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EAGLE

Celebrating 'True North Island' Life

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Mother And Son Culinary Team

The Mount Waddington Literacy Society and Port Hardy Recreation teamed up to offer a 'Kitchen Connections Pie Party' Jan. 31 at the Port Hardy Civic Centre.

Photo — Kathy O'Reilly

*RCMP
get body
cams*

By Kathy O'Reilly
RCMP detachments members on the North Island have been fitted and trained to use body worn cameras as of this past weekend.

The move is part of BC RCMP's roll-out of 3,000 cameras to enhance transparency, accountability, and evidence gathering.

Body-worn cameras can help increase trust between police and the communities they serve because the video evidence collected provides an independent, unbiased, and objective way to capture interactions between the community and police officers.

Officers must inform the public at the earliest opportunity that they are being recorded.

Members of the public may ask for the camera to be turned off, but the RCMP officer will only be able to do so according to policy.

Continued on Page 2



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North Island RCMP wearing body cams

Continued from Page 1

In situations where there are concerns for police or public safety or the video has investigational value, the policy requires RCMP officers to keep recording.

Each camera can store approximately 60 hours of audio and video.

"We are very excited to have this tool at our disposal here on the North Island," said Port Hardy Staff-Sergeant Kim Rutherford.

"Your RCMP officers are committed and proud to serve all residents and visitors alike and the body worn camera is one more level of transparency and accountability," Rutherford said. "We are looking forward to the modernization of our policing toolkit and the benefits it not only brings to



Photo—RCMP

North Island RCMP members are now outfitted with body worn cameras.

your officers but to you the public as well," she continued. "If your organization is interested in a community

presentation, please reach out to your local police detachment who will be happy to provide information."

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Photo — Alert Bay School

Falling In Love

During lunch hour recently, something remarkable happened on the Alert Bay school field. Two Bald Eagles were found on the ground, lying close together and unable to move. Staff immediately kept students well back to avoid frightening the birds or causing further harm. The eagles' talons were locked together, which is a known mating behaviour. During this ritual, eagles grasp each other mid-air and spiral downward, normally releasing just before reaching the ground. In this case, they appear to have fallen too far before letting go and were stunned on impact. After a couple of hours, the birds had recovered enough that when a local volunteer, who provides assistance to injured birds, approached them, they were able to release their grip and fly away on their own. Moments like this remind us that our school is part of a larger natural environment, and that respect, patience, and calm responses matter.

‘Namgis career fair

‘Namgis Business Development Corporation (NBDC) will be hosting a Community Career Fair on Tuesday, Feb. 18 from 10 a.m. to 2 p.m. at the Alert Bay Council Hall.

The Career Fair will bring together NBDC subsidiaries, local training partners, and community employment organizations to share

Filomi saved

By Kathy O'Reilly

Filomi Days is saved after 24 people came out for a make-or-break meeting Feb. 2.

The annual event was in jeopardy because for many years a small group of dedicated individuals carried the responsibility of planning and delivering the event and those volunteers had stepped down.

Due to the turnout, "we have a larger committee as some accepted to be directors," said Tucker. "I stepped forward to be the chair and look forward to making the event a success for everyone involved and most of all to ensure that the people of the North Island can enjoy the whole weekend."

Filomi Days takes place the third weekend in July.

information about jobs, training opportunities, and career pathways available in the region. The event is open to ‘Namgis members, students, and all working-age adults, and is intended to create an easy, welcoming space for people to ask questions, make connections, and learn more about local opportunities.

Organizations attending will be on hand to talk about current and upcoming job openings, application processes, and training supports. Whether someone is looking for their first job, a career change, or simply wants to explore what's out there, the Career Fair is designed to be accessible and informal.

"We wanted to create a space where people can connect directly with NBDC employers and training organizations right at home, in their region," said Emily Wisden-Seaweed, administration & operations coordinator with NBDC. "There are a lot of opportunities within our Nation's businesses, and this is a chance to bring them together in one place."

This Career Fair is planned as the first of what NBDC hopes will become an annual event, expanding to other North Island employers, and supporting local employment and workforce development over the long term.

New Loaves manager

Loaves & Fishes Community Food Bank is pleased to announce the appointment of Tom Deane as Manager of Remote Communities, supporting food security efforts across the North Island.

