www.thevalleryvibe.ca



PUBLISHER
& FOUNDER

Megan
Warrender
megan@thevalleyvibe.ca

Founder of the Valley Vibe & Coastal Vibe. Megans passion is to showcase all the amazing places in our local communities.

WRITER

Nicole Brazzale

An experianced writer, life coach, and personal trainer. Nicole enjoys learning all the amazing things that make Port Alberni such a great place to live in.



PHOTOGRAPHER

Sharlene Patterson

An experianced photographer and local resident. Sharlene loves to find new places to explore in our valley.



Your Best Insurance
Is an Insurance Broker

We work for you
along with our
Insurers to provide
you with the best
insurance coverage
for the best premium.

Insurance Products We Offer:

- Home Insurance
- ICBC Auto Insurance
- Commercial Insurance
- Recreational Vehicles
- Boat Insurance
- Travel Insurance



Alport Insurance

250.723.2545
3767 10th Avenue
Port Alberni BC V9Y 4W5
info@alportinsurance.ca
Find Us on Facebook
http://www.alportinsurance.ca

Our doors are open!

Monday - Friday 9am - 5pm
Saturday 9am - 4pm



Gord Johns



Member of Parliament // Courtenay-Alberni

✉ Gord.Johns@parl.gc.ca

🖱 GordJohns.ca

📞 1-844-620-9924

📍 GordJohnsNDP

🐦 GordJohns

📷 gordjohnsndp

Photo Credit Sharlene Patterson



The Alberni Valley Awaits You - This Winter!

Nestled in a valley, surrounded by mountains, Port Alberni and the surrounding areas are known for mild but wet winters. Living in the Valley in the winter might not be quite the same as the summer months, but it offers the perfect location to hunker down with a warm fire and a good book. Here's what to expect during the winter months in the Alberni Valley.

Living in the Alberni Valley is definitely a lifestyle, those who choose the west coast have a love of the outdoors and the nature views that surround us at every angle, regardless of the weather. Spending time outside, breathing in the fresh air, listening to the rain patter against the leaves, jumping in puddles, and exploring the area are all a part of this lifestyle. West Coasters don't wait for a sunny day, they make the best out of whatever weather is thrown at them. Being properly prepared is of the utmost importance; rain boots or waterproof shoes, cozy flannel, wool socks, and a sturdy rain jacket enable you to get outside and enjoy West Coast living comfortably any day of the year! Being sur-

rounded by nature brings out the explorer in everyone, with trails to explore 10 minutes in any direction, the West Coast a couple hours away, and rivers that run through the valley; there is an opportunity to be outside everywhere.

Port Alberni has a beautiful combination of people, a vibrant First Nations community, and a relaxed lifestyle. Regardless of if you've lived here your entire life, or you're looking to relocate to Port Alberni, you'll be welcomed with open arms, as our community is known as the community with a heart.

The Port Alberni lifestyle consists of being outside in nature, because it is so plentiful. This town offers a slice of heaven for nature lovers, being surrounded by old growth forests, multiple rivers and creeks, waterfalls, the longest Inlet on Vancouver Island, and of course, mountains in every direction. There is always somewhere new to explore; Mount Arrowsmith, Hole in the Wall, Rogers Creek, Cherry Creek, Stamp Falls, and Sproat Lake. Designated as the Salmon Capital of the World and the Ultimate Fishing Town, Port Alberni is big on fishing.

Port Alberni has a vibrant First Nations Community, as they have called these lands home for thousands of years, and their history is rich in our valley. The Alberni Museum homes many artifacts and stories from the First Nations and settlers alike. Recently, the Rotary Club and the First Nations worked together to create a mural based around building new relationships, at the entrance to the Harbour Quay.

While the Alberni Valley is bustling and busy during the summer months, the winter months offer some much needed peace and quiet. It's the perfect time to explore local trails, head into town for a bite to eat, get covered in mud dirt biking or atving, or spend the day exploring the Island. Drive two hours west and you'll find yourself in one of the worlds best storm watching locations, Tofino; two hours east and you'll be skiing or snowboarding down Mt. Washington. Port Alberni is often considered the 'Hub City' as we are surrounded by many great locations on the island. Alternatively, it's also the perfect place to light a fire and snuggle up in your favourite chair to watch the rain fall or read a good book.

All in all, winter in the valley is the perfect time to rest, recharge, and connect with nature in one of the most beautiful locations on Vancouver Island.



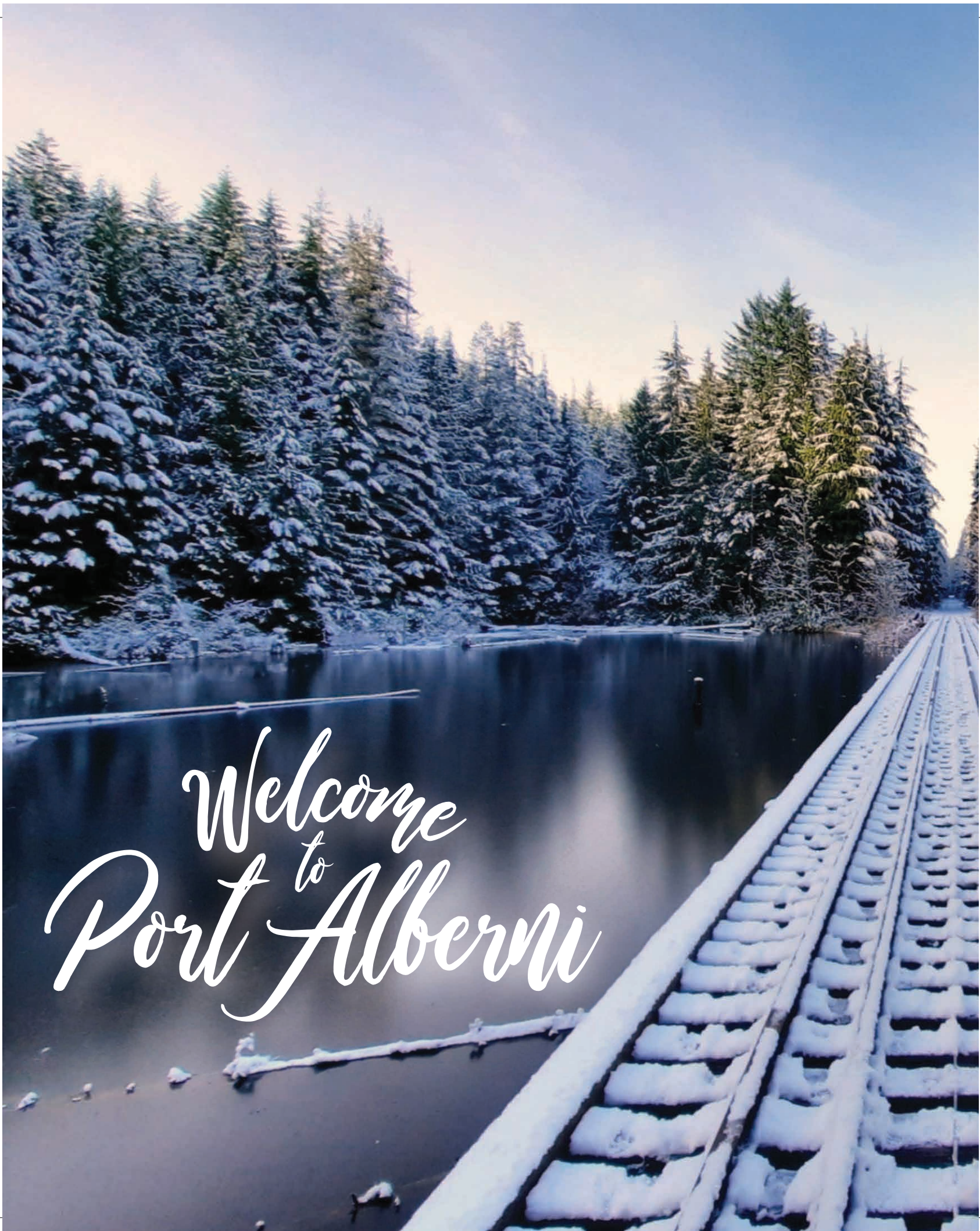
Let Us Help You With Your Renovation, New Build, Or Other Building Project!



