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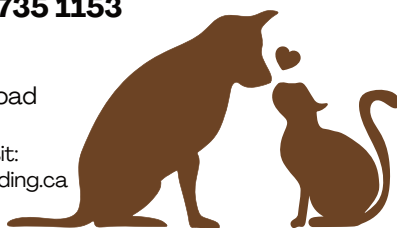
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VALLEYVIBE

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MIGHTY MARS

PART OF
**AVIATION
HISTORY**

Mighty Mars will take their last flights over the Alberni Valley before becoming part of aviation history

Written By: Heather Thomson

Every community has one thing that unites them. For the Alberni Valley, that's the Martin Mars Water Bombers. But its fame runs much deeper in this province than just our Valley. Since the late 1950s, the red and white bombers have been in service fighting the wildfires across British Columbia. Although they haven't flown in B.C. since 2015, for many decades they were a powerful tool in the battle against wildfires here.

Over the past couple of months, residents of the Alberni Valley have learned that their beloved planes will be leaving the shores of Sproat Lake for good this fall. Although the history of the great planes will be preserved, it will be difficult to say goodbye for many people who grew up watching and hearing them fly overhead. Coulson Aviation, which bought the only two remaining Martin Mars water bombers in 2007 from Timberwest, recently announced the Hawaii Martin Mars would leave the Bomber Base on Sproat Lake and head to the B.C. Aviation Museum in North Saanich late this summer. The mighty plane first went up for sale in 2022 for \$5 million, but the donation of the Hawaii was announced in March of this year. The Province of BC will support its preservation by offering \$250,000 in funding to make its final flight south possible. The museum is raising funds to build a new hangar to house the Mighty Mars and other BC firefighting aircraft on land that was donated to the museum by the Victoria Airport Authority.

Shortly after the announcement that Hawaii was leaving Sproat Lake, Coulson released the timeline for the departure of the Philippine Martin Mars. The Philippine was sold to the Pima Air and Space Museum in Tucson, Arizona. Now painted in its original dark blue, the plane will head to its new home in the US later this year where it will be preserved as a World War II era aircraft, as it was not known in the US as a waterbomber.



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Britt Coulson, who now oversees Coulson Aviation, said “the Mars are among only a few World War II airplanes that are not currently preserved in a museum, this makes them very desirable and there were many museums competing for them.” The addition of the Hawaii Mars will also help to raise the profile of the BC Aviation Museum, which currently attracts approximately 20,000 visitors annually. Coulson said, “Ultimately the family chose the BC Aviation Museum in Victoria because that was the right home for the Hawaii Mars. It will honour the long and extremely successful firefighting career in our province. Pima Air and Space Museum was chosen because it is a great museum, and with the amount of annual visitors it gets, it will be a perfect place to showcase the Philippine Mars.”

“It was important for us to preserve their amazing history and place them in museums that would do them justice and look after them,” Coulson said. “Port Alberni has been a good home for them, but both Victoria and Tucson will allow them to be visited and loved by exponentially more people.”

He added that it is a great feeling knowing so many people will be able to enjoy them for years to come. Residents of the Alberni Valley appear to agree, as Coulson described their reaction to the announcements as “overwhelmingly positive.”



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Although the Martin Mars have a rich history in BC, that’s not where they began their career in the air. Built between 1942 and 1947, the Martin JRM Mars was the largest flying boat ever produced in the United States. They were originally used as a transport fleet between Hawaii and the Pacific Islands to support the U.S. Navy. Following World War II, they were used in the Korean War for medical air transports between Hawaii and California. Their last duty with the U.S. Navy was as a cargo plane, until they were decommissioned in 1956. In addition to the prototype plan, The Old Lady, initially five planes were produced – Hawaii Mars, Philippine Mars, Marianas Mars, Marshall Mars, and Caroline Mars.

What many people do not realize is that this was not the first plan for these massive planes. The Martin Mars was originally intended as a maritime bomber. The plan was to build a plane that could patrol the sea



and also launch long-range missiles. It took longer than expected to build the planes, and by the time they were complete they were no longer needed in that capacity. Not wanting to call the project a failure, the plan shifted and the planes were used to fill the need for larger transports.

After they were retired from the military, a consortium of Canadian timber companies in British Columbia bought the four remaining planes with the idea that they would be a powerful addition to the province's firefighting fleet. They were converted and moved

to their new home on Sproat Lake, where they soon became an icon of the community.

After their conversion to water bombers, they became the largest fixed-wing water bombers in the world, with a capacity to carry more than 27,000 litres of water. It has a 200-foot wingspan, making it an impressive site as it flies through the air or lands on a lake to refill. One of the four Mighty Mars crashed in 1961 during firefighting operations, and the following year another was damaged beyond repair by a Pacific typhoon.





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For decades the remaining Mars water bombers fought fires in the province until the BC Wildfire Service shifted to use more modern firefighting methods such as smaller aircrafts. The province ended the contract with the plane's current owner, Coulson Aviation, in 2013. After 53 years of service, the last bomber, the Hawaii, was pulled out of the water. It has remained alongside the Philippine at Coulson's Bomber Base ever since, although the Hawaii came out of retirement in 2015 to help fight wildfires for a month. For more almost a decade, fans of the planes could only admire the Hawaii and Philippines from a distance, but this summer that will change.

For the first time in almost a decade, the all too familiar rumble will be heard across the Alberni Valley. As they did in the past, people will surely drop what they are doing at the time, to go outside and look to the skies hoping to spot the Mighty Mars. Although there is no exact date available, both water bombers will once again take to the skies this year. "There is not a defined schedule for the flights yet," explained Coulson.

"However, it will be this summer." He added that a few very lucky people will get a chance to experience firsthand what it's like to be in the world's largest water bomber. "We are planning on offering a very limited amount of VIP experiences where people could go through the ground school with the flight crew, as well as taxi around the lake onboard," he said.

Coulson Aviation does plan on announcing the flight plans at a later date. They will also make sure it is announced when the Hawaii Mars is set to head to the museum in Victoria so that people along the route will also get to enjoy the sight of the historic plane flying over one last time. Once the water bombers have left for their new homes, Coulson Aviation will relocate their operation that is currently on Sproat Lake to the Alberni Valley Regional Airport. The leased land will then be returned to Mosaic, closing a chapter on the Alberni Valley's aviation history.

Photo submitted by Coulson Group of Companies



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SOAR THE ALBERNI SKIES

ARTICLE & PHOTOS SUBMITTED BY
WARWICK PATTERSON



“Canopy locked? Spoilers locked and brake on? Clear above and behind? Ok, take up slack!” As the rope pulls tight, the tow plane and glider climb in unison into the sky and another flying lesson begins for 19-year-old Keanna at the Vancouver Island Soaring Centre in Port Alberni.

If you gaze skyward on a summer afternoon, you might see the flash of sun sparkling off the wings of gliders spiraling upwards in thermals near Sproat Lake, or surfing the ridge lift along the Beaufort Mountains. Port Alberni is one of just a handful of places in British Columbia where gliding takes place, and it has a long history in the valley dating back to the early 1970’s.

Many pilots get their start in gliders, either through air cadets or at a local club. Gliding is an ideal introduction to flying and can springboard an aviation career or just lead to a lifetime of soaring fun. It’s also one of the most accessible and affordable ways to fly.

For over 18 years, the Vancouver Island Soaring Centre has been teaching people the art of soaring, with some students now Captains at major airlines. Demand for flight training has never been higher, with a pilot shortage leading to many young people now recognizing it as an exciting career with good pay and the perks of travelling the world.