Reporting to Alex Counsell, director of operations, Tom will oversee all Loaves & Fishes services in Port Hardy, Port McNeill, Port Alice, Sointula, and Woss. His role includes leadership of Free Food Markets, hamper programs, partnerships with community organizations, and oversight of the Harvest Thrift Store, which helps fund local food bank operations.

Through these programs, Loaves & Fishes provides critical food access to hundreds of individuals and families each month across the North Island.

Loaves & Fishes recently received a \$12,000 donation from the George Hutchison Family Foundation, held at Vancouver Foundation, designated to support food bank operations in Port Hardy. Vancouver Foundation is dedicated to creating healthy, vibrant, and inclusive communities across British Columbia and, together with its donors, has supported community well-being since 1943.

This contribution will directly support food access for individuals and families facing food insecurity in the region.

Loaves & Fishes' ability to deliver essential food programs relies heavily on community volunteers. With rising demand, additional volunteers are urgently needed to ensure services can continue without interruption.

Current volunteer needs include:

- Port Hardy Food Bank – Volunteers to sort, package, and distribute food on an ongoing basis.
- Port McNeill Free Food Market – Two to Four volunteers to assist Wednesdays and Fridays from 12–2 p.m. at the A-Frame Church.
- Sointula Hampers Program – A volunteer with a van capable of transporting approximately 25 food hampers.

"Volunteers are the heart of Loaves & Fishes," said Counsell.

"Every day, we see more families, seniors, and children struggling to put food on the table. Without a strong volunteer base, we simply cannot meet the growing need."

"Your past generosity has made a meaningful difference," said Counsell. "We are asking our community to come together once again so that no one on Vancouver Island, the Gulf Islands, or the North Island goes hungry this winter."

To learn more or register to volunteer visit: or www.vifoodbank.org or email: tom.deane@viloavesandfishes.org



Photo — Kathy O'Reilly

Young Entrepreneurs

The Port Hardy Civic Centre was filled with business people for the Young Entrepreneurs Market and Art Show held Feb. 1. The event included handmade crafts, beaded necklaces, homemade cookies and bannock, and more.

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editorial



Photo — Robin Quirk, Robin's Eye Photography

A beautiful North Island sunset.



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EAGLE
Celebrating 'True North Island' Life



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— Our beautiful First Nation's eagle (kwíkw) courtesy Nakwaxda'xw artist Davis Henderson
Cover eagle photo James O'Reilly
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Quatse Salmon Centre gets enhancement funding

The Pacific Salmon Foundation (PSF) has awarded a \$45,000 grant for community-led salmon enhancement efforts near Port Hardy, generating nearly \$333,000 in total value for salmon through in-kind contributions and volunteer time.

The Northern Vancouver Island Salmonid Enhancement Association (NVISEA) will leverage the funds to conduct urgent upgrades at the Quatse River Hatchery. By replacing aging infrastructure, the association will secure reliable flows for the hatchery salmon and address safety risks for volunteers, who are often required to conduct in-river maintenance overnight.

“Upgrading the Quatse River Hatchery intake is about protecting salmon and the people who care for them. Replacing an aging intake with a safer, modern structure helps protect both wild and hatchery juvenile salmon, ensures reliable water access, and supports the continued production of coho, pink, and chum. This project strengthens climate resilience and will allow North Island communities to continue supporting salmon enhancement in local rivers,” says Steven Lacasse, chairman, NVISEA.

The hatchery rears up to 2.5 million coho, pink, and chum eggs and juveniles annually. The water intake is central to this operation, supplying fresh water for egg incubation and juvenile rearing.

Every year, PSF’s Community Salmon Program strategically leverages \$1.5 million in revenue from the Salmon Conservation Stamp, along with generous donations, to support more than 150 salmon conservation projects in BC and the Yukon. In the latest funding round, PSF awarded a total of nearly \$200,000, generating a total value of \$1.3 million for salmon conservation.

The PSF has released \$194,989 in grant funding to support 42 community-led salmon restoration, enhancement, education, and stewardship projects in BC and the Yukon.

Delivered through PSF’s Community Salmon Program, these projects are expected to generate approximately \$1.3 million in total value for salmon conservation through partnerships, in-kind support, and volunteer contributions.

The program supports First Nations, stream keepers, schools, and conservation groups working to restore habitat, improve monitoring and enhancement efforts, and build the next generation of salmon stewards. Each year, volunteers contribute an average of 60,000 hours to this work.

