



The North Island

# EAGLE

*Celebrating 'True North Island' Life*

Ronnie Sam



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Issue #12 Volume #10

May 1, 2026

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Photo — Kathy O'Reilly

*World Class Performance*

The Greater Victoria Youth Orchestra performed at Port Hardy Secondary School on April 23 much to the delight of those who attended. The concert was part of the orchestra's 40th anniversary tour and a benefit for PHSS's performing arts programs.



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# 'Namgis investigate options for shuttered Atli plant

A new initiative led by the 'Namgis Business Development Corporation will support the transition of a former wood chip processing operation toward new, sustainable economic opportunities on Vancouver Island's coast.

Atli Resources LP is partnering with Island Coastal Economic Trust to invest in a Market Diversification Exploration Strategy that will develop a preliminary business plan for alternative uses of its industrial site and infrastructure following the March 2026 closure of its operations in Beaver Cove near Port McNeill and Telegraph Cove.

"Rather than standing still after the closure of operations, we're focusing on disciplined planning, partnerships, and innovation to assess how this asset can continue to contribute to the local economy," said Gaby Wickstrom, interim

CEO, 'Namgis Business Development Corp. "It's about building on what already exists - skills, infrastructure, and relationships - to support a more diversified and resilient future for coastal forestry."

The project responds to significant structural changes in BC's forest sector, including the closure of the Domtar Crofton pulp mill, which reduced demand for coastal residual fibre and made existing operations no longer viable.

Despite this shift, Atli Resources retains key assets, including a fully permitted industrial site, fibre-handling infrastructure, access to coastal residual fibre, and access to a skilled workforce. The diversification strategy will assess new value-added opportunities that align with regional economic development priorities, climate transition goals, and Indigenous economic

partnerships.

"This work reflects our responsibility to think long-term about our lands, our people, and our economy," said 'Namgis First Nation Chief Victor Isaac. "The closure of the Atli facility was difficult, but it also gives us the opportunity to step forward and shape a more resilient, sustainable future that reflects our values as 'Namgis."

The strategy will guide Atli Resources from closure toward informed reinvestment, focusing on regenerative forestry practices and utilization of low-value fibre and logging residuals.

"The 'Namgis First Nation are taking a common sense, proactive approach that uses existing industrial-zoned land and keeps skilled workers on the Island," said North Island MLA Anna Kindy. "This is a strong step in the right direc-



Photo — Submitted

**Warren Roberts, Wahkash Contracting (left), Doug Mosher, Atli Resources (centre), and Minister of Forests Ravi Parmar (right) visit the Atli Chip site in Beaver Cove, where planning is underway to support new value-added uses that strengthen the forest sector, advance a circular economy, and create opportunities for Indigenous-led economic development.**

tion. It will help grow the local economy and create opportunity for everyone."

The Trust is partnering on the

project through a \$30,000 investment from the Investment Readiness funding program, under the Regenerative Forestry investment priority.

"The changes reshaping BC's coastal forest sector demand new solutions, new partnerships, and a willingness to innovate," said Brodie Guy, CEO of Island Coastal Economic Trust. "We're proud to be partnering with 'Namgis on this forward-looking initiative - it's exactly the kind of leadership coastal communities need, particularly on northern Vancouver Island. Here at the

Trust, we're actively seeking opportunities to invest in regenerative forestry, and this project is a leading example of the resource-based innovation that will define the next chapter of our coastal economy."

Findings from the strategy will help guide future decision-making about the site's potential role in the coastal economy.

For more information visit: <https://islandcoastaltrust.ca/project/investment-readiness-program/development-of-atli-chip-market-diversification/>

Mother's Day Brunch is on in Telegraph Cove!

We are excited to announce our Mother's Day Brunch Buffet on May 10, 2026.

11 am- 2pm

Please call the office 250-928-3131 for details.

**TELEGRAPH COVE RESORT**

**North Island Farmers & Artisans Market**

**2026 Market Schedule**

**Port McNeill - IGA Plaza**  
 • May 2 • May 16 • May 30 • June 13 • June 27  
 • July 11 • July 25 • Aug. 8 • Aug. 22  
 • Sept. 5 • Sept. 19

**Port Hardy - Carrot Park**  
 • June 14 • June 28 • July 12 • July 26 • Aug. 9  
 • Aug. 23 • Sept. 20

**Port McNeill Markets**  
**Saturdays - 10 a.m.-1 p.m.**

**Port Hardy Markets**  
**Sundays - 11 a.m.-2 p.m.**

# MARS hosts workshop for local rescuers

On Saturday, April 18, Wildlife Rescue Hospital (MARS) facilitators Megan Erickson, Manager, Wildlife Rehabilitation, and Justine Pfeifer, Wildlife Rehabilitator (Vet. Tech) came to Port McNeill to teach a workshop on wildlife rescue.

MARS, located in Merville, helps provide transport, and rehabilitation of North Vancouver Island injured birds and mammals.

Volunteer rescuers from Port Hardy, Sointula and Alert Bay attended. The workshop was informative and interesting.

