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*Snow Goose*

Photo — Christopher Knight

Canada Geese were covered in a blanket of snow during a brief storm on Family Day.

## RCMP investigate shots fired

In the morning of Feb. 15, 2026 Port Hardy RCMP responded to a report of shots fired in Chancellor Heights. Upon arrival they located a vehicle with evidence of bullet holes but no occupants inside. A substantial neighbourhood canvass was completed with witness statements and video footage obtained.

Police are requesting any member of the public who may have residential video surveillance, dash camera footage or smart phone footage from Feb. 15, between the hours of 10 a.m. and 11 a.m. in the area by Douglas Street, Park Drive and Trustee Road to email it to: <https://rcmp.ca.evidence.com/axon/community-request/public/43152026549porthardy> or scan the attached QR code. It is believed this shooting was targeted and the investigation is ongoing to identify those involved. "Violence, whether targeted or not, affects everyone in the community and we seek to hold those who are undermining the safety of our community accountable," said Port Hardy RCMP Staff Sergeant Kim Rutherford.

Continued on Page 3



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# Hardy purchases new electric ice resurfacer

What's in a name? A savings of about \$40,000.

The District of Port Hardy has taken delivery on a new Olympia electric ice resurfacer. The machine was ordered back in 2024 with a budgeted cost of \$230,000.

The district's previous Olympia was 13 years old and has been showing signs of aging with ongoing start up and efficiency issues causing higher emissions than usual.

Emissions released during machine usage causes a rise in CO<sub>2</sub>, which is a safety concern for staff and patrons. As a spinoff of higher CO<sub>2</sub>, the exhaust fan in the arena works overtime to bring down the CO<sub>2</sub> which causes excess moisture build up inside the Arena in the form of fog.

Once electrical installation is complete and the charging station is up and running,

the new machine will be ready for regular use on the arena floor.

For a hockey-loving town like Port Hardy, great ice matters. From early-morning practices to late-night league games, and from figure skating to public skates, the arena is a hub of activity.

Ice resurfacers play a critical role behind the scenes - shaving, cleaning, and laying down a fresh sheet of water to create that perfectly smooth surface players depend on.

Staff training is already underway, and excitement is building as operators get comfortable behind the wheel of the new electric machine.

Beyond its quieter operation and environmental benefits, the Olympia represents a modern, efficient addition to the district's recreation fleet.

This important purchase was made possible thanks to funding from the North Island Community Forest Fund and Climate Action Funding from the Province of British Columbia. This support helps ensure our facilities remain sustainable, forward-thinking, and ready to serve the community for years to come.



Photo — District of Port Hardy

The District of Port Hardy has purchased a new Olympia electric ice resurfacer.

## Correction

In the Feb. 13 issue of the Eagle in the caption under the front page photograph it was incorrectly stated that the cut block was on Highway 19. In fact, it was on Highway 30. The Eagle apologizes for the error.



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# Something Deep is coming to Port Hardy

By Kathy O'Reilly

A new dining experience is set to open in Port Hardy this summer. 19 Deep Public House will offer a warm, intimate atmosphere designed for gathering with friends and enjoying thoughtfully-prepared food in a welcoming setting. Located on the lower level of Hotel 19, the restaurant is currently undergoing a complete transformation. "The space required a full rebuild to meet current building and safety standards," said owner Kristina Fedorak, who co-owns Hotel 19 with partner Kirstie Bradshaw. In addition to the extensive interior renovation, a full commercial kitchen is being constructed, allowing the upper and lower restaurants to operate independently and efficiently.

Hotel 19 has also applied to the District of Port Hardy for a minor variance to extend the patio footprint by two feet, enhancing the outdoor dining experience. The establishment has applied for a liquor-primary licence, which involves a more comprehensive approval process than a food-primary licence. "It's important to me that guests can comfortably enjoy a drink and linger after the kitchen closes," Fedorak noted.

19 Deep is not intended to operate as a late-night party venue. "We are committed to main-

taining a respectful environment, particularly with hotel guests staying above the restaurant."

The focus at 19 Deep will be consistency in both front and back-of-house operations, with an emphasis on efficient service, minimal wait times, house-made desserts, and a fresh, elevated dining atmosphere. The interior will accommodate 96 guests, with an additional 28 seats on the year-round heated patio, pending municipal approval.