Due to limited funding, this grant cycle targeted educational programming and high-priority work addressing urgent on-the-ground needs.

Since 1994, PSF’s Community Salmon Program has

stewarded funds from the Salmon Conservation Stamp on behalf of Fisheries and Oceans Canada, alongside donor and partner support. To date, PSF has directed nearly \$32 million to more than 3,600 salmon conservation projects across BC and the Yukon. Additional funding from the Province of BC further enhances the impact of this program.

Recent initiatives include major habitat restoration efforts, educational and awareness programs, and major upgrades to key enhancement or monitoring facilities. As demand outpaces available funding, PSF donors directly expand the number and scale of salmon conservation projects that can be supported.

“With two-thirds of populations across British Columbia and the Yukon struggling, salmon are at a critical moment. No one is better equipped to help recover salmon and raise awareness for the iconic species than local First Nations, communities, stream keepers, and volunteers – stewards who understand salmon ecosystems through and through,” says Michael Meneer, PSF president and CEO.

“The Salmon Conservation Stamp has been instrumental over the last three and a half decades in enabling the Pacific Salmon Foundation to support grassroots salmonon initiatives. Through the Community Salmon Program, thousands of impactful projects have been made



Photo — Northern Vancouver Island Salmonid Enhancement Association
Volunteers in the Quatse River.

possible.”

Each year, hundreds of thousands of anglers contribute to salmon conservation by purchasing the \$7.19 stamp, which is required to catch and keep Pacific salmon in tidal waters.

The Community Salmon Program accepts applications twice a year. The spring cycle – currently accepting applications – will remain open until Feb. 15, 2026.

Say 'I love you a latte' this Valentine's Day

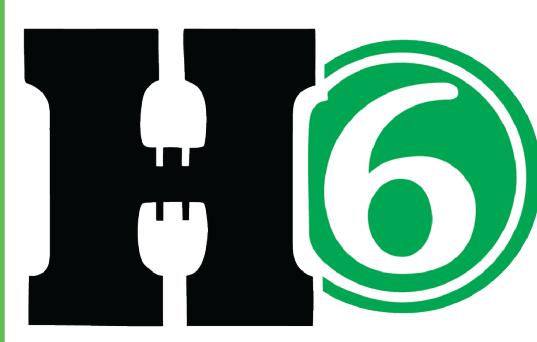
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Custom Dillboards launched at Youth Entrepreneur Market

By Kathy O'Reilly

There is a new manufacturing company in town.

Ryan Dillabough, 12, attended the Youth Entrepreneur Market Feb. 2 at the Port Hardy Civic Centre to present his new Dillboards by Ryan – finger skateboards.

Ryan handcrafts the boards using 5-ply premium veneer, customized with a set of wheels and trucks.

“I started when I was 11. I bought a kit to make my own fingerboards,” said Ryan, because he was having trouble finding professional ones.

“After they come out of the mold you drill the holes, countersink them, you cut it out, sand it, and then if you want, you can put an image on it,” he said.

Ryan learned how to craft the boards from watching YouTube videos.

“This is kind of my own little business,” said Ryan.

The youth market was his first foray into sales.

“After this, if they all sell and I got a good price, then I’m going to sell them online.”



Photo — Kathy O'Reilly

Ryan Dillabough, 12, attended the Youth Entrepreneur Market Feb. 2 at the Port Hardy Civic Centre to present his new Dillboards by Ryan – finger skateboards.



Photo — Kathy O'Reilly

Caterina De Toro and William Melan are the new owners of Hardy Hair and Skincare.

New salon opens doors

By Kathy O'Reilly

Caterina De Toro and William Melan are the new owners of Hardy Hair & Skincare.

“As of Dec. 1, 2025, we proudly took ownership of Hardy Hair & Skincare, formerly known as Shear Insanity,” said Caterina.

“We are a locally owned and operated salon,” she said. William also owns Melan Construction Ltd., that led the complete renovation of the salon space. Caterina is a licensed skincare specialist and has deep roots in Port Hardy. Both are from multi generational families located on the North Island. “Our commitment to the community shines through in the warm welcome we extend to every customer who en-

ters our salon. We take great pride in delivering exceptional service while creating a safe and inviting atmosphere for everyone.”