We carry high quality, responsibly sourced products and are committed to providing outstanding value and personalized, one-on-one service to all of our customers: homeowners, do-it-yourselfers, renovators, builders, designers, craftsmen, and contractors. Regardless of the type or size of your project, we'll help you bring your vision to life, from start to finish.

- Doors
- Flooring
- Moulding / S4S Lumber
- Panelling
- Outdoors
- Finishes / Adhesives
- Kitchen
- Tools / Hardware
- Custom Shop Services
- Live-Edge / Specialty Wood
- Interior Stair Components

4740 Tebo Ave, Port Alberni
www.windsorplywood.com
Phone: 250-724-5751
Fax: 250-724-3325



Welcome
to
Port Alberni



#EXPLOREPORTALBERNI

Come play in the wild. We're in the heart of Vancouver Island, cloaked in emerald moss and connected by the ancient sea. Port Alberni is a valley filled with opportunity, adventure, and wonderment.

We're a booming community surrounded by the towering peaks of the Beaufort Mountain Range, lush canopies of the west coast rainforest and salty waters of the Alberni Inlet. In Port Alberni, we have the privilege of showing each other and the world just how lucky we are.

Port Alberni is for you. For people who want to rekindle their sense of adventure, the young, and the young at heart. Come lace up your hiking boots, dust off your kayaks, polish your golf clubs, grab your fishing rods, and pack your cameras. It's time to roam near home and explore Port Alberni.



Photo credit: Mike Bonkowski
Location: Summit Lake, Port Alberni

A bucket list is typically a list of experiences or achievements that a person hopes to accomplish during their lifetime, or before they “kick the bucket”. We wanted to make a fun twist out of the traditional bucket list and create a list of our own, focused around town and in the comfort of your own home activities that you can do during the winter months in Port Alberni.

As we enjoy the winter months in the Valley, creating opportunities in our daily life is a great way to spend some time. Having this opportunity to slow down allows us to try new things inside and out, come together as a family, and create new memories. We created this bucket list as a fun way to help come up with ideas to entertain yourself and those close to you, and to help you try new things in our community this winter.

Whether you read a new book as a family, or head out for a wintery hike, there is something for anyone to enjoy this winter in the valley. We also encourage you to create a list of your own; take inspiration and ideas from the magazine and make it your own. Bucket lists are a fun way to involve everyone in trying something new together. We hope this bucket list inspires you to come together with friends and family, get out into the community or stay home cozy and warm!



YOUR LOCAL WINTER BUCKET LIST - STARTS HERE!



Photo Credit Sarah Kirstien Images



THIS BUCKET LIST IS SURE TO BRING YOU MANY PERSONAL EXPERIENCES & LOCAL FINDINGS FOR 2022.

I. HAVE A MOVIE NIGHT.

Stream, borrow or rent a movie, then cuddle up under your fluffiest blanket, pop some popcorn, and have a movie night in. This is the perfect opportunity to check out a movie you've been wanting to see or check out something completely new. Everyone can get involved in picking a movie; one week can be the kids choice and another week the parents' choice. Watch (or re-watch) your favourite movie series like The Avengers, Lord of the Rings, or Jungle Cruise and make themed snacks or beverages. Having movie nights is the perfect winter bucket list activity, comfy and warm with friends and family.

2. VISIT YOUR LOCAL AQUARIUM.

Check out the Alberni Aquarium down at the Harbour Quay. The Aquarium is a low cost family fun activity to do. They offer spectacular underwater video footage, fresh and saltwater ecosystems, and hands on touch tanks that the kids are sure to enjoy. Supporting the Alberni Aquarium also supports conservation, enhancement, habit restoration, and educational programs for the community. The Alberni Aquarium has come out with their own Cookbook full of delicious recipes that utilize local ingredients. You can order the Alberni Aquarium Cookbook on their website: <https://www.alberniaquarium.ca>. All proceeds go directly back into the Alberni Aquarium.