If staffing permits, the restaurant plans to operate seven days a week. A soft opening is anticipated for mid-to-late May to refine operations ahead of the busy summer season.

The design concept reflects Port Hardy's industrial heritage, incorporating natural materials such as wood and concrete, booth seating, ambient lighting, a prominent 15-seat central bar, and a striking copper wall and ceiling feature. Historic photographs celebrating local logging, mining, and fishing industries will be displayed throughout the space.

"We are excited to welcome a highly talented chef and his partner to lead the culinary program," said Fedorak. "We look forward to building the remainder of our kitchen and front-of-house team with talented local professionals."



# Kwakiutl looks to develop composting business

The Kwakiutl First Nation and A'ek'ak'ilaxan's Gukwalut/Nourish North Network (previously known as the Mount Waddington Food Hub) are working together to develop a financial forecast and business plan for a regional composting business.

"We are in the very early stages of this research and planning process," said A'ek'ak'ilaxan's Gukwalut/Nourish North Network Coordinator Megan Fee in a presentation to the Regional District of Mount Waddington Board of directors meeting Feb. 17.

The Province's Clean BC Strategy calls for 90 per cent of organic waste to be diverted from landfills and turned into renewable resources by 2030, supporting the shift to a circular economy.

The Regional District of Mount Waddington operates 7 Mile Landfill and Recycling Centre, where 35 per cent of landfill waste is made up of compostable food and yard waste.

Landfilled organic waste is the leading cause of methane produced at landfill sites, methane being a potent greenhouse gas (80 times more heat trapping abilities than carbon dioxide).

A summary of the 7 Mile Landfill 2024 landfill gas generation assessment results indicates that the current methane generation rate from the landfill is approximately 424 tonnes/year.

The project would see the creation of a Kwakiutl-owned composting facility (site as yet undetermined) capable of processing Residential, Industrial, Commercial and Institutional organic waste. Along with fish waste from commercial processors, aquaculture and food fishers, and wood waste, the organic waste would be composted into Class A Compost for retail for agriculture, gardens, landscaping and ecological restoration. Many successful models of composting businesses exist throughout BC.

This year-round business will create local jobs, training opportunities, and room to grow other economic initiatives. The diversion of organic waste from 7 Mile will extend the life of the landfill, reduce leachate and climate change gases, reduce wildlife interactions, and ultimately be transformed into a high-quality resource to increase regional food growing capacity. The board was in favour of the idea and received the report for information.

# Broughton Sports Club to host two archery events

By Kathy O'Reilly

The Broughton Sports Club has asked for a little financial help - a grant in aid for \$10,000 from the Regional District of Mount Waddington.

The club currently has 211 members and is continuing to grow.

"This year, the club is hosting two larger archery events along with the regular scheduled events. We are expecting larger attendance from different Rod and Gun Clubs down island, who host similar archery events throughout the year. This will not only support our Club but also attract people to the North Island with the possibility of local businesses profiting from that," the executive wrote in the request received at the Feb. 17 board of directors meeting.

"With this in mind, the club is also looking to address the road condition coming into the facility. Even though road maintenance is an ongoing project, this coming year the club is looking at doing some major one-time improvements (e.g. installation of a culvert)," they wrote.

Last year, the Club purchased two sea cans to house equipment. This will keep possible repair and/or replacement costs down as they are now protected from the elements, possible tampering or even removal.

This equipment is used to keep the ranges

clean, tidy and up to environmental standards to satisfy current government requirements.

This year, a range inspection will be carried out by the Chief Firearms Officer to finalize approval of the facility as a shooting range and club.

"Right now, we are in the process of gathering all the documents that were requested," they wrote. "Depending on what the inspection will bring, there could be possible extra costs involved to satisfy any requirements by the Chief Firearms Officer to bring the range up to government standards and continue operation as is." In addition, the club would like to update its long gun range to the magnum template which will require engineering and earthworks to bring the berms up to the magnum standard required to accommodate the current needs of the North island.

"As we are a non-profit organization and rely only on membership fees to keep the club running, we have limited resources. With all of last year's expenses and some possible upcoming expenses with the range inspection, we are seeking to apply for a grant in aid to help us with those expenditures."