Hardy Hair & Skincare is located at #3 7035 Market Street in downtown Port Hardy and is open six days a week. They provide holistic massage, relaxation facials, custom facials, full body waxing and brow and lash services and have expanded to offer hair care, haircuts, hair colour/perm, etc.

“We have two hair stylists Adam Hanuse and Elijah Anderson, and one apprentice hairstylist at the shop.”

For more information follow them on Facebook.

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Class teaches culinary and literacy skills

By Kathy O'Reilly

Kids learned literacy and cooking skills during an event held Jan. 31.

The Mount Waddington Family Literacy Society and Port Hardy Recreation teamed up to offer a 'Kitchen Connections Pie Party'.

"Kristian Jensen was the chef extraordinaire that led the event," said Literacy Outreach Coordinator Kelly Anderson.

Families worked together to prepare a warm, flaky chicken pot pie and mud pie dessert.

Participating children received a 'Mud Pie Master Chef' medal.

The event celebrated Family Literacy Week (Jan. 25-Feb. 1) and this year's theme 'Make mealtime family learning time'.

Preparing for mealtime is a fun (and tasty) way for families to learn together

er that includes reading, numeracy, motor skills, cooperation and bonding. Whether it's following recipes, making shopping lists, or sharing stories at the dinner table, family mealtime can be learning time.

Family Literacy Day takes place every Jan. 27 to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.



Photo — Kathy O'Reilly

The Mount Waddington Family Literacy Society and Port Hardy Recreation teamed up to offer a 'Kitchen Connections Pie Party'.

Why we gain weight in the winter

By Susan Holbrook

So why do people gain weight in winter? There are a few reasons, but it apparently has little to do with food.

Dr. Gundry says that these three factors slow our metabolisms, increase cravings and contribute to fat storage.

We get less sunlight, our circadian rhythm (internal clock) changes, and our gut microbiome changes.

He states that sunlight isn't just for vitamin D. It also helps to keep our metabolisms working properly. Dr. Gundry says that when our eyes and skin get morning light, it tells your body to wake up and burn energy and keeps everything running smoothly including appetite, digestion and fat burning.

Also, in winter when it's darker we are inside more and our bodies get confused and start shifting to energy storage instead of fat burning.

Regardless of eating the

same way, we may feel groggy, have cravings and be sluggish. So, get outside for 10 minutes in the morning if you can.

For those of us that live in the north, supplementing with vitamin D is quite important especially during the winter months. I use a vitamin D emulsion from my nutraceutical company that is highly absorbable and easy to take even for kids.

Our metabolisms are more active in the morning so eating too late can wreak havoc as well.

Try to eat three hours before bed. Eating late can throw off your blood sugar, trigger inflammation (not our friend unless it's kicking in due to injury), and can disrupt fat burning overnight.

It's suggested that eating in an 8-to-10-hour window like 9 a.m. to 5 p.m. is best for fat burning and overall health.

Many don't realize that our gut bacteria (microbi-

ome) shift with the seasons. In winter the balance can shift to bacteria that crave sugar, hold on to more calories and then trigger more fat storage. Hence, cravings can feel stronger in winter because the gut demands more fuel.

Try giving them more good gut fuel like polyphenols from extra virgin olive oil, dark chocolate, pomegranates and green tea.

Prebiotic fibre from leafy greens, jicama, artichokes and leeks are also great fuel for your buggy friends.

Of course, finally, fermented foods like sauerkraut, kimchi, plain yogurt and kefir.

Taking a good daily probiotic is also a great way to assist better metabolism and digestion.

Once we have calmed

down the cravings and assisted our metabolism and digestion, weight loss becomes much easier. Say goodbye to winter weigh gain by following these suggestions.

One last comment, take a brisk 5-10-minute walk after meals when possible. People with diabetes can really help their blood sugar levels by doing this.

Nut-Berry Smoothie Bowl

(anti-inflammatory)

1 cup frozen berries
½ cup frozen sliced banana
½ cup plain unsweetened coconut milk

5 tablespoons chopped nuts of choice

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cardamom

1/8 teaspoon vanilla extract
1 tablespoon unsweetened coconut flakes

Blend ¾ cup berries, banana, coconut milk, 3 tablespoons nuts, cinnamon, cardamom and vanilla in a blender until very smooth.

