

PORT ALBERNI

# VALLEY VIBE

SUMMER 2023

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# VALLEYVIBE

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Born and raised in the Alberni Valley, it has always been a passion on mine to share about our amazing community.

Talk to any local and we will all say the same thing about summer in the Alberni Valley - there is no better place to be! From the trails, to the lakes there are countless places to explore this summer. As someone who has spent all her summers here, I can honestly say I am still discovering new sights in our valley that I have never been to. So I want to encourage and challenge everyone to find a part of the valley you haven't seen, or rediscover your favorite spot this year. Take in all the beautiful sights that surround us each and every day, and be thankful we truly are in the best place to live. #lovewhereyoulive

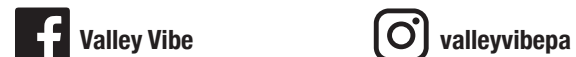
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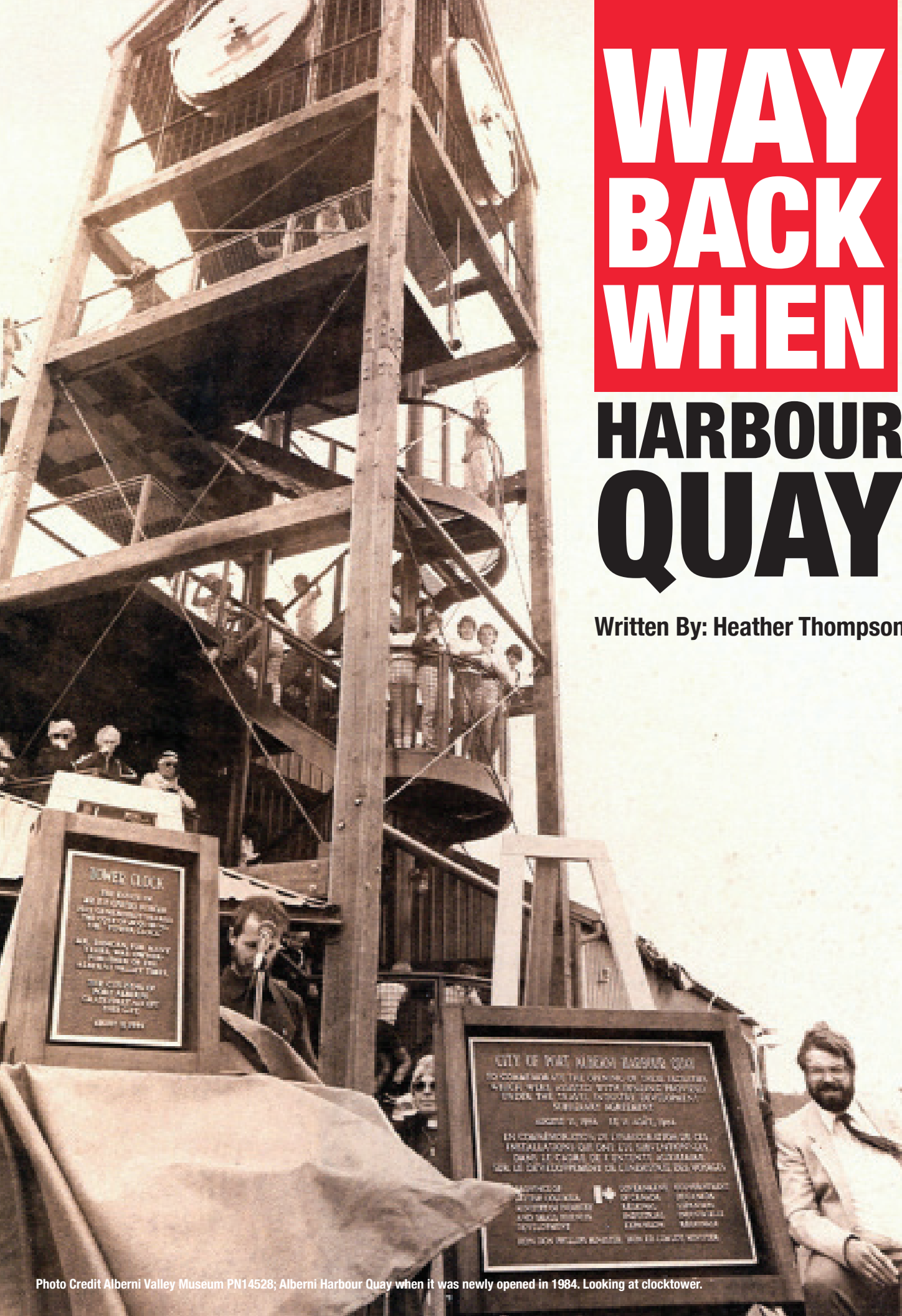
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# WAY BACK WHEN HARBOUR QUAY

Written By: Heather Thompson

Photo Credit Alberni Valley Museum PN14528; Alberni Harbour Quay when it was newly opened in 1984. Looking at clocktower.



PHOTO • ALBERNI VALLEY MUSEUM

Port Alberni's Harbour Quay is almost as iconic as the steam train and Mount Arrowsmith. Ever since it was opened on August 11, 1984, it has been a place for people to gather, shop, and enjoy the view.

It has always been a big deal in this community – and it's been like that from the very beginning. At the grand opening gala, it was estimated that between 3,000 and 4,000 people were in attendance. An old Alberni Valley Times article said the large crowd gave “the opening a carnival atmosphere as they browsed through stores and market booths, munched on snacks, watched dancers, listened to bands and climbed the clocktower to the observation deck.” And it wouldn't be a party in Port Alberni back then without a fly-past of the Martin Mars flying tanker as it dumped thousands of gallons of water into the harbour.

The clock tower was an impressive sight and offered a great spot to take in the sites of the community – to this day people still climb that tower to get a great photo of Mount Arrowsmith. The clocks were funded by a donation from the estate of Fred Duncan, the owner of the Alberni Valley Times. His family has said that it was fitting that a man who was on deadline at the newspaper will be remembered with a clock.

The chairman of the Port Alberni Harbour Commission Hugh Anderson said, “We have a start here at Alberni Harbour Quay, a basic plan we can be proud of. I hope we just don't stop and say the waterfront has been developed, because I think there are other things that can be done.”

Initially the plan for the bottom of Argyle was to create the Harbour Heritage Park. In 1982, the estimated price tag was \$2.3 million, with the city contributing \$800,000. The drawing of the plan was that in 1984 when it opens it will be “Port Alberni's answer to Vancouver's Granville Island Market,” adding that Port Alberni is going one better because they have the Lady Rose, charter boats, a heritage sawmill, the Two-Spot locomotive, and a spot for boat launching and building. The first plan was approved and passed by Mayor Paul Reitsma's council in 1982.

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PHOTO • DAWN AUFRAY



Photo Credit Alberni Valley Museum PN14530; Aerial photo of the Alberni Harbour Quay when it first opened in 1984.

The Waterfront Development Committee, chaired by then mayor Gillian Trumper, was the driving force behind the project after that. Once their plan was finalized, they passed it over to the Alberni Harbour Quay Commission. Soon a design created by architects Norman Hotson and Associates was approved by city council, and the project began to move forward. In the end, they had extra money, which they put toward a boat launch ramp, a small boat dock, and funding for the Two-Spot Locomotive restoration. Luckily, through the years, Anderson got his wish as the Harbour Quay just continued to get better over the years.

In June 2022, Port Alberni gathered again at the Harbour Quay to celebrate. It was National Indigenous Peoples Day, and the celebration would mark another exciting day in the history of the Harbour Quay – the day the Clock Tower was renamed Wolf (Tlookwaana) Tower and given a new look to reflect its historic location in the community. The project included refurbishing the tower to improve safety, replacing the clocks with Indigenous art, painting the tower in traditional Tsehaht First Nation colours, and installing Indigenous storyboards.

The town leaders who first had a vision of what the Harbour Quay could offer the community were on the right track. It is now home to lots of businesses and it is a place of gather for the community. Some of the businesses at the Quay include, The Donut Shop (which has been there since day one), The Sugar Shak, Community Arts Council & The Grove (is a new addition to the area), Salmonberry's, CG Hair Studio, Lady Rose Services, The Starboard Grill, Pinto Goods & Refillery, Homestead Cookhouse, and many more! Not far up the road you can find Porto Taco, Boutique Belle Amies, Kinsmit Quilts, and The Spice Hut in the historic Carmoor Building which is a historical building in our community since 1912. Across the road there's the Card Corner, Gayle's Fashion, Belle's Boutique, and Iron Works Café. The old train station is abuzz with activity as the community awaits a new business that will open in the future in that location.

