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**SUMMER 2026**

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TO EXPLORE  
THIS SEASON**

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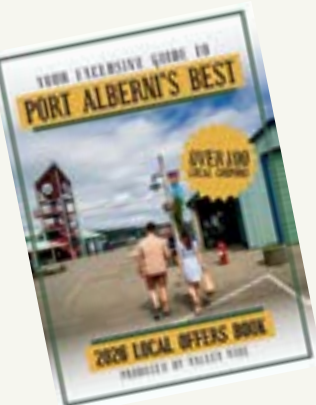


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# Top Trails to Explore This Season

Summer arrives quickly in the Alberni Valley—first with the soft green haze of new leaves along the rivers, then with the unmistakable energy that comes when days finally stretch longer and temperatures begin to rise. For many residents and visitors, spring is the true beginning of the outdoor season, when the forests wake from their winter stillness and hiking boots finally come out of the closet. Port Alberni, surrounded by mountains, rainforest, and waterways, offers some of Vancouver Island’s best and most diverse hiking opportunities. Whether you prefer a gentle stroll or a rugged backcountry challenge, spring is the perfect time to explore.

Below are some of the valley’s favourite trails—each offering its own unique charm as the winter gives way to vibrant, living forest.

## Log Train Trail: Accessible Adventure for All

The Log Train Trail is a beloved community staple and perhaps the best example of a trail for everyone—walkers, runners, bikers, families, seniors, and even leashed dogs. Stretching along the old Bainbridge mill railbed, this wide, flat trail is ideal for those wanting a gentle outdoor experience with minimal elevation.

In summer, the Log Train Trail becomes a corridor of life. Salmonberry blossoms appear early, adding cheerful pops of pink along the edges, and fresh green ferns uncurl along the forest floor. The trail meanders through patches of deep woods, open farmland, small neighbourhoods, and peaceful rural landscapes. It’s a place where you can walk for five minutes or two hours and enjoy something beautiful either way.

Local residents often use the trail for daily exercise, but visitors are always delighted by its quiet charm. There are many access points throughout the valley, allowing walkers to tailor the distance and duration to their preference.

## Stamp Falls & The River Trails: A Powerful Summer Landscape

While Stamp Falls Provincial Park is famous for the autumn salmon run, spring offers its own dramatic beauty. The river is at its most powerful in early spring and summer as snowmelt swells the flow, creating an impressive roar through the canyon. The surrounding trails are lush and vibrant, offering a refreshing escape into nature.

The forest pathways here are easy to moderate, making them perfect for families or leisurely strolls. The trails

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follow the powerful river, offering several excellent viewpoints. Summer is also an ideal time for wildlife watching: bald eagles perch high above the water, mergansers paddle through calmer stretches, and black bear activity begins to increase—though always at a safe distance for observant hikers.

The crisp, refreshing air and constant sound of rushing water make Stamp Falls an inspiring place for photographers, bird watchers, or anyone craving a peaceful moment outdoors.

### Alberni Inlet Trail (Stage 1): Spring Adventure with Coastal Views

For hikers seeking a more challenging experience, Stage 1 of the Alberni Inlet Trail delivers some of the most memorable views in the region. This trail combines lush forest, rugged terrain, and breathtaking viewpoints overlooking the Alberni Inlet.

Spring is arguably the best time to hike it. The temperatures are cooler, the forest floor is dotted with new growth, and the ocean air coming up the inlet feels clean and invigorating. Moss-covered boulders, large old-growth stumps, and dense woodland sections create the feeling of being far from civilization, even though the trail remains relatively accessible.

This hike requires proper footwear, water, and preparation, but the rewards are worth every step. The viewpoints—especially those looking out over Nahmint Bay and the distant mountains—are unforgettable. For many, this is a spring tradition: the season opener for more ambitious summer hiking plans.

### Roger Creek Nature Trail: A Peaceful Retreat in the Heart of Town

Hidden between neighbourhoods and recreational areas, the Roger Creek Nature Trail system offers one of Port Alberni's most convenient and beautiful nature escapes. Despite its close proximity to town amenities, the trail feels surprisingly secluded once you step beneath the thick canopy.

Spring transforms this space into a rainforest dreamscape. The creek runs high and clear, boardwalks and bridges glisten after the rain, and young leaves create a bright, welcoming green throughout the ravine.



PHOTO BY JAIDEN GEORGE

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With interconnected pathways of varying lengths, this area is ideal for quick lunchtime walks, family outings, or peaceful solo hikes.

Because it's so close to town, Roger Creek is perfect for those who want the soothing feel of deep forest without requiring travel or planning.

### New Waterfront Connection: The Quay-to-Quay Pathway

One of the most exciting developments in Port Alberni's outdoor scene is the newly completed Quay to Quay Pathway — a multi-use, waterfront walkway that links Harbour Quay to Victoria Quay. The roughly 4 km paved route invites walkers, cyclists, families, and everyone in between to enjoy easy, level access along the city's waterfront, connecting downtown neighbourhoods, riverbanks, and historic quays.

Because it's waterfront, the pathway offers a different kind of spring experience: sweeping views over water, glimpses of marine activity, and leisurely access for people of all ages and mobility levels. It's ideal for an easy spring stroll at sunset, a family bike ride to the harbour, or a quiet jog along the water's edge.

The pathway also serves as a key connector: it links to existing greenways and trails, adding a new dimension to how residents can navigate and enjoy the valley's natural and urban landscapes.

In a landscape defined by forested mountains and rivers, the Quay-to-Quay Pathway brings a fresh, accessible way to experience the water — perfect for locals and visitors to enjoy side by side.

### Why Spring Hiking in Port Alberni Is Special

Spring in the Alberni Valley offers a few advantages that make the season especially exciting:

#### Cooler, Comfortable Weather

Hikers can enjoy long sessions outdoors without the heat of summer. Trails feel fresh, and running water is abundant.

#### Reduced Crowds

Spring often brings fewer people to more adventurous trails, creating a deeper sense of connection with nature.

### Wildlife Sightings

Birds, deer, and occasionally bears become active. With smart safety practices, wildlife viewing can be an incredible experience.

### Photographic Beauty

From misty mornings to vibrant moss and reflective creeks, spring offers some of the valley's best photography opportunities.

### A Season of Renewal

No matter which trail calls to you first, spring in the Alberni Valley is a reminder of how lucky we are to be surrounded by such rich natural beauty. The forest invites us to slow down, breathe deeply, and re-engage with the world after winter's quieter months.

Each step on a local trail tells a different story—of renewal, connection, and the simple joy of nature waking up all around us.

