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CPR Trail
Photo Credit Tamiko Corlazzoli



Inlet Trail Viewpoint
Photo Credit Man in the Hat Dog Hiking



China Creek Campground
Photo Credit Tana Pprich



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Let's Make A Splash

Catch A Wave at Sproat Lake



One of the best parts of living in Port Alberni is the abundance of places to Make a Splash in the warm summer months. Sproat and Great Central Lake, perfect for all sorts of water activities including lounging on the beach, cliff jumping, paddleboarding, and swimming. We're also home to a spectacular river, ideal for floating leisurely down on a hot summer day. Plus, the Alberni Inlet provides ideal conditions for kiteboarding, crabbing, and diving, complete with sunken ships full of fish life. Come along with us as we take you through our favourite places to Make a Splash this summer!

Sproat Lake is the destination for an assortment of water sports, including wakeboarding and waterskiing. The Stirling Arm section of the lake is ideal for these sports, as it is home to Sproat Lake Water Sports Club, which each year hosts many competitions and events.

Wakeboarding is a water sport where the rider stands on a wakeboard and is towed behind a motorboat. The wakeboarder rides in the wakes of the boat performing aerial manoeuvres and tricks. Wakeboarding is a relatively easy sport to learn, typically starting from a kneeling position on the board. As you progress, you'll start with your feet on the board and knees pulled into your chest, stretching your arms out in front of you with a firm grip on the handle. As the boat begins to pull forwards, let yourself roll up into a standing position. You'll have one foot in front of the other; this position will depend on if you're "goofy" with your right foot forward, or regular with your left foot forward. Bringing the handle around to your side, in-line with your leading hip/foot and look over your leading shoulder, now you're ready to rock! Water Skiing is similar, but with two skis, instead of the singular wakeboard.

Competitors from all over the world have competed at Sproat Lake over the years due in part to its sheer size; stretching across 25km with 300km of shoreline, the lake provides plenty of space for everyone to enjoy. The Stirling Arm section of the lake gives the perfect backdrop for competitors and enthusiasts, with lush forest and magnificent mountainscapes.

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Take a Paddle into the Past

Long before the Lake was named Sproat Lake, it was and remains, traditional territories of the Hupacasath First Nations. This can be seen by the Petroglyphs located at Sproat Lake Provincial Park. "The petroglyphs seem to depict creatures from the lake, Ka ka win – carved into the rock face at the beginning of the lake depicts the history of the Tsunami in the 1500's. Many ocean fish were driven up into the lake that were unknown to the Kleh-koot people of the time. A killer whale lived for months in Sproat Lake and when it finally died our people cut open its belly and recognized many of the foods it ate to survive." The images have faded considerably over the years due to water runoff, changes in the water level, freezing and thawing, yet they remain as a connection to the past.

These petroglyphs can be found at the archaeological site called K'ak'awin, which is a short walk from the Sproat Lake Provincial Park entrance or via water on a paddleboard or kayak. Approaching the magnificent rock face from the water offers the paddler a chance to view the petroglyphs in its entirety.

Paddleboarding on the lake is a great way to not only explore, but also a fantastic way to "get your feet wet" and try paddleboarding for the first time. The lake



Photo Credit Adam Copp

stays relatively calm, with little waves, making it ideal for first timers. You'll need a paddleboard, lifejacket, and a paddle to get started. Adam Copp from [where he's from] says "Biggest tips when starting out... don't go alone, wear a PFD, and watch some intro videos online or join a local fb group like iSUPport that has lots of tips and tricks." Depending on the weather, a bathing suit is typically what one would wear, so you can cool off in the lake while paddling, but you could also wear a wetsuit or whatever you're most comfortable in- just remember that you may get wet. We also recommend sunscreen, a hat, and water, as it can get hot on the lake in the summer!

to a standing position. It can take a couple tries and repositioning to find your "spot" on the board, so take your time and remember to laugh at yourself. Once you're feeling comfortable, start paddling and enjoy your time on the lake because, as Adam say "you will see the water is such a different way when you can stand, kneel, sit, stretch out and lay down or just clip into a buoy or branch and suntan, swim, or grab a drink from your cooler."