Amazingly, students can solo as young as 14-years-old and earn their full license at 16. “Learning to fly is not just about how to operate an aircraft,” says Warwick Patterson, the new owner of Vancouver Island Soaring. “It teaches so many skills that can be applied throughout life. From decision-making and communication skills to boosting confidence and self-esteem. I think it’s one of the most rewarding achievements.”

Back in the glider, now up at 4000 feet above the ground, Keanna pulls the yellow release handle and the glider is set free from the tow plane. Contrary to what you’d think, the glider doesn’t plummet back to earth. The energy from the sun today has warmed the fields below, forming rising

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The West Coast General Hospital operating room has a new addition thanks to the generosity of donors of the West Coast General Hospital Foundation. The new Stryker Video Tower has arrived and is now ready for use in the operating room at WCGH. “We are extremely grateful to all who contributed to the purchase of the new tower and for their continued support,” said Erin Williams, General Manager of the WCGH Foundation. “Good health is important to all of us and donors from our community are vital in bringing the best in care close to home.” As this campaign closes, another begins with the fundraising for two new pieces of equipment that will assist our health care teams in detecting cancer. The Detect Cancer Quick Campaign includes a Mammotome for the Operating Room (\$90,000) and an Endocavity Probe for the Emergency Department (\$9,000).

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Fundraising is still underway for new blinds for Westhaven and donations to both can be made at www.wcghfoundation.com. To contribute to this campaign, kindly fill in the WCGH Foundation or Westhaven donation form at the bottom of this page or you may choose to donate online at www.wcghfoundation.com through CanadaHelps or at the Foundation office in the health square at WCGH.

columns of air called thermals. A few minutes later, the glider has climbed above 5000 feet and Georgia Strait appears over the ridge.

Like a three-dimensional game of chess, glider pilots search the sky for these sources of lift, often indicated by the puffy cumulus clouds overhead. Each time this source of energy is found, the pilot spirals upwards, essentially "filling the tank" to continue onwards. On a good day with high clouds, local gliding club members often fly for several hours and travel the length of the valley from Comox Glacier to Mt. Arrowsmith.

"On a clear day, we can see Vancouver in one direction, and Kennedy Lake and Tofino in the other," says Patterson. "Glider pilots have amazing performance, and flights over 100km are common here. In some places, like Alberta or the Alps, flights over 1000 km are achievable."

With a long-term dream of opening a flying school in mind, Warwick Patterson was drawn to the Alberni Valley by the opportunities provided by the airport here. The offer to take over the Soaring Centre came up and his dream was realized faster than expected.

"I love taking guests on scenic flights or introducing people to aviation," he says. "I want the Soaring Centre to become a community-focused business to show people in the Alberni Valley and beyond that learning to fly is something they can go and try too. So many people dream about flying but don't realize it's more accessible than they think."

For youth between the ages of 13-21, or full-time students under 25, there are bursaries and discounted membership rates available through the local gliding club, supported by the Soaring Association of Canada.

For locals or visitors wishing to sample silent flight, the Vancouver Island Soaring Centre also offers several levels of sightseeing flights, with the flying season running April through September. It's a truly unique experience, offering an aerial perspective of the Alberni Valley few get to see.

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Bobby Toor Realtor

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Hi there! I'm Bobby Toor, your go-to real estate agent for all things commercial and residential in and around the beautiful Alberni Valley. When it comes to real estate, I believe in one thing above all: getting the job done. My work ethic is all about integrity, diligence, efficiency, and dedicating myself to making sure my clients cross that finish line with a smile on their face. After only a few short years on Vancouver Island, I was one of the fastest in the Alberni Valley to ever achieve RE/MAX's Hall of Fame Designation. I've been a Platinum Club award winner every year over the course of my real estate career and I was both humbled and thrilled to be the Reader's Choice Awards winner from the Alberni Valley News in my first year in real estate!

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Men in BUSINESS

Chris Dods Coastal Group

I am a third-generation worker in the forest industry, having begun my career at age 18. In 2008, I founded Coastal with just one employee, and since then, I have grown the company to over 40 employees. It is a pleasure to employ young families, provide local jobs, and support local businesses. Despite the challenges facing the forest industry, my passion for building and seeing tangible results will continue to drive us forward.

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Wayne Coulson Coulson Group



Wayne Coulson, is the youngest son of Cliff Coulson, who founded Coulson Forest Products Ltd. in 1960. Wayne began his career in 1978 in the Forestry and Wood Products business, before taking over the administrative side of the family business in late 1984. In 1986, Coulson Group began their career in aviation and in 1989 started lumber manufacturing. By the mid-90's the company had grown to over 1,000 employees. Under Wayne's leadership as CEO the Coulson Group has evolved into a provider of a wide range of management, support and technical services through eight operational companies. Wayne recognized as the market changed, the continued need to reinvent the Coulson Group. In 2015 the Coulson Group took a big transition from selling lumber to focusing on aviation and fire fighting, "it was a new era." And in 2016 a big leap was taken when they were able to launch 'Night Flying' Aviation. Today, The Coulson Group of Companies has become a third generation family business with a primary focus on aerial firefighting. Now, alongside his son Britton, Wayne is steering the Coulson Group as they continue their quest to "find a better way" with their ever-expanding innovation and technological breakthroughs. Wayne feels honored to be a part of the Alberni Valley, and work together with a group of hard working people. Everything Wayne has accomplished started with a vision towards safety, sustainability, viability, and environmentally responsible, which are key values of the Coulson Family as they grow their businesses locally and abroad.

coulsongroup.com



Kevin MacKenzie Jack's Tire

Jacks Tire began in 1964 when Jack Mackenize opened the doors. Over the years Jack's Tire has grown and expanded, but since day one it has always been located at their current location. Kevin started in 1980, after school and on weekends, until working full time in 1984. Kevin reflects on his 44 years owning the business, "Jacks Tire is all I have ever known, I have never worked anywhere else. When it came to taking over the business from my dad, it was a natural fit. I love working with the people and our community." Kevin's son Tanner started in 2012, making Jack's Tire a third generation business.

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Matt Kupnicki Sound Acupuncture & Triple Peak Sauna Co.

Matt has practiced Chinese Medicine since 2003 and, with a group of complimentary professionals, co-created the Alberni Natural Health Group in 2011. Proudly calling Port Alberni home, Matt and Deanna couldn't imagine raising their two children anywhere else. The newest health-related partnership, Triple Peak Sauna Co. blossomed when last fall Matt built a mobile sauna with the help from his talented friends. With a future vision of serving Tofino, and the Comox Valley, this mobile sauna business' inaugural sauna can be found at Sprout Landing Resort with four additional saunas planned by end of 2024 to bring health benefits to the Valley. Please check out the websites for updates and booking details.

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Shaun Golemba Valley Vision

Dr. Shaun Golemba is the Owner Optometrist at Valley Vision Optometry. His practice has been serving the Alberni Valley since 1960! He is passionate about helping young people with myopia slow down the progression of eye growth (www.everlook.care) and helping people who have lost sight and now need special devices (www.LowVisionBC.ca). He is also proud of Sherry's Boutique: a deep selection of frames from a different vendor every 90 days.

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Nicholas Metzger Real Estate Professional

Nicholas is passionate about local business, community growth and the fundamental principles of Equity Law Jurisprudence. As the 2nd Vice President of the Alberni Valley Chamber of Commerce and a volunteer firefighter with Beaver Creek Fire Department, Nicholas actively contributes to our vibrant community and is fuelled by making new connections. In his role as a Real Estate Professional, he is honoured assisting others with their real estate journey. Nicholas is excited about the future of this beautiful and thriving community

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Marinated Bocconcini

4 to 6 servings; Total prep time: 15 mins, plus at least 4 hrs marinating time best if left overnight! This take on marinated mozzarella may not be the most obvious, but the flavors mellow as they sit, complementing the creaminess of the cheese.