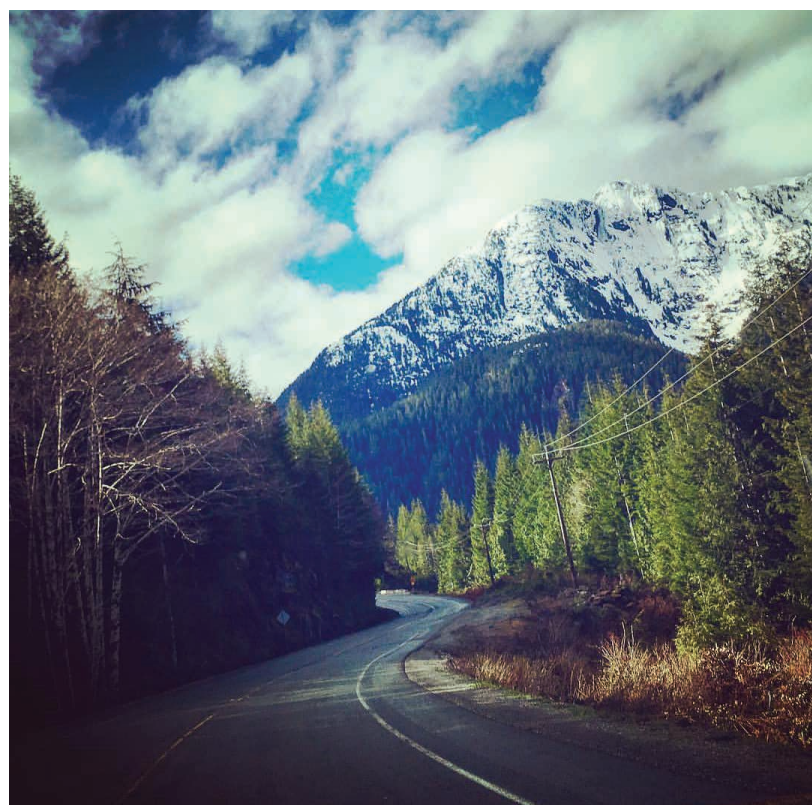
3. DO A RANDOM ACT OF KINDNESS.

The winter can be long, dark, and lonely for some and being on either side of a random act of kindness brings joy and happiness to both parties. Random acts of kindness don't necessarily need to be grandiose gestures, the simple act of smiling at someone as you pass or holding the door open, are some free ways to bring cheer to our community. If you're able to spend some money, pay for the person behind you in the drive thru, pack up some of the cookies you baked and drop them off with friends or family, or make a donation to a local charity. Sometimes just letting someone know your thinking of them can turn someone's day around. A simple text, or card in the mail are small but yet impactful acts of kindness. The intention behind random acts of kindness should be to brighten someone's day, because we never know what other people are going through.



4. VISIT THE MUSEUM.

The Alberni Museum has done a phenomenal job of showcasing the Alberni Valley history; through their large collection of First Nations artifacts, to local industrial history, and folk art. Upon first glance, the Alberni Valley Museum doesn't seem like much, but through what they refer to as a "unique Visible Storage system" they are able to take you on a journey through the Alberni Valley history. Starting off with an in depth look into the First Nations history and onto the industrial era of Port Alberni. There are games, colouring, and learning tools that can be utilized by visitors of all ages. Guests are welcome to drop in or reserve a time in advance from Tuesday to Saturday, 11am-4pm. The Alberni Museum also offers virtual tours of the museum and walking tours throughout the town. The museum is a must see this winter season, it's easy to spend a full day looking through and learning about our small community! Check out more at <https://playinpa.ca/museum-2/>.





5. CREATE A SPA EXPERIENCE AT HOME, OR GO TO A LOCAL SPA.

Epsom salt bath with lavender essential oils, locally made soap, gentle spa music playing in the background, a fluffy robe, and your favourite candle burning. The only other thing to bear in mind is ensuring that your partner and/or kids know to not disturb you during your spa time. Bringing the spa home is a effective way to practice luxurious self care without ever leaving the comfort of your home. Practicing self care is especially important during the winter months because it is impossible to pour from an empty cup. Treat yourself to an at home spa experience while also practicing daily self care, even if that looks like enjoying the feel of a warm cup of coffee in your hands, you are worth being taken care of. but if you are feeling the need to have a day out of house we have many amazing local spas. The Power of Three is just one of many local spas in our community; with their warm welcoming atmosphere and long list of services they offer, it is worth visiting this winter.



Wellness Starts Here

The Power of Three is a heart-felt business located in Port Alberni, British Columbia. Offering a wide variety of health and beauty services provided by expertly trained and educated staff.

We are excited to announce the expansion of the boutique store and yoga studio where you can find all your gift or self-care needs. The boutique is filled with hand-made local items, art, lotions, potions, crystals, books, candles, teas, tarot cards, yoga-gear, and so much more.

Contact us today to sign up for your monthly themed box of all your wellness/spiritual/natural product needs.

Thank you for supporting local.



The Power of Three

Boutique Spa & Studio

Featuring:

The Studio on 3rd
a wellness collective

778.421.2841
www.pwofthree.ca
@pwofthree
pwofthree@gmail.com
3092-3094 3rd Ave, Port Alberni, BC, V9V 2Y8

6. TACKLE YOUR NEXT HOME RENOVATION PROJECT.

Is there ever a good time to tackle a home project? If you've been waiting to update and improve your home, winter is the perfect time to do those indoor renovations you've been dreaming of. Whether you're just looking for a fresh coat of paint, install a closet organizer, or renovate your whole bathroom, Make sure you contact a qualified professional(s) to help you create the home / space of your dreams. If your not up to a big renovation, there are still many small changes you can make in your home that can add a drastic change. Just adding a feature wall in your living room, painting those kitchen cabinets or buying some new accessories are a fantastic way to liven up your space. A couple tips before starting any project; make sure you have a budget in mind, it is easy to get carried away and not pay attention to costs. Another tip is make sure you have all material before you start, you do not want to be in the middle of a project and get stuck waiting on materials. But most importantly, have fun!

7. START A GRATITUDE JOURNAL.

Start a gratitude journal, jar, or bowl where every one writes down what they're grateful for. You can do this as often as you like whether that's everyday, once a week, or once a month, you get to decide! Practicing gratitude has been shown to increase feelings of happiness and a positive mood, improve sleep quality, and help build strong relationships. This can be something you do as a family or by yourself, and you get to decide what you're grateful for. It might be challenging at first to come up with things you're grateful for, so start small; I am grateful for being greeted by my pet(s) every morning, I am grateful for the sun after a lot of rain, or I am grateful for my family. It's also important to speak gratitude in the present tense with "I am" statements; this helps your brain recognize it as truth. Gratitude is all about noticing things in life that bring you joy, and the more we notice and acknowledge the things that bring us joy, the more we'll see them show up in our lives. Remember: you can be grateful for anything, big or small!



Benjamin Moore®
Paint like no other.™

**Alberni
Colour
Corner
Ltd.**

"50% off Graber custom blinds with this ad"



GRABER

For all your decorating needs

**Paint • Flooring & Tile
Arts & Crafts • Custom Blinds**

Find us on




Facebook

**Open
Monday
to
Saturday**

**9am
to
5pm**

1-4310 10th Ave
250-720-0030




**TOTEM
TREE SERVICE**

Totem Tree Is Your Local Family Owned & Operated Tree Service.