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# Back on Track: The Alberni Pacific Railway's Next Chapter



PHOTO BY MELISSA RENWICK


For more than a century, railways have played an important role in shaping the Alberni Valley. From supporting the early forestry industry to becoming one of Port Alberni's most beloved tourist attractions, the railway has long been woven into the story of the community. Today, that story is entering an exciting new chapter as the Alberni Pacific Railway continues its return to the tracks.

Earlier this month, the heritage railway celebrated the extension of passenger service along Port Alberni's waterfront route to the Best Western Plus Barclay Hotel. The expansion marks the furthest point passengers have travelled on the line since excursions to the McLean Mill National Historic Site ended in 2018. For many residents, it was more than simply the return of a train ride, it was a symbol of community collaboration, local history, and future tourism potential.

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Rail transportation has deep roots in Port Alberni and across Vancouver Island. The original Island railway system dates back to the late 1800s, when the Esquimalt & Nanaimo Railway connected communities and industries across the Island. In the early 1900s, Canadian Pacific Railway expanded the line westward to Port Alberni, helping establish the Alberni Valley as a major forestry and industrial hub.

For decades, trains carried lumber, paper products, and supplies through the region, becoming a critical part of local economic growth. The Port Alberni branch line remained active for industrial use until the early 2000s, when trucking gradually replaced rail transport. While freight traffic declined, the community found another way to preserve the railway's legacy.

In 1984, the Western Vancouver Island Industrial Heritage Society launched the Alberni Pacific Railway as a heritage tourism attraction. Operating from the restored 1912 CPR Station, the railway became famous for its scenic trips to the McLean Mill National Historic Site aboard vintage steam locomotives.

The McLean Mill itself is an important part of Vancouver

Island history. Built in 1926, it remains one of the few surviving steam-powered sawmills in Canada and was designated a National Historic Site in 1989. The combination of the historic mill and the heritage railway created a unique visitor experience that attracted tourists from around the world.

Operations faced major challenges in 2018 when mechanical issues forced the railway's steam locomotive out of service. Financial pressures and infrastructure concerns further complicated the future of the line, leaving many uncertain about whether trains would continue running in Port Alberni.

Now, renewed partnerships and community support are helping breathe life back into the railway.

The recent extension to the Barclay Hotel was made possible through collaboration between the Western Vancouver Island Industrial Heritage Society, the Island Corridor Foundation, Tseshaht First Nation, Hupačasath First Nation, and the City of Port Alberni. Work included improving sightlines, replacing railway ties, and upgrading sections of track to safely restore service along the route.

The Island Corridor Foundation, which owns much of Vancouver Island's rail corridor, represents a partnership of regional districts and First Nations working to preserve the railway corridor for future generations.

Beyond preserving history, many see the railway as an opportunity to strengthen tourism and showcase the Alberni Valley in a new way. Future visions for the line include expanded heritage experiences connecting Port Alberni's waterfront, McLean Mill, Cathedral Grove, and potentially Cameron Lake. The possibility of creating scenic tourism rail experiences through some of Vancouver Island's most beautiful landscapes has generated excitement throughout the community.


Today, the Alberni Pacific Railway stands as more than a nostalgic reminder of the past. It reflects the resilience of a community that values its heritage while continuing to invest in its future. As the train rolls once again through Port Alberni, it carries with it generations of history and the promise of new opportunities still ahead. 



PHOTO BY MELISSA RENWICK










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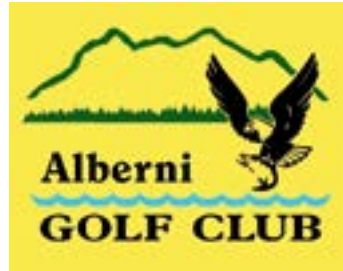
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# WHEELS, WILDERNESS & WATERFRONTS: CYCLING PORT ALBERNI

*Article written by Heather Thomson*



PHOTO BY MEGAN WARRENDER



PHOTO BY MEGAN WARRENDER

Port Alberni has it all when it comes to outdoor activities. Everyone has their favourite, but cycling is a growing sport that many believe has unlimited potential in the Alberni Valley. The Valley has more than 150 kilometres of biking trails and something for every type of biking. Cyclists of any skill level will find it easy to discover something perfect in the Valley.

If a slow, comfortable ride in nature is your thing, the Log Train Trail offers 25 kilometres of beautiful scenery along the foot of the Beaufort Range. The abundance of old logging roads means if that is more your style, you can go to any corner of the Valley and find an interesting route to explore. If you are more of a dare devil, dozens of trails weave their way across the Alberni Valley and up and down the hills and mountains that surround the community. The new Quay to Quay trail offers a smooth urban ride, and it has boosted ridership in the City of Port Alberni.

Many in the sport believe the Alberni Valley is poised for success, and with three amazing races that happened this spring, it looks like they may be right.

Lee Blais first opened his bike shop in 1993, which was built on the passion Lee has for the sport and the belief that people in a small town should have a great bike shop that will meet their needs no matter how experienced or inexperienced they are. In 2018, Lee rebranded and changed the shop to The Jumping Slug Community Cyclery.

“It’s a great sport and pretty much anyone can do it,” he explains. “With more people moving here, its popularity just continues to grow because they are discovering what locals have always known – the Valley has it all.”

The Alberni Valley could be the next Cumberland, but it has a lot of challenges to overcome to get there. One of the biggest of these is land access. Jeff Macauley agrees that the Alberni Valley has endless potential, and he believes the community is heading in the right direction to become a well-known cycling destination. Jeff is the events coordinator with the Riders of the Alberni Valley (ROAV).

ROAV is a non-profit organization that advocates, builds, and maintains bike trails in the Alberni Valley. Through their memberships, this volunteer-based group is focused on maintaining and growing the sport in the Alberni Valley. Jeff says they are well on their way.

“The path forward in Port Alberni is tremendous for cycling,” he says. “When people come here they are in awe and can’t wait to come back.”

Jeff explains that ROAV’s ultimate goal is to become a destination for people who are committed to the sport and want to experience something different. He agrees the Alberni Valley could be the next Cumberland, but first it needs to overcome some obstacles.

One of the biggest is obtaining land-use access to the land in the Alberni Valley. Many of the trails are on land that is owned by a private entity, the City of Port Alberni, or the Alberni-Clayoquot Regional District (ACRD). To be successful in making this city a must-ride destination, land-use agreements need to be in place. Having those agreements will mean the work local groups do on the trails is legitimate, they have an idea of what is going to happen on the land in the future, and it’s safer for riders overall.



PHOTO BY MEGAN WARRENDER



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PHOTO BY CASSIE PROUTEN

Jeff says that Mosaic Forest Management, who owns most of the land surrounding the Alberni Valley, is trying to work with ROAV to firm up land-use agreements. This takes time, and Mosaic wants certain assurances that ROAV is serious and responsible. This means making sure the trails are safe, proper insurance is in place, and prominent signage is planned throughout the trail system.