The Regional District has about \$300,000 to give out each year through grants in aid. The board will consider the request during budget deliberations.

# Shots fired

Continued from Page 1

If you have information related to this event, please contact Port Hardy RCMP at 250-949-6335 or if you wish to remain confidential call Crimestoppers at 1-800-222-8477 and quote file PH2026-549.



PH-2026-549

# Wounded Warrior Run begins February 22

The Wounded Warriors will be back in Port Hardy Feb. 21, taking in a welcome dinner at the Royal Canadian Legion Branch #237 before heading out the next morning.

Wounded Warrior Canada (WWC) is a nationally recognized mental health service provider dedicated to serving ill and injured Trauma Exposed Professionals (TExP) and their families.

A TExP is an individual who, through the course of their regular job duties is continually exposed to traumatic events involving actual or threatened: death, serious injury, and/or sexual violence.

TExPs include but are not limited to military, police officers, firefighters, paramed-

ics, corrections officers, security officers, and health care workers.

While they arrived in a deluge, the runners were greeted by sunshine as they set off on their journey bright and early Feb. 22 on their way to Victoria - eight runners, eight days, nearly 800 kilometres away - with stops in Port McNeill, Woss, and Sayward.

The relay-style run has become the largest fundraiser for Wounded Warriors Canada on Vancouver Island.

The 2025 event raised over \$165,000, with the 2026 events aiming for \$250,000. Every dollar raised during the run remains on Vancouver Island.

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# editorial



Photo — Robin Quirk, Robin's Eye Photography

A Double-crested Cormorant enjoys a little snack.



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— Our beautiful First Nation's eagle (kwikw) courtesy Nakwaxda'xw artist Davis Henderson  
Cover eagle photo James O'Reilly  
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# UBC sustainable forest management students visit

By Kathy O'Reilly

Twenty-four University of BC Masters of Sustainable Forest Management (MSFM) students were up on the North Island recently.

The MSFM program is designed for students who have completed bachelor's degrees in fields allied to forestry such as biology, ecology, physical geography, environmental sciences, or natural resource conservation, who wish to become professional forest land managers. This is a nine-month intensive course-based program with a mix of lectures and tutorials along with substantial project work that focuses on design of site and landscape level plans.

This year's MSFM class is collaborating with the North Island Community Forest for the landscape level planning portion of their course work. Groups of students will work together to design a landscape level management plan, using the NICF tenure as the base for their project. The students will be drawing on the values and challenges identified by the NICF as well as the ideas discussed throughout the field tour.

The MSFM students, led by Professor Ken Byrne, Program Coordinator Anna Tobiasz, and Helen Marcoux, manager of UBC's Malcolm Knapp research forest, and a teaching assistant spent Feb. 9-13 in the area.

The first day was spent at the U'mista Cultural Centre in Alert Bay with members of Atli Resources and the 'Namgis First Nation.

The following three days were spent with the directors and the manager of the North Island Community Forest (NICF).

The North Island Community Forest, formed in 2011, is a limited partnership with three shareholders who are the current owners of this business: the Village of Port Alice, The District of Port Hardy and the Town of Port McNeill.

"We spent the week visiting various locations within our tenure discussing the values, aspirations and organization of the NICF," said Manager Meg Bose.

"Tuesday, we visited a recently harvested cut block in our Marble River operating area, where we met with Suzanne Hopkinson, Guardian Program Coordinator for the Quatsino First Nation, to discuss Quatsino's involvement in collaborative land management and the role of their Guardian program," Bose said. After lunch at the Marble River Recreation Site, the group visited the Beaver Lake Interpretive Forest Trail for a taste of North Island forest ecosystems.

"Wednesday was spent at Pinch Creek, in our Alice Lake operating area, and centered around stand management practices and recreation potential. We also visited Link River to admire the recent work that the Village of Port Alice has put into the campground, some of which was supported by funds from the NICF," she said.

The group finished the afternoon at the Port Alice Com-

munity Centre where they met with the current shareholders of the NICF, the mayors of Port Alice (Kevin Cameron), Port Hardy (Pat Corbett-Labatt) and Port McNeill (James Furney), where the students gained an appreciation for the role natural resources plays in rural communities.