There are many things that bring us down to the Harbour Quay through the year; beautiful sightseeing spots, a playground, Friday night and Saturday morning markets, live music throughout the summer, and countless small businesses and restaurants. Whatever the reason is that brings you to visit the harbour quay, you are guaranteed to walk away with a piece of Port Alberni's amazing history.



PHOTO • DAWN AUFRAY

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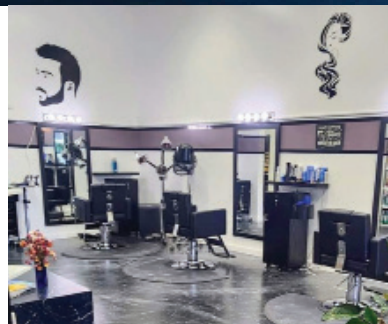
# HARBOUR QUAY

## BUSINESS SPOTLIGHT

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### TheGroveartgallery

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### Sugar Shak

Karmyn was born and raised in the Alberni Valley and has been the owner/operator of Sugar Shak since it opened its doors 15 years ago at the Harbour Quay. With hand-made, and home-made local products, Karmyn is an experienced chocolatier and confectioner showcasing her products at Sugar Shak. Her passion is to showcase "Where sweets meet!."

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# LAKE COUNTRY

WRITTEN BY: HEATHER THOMPSON

PHOTO • CHRISTOPHER POUGET

*In the summer heat many of us seek out a quiet place to cool off. In the Alberni Valley you don't have to look very far if you are looking for a dip in cool water or somewhere to cast a fishing line. Here are a few of the best. As they say, a lake a day as long as you stay!*

**Alberni Inlet** – The Alberni Inlet is still known by many locals as the Canal despite officially losing that title in 1945. The Alberni inlet is a 40 kilometre long, narrow inlet that starts at the Pacific Ocean where the Broken Group Island are located and ends in the Port Alberni harbour. It was named after Pedro de Alberni y Teixidor in the late 1700. It has been the territory of many Nuuchah-nulth nations for time immemorial. The Inlet is home to whales, sea lions, seals, hundreds of bird varieties and other sea life, and perhaps most famous of them all, the Pacific Salmon. It's not hard to access the Inlet right in the Alberni Valley. If you're going by boat, you can launch at either Clutesi Haven Marina or China Creek. If you want to admire it, head down to the bottom of Argyle Street and visit the Harbour Quay. To get a little closer visit and maybe take a dip, head to the end of Third Avenue and follow the signs to Canal Beach.

**Somaas River** – The Somaas River is named after the Nuuchah-nulth word for washing – Tsu-ma-uss. The Somaas River starts where the Stamp River and Sproat River join. It then flows southeast into the Alberni Inlet. Driving along River Road (Highway 4 heading west), the Somaas can be seen on your left all the way to where it bends at under the iconic "Orange Bridge" and up to Paper Mill Dam. If you feel a bit more adventurous, grab a tub and float down the river – it's a great way to enjoy a hot summer day and see lots of beautiful sights and wildlife.

**Bainbridge Lake** – Named after William Herbert Bainbridge, Bainbridge Lake can be found south east of Port Alberni. It is approximately 26 hectares and has a maximum depth of 17 metres. Bainbridge Lake is a natural lake located along McFarlane Creek. In addition to being a water source for the City of Port Alberni, Bainbridge Lake also offers a quiet place to fish or swim.

**Cox Lake** – This is a small lake located approximately 5 kilometres outside of Port Alberni, along Franklin River Road. This natural lake is named after the Cox family, who lived at

the Cape Beale lighthouse in the 1870s. Its shores are home to a local blueberry farm where you can get berries late in the summer. Cox Lake is a great place to fish, and it is recommended for people who like to fly fish with no shortage of trout swimming in its cool waters. If you prefer to drop a line, you never know what you can find, as in addition to trout, people have been known to catch catfish, carp, walleye and bullheads in the lake.

**Cameron Lake** – Located along the windy road between Port Alberni and Qualicum Beach, Cameron lake is approximately 477 hectares. It is approximately 15 kilometres east of Port Alberni, located in Little Qualicum Falls Provincial Park. This lake is a great place to swim and relax, but watch out because you never know what may swim past. Through the years local legend talk of a lake monster named Cammie. In 2009, the BC Cryptozoology Club was brought in to identify the source of these legends, but they could not verify the sightings. In 2016, researcher John Kirk and his team detected something big in the water, but their camera mysteriously became detached, Kirk later speculated that the lake creature could be a giant sturgeon, massive eel or salamander. It was discovered that at certain spots Cameron Lake appears to have no bottom, leading many people to believe it is connected to other lakes in the area through underwater caves. Don't let all this mystery discourage you, as people have been stopping at this popular lake for decades to camp, hike, swim, fish, paddle, and explore, and no one has reported a single lake monster attack.

**Loon Lake and Summit Lake** – These small but beautiful lakes are approximately 10 kilometres east of Port Alberni. From the Port Alberni Highway, turn left on Loon Lake Main. Just a few metres up you will see a parking lot on Loon Lake. Both lakes are nice for a quick dip and offers great fishing. If you feel like a hike, there is an easy 1.6 kilometre trail that circles the lakes and offers great views of Mount Arrowsmith. Although camping isn't allowed on either Summit or Loon Lake, Huuacasath First Nation and Mosaic Forest Management have partnered in a new campsite in the area. It is called ʔaʔuk ʔaama kanis, which means loon lake camp and rest area.

**Great Central Lake** – This 45 kilometre long lake is located northwest of Port Alberni, at the end of Great Central Lake Road, off Highway 4. Controlled by a dam, it measures between 124 and 250 metres in depth, Great Central Lake is the second deepest lake on Vancouver Island. Approximately 700 people call the lake home, most living in float homes along its shore, but luckily they are willing to share. Great Central Lake is an amazing place to explore by water. Many people enjoy paddling its waters as it offers a quiet place to explore. Its size means there's lots of water to share, so paddlers, fishers, and motor boat users all happily share what it has to offer. It also offers trails for ATV and lots of locations to camp. If you are feeling adventurous, Great Central Lake is also the gateway to Della Falls. This two-day, 16 kilometre hike won't disappoint, as it leads to the impressive 440 metre falls that are second tallest falls on Vancouver Island.

**Sproat Lake** – Perhaps the most well-known lake in the Alberni Valley, Sproat Lake is 25 kilometre lake accessible off Highway 4, west of Port Alberni. Originally known as Kleecoot Lake, it was renamed after a colonial official Gilbert Malcolm Sproat in 1864. The 3,775 hectare lake is a popular vacation spot and is home to the Sproat Lake, Taylor Arm, and Fossli Provincial Parks and making it accessible to all, including campers, swimmers, paddlers, fishers, motor boaters, and hikers. Although now retired, the lake was home to the iconic Martin Mars Water Bombers. These impressive World War II planes can still be seen on shore, but they no longer take to the skies on their firefighting missions.

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PHOTO • CHRISTOPHER POUGET

**Nahmint Lake** – Although it's a bit trick to access, Nahmint Lake is well worth the effort. Southwest of Port Alberni, the lake is full of rivers, wildlife and views of mountains you just can't beat. The lake drains into the Alberni Inlet, through an impressive combination of rapids and falls to Nahmint Bay. The lake is great for camping, fishing, swimming and hiking. Nahmint Lake Provincial Park offers 12 campsites, a boat launch, picnic tables, and toilets. Come for the day to enjoy the beaches or stay a while and explore the hemlock forests. To get there, Turn left off Highway 4 to McCoy Lake Road, zero your odometer, and at 4.6 kilometres turn left onto Nahmint Forest Service Road/Branch Ash Main. Then it's five kilometres to a right on Stirling Forest Service Road, 17.2 kilometres to a left onto Branch Gracie Main, 25.2 kilometres a left on Nahmint Main, and finally the entrance to the recreation site is at 26.1 kilometres. Remember that, because you'll have to do it all in reverse when it's time to leave this beautiful spot.