"The freedom and tranquillity on the water is amazing. There are definitely breathtaking moments on the water that will keep you coming back." - Adam Copp



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Take a Dip at the Hole in the Wall

The Hole in the Wall is famously known for the literal hole in the wall, it's a beautiful place for a quick dip after the hike down, beneath the small waterfall. The water stays relatively shallow, crystal clear, and refreshing, making it the perfect cooldown spot. The Hole in the Wall is manmade and dates back before the amalgamation of Port Alberni, when there was Port Alberni and Alberni. There was a wooden pipeline running through the hole which provided water to the town; after the pipeline was upgraded, the water eroded the wood and the Hole in the Wall was formed. Evidence of the pipeline can still be seen at the site.

Getting to the Hole in the Wall can be a bit tricky, as there is no dedicated parking and the trailhead is located directly off the highway across from the

Lookout Parking lot. Please be safe and use discretion when driving to and parking at this location. Once you're parked and ready to go, the hike down to the Hole in the Wall is relatively quick and easy, taking approximately 15-20 minutes. Look for the sign that says Hole in the Wall and follow that trail all the way down to the creek. The Hole in the Wall will be one of the first things you see as you approach the water. You'll be surrounded by beautifully green and lush west coast forest full of maples, ferns, and moss as you cool down in the creek. There are multiple trail systems in this area, so take some time to explore in between dips in the creek. Hiking back to your car might be slightly harder, as you'll be heading uphill most of the way, but it'll all be worth it!



Photo Credit Ashley Bertsch

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Take a Tube Down the River



Stamp River is the place to be on a hot summer day. Grab your tube, lather on the biodegradable sunscreen, pack up some snacks and lots of water, and head out onto the water for a relaxing day tubing the river. June and July are the ideal months for tubing on the Stamp River as it's usually incredibly warm, and the river has a good mix of fast and slow moving sections. The river is surrounded by beautifully lush forests full of wildlife; keep your eyes peeled for birds and maybe even a black bear. There are spots to pull off for a picnic all along the river, just be aware that some are private property.

Floating the River doesn't require much gear to get started; mainly, you'll need something to float on. Tubes, blow up rafts, or a blow up unicorn are all acceptable floatation devices. It's also handy to bring a dry bag or cooler to contain any snacks or drinks you'll want during your float. Remember to bring your sunscreen, a hat, and shirt, as the Valley heat sets in in the afternoon. As always, follow the "pack out what you pack in" rule and take any garbage with you, to help preserve our beautiful backyard!

It is important to start your tubing adventure after Stamp Falls, as the falls themselves can be quite dangerous. Once you arrive at the river, load up your gear and self into your tube and hit the water! While a float down the river is a relaxing experience, stay aware of your surroundings, as there are faster moving sections and forks in the river. Your float should end prior to Papermill Dam Park where you can park a second vehicle. Be safe, stay aware, and enjoy your beautiful float down the river!



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Hupacasath First Nations Fisheries, Leaders within the industry



Photo Credit Graham Murrell

The Hupacasath First Nation Fisheries Department are leaders within the industry, providing the vital information required to assess the local salmon stocks and ensure that stocks are being harvested sustainably. As Graham Murrell, the Fisheries Manager and Biologist, tells us “Hupacasath First Nation takes great pride in the stewardship of the resources, and the work that their fisheries department conducts annually is a great example of this”.

The Hupacasath First Nation Fisheries have been operating the escapement program on the Sproat and Stamp Rivers for decades. The program started with crew lying on the fishway making periodic visual counts of fish as they pass through the fish ladders and has evolved to its current state of high-definition

cameras recording fish passage through lighted fish tunnels 24/7. The tunnels are operational from early April to November to monitor all species of salmon returning to spawn. This program provides essential information to help them understand and monitor what species and how many fish return to spawn in each year. Biological data is collected from sampled fish to assess size and ages of the returning salmon.

They have expanded their work in monitoring juvenile sockeye in the nursery lakes at Sproat and Great Central Lake through acoustic and trawl surveys (ATS). ATS surveys utilize specialized echosounders to generate estimates of the juvenile fish population in the lake. A beam trawl is operated on the vessel to catch the fish at various depths (10-60 meters) in order to

verify species composition and collect samples to assess the condition of the sockeye. This process typically takes place at night through the winter months, determining the pre-smolt sockeye population of the lakes. Being the leaders that they are in the industry, the Hupacasath Fisheries Department has expanded their work with nursery lakes across the Island and mainland, helping other communities monitor salmon population along BC's coast.