"Thursday, we joined Taylor Goodwin, from WFP (Western Forest Products), for a tour of a research trial established in the 1980s just south of Port Hardy."

The Salal Cedar Hemlock Integrated Research Program (SCHIRP trials) focus on regeneration and stand establishment strategies on nutrient poor, salal dominated ecosystems, commonly found around the North Island.

"We continued our tour and discussions of silvicultural techniques and how to grow the best trees, with a tour of Jim Burgess' woodlot and mill, Spiketop Cedar," Bose explained.

"To wrap up the week, we joined a few folks that the students had met throughout the week at the Broughton Curling



Photo — Meg Bose

Twenty-four University of BC Masters of Sustainable Forest Management (MSFM) students were up on the North Island Feb. 9-13.

Club, for a meal and a game of curling," she continued.

"The Community Forest was

delighted to host the UBC MSFM class and looks forward to hearing some of their

ideas that will be presented in their capstone projects this spring."

## 2026 Youth Harm Reduction Award

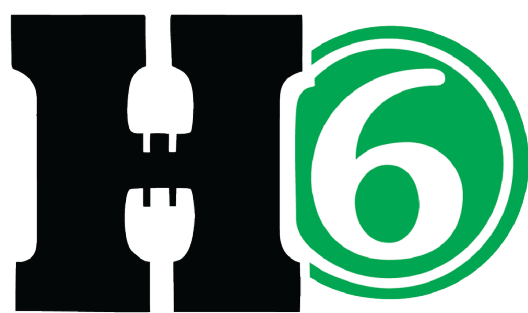
Have you, or another young person you know, worked on a project this school year that focuses on reducing harms related to substances? If so, Island Health wants to hear from you! Launched in 2022, the annual Youth Harm Reduction Award recognizes young people who have worked on a harm reduction project related to substance use – and this year that includes substances ranging from alcohol and nicotine to unregulated drugs. Winners will receive \$1,000 (total) and a

framed certificate for each recipient.

"It is an honour for Island Health to recognize the voices and work of young people with the Youth Harm Reduction Award," says Dr. Réka Gustafson, vice president of Population Health and chief medical health officer. "Youth bring creativity, energy and insight, which help make interventions relevant and meaningful to their peers." Applicants for the 2026 YHRA award will be accepted from March 1 to April 15, and the winning

submission will be announced in June. Applicants must be under 19 and live in any community in the Island Health region. Harm reduction refers to practical, compassionate policies and practices to reduce negative health, social and legal consequences of a range of activities, without necessarily requiring stopping the activity.

For more information and application forms, please visit Youth Harm Reduction Award.



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Photo — Tom Gettings

*Grizzly Family*

A Grizzly sow and her two cubs foraging along a rocky shoreline in Kingcome Inlet.



Photo — Robin Quirk, Robin's Eye Photography

On Feb. 13 Gumboot Gardeners, Margaret Harvey and Shirley Ray, bravely stood in the pouring rain selling Valentine's Day flower arrangements as a fund-raiser for the Alert Bay boardwalk beautification project.

# Gumboot Gardeners raise beautification funds

On Feb. 13 two Gumboot Gardeners, Margaret Harvey and Shirley Ray, bravely stood in the pouring rain selling Valentine's Day flower arrangements.

All proceeds from the sale were donated to the Alert Bay boardwalk beautification project. Behind the scenes the day before, nine Gumboot Gar-

deners worked hard to gather plants, make up the flower arrangements, donate decorations, decorate the jars, and design small cards that later were attached with ribbon to the bouquets.

Some members helped set up the tent and assisted selling the flowers.

A total \$405 was raised for the beautification project, to cover the cost of purchasing annual flowers, improving the garden beds, materials needed and maintenance.

"What a wonderful outcome for all of the hard work, creative effort and kindness given by all involved. The bouquets were all truly beautiful and so well received in the community," said member Maureen Towers.

Prior to the sale, some of the Gumboot Gardeners decorated the boardwalk with hearts. The Gumboot Gardeners creatively working towards this goal were: Shirley Wray, Margaret Harvey, Wendy Peterson, Marilyn Roberts, Diana Bichel, Pooja Kanth, Maureen Towers, Judy Cad-rin and Robin Quirk.