**Henderson Lake** – This secluded lake is now known as Hucuktlis Lake, which means play way inside, referring to its location in relation to Uchucklesaht Inlet. In 1917, it was given the name Henderson Lake, but in 2018 this error was corrected and it was returned to the recommended name from Uchucklesaht First Nation. Members of Uchucklesaht traditionally used this lake, as well as the lands around it. The lake is approximately 25 kilometres east-southeast of Port Alberni. It drains into the Alberni Inlet, and the Inlet offers the best way to access the lake. You may want to be careful about what time of year you visit it's shores though. This lake has the dubious honour of being the wettest place in North America, averaging 6,903 mm of precipitation, and setting a Canadian record of 3,307 mm in 1997.

**Kennedy Lake** – With spectacular views of this lake along the highway to the West Coast of Vancouver Island, it should not surprise you that Kennedy Lake is the largest lake on Vancouver Island. Locates where the Clayoquot and Kennedy Rivers meet the lake is a startling 6,475 hectares, with an average depth of 38 metres and a shore length of 1112 kilometres. Much of the area surrounding this lake promises to remain beautiful as it is protected from logging that often affects other areas. It is adjacent to Clayoquot Plateau Provincial Park, Pacific Rim National Park, Clayoquot Arm Provincial Park, Kennedy Lake Provincial Park, Kennedy River Bog Provincial Park and the Clayoquot Arm Beach recreation site. Kennedy Lake Provincial Park it popular for day use because of its accessible beaches. The lake is great for swimming, fishing, kayaking, fishing, and, if the wind is right, windsurfing.

**Lacy lake** – This small lake is a beautiful, natural lake that offers a great place to explore, but don't give in to temptation – no swimming or fishing is permitted in this small lake. Fed by Cold Creek, Lacy Lake is the main water supply for the Cherry Creek Improvement District. You can find Lacy Lake by heading down Horne Lake Road, past the caves, across a bridge and then to the left. After about a kilometre, you will come upon a forestry gate, but this is usually open. The gate for Lacy Lake is just six kilometres from there. Pay attention, there's a fork in the road, and you'll need to stay right!

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# HUPACASATH FIRST NATIONS & LOON LAKE

Loon Lake, also called “a?uk ?aama kanis” (ah-uk-aah-ma-ka-niss) which has been named by the Hupacasath which means lake loon camp and rest area. The Hupacasath have a long history of fishing and hunting along the shores of Loon Lake. “Hupacasath traditionally use this area during our hunting round. It started at the base of the grassy mountain through the end of the Beaufort following the deer and elk. More recently we still use the area nearby for hunting, and fishing for trout and the gathering of the cedar bark,” said Chief Brandy Launder.

Hupacasath First Nations in partnership with Mosaic Forest Management recently opened a 27 site campground this May at Loon Lake. This campsite is the most recent, and 14th campsite Mosaic has developed on Vancouver Island. This is the first partnership between both parties involving recreational use of land.

Loon Lake is located 10 east of Port Alberni, at the top of the hump. Access road is opposite to Mt. Arrowsmith ski area. Recreational activities at Loon Lake during the summer months include fishing, swimming, kayaking, canoeing, boating, and hiking. Rainbow Trout is the most common fish to find in the Loon Lake waters. During the winter popular activities around the lake are snowmobiling and cross-country skiing.



THE HUPACASATH FIRST NATIONS PEOPLE ARE A  
LIVING HISTORY OF THE ALBERNI VALLEY. FOR  
THOUSAND OF YEARS OUR PEOPLE HAVE  
INSTILLED THE IMPORTANCE OF COMMUNITY HERE.

# TAKE A HIKE

CREATIVELITERATURESTUDENTS

Alberni district secondary school

## Down Maplehurst Trail

Written By: Brynn Geddes

Hidden at the bottom of a dead-end road, behind a veil of moss-covered evergreens, lies the entrance to the picturesque Maplehurst Trail. One will know they've arrived once they've reached the bottom of Willow Road and come across a little white sign, bearing the text, "Please Park on the Other Side".

Maplehurst Trail (A.K.A Gnome Forest) is comprised of a series of interlocking loops, providing travelers with an array of paths to choose from; some longer, some shorter. The shortest, "Creek Loop", can be completed in around 30-45 minutes, depending on one's pace. The breathtaking scenery that curves around these paths consists of brilliant green foliage and ancient towering trees. The tranquil Kitsuksis Creek provides a musical ambiance to accompany its charming scenery and provides an acceptable spot for pet friends to grab a quick drink of water. Although this place is beautiful, one should not get too distracted. Keep an eye out for red, heart-shaped trail markers to ensure the main path is still being walked. Hikers should

also stay on the lookout for potential hazards, including wild animals, fallen trees, mud, and steep banks.

As its name suggests, the Gnome Forest is home to many fantastical treasures, including wooden sculptures, fairy houses, signs, and, as predicted, gnomes. Young children in particular will enjoy this walk, as it gives them many enchanting objects to spot along the way. Expertly crafted bridges and walkways, along with clear-cut dirt paths make this trek great for the whole family. Even in the hottest days of summer, the giant hemlock, firs, and cedars will provide excellent shade from the scorching sun.

If one is in search of a brief yet fulfilling hike through the delightful nature of Port Alberni, they should look no further than Maplehurst Trail! The gorgeous scenery truly gives this location a magical feel that is sure to boost anyone's mood and provide lasting memories of what a magnificent landscape looks like. Maplehurst Trail is the perfect walk for those beautiful summer days that Vancouver Island is so blessed to have.

# THE BAVARIAN BEER GARDEN

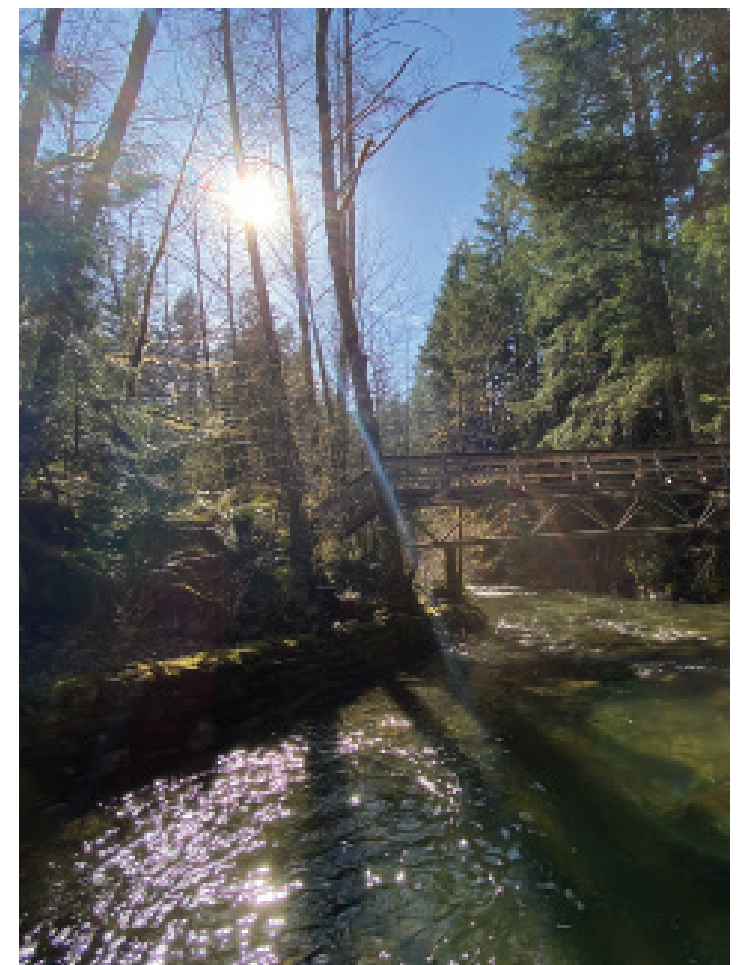
Written By: Elana Jaeggle

In the modern day, sometimes we are too wrapped up in the hustle and bustle of everyday life so that we forget to take a break and reconnect with nature; this is when we need to lace up a pair of sturdy hiking boots, dress for the weather, and get outside. Often walking proves to be one of the most favourable activities because it provides time to collect ourselves while taking in the sights, and the Bavarian Beer Garden by Roger Creek is the perfect place to do so. Heading into town, just south of the Visitor Centre at the crossroad of Mabelle Road and the start of Highway 4, an often-ignored sign stands tall, reading "Access to Log Train Trail." If one follows the arrow on the sign pointing to a small opening between the verdant foliage and moss riddled trees, there exists a few beautiful spots that are simply perfect for dogs, children, and adults alike.