The training session covered: How to recognize when an animal is in distress; Make a quick plan for best response, e.g., safe intervention, involve others or observe and monitor; Proper techniques and equipment to safely capture injured or oiled wildlife from land or a boat; Health and safety dangers, e.g., bites that break skin, vaccinations, personal protective gear; How to undertake an initial assessment, e.g., check for broken bones or bleeding, need for hydration, chance of

survival; Provision of basic emergency care and stabilization; Housing or storage of the animal until it can be transported; Preparation for transport to MARS Wildlife Hospital or other source of care and help.

A highlight of the workshop was rescuers learning how to prevent and treat dehydration.

Volunteers learned two ways of hydrating birds and mammals - using a subcutaneous needle and tube feeding.

The rescuers practised on real birds and mammals that unfortunately had passed away from their injuries. They provided a safe way to learn.

"I have a greater respect for the men and women who work at the MARS Wildlife Hospital. I learned today the importance

of hydration and how to do it safely," said Robin Quirk, a rescuer from Alert Bay.

"Having Megan and Justine come to teach the volunteer rescuers was a wonderful opportunity," said Quirk.

At the end of the workshop, Megan and Justine generously gifted each rescuer a large box of medical supplies so each of them can provide better care when needed for injured birds or mammals.

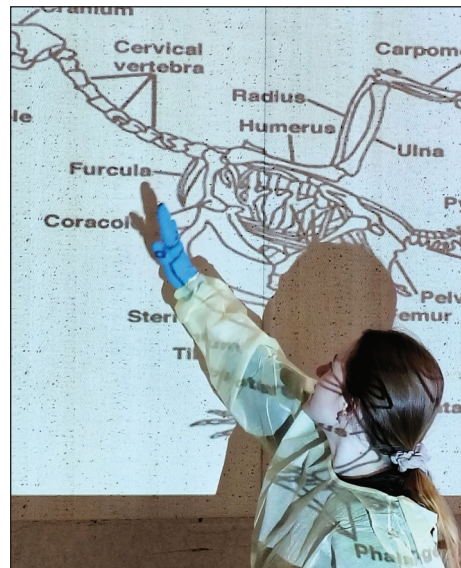


Photo — Robin Quirk, Robin's Eye Photography

On Saturday, April 18, Wildlife Rescue Hospital (MARS) facilitators Megan Erickson, manager, Wildlife Rehabilitation, left, and Justine Pfeifer, Wildlife Rehabilitator (Vet. Tech.) came to Port McNeill to teach a workshop on wildlife rescue.



## Reminder!

### WEEKLY GARBAGE PICK-UP BEGINS MAY 4<sup>TH</sup>

Weekly residential curbside garbage pick-up begins May 4<sup>th</sup>. This service will continue through to October 23<sup>rd</sup>. Curbside recycling pick-up will continue every other week.

1 can of GARBAGE + Recycling

1 can of GARBAGE ONLY

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6



Visit [www.porthardy.ca](http://www.porthardy.ca) for the 2026 Garbage & Recycling calendar.



## Our May giveaway!

(With minimum in-store \$50 purchase)

### Tough on Trimming!

FSA 45 Integrated plug-in Battery Stihl trimmer, 5.1lbs, 10" cutting diameter retailing for \$199.99 and a 4 Point Ratchet Hardhat with muffs and visor retailing for \$110.

**\$310 value!**

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# editorial



*Photo — Robin Quirk, Robin's Eye Photography*

**A fishing vessel heads out from Alert Bay at dawn.**



The North Island  
**EAGLE**  
*Celebrating 'True North Island' Life*



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— Our beautiful First Nation's eagle (kwikw) courtesy Nakwaxda'xw artist Davis Henderson  
 Cover eagle photo James O'Reilly  
 GST# 754836294RT000

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**Kelsea Taylor**  
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# Park Drive ball field deemed unsafe for play

By Kathy O'Reilly

Tri-Port Minor Baseball will not be using the Park Drive ball field this season or in the foreseeable future, as it has been deemed unsafe and not fit for use.

"Late Friday afternoon, I was informed that the Park Drive field was 'ready to go' as it had been dragged and mowed," says Tri-Port Minor Baseball President Trish Fossum. "I went over there on Friday night to assess the situation and take pictures. Left field is completely destroyed, and there is visible evidence that motorized vehicles have been out there doing damage," Fossum said.

"There are dangerous drops in centre field behind second base and right field is generally uneven. There are also noticeable, reasonably large bumps in the transition point between the infield and the outfield," she said.

"I made the decision on Saturday morning that the association would be negligent in its duty of care if we allowed our players and coaches to use the field."

Fossum also learned on Friday afternoon that a cost estimate for drainage improvements was done in 2022 (\$80,000), when the space was under consideration as a dog park location.

"I also learned that 'the field receives minimal maintenance due to several long-standing challenges, most notably drainage issues. These concerns have been recognized for some time,' she continued. "At the time

of my presentation to Council (in October of 2025), and in the months following, none of this information was communicated to me."

It was suggested that minor baseball use just the infield at the Park Drive diamond, which Fossum says is not possible. "No coach can run a baseball practice (especially with 10-15 players) without a safe and usable outfield."

Fortunately, Tri-Port Minor Baseball has been able to work with the adult slow-pitch league to secure field time for both May and June. Both organizations have made changes to their original schedules and plans to make this work. "Many of our coaches are also playing slow-pitch, and they are very supportive of the kids being prioritized for field use. One of the coaches suggested that lighting for the fields be revisited so that teams can play later. We certainly want the slow-pitch league to continue, and appreciate their efforts to share scheduling."