Lastly, the Hupacasath Fisheries has two programs operating that monitor the salmon leaving the lakes each year. A rotary screw trap (RST) is used on the Sproat River and a Fish trap at Robertson Creek Hatchery is used to catch a portion of the out-migration salmon from Sproat and Great Central Lakes.

These estimates are used to generate an index of the total number of sockeye smolts leaving the lakes. The sockeye smolts are also sampled to determine their condition as they head to the ocean. These sites operate from early April to mid-June as the sockeye smolts make the trip down the rivers to the ocean. All of the data collected is used to track the productivity of the lakes and to prepare annual forecasts of returning adult salmon.

The Hupacasath First Nations Fisheries care a great deal about ensuring that the fish are well looked after in all stages of life. They work hard throughout the year monitoring, sampling, and doing what they can to maintain strong salmon populations for the future generations.



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Take a Dive at China Creek

China Creek is a popular diving site for both inexperienced and experienced divers.

There are two diving sites at China Creek; the Wall Dive and the Migrant Ship Dive. The Wall Dive is located near campsites #54/#55, along the sheer rock face to your left, (if you're standing on the beach looking down the Inlet.) The Migrant Ship Dive is located roughly to the west, (if you're standing at the spot mentioned before for the Wall Dive.) Head straight out from the beach and veer west for about 7 or 8 minutes before coming across the sunken ship, which runs perpendicular to the beach.

The Wall Dive is a mix of fresh and saltwater; the first 10-15 feet is freshwater and the saltwater mixes below that. The Wall is home to an array of artefacts including a telephone booth, a small boat, and a tugboat, as you travel along the rockface of the mountain above. This dive is teeming with marine life including octopus, anemones, rockfish, and sea pummels. This site is great for novice and advanced divers, especially those looking at gaining experience with decreased visibility diving, as you can use the seabed and wall to navigate. This Wall also offers deep dives of 130 feet down!

The Migrant Ship Dive takes divers to sunken ships that were used to transport Chinese immigrants into Canada in 1999. The Alberni Reef Society purchased the ships from the Canadian Government with the intention of building an artificial reef and dive site, while keeping the history of these ships alive. In 2001 The Blue and The Rusty were sunk off the beach at Underwood Cove at the China Creek Campground, and have since been a popular dive site for all levels. Divers have the opportunity to see both sunken ships and the entire ecosystem that they house, including a giant octopus, dungeness crab, anemones, and the occasional wolf eel. This dive site is the only artificial reef accessible by land, via beach, in North America.





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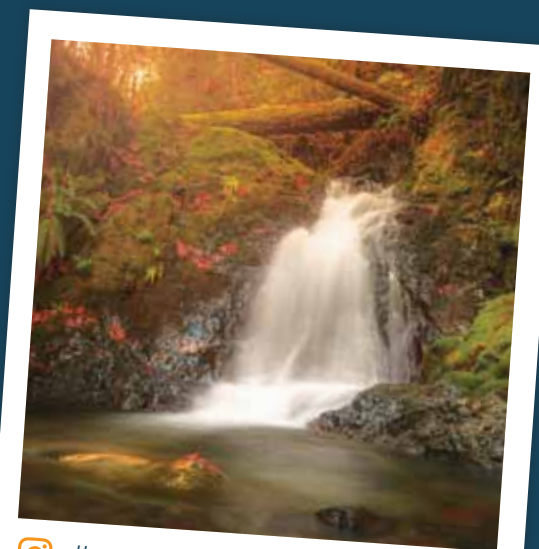
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Take a Cruise on Great Central Lake

Great Central Lake is a beautiful place for a canoe ride. Great Central is less developed than Sproat Lake, making it the ideal location for those looking for an off-grid experience. The lake spans 45km with an area of 50 square kilometres, making it the second largest lake on Vancouver Island. While Great Central is mostly underdeveloped, you'll see around 70 float homes as you explore the lake on your canoe. At the far end of the lake is the trailhead to Della Falls, the 16th largest waterfall in Canada, where you can canoe to and camp on the beach, or travel up the mountain to the falls. Della Falls stands at 440 metres and is the second tallest waterfall on Vancouver Island. The falls were discovered by Europeans in 1899, when prospector and trapper, Joe Drinkwater explored the area. Drinkwater named the falls after his wife and built the 16km hiking trail to the falls from Drinkwater Creek; evidence of his gold mining operation can still

be seen near the falls. Great Central is home to an abundance of wildlife, look out for black bears, bald eagles, you might luck out and see an elk. The lake offers calm waters to enjoy leisurely, with some wind travelling through the Valley.