Hugh Fletcher, along with his business partner Kevin Tattre, recently opened another bike shop in Port Alberni – Twin City Cycles. With almost a century of biking experience between them, they saw an opportunity to open a community-centered and family-oriented bike shop in the city. Kevin said, “It has been amazing to return to the bike business after many years away. I am enjoying getting to see old friends and meet new clients along the way. It has really made me a part of our amazing community.”

“User groups and landowners around Port Alberni have been cooperative and eager to help develop a mountain

bike-focused destination,” Hugh, President of ROAV and co-owner of Twin City Cycles says. “ROAV has secured a land-use agreement with the City, is working on an agreement with ACRD, and is in regular contact with Mosaic about land access issues. If ROAV can maintain the momentum developed to date, we will see something similar to Cumberland in Port Alberni in time.”

These agreements are important because, in the cases like with the Maquinna Trail system, multiple groups have ownership of the land. Without agreements in place, developing strong trail systems is much more challenging.

Hugh believes with time and a coordinated, consistent effort, anything is possible here. He adds that the final key to success is developing a strong cycling community and building a club that has enough members to reach their goals. If you are interested in checking out ROAV, email [www.roav.ca](http://www.roav.ca) ).

Lee agrees the sky is the limit for the sport in the Alberni Valley. He has watched it change over the years. He


says it used to be something a handful of people were doing, and it has become an economic driver in the community. As more people come to races like the ones held this spring, people are starting to learn what makes this valley so special.

To survive and prosper in the Valley, the cycling industry still has many obstacles to clear. Jeff says people must be open to change and be willing to welcome people to the Valley and share what has been a well-kept secret for far too long. If the community can do that, it is possible to create a destination with world-class infrastructure to showcase the environment and community of Port Alberni, Hugh adds.

The race season in the Alberni Valley started off with the Island Cup Cross Country (#2) on April 5th. This weaved its way through the Maquinna trail system and attracted 98 racers in categories from junior beginner to expert. This was a new race in the Island Cup, sponsored by Twin City Cycles. On May 18, the West Coast Slugger took place in the Alberni Valley. Sponsored by The Jumping Slug, this race was part of the Gravel Adventures Scenic Wonder. Last but certainly not least, the Island Cup Enduro (#3) took place in Port Alberni on May 31. This was the race of the season for the Alberni Valley and was sponsored by The Jumping Slug. With trails throughout the Coombs Candy zone, this race was not for the faint of heart. These races are exciting and collectively bring close to 1,000 people to the Alberni Valley.

“These events are very social and family oriented,” Lee says. “As they continue to grow in popularity, so will the sport, and that’s a win for the whole community.”

He adds that this community accomplishes anything they put their heart to. He has no doubt that in the coming years the sport will only continue to grow and with it so will the infrastructure needed to support its growing popularity.

If you want to know more about biking in the Alberni Valley, pop by either of the local bike shops ( [www.jumpingslug.com](http://www.jumpingslug.com) and [www.twincitycycles.ca](http://www.twincitycycles.ca) ) or check out ROAV ( [www.roav.ca](http://www.roav.ca) ). 

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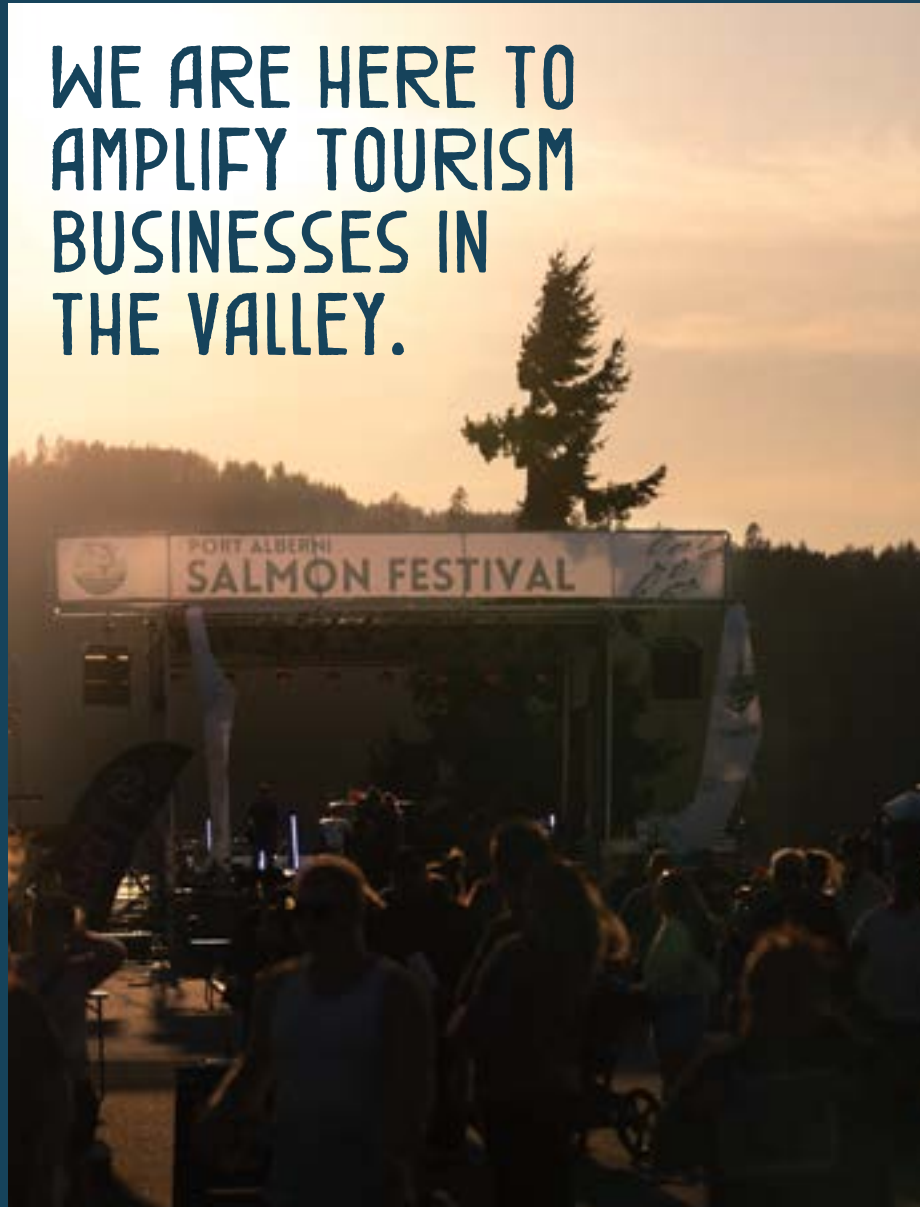
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# How Sunshine Makes Gliders Fly

**Mother Nature's invisible forces that keep sailplanes soaring for hours over the Alberni Valley**

On a warm summer afternoon in the Alberni Valley, you may glance upward and spot a white glider circling above the Beaufort Range. No engine noise, just a sleek aircraft climbing higher and higher in complete silence.