"It's unfortunate for our youth that finding a place to practice and play baseball has been such a challenge. With more transparency and communication from the District, and with Tri-Port Minor Baseball's concerns for safety and a lack of field space for both our association and adult slow-pitch being taken seriously, it is likely that the stress we have experienced over the past week could have been avoided," Fossum said. "We just want our kids to be prioritized (as they are with

other sport in our community) and we want to work cooperatively with other user groups and the District in terms of field bookings, use and proper maintenance. I'm hoping that parents and other community members will openly express their support for minor baseball." Moving forward, Fossum would like to see one field at Beaver Harbour Park designated for use for minor baseball all night, every night of the week, with access to all of the fields until 6:45 p.m.


"There are some things that could be done to improve the safety and quality of all of the fields that would not require significant cost or resources," said Fossum.

Continued on Page 6



Photo — Kathy O'Reilly

Tri-Port Minor Baseball will not be using the Park Drive ball field this season, or in the foreseeable future, as it has been deemed unsafe and not fit for use.



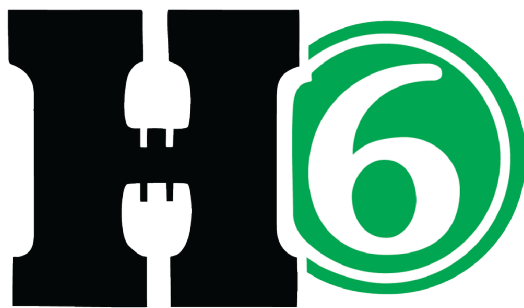
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# Leagues agree to compromise to allow season to proceed

Continued from Page 5

"The infield should be loosened with a nail drag, then an appropriate sand/dirt/clay mix brought in for a 'much safer and more playable infield.' The bases need to be removed from the infield before any of this work is done. Currently, at Beaver Harbour Park (BHP), a screen drag is pulled over the infield and around the bases, which leads to loose and im-

properly installed bases and creates a safety issue.

The infield also needs to be edged properly, so there is a level and clear divide between the dirt on the infield and the grass of the outfield. Perhaps a local company would be willing to provide the infield mixture as a donation or at a reduced cost to contribute to youth sports in our community," she said. "For the out-

field, maintenance and repair should be done in the fall, with levelling, bringing in soil and seeding or sodding where necessary. The outfield should be aerated in the spring in preparation for the season. With regular upkeep, this would not be a costly venture. Proper field maintenance goes beyond screen dragging and mowing once or twice a year. "The District touts its 'barrier free' Rec-

reation offerings and achievements, but our association has encountered several barriers to the growth and success of minor baseball in our community. The lack of information provided by the District regarding the Park Drive field, as well as what seems to be an unwillingness on the part of Public Works to engage in a discussion about field maintenance is concerning. I have specified my concerns to Public Works on more than one occasion, offered solutions, and I just get told repeatedly to identify the safety hazards so they can be addressed," she said.

"To my knowledge, no action was taken to address the dirt

bikes and quads on the field, which is certainly more damaging.

Despite all of the challenges, Tri-Port Minor Baseball is looking forward to this season and beyond. "We have 115 players registered in the three communities, with 14 of those in Port Alice, which is really exciting." The association hosted the BC Minor Baseball Coaches Caravan at the beginning of April and will be welcoming Caged Athletics back for a third year for their Island Baseball Tour June 26-28. The association is also launching the Rally Cap program, which was developed by Baseball Canada in partnership with the Toronto Blue Jays, for the

younger age divisions. "We had a coaches' meeting and clinic this past Sunday, and it was very productive and enjoyable. I'd also like to recognize Olivia Shaw, the association Vice President, who is spearheading the efforts in Port McNeill. She also set up our online registration and has secured many of the uniform donations. We also received donations from Vesta's, Cape Scott Wind, Central Coast Marine Services/Central Coast Propane and Harbourside Physiotherapy and Health to help offset the cost for new jerseys. We are extremely grateful for their support." Practices begin Monday, May 4.



*North Island Concert Society*

proudly presents

## JOHN GOGO Coal and Wood Show



This engaging one-man show written and performed by John Gogo revisits the gritty coal mining and logging towns of Vancouver Island on Canada's rugged western coast. Haunting folk tales told by four generations of a Vancouver Island pioneer family offer a fascinating look beneath the surface of history unfolded from 1895 to 1995. Their songs explore the unique and layered lives of heroes and villains: the visionary Finns of Sointula, the notorious Dunsmuir, labour martyr Ginger Goodwin, the ghost of Clarence Ballance and the infamous Brother XII of De Courcy Island.