**NEED SOME TREE SERVICES THIS
WINTER**

- Bucket Truck Services
- Danger Tree Removal
- Wind-firming
- Chipping & Clean up
- Stump & Root Grinding
- And much more!



Contact Us For A Free Estimate

C: 250-730-7770
E: totemtreeservice@gmail.com
W: www.totemtree.ca



8. TAKE A HIKE.

Getting outside for at least 15 minutes every day has been shown to improve sleep, reduce cortisol levels, and strengthen your immune system. Taking that a (literal) step forward by going for a walk or hike in nature can help improve your cardiovascular system (healthy heart), memory retention, and your mood. Rogers Creek, Maplehurst, and Kitsuksis Creek are great for all fitness levels and ages. Walking and hiking don't require much equipment; a pair of waterproof shoes, a rain jacket, and warm layers will help you feel comfortable while out in the elements. Trail conditions in the winter are much different than the summer, it's important to be aware of your surroundings to keep yourself and others safe. Don't forget your proper foot wear, Walk The Coast has great shoes to choose from for every occasion, Bring the kids and let them get wet and muddy, look for worms, notice how green everything looks in the forest, and most importantly, have fun.

Enchanted Forest

Photo Credit Sharlene Patterson


Enchanted Forest

9. GET MOVING!

Start a new exercise or movement routine. Movement is an important part of the human experience because our bodies are designed to move. Movement doesn't need to mean spending hours at the gym or running a marathon, instead, movement can and should be whatever feels good to you. Some ways you can start incorporating more movement into your daily routine can look like: having a dance party in your living room, stretching before you get out of bed, going for a walk with friends, or having a snowball fight. Movement should be fun, because if it's fun, you're more likely to stick with it. Play around with different styles of movement to find one that is enjoyable and remember that you don't need to do the same thing everyday, the important thing is moving your body on a daily basis in ways that feel good.

10. ORGANIZE YOUR CLOSET.

Clean and organize your closet. Spring cleaning doesn't need to wait until spring time! Pull out everything (yes everything) from your closet and dump it on your bed, next make four piles: keep, donate, not sure, throw out. Go through every single item of clothing you have and ask yourself if you've worn it in the past six months, if it brings you joy, or if you're holding onto it for when you can fit it, and sort accordingly. Something to keep in mind during this process, especially for the clothes you've been holding onto for when you can fit them again, is that clothes are meant to fit you and your body, not the other way around. There is nothing wrong with getting rid of clothes that do not serve you anymore and purchasing clothes that do. We encourage you to donate what you can and do this for the entire household! This can be an overwhelming process, especially once everything is pulled out into the open. Remember to breathe, take breaks as needed, and know that ultimately what you keep and what you get rid of is entirely up to you.



Blundstone
TASMANIA AUSTRALIA 1870

Walk the Coast
HIKERS TO HIGH HEELS
4574 Elizabeth St. Port Alberni BC
250 724 6039



TRUE CLEAN
CARPET CARE

Serving the
Alberni Valley

Benefits of Carpet & Upholstery Cleaning:

- Extends the life of your carpet & keeps it looking new
- Removes carpet stains
- Helps maintain a healthier living environment
- Eliminates soiling from high traffic areas
- Contributes to the overall clean feel of a home

www.trueclean.ca
bob@trueclean.ca
778-419-3500

Find us on
Facebook



Enjoy Fresh, Bouncy, Clean Carpets



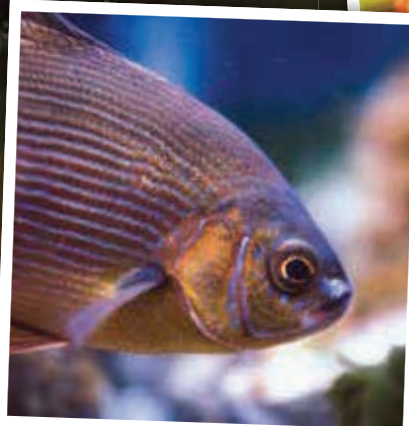
ALBERNI VALLEY
Tourism



 #craftbeer



 #food

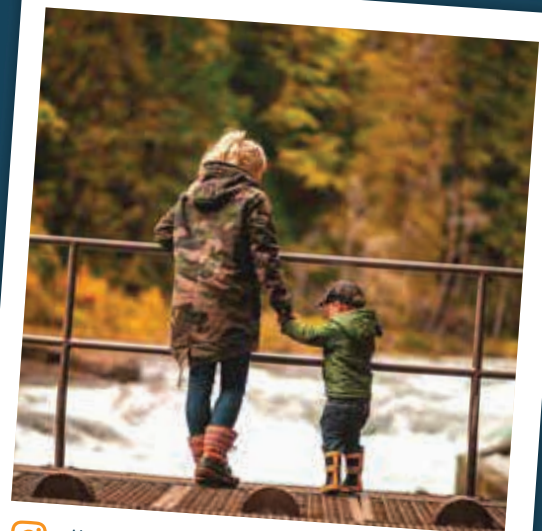


 #aquarium

#EXPLORE PORTALBERNI

MOST INSTAGRAMABLE MOMENTS

In the middle of everything there is a valley filled with adventure and astonishing beauty. You'll find a boundless collection of trails leading up mountains and down streams, over waterfalls and under ancient rainforest. There are lakes for swimming, streams for floating, fish for catching and memories for making. We invite you to [#ExplorePortAlberni](#) and see why we are the valley of trails in the heart of Vancouver Island.



 [#parks](#)

[#hikemore](#) [#waterfall](#) [#nature](#)



ALBERNIVALLEYTOURISM.COM

11. READ A BOOK.

Any book you like, it can be new or something you've read multiple times over. Grab your favourite blankets, pillows, and comfy socks before snuggling in to read a book with the kids or sit quietly beside each other as you all read your own books. Books have a magical way of taking us away from our reality, sending us off into our imagination, and stimulating our creativity. If reading isn't something you enjoy, try listening to the audible version, and if your kids struggle with reading on their own, having them listen to the audible as they read along is great practice. Utilize the Library and play a game where everyone picks out a new book they wouldn't normally read, and read together; take things a step further and have discussions about the books everyone is reading. Reading throughout the winter is amazing for the soul.