**The obvious question is: how?**

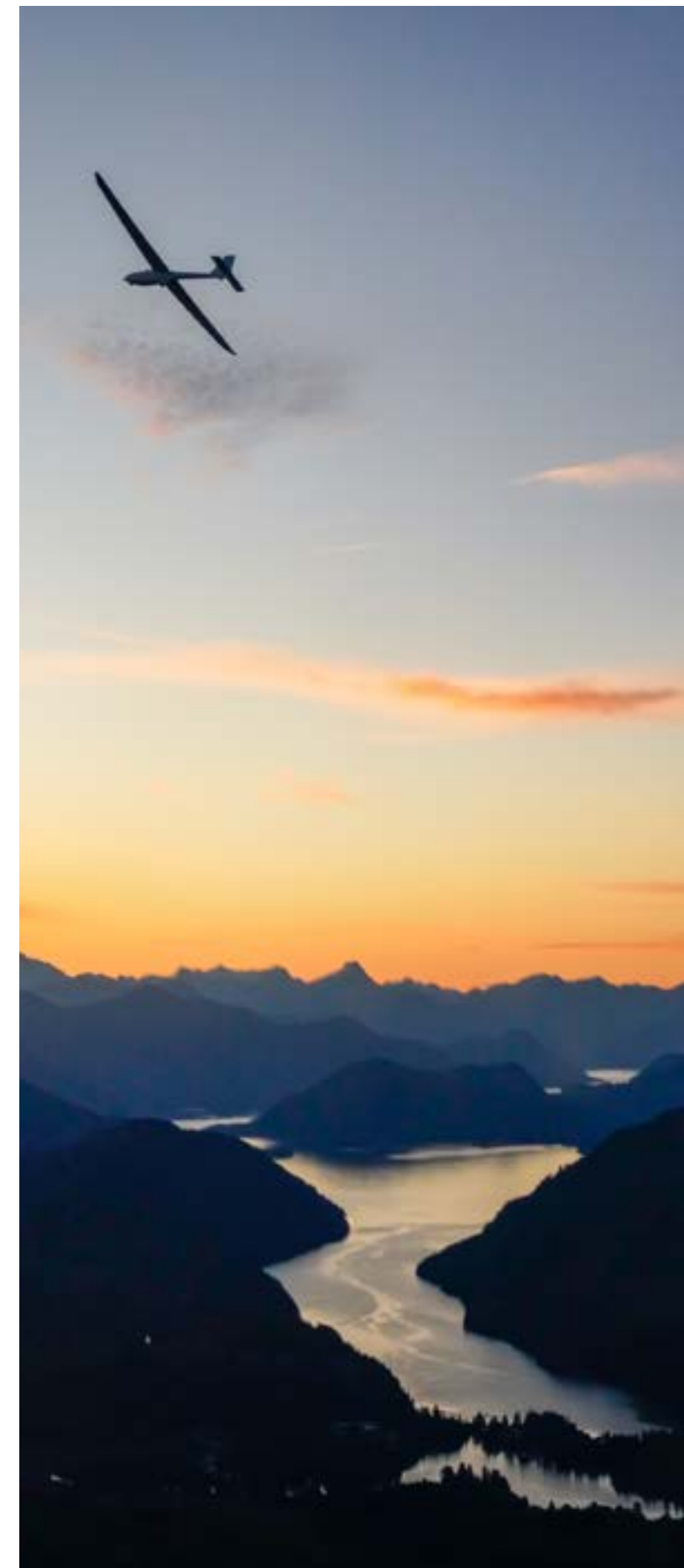
## **The Answer begins with Sunshine**

Most people think of the sky as empty space, but to glider pilots, it is alive with energy and movement. Every sunny day, the landscape around us creates invisible currents of rising and sinking air. Farm fields, rocky outcrops, forests, lakes, and even the mall parking lots heat up differently under the sun's rays. As the ground warms, pockets of heated air begin to rise like giant bubbles in a pot of boiling water. These rising columns of air are called thermals.

The next time you see vultures or eagles circling lazily overhead, there's a good chance they've found rising air. Similarly, glider pilots circle tightly to stay as close to the core of these thermals as possible, gaining altitude

at up to 1000ft per minute which is faster than many small powered aircraft. In many ways, glider pilots simply learned to fly by paying attention to birds and they are a valuable clue for finding lift.

The same geography that makes the Alberni Valley so beautiful also makes it an exceptional place to soar. Warm air rises off the flat valley floor and up the surrounding ridges, while sea breezes push in from the coasts and up the inlet. Together, these forces create conditions that can keep sailplanes airborne for hours. On the flipside, cool Pacific air dumping over the mountains or sneaking in over the Hump can also blanket the valley floor, shutting down any thermal development. You learn a lot about local weather when you start flying gliders!



From above, the view is unlike anything most people ever experience. Great Central and Sproat Lake stretch across the valley like starfish. The Broken Group of islands glimmer in the distance, often with a fog bank sitting just offshore. On crystal clear days even the skyline of Vancouver is defined against the horizon with Mount Baker as the backdrop.

Without an engine running, soaring feels completely different from powered flight. There is no vibration through the seat and no need for headsets. The only sound is the rush of the air over the canopy. This aural cue is something glider pilots listen for, offering them a natural indication of airspeed. Many first-time passengers expect the experience to feel dramatic or frightening. Instead, most describe it as peaceful.


Of course, people often wonder whether flying without an engine is safe. Glider pilots spend their entire training learning how to fly and land without power. And that's exactly what the aircraft is designed to do. Modern high-performance sailplanes have impressive glide performance, capable of travelling long distances from altitude even in completely still air. In fact, a glider at 1800m above Mount Arrowsmith could potentially glide over 60km. That's the distance from Port Alberni to Comox. With limited outlanding opportunities due to the terrain, local pilots always remain within gliding distance

of the airport. Even if they are off exploring the Comox Glacier or Mount 5040, they can make it home.

For many people, a glider flight changes the way they see the sky itself. The invisible atmosphere above the valley begins to feel more like a landscape of its own, constantly shifting, flowing, and moving with energy. Don't be surprised if you catch yourself staring at the clouds more often!

This hidden world has drawn people to soaring for generations. Every flight is a mental puzzle to solve, deciphering clues to unlock the secrets of the atmosphere. Then, planning a route between clues to maximize distance flown and altitude gained. More than any other form of aviation, soaring is a lifelong sport. Many simply fall in love with the calm and perspective that comes from drifting quietly above the world.