One specific spot that never fails to bring me joy lies just one kilometer from the entrance. Strolling about 100 meters ahead, you will come to a fork. From there, take a left and cross a small bridge. This leads down a tranquil path adorned with benches and flat enough for bikes. Then, one will come across a picnic bench where upon taking a right, there begins a steep descent. From there, the trail wraps back and forth down several ramps equaling a total of twelve flights. It is a bit steep, very worth it. Then, at the bottom of the hill, just a few steps from the prize, one must cross a rustic wooden bridge spanning the crystal-clear waters of Roger Creek.

Finally, once you are on the other side, you have made it; the Bavarian Beer Garden. Absorb the beauty of the bright hanging moss and curious wildlife as you sit at the handcrafted picnic bench and enjoy a well-deserved lunch. It is a wonderful place to take a deep breath and take in the addictive earthy scents of the forest. One activity that is perfect for the location is making inukshuks as there are an abundance of unusually flat rocks. On sunny days, sunlight filters through the emerald leaves making it the perfect opportunity to take a dip in the cooling creek.

When you are done, the trek back may seem a little daunting considering the climb, but take it slow and take a few breaks to enjoy the scenery, I am confident you will find it to be enjoyable and also a terrific way to get that cardio work out in! The Bavarian Beer Garden is a picturesque trail that everyone should visit at least once considering it only takes an average of 45 minutes to complete, and it is absolutely stunning. It is the perfect place to unwind and take in the beauty of Port Alberni's wilderness. I hope you find it as enjoyable as I do!





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FRIDAYS  
7:00 - 8:30PM

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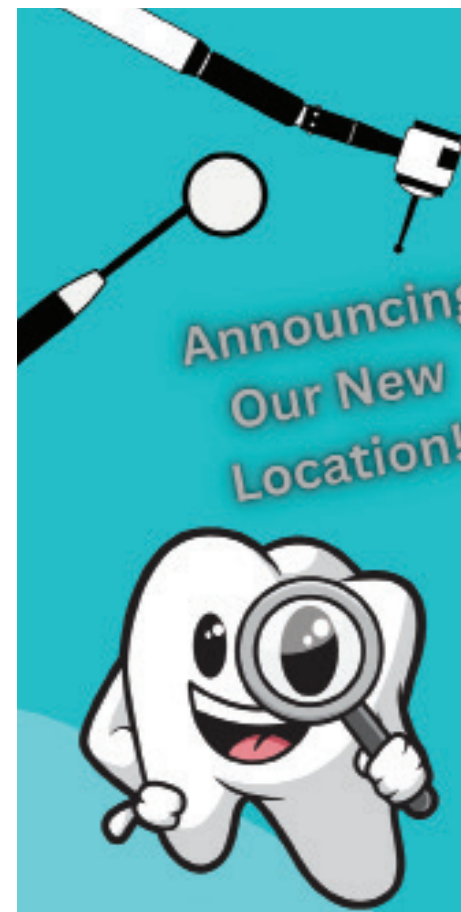
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# ALBERNI EATS

Recipe from Grandma's Kitchen In honour of Lena Sander

## Potato Salad - German Style

10 Potatoes medium size

4 Green Onions

½ cup

Mazola oil

¼ cup

White Vinegar

¼ tsp

Pepper

1 tsp

Salt

½ cup

Cold Water

Boil Potatoes with jackets on. Take off the stove, drain water off and let cool until just warm - peel potatoes before they get too cold. Slice potatoes thinly into a large mixing bowl. Slice onions and some greens and add over potatoes. Add small portions of all other ingredients gradually. Toss together and taste. It depends on the size of the potatoes, therefore, it is difficult to give exact measurements. So add ingredients bit by bit and do a lot of tasting. Your family will help with the tasting part! Let salad marinate overnight or at least 2 hours in the fridge. Remove from the fridge about 2 hours before mealtime and serve at room temperature.

## THE CLAM BUCKET

The Clam Bucket is a world famous seafood restaurant located at the heart of beautiful Port Alberni. The staff of the Bucket prides themselves on delivering the tastiest meals on the West Coast as well as providing the utmost in customer service.

**Don't forget to make us a part of your "Bucket"**

**4479 Victoria Quay • Port Alberni  
clambucket.ca • 250.720.0900**



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3035 4th Ave • thelittlebavaria.com • 250-724-4242**



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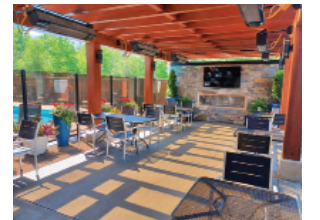
**OPEN DAILY 11:30am - 8:00pm • 4824 Johnston Rd.  
Port Alberni • barebonesfishhouse.ca  
250.720.0900**



## Pastimes 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.

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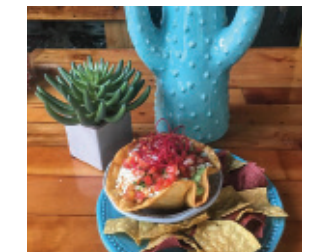
**4833 Johnston Road • boomerangs.com  
250.724.5794**



## Porto taco

Tacos are everywhere, but a great taco can be hard to find. At Porto Taco you can bet taco connoisseurs' will leave thirsting for more! Come by this summer and enjoy a real fruit margarita and a beautiful view of the Harbour Quay while you eat.

**5304 Argyle Street • portotaco.com • 250-723-3302  
 Porto Taco**

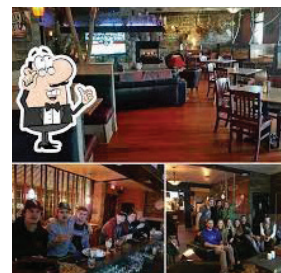


## BUCKSNORTS

Come by Bucksnots 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.

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**4850 Beaver Creek Road  
778.419.0882 Bucksnots Port Alberni**

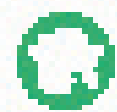


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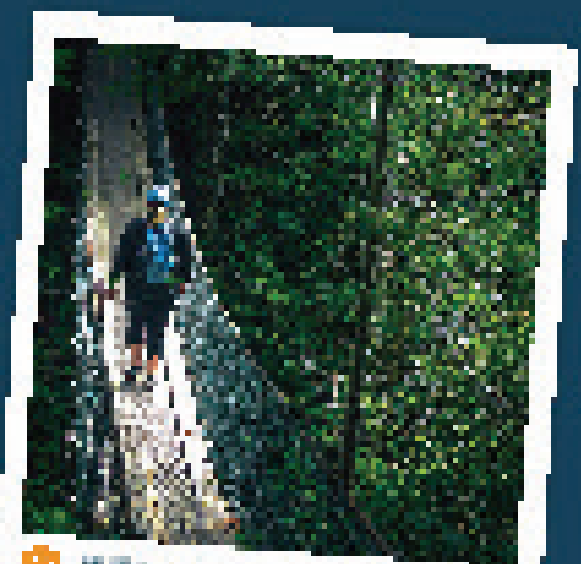


ALBERNI VALLEY  
Tourism

# #EXPLORE PORTALBERNI

## MOST INSTAGRAMABLE MOMENTS

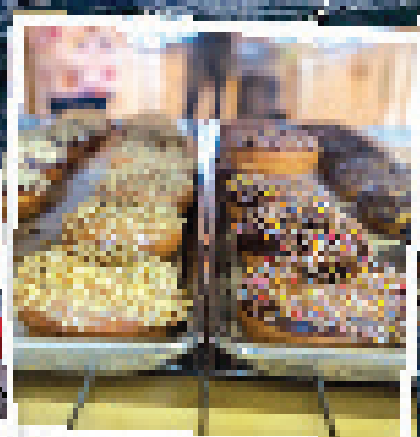
In the middle of everything there is a valley filled with adventure and astonishing beauty. You'll find a boundless collection of trails leading up mountains and down streams, over waterfalls and under ancient rainforests. There are lakes for swimming, areas for floating, fish for catching and memories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