**Saturday, May 9, 2026 7:00 pm**

**Port Hardy Civic Centre**

**Tickets at Café Guido, Essentials Refillery in Port McNeill,  
and from Gail Neely in Port Alice.**

TELEGRAPH COVE  
RESORT



District of Port Hardy  
BHP Legacy Fund



**Tickets \$35.00**

**Students (0-17) \$10.00**

ALL TICKETS ARE NON-REFUNDABLE

For questions please call 250-956-0452

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**SATURDAY MAY 8TH  
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DIRT, YOU BUY THE PLANTS.**



# DISTRICT OF PORT HARDY NEWS & EVENTS



## PORT HARDY TURNS 60 – DIAMOND ANNIVERSARY CELEBRATION

This year, the District of Port Hardy proudly celebrates 60 years of municipal incorporation. This Diamond Anniversary is more than a birthday—it's a chance to honour the people, stories, creativity, and history that have shaped our community, while recognizing that our history reaches far beyond 60 years.

Let's make Port Hardy's 60<sup>th</sup> birthday a celebration to remember!

Connect with Us!

We will be celebrating throughout the year. Scan the QR code to stay informed on upcoming birthday celebrations & how to participate, visit us at [www.porthardy.ca](http://www.porthardy.ca), or email [eventcoordinator@porthardy.ca](mailto:eventcoordinator@porthardy.ca).



## Annual Spring Clean-Up Week

11 am - 4 pm | May 19 - 23  
FREE Drop-off at Fox's Disposal  
Tacan Site (5990 Steel Rd.)

Pick-up available for seniors & persons with disabilities. Call 250-949-7779 to register, between 8am and 4pm, May 4-8. Spots limited.

Only eligible items permitted!



**Reminder!**

**Weekly garbage pick-up begins Monday, May 4!**



Visit [porthardy.ca](http://porthardy.ca) for the 2026 Garbage & Recycling Calendar.

*Coffee with the Mayor*  
May 7, 11:00 AM - 1:00 PM

# HARDY HUSTLE

## 10K & HALF MARATHON

### MAY 31, 2026

### Hardy Hustle 10K & Half Marathon

Sun | May 31  
10:00 am - 2:00 pm

Choose between our scenic 10K or challenging half marathon and experience the energy of race day in Port Hardy. Feel the excitement, hear the cheers, and embrace the challenge as you walk, jog, or run your way to the finish line. Fees include race swag, post run snacks and a medal. Limited swag is available on a first come, first served basis. Don't wait. Register today!



**10K**  
All Ages  
\$45/person  
Code: SP26-CE02

**Half Marathon**  
Ages 15+  
\$85/person  
Code: SP26-CE01



## SHARE YOUR PORT HARDY STORY!

Help Us Celebrate 60 Years! We're collecting historic photos & stories for the Port Hardy Timeline Project.

Do you have a photo from years past? A moment that captures our community's history? A story that deserves to be remembered?



**We want to see it!**  
Selected submissions may be featured as part of our 60<sup>th</sup> Anniversary celebrations. Scan the QR Code to learn more.

### Then & Now

Step back into the past with our Then & Now activity. Highlighting our history and culture from years past to today, iconic Port Hardy landmarks, locations, events and more reflect our community's growth, strength, diversity, & resiliency. Head to the Visitor Centre to see a display of "Then" pictures. Select a Then picture, go to the location, and snap a Now picture. Share your "Now" picture with us back at the Visitor Centre. Lets reminisce together on how our beautiful community has grown and changed!

Photo from the North Island Gazette Photo Collection, Courtesy of the Port Hardy Museum & Archives, 2026.



## YOU'RE INVITED!

Emergency preparedness is everyone's responsibility—residents, businesses, and government all play a part in ensuring the community is ready. Port Hardy Emergency is commemorating Emergency Preparedness Week with an event to raise awareness about the importance of being prepared.



11 AM-2 PM  
SATURDAY, MAY 9<sup>TH</sup>  
FIRE HALL NO. 1, 8890 CENTRAL ST.

Join Port Hardy Emergency and emergency response partners for a chance to learn from the experts how to prepare for an emergency, before it happens.

250.949.6665  
General@porthardy.ca  
www.porthardy.ca

**SUMMER 2026**  
Registration Opens  
Mon | May 25  
12:00 pm

### Summer 2026 Rec Guide

Registration Opens  
Mon | May 25  
12:00 pm

Get those fingers warmed up. Make your list. Set that alarm. Summer is calling and registration opens at 12pm. Dive into:

- swimming lessons
- summer camps
- yoga
- pickleball
- aquafit
- lengths.

Don't wait, you'll miss your spot.

Pathways  
YOUTH COLLECTIVE  
**VOLLEYBALL & PIZZA POOL PARTY**  
TUES | MAY 12  
6:00 PM - 7:30 PM  
FREE! | AGES 12 - 18  
PRE-REGISTRATION REQUESTED TO ENSURE WE ORDER ENOUGH PIZZA

### Volleyball & Pizza Pool Party

Ages 12 - 18  
Tues | May 12  
6:00 pm - 7:30 pm  
**FREE!**

Ready to level up your Tuesday night? Grab your crew and hit the pool for a high-energy night of swimming, volleyball, music and Pizza!

Thank you to NICCCS for partnering with PH Recreation Centre to offer this program for FREE!

**Pre-registration is requested to ensure we order enough pizza.**

**PLAY ZONE**  
ALL AGES  
SATURDAY | APRIL 11  
MAY 30 & JUNE 20  
3:00 PM - 4:30 PM  
FREE!  
Guardian supervision required

### Play Zone

All Ages  
Sat | May 30 & June 20  
3:00 pm - 4:30 pm  
Arena Dry Floor  
**FREE!**

Get ready to move, build and pay your way through the afternoon at Play Zone! The Arena Dry Floor transforms into a free play zone with bouncy castles, plasma cars, floor hockey, and plenty of space to run, roll or ride with friends. Drop in, team up, and let your imagination do the work!