So, exactly how does that glider stay up there? The answer, it turns out, has been shining down on us all along.

Scenic and introductory glider flights are offered April through October by Vancouver Island Soaring Centre at the Alberni Valley Regional Airport. All ages welcome – no experience needed. 



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# Alberni Women in Business

## CHANTELLE RISTINE Elite Dance Academy

Dance has been at the heart of Chantelle's life since she was 7 years old, and owning a dance studio was a dream she carried from childhood into reality. With more than 25 years of teaching experience, she has built a career founded on passion, discipline, and resilience. Known for her award-winning choreography and dedication to excellence in training, Chantelle has guided many students who have gone on to study at some of the world's most prestigious ballet schools. While these accomplishments are a source of pride, her greatest passion lies in helping young dancers develop confidence, perseverance, and a lifelong love for the arts. Chantelle understands the importance of creating a studio that is welcoming, family-oriented, and accessible to families from all walks of life. She believes every child deserves the opportunity to experience quality dance education.

778-421-5559 • [elitedance@shaw.ca](mailto:elitedance@shaw.ca) • [www.elitedance.ca](http://www.elitedance.ca)



## HEATHER KRISSA Wildwood Thrift

Heather Krissa is the proud owner of Wildwood Thrift. Five years ago, she threw a dart at a map and made the move from Saskatchewan to Port Alberni not knowing a soul and hoping for the best, but it was better than expected. It felt like home. After spending her counselling career in education, Heather knew it was time to make another big change when the opportunity to purchase a long-standing thrift store presented itself. It was the perfect chance to combine her entrepreneurial spirit with a desire to give back and build up the community. At Wildwood Thrift, every purchase and donation made helps support local business while also contributing to charities and non-profit organizations in and around the Alberni Valley.

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## MEGAN WARRENDER Founder of 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 ten years ago, 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."

778-421-6055 • [megan@vibemediagroup.ca](mailto:megan@vibemediagroup.ca) • [www.vibemediagroup.com](http://www.vibemediagroup.com)



## CHRISTINA ZULETA Zuleta Medical Aesthetics

Christina Zuleta is a Nurse Practitioner and the founder of Zuleta Medical Aesthetics in Port Alberni. With a focus on patient safety, natural results, and evidence-based care, she has built a modern medical aesthetics practice grounded in clinical expertise and individualized treatment. Zuleta Medical Aesthetics recently opened a brand new, purpose built clinic in Port Alberni, expanding access to advanced aesthetic treatments on Vancouver Island. The clinic offers a range of medically delivered aesthetic services in a welcoming, modern environment designed to prioritize both patient experience and quality care. As a woman in business, Christina is proud to combine healthcare, entrepreneurship, and innovation within a growing industry.

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## CHERYL MACLEAN Investment Advisor & Insurance Broker

Locally owned and proudly serving the community for over 30 years in the financial services industry. I'm passionate about what I do—helping individuals, families, and small businesses when they need it most. Whether it's disability, life, critical illness, or retirement planning, I provide tailored financial solutions that bring peace of mind. I also offer group benefits to support and protect small businesses and their employees. What sets me apart is my hands-on, personalized service. I work directly with insurance companies on your behalf—especially during the claims process—so you can focus on what truly matters: your health, your family, and your recovery.

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# Alberni Women in Business

## JESSICA MCGREGOR The Peak 93.3

With a passion for supporting local businesses and community growth, Jessica McGregor, Sales Representative with 93.3 The Peak in Port Alberni, specializes in helping businesses expand their reach through a one-stop marketing approach. From local radio advertising and digital marketing to promoting local events, fundraisers, grand openings, and seasonal sales, the focus is always on creating meaningful connections and helping businesses build lasting visibility. In addition to her career in media and marketing, Jessica is also the proud owner of Western Coast Clothing, a modern western women's boutique based in Port Alberni that is making waves across North America with fashion-forward western trends. Running both a local storefront and an online business has provided valuable firsthand experience in entrepreneurship, branding, and customer connection.

Jessica.mcgregor@pattisonmedia.com • www.westerncoastclothing.ca • www.993thepeak.com



## SAMANTHA BOOTH Treat Your Feet

Samantha Booth, LPN AFCN, is the owner of Treat Your Feet, Advanced Nursing Foot Care Services, serving Port Alberni and the surrounding Valley since 2016. Samantha believes healthy feet are an important part of overall well-being. From sports and dancing to work and everyday life, our feet carry us through it all. Through clinic appointments, mobile services, and care provided in local facilities including Fir Park, Echo, Rainbow Gardens, Abbeyfield, Heritage Place, and Timberline, Samantha has built a trusted reputation for compassionate and professional care. Her dedication and hard work have helped Treat Your Feet grow into a successful local business serving clients throughout the Valley and West Coast communities. Along with being a business owner, Samantha is also a busy mom of two girls and proudly supports local fundraising events in the community she loves.

250-735-4771 • www.treatyourfeet.ca • treatyourfeet123@gmail.com



## JENNIFER KLASSEN Santosha Spa

Jennifer is a Holistic Esthetician and the owner of Santosha Wellness & Beauty. She is also the founder of Petal Apothecary, a botanical skincare line rooted in clean ingredients and daily rituals for radiant aging. Her work is grounded in the philosophy that beauty begins with simplicity, rest, and the belief that skincare should nourish both skin and spirit. Visit Jennifer at Santosha Wellness to talk about how to address your skin concerns without using Retinol or Botox and daily practices that move your body into alignment with your soul.

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## TERRY DEAKIN INEO

Terry Deakin brings a grounded, compassionate, and empowering presence to the community and professional work she leads. Based in Port Alberni, she has spent more than 25 years guiding individuals, organizations, and communities toward growth, confidence, and success as the founder and CEO of INEO Employment Services and five social enterprises. A certified Jack Canfield Success Principles Trainer, Barrett Values Assessment Coach, Business & Professional Coach, and True Colors Facilitator, Terry is passionate about helping people unlock their potential and align their lives and work with their values. Her own journey of transformation fuels her belief that everyone has the ability to create a life they love.

250-723-4675 • 4809 Argyle St • terry@ineoemployment.com



## JENNIE POTTER Self Healing Coach, Best Selling Author, Internation Speaker

Jennie Potter is one of Port Alberni's own — and she is quietly changing lives around the world. Jennie has spent decades developing a unique approach to healing that goes where most personal development never does. Using her signature tools including muscle testing, emotional clearing, and her ALARM Method, she helps people identify and release the unprocessed emotions, inherited beliefs, and subconscious blocks that have been quietly running their lives. Her bestselling book *Self Sabotage No More* is available on Amazon and Audible and has reached readers across the globe. Her new book *Go Heal Yourself* is on its way. Jennie has a free community on Skool where she shares tools, trainings, and resources to help you start clearing what is holding you back. No catch. Just good work.