Photo Credit Jane Roth

Take a Jump at Two Rivers

Sproat Lake is home to some thrilling cliff jumping locations, specifically at the Two Rivers Arm, accessible via boat or gravel road. The cliffs here range in height, with some of the tallest standing at 90m. Cliff jumping is a thrilling experience at any height and jumping off a rock into the water below isn't for the faint at heart. We're blessed with warm waters during the summer months at Sproat Lake, so luckily you won't be jumping into an ice bath.

Sproat Lake has four arms; Taylor Arm, Stirling Arm, Klehkoot Arm, and Two Rivers Arm, which are all unique sections of the lake. Two Rivers Arm is a sheltered section of the lake, hiding south of Dog Mountain. Karst limestone has been found in this area, providing vegetation and topography, with the potential of cave exploration. While Gracie Creek feeds into Two Rivers Arm at the south west corner,

where salmon use the beach to spawn. Aside from a campground that has set out to minimise its impact on the environment, this section of the lake is relatively uninhabited. Boaters dock at the campground bay to watch the brave people who jump and perform tricks off the cliffs at the entrance of Two Rivers Arm, into the clear waters below.



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Take a Swim at Second Bridge

The Taylor Arm swimming spot on Sproat Lake has to be one of the most peaceful areas of the lake. Located directly under the second bridge on your way around Sproat Lake, at the Taylor Arm Provincial Park, this swimming spot is ideal for an evening swim in the summer. The beach is mainly rock, with plenty of relaxation spots along the tree line that offer the perfect balance of sun and shade. This end of the lake showcases the spectacular mountain landscape that Sproat Lake has.

Heading out of Port Alberni towards Tofino, the Taylor Arm Provincial Park parking is located just before the second bridge, on the right. During busy summer days there is some extra parking just off

the highway, but always be safe and use discretion. At the entrance of the parking lot there is a trail that leads down, underneath the bridge. You'll follow the creek until you hit the beach! Turn right or left to find your perfect spot. Left will take you closer to Battleship Island, whereas the right will take you through the forest before opening up to the beach. This side of the lake tends to be calmer with fewer boats and people in the water, making for ideal swimming conditions. Put on a pair of goggles and explore the bottom of the lake, which is covered in fallen trees and rocks of all sizes. Float around on a giant unicorn, soaking in the summer warmth, before cooling off in the lake. This is a must see swimming spot to enjoy all summer.



Photo Credit Megan Warrander

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Catch a Wave at Canal Beach

Located at the south end of Port Alberni, Canal Beach offers phenomenal windsurfing and kiteboarding during the evening summer thermals. Canal Beach is Port Alberni's only beachfront, and it offers something for everyone. Relax on the warm grass, stroll along the beach, play a friendly game of volleyball, go for a quick swim, paddle the Inlet, or try your hand at kiteboarding. The Inlet brings in the perfect amount of wind and choppy waters for windsurfing and kiteboarding during the summer months. With a spectacular backdrop of the Alberni Harbour and surrounding mountains, this is the place to get out on the water this summer.

The Inlet has a unique thermal experience in the afternoons, bringing in wind and waves from the Ocean, ideal for windsurfing and kiteboarding. Stay closer inland, or explore across the Inlet, letting the wind take you where it wants. You might even catch a wake if you time it right!



Photo Credit Alicia LaRue

Catch A Crab at China Creek

Did you know, the Alberni Inlet is home to Dungeness crab? Dungeness crabs are considered a delicacy in Canada and the United States. They are only found along the west coast of North America, where they primarily inhabit eelgrass beds and water bottoms. They have also been found in Sarita and Effingham Bays, closer to the freshwater outpours into the Barkley Sound.

Crabbing on Vancouver Island comes with a couple rules in place to help protect our ecosystems and the humans eating the crabs. To start, you'll need a tidal waters sports-fishing licence. Next, be sure to understand the difference between female and male Red Rock and Dungeness Crabs, as the females must be released back into the water; females are easily distinguished from males by their wide abdomens, whereas males have narrow abdomens. It is also important to have a measuring tape on deck with you, so you can measure and release any undersized crabs; any Dungeness crabs under 165mm and Red Rock crab under 115mm must be released back into the water if caught.