**Parent or guardian supervision required.**

**HUSTLE RUN CLUB**  
THURSDAYS  
APRIL 2 - MAY 28  
5 PM - 6 PM  
\$2/SESSION

### Hustle Run Club

Thurs | April 2 - May 28  
6:00 pm - 8:00 pm  
\$2/session

Are you training for the Hardy Hustle, or looking for some motivation? Rain or shine, Hustle Run Club is there for you!

Register online: [app.univerusrec.com/porthardyrecreationpub](http://app.univerusrec.com/porthardyrecreationpub) or scan the QR Code.

For more information:  
visit us at 7400 Columbia St.  
call: 250.949.6686 ex 201  
email: [recreation@porthardy.ca](mailto:recreation@porthardy.ca)



SCAN  
HERE  
TO  
REGISTER!

# New research shows high levels of shoreline modifications

Pacific Salmon Foundation (PSF) found that decades of coastal development have altered approximately 35 per cent of nearshore habitats critical for juvenile salmon and other coastal wildlife on a large portion of the east coast of Vancouver Island.

Between 2022 and 2025, PSF mapped the coastline from Victoria to Campbell River, and the town of Port McNeill, in a small 16-foot boat called Wilbur. The vessel recorded high-resolution imagery, before researchers digitized the structures they captured into the first publicly accessible interactive shoreline map of its kind.

“The east coast of Vancouver Island is a vital corridor for fish habitat and a nutrient powerhouse for other species in the Salish Sea, but much of its shoreline is now modified with unnatural structures,”

says Kyla Sheehan, project manager of PSF’s Resilient Coasts for Salmon project.

“Human-made structures like seawalls and excessive log buildup can disrupt natural coastal processes, degrade habitat quality, and impact species that rely on nearshore environments, including Pacific salmon. These findings highlight the importance of prioritizing shoreline health as Vancouver Island’s population grows and coastal development increases.”

In the spring, juvenile Pacific salmon rely on nearshore areas for shelter and food as they adjust to the ocean after exiting river systems up and down Vancouver Island. Healthy shorelines are also essential for the survival of other species, such as Pacific herring, Pacific sand lance, and surf smelt.

Up to 69 per cent of shoreline

modified in Island communities

Researchers found that shoreline modification in Vancouver Island’s biggest coastal cities was significant, through structures like marinas, vehicle bridges, breakwaters, boardwalks, and seawalls.

These structures – often built to protect shoreline infrastructure – can make erosion worse by redirecting wave energy to nearby areas and contribute to ‘coastal squeeze’, a phenomenon where habitat can be lost over time when the shoreline is not able to adapt to changing sea level. They also threaten key spawning and rearing habitat for forage fish.

Shoreline modification varies significantly by community. Percentage of shoreline modification in Vancouver Island cities: Town of Port McNeill – 60 per cent

For the purposes of the Re-



Photo – Submitted

**Pacific Salmon Foundation (PSF) found that decades of coastal development have altered 59 per cent of the shoreline in the Town of Port McNeill.**

silient Coasts for Salmon initiative, the Port McNeill study area covers six kilometres of marine shoreline along Queen Charlotte Strait, with data derived from imagery collected up to 2024. Man-made structures like seawalls and riprap, often built to protect shoreline infrastructure, can actually exacerbate erosion by redirecting wave energy to nearby ar-

reas. These modifications also remove key inter-tidal habitats and food sources essential for the growth and survival of juvenile salmon and forage fish. By stripping away the natural complexity of coastal ecosystems, shoreline modifications reduce their capacity to support biodiversity and adapt to rising sea levels.

As of 2024, approximately

3,735 m of Port McNeill’s shoreline has been modified, while 2,637 m remains natural. This indicates that roughly 59 per cent of the community’s shoreline is classified as modified. The most common modification types were logging infrastructure (59.6 per cent), seawalls/bulkheads (15.3 per cent), and marina (9 per cent).

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Photo – Kathy O’Reilly

*Homewood Bound*

Sunset Elementary School Grade 7 students hosted a barbecue and bake sale April 25 outside IGA in Port McNeill to raise funds to go to Camp Homewood on Quadra Island. The event raised \$2,700. The camp has been serving children, adults, and families since 1944.



Photos — Kathy O'Reilly

*Fun Fair Focus*

Fun Fair 2026 was held at the Gwa'sala-'Knak'waxda'xw School April 23. The event included an abundance of activities including face painting, bracelet making, a cake walk, musical chairs and more.

# Aces Roofing is now doing estimates in Port Alice, Port Hardy and Port McNeill

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# ACES ROOFING



# lifestyles & leisure

## Sitting in a blind a time of quiet anticipation

As September arrives in Northern British Columbia, sitting in a blind in a remote woodland location has brought many years of joy and sense of pause for my family and I.