250-897-4848 • Jennie.potter@hotmail.com • www.jenniepotter.com



## WHITNEY ROGERS Integrative Life Coach

Whitney Rogers helps women break free from the emotional, mental, and energetic patterns keeping them stuck so they can reconnect with who they are beneath the conditioning, overwhelm, and survival mode, shift what no longer serves them, and create lasting change. With a background in holistic health, wellness, bodywork, and personal training, Whitney developed a deep understanding of the connection between the mind, body, emotions, and overall well-being. Today, she creates supportive spaces where women can slow down, reflect, and better understand themselves without shame or judgment. Her approach combines emotional awareness, nervous system understanding, mindset work, and integrative wellness to support meaningful, sustainable growth.

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# Deeply Connected

## Building Success Without Losing Yourself

By: Whitney Rogers, Integrative Life Coach



*There is something different about a woman who is deeply connected to herself.*

*You can feel it in the way she leads.  
The way she makes decisions.  
The way she moves through challenges.  
And the way she trusts herself.*

Her success is grounded. Intentional. Sustainable.

But many women were never taught how to stay connected to themselves while managing a busy life and running a successful business.

It happens slowly. Over years of caring for others. Raising children. Pursuing careers, leading businesses, managing responsibilities, and carrying so much of the mental and emotional load for everyone around them.

One day, you wake up and realize that you barely know yourself anymore. Maybe some health issues have snuck up on you. Or the stress just becomes too much. Maybe you don't even recognize yourself in the mirror anymore. Or you start to notice that you haven't actually had fun in a very long time.

Life starts feeling like you are simply going through the motions, expectations, deadlines, responsibilities, and surviving instead of really living. Saying yes when you really want to say no. Finally trying to sit down to rest, but realizing your mind and body no longer know how.

This didn't happen all at once. It happened subtly, over hundreds of moments of choosing to be responsible, productive, and caring for everyone else, before yourself.

And this shows up in business too.

The way she leads changes. The constant pushing, proving, and performing no longer feels sustainable. She starts craving more clarity. More connection. More fulfillment. More truth in the way she manages and creates.

The version of her that built the business she has now may not be the same version of her meant to lead her next chapter.

This is the story of many women who have quietly forgotten themselves...but it isn't the end of the story. When a woman gets to this point, she is often feeling the impact of a life that no longer reflects who she is. She has grown. She has more experience. She wants more for herself, and her life quite simply no longer aligns. She's outgrown her identity.

And here is the truth: the version of you that got you here is not always the version of you that will get you to the next level.

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The challenge is that while the mind may understand this rationally - our bodies, habits, and environments take time to catch up. That is why change happens through practice, presence, and intention. Over time, this is how a truer, more authentic version of ourselves begins to emerge.

Truly successful women have learned that being connected to themselves, and the relationship they have with themselves, matters. They practice this on purpose. They learn to pause and listen to what their body is telling them. They become honest with themselves about what they need. They get very good at knowing where to place their energy, how to protect it, support it, and when to say no.

In business and leadership, this changes everything.

Deeply connected women make decisions differently. They know when something feels off. They know when they are overextended. They know when to pause, pivot, speak up, or move forward. Their self-awareness becomes one of their greatest strengths.

They become intentional not only with their energy, but with the words they speak to themselves, the way they prioritize their own growth, and the way they respond to the world around them.

They understand themselves deeply. They know what they can and cannot control. They know their strengths and weaknesses without making either mean something negative about them.

Because of this, the outside world has less power over them. They have learned how to fail with grace and get right back up again. They are familiar with fear, and practice acting anyway.

Whether that means launching the business, raising the price, having the uncomfortable conversation, setting the boundary, or finally allowing themselves to be seen and heard. They begin questioning the limits that once held them in place, and realize they were never as fixed as they once believed.

They don't make decisions from pressure, overwhelm, or emotional chaos. They pause long enough to reconnect with themselves first, and respond with clarity.

To the rest of the world, they may appear confident or put together. But they know the truth is that their confidence was built through this connection. Through returning to themselves again and again. Through honoring, respecting, and trusting themselves.

And dare I say... truly loving themselves.

Not out of conceitedness. She knows that every woman deserves this kind of relationship with herself.

Reconnecting with yourself doesn't begin with changing your entire life overnight. It begins by simply pausing long enough to hear yourself again.

Asking yourself:

What feels aligned?  
What drains me?  
What makes me feel most alive?

And perhaps most importantly...

Who am I really underneath all of the roles, responsibilities, and expectations?

Maybe the real power of a woman deeply connected to herself isn't just what she builds in the world, but the fact that she no longer abandons herself in order to build it.

Because success means very little if you lose yourself along the way.

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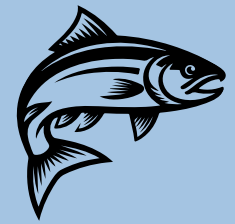
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WELCOMES YOU



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 Mountain and Mount Klista. The Hupacasath First Nation is one of the 14 Nuuchat Nuulth First Nations. The collective term, 'Nuuchat Nuulth' 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 Nuuchat Nuulth 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 top 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.



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# A look into the Port Alberni Port Authority