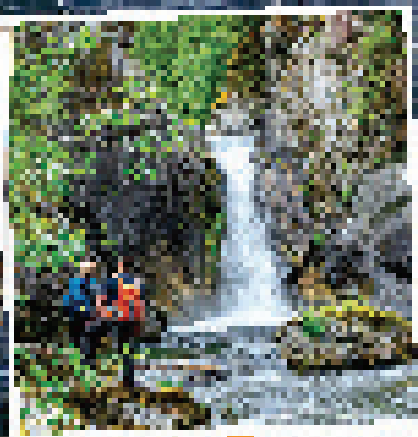
#Hiking  
#ExplorePortAlberni



#relax



#food



#waterfall



ALBERNI VALLEY TOURISM .COM

Valley Vibe Spring 2023 21

# alberni Women in business

Written By: *Jennie Potter* Author of best selling *Self Sabbotage NO MORE*

**E**mpowerment is a state of mind that allows individuals to break free from self-imposed limitations and seize opportunities for personal growth and success. However, on our journey towards self-empowerment, we often encounter an internal glitch that triggers self-sabotaging beliefs, hindering our progress. These limiting beliefs, such as feelings of unworthiness or the fear of success, act as autopilot systems that steer us away from our desired destination.

Like a smoke detector that blares an alarm at the slightest hint of smoke, our subconscious sends us signals when we are about to embark on something extraordinary. These signals act as a warning, prompting us to exercise caution or even retreat altogether. The alarm bell rings loudly, urging us to run from the new goal, our mind yells danger! "Get out! Get out!"

Unfortunately, many of us are unaware of the self-correcting mechanisms at play within ourselves. We believe we are in control of our actions, yet we find ourselves constantly held back by the silent self-saboteur dwelling within us, limiting our potential and keeping us small.

Imagine your smoke detector going off at the smell of burnt toast. Do you panic and run out of the house, assuming it's on fire? Or do you take a moment to investigate and determine whether it's a real emergency? Similarly, when our internal alarm sounds, we have the power to assess the situation consciously. We can choose to reset the alarm if we realize it's a false alarm, rather than succumbing to fear and retreating from the opportunity ahead.

Basically when we fear triggered into "inaction" or "sabotage" we can ask the question; Is this a real fire or just burnt toast?

Understanding the nature of this glitch and recognizing its influence is the first step towards empowerment. Just as we would approach a smoke detector's warning with rationality, we can train ourselves to evaluate these self-sabotaging beliefs critically. By developing self-awareness, we can differentiate between a genuine warning and a false alarm.

Empowerment involves challenging the self-sabotaging tendencies that hold us back. It requires embracing the mindset that sometimes what appears daunting or impossible is simply burnt toast—a triviality that should not dictate our actions. By doing so, we take control of our lives and navigate towards our goals with confidence and purpose.

To achieve empowerment, we must cultivate self-belief, practice positive self-talk, and foster resilience in the face of setbacks. It is a continuous process that demands self-reflection, self-compassion, and a willingness to step outside our comfort zones.

Empowerment is about acknowledging the glitch within us that triggers self-sabotage and learning to respond consciously. By recognizing false alarms for what they are—mere burnt toast—we empower ourselves to embrace change, overcome limitations, and unlock our true potential. Through self-awareness and a mindset of growth, we can soar towards our desired destinations, leaving behind the limitations that once held us captive.



PHOTO • SHARLENE PATTERSON



## madison Jones-watson GlossBossDetailing

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# Women in BUSINESS

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Open Tues, Wed, Fri 930-530, Thurs 11-7, Sat by



## Carol Brown CFO Coastal Group

PO BOX 1181 STN MAIN, PORT ALBERNI

Carol just celebrated 15 years with Coastal Group of Companies, five years as CFO. We provide forestry support services, as well as stump to dump logging. Carol as well holds a Director position on the Truck Loggers Association of BC Board

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www.pintogoods.com • wed - sun 10AM



## Alana Whalley Advisor Sun

4140 Hollywood Street, Port Alberni BC V9Y4B3

My business is all about building long-term relationships with my clients. I am passionate about helping individuals and families with their planning, investing, and insurance needs, giving them peace of mind. What are your financial goals?

Cell: 250-261-2152, Office: 250-731-8819 • sunlife.ca/alana.whalley • 9:00am-6:00pm

# Women in BUSINESS

## Jennie Potter

Coach, Motivational Speaker & Author of Self Sabotage

Helping people stop repeating the past and start creating their future

Jennie Potter is a Future Self Coach, bestselling author, and international speaker. With a background in Counseling, she helps people uncover and overcome their limiting beliefs. Jennie is passionate about releasing emotional blocks and helping others live extraordinary lives. She resides in Port Alberni with her husband, and her furbabies.

250 897 4848 • linktr.ee/jenniepote • 9:00 am - 6:00 pm



## Maureen Mackenzie realtor

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## Stephanie Linning Pivot Physiotherapy

4711 Elizabeth St, Port Alberni, BC V9Y6M1

Pivot Physiotherapy is a collective of community-minded physiotherapists working together to optimize physical function. Stephanie Linning is the owner of Pivot Physiotherapy. With extensive training, Stephanie has been treating issues such as incontinence, prolapse, pelvic/hip/low back pain since 2017. Shannon Stofer has completed post-graduate training in treating Performing Artists such as dancers, gymnasts, and musicians. Deanna Vegh is also trained in pelvic health and continues to expand her knowledge in this area. All three women treat Orthopedic conditions as well. Physiotherapy sessions can help you recover from injury and perform at your best!

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## Mikaela Pettigrew

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We thrive to offer you techniques to enhance each individual's natural beauty. To provide our clients with a West Coast Twist of only carrying Vancouver Island products from small businesses like ourselves that we love and are passionate about. With a wide range of services making us your one stop shop for all your beauty needs.

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## Jasmine Stonebridge

Director of Finance & Business Operations

Jasmine has been with the business since May 2020 and oversees all of the company's financial operations, which is no small task with two teams under her watch. Jasmine is also the driving force behind both terms' merchandise store and spearheads ticket sales at the box office.

.albernivalleybulldogs.ca

## Lisa Clydesdale

## Automotive

5047 Southgate Rd

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 • clydesautomotive.ca • 9:00 am - 6:00 pm



## Shayla Lucie

## Leave Her Wild Container Design

4951 Benjamin Road • Wed, Fri, Sat 9:30am - 1:30pm

We are a unique local greenhouse tucked away at the end of Benjamin Road, Port Alberni. Each season we host a variety of plants and flowers, as well as custom hanging baskets and planters to help you bring joy to your space.