- 16 ounces drained Natural Pastures Bocconcini di Bufala
- 1/2 cup extra-virgin olive oil
- 3 Tbsp capers, finely chopped
- 2 Tbsp finely chopped fresh Italian parsley leaves
- 1 Tbsp finely chopped fresh thyme leaves or fresh basil
- 1 medium garlic clove, thinly sliced
- 1 tsp kosher salt
- 1/2 teaspoon freshly ground black pepper

Toss all the ingredients in a large bowl until the mozzarella is well coated. Add tomatoes if you like.

Refrigerate in an airtight container and let marinate at least 4 hours or overnight. Serve at room temperature – delicious!

Can be served with anchovy-marinated olives, marinated mushrooms, cured meats, and crusty bread for an impromptu picnic. The bocconcini will keep for 1 week refrigerated in a covered container.



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Come by Bucksnorts Bar & Grill and see why we are known for our famous "Big Burgers" - the burgers that won't disappoint! Enjoy the casual atmosphere inside or the outdoor patio; weather permitting. Local craft beers on tap. Reservations recommended.

Open Tues - Sat • Closed Sun - Mon
4850 Beaver Creek Road
778.419.0882  **Bucksnorts Port Alberni**



BUCKSNORTS
BAR & GRILL



COOMBS COUNTRY CANDY

Indulge in a delectable array of handcrafted treats at our shop conveniently located at the entrance of Port Alberni. Discover a tempting assortment of caramel corn, brittle, fudge, chocolates, ice cream, and gelato. As a social enterprise owned by Community Futures Alberni-Clayoquot, we are Vancouver Island's sweetest secret!

2101 Old Nanaimo Hwy • Port Alberni
(250) 724-0033 • shopcandy.ca



EMILIANO'S FOOD TRUCK

Generations of authentic Mexican recipes made with love daily from your local food truck located in the heart of Port Alberni at the Clutesi Haven Marina. The best authentic Mexican food, come and enjoy, open all summer and until late November!

5104 River Rd. • Port Alberni
(250) 735-3197  **Emilianos**



GRASSROOTS

Nestled in Spirit Square at Harbour Quay, Grassroots Cafe offers specialty coffee and fresh food made with locally sourced ingredients. We prioritize sourcing from local farmers and producers, ensuring high quality and supporting our community.

Open Tuesday to Saturday 8:30 am - 4:00pm
15 - 5440 Argyle St, Harbour Quay • Port Alberni
(250) 726-5699 • grassroots-cafe.ca



LITTLE VALLEY DELI

One of the oldest places in Alberni Valley renowned for its turkey/roast beef sandwiches and freshly prepared varieties of soups. Also, serving the best Indian Curry dishes and many more varieties. We guarantee our super friendly staff and delicious food will surely bring a smile on your face. Dine-in, pick up and delivery available. Follow us on Facebook for daily specials.

4309 10th Ave • Port Alberni
(250) 724-0827  **Little Valley Deli**



MAGS 99 FRIED CHICKEN

Savor the Crispy Goodness! Experience our mouth-watering fried chicken, freshly prepared with a secret blend of spices and Step into Mexico with every bite! Our authentic recipes and traditional cooking bring the true taste of Mexico to your table.

Open 7 days a week 12:00 - 8:00 pm
5022 Johnston Rd • Port Alberni
(778) 421-5099  **Mag's 99 Fried Chicken & Mexican Cantina**



WHY LOCAL?

ARTICLE SUBMITTED BY
Anna Lewis, Alberni Valley Food Security Society



This is the time of year to feast your eyes on the wonderland of locally grown goodies! Dive into the vibrant world of rhubarb, spring greens, and zesty radishes while eagerly awaiting the grand entrance of tomatoes and zucchinis. Farmers' markets are buzzing with excitement, and farmgate stands are like mini treasure troves of fresh produce waiting to be discovered.

Why munch on locally grown? Picture this: Veggies bursting with flavor, plucked at their peak, and ready for your taste buds within hours. Say goodbye to bland, travel-weary fruits and veggies and hello to the nutrient-packed delights of the season. Plus, supporting local growers means money stays where it's planted, nurturing the community and the environment.

So, roll up your sleeves and embrace the harvest season! Fill your plate with local goodness, visit farmers' markets, join a CSA, start a garden, or indulge in farm-to-fork dining. Dive into food preservation fun, scout for local labels, and join foodie events to savor the local food scene. By doing so, you're not just eating well - you're nurturing a vibrant, sustainable food ecosystem. Bon appétit!

The benefits don't stop at your taste buds. By choosing local, you're fostering a deeper connection with the land and those who cultivate it. You're reducing your carbon footprint by cutting down on the lengthy transportation routes that imported goods require. And you're part of a movement that values quality, sustainability, and community over convenience.

For the culinary adventurer, local produce opens a world of creativity. Experiment with heirloom varieties, explore seasonal recipes, and let the natural flavors inspire your next dish. Whether you're roasting root vegetables, blending a fresh smoothie, or crafting a garden salad, the possibilities are as endless as your imagination.

So, next time you're at the market, take a moment to chat with the farmers, learn their stories, and share in their passion. Your support not only brings the best to your table but also strengthens the bonds of your community. Here's to celebrating the bounty of the harvest, one delicious bite at a time!

Advantages of Purchasing Locally Grown Food

Locally grown food is exceptionally flavorful and nutrient-rich since it is harvested at its peak ripeness, unlike produce picked early to endure transportation to retail stores. Often, items at local markets are harvested within 24 hours of purchase.

Supporting local growers bolsters the local economy, as money spent stays within the community, benefiting local businesses and services.

Choosing local foods aids in preserving farmland and green spaces, contributing to a healthier environment.

Locally grown produce enhances food safety by reducing the number of steps between the source and consumer, minimizing contamination risks. Local growers can provide insights into their farming practices, offering transparency about how their crops are raised and harvested.

As the growing season starts and gets into full swing, you should think about how you can add more locally grown foods to your menus. By doing so you are supporting the many benefits of locally grown food.

Tips on how to support food systems and farmers within the Alberni Valley

Visit Farmers' Markets and Farmgate Stands Regularly: Make it a habit to visit your local farmers' market each week or stop at a farmstand on the side of the road as you go by. You'll find a variety of fresh, seasonal produce, homemade goods, and even locally raised meats and dairy products. We are fortunate to have two year-round farmers' markets as well as several seasonal markets. (I.e. The Cabins, All the Rage with No Big Dill, Friday Night Market and other pop up markets).