Aside from a boat, crabbing does require some equipment. This equipment includes either a hoop net or trap/bait cages; trap cages with chicken as bait typically yield a more successful catch than the hoop net, but both will work. Gloves, a net, and bucket are other important pieces of equipment to have with you while out on the water. Of course, remember to pack snacks and beverages to enjoy while out on the water, crabbing is a waiting game, so sit back and relax while you wait for the crabs to come to you!



Photo Credit Tana Pprich

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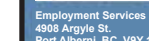
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Celebrating 75 Years at the Alberni District Fall Fair

Summarized by Stephanie Wakelin with content provided by Ann Siddall, Alberni District Fall Fair Association.

Join us September 8th through 11th as the Alberni District Fall Fair officially celebrates their 75th Annual Fair "Diamond in the Rough"! Although this milestone celebration has been delayed by a couple of years, but it's better late than never!

Originally the Alberni Fall Fair was an event the Alberni Farmers Institute initiated to celebrate the coming of fall and a venue to showcase agriculture. Back then, it was held in the Beaver Creek area of the Alberni Valley. In 1945, many of the men in the Alberni Farmers Institute were off fighting in the war, it was then that they approached the Kinsmen Club to take over the traditional event. The following year in 1946, the Alberni District Fall Fair Association was formed and held their first official fair that same year. Over the years, the Association slowly made improvements to the present Kin Hut, barns and Kinsmen Community Center. Bingo Hauser brought his first midway rides to the fair in 1960. Today the fair looks a lot different, but their roots remain the same. They continue to strive to promote agriculture, assist enterprises, sporting and other groups for the betterment of the community.

The Fall Fair could not take place without the help of all the volunteers in our community, some of which are second and third generation and grew up helping at the fair. The Kinsmen Club who still to this day treat the fair as a major project, our relatively new Junior Fair Members, our next generation of volunteers, and community groups that assist. A big thank you to everyone involved for supporting the fair for 75 years, and for many more years to come.

Logger Sports have been going on in various locations

around the Valley since the 1900's. Eventually, they joined forces with the fair 38 years ago and now have Sunday as the long-standing designated day for the traditional Logger Sports Day. The prize money has increased significantly from \$300 in the early days to

a whopping \$10,000 thanks in part to great sponsors the Fall Fair have been able to build up a relationship with. Recently, the fair renamed the Logger Sports Show from Timber Bowl to the Boyko and Marocchi Logger Sports Bowl in honor of two great long-time supporters and volunteers. Competitors come from all over the Pacific Northwest to compete in the Alberni District Fall Fair Logger Sports Show.

This year, fair-goers will notice quite a few changes to the layout, so we are told. The 75th

anniversary is bringing out a fresh new look to the fairgrounds! They are bringing back the tried-and-true events such as the trade show, food vendors, tractor pulls, logger sports, parade, the Fairly Amazing Race for teens, livestock shows, and home arts exhibits. Along with lots of live entertainment including the return of the Darby Mills Project and Dan the One-Man



Photo Credit Alberni Valley Museum

PN11688 - A photo of an army camp building (1942-1945) after being donated to the city in 1946, "Arrowsmith Lodge Private". Located at the current fall fair grounds.

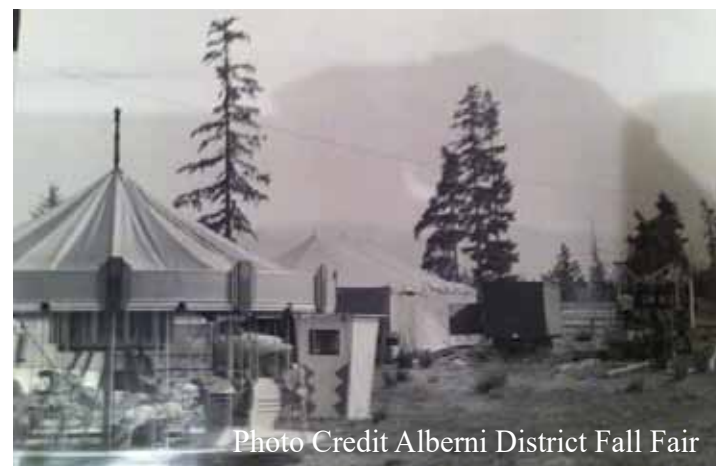


Photo Credit Alberni District Fall Fair



Photo Credit Alberni Valley Museum

PN13857 - Kinsmen Club car raffle at Alberni District Fall Fair 1958. People are identified from left-right as: W.K. (Bill) Evans, W.H. Wittome (from Duncan, B.C. - car winner) and Arnold McLean. Tickets were \$1.00 at the time.