Moss and lichen cushions the ground, old logs weathered and bleached blend into the earth, and new growth of poplar, buck brush, kinnikinnick berries, and pine sprout alongside, proof of Nature's tenacity to regrow. The air is crisp and cool, and the sweet musky fragrance of new plant-life is soothing. Sounds drift in layers: owls hoot, wolves howl, as bear, deer, moose, and elk mating season draws near.

A time of forest wonder as we quietly sit in anticipation of the drama about to unfold.

Our hearts beat with expectation, eyes alert for the subtle signals; a flicker of movement, an odour in the wind, or the sharp crack of a branch breaking in the distance. Time seems to stretch and slow when concealed within our carefully constructed blind, fashioned from interwoven branches and brush that mask our presence. Inside this shelter, we are hidden and eager participants, invited to quietly witness the unfolding secrets of wildlife activity, to breathe deeply, and to remain alert, cameras ready for whatever wonders Mother Nature might reveal.



As twilight deepens, a hush settles over the clearing, gentle and profound. The sounds of daytime gradually fade, the chatter of birds diminishes, and the wind slows, whispering a soft rustle of leaves. Shadows lengthen, and a tranquil stillness emerges, as if the forest itself pauses to take a breath, awaiting the quiet mysteries of evening moose to appear, to browse on new growth.

Then a lone grouse cut across the sky, its wings slicing through the pastel light like whispers in a breeze. Each wing splitting the sky's hues of blues, greys, and ambers, creating a gentle ripple through our memory.

A singular remarkable flight summoning echoes from past moments cherished forever. The bird's silhouette, sharp and fleeting, stood out against God's ethereal canvas, a reminder that the thrill of the outdoors is measured not in

days, not hours, not weeks, but in precious moments, where even the flight of a solitary bird can leave an unforgettable imprint on the mind.

The bird flew over three decaying trees standing like sentinels, their twisted skeletal structure deeply rooted in the ground, a vision in silent contrast to the renewing forest behind. Bare, lifeless branches reached upward like ancient arms frozen mid-gesture. Time had stripped their bark and foliage, exposing the raw vulnerable wood beneath, yet something in their stance spoke of steadfast resolve: they remained, unbowed, refusing to yield their upright place in the clearing.

It was as if they clung not to life, but to purpose!

In a final gesture of gratitude their decaying mass now provided birthing hollows for squirrels, owls, flickers, wood ducks and other critters.

The cavities carved by slow



Photos — Christine and Gord Patterson

**A bull moose's antlers can span up to six feet across and are shed every year.**

decay to becoming cradles, nesting sites for creatures who would one day depart and return, weaving their own stories into nature's circles of life.

In this way, the three trees had not simply sprouted, thrived, grew, matured, and passed on; they had transformed. What was once solid and whole now held softened space for renewal, their presence rooted the clearing afforded a sense of continuity, connecting the past and future through the tangible legacy of shelter.

The sunset had watched similar trees grow and die a thousand times, their bark stripped but their purpose intact. Seasons had passed in endless succession, winters covering their roots with snow, springs dressing the ground with the greens of moss and renewing foliage, summers alive with the sun's warmth, insects, and birdsong. Then autumn's cloaking the world in a golden shroud before snows set in again. Through it all, these three trees bore silent witness,

guardians now of a birthing place in a landscape that had learned to adapt, regenerating a new pine forest.

Still, in the last minutes of daylight the clearing is alive with moose and sound, the chatter of sparrows, the whisper of wind through and poplar greenery.

The air vibrates with the calls of creatures unseen, and the sun nourishes a vibrant habitat with the movement of countless beating hearts.

**Continued on Page 11**

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# Nature moves at its own pace - measured in cycles

Continued from Page 10

Under low branches, foxes dart, deer and moose awaken, and rivulets have sung a constant lullaby, weaving everything together in a cradle of abundance even as trees have been harvested.

This is a wondrous haven where Nature moves at its own pace, measured not in hours and minutes but in cycles, the migration of birds, the blooming of wildflowers, the return of rain and thaw.

The sentinels stripped and weathered, bore the scars of countless seasons.

Their roots, gnarled and stubborn, burrowed deep into the soil, anchoring them against storms and droughts.

Their silhouettes stark against the backdrop of younger, thriving forest. Together, the three decaying trees framed the limits of the clearing, marking the boundary between what was and what might be, between loss and hope.

We imagined the stories the sentinels could tell from the sanctuary of our blind: generations of birds nesting in their hollows, insects burrowing beneath their bark, mushrooms blossoming in the shade of their roots. We imagined their decay, nurturing the soil, fertilizing the undergrowth that is rising to take their place.

Nature wastes nothing;



Photos — Christine and Gord Patterson

A male Spruce Grouse.

even loss becomes the foundation for new growth!

Among the renewal greenery, poplar and pine saplings reach upward, stretching toward the sun while animals large and small forage here and there.

Wildlife and young trees know nothing of the old sentinel's loss, only the exuberance of regrowth.

Nature is anchored by the passing of the old sentinels and inherit a legacy of monumental proportions.

The clearing becomes a site not only of memory, but of hope.

The youth of young trees promise that renewal is possible, that life persists,

that even in the shadow of the old tree's demise, the forest finds its way forward.

To sit unnoticed in the clearing is to be humbled. The grouse takes flight, and our heart lifts with it.