Make arrangements with a farmer directly. Be it buying a CSA (Community Supported Agriculture)



Featuring...
Half-Acre Garden
Fresh Produce & Goods

halfacregardeners@gmail.com

Half Acre Gardeners

Grass-fed Beef · Pumpkin Patch
Camping & Cottages

5955 Hector Road · (250) 723-7948 · www.arrowvale.ca

Arrowvale Campground and Collins Farm



FAMILY FARMS DAY

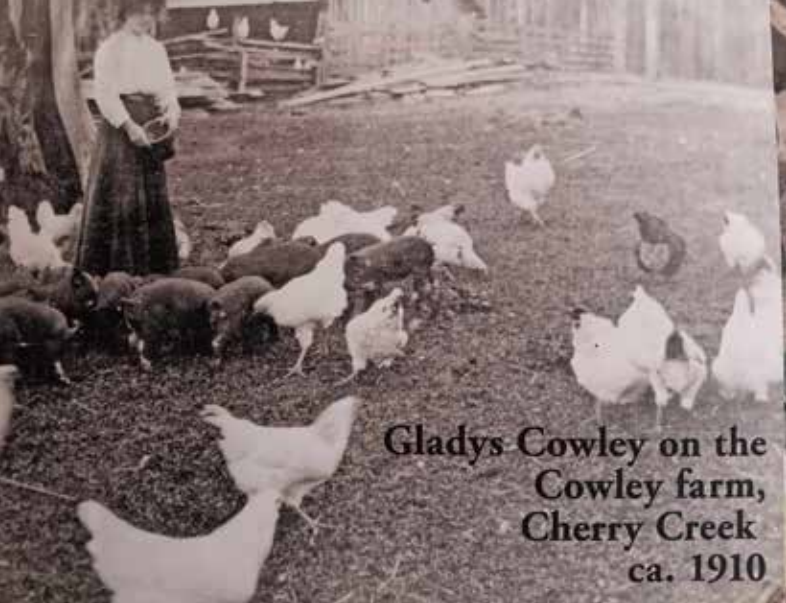
SUNDAY SEPTEMBER 15
11:00 AM UNTIL 3:00 PM

Activities | Tours | Recipes
Farm Fresh Products | Meet the Farmers

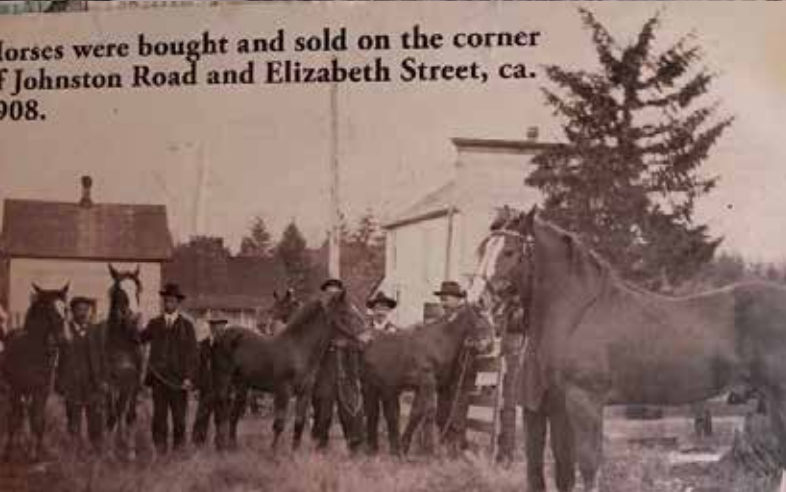
ALBERNI-CLAYOQUOT REGIONAL DISTRICT

ALBERNI VALLEY FOOD SECURITY SOCIETY

WWW.AVFOOD.CA/EVENTS



**Gladys Cowley on the
Cowley farm,
Cherry Creek
ca. 1910**



**Horses were bought and sold on the corner
of Johnston Road and Elizabeth Street, ca.
1908.**



**Local produce,
including a pumpkin,
from a garden on Athol
Street, ca. 1922.**



**Fair at the Agricultural Hall,
Beaver Creek
ca. 1916**

food box, splitting a side of beef with a friend or purchasing your garlic supply for the year, farmers are happy for presales!

Grow Your Own Garden: If you have the space and would like to increase your personal food sufficiency, consider starting your own vegetable and herb garden. An abundance of food can be grown in our beautiful Valley and regardless of available space, there are a variety of ways you can maximize what you grow. The best thing about growing food for yourself is the increased food security, access to healthy veggies, and a zero-mile footprint. If nothing else, you will find a newfound appreciation for those who grow food, and hopefully a new passion!

Support Local Restaurants: Many of our local restaurants pride themselves on sourcing ingredients from nearby farms. By dining at these establishments, you not only enjoy delicious meals but also support local agriculture.

Check out the benefits of being a member of the Alberni Valley Food Security: Grow Local workshops, attend a work party at the Dry Creek Community Garden, or volunteer with the Gleaning Project.

Preserve Seasonal Produce: Learn how to can, freeze, or dehydrate fruits and vegetables when they are in season. This way, you can enjoy local produce throughout the year.

Participate in Local Food Events: Attend food festivals, farm tours, and other community events focused on local foods. These events can be fun, educational, and a great way to connect with local producers.

Check out the first inaugural garlic festival that will be occurring at the Spirit Square Farmers' Market on Sept. 21st.

Explore the agricultural buildings at the Alberni District Fall Fair, or participate in the annual Family Farm Day Event. This year the tour will be Sunday, September 15th 11-3pm. This free event is a self-guided tour of farms and urban food gardens in the Alberni Valley. You may visit as many of the sites as you like in whatever order you like. It's up to you!



Did You Know?

Did you know that Port Alberni is home to a happy herd of grass fed Water Buffalo? Coleman Meadows Farm offers flowers in season, as well as water buffalo meats, Gelato, yogurt and cheese. Visitors are welcome to come by every Saturdays between 10-2.

Del Rio Jiu Jitsu Academy



WHAT IS JIUJITSU?

Brazilian Jiu-Jitsu is a self defence martial art and combat sport based on grappling, ground fighting and submission holds.

**NEW
WEEKLY
SCHEDULE
KIDS &
ADULT
CLASSES**



Contact Us

+1 250-730-0083
jiujitsueducation@yahoo.com
2966-B Third Ave, Port Alberni

Alberni

TOWING

250-724-4050

- 24 Hour Service
- Auto & Heavy Duty
- Towing & Recovery
- Boosts, Tire Changes, Lockouts
- Serving the whole island

2490 Timberlane Road, Port Alberni

📞 250 723 0233

✉ info@coastalbridge.net

🌐 www.coastalbridge.net

📍 1080 B Franklin River Road, Port Alberni

COASTAL BRIDGE

- Bridge Construction, Maintenance, Installation, Moving
- Road Building and Maintenance
- Hauling - Low Bed, Logging Trucks, Self-loaders, Bin Trucks
- Crane Service
- Welding Service
- Excavating
- Equipment Rentals

COASTAL LOGGING

- Logging - full phase stump to dump
- Hand falling service
- Danger tree assessments
- Dry land and booming services
- Road building
- Marketing, quality control and assurance

COASTAL SAWMILL

Woodmizer sawmills on site. Custom orders from fir, red and yellow cedar. Ability to saw timbers up to 40ft long.



ALBERNI EATS

MOUNTAIN VIEW BAKERY

Proudly serving the community with handmade baking, pies, artisan breads, cookies, cakes, coffees, soups, sandwiches with some vegan & gluten free options available!

Open Tues - Sat 7:30 am to 6:00 pm
4561 Gertrude St • Port Alberni
(250) 724-1813  **Mountain View Bakery & Delicatessen Ltd.**

MVB



ORESTES GREEK

A Marvelous Piece of Greece in Port Alberni! An authentic Greek restaurant located in the heart of Port Alberni. Everything on the menu is prepared fresh. Pairing your meal with a wine is easy with a generous wine selection. Full menu available on our facebook page.

Open Tuesday to Saturday 4:00 pm - 8:00 pm
4505 Gertrude St • Port Alberni
(778) 421-3010  **Orestes Kouzina**



PAST TIMES SPORTS BAR & GRILL

After a busy day exploring or to watch all your favorite games on our large screen, start the evening with one of our signature cocktails. We will then tempt your palate with our exceptional West Coast dishes and daily features. Serving lunch, and dinner. Located in the Best Western Plus Barclay Hotel.

4277 Stamp Ave • 250-724-7171
 **Best Western Plus Barclay Hotel**



PITA PIT

We're a locally owned & operated franchise! It is our pleasure to offer you a fresh tasting & healthy experience! All products are prepared fresh in store. Proudly serving the best Pita's, Salads, Rice Bowls, Smoothies, and Frozen Yogurt Desserts in town! Come visit our new location, as we specialize in the best customer service, and our amazing team is looking forward to serving everyone! We also offer catering, lunch programs, and special event options! Call our store for more info!