Band. In addition, this year they will have Global FMX putting on spectacular shows for all 3 days featuring double ramps with both skidoos and bike tricks, Ryan Cook of Saw Valley Woodcarving, Bingo, Old MacDonald's Farmyard, local artisans and of course the famous midway.

We encourage you to visit our website www.albernifair.com for up-to-date information on the activities that will be going on, including emphasis on Agricultural Education featuring local farm gate sale brochures, and our Shop Local Grocery Shopping Game in the Agriculture Education Display Building. We have opened up online sales for our \$30,000 cash raffle, general admission tickets, and midway early bird ride passes. We hope to see you at this year's fair!



Photo Credit Alberni District Fall Fair

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September 8 - 11, 2022

HAYES (& FRIENDS) 100th ANNIVERSARY TRUCK SHOW

written by Nicole Brazzale, with content provided by David Hooper, Industrial Heritage Member.

The Alberni Valley – the one-time “Forest Industry Capital of Canada” - has been home to many of these iconic, made-in-BC trucks, and for many years even had a Hayes dealership in town. The booming years of the forest industry after World War II were considered the ‘Golden Age’ for Hayes, and for Port Alberni. As rail logging was phased out and the big logging camps at Great Central Lake and Franklin River shut down their railroads, they were replaced by Hayes trucks, amongst others. Hayes developed their giant off-highway “HD” and “HDX” model logging trucks that could move the same amount of wood, more economically, than the old steam locomotives.

Hayes trucks were built from 1922 to 1975 in Vancouver. In the early days, trucks were notoriously unreliable, under-powered and frankly unsafe; the brakes on the early logging trucks failed with such regularity that they never bothered installing doors in the cabs, so the drivers could bail out of a runaway truck. Hayes solved this problem by installing water-cooled brakes, quickly making them innovators in the industry.

Although Hayes built a variety of vehicles including buses, tankers and even a firetruck, they specialised in heavy trucks for the Coastal forest industry. Rarely did Hayes build vehicles under the typical assembly line method, instead, their trucks were often custom built to their customer’s

requirements. For example they built a custom order truck for R.B. McLean Lumber Co. in 1945 that had extra-large brake drums, to better handle the steep grades on the Beaufort Range, above the McLean Mill. Hayes were built tough, especially for rough use and heavy loads on the logging roads of the coastal forests. Their trucks were famous for their reliability and endurance, and they developed a loyal following of loggers, drivers and mechanics that endures to this day, 47 years after the last truck drove out the door of the False Creek plant in Vancouver.

Even to this day, Port Alberni continues to be a Hayes hotbed. Several vehicles are still working in the woods, others are on Standby, while others sit in ‘boneyards’. There are a favoured few that have been lovingly restored by their owners. Steve Drybrough, John Casanave, Ross Stevens, Jim Falconer and Vic Laughlin are all well-known in the trucking community for the quality of their restorations.



Yeller 1947 Hayes with an old-time “3-log load”.



#4667 Old “Hayes” in Steve D.’s “Field of Dreams”

- DID YOU KNOW that Port Alberni has...**
- ...the oldest surviving Hayes-Anderson truck?**
- ...the last Hayes to be built?**
- ...the only logging truck – a Hayes – to carry the Olympic torch?**
- ...the only logging truck to appear on a Canadian postage stamp?**
- ...the logging truck that was the feature display for BC at EXPO '67? – a giant Hayes HDX.**

All of these trucks will be on display at the Hayes & Friends 100th Anniversary Show at the Alberni Fall Fairgrounds on the BC Day long weekend.

Come check out this BC Legend this summer at the Fall Fair Grounds.



ERT: “Hayes” HDX model - restored by Steve Drybrough.

Hayes 100 ANNIVERSARY SHOW PORT ALBERNI, BC

July 30 - August 1, 2022
SAT/SUN: 10am-5pm MON 10am-3pm





Fall Fair Grounds

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“Emergence:

Written by Nicole Brazzale with information provided by Michaela Rose, Jan Vriesen and Robert Gunn.