LEAVE HER WILD CONTAINER DESIGN

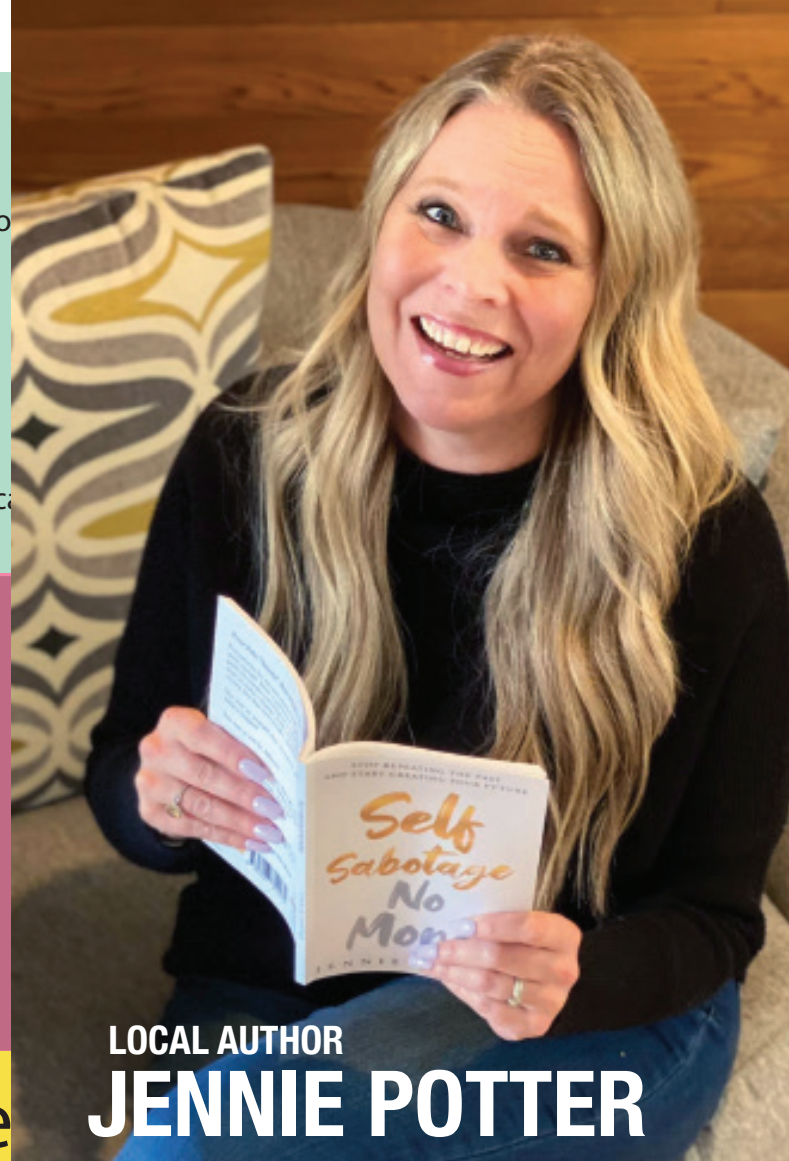
## Rosanne Doiron

## Realtor/Re-Max Midland Realty

4201 Johnston Road

As a realtor at Re/Max Mid-Island Realty, it is a passion of mine to help my clients from the beginning of the journey to its entirety. I enjoy helping make the process seamless and rewarding.

250-735-8688 • rosannerealestate.ca



## LOCAL AUTHOR JENNIE POTTER

## SELF SABOTAGE NO MORE

STOP REPEATING THE PAST AND START CREATING THE FUTURE

"Self Sabotage No More" is a powerful best selling book written by local Port Alberni author Jennie Potter, drawing on her personal experiences, extensive study, and client work. If you've ever felt stuck, constantly overthink things, or struggle with feelings of not being good enough, this book provides insights and actionable strategies to break free from self-sabotage and unlock your true potential.

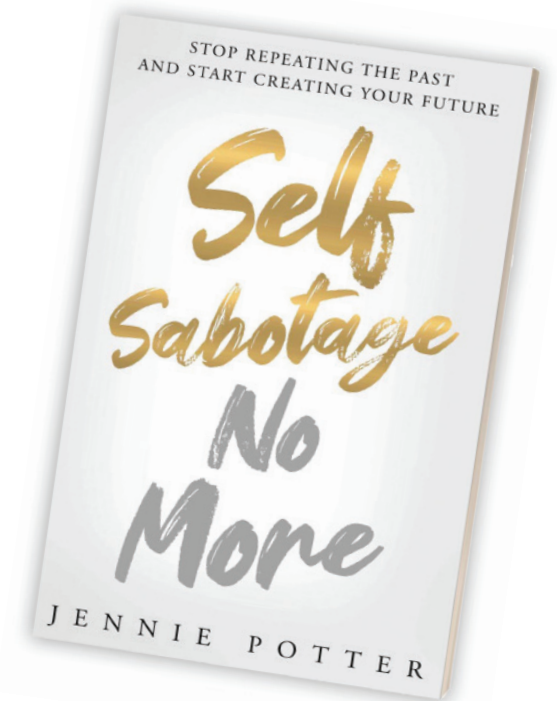
In the book, Jennie delves into the reasons behind self-sabotaging behaviors and offers practical techniques to overcome them. Readers will discover how their autopilot reactions often lead to self-sabotage and learn how to change these sabotaging filters. The role of energy and vibration in self-sabotage is explored, highlighting the importance of aligning one's energy with their desired outcomes.

Jennie shares her understanding of how emotions can get stuck in processing and provides guidance on identifying and releasing "sabotage setpoints" that hinder progress in various areas of life. She introduces the ALARM method, a specific process for releasing and resetting sabotage emotions and beliefs, empowering readers to take charge of their emotional well-being.

The book also unveils the three most powerful ways to change one's vibration and guides readers on integrating these practices into their daily lives. Additionally, Jennie offers insights on moving forward after identifying, releasing, and resetting, helping individuals navigate their transformative journey with confidence and clarity.

Through her own personal growth journey, Jennie experienced the necessity of breaking away from certain connections that contributed to self-sabotage. While it was challenging, she recognized the importance of aligning herself with individuals who supported her growth and development.

"Self Sabotage No More" is a transformative guidebook that equips readers with the tools and knowledge to break free from self-imposed limitations. Jennie's wisdom and practices, honed through years of experience, offer a path to lasting change and help individuals step into their authentic selves. With this book, readers can embark on a journey of self-discovery, empowerment, and the realization of their full potential.



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# WEST COAST GENERAL

## EMERGENCY GRAND OPENING



Left to Right Karen Maika, Dr. Robert O'Dwyer, Deb Haggard, Ellen Brown, Carol Brown, Kim Chretien, Dodi Clark, Dave Koszegi

This year we will be celebrating the official opening of the new emergency wing at West Coast General Hospital. Twenty two years ago, in 2001, the West Coast General Hospital moved from its location on Morton St. / 8th Ave (where the RCMP building is now located) to its current location on the Alberni Highway. The hospital has served our community for many years, and in 2014 an application was submitted to reconstruct the emergency wing. The current emergency wing had a lack of capacity to keep up with the growing need in our community; from an inability to see a nurse first, and not enough treatment areas. It was approved in 2015 with an estimated cost of \$6.3 million once the project started. The cost was agreed to be shared between Island Health, The Alberni-Clayoquot Regional District, and the West Coast General Hospital Foundation. "Our region can accomplish anything when we work together, and the West Coast General Hospital's new emergency department is proof of that," explains Vice-Chair of the ACRD Deb Haggard. "This project was supported by all levels of government as well as by local residents and businesses through the WCGH Foundation. The whole region will benefit from having a safe, modern emergency department."

The WCGHF was asked to contribute two million dollars towards the project, and given three years to raise the funds. The West Coast General Hospital Foundation is a non-profit organization that has been operating since 1990. Karen Maika, treasurer since 2019 mentioned when talking about her passion for the WCGHF, "this is one place to volunteer where everyone benefits." Carol Brown, who has been on the board for six months says, "I have enjoyed learning about our local health issues and where they come from." The mission for the WCGHF is to raise funds to support the purchase of new equipment and to support other capital projects improving the treatment and care of patients at the WCGH. They do this through initiatives such as the Alberni Life Line, the West Coast Cafe located in the hospital, memberships and the many donors that give each and every year. Dodi Clark, the Lifeline Program Manager said, "I have enjoyed first hand being a part of the foundation to see how they give back to the community through the profits of the lifeline."

The project began in 2022 to double the square footage of the emergency wing, increase the number of treatment areas available, update and make a more efficient streamlined process. Within 14 months, the WCGHF had raised \$2.4 million towards the project. "It truly is a testament to the commitment the people in this community have towards our health care," said Ellen Brown, Executive Director. A total number of 387 people donated towards this project. "It truly takes a village," said Ellen. Dave Koszegi, a lifetime resident, local realtor and donor towards the project said, "I truly believe the hospital is the heartbeat of our community. It is also very personal to me, growing up with a doctor as my dad, and now raising a family in the valley myself. My dad passed away 15 years ago, and contributing to the emergency expansion was my way of honoring him and his service to our community for over 40 years."

"Port Alberni is truly a community with a heart," said WCGHF President Dr. Robert O'Dwyer. "Over the three years I have been on the board I have seen the numerous equipment purchased for the hospital through the WCGHF, and now the biggest impact - the emergency expansion."