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# Plant-based proteins and Frankenmeat

By Susan Holbrook

So, are lab produced meats and plant-based proteins safe? Let's get nostalgic and remember vegetarianism which now is rebranded as a plant-based diet. Many vegetarians rely heavily on soy products like tofu (soy) and other meat substitutes made usually with texturized vegetable protein (TVP) which is soy based as well.

What's the problem with that? Well, this is a very controversial subject. There are some that say they it's fine and some that are dead against soy. I used to love tofu, but my gut sure didn't and so I avoid it. I will say that if you are go-

ing to consume soy, make sure it's organic or it's likely GMO. So, if you tolerate organic soy, just use in moderation. Those against soy say it is highly allergenic and a goitrogen.... bad for the thyroid. Maybe the confusion will be cleared up eventually, but I still won't be gobbling down soy myself.

I recently found a company called Big Mountain that uses fava beans instead of soy. I have enjoyed the veggie burgers and the meaty Lion's Mane Mushroom burgers. They have several other products too including fava tofu. So, if you are looking to cut down on meat, give it a try.

Let's look at the texturized

vegetable protein that's used in many meat substitutes. TVP is a high-protein, cost-effective soy product, but its main problems include being a highly processed, allergen-rich food often derived from GMO soy-beans.

It can cause digestive discomfort, like gas and stomach pain, and it often requires additional additives to improve texture. TVP is made through high-heat, high-pressure extrusion, which often depletes natural vitamins and minerals and according to Sally Fallon can cause the product to become toxic. TVP is sometimes processed using chemical sol-



So, trust your body and if any reactions avoid soy. Try the fava bean products. You might be delighted.

Now for Frankenmeat. The term refers to lab-grown or cultivated meat, a product of

cellular agriculture. Scientists grow meat from harvested animal muscle stem cells in a controlled, artificial environment, such as a lab. This process does not require the mass slaughter of animals or large-scale animal farming.

Proponents of the technology tout potential benefits, including reducing the environmental impact of meat production (lower greenhouse gas emissions, land, and water use) and addressing animal welfare concerns.

At the molecular and cellular level, lab-grown meat is biologically identical to meat from traditionally raised and slaughtered animals. None of this is considered cloning

which may be a topic for another time.

Hmmm...The above is what I've read but how do I feel about it? Honestly, like many new things, it's scary. We really don't know at this point what impact it will have on our health. So far it is not sold in Canada and the powers that be say it will be adequately labelled.

However, we might not have a choice eventually as farms get phased out and lab meat takes over. I'm pretty sure there will be a big to-do. Hello future!

Please visit my website for more information. [www.co-creativehealthsolutions.com](http://www.co-creativehealthsolutions.com)



Snowy Mountain Tops

Photo — Kathy O'Reilly

Fresh snow was visible above the clouds on the mountains in Port Alice.

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## Champions of North Vancouver Island caving

The North Island holds many natural wonders that draws Christine and I time and again to explore amongst the myriads of lakes, rivers and forested areas of the Nimpkish Valley. We are never disappointed; outstanding wildlife, breathtaking scenery, the invigorating aroma of clean fresh air... many treasures are waiting to be found hidden amongst lichen, mosses, and shards of memory to tantalize one's imagination, in an amazing rainforest ecosystem.

Perhaps one of the most gracious and rewarding encounters are people you inadvertently meet out there. That certainly was the case one spring Nimpkish Valley morning, when we hap-



pened upon two wonderful modest souls working the land in their base camp called "Northern Vancouver Island Cave Karst Explorations".

Ardent spelunkers (or cavers as they prefer to be called), they both had exciting stories of magnificent underground tunnels, huge chambers, rope rappelling, and magnificent stalactites and stalagmites. They recounted memories of giant clusters of spiders, underground rivers, and sightless albino fish that change colour when brought above ground.... Such amazing stories about our North Island kept us spellbound.

We listened intently as Michael and Linda Henwood

shared the Valley's history, layered by ages and hidden by a rainforests relentless growth. Wonderful stories of indigenous glory, echoes of Japanese influences they found, the meaning behind Nimp'ka carvings, ancient birthing stones, and legends of forest shadow people. Their storytelling brought the Valley alive, weaving together chapters of cultural traditions and natural wonders with reverence. Each tale revealed not only the North Island's unique heritage but also the deep bonds between people and place, reflecting the Henwoods' own commitment honouring these connections. Their passion for outdoor adventure, both above and below ground, was infectious. We marvelled at their explorations of the valley's hidden depths and land above.