Photo Credit Sharlene Patterson

12. HAVE A BONFIRE.

If you haven't experienced a winter bonfire yet, this is the year to do so. The crackling fire against the silence that winter brings has a way of invoking a sense of peace. There is a certain comfort that comes from sitting around a large fire as the snow (or rain) falls, curled up in a blanket with a toque and gloves on, while roasting marshmallows and laughing with friends. As always, practice fire safety; avoid starting a fire near trees or brush, keep water on hand to extinguish, and ensure everyone maintains a safe distance from the flame.

13. MAKE A PINECONE BIRDFEEDER.

This is both fun and incredibly helpful to our local birds, as food becomes more scarce in the winter months. Head outside and collect pine cones, bring them back home and spread peanut butter on them, roll them in bird seed, attach some twine or string, and hang them outside. This is a fun and easy activity for all ages.

14. MAKE HOMEMADE SOUP.

A warm bowl of soup is the perfect way to warm up after spending time out in the cold. Minestrone, chicken noodle, potato and leek, or tomato with grilled cheese on the side, it is soup season! The wonderful thing about soups is that it only uses one pot, you can set it and forget it, and they can be a full meal or a warm side dish. Plus, homemade soup has a wonderful way of filling the entire house with deliciously comforting aromas. If you have a recipe you love or a family favorite, send us a copy to megan@thevalleyvibe.ca to be featured on our facebook page.

15. START A SCRAPBOOK

Yes, scrapbooking is still a thing and makes for one of the best winter activities for adults or kids. Besides isn't it about time that you did something with all those boxes of unorganized photos?

YOUR LOCAL, INDEPENDENT OPTOMETRISTS

Now
Accepting
New Patients



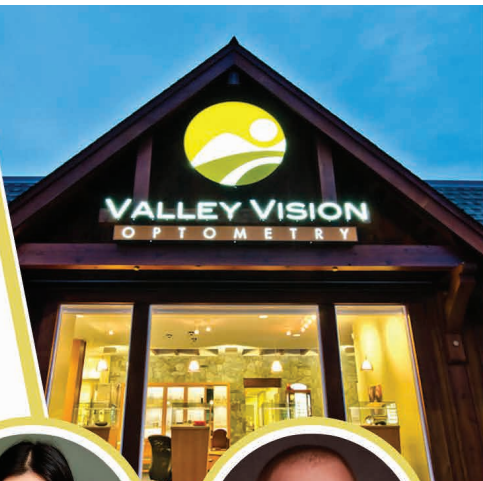
Dr. Jackson



Dr. Dhese



Dr. Golemba



CALL ☎ 250-724-0933 TO
MAKE YOUR APPOINTMENT

www.valleyvisionoptometry.ca

📍 4009 Redford St, Port Alberni, BC V9Y 3R9

FREE
FOGBLOCKER™
EYEGLOSS
ANTI-FOG
CLOTH

(can be used over 500 times!)
with coupon

\$15 VALUE

Expires June 1, 2022



16. VOLUNTEER IN OUR COMMUNITY.

There are plenty of volunteer opportunities in Port Alberni whether that be through an organization like the AV Lions Club, Arrowsmith Rotary, Port Alberni Kinsmen Club, or the Kiwianis Club of Port Alberni. These organizations are well known for their part in giving back to the community through various projects such as the AV Lions Club Bottle and Can Drive or working closely with the Bread of Life to provide food and clothing to our homeless. The Port Alberni Parks and Recreation also offers various volunteer opportunities through their programs at the Echo Sunshine Club, Alberni Hospice Society- Ty Watson house, the Port Alberni Shelter Society, and much more.

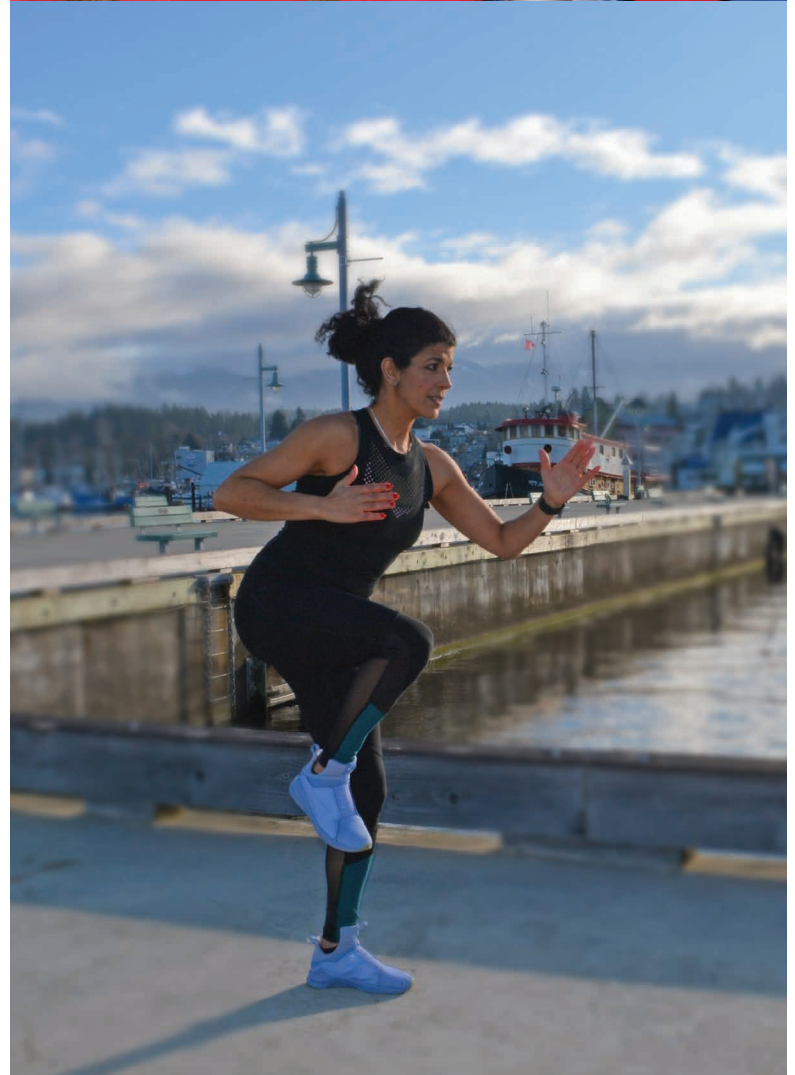
You can find all of these volunteer opportunities <https://www.chooseportalberni.ca/living/volunteer>.