The Alberni Valley Museum is excited to announce a new exhibit for Summer 2022, The AV Museum Art Show “Emergence - New Works, New Beginnings”. Featuring 80 diverse works from 60 artists from Comox, Denman Island, Errington, Gabriola, Galiano, Ladysmith, Lake Cowichan, Mayne, Nanaimo, Saanich, Parksville, Pender, Port Alberni, Qualicum, Sidney, Tofino, Ucluelet & Victoria). This is the second show that the Museum has hosted, the first being in 2018. Artists have been eager to be able to once again show their skills and new works, and excitement is high for this year’s event. Submissions range from paintings to free standing work in bronze, clay, moose antler, and willow. One artist created a magnificent body surfer which was carved from recovered fir driftwood plank, while another created a beach scavenged high-rise that has lights and revolves.

The theme “New Works, New Beginnings” was intentionally left vague, giving the artists free range to create their vision of what new beginnings and new works meant to them. The wall art, which is mostly paintings, are as varied and diverse as the Island their creators live on. With a wide variety of subject matter, approach and technique the artists have truly poured their souls into their pieces.



New Works, New Beginnings” at the Alberni Valley Museum

Michaela Rose, a 19 year old artist living in Victoria, has been an artist her entire life. She is currently going to school to become a graphic designer and has just recently started selling her art. Michaela grew up with art and has enjoyed doing art since she was a small child; she’s always known that art will have a place in her life. She entered the Emergence show as her first independent art show, as a way to get her art out into the public and hopefully sell her piece. Michaela used the “new beginnings, new works” theme to her advantage in her giant green acrylic painting. Michaela used texture on the top half of her painting, which can be seen in the spirals, the lower half is defined by a straight cut off point and looks “erased and restarted, trying to make it be perfect and the new beginnings of that”.

When asked how long Jan Vriesen has been an artist, his response was a laughing “2000 years”. After his family immigrated to Canada from Germany at age 14 he was enrolled in high school where art quickly became the one thing that he enjoyed and was interested in. After graduating high school, Jan’s interest in art took him to the Alberta College of Art and continued at the University of Victoria. While living in Victoria, Jan started working at a local museum

where he painted his first diorama. Dioramas are a three-dimensional representation of a person or thing or of a proposed structure, typically on a smaller scale than the original, often found in museums. Jan has travelled all over the continent painting landscapes for dioramas, before starting work with paleobotanist painting prehistoric dioramas based on the descriptions he was given. Jan painted a diorama for the Emergence show, and was excited to see a “healthy turn out” and response from the community; he’s “glad that we are having this show here in town” to support local artists. You can find Jans art at <https://www.janvriesen.com>.

The overall look of the gallery is a feast for the eye and an enjoyable place to spend an hour or so. All pieces are for sale, with a wide variety of marked prices, that include a commission to the Museum. The show closes on the 3rd of September, so be sure to take a day and check out the amazing art from our local Vancouver Island artists! Check out playinpa.ca/museum-2/ for more information, or stop by The Alberni Valley Museum, located in Echo Centre at 4255 Wallace St. Open Tuesday to Saturday, 11am-4pm.



Take A Hike - Fossli Park

Living in the Alberni Valley means being surrounded by nature. Drive in any direction for 10 minutes and you'll find the water, a trail to explore, or a mountain to climb. Here at The Vibe, we love to showcase our beautiful backyard, and we're excited to announce our new feature article: Take a Hike. The first adventure we'd like to take you on is the stunning Fossli Provincial Park, which is located on Sproat Lake and features a beautiful waterfall, suspension bridge, creek, and lake access. Let's get exploring!

Fossli Provincial Park is located on the south side of Stirling Arm on Sproat Lake. Access to the park is by active logging roads; be cautious and take extra care while driving along logging roads, remember that logging trucks always have the right of way. Fossli Trail is located about 25 minutes west of Port Alberni. Head towards Sproat Lake and make a left at McCoy Lake Road, just after the Orange Bridge. Carry on McCoy Lake Rd and make a left onto Stirling Arm Drive, before making another left onto Ash Main (this is where the logging road begins), turn right to get back on Stirling Arm Drive and stay right the rest of the way. The trailhead will be on your right just before a small bridge, parking is on the shoulder of the logging road, so ensure your vehicle is off the road.

From here, we head downhill on large rocks, before leveling out and coming to a fork in the trail. Stay left at the fork and continue down towards the water, where you'll find the suspension bridge to take you

across the creek. The trail is surrounded by 130 acres of protected forest; ferns and moss covered trees hug the path, and at one point open up to a fern covered meadow which is sure to take your breath away. There are a couple different trails through the park, which provides the hiker the option to stay along the creek, walk through the dense forest, or experience both with a partial loop.