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A moment of reflection by a wilderness pond

Pausing beside a wilderness pond, I reflected on its mirrored surface, painted by the gentle touch of overhanging alders and a vast spirit of wonder that surrounded me. Branches arched overhead

creating a cathedral, their leaves casting intricate patterns on water undisturbed by hurry. Here, in the fragrance of fresh air, the pond echoed the boundless wilderness settings I hold dear,

in a country as expansive as my gratitude, welcoming me into the final chapters of life.

The colour of nature invited me to look both inward and outward, discovering a sense of home not only on the trail, but also in my heart. In these quiet moments of contemplation, I realized how the pond's natural beauty mirrored my innermost hopes and memories, encouraging me to cherish both the vision before me and the life I have lived!

It was as if the magnificence of the trees and the steady rhythm of the water guided my thoughts towards gratitude and acceptance, deepening my appreciation for all that Mother Nature has offered me.

In this sanctuary, time slowed and life's burdens dissolved into the hush of leaves and the melodies of bird life. I gazed into the water's glassy depths, and saw a life well lived, a devoted companion at my side through five decades of joy, toil, and compromise, and the laughter of three children who grew beneath a loving roof. Should I ask for more?

This wilderness setting

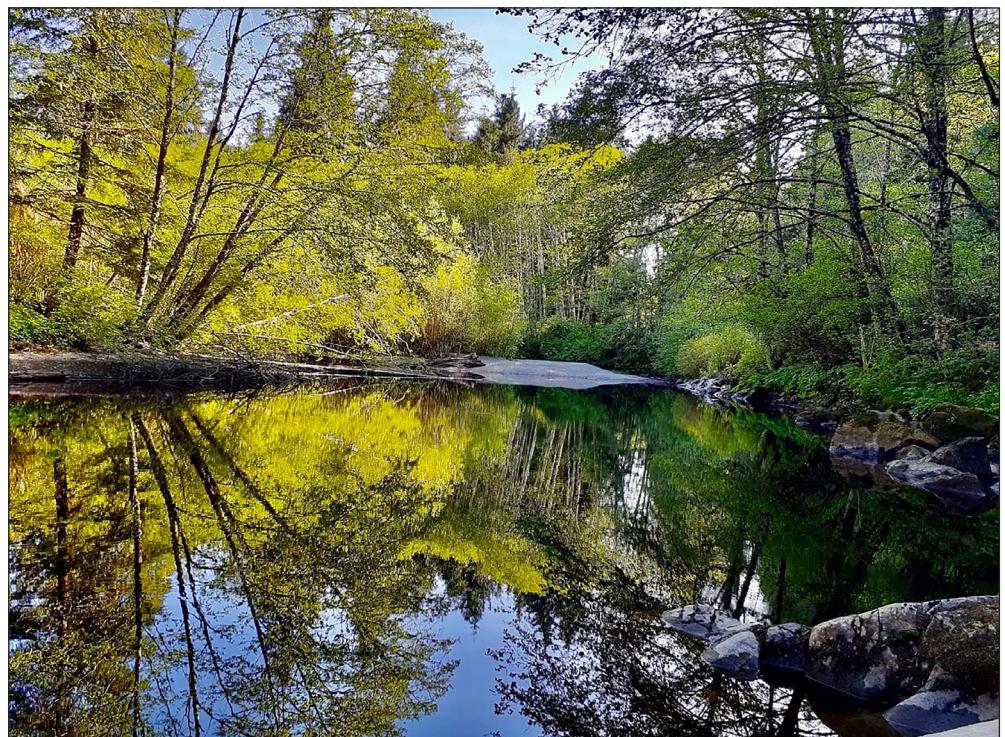


Photo — Chris Patterson

reminded me that, despite a political discourse, I am deeply fortunate by accident of birth to experience the enduring blessings of nature, nurturing and timeless, in a great nation called Canada. We are truly blessed and all children of the universe.

Smiling I lingered a moment longer before quietly resuming my walk along the trail towards home.



Photo — Gerry Treger

December Blooms

This hardy North Island rose bush has continued to bloom all winter. It currently has nine blossoms and more buds.



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Annual General Meetings

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of The Owners' Strata Plan No. 349, Cedar Heights Mobile Home Park, will be held on Sunday, February 22, 2026 at 11:00 am. Please refer to the contents of AGM mailout for more information of this meeting.

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North Island Reflections -



Red Rock Crabs live in rock, gravel or kelp beds in bays, estuaries and rocky areas of the ocean. Photo by Robin Quirk, Robin's Eye Photography. If you have a photo you would like to share with our readers please email publisher@northislandeagle.com.