The trees stand their ground, and one's spirit finds strength in their endurance.

The voices of the living and the traces of the departed mingle, creating a symphony that is both celebratory and solemn.

The woodland, in all its complexity, is a reminder that every loss bears the seed of return, and every memory, cherished or

painful, feeds the soil from which new life springs.

In that place, the boundaries between memory and reality blur.

The thrill of the outdoors is measured not only by what is seen, but by what is felt, by our memories that linger long after the grouse has vanished, by the silent watch of the trees, by the chorus of sparrows that, while absent, still sing.

The clearing is a micro-

cosm of the wider world, a space where the old, new, and gratitude co-exist, where the cycle of life is played out not in span of hours - rather in fleeting moments under the sweep of wings and the hush of wind.

The flight of the grouse over three sentinels is a meditation, a reminder that renewal is not only possible, but inevitable.

The trees, though stripped

and silent, continue their vigil, offering shelter and wisdom to those who come after.

The clearing remains, alive with sound and memory, a sacred intersection where the past and future touch, and where echoes linger, stirring my heart to remember, to grieve, and yet, to rejoice in what has been.

*Safe Travels,  
Gord*

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## North Island Reflections



A crow gathers some nesting material. 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](mailto:publisher@northislandeagle.com).

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# Literacy society adds second adult coordinator

By Trish Weatherall

Mount Waddington Family Literacy Society is thrilled to provide more adult programming with the addition of Denise Idle as a Community Adult Literacy Coordinator.

She will be working alongside Jeanne James-Hory as part of the Adult Literacy team.

"We work closely together," said Jeanne, "and with Denise in this role, we're able to offer more consistent programming, more support for learners, and more opportunities for people to build confidence in their skills across North Island communities."

Denise has 15 years' experience working in public libraries and is an avid reader, a lover of words and a serious artist.

"I am so excited to go out into the communities of the North Island and share my passion for literacy," said Denise.

In this new position, Denise will focus on:

- Tutor Training and Support: Empowering volunteers to effectively assist adult learners.

- Learner Drop-in Sessions: Providing accessible, welcoming spaces for immediate assistance.

- Skill-Building Workshops: Facilitating sessions on reading, writing, mathematics, and digital literacy.

- Practical Life Skills: Helping community members with everyday tasks like completing forms and navigating new technology.

"Thanks to Jeanne's leadership, our adult literacy programs continue to grow in ways that truly matter for our community," says Jessica Brown, executive director.

"The addition of Denise in this new supporting role will help strengthen this



*Photo — Submitted*

Denise Idle from Port Alice has been hired as Community Adult Literacy Coordinator by the Mount Waddington Family Literacy Society. She will be working alongside Jeanne James-Hory as part of the Adult Literacy team.

work. Her warmth, curiosity, and readiness to jump in will allow us to reach even more learners where they are and continue building programs that truly make a difference."

Denise lives in Port Alice and enjoys spending time outdoors gardening, hiking and exploring the West Coast.

If you have questions or want to connect with Denise email [adult.literacy2@mwfamilyliteracy.org](mailto:adult.literacy2@mwfamilyliteracy.org)

See the website or Facebook page for current programs.

Community Adult Literacy Programs (CALPs) are free, non-credit programs to im-

prove literacy and essential skills for work, for home or to prepare to pursue formal learning or training at a public post-secondary institution.

CALPs are funded by the Province of British Columbia through the Ministry of Post-Secondary Education and Future Skills.

The Mount Waddington Family Literacy Society works with communities, schools and organizations to support literacy and learning for all ages on North Vancouver Island.

Visit the MWFLS website to learn about their free programs at: [mwfamilyliteracy.org](http://mwfamilyliteracy.org)

# Everyone is talking about GLP-1 hormone

By Susan Holbrook

So, what is it? GLP-1, short for glucagon-like peptide-1, is a hormone produced in the gut in response to eating. It's part of the body's natural system to regulate digestion and blood sugar.

It works by stimulating insulin secretion to aid blood glucose levels, reduces glucagon (a hormone that raises blood sugar), slows gastric emptying, helping you feel full longer and suppresses appetite, leading to lower food intake and usually weight loss.

GLP-1 also influences the brain's appetite centres and improves communication between the gut and the brain.

Because of these effects, GLP-1 is also the target of several weight loss and diabetes medications like semaglutide, but you don't need a prescription to support this hormone naturally.

These foods are best for increasing GLP-1: protein rich foods, fermented foods, fibre rich foods, healthy fats, dark chocolate in moderation, compounds in bitter foods activate taste receptors in the gut, which can stimulate GLP-1 release via enteroendocrine signaling. These include arugula, dandelion greens, bitter melon, kale and mustard greens.

Other foods include herbs

and spices like cumin, coriander, garlic and black pepper. Cinnamon, ginger, turmeric and fenugreek have been shown to increase GLP-1 levels, either by delaying gastric emptying or enhancing gut hormone signaling. I put some cinnamon in my morning coffee!

Vegetables like cruciferous vegetables (broccoli, cauliflower, cabbage and Brussels sprouts) contain sulforaphane, which may support GLP-1 signaling by aiding a healthy response to inflammation. Leafy greens and carrots are high in phytonutrients and fibre, as well, both of which support GLP-1 activity

and gut health.