Open Mon to Sat 10:00 am - 10:00 pm | Sundays 11:00 - 9:00 pm
3555 Johnston Road Unit 311 • Port Alberni
(778) 419-1013 • pitapit.ca



SMITTYS

We are a licensed Family Restaurant, with all your favourites all day long!
Ask your server how to join our Smitty's Rewards!

We are open from 8am to 7pm Daily
3426 3rd Ave • Port Alberni
(250) 724-5022 • smittys.ca



SPICE HUT

Eat with us to experience flavours of India that you have never known. Each dish is curated to showcase authentic flavours and cooking methods. We prepare each dish with freshly ground herbs and spices to suit your taste. Come try the taste of India at spice hut Port Alberni

Open Mon-Fri 11am-10pm, Sat 12-10pm, Sun 12-9pm
5328 Argyle Street • spicehutcanada.com
778.421.2222



THE BROKEN BOW

Breakfast and brunch all day. Locally and globally inspired eats for everyone! The Broken Bow is located down at the Harbour Quay. Our menu is 100% Gluten free, we make almost everything from scratch in house. We use some really amazing local suppliers. Check our social media for upcoming evening events.

5405 Argyle Street • Port Alberni
(778) 419-7542  **The Broken Bow**



THE GRILL & CHILL SHACK

Cruise on down to our rad 80s-themed food shack for the most tubular treats in town! We're slingin' frosty soft-serve ice cream in 30+ flavors, DOLE WHIP, mini donuts, and more! Feeling savory? Grab a legendary dog loaded with all the fixings. We've got something to satisfy every craving!

Open Wed to Sun 12:00 - 8:00 pm
2990 Alberni Hwy • Port Alberni
(236) 326-0099  **The Grill & Chill Shack**



TIFFIN THAI

Ready for a tasty adventure? Swing by Tiffin Thai Restaurant for a flavour-filled meal! We're the newly opened food spot in town, serving up traditional Thai dishes, and refreshing beverages with a smile. There's loads of parking, easy online ordering, and an all-day delivery service. We are open 7 days a week and ready to serve you, so don't hesitate to give us a try!

Open 7 days a week! 11:30 am - 3:00 pm, 4:00 pm - 9:00 pm
3981 10th Ave • Port Alberni
(778) 419-2799 • tiffinthairestaurant.com

TIFFIN THAI
RESTAURANT



WILDFLOWER

Wildflower offers a variety of classic comfort foods, showcasing seasonal and organic produce and meats. Our menu is complemented with specialty coffees, classic cocktails, local beers, and natural wines. We also offer a variety of pastries, as well as organic sourdough breads, made from scratch in house daily.

Open 7 days a week
5047 Argyle St • Port Alberni
(250) 724-5047 • cafewildflower.ca





WILDFLOWER BAKESHOP & CAFE



SPROAT LAKE



KIIXIN HISTORIC SITE



ALBERNI VALLEY *tourism*

GET READY TO PLAN
YOUR ITINERARY



VICTORIA QUAY



MARITIME DISCOVERY CENTRE

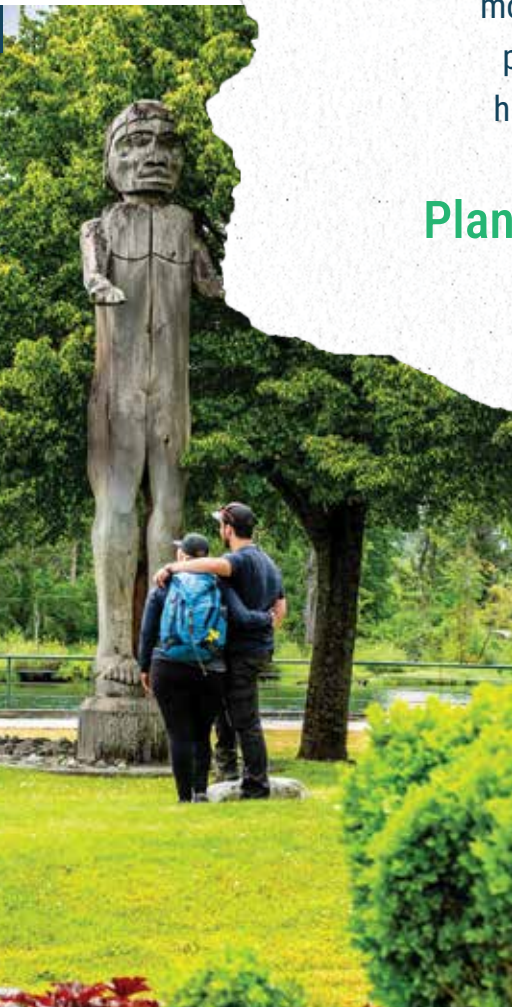


PINTO GOODS



Discover old growth forest and west coast beaches, waterfalls and mountain views, small town charm and local hospitality. Outdoor enthusiasts with a taste for the extreme will find breathtaking hikes, mountain biking and kiteboarding. Those seeking a more relaxing pace, stroll the boardwalk, shop for local fares, marvel in local history and art, or spend a day fishing or tubing on Sproat Lake.

Plan your visit today at albernavalleytourism.com



AHTISK NATIVE ART GALLERY



NUU-CHAH-NULTH WHALING MONUMENT



DOG MOUNTAIN BREWING

alberni Women



BOSS-BABE

\ bos:s - berb \ Noun

A women in control, taking charge of her own circumstances in work and llife. Someone who knows her worth and wont accept anything less.

in business

ALAINA NADIG World Financial Group

Empowerment through financial literacy fuels my passion. I thrive on demystifying finances, equipping individuals with the knowledge to make informed decisions. Guiding others toward financial freedom isn't just a job—it's a calling. I derive immense joy from witnessing the transformative impact of my guidance, enabling people to sculpt their brightest futures. Together, let's navigate the maze of finance, instill confidence, and unlock the doors to boundless possibilities. Your journey to prosperity begins here.

250-206-6610 • pursuitofrelentless@gmail.com • alainanadig.com



ATHENA JEFFS Heart to Heart & Phoenix Acro Cheer

Growing up locally gave Athena a true love for this community. She is inspired to help Port Alberni grow. By opening Heart to Heart Diagnostics - an additional option for health care testing, and Phoenix Acrobatics and Cheer - an additional option of recreation for Port Alberni's youth. She believes both businesses provide variety and accessibility to Port Alberni residents. Athena has big dreams for both businesses and is thankful for every individual who helps make the dreams possible by supporting her ventures.

hearttoheartdiagnostics.ca • phoenixacrobatics.com

BOUCHRA SAVARD West Coast Fit & Swept Away Inn

I am a dedicated chef specializing in Moroccan cuisine on a beautiful tug boat, creating culinary delights that bring people together from around the world. My passion extends to being a Wellness Coach, Personal Trainer, Nutritionist Specialist, Transformation Coach, and Strength and Conditioning Specialist. Through continuous support, I make a profound difference in people's lives, empowering my community to embark on transformative health and wellness journeys. I love what I do because it ignites powerful change and fosters deep, lasting transformations in individuals and communities.

250-918-8298 • westcoastfit.ca • sweptawayinn.com





CAROL BROWN CFO Coastal Group

I love my job because our company is constantly growing and adapting, ensuring there's never a dull moment. I'm regularly challenged with new projects and ideas, particularly those initiated by Chris Dods, which perfectly align with my ongoing quest for knowledge. It's also a source of pride to work for a company that actively supports community organizations, including events like the Fall Fair, Funtastic, and Off-Road Racing.