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CHIEF ELECTIONS OFFICER

(Temporary Contract Position)

The RDMW is a Regional Local Government that serves approximately 11,000 residents across Northern Vancouver Island and parts of BC's Central Coast. Our jurisdiction includes the municipalities of Alert Bay, Port Alice, Port Hardy, Port McNeill, and unincorporated communities such as Coal Harbour, Holberg, Hyde Creek, Sointula, Winter Harbour, Woss and others.

The Regional District is seeking an experienced and qualified individual who will assume the role of Chief Elections Officer for the 2026 Local Government Election. Reporting directly to the Chief Administrative Officer, the Chief Election Officer will oversee and coordinate all aspects of the election process including:

- Ensuring all required election proceedings are observed and enforced
- Hiring and training of election day staff
- Securing and coordinating the polling locations
- Ordering and preparing supplies for the polling locations
- Preparing all statutory notices, declarations, forms and nomination packages
- Preparing the Voters List
- Preparing statistics and reports for the Regional District and Elections BC
- Coordinating the School Trustee election with School District No. 85

The ideal Candidate will:

- Have prior experience administering a local government election as a Chief Election Officer or Deputy
- Have knowledge of and be able to interpret legislation pertaining to elections
- Be extremely organized and detail oriented
- Possess strong interpersonal and communication skills
- Be proficient with Microsoft Office and familiar with web based applications
- Be a self starter requiring little to no direction
- Have a positive and energetic approach to work
- Possess a valid class 5 BC Driver's license and vehicle

Please apply to cao@rdmw.bc.ca by **February 19, 2026 at 4:00pm**.

Please ensure that your cover letter is addressed to David Kim, Chief Administrative Officer.

Commitment to Inclusion

The RDMW is an equal opportunity employer. We welcome applications from all qualified individuals, including women, indigenous peoples, visible minorities, persons with disabilities, and others who reflect the diversity of the communities we serve.

We acknowledge with respect and gratitude that the RDMW operates on the traditional territory of the Kwakwaka'wakw People. We are committed to building respectful relationships with indigenous communities and upholding reconciliation in both policy and practice.



Melanie McRann
Cell: 778-886-5219



Ronnie (Veronica) Sam
Cell: 250-527-0036



Johan Olsen
Cell: 250-209-9667



Sandra Masales
Cell: 250-902-9271

AFFORDABLE HOME OPTIONS AWAIT!

109-791 Marine Drive, Port Alice
\$109,000
MLS® # 1014521

New price!



Newly renovated 2-bedroom plus den, ground floor condo in Port Alice, right across the street from the ocean. Quality updates include slate tile floors, butcher block counters, breakfast bar, renovated bathroom, new windows and modern appliances – stand-alone fridge, freezer and dishwasher. A cozy home or ideal vacation rental in a peaceful seaside community.

101-7450 Rupert Street, Port Hardy
\$155,000
MLS® # 1012927



Beautifully updated 2 bed, 1 bath condo. A bright and spacious ground floor unit. Everything has been renovated within the past few years - Kitchen cabinets, counter tops, sink and faucet, dishwasher, bathroom vanity and sink, toilet, flooring and lighting in kitchen and bathroom. All heating registers have been replaced and independent shut-off valve added. Strata fees include heat, hot water, building maintenance, and on-site caretaker. This building has recently undergone a complete rehab of the building envelope - all new windows, siding, sliding doors and balconies. These units are great for buyers looking to invest in a rental property- which are in great demand.

404 Haida Avenue, Port Alice
\$249,400
MLS® # 997907



This beautifully maintained 3-bed, 2-bath townhouse comes fully furnished, spanning three levels and offers views of the ocean and mountains. Enjoy morning coffee or sunset dinners on your expanded deck, accessed through new sliding glass doors. Downstairs is the large unfinished laundry/utility room and a family/rec room with walk-out access to the covered patio. Just a short walk to the seasonal outdoor pool! Recent upgrades include a new furnace, hot water tank, 2 thermal sliding doors and storm door. Whether you're looking for a full-time residence or a vacation getaway, this home offers space, tranquility, and unbeatable scenery in a quiet, friendly community.

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Helping you is what we do.™

Royal LePage Advance Realty
4-7035 Market Street, Port Hardy, BC
250-949-7231
www.porthardyrealestate.net

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