"There are many residents who have donated over the years, the WCGHF would like to express a big thank you to the past Foundation Boards who have planned for, and supported and shepherded the Emergency since its initial approval in 2015. Our thanks also to Mr Christian Francey, the Foundations Business Director during the campaign and the stellar work he accomplished in raising both funds and awareness of the Foundation. One of Chris' ideas was to have rooms sponsored by donors. We are grateful for those donors who adopted certain areas; the Campbell family, the Coulson family, Denis & Albert See, the Estate of Mary Horton, the Dolan family, the Khalsa Diwan Society, RLR Lawyers, Dave Koszegi in memory of Dr. Bella Koszeg, and the Alberni Lifeline. The FOundation acknowledges and thanks these donors, as well as each of the 387 people who gave to the Emergency Expansion Project and contributed to strengthening the quality of healthcare in this valley." - The West Coast General Hospital Foundation

West Coast General Hospital  
**FOUNDATION**

Supporting our community since 1990, the West Coast General Hospital Foundation's vision has been to support a healthier future for residents of the Alberni Valley. We build that vision by raising funds to support improvement projects and purchase new equipment for the treatment and care of patients at the West Coast General Hospital.

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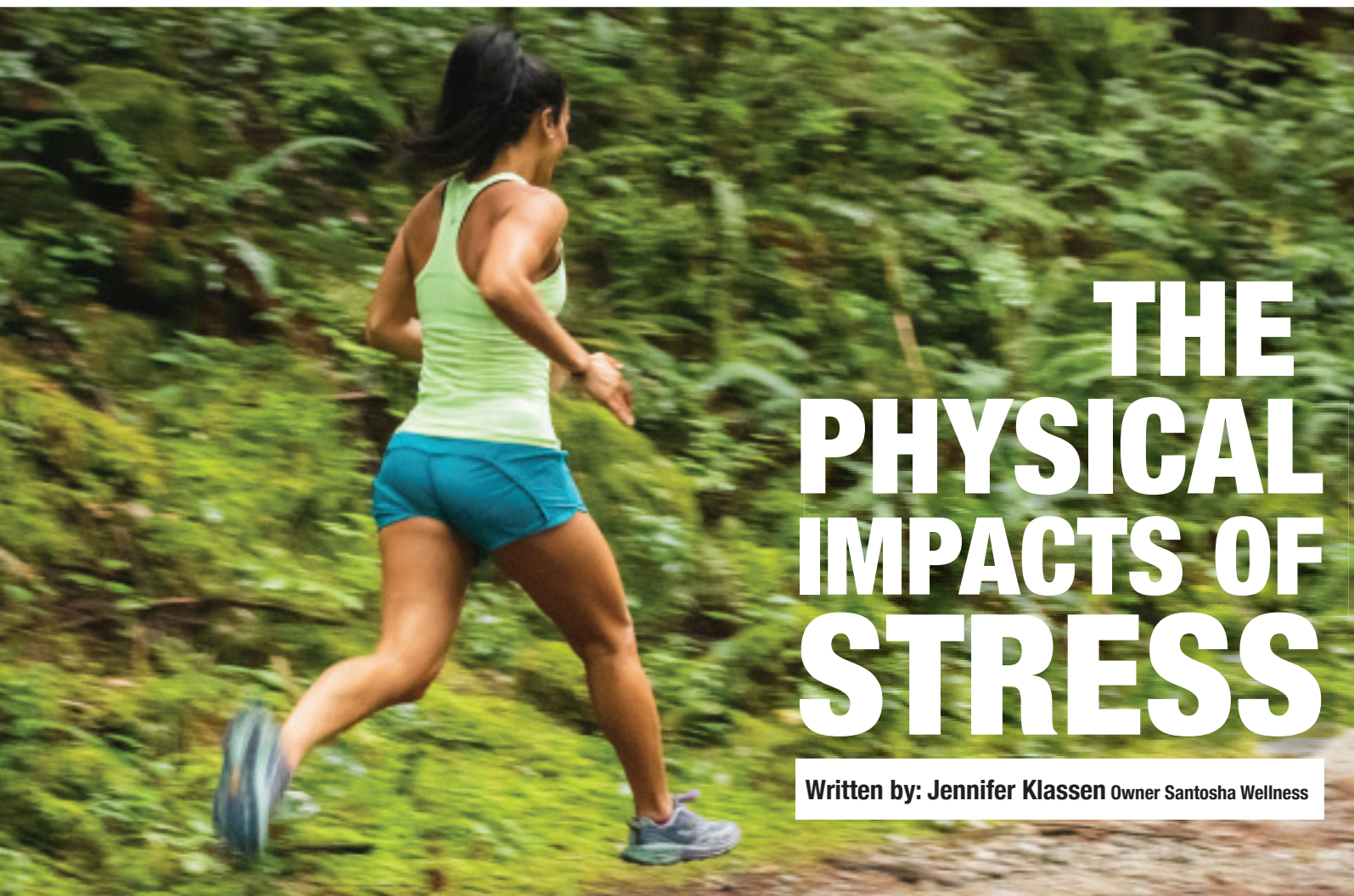
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# THE PHYSICAL IMPACTS OF STRESS

Written by: Jennifer Klassen Owner Santosha Wellness

Stress is everywhere. You may feel stress when disciplining your kids, during busy times at work, when managing your finances, or when coping with a challenging relationship. Stress is the body's natural reaction to harmful situations, whether they're real or imagined. And while a little stress is OK, in fact some stress is beneficial, too much stress can wear you down and contribute to many health problems.

Your central nervous system (CNS) oversees your "fight or flight" response. In your brain, the hypothalamus tells the adrenal glands to release the stress hormones adrenaline and cortisol. These hormones prepare your body to respond in an emergency, sending blood to your muscles, heart, and other important organs while simultaneously shutting down processes like digestion, reproduction, and higher levels of reasoning.

When the perceived fear is gone, the hypothalamus should tell all systems to go back to normal. If the CNS fails to return to normal, or if the stressor doesn't go away, the stress response will continue. This leads to ongoing, chronic stress that can cause or worsen many serious health problems, including: Mental health problems, such as depression, anxiety, and personality disorder.

Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and strokes. Obesity and other eating disorders. Skin and hair problems, such as acne, psoriasis, and eczema, and permanent hair loss. Gastrointestinal problems, such as GERD, gastritis, ulcerative colitis, and irritable colon.

Anything from everyday responsibilities like work and family to serious events such as a new diagnosis, war, or the death of a loved one can trigger stress. Symptoms of chronic stress can be vague and may be like those caused by other medical conditions, so it is important to consult your doctor or a professional counselor who can help you identify sources of stress and learn new coping tools. Explore stress management strategies, such as: Getting regular physical activity. Watching television or playing video games may seem relaxing, they may increase stress over the long term. Practicing relaxation techniques such as deep breathing, meditation, yoga, or book yourself a massage or spa treatment.

Taking care of yourself by getting plenty of sleep and eating a healthy, balanced diet. Avoid tobacco use, excess caffeine and alcohol, and the use of illegal substances. Delegating tasks to other people. Getting your kids to clean

## PHYSICAL IMPACTS OF STRESS

up or your partner to take over a household responsibility will lighten your load and allow more time for stress relieving activities you enjoy.

Recognizing stress symptoms may be harder than you think because people handle stress differently and triggers of stress can vary. Many of us are so accustomed to stress, we often don't know we are stressed until we are at the breaking point. Taking small steps everyday to manage your stress will be beneficial to your health, so find something that brings you fun or relaxation and just do more of it!

