

# Spiral Café

Spiral Cafe is a staple in the Vic West community. They serve great coffee and delicious treats and provide a fantastic atmosphere to make new friends or hang out with existing ones.

They have been in business for over 19 years, and they are incredibly proud of growing alongside their clients and the Vic West community.

We had the opportunity to speak with Pam, the owner of Spiral Cafe, and got some insight into the culture they have built and the struggles they have overcome in the last almost 20 years.

Pam described the cafe as the perfect place to get your morning coffee, meet with friends or build relationships with people in your community. She is delighted by the support they've had. It truly shows how much the community values the Spiral, and it goes both ways, with Pam absolutely loving and valuing her customers.

She felt the love through the pandemic because when reopening with restrictions, people were still coming to pick up their morning coffee even if they couldn't hang out like they used to. The client's actions just reinforced Pam's belief and motivation for keeping on doing what she does.

Pam shared she doesn't run the cafe for money but instead for her passion for building long-time relationships with her customers and community and staff.

An example of a long-time customer is Ray Brougham, Rainhouse President, who has known Pam for over 15 years. Spiral Cafe became the morning coffee spot that he'd frequent rain or shine and even with a foot cast like Pam recalled.

In efforts to go back to their normal activities, Spiral Cafe started having open mics on Thursdays to re-introduce some of the activities they used to do pre-pandemic. They miss giving people the opportunity to share their talents and passions in a safe environment.

Spiral Cafe is making all efforts to go back to normal and continue providing a safe and fun space for the community, loyal clients, and new customers who want to make friendships while enjoying a tasty cup of coffee.

This Christmas season, you can drop by and enjoy your favorite drink to keep you warm, get gift cards and stocking stuffers for your loved ones, or buy coffee by the pound to enjoy the best organic coffee at home.



# QUANTUM YOGA CLUB

Located at the corner of the historic Hudson Building, Quantum Yoga is not just another hot yoga studio but a place for people to achieve their full potential, be challenged and learn about themselves.

Melissa Smith is the new owner of quantum yoga, and she is delighted to have taken the risk of becoming a business owner during the pandemic. She worked out the acquisition plans in April 2020, but everything was put on hold when businesses started closing due to provincial health mandates. To Melissa's surprise, previous owners wanted to shut down the studio; thus, melissa started negotiating the acquisition and took the risk of starting a business amid a global pandemic acquiring Quantum Yoga in August 2020. She knew her decision was risky, but she believes in the community and understands the importance of having a healthy mind and body now more than ever.

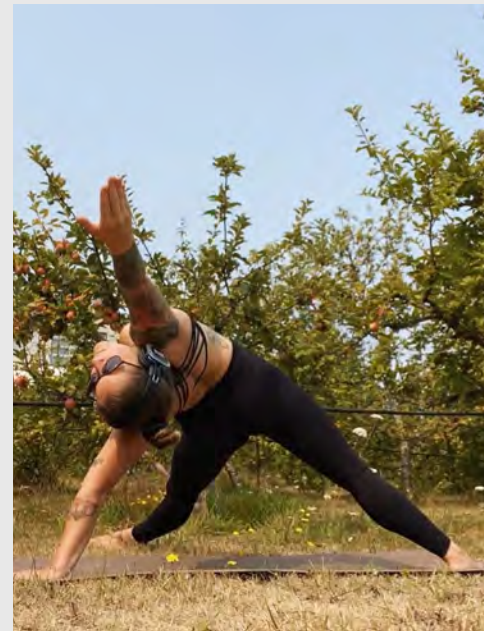
Melissa shared that it has been challenging to start a business with so many restrictions to ensure the community's safety and well-being. However, she appreciates all the rules and mandates because they gave her clear guides to create a reopening plan and continue with the business while adapting to a new normality. It has always been important for Melissa to run a place where people can escape to concentrate on their body and mind, which is extremely important to cope with the life changes we have all had.

To date, the studio is operating at 1/3 of its total capacity, following social distance recommendations and all mandates from the provincial government to provide a safe space. Melissa is thankful that after one year of owning Quantum, she has been able to make profits that at least pay the bills, which reassures her that her efforts to keep the studio doors open and available for the community have paid off.

She hopes more people get to know the studio and dedicate time to strengthening their body, mind, and soul with Quantum's many different yoga practices, so they can continue to help you and support your unique journey.



Melissa Smith



Don't be afraid to share the love and this healthy habit with your friends and family during this holiday season. Giftcards and class punch cards are available at the studio to help you introduce your loved ones to the Quantum Yoga community.



# Mama Makes

VICTORIA



**Mama Makes is one of the few businesses that started during the pandemic for meeting people's needs during uncertain and difficult times.**

**Fatima Litchy** is the person behind Mama Makes Victoria. Her passion for sewing started at a young age from seeing her mom design clothes for her and her siblings. Sewing wasn't a skill she practiced until she had to tailor her own clothing for the perfect fit. Seeing how much she enjoyed it motivated her to start sewing for her kids as well.

In 2020 when the pandemic hit, Fatima wanted to use her skill to keep her family safe. She started making face masks for her loved ones, and it was the beginning of a business she never thought was possible. Her face masks became popular as her son-in-law spread the word. Many companies, including Rainhouse, supported her start because they needed facemasks to maintain employees' safety.

After seeing the reach and success of her creations, Fatima decided to establish Mama Makes as an Instagram account to show her designs, communicate with her clients, and sell her products. Currently, Instagram isn't the only place where you can find her creations. Her dog accessories became popular and they are now available at Paws on Cook. Furthermore, you can find her terrific aprons and napkins can at Niche Grocerant. Both Paws on Cook and Niche Grocerant have been highly supportive of Fatima's business and locally made products.

Fatima loves what she does, and her favorite place in the whole wide world is the fabric store. It allows her to source fun patterns and materials that inspire her to sew and design different products. She has now extended her product line and makes facemasks, fabric crowns, dog accessories, aprons, and fantastic reusable napkins.

Fatima's latest product to celebrate the Christmas season are cute custom Christmas tree ornaments. Her Christmas tree will definitely have some of these to honor her passion and success in the last couple of years.

Mama Makes has the perfect gifts for your family's dinner set up, the dog lovers and chefs in your life as well as the environmentally conscious. You can place your order through Instagram and challenge her with some custom designs.

 [mama.makes.victoria](https://www.instagram.com/mama.makes.victoria)