Continued on Page 9



Photo — Submitted

Ardent spelunkers (or cavers as they prefer to be called), Michael and Linda Henwood had exciting stories of magnificent underground tunnels, huge chambers, rope rappelling, and magnificent stalactites and stalagmites.



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# North Island contains highest concentrations of wild caves in Canada

## Continued from Page 8

Meeting Michael and Linda that spring morning transformed our understanding and appreciation of the Nimpkish Valley, deepening (excuse the pun) our own connection to its beauty, inspiring stewardship and respect we carry today for its rich ecological makeup. Though we have never explored beneath the ground ourselves, the chance encounter with these two cavers blossomed into a friendship, rooted in shared wonder and a mutual dedication to protecting the valley's extraordinary legacy.

When not exploring caves, Michael revealed another facet of his creativity. He is an artist... carving spiritual faces into living cedar trees. His unique Nimp'ka artistry can be found in many secluded spots across landscapes throughout British Columbia; each carving reflective of the human dimension and legacy of the land. These works continuously and quietly evolve over years as the tree host ages. The tree becoming an artistic partner framing the carving with a roll of living bark, connecting visitors and locals alike to the forests' personal artistic spirit, adding another layer to Michael's lasting impact above and below the ground.

Later I was to learn the names Michael and Linda Henwood are intricately woven not only into Island history, but also in the fabric of wild caving and karst conservation internationally. The combined efforts of Michael and other North Island cavers are the catalyst responsible for international attention transforming Port McNeill and the Nimpkish Valley's subterranean world into a thriving laboratory for subterranean exploration, scientific study, and environmental stewardship of caves and karsts. Using their base camp as focal point for organizational leadership, hands-on exploration, and passionate advocacy, the Henwoods and many cavers from across the

spectrum have unquestionably left an indelible mark on British Columbia's caving community. Michael's fascination with geology and rainforest began as a logger, working alongside towering firs and winding rivers of North Vancouver Island. Drawn to the mysteries of caves beneath the lands surface, his early explorations evolved into a lifelong commitment. His wife, Linda, joined him not only as a partner in life but also in adventure. Her prowess as a caver and like dedication to conservation made their partnership a cornerstone of local speleology. Together along with the North Island caving team, the dedicated spelunkers have mapped, studied, and protected the region's most remarkable caves, from Devil's Bath to Thanksgiving Cave, and the intricate Artlish Cave network.

The Henwoods' vision extends beyond personal discovery. It was in 1984, they founded Northern Vancouver Island Cave and Karst Explorations, setting up a base camp on the shores of one of the many pristine Lakes in the Nimpkish Valley. This camp quickly became a hub for collaboration, drawing cavers, geologists, and environmentalists from across Canada and beyond, representing over fifty countries and remarkably including Walt Disney productions. The Northern Vancouver Island Cave Karst Exploration organization championed precision cave mapping, scientific research, and conservation initiatives; and in 1995 joined the BC Speleological Federation (BCSF), cementing its role as a leader in provincial caving and karst management.

Among Michael's most significant achievements is his extensive work in the Artlish River Caves system. As an experienced commercial guide, he led expeditions deep into these limestone labyrinths, sharing their wonders with researchers and adventurers alike. He and his team cre-

ated detailed mapping and documentation of the Artlish caves, setting new standards for accuracy and safety; while his commitment to sustainable guiding practices helped protect sensitive cave environments. Michael is quick to acknowledge that these accomplishments would not have been possible without the dedication and expertise of family and fellow cavers who volunteered their time and knowledge. He credits the collaborative spirit and hard work of his peers for pushing the boundaries of exploration and ensuring safety within the cave system. Their shared passion and teamwork have been instrumental in advancing both the scientific study and conservation of many North Island caves.

Michael and Linda's impact on the North Island stretch far beyond a single cave system. Together, they have documented and mapped many hundreds of caves on Vancouver Island, including the renowned Fulton Resurgence Cave. Their surveys have contributed invaluable data for scientists studying hydrology, geology, and biodiversity. The Henwoods' technical expertise in cave mapping has enabled precise conservation planning and increased public awareness of Vancouver Island's unique karst features.