Article Submitted by  
Carmela Ferro, Port Authority

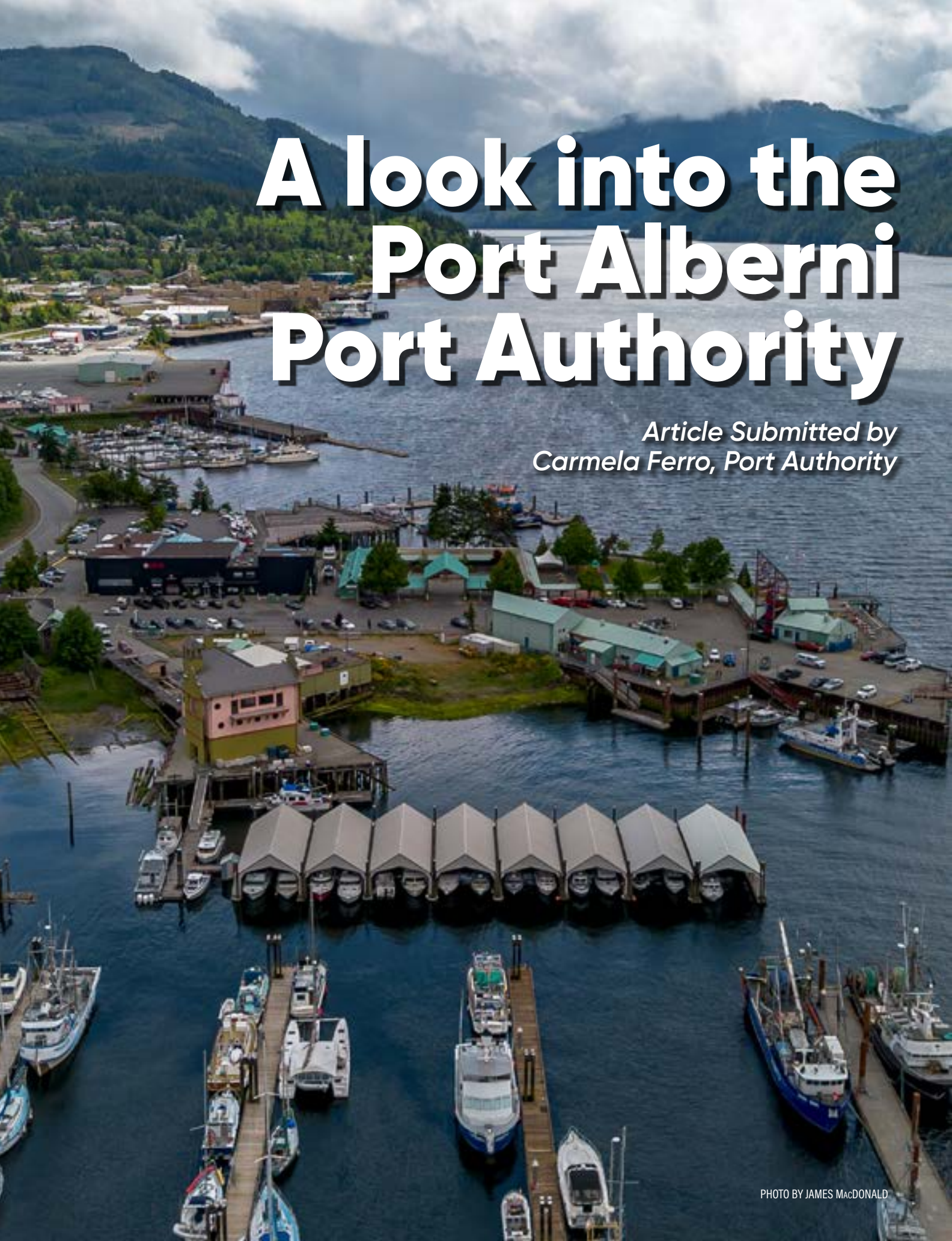


PHOTO BY JAMES MacDONALD



*T*ucked at the head of the Alberni Inlet, the Port Alberni Port Authority has quietly become one of the region's most important economic drivers. While many people know the waterfront for its marinas, fishing fleet, or summer tourism, fewer realize the scale and diversity

*of the work happening behind the scenes every day. From deep-sea shipping and seafood processing to campground operations and cruise development, the Port Authority plays a unique role in shaping the future of the Alberni Valley.*



PHOTO BY JAMES MacDONALD

## A Harbour Built for Opportunity

Port Alberni's harbour has long been recognized as one of the finest natural deep-sea inland harbours on the west coast of North America. Sheltered, ice-free, and located just a short distance from the open Pacific Ocean, the Alberni Inlet has supported marine activity for generations.

The Port Alberni Port Authority (PAPA) was officially established on July 1, 1999, under the Canada Marine Act, becoming one of Canada's federal port authorities. Unlike municipalities, the Port Authority is financially self-sustaining. It does not rely on tax dollars for operations, instead generating revenue through leases, marina operations, marine services, and industrial activities.

Since its formation, the organization has evolved far beyond traditional port operations. Today, the Port Authority manages commercial terminals, recreational marinas, regional food hub, campground facilities, industrial lands, and community-focused waterfront spaces, all while balancing economic development with environmental stewardship and public access.

## More Than Ships and Docks

At the core of the Port Authority's operations are its deep-sea terminals. The Port Alberni Terminals feature three berths capable of handling a wide range of cargo and vessels, including Panamax-sized ships. The harbour's proximity to the open Pacific gives it a strategic advantage compared to many other ports on the coast.

The port continues to support forestry and industrial activity, while also positioning itself for diversification into seafood, marine services, tourism, and logistics. Beyond the industrial side, the Port Authority operates several recreational and commercial marine facilities that residents use regularly. These include Alberni Lighthouse Marina, Tye Landing, Fishermen's Harbour, and China Creek Campground & Marina.

China Creek Campground has become one of Vancouver Island's hidden gems for campers, anglers, paddlers, scuba divers, and wind sport enthusiasts. Recent upgrades, including waterfront cabins, booking system improvements, and expanded amenities, have helped extend the campground season and attract visitors from across British Columbia and beyond.

**The Dock+**

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The Port Authority also operates Alberni Ice, supplying the film industry, as well as commercial, recreational, and Indigenous fisheries throughout the region with quality flaked salt ice.

### The Dock+: A New Era for Food Processing

One of the Port Authority's thriving projects in recent years has been the growth of The Dock+, a regional food hub with a shared commercial kitchen and seafood processing facility located on the waterfront. The Dock+ has quickly grown into a regional innovation hub. The facility now supports seafood processors, commercial kitchen users, cold storage operations, and local entrepreneurs.

This year marked the official opening of a major expansion project that increased the facility to more than 20,000 square feet. Supported through funding from the provincial government, the Investment Agriculture Foundation of BC, and local partners, the expansion includes new cold storage infrastructure and advanced High-Pressure Processing (HPP) technology.

The HPP system allows seafood products to be processed more efficiently while extending shelf life and improving food safety. It also creates new opportunities for local producers to access larger markets while reducing waste and improving product quality.

The expansion represents more than just infrastructure. It reflects a growing focus on economic diversification, food security, Indigenous partnerships, and local value-added production.

### Partnerships and Community Connections

Collaboration has become a defining part of the Port Authority's approach to development. In recent years, PAPA has strengthened partnerships with local governments, organizations, businesses, and First Nations throughout the region.

Partnerships connected to projects like The Dock+ highlight the growing role Indigenous-led economic development is playing within the marine sector.

Community is central to the work being done at the Port Authority, events such as Port Day, waterfront festivals, marina activities, and educational outreach programs help connect residents to the harbour and the work happening along the waterfront. The Port Authority



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supports several community events, initiatives, and organizations through donations, sponsorships, and facility use support. The team also volunteers their skills to several community boards, committees, and organizations.

The Port Authority's role extends beyond shipping and infrastructure. It has become a facilitator for tourism, marine recreation, cultural activity, and community development.

## Looking Ahead

As global supply chains continue to evolve, the Port Alberni Port Authority sees significant opportunity ahead.