250-723-0233 • 1080B Franklin River Road • coastalbridge.net

CHERYL MACLEAN Investment Advisor & Insurance Broker

Serving the Alberni Valley for over 27 years, I work with individuals, families, and business owners to protect their most valuable asset... YOU! I work with people to set up a professional financial plan to help protect in the event of unforeseen life events, and plan for retirement years.

250-723-3224 • cherylmaclean7@shaw.ca • www.cherylmaclean.com



DENAYE MELENIUS Realtor

My name is Denaye Melenius (née Mercer) and I am a local Real Estate agent in the Alberni Valley. I was born and raised in the Valley and have been in Real Estate for over 5 years now. I absolutely love sharing my passion for the valley and helping my clients buy, sell, & invest in our beautiful piece of paradise. I offer modern, personalized real estate services and I pride myself in providing the highest degree of loyalty and care for my clients. Alongside my real estate business, I am an active community member and busy mother of teens. In my free time you will usually find me outdoors enjoying all that our Valley has to offer. If you have ANY questions at all regarding Buying, Selling or investing in Port Alberni, I would love to be of service to you, or anyone you know needing Real Estate services.

778-977-5806 • denayemelenius@gmail.com • denaye.ca

GEORGIA CAMERON Foxy Box

As owner of Foxy Box Laser & Wax Bar, I am so proud to have celebrated our second anniversary earlier this year. I love owning a business in the Valley and am lucky to be among so many smart and talented female business owners. At Foxy Box we pride ourselves on creating a welcoming and fun space where we help our clients feel confident and foxy. We offer full body wax and laser hair removal, as well as lash and brow services.

778-421-8888 • 4683 Margaret St • foxyboxwaxbar.com





JENNIFER KLASSEN Santosha Wellness & Beauty

As an esthetician and skin care educator Jennifer believes in the power of self care to reduce stress and increase wellbeing, and the services at Santosha Wellness & Beauty are designed to help you do just that. In an industry known for making an incredible profit off inexpensive and harmful products, Jennifer wanted Santosha to be something that would make a real difference. Working with only locally made organic products by female-founded companies Santosha Spa is an oasis of rest and healing in the heart of Port Alberni.

250-730-1559 • 2975 3rd Ave • santoshawellbeauty.com

Women in BUSINESS



LOUISE PEARSON Finishing Touches

Louise Pearson opened Finishing Touches on May 28, 1979. The original business was located in the Alberni Mall and has been in its current location on Elizabeth Street for over 36 years. Louise's late husband, Mike, was a great support in establishing and running all the behind the scenes of the business. The mission at Finishing Touches has always been to provide customers with the ultimate experience. With over 45 years in business, Louise continues to deliver a first-class experience with the assistance of her five employees who she describes as "incredible, my greatest asset, and just like family." Recently Finishing Touches' online store was opened to make these exceptional products available to customers who prefer the convenience of online shopping, or for those who would like to support our small business from afar. Louise takes great pride in making a lasting impact in her community. Louise is a member of 100 Women Who Care, and a regular supporter of Ty Watson House.

250-723-3822 • 4558 Elizabeth St • finishingtouches.ca

JESSICA MCGREGOR The Peak 93.3

As an Account Executive with the Island Radio team, Jessica works to connect local businesses with their target audience through effective radio and digital advertising. She works closely with her clients to understand their marketing goals and to develop both short- and long-term custom advertising strategies that drive results for business growth. Reach out to Jessica to book a complimentary in-depth marketing strategy session.

250-465-9848 • Jessica.mcgregor@pattisonmedia.com





JILL BANMAN Pacific Rim Driving School

I purchased Pacific Rim Driving School in July 2023 and in my 1st year of being open I have really enjoyed meeting and working with many new people of all ages in our community. With the support of the community my success has enabled me to give back to local charities such as the Lions Club, Alberni Valley Bulldogs , ADSS athletic department, Totem, Prom, and other local fundraisers. As my business grows I wish to strengthen and maintain our good community relationships. I would like to thank everyone for the support in my first year of business and I hope to be serving the Alberni Valley and surrounding communities for many years to come. Helping to keep our roads and citizens safe.

778-421-0272 • pacificrimdrivingschool.com

Women in BUSINESS

KELLY MALONE Realtor ®

RE/MAX Mid-Island Realty

As a previous small business owner and an investor in Real Estate myself, I bring a wealth of experience and knowledge when buying and selling real estate so I can expertly guide my clients. I pride myself on excellent communication and I have great relationships with other industry professionals to always ensure a smooth transaction. I go above and beyond for all of my clients so if you're looking for a Realtor ® who gives her all to every deal then give me a call!

250-735-6300 • kelly@kellymalone.ca • kellymalone.ca



ROSE & TEAM CAPELLI HAIR & GIFTS

44 years in business and I still love going to work , watching so many of Capelli's clients walk-through the door with the feeling like they are friends. We have a great team of stylist Bes , Heather, Naomi, Brynn, Aneka and Kaitlyn. Apprentices Natalie, Ky and Misha. Manager Samara and assistance Kayla and Sheena.

We have a large selection of haircare products, Gifts and accessories including cowboy hats, purses, windchimes and so much more.

We are ready to hire a new Apprentice, no experience necessary, just a passion for the industry.

250-723-2478 • 4505 Victoria Quay • Open Mon to Sat 9:00 am - 6:30 pm



LISA CLYDESDALE Clydesdale Automotive

Lisa was born and raised in the beautiful Alberni Valley with a deep love for the outdoors. Lisa has two children, and a husband who together they own and operate Clydesdale Automotive for the past 13 years. When Lisa isn't helping run the business, she loves to spend her time hiking, swimming and dancing!

250-720-3836 • 5047 Southgate Rd. • clydesautomotive.ca

LIZ TOWELL IG Wealth Management

Born and raised in the Alberni Valley Liz has a love for the outdoors and spends many hours exploring the surrounding trails with her family and loyal dogs. As a Certified Financial Planner with over 12 years experience Liz also has a passion for helping her clients make informed financial decisions whether its planning for retirement, estate planning or insurance planning. Her teams mission it to provide personalized financial solutions that align with their clients unique needs and goals.

250-720-9935 • liz.towell@ig.ca • advisor.investorsgroup.com/en/



MELISSA SCOTT Witches Brew & Bakeshop

Café is a retirement dream that came early after suffering with autoimmune disorder ending career as Holistic Health Practitioner. I have always had a passion for good coffee and worked as a barista off and on over the last 20+ years dreaming of my own café one day. We offer regular and gluten free baked goods (cupcakes, muffins, cookies, scones, squares, cheesecake, pie, breakfast sandwiches, croissant sandwiches), preserves. Everything is baked fresh daily.

250-913-2024 • 2990 Alberni Hwy • Find us on Facebook

MORGAN JACKSON Valley Vision

I am privileged to help people move confidently through their lives by enhancing, protecting, and optimizing their vision. My patients are aged 0-100+ and come to me from diverse life experiences and backgrounds. My passion is connecting with each one and helping them to understand and get the most out of their visual system. I particularly love seeing babies aged 9 mo for their first ever eye exam, then watching as they grow through the years. I hope to develop outreach programs both in and surrounding Port Alberni in the future!