Recognizing the importance of balancing adventure with preservation, Michael and his family have played a pivotal role in bridging recreational caving with commercial tourism. He became a founding member of the British Columbia Cave Guiding Association, to foster, along with his team, responsible commercial exploration, promoting best practices for cave safety; inspiring and educating local residents and visitors about the fragility of karst systems. By integrating commercial guiding into wider conservation strategies, Michael and Linda were instrumental in the development of sustainable



Photo —Christine Patterson

**The Northern Vancouver Island Cave Karst Exploration base camp was established by Michael and Linda Henwood in the Nimpkish Valley. Page 8, one of the spiritual faces Michael carves into live cedar trees.**

tourism caving models that prioritize environmental stewardship.

During conversations it became clear mentorship and education are at the heart of Michael and Linda's legacy. Through many workshops, mentoring local school groups, guided tours, and hands-on training, they and the North Island team have shared their expertise in cave safety, and environmental awareness with enthusiasts and newcomers worldwide. Their initiatives have nurtured a culture of stewardship, inspiring the next generation to explore responsibly to protect fragile cave ecosystems. The Henwoods' base camp outreach activities, including clean-up operations and restoration projects, have further strengthened the region's commitment to conservation.

It is astounding to realize North Vancouver Island contains not only one of the highest concentrations of wild caves in Canada, but also the longest and deepest, positioning the region as a true magnet for scientists and explorers. The Henwoods' steadfast ded-

ication to mapping, research, and advocacy of these hidden wonders has significantly elevated the area's profile, attracting international media coverage, engaging video presentations, and a wealth of magazine articles. Their commitment has firmly established the North Island as a premier destination for wild caving and karst studies, ensuring that these subterranean realms are recognized and cherished for their ecological, geological, and cultural significance by generations to come.

Thanks to the tireless work of the small close knit North Island caving community, professional associations, cavers groups, and Michael and Linda Henwood, the North Vancouver Island stands as a beacon for caving enthusiasts, scientists, and conservationists. Their pioneering spirit, organizational leadership, and devotion to education the Henwoods and team of North Island cavers have transformed the area into a leading centre for exploration and research. As advocates for karst management and environmental protection, the Henwoods'

legacy will continue to guide and inspire future generations, ensuring that Vancouver Island's subterranean treasures remain protected and celebrated for years to come.

Chris and I were indeed fortunate to happen upon two unique adventurous people in the Nimpkish Valley, one wonderful spring morning. It is a valley of hidden treasures where the ordinary becomes the extraordinary, and beauty is enveloped by passion, commitment, and ever-present wonder. The generosity of the Henwoods sharing their knowledge of caving and view of North Island indigenous history opened doors to a world of fascinating above and below ground beauty, filled with ancient and remarkable stories of nature and first peoples, who made their home here long ago. Guided by their enthusiasm, we reaffirmed discovery of the delicate balance between exploration and preservation, respect and admiration, and the importance of protecting the valley's fragile natural environment.

**Safe Travels,  
Gord**





# Who you gonna Call?

North Island Business Directory

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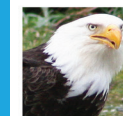


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## Annual General Meetings

### 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.

## Coming Events



Connection  
Comraderie  
Community

Are you looking to add  
more purpose, and  
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Thursday's at 7:00 PM

Port McNeill Old School

## Services

PALMISTRY, TAROT AND PSYCHIC READINGS with Roxanne. Clear and concise help in all areas of your life. Sessions available by phone or in person (Malcolm Island). Healing-Search.com

604-902-3881

Local gardening services from once-a-year fall and spring cleanup, to scheduled garden maintenance. Laurie.

250-230-2335

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236-255-2238

Red seal journeyman electrician looking for small, residential jobs. 30+ years experience. Reasonable rates. All quotes are free. Call Jesse.

236-255-2238

## Services

Local 3D printing in Port McNeill.

403-620-0033

## Tires

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4 205/55R 16 M&S tires and black rims for sale. They are 2 years old. Asking \$900.

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## North Island Reflections



A pair of juvenile crows. 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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