One of the most talked-about long-term concepts is the proposed Port Alberni Transshipment Hub (PATH), a vision for a modern marine logistics hub designed to move container cargo more efficiently through coastal shipping networks. The concept positions Port Alberni as a future gateway for marine transportation while reducing congestion and emissions in larger urban centres.


At the same time, the organization continues to pursue growth in cruise tourism. Port Alberni is working to

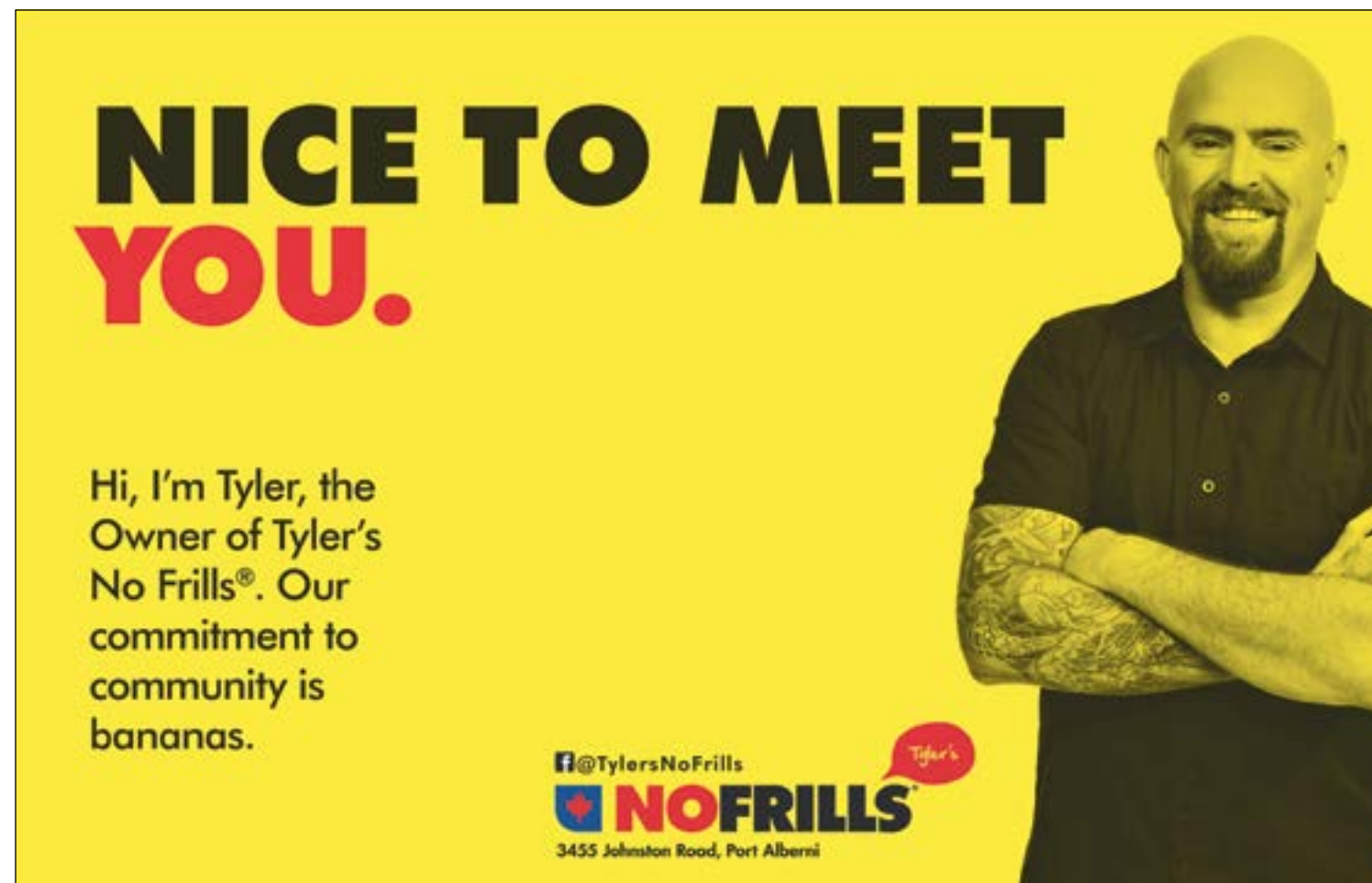
position itself as a unique destination on the Pacific Coast. The combination of Indigenous culture, outdoor recreation, wildlife, food experiences, and access to Vancouver Island's west coast creates strong potential for boutique and expedition-style cruise experiences.

Infrastructure renewal also remains a priority. From marina upgrades and environmental improvements to expanded public access and operational investments, the Port Authority continues to modernize facilities while planning for long-term sustainability.

## A Port Connected to Its Community


For many residents, the waterfront is simply part of everyday life — a place to launch a boat, visit a marina, enjoy the harbour, or attend a community event. But behind the scenes, the Port Alberni Port Authority is helping shape the economic future of the region.

With deep roots in marine commerce and an increasing focus on innovation, partnerships, tourism, and sustainability, the organization continues to evolve alongside the community it serves. 




**NICE TO MEET YOU.**

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

 @TylersNoFrills

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3455 Johnston Road, Port Alberni



# Alberni-Clayoquot Continuing Care Society

Fir Park - 4411 Wallace St



**ECHO VILLAGE**

67-Bed Residential Multi-level Care Home

### Adult Day Services Overview

Meals: Hot lunch and snacks are provided daily.

Transportation: HandyDART available for rides to and from the centre and appointments (call 724-1311).

Medication: Supervision available if needed.

Cost: \$10/day – includes meals and refreshments (subsidized by B.C. Ministry of Health).

Benefits:

- Social connection through organized activities
- Support for emotional well-being
- Improved quality of life
- Help for those struggling at home

Bonus: Participants who later become residents often transition more smoothly.

**These Homes offer the means to grow old in the community they've known as the 'hidden gem' of the Island.**



FIR PARK/ECHO VILLAGE 4411 Wallace St./4200 10th Ave. Port Alberni, BC V9Y 7Y5



### Day Services That Feel Like Home:

#### Daily Adult Care at Fir Park

At the Alberni-Clayoquot Continuing Care Society (ACCCS), we believe that everyone deserves compassionate, respectful support in a setting that feels like home. That's why we offer daily adult day services at Fir Park Village and Echo Village, tailored to meet the care needs of older adults and individuals requiring extra support—whether you're a caregiver needing respite or a participant looking for connection and care in a warm, welcoming environment.



**FIR PARK VILLAGE**

66-Bed Residential Multi-level Care Home

### Fir Park Adult Day Services

Tara McGifford,

Director of Programming & Adult Day Services

724-6541 Extension 253

Maria Law,

Adult Day Services Coordinator

724-6541 Extension 717

You can also inquire at:

Your Physician

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at 1-877-734-4101

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