250-724-0933 • 4009 Redford St • valleyvisionoptomery.ca





NANCY WILMOT The Scoop

Nancy Wilmot has lived in the Alberni Valley since 1995, and spent 25 years working as a video journalist for Shaw Community Programming. A natural storyteller, she has a passion for the people in this community which she brings to her work. In 2014 Nancy was honoured to be named Citizen of The Year in recognition of her work building community. In July of 2023, along with co-founders Terry Deakin and Michael Ramsay, Nancy created the independent media company "Alberni Valley Media CCC", which releases videos online and on Social Media as "The Scoop on Port Alberni"

thescooponportalberni.com

PAM MACKENIZE Onyx Nails

Nine years ago Pam moved to Port Alberni. In 2016 she took the nail technician course and upon completion Pam opened Wild Onyx Nails & Spa. Over the years she has continued to add to her education and expand her services. Last year Pam was fortunate enough to open her own salon. Wild Onyx Nails & Spa offers a one on one setting, perfect for those who enjoy a quieter atmosphere.

778-419-4772 • 3781 10th Ave • Find us on facebook



RHIANNA HOLDEN Realtor

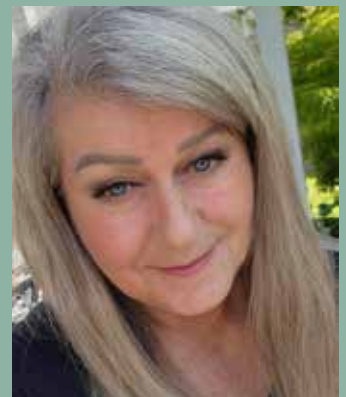
Rhianna is a dedicated Realtor® with a passion for marketing and a commitment to offering a personalized real estate service to her buyers and sellers. With her active and modern approach, her love for Vancouver Island and devotion to client care, she is known as a trusted resource for both local clients and those looking to move to the Alberni Valley.

250-731-5659 • @holden.rhianna.realtor • rhiannaholden.com

SHARON SMITH Forever New

I have enjoyed being a business owner here in the Valley for the past 7 years. Love that I can support the needs in the community for Consignment fashion at affordable prices. Forever New Consignment and KJ Riggins Clothing Co. love to reduce and reuse clothing while putting money back into our consignee pockets.

250-724-0770 • 4943 & 4957 Argyle St • forevernewconsignment.cmpany.site





SAMENA HART Hart Hous

Hey hey! I'm Samena Hart, the creative behind HART HOUS Interior Design. I blend style and affordability to create stunning, personalized spaces. Whether you need a second opinion or a full renovation, I believe great design shouldn't be a luxury and I'm here to make sure your home reflects your unique style without draining your wallet. Let's make Port Alberni more beautiful, one room at a time!

samena@harthous.com • harthous.com

WomeninBUSINESS



MEGAN WARRENDER Valley Vibe

Raised in the Alberni Valley, Megan is passionate about showcasing why Port Alberni truly is the best place to live. Starting the Valley Vibe and Neighbourhood Welcome program eight years ago. Over the years, Megan has been involved in the community both on a business and personal level. Megan has a deep passion for connecting our community, and showcasing the people, business and sights all around us everyday that we might miss. "Every magazine feels like a treasure hunt, rediscovering the history of our community and showcasing great people." Megan continues to expand her company into the rest of B.C. and share her passion with everyone on her team. "My goal is for the people within their communities to be excited about where they live."

megan@vibemediagroup.ca • vibemediagroup.ca

TERRY DEAKIN

Terry Deakin, a local Business Owner for 25 years, considers herself a 'Socialpreneur' operating 5 Social Enterprises under the umbrella of INEO Employment Services, and a partner of Alberni Valley Media Community Contribution Company known as the "The Scoop on Port Alberni". Port Alberni is home for Terry – growing up, raising a family, and contributing to community economic, social and environmental well-being through many different activities are part of her journey.

250-723-4675 • 4908 Argyle St • ineoemployment.com



SHAYLA LUCIER Leave Her Wild

Leave her wild is a locally owned nursery that has expanded over the past few years, from planters and baskets to one of the valleys best places to plan shop! Shayla has over 20 years experience in the horticulture field and is happy to help with all your plant inquiries. Her nursery is just 3 minutes from the orange bridge & a must see!

4951 Benjamin Rd • leaveherwildcontainerdesign.ca
Tuesday to Saturday 9-3 , Open by appointment only July & August



ROSANNE GRAY Realtor®

RE/MAX Mid-Island Realty

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TASHA DENNIS Billybeauty Inc

Billybeauty inc is an established, locally-operated custom print shop, offering an array of tailored products and services to businesses and individuals in and around Port Alberni for the past 3 years. Our portfolio includes clothing, awards, trophies, signs, decals, laser engraving, gravestones, and so much more! We take pride in delivering exceptional customer service and exceeding client expectations. We are Monday-Thursday 10-4 & Fridays 10-3, We are sandwiched in between pete's meats & Mnt View Bakery.

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TASHIA POTTER Photographer

Tashia Potter is a Professional Photographer and Certified Meditation Teacher with over a decade of experience in both. She is a holistic creative process educator, integrating her experience to inspire and awaken creativity in others. Tashia's unique approach combines meditation and creative practices to help individuals find balance, focus, and joy. Her work has had a profound impact on her community, fostering a sense of connection and empowerment. Tashia loves her work because it allows her to help others discover their inner strength and creative potential.

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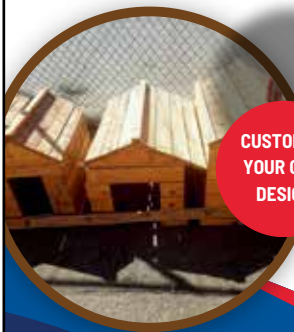
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A black bear is the central focus of the image, sitting in a lush green field. The bear has dark, thick fur and is looking directly at the camera. It has a small patch of lighter fur on its chest and is holding a piece of green grass in its mouth. The background is a soft-focus green field with some trees in the distance.

LIVING WITH BLACK BEARS IN THE ALBERNI VALLEY

**Human behaviour
significantly impacts how
bears move through nature**

Article Submitted by Lesley Fox,
The Fur-Bearers

Black bears are part of what makes the Alberni Valley a majestic place to live. They're beautiful, intelligent, social animals who play a significant role in keeping our ecosystems balanced. But the way we residents manage the environment around our homes and businesses has a bigger impact on black bears than many people realize.

Attractants are items that will draw the attention of wildlife, including everyone from rodents up to black bears. Common items like bird feeders, outdoor pet food, barbecue grease traps, and citronella candles are major attractants for black bears. It may not look like the picnic baskets that Yogi was always chasing, but any bear in the area will follow their nose to a pile of dog food, high-calorie birdseed, or the citrusy-scent of citronella.

While some people may love a chance to see black bears visit more often, the unfortunate fact is bears who become comfortable around people or expect to find food at homes are killed by enforcement agencies. Fortunately, there are a number of simple ways residents and homeowners can prevent this, and keep everyone in our community safe and healthy.

Port Alberni is a great place for growing fruit trees, and many of us enjoy the homegrown apples, pears, and plums that we harvest. But when those fruits ripen in late summer to fall – and aren't picked or fall to the ground, they become major attractants for bears (and other wildlife).

Ensuring that fruits are appropriately harvested is important in preventing negative encounters with black bears. If you're not able to use or pick all that fruit yourself, don't worry, there's an entire community that wants to help!

The Alberni Valley Food Security Society runs The Gleaning Project, which connects tree owners to volunteers who want to harvest and enjoy local fruits. According to the Society, they collect around 11,000 pounds of fruit per year – that's a lot of pie! If you need help collecting fruit or finding folks who want it, check out AVFood.ca.



Removing attractants can keep black bears and everyone in Port Alberni safe and healthy!



Remove bird feeders when bears are active.



Secure waste containers and use clips provided.



Remove fallen or ripened fruit as soon as possible.

Find an attractant checklist and more information on coexistence at TheFurBearers.com/attractants.