17. HAVE A PUZZLE OR GAMES NIGHT.

Monopoly, The Game of Life, Clue, or Settlers of Catan, there is a board game out there for everyone! Having a game or puzzle night is a fantastic way to connect as a family. If board games aren't your jam, video games are also a fun way to connect and have fun as a family; Mario Kart and Super Smash Bros are sure to get your family fired up and laughing hysterically. Games are a great way for kids to develop their imagination and learn important skills like taking turns, while having fun along the way. Puzzles are also fantastic for building memory and fine motor skill, just make sure you pick a puzzle that is age appropriate to keep things fun and not too challenging.

18. VISIT A NATIONAL HISTORICAL SITE.

Just a short drive down Beaver Creek Road, McLean's Mill is open all year round to the public. McLean Mill National Historic Site officially opened to tourists since July 1, 2000. It was designated a National Historic Site of Canada in 1989. McLean's Mill is a former local sawmill and logging operation, that ran in operation from 1926 to 1965. Much of its original machinery and buildings are still present today for viewing.





19. GO SLEDDING.

One of the best parts of winter is when it snows enough to go sledding or tubing! Bundle up the kids, pack a thermos full of hot chocolate, and spend a couple hours burning off a ton of energy. Sledding is not only incredibly fun, but also a great form of movement; walking back up the hill in full winter gear trailing a sled is no easy feat. Keep in mind some basic sledding etiquette; always ensure that the path is cleared of people, walk up the sides of the sledding hill, and check for rocks or ice. Some popular places to sled are Williamson Park, Gyro Park, and if you're up for a drive, Mt. Washington.



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

**This year we are looking
for volunteers to support
the local:**

- Food Bank
- Soup Kitchen
- Thrift Store
- Or group volunteers with our local Food Truck



250-723-6913
www.albernivalley.ca

**Salvation Army
Alberni Valley Corps
4835 Argyle St,
Port Alberni, B.C V9Y 1V9**



A Shoppers Drugmart Pharmacist is always available to help advance the health & wellness of your entire family.

Visit our pharmacy team to discover how we can help advance your healthcare needs through:

- Professional Knowledge and advice
- One-on-one private counselling
- Personalized medication reviews
- Injection services
- Free Delivery
- HealthWATCH ®
- Easy Refills ®
- The convenience of ordering prescription refills, 24 hours a day, 7 days a week.

TWO LOCALLY OWNED LOCATIONS TO SERVE YOU

Port Alberni Plaza
3717 10th Ave
Monday - Sunday
8:00am-10:00pm
250.723.7387

Port Alberni Clinic
1-3855 9th Ave
Monday - Friday
9:30am - 5:30 pm
250.723.6641

Peruvian chicken



2 tsps. coconut oil
19.5 oz. chicken breast, finely chopped
1 small white onion, chopped
1 cup carrot, peeled and chopped
2 garlic cloves, chopped
2 tsps. fresh ginger, finely chopped
1-2 tsps. chili powder
2 tsps. ground cumin
½ tsp. ground red chili flakes
1 tsp. soy sauce or tamari
juice of 1 lime
a pinch of sea salt and ground black pepper
1-2 Tbsps. fresh cilantro, finely chopped

SERVES 3



Heat the oil in a large saucepan. Add the chicken and fry gently for 6-8 minutes, or until cooked. Transfer to a plate and set aside.

Add the onion and carrot to the saucepan. Cook for 4-5 minutes, stirring occasionally.

Add the garlic and ginger and cook for around 3 minutes, stirring occasionally.

Add the chicken back into the pan, along with the chili powder, cumin, chili flakes, soy sauce, lime juice, salt and pepper.

Stir well and cook for 5 minutes, stirring occasionally. Serve garnished with fresh cilantro.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed rice and / or leafy greens

www.mikaylafit.com

PER SERVING:
284 Calories
10g Carbs
43g Protein
8g Fat



20. TRY A NEW RECIPE.

We all become stuck in our routines at some point, especially when it comes to dinner. Trying new recipes can be overwhelming at first, but here are some tips to keep recipe testing fun. Pick a simple recipe to start, something with only a handful of ingredients (to make things even easier, pick a recipe that you already have the ingredients for), and take a quick read through the comments if you're finding it online. The comments will give a good indication of how the recipe turned out for other people and things to be aware of as you go through the process. Read through the recipe before you start cooking; look through the ingredient list and the instructions so that you have an understanding of what is involved. Before you start cooking, set up your kitchen; chop any vegetables, pre measure spices, get all the equipment needed, and make sure you have a clean work space. Once you're set up, turn on some music and get cooking! Take your time and have fun. If the recipe doesn't turn out well, that's okay, the important part is you tried and can learn from this experience.