Stress symptoms: Effects on your body and behavior  
By Mayo Clinic Staff  
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

Stress Symptoms  
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[https://www.webmd.com/balance/stress-management/stress-symptoms-effects\\_of-stress-on-the-body](https://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body)

The Effects of Stress on Your Body  
By Healthline  
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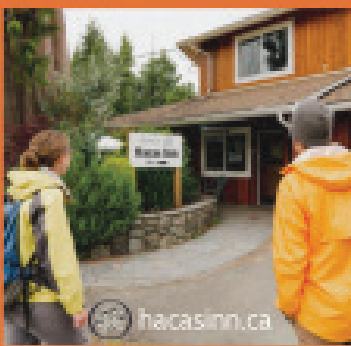
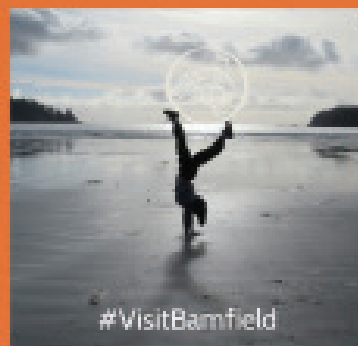
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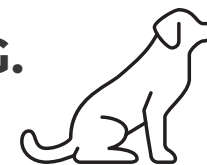
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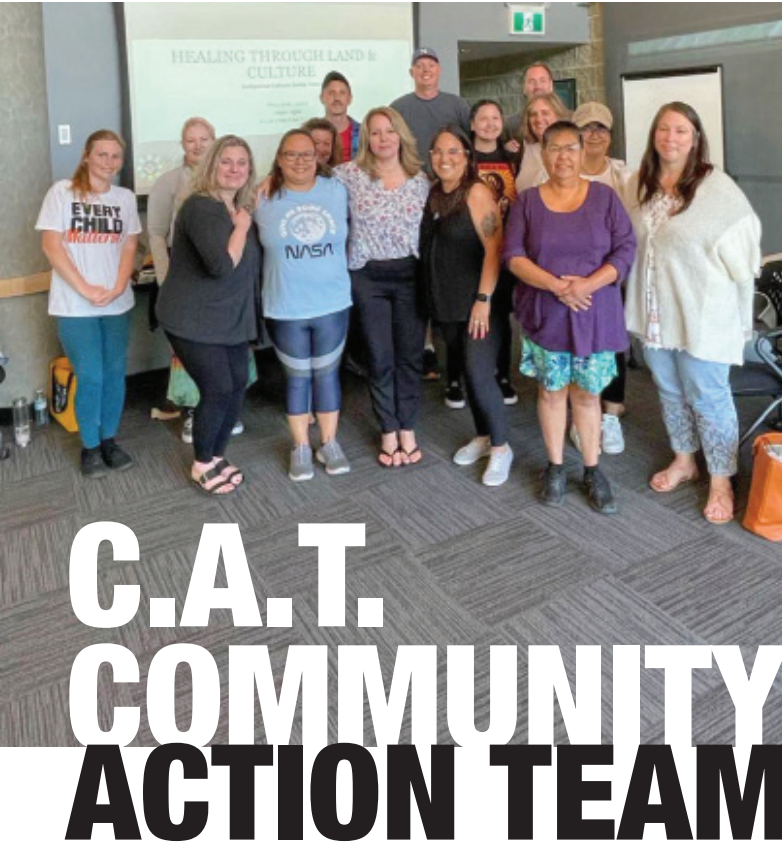
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# C.A.T. COMMUNITY ACTION TEAM

Written by Ron Merk, CO-Chair Port Alberni Community Action Team

2016 was a pivotal year in British Columbia and Port Alberni. That was the year the Province declared a health emergency because of the poisoned drug crisis in our communities. One response to address the problem was the creation of Community Action Teams (CAT Teams). Port Alberni was one of the very first Community Action Teams formed because we have one of the worst rates of death in the Province from unregulated substances. Since 2016, we've lost 112 family and friends. 2022, was our worst year ever, with 26 lives lost!

Fast forward to 2023, - our death rate in the Alberni-Clayquot region continues to be in the Province's worst ten. Already to April, there have been 9 deaths in our community. At the current rate, we're very likely to meet or exceed last year. The Province continues to maintain the health emergency status declared in 2016. In British Columbia, we've lost over 12,000 people.

So many factors play a part in the solutions to the poisoned drug crisis. Four of the key pillars that our Community Action Team work on are; driving harm reduction education and equipment, reducing stigma through knowledge, and networking all organizations in our community to address the crisis. Lastly, addressing the range of social supports that influence health, particularly activities and services that address social factors related to people using substances such as housing, income, employment, intergenerational trauma and community development. Our Community Action Team is available to provide presentations to any organization or group. For example, you would like to learn about the history of unregulated sub-

stances in Canada, How the War on Drugs has worsened the crisis and so much more. Often people ask why has the crisis become so much worse in the last few years. It would be simple to pass it off as an outcome of the pandemic, however, the crisis is driven by far more complex challenges than just a simple disease.

For example, there is no such thing as pure Heroin anymore. Almost all opioid-like (Down) unregulated drugs are now Fentanyl or Carfentanyl based. In fact, most other classes of drugs, like Methamphetamines (Meth), Cocaine, (Crack) unregulated Cannabis, etc are likely laced with Fentanyl. These new opioids are easy to come by, cheap to source, and incredibly strong. They are so strong, that just a tiny amount extra in a batch makes it a killer drug.

In addition to the changing nature of the primary substance in a particular drug, contaminated secondary drugs are also being added to increase the effects of every class of street substances. We are commonly seeing Benzodiazepines, (Ativan, Estazolam etc) Xylazine (horse tranquilizer) and synthetic cannabinoids. All of these secondary substances are in their own right incredibly addictive and dangerous.

The nature of the crisis is also more difficult because of many social factors. These include homelessness, poverty, marginalization of certain demographics, racial disparity, criminalization of people who use substances, and First Nations intergenerational trauma.

In addition, more than 70% of people who use substances also have mental health challenges. Limited access to mental health resources, recovery centres, detox facilities and direct treatment for substance disorders all compound the crisis.

It would be easy to assume that people dying from poi-



soned substances are the more visible marginalized people in our community. Yes, they are affected, however, the person most likely to die is a man between the ages of 20 and 55. He'll die in a private residence. He most likely has a job, family and is likely seen as just a regular guy. Often no one even knew he was using substances.

You can help. One of the most important messages everyone needs to tell others is to never use alone. If you can't find a designated (driver) to monitor the first 30 minutes when using a substance, then use the BRAVE App, or Life-guard App on your cellphone or call NORS. These simple tools will save lives. Learn more about the poisoned drug crisis by going to the Port Alberni CAT Website at: <https://ptalbcac.blogspot.com/> or their Facebook page at: <https://www.facebook.com/CATportalberni/>. Knowledge is power and will possibly save a family member's life, friend or neighbour's. Learn about Naloxone, get a kit and find out how to administer it. Learn more about safer supply, health policies and harm reduction strategies. Advocate for change to housing access, poverty reduction initiatives, health policy change, treatment and recovery centres at your local government, district level, Provincially and Federally.

For more information about the Port Alberni Community Action team, you can email: [ptalbcac@gmail.com](mailto:ptalbcac@gmail.com)

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# HEART TO HEART

## Athena Jeffs - Heart to Heart Diagnostics

Women. We all know one, we all love one, and this information could save their life. Heart attack and stroke is the leading cause of premature death in women. Why is this when we have so many prevention tools we could use? The answer to this question is simple, there is a lack of education on cardiac disease in women. Prior to menopause women sit at a lower risk of heart attack, however after menopause that scale tips. Previous beliefs were that hormone therapy after menopause could possibly diminish this risk, this has since been proved incorrect. Dr. Glen Pyle, a molecular cardiology researcher at the University of Guelph and IMART investigator network at Dalhousie Medicine, is conducting research on this subject. Research is still in very early stages but what has

been seen is that there are changes happening in the heart well before menopause even begins. Therefore, there is no way to treat the changes that are happening ahead of menopause because each individual woman will be different. My heart is to educate the women we love.

Women need to remain vigilant and not suppress their symptoms or pawn them off to excuses of life stressors, and trust me, we are all guilty of it. While the classic textbook symptoms portrayed by the media CAN happen, (i.e.: chest pain, sweating, shortness of breath) heart disease can look different in a woman. This is because women are more susceptible to microvascular disease. That means the smaller arteries in the heart become blocked, rather than the large ones. Don't be fooled by the name "micro" vascular - both can cause significant damage, but the symptoms could be different.

Cardiac Disease in women often presents with symptoms of indigestion, lightheadedness, and central back pain. If you notice that these symptoms are appearing with physical exertion, please inform your primary care provider. Another aspect of cardiac health to consider is rehabilitation. Studies show that those with chronic health conditions such as high blood pressure, high cholesterol and diabetes can limit their chances of heart attack and stroke by following a cardiac rehabilitation program. The same is true for those who have already been diagnosed with cardiac disease. Cardiac rehabilitation decreases the chance of recurrence and death by 26-30%! Statistically, women are not attending or receiving the cardiac rehabilitation they need after a diagnosis or a cardiac event. So, let's join in talking to and encouraging the women in our lives, the ones we know and love, to make sure they are educated in cardiac disease. Seek out services in your community, talk to your doctors, and talk to each other. Remain educated and vigilant, for our mothers, sisters, daughters, and ourselves.



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