Gord Johns 

Member of Parliament // Courtenay-Alberni



Gord.Johns@parl.gc.ca



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Offering birds food to help through winter is a common practice, but when bears are available, a bird feeder becomes a bit like building a fast-food joint across from a high school: it's going to get busy. High calorie, high fat foods are exactly what black bears want, and that's exactly what most bird seed is. Putting away bird feeders while black bears are active will prevent negative experiences with not just bears, but also rodents and other small animals that may be unwanted near homes. The grease trap of a barbecue, outdoor pet food, forgotten-snacks, and other items common in backyards may also attract black bears. Regular cleaning and removal of foodstuffs makes an impact.

We encourage residents of Port Alberni to appreciate, enjoy, and respect wildlife – part of that means respecting the role we play in keeping our ecosystem and everyone who lives in it safe. Learn more about black bears and managing attractants at TheFurBearers.com/attractants.



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MORE THAN JUST A CAFE AND A FARM

Article Submitted by
George Gorton

Grassroots is a gem in the heart of the Alberni Valley, a one-stop shop for baked goods, specialty coffee, and farm-fresh food. Nestled in Harbour Quay, directly on Alberni Inlet, it is a regular stop for locals and visitors alike, renowned for its locally produced fresh food and incredible coffee. After outgrowing their first location in the quay, the opening of a second location is truly exciting. This new outpost will be at Arrowvale Farm, overlooking the very fields where much of its menu's ingredients are grown. Fresh, locally-sourced ingredients and the magic that happens when food is grown, harvested, and prepared with love and care will be the hallmark of this new venue.

Tucked away in the idyllic countryside, Grassroots' second location isn't just a dining destination; it's a journey back to the roots of culinary delight. Imagine a place where your meal is as fresh as the morning dew, harvested just steps away from where you're seated. The collaboration between farm and café aims to deepen the connection between the food on the plate and the land from which it springs.

Along the banks of the mighty Stamp River, Arrowvale Farm is a family-owned farm known for its ethically raised cattle and seasonal pumpkin patch. It has long been a cornerstone of the local community. Families flock here in the fall to pick the perfect pumpkin, children delight in hayrides, and locals savor the fresh produce that graces

the farmers' market each week. With an amazing garden program run by Half Acre Gardeners Anna Wilson and Evan Miller. This idyllic setting provides the perfect backdrop for a new Grassroots outpost.

The story begins in the sprawling fields of this family-owned farm, where the rhythm of the seasons dictates the menu. Under the careful watch of dedicated farmers, a vibrant array of fruits, vegetables, and herbs come to life. These ingredients are nurtured organically and sustainably, embodying a philosophy that honors both the land and the community.

The menu is a testament to the local bounty, evolving with the seasons to showcase the freshest ingredients. Picture a hearty breakfast of farm-fresh eggs and seasonal vegetables, or a lunch of vibrant salads bursting with just-picked greens, all complemented by herbs plucked mere moments before hitting the plate. Every dish is a symphony of flavors, where the natural taste of the ingredients shines through.

Grassroots and Arrowvale are more than just a café and a farm. They are a community gathering spot, a place where locals and visitors alike come together to enjoy the simple pleasures of our beautiful valley. The outdoor patio, with its serene views of the farmland and Beauforts, is perfect for family gatherings, friendly brunches, or a peaceful solo retreat with a good book and a great meal.



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Hupacasath welcomes you

The Hupacasath First Nations people are a living history of the Alberni Valley. For thousand of years, our ancestors have instilled the importance of community on central Vancouver Island. Our traditional territory includes the town of Port Alberni, Great Central Lake, Sproat Lake, Mount Arrowsmith, Thunder Mountan and Mount Klista. The Hupacasath First Nation is one of the 14 Nuu Chat Nulth First Nations. The collective term, 'Nuu Chat Nulth' means "all along the mountains and sea."

Mountain Arrowsmith (shown in the background of Loon Lake) Cal-ka-cath means 'jagged points facing upward' - is the traditional name for Mount Arrowsmith. The mountain which stands before you, is one of the eastern most boundaries of the Hupacasath territory A Nuu Shah Nulth story about Mount Arrowsmith describes a Thunderbird who was hunting over the ocean when it caught two whales. Carrying one in each of its talons, on the way back to its nest, Thunderbird dropped one of the whales on the op of Kal-ka-cath. .





In recent times, an anthropologist and archeologist found the skeletal remains of a grey whale at the top of Mount Arrowsmith. They deduced that it was left behind after a historical flood, but the Hupacasath Elders told them that Thunderbird had left it there eons ago.

The Thunderbird pole (located at Loon Lake) honours the supernatural creature whose main source of food is the grey whale. When Thunderbird flaps its wings, we hear thunder roll. It carries Lightning Snakes under its wings for hunting and when it blinks, snakes shoot down and stun its prey. Then Thunderbird swoops in and carries its catch to its nest on Thunder Mountain, where it still lives today.



hupacasath
First Nation

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TEAS

**Teas on the Terrace
is now
“Teas at the Mill”**

**Article Submitted by
The Community Arts
Council**

The Community Arts Council of the Alberni Valley is proud to present a re-visited Port Alberni classic event; Teas at the Mill! Once located at the Rollin Arts Centre, Teas on the Terrace were an annual summer series of events featuring beautiful gardens, art, music and high/low tea options. Now that The Community Arts Council lives at the Grove Gallery (at the Harbour Quay) we are bringing back this classic at the historic McLean Mill.

Teas at the Mill event series promises an enchanting blend of culinary delights, local art, and musical entertainment. Scheduled for several Sunday afternoons in July and August, as well as a special Thursday, this event invites you to indulge in a quintessential tea experience that caters to all ages.

Our series begins Sunday July 14th and 28th, from 3 - 5 pm with two Strawberry Teas. Our Strawberry Tea is an all-ages event designed for the whole family! Come dressed in your fanciest outfits to enjoy cake, tea, live music/painting, and local art. It also includes special kids-friendly activities such as biodegradable flower balloon art, and flower art making. Each event is \$25 for adults, \$20 for kids & seniors.

AT THE

MILL

Enjoy a High Tea, Sunday August 11th, from 3 - 5 pm. Our High Tea is a classier affair! Featuring teas with locally made scones and finger sandwiches, live music, art, plus a 'best dressed' award. Bring your fancy hats! Ticket cost is \$30.

This year we are including a very special Seniors Strawberry Tea, just for Seniors with a lower ticket cost and accessibility options. Thursday August 22nd from 1 - 3 pm, we will be offering this event for Seniors homes and community groups. Tickets cost \$20 and include tea, cake, live music, art and a 'best dressed' award.

To end the series, we will be hosting a Royal Sparkling Tea! This event includes a glass of sparkling wine, locally made scones, finger sandwiches, chair massage, live music and live painting. Pamper yourself! This event is being held Sunday August 25th 3 - 5 pm, tickets are \$35 each and include a glass of sparkling wine.

Teas at the Mill is designed to be a beautiful, fun, and relaxing event that the whole family can enjoy. It's a wonderful opportunity to break away from the usual hustle and bustle, step back in time to a slower pace of life, and enjoy the simple pleasures of good tea, good music, and great company in a historic setting.

For a full list of these events, musical acts, art and artists or to purchase your tickets, please visit the alberniarts.com website, visit or call the Grove Gallery at the Harbour Quay, 250-724-3412 or email info@alberniarts.com. We can't wait to see you there!



Teas at the Mill
Art, Music & Delights at the McLean Mill

Join Us for a series of afternoon teas featuring tea & baked treats, live music, Alberni Valley art and much more! Held at the historic Mclean Mill.

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August 11: **Elegant High Tea**

August 22: **Special Seniors Strawberry Tea**

★ August 25: **Royal Sparkling Tea** ★
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