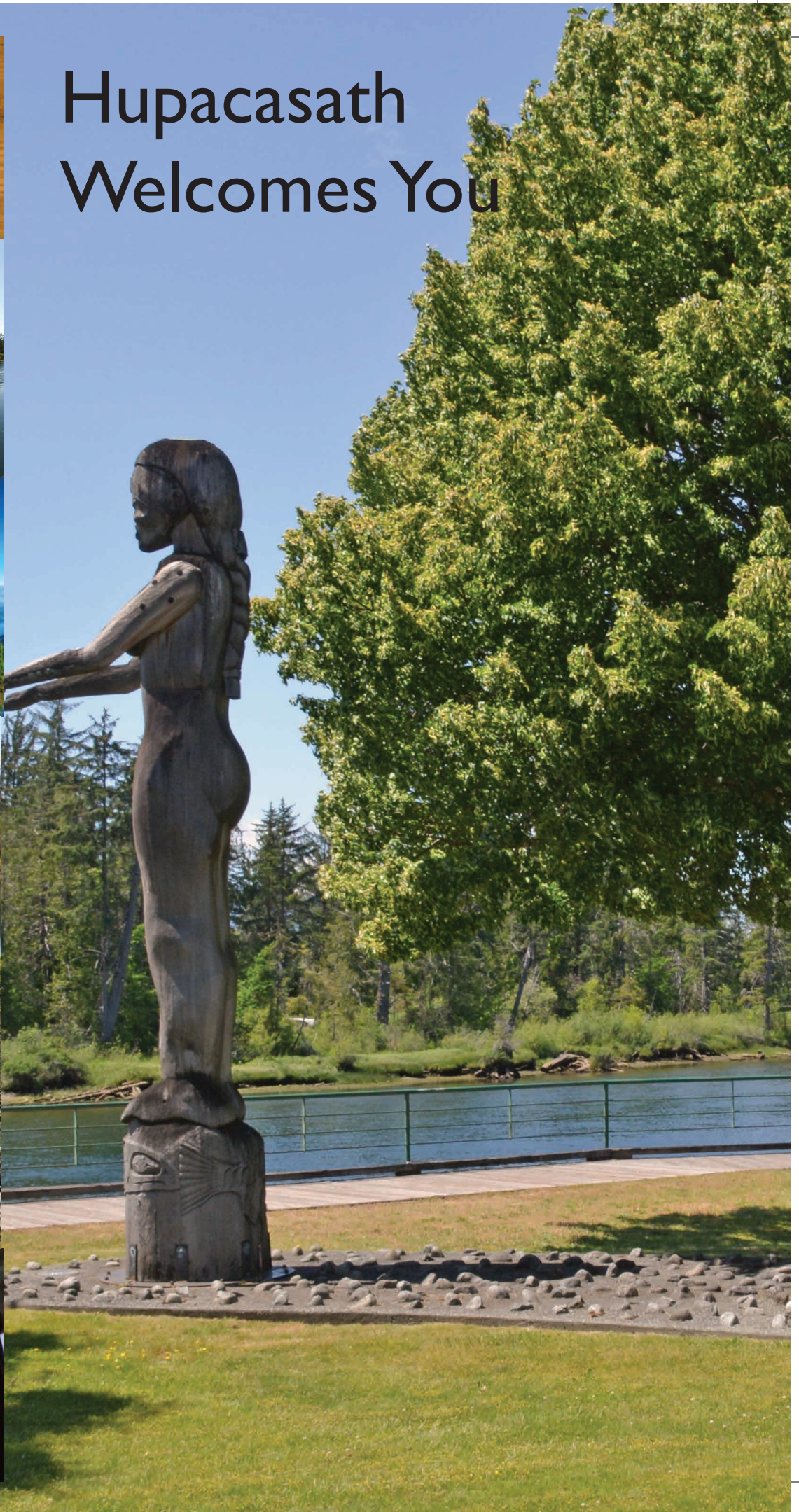


NICE TO MEET YOU.

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



Hupacasath Welcomes You





The Hupačasath First Nation people are a living history of the Alberni Valley. For thousands of years their people have instilled the importance of community here.

Respecting the gifts the creator has provided for us, we practise our aboriginal right to hunt throughout the mountains of the Beaufort Range, Klista, Nahmint and Arrowsmith, gather fish from the So-mass River, Great Central Lake, and Sproat Lake, and gather from all areas within and surrounding the Alberni Valley.

- The Hupacasath Welcomes You



Photo Credit Sarah Kirstien Images



21. DO A CRAFT.

Crafts come in all shapes, sizes, and difficulty levels; create your own wreath, ornaments, decorations, or even gifts. Crafting is fun to do alone as a creative outlet, or with family and friends, just be sure to embrace the chaos and mess that may come along with this activity. Making something with your own two hands can build confidence, encourage imagination, and help you relax during a potentially stressful time of year. Often done from the comfort of your own home with things found outside like leaves, pinecones, and other foliage or store bought craft supplies, crafting can be done on any budget. It's a fantastic way to connect with others, get creative, and make something beautiful!

22. CATCH A SNOWFLAKE ON YOUR TONGUE.

As Charles M Schultz once said "Happiness is catching snowflakes on your tongue", There's magic in catching snowflakes on our tongues that transport us back into children, running around with mouths open in the silence of snowfall, feeling absolute joy at the thought of catching a snowflake on our tongue.

23. WRITE A LETTER TO A FRIEND

Rarely do we receive mail these days, unless it's a bill, which isn't very fun. This year, brighten up a family member or friend with a personalized card. Let them know what's going on with you, ask what's going on with them, you could even draw a picture or print out a photograph to include. Next time you're out, grab a postcard and send it to someone you haven't spoken to in awhile wishing them well; it doesn't need to be complicated. The important part is taking the time to hand write something for someone in your life, it's a little thing that can truly make someone's day.

Chocolate nut icecream



$\frac{2}{3}$ cup 0% fat Greek yogurt (use dairy free yogurt if preferred)
2 medium sized ripe bananas, sliced
 $\frac{1}{2}$ cup chocolate flavor whey or rice protein powder
1 tsp. vanilla extract
2 tsps. dark chocolate (minimum 70% cocoa), finely chopped
4 tsps. chopped hazelnuts

Put the yogurt, banana, protein powder and vanilla extract in a blender. Pulse until creamy.

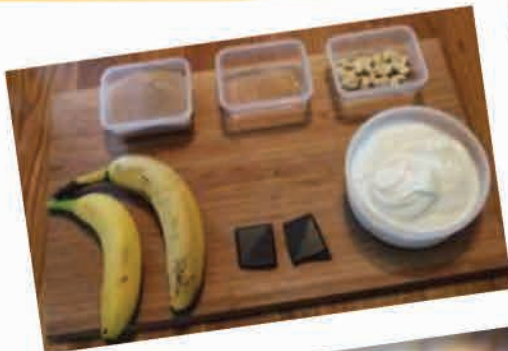
Stir in the dark chocolate and nuts.

Divide into 6 small freezer proof pots.

Freeze for at least 2 hours. Remove from freezer 15 minutes before serving.

Refer to your freezer manual for maximum storage times.

SERVES 6



PER SERVING:

156 Calories

14g Carbs

16g Protein

4g Fat

24. BAKE COOKIES.

Baking cookies is the perfect way to bring some cheer into your home during the winter months. Cookies are fun to play around with, because there are so many flavours to choose from; chocolate chip, sugar, cinnamon and raisin, white chocolate and macadamia, short-bread, the list is endless. Most cookie bases are fairly similar and simple: ½ cup of butter, 1 cup of sugar, ¼ cup of milk (or one egg), splash of vanilla, 1 ½ cups of flour, 1 tsp of baking soda and powder, and salt, then bam, you've got a delicious cookie base. Start off by creaming the butter and sugar together, add the egg or milk and vanilla, and mix until smooth (if you want extra yummy cookies, mix your wet ingredients for up to 10 minutes for an extra smooth and fluffy base). Add in the dry ingredients and mix until almost combined, then add your additions and mix until combined. For chewy, gooey cookies, do not over mix the dough. Scoop out your desired cookie size and bake in a 350 oven for 8-12 minutes, depending on how gooey you want your cookies to be. Super simple, super delicious, and the perfect winter day activity!