Supplements that help are Berberine, Omega 3 Fatty Acids, Curcumin, Probiotics, etc.

Regular exercise, stress management and intermittent fasting are also considered to be helpful.

I told you in the last article that I'm on a mission to control my own blood sugar by aiding my digestion. Now my crudité box has found a new dip, too!

Other than the hummus, tzatziki, and eggplant dip, I've added an easy white bean dip!

In my food processor I add one can of drained cannellini beans, 2 TBSP lemon juice, 1 garlic clove, 1 TBSP white truffle oil (divine) or toasted nut oil. To taste pink salt and black pepper. Blend and there you go!

Another staple I keep in the freezer for those days when time is short or I'm just lazy is stuffed chicken breasts!

## Stuffed Chicken Breasts

Simply cut a pocket into a boneless chicken breast and stuff with any filling you like. About 2-3 TBSP will fill one breast.

Example: cooked spinach, feta, olive spread either green or black (Devina) or my Cae-



Photo — Susan Holbrook

Wendy Nixon Stohert will be hosting three vocal workshops on May 8 and May 9 at the A-Frame Church at 175 Cedar Street in Port McNeill.

sar filling ... 1 TBSP soft butter, 2 tsp Dijon mustard, squeeze of lemon, 1 crushed garlic clove, 1 tsp Worcestershire sauce, 1 tsp of anchovy paste and 2 TBSP grated Parmesan.

I use tapioca flour combined with almond flour as my coating. So, dip in the coating

first then in beaten egg and the flour again.

Bake at 350 F until 165 F. Broil to brown.

So, there are some easy ways to make eating this way fun and scrumptious!

Visit my site for more information. [www.co-creative-healthsolutions.com](http://www.co-creative-healthsolutions.com).

## The Gathering Place opens in Port McNeill

Seniors have a new place to get together in Port McNeill.

The Social Prescribing Program has opened The Gathering Place.

Located at 1595 Broughton Boulevard, The Gathering Place will be open on Mondays and Wednesdays from 1 p.m. to 4 p.m.

This welcoming space, operated by the North Island Crisis and Counselling Centre, offers seniors an opportunity to socialize, connect with their peers, and build meaningful relationships.

It also serves as a hub where individuals can access and learn about community-based resources.

Social prescribing is a holistic approach to health and well-being that connects individuals with non-medical supports in their community.

Through this program, participants can be referred to local activities, services, and groups that help improve social connection, mental health, and overall quality of life.



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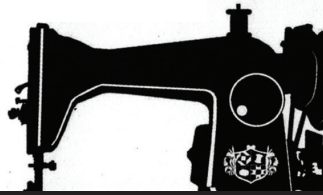
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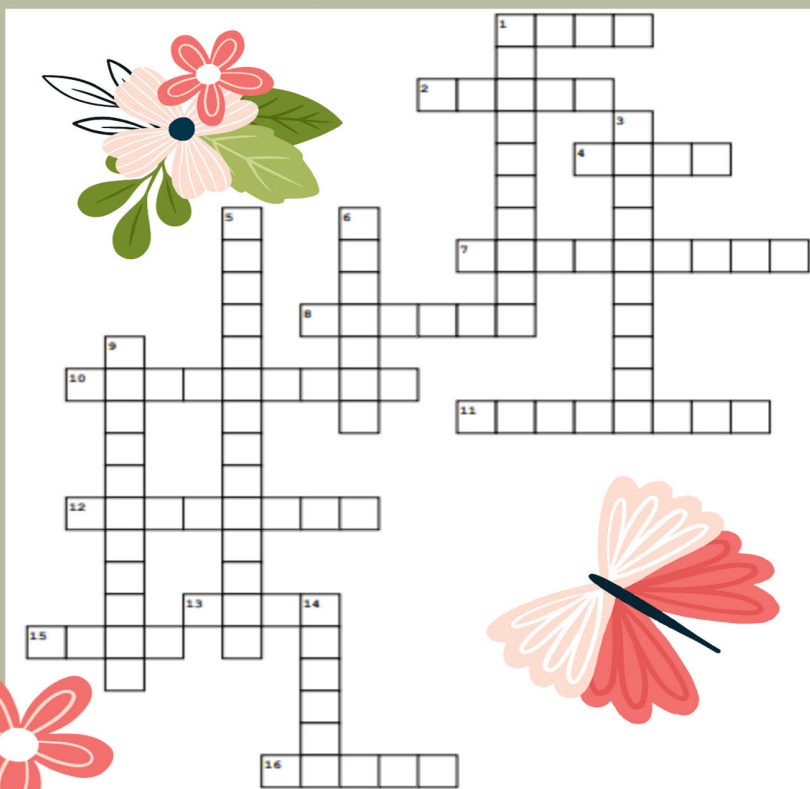
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- loves shade and comes in many varieties
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- flying spot of yellow
- more of these make me happy
- colorful pollinator
- what most of the Midwest was covered with
- non native plants can be this
- best water for plants
- happy dirt dweller
- I find this in the garden

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- blood sucking insects
- native flower, most common is purple
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- blooms for one day only
- doesn't know the words to the song
- this type of plant is best for our pollinators



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**Ronnie (Veronica) Sam**  
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