The park provides beach access to Sproat Lake, complete with a picnic bench and outhouse. This is the perfect place to come for a quick swim, bite to eat, and rest before heading back up the trail. Be sure to bring your own water as drinkable water is not available in the park. The beach is protected by trees and feels secluded if you find yourself there alone. It's a beautiful place to sit and think, or just enjoy the nature around you.

Heading back up the trail gives you the option to walk along the creek if you took the other path on the way down. The creek flows calmly over algae covered rocks, surrounded by hanging branches covered in moss, often referred to as Beard lichens. If the moss is bright green that indicates that the air is clean, but if the moss turns grey it could be a sign that the air quality isn't great. Luckily, the moss in Fossli park tends to stay a vibrant green, indicating a healthy environment.

There is a specific spot on the trail that takes our breath away everytime we explore this beautiful trail, regardless of the time of year or weather conditions.

The trail suddenly opens up to a breathtaking meadow littered with ferns. The sun filters beautifully through the trees on a sunny day and when it rains the green of the ferns comes to life. We encourage you to stop for a moment and take a couple deep breaths, while you take in the peaceful beauty around you. The sweet smells of the forest are almost intoxicating, giving us pause and a deep sense of calm. Let your hands graze the endless ferns as you make your way through the meadow before heading back into the forest, as the creek sings gently in the background.

The journey back to the car can become a bit of a trek as we head uphill, but take your time and include lots of breaks if you need it. Prolonging your stay at Fossli is never a bad idea.

Fossli Trail is a beautiful trail that anyone can enjoy. It is rated as easy on the AllTrails app, at 3.5km with about a 96m elevation gain. It takes an average of 55 minutes to complete, but we encourage you to spend as much time as you can here. We hope you enjoy Fossli Trail as much as we do!



Photo credit Kyle Thompson



Photo credit Stephanie Wakelin



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Did you know that the Alberni Valley is home to Vancouver Island's only Lake Patrol?

Written by Marlena Locke; lead hand of the Sproat Lake Marine Patrol.

The Sproat Lake Marine Patrol is up and running for the 15th year to continue to establish a safe, fun, and environmentally responsible marine culture on beautiful Sproat Lake and throughout the community of the Alberni Valley.

While on Sproat Lake this summer, you might see the team on their red Zodiac; as they monitor for unsafe boating practices, hazards in the water, boaters in need of assistance, wildfire hazards, and environmental concerns. The Sproat Lake Marine Patrol can also be found busy at the Sproat Lake Provincial Park boat launch, coordinating the use of launch and helping boaters launch more efficiently.

The Sproat Lake Marine Patrol works together with Transport Canada and other resources throughout the valley to educate the public on safety practices, lake etiquette, environmental initiatives, and general information about the Sproat Lake area. Along with the opportunity to educate the public at the boat launch, the Sproat Lake Marine Patrol effectively promotes a safe marine culture through social media and their school outreach program.

The Sproat Lake Marine Patrol is equipped with several safety essentials, including: a battery charger, a first aid kit, emergency fuel, spill pads, a fire extinguisher, fox 40's, a tow rope, and also carry various sizes of lifejackets, maps, and safety



brochures that the public are encouraged to access at the Sproat Lake Provincial Park boat launch.

If you get the pleasure of boating on Sproat Lake this summer, always remember to wear your lifejackets, make sure you have all the required safety equipment on your boat, tell a friend or family member your plan, familiarize yourself with the hazards on Sproat Lake, and do not forget that alcohol and boating do not mix. Stay up to date on what's happening on Sproat Lake and how you can be safer this summer by following the Sproat Lake Marine Patrol on social media:

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Tiktok- @Sproatlakemarinepatrol

Facebook- Sproat Lake Marine Patrol

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The 2022 General Local Election is on Saturday, October 15, 2022

The Alberni-Clayoquot Regional District conducts elections for Electoral Area Directors and Trustees for School District 70 Pacific Rim.

- **August 17: Information session for candidates**
- **October 5 & 12: Advance Voting Days (8 am-8 pm)**
- **Voting locations will be announced at a later date**

For more information on the 2022 General Local Election, visit the Regional District website at: www.acrd.bc.ca/2022election.



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