25. ENJOY THE LOCAL ARTS DISTRICT.

Spanning from the Rollin Arts Centre at the top of Argyle all the way down to the Harbour Quay, the Arts District showcases some of Port Alberni's amazing artists. Although the banners have retired for the year, there is still so much to see and explore in the Arts District. The newest mural, located at the entrance to the Harbour Quay, was inspired and created by local First Nations and the path to building relationships. The Rollin Arts Centre showcases local artwork, a gift shop with locally made products, as well as educational workshops.

26. VISIT THE HARBOUR QUAY


Not just a spot to visit in the summer months, with markets, shops, and restaurants open all year round. Come enjoy a world famous donut at the Doughbut Shop, and a breathtaking winter view.

By Appointment Only

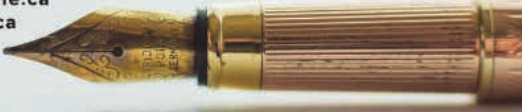


CLARKSTONE & DEARIN
NOTARY CORPORATION

**Wills & Power of Attorney
Notary Services
Real Estate
Mortgages**



4679 Elizabeth Street
Port Alberni V9Y 6L8
dorothy@dclarkstone.ca
matt@dclarkstone.ca
250.723.9747



www.PortAlberniNotary.com

**When gambling
isn't fun anymore.**



Help is available.
All day. Every day.

For free support on Vancouver Island

Call Tracy Tsui - 1-888-795-6111

Webform - <http://bit.ly/2XDKHS4>

Website - www.vigamingsupport.ca





**MOTEL
RESTAURANT
RV PARK**

*Open 7 days a week, take out available
Voted best sushi in Port Alberni*

**2404 Timberlane Road
250.723.9415**

27. GO OUT FOR A MEAL.

Check out a new restaurant by eating in or ordering take out. Sometimes cooking requires way too much energy, so utilize those days to check out our local restaurants. There are so many amazing cuisines to explore; Mexican, Greek, Italian, and German to name a few. Many local restaurants use locally sourced ingredients, which support our community and the rest of Vancouver Island. Make it a game by letting each member of your family pick a restaurant each week; it's a fun way to try new food, support our local economy, and hang out with family.

28. SHOP AT A LOCAL FARMERS MARKET.

While the winter months are typically a bit slower for the local Farmers Markets, they continue to run year round. The Harbour Quay market is open Saturday mornings from 9-12pm. Everything sold at the market has been locally grown, foraged, made, or baked by local vendors. Farmers Markets are a fantastic way to support our community and the spectacular talent that we have here. Grab a coffee and spend the morning perusing through local goodies before taking a relaxing walk around the Quay.



Located
on an 18 hole
golf course

Everyone Welcome!

Open daily

Variety of specials daily.

**Great Atmosphere and
Food, Affordable Dining**



**6449 Cherry Creek Rd
250.723.7111**

www.albernigolf.com

29. GO BOWLING.

Enjoy a fun day or evening out with friends and family at Rainbowlanes.

30. MAKE YOUR OWN BUCKET LIST.

This is the list that we came up with, now it's your turn to build on or create your own bucket list! Sit down and write down anything that comes to mind that you would like to do, if you're feeling stuck, google "bucket list" and jot down what sounds exciting to you. Do this with family, friends, or on your own, it is entirely up to you. The goal is to have fun, try new things, and get out of your comfort zone!

For All Your Home Renovation Needs



- **Flooring**
- **Tile**
- **Bathroom Remodels**
- **Home Renovations**
- **Concrete Patios, Walkway & Slabs**
- **Handyman Services & More!**



**ISLAND INSPIRE
CONTRACTING**

**FAMILY OWNED
& OPERATED**

Contact us Today!

Cameron & Megan Warrender
T: 250-735-2788

E: getinspiredservices@gmail.com
W: <https://islandinspire.now.site/>



<https://www.facebook.com/islandinspirecontracting/>



Mount Toquart as
seen from the summit
of 5040 Peak.

BASE CAMP: PORT ALBERNI

Cold-Weather Adventures from the Heart of Vancouver Island

City of Port Alberni, Community Futures & Alberni Valley Tourism #ExplorePortAlberni

Photo credits: Chris Istace, ChrisIstace.com & Jaiden George, ZenSeekers.com

Take yourself from shoreline to skyline this winter using Port Alberni as your Home Base. Whether kayaking crystal-clear waterways or hiking remote mountainous peaks, winter offers the thrill of experiencing the Alberni Valley in a different season. Gifted by nature, locals and visitors can paddle, hike and even surf here, all year long.

BACKCOUNTRY SAFETY

Summiting a mountain and kayaking on the ocean during winter are challenges best reserved for those with a high level of experience. We've heard it before: Be prepared, informed and aware of personal limits. So before heading out the door, research safety essentials and planning tools, and always tell someone your travel plans.

We recommend these resources:

AlberniValleyOutdoorClub.wordpress.com
AdventureSmart.ca

MOUNTAINEERING

Winter is 'Peak Season' and Port Alberni is surrounded by some of Vancouver Island's greatest mountain ranges. Weather can be foggy in wintertime, the mountain will decide how much of itself to reveal. Check out:

- Peak 5040
- Mount Klitsa
- Mount Arrowsmith

Note: At the time of writing, the Hišimýawił hut (5040) is closed due to COVID-19 but the surrounding area is suitable for tents and summer bookings have since become available: accvi.ca/5040-peak-hut

CLEAR WATER KAYAKING

There's a special kind of beauty in experiencing the mist rising from the water during a winter morning paddle.

Consider visiting:

- Sproat Lake
- Nahmint Lake
- Great Central Lake
- Broken Group Islands

Broken Group islands from Secret Beach



My Co-op

stands for...

**LOCALLY
INVESTED**

**COMMUNITY
MINDED**

**LIFETIME
MEMBERSHIP
BENEFITS**



You're at home here.



Alberni

ALBERNI DISTRICT CO-OP

Are you a member yet?

www.albernico-op.crs

4006 Johnston Road
250-724-0008
7 DAYS A WEEK
5am - 11pm
Marked Fuel Available

4885 Beaver Creek Road
250-723-2831
7 DAYS A WEEK
6am - 9pm
Marked Fuel Available

3820 10th Ave
778-421-1707
7 DAYS A WEEK
5am - 11pm

Alberni District Liquor Store
5086 Johnston Road
250-723-4660
9 am - 11 pm
Open 7 Days a week