



The North Island

EAGLE

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Photo — Robin Quirk, Robin's Eye Photography

Mobile Home

A tugboat pulls a barge loaded with a modular home to Cormorant Island Jan. 21.

Seaweed plan pursued

By Kathy O'Reilly

A net has been cast to catch a consulting team to develop a plan for the Seaweed Industry Development Plan (SIDP) Initiative on the North Island.

A request for proposals that closes on Feb. 2, 2024, has been placed on BC Bids and the final report is expected to be received by Aug. 1, 2024.

Seaweed is a logical path forward for the North Island.

"The Regional District of Mount Waddington is well positioned to take advantage of an emerging marine based industry that has well established products and markets in Asia but has only recently started to see demand from North America," said Contract Manager Pat English.

"The industry has the support of local First Nations, several of whom are actively investigating the investment potential of the sector.

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Skate Park Committee lands \$15,000 donation

By Kathy O'Reilly

The Port McNeill Skate Park Committee has received an injection of cash thanks to the efforts of Laura Chase of Coastal Community Credit Union Insurance.

Chase applied for, and was awarded, a \$15,000 grant from Peace Hill Insurance's Hometown Turn Around Funding.

The #HometownTurnaround campaign is meant to support rural areas in which Peace Hill writes business, by helping to get projects of local value off the ground that have been identified by Broker partners in those areas.

The cost of a new skatepark is estimated to be about \$500,000, said Wall.

The park will be inclusive and target users that vary in age, ability, and skill and will allow for skateboarders, scooter riders, roller skaters, rollerbladers, bike riders and wheelchair users to enjoy the space.

"PMSPC has a fiscal sponsorship and community partnership with NICSS and are continuing to work with the Town of Port McNeill to secure a location for the skatepark," she said.

The committee held a meeting Jan. 25 at 6pm in the Image Room at the Chilton Regional Arena after press deadline with fund-raising on the agenda.

The meetings are open to the public.

People can follow the group on Facebook @portmcneill-skateparkcommittee and on Instagram @portmcneillskatepark

Donations can be made at North Island Community Services Society 250-956-3134 or on Gofundme <https://www.gofundme.com/f/port-mcneill-skate-and-bike-park-donation-fund>



Photo — Submitted

The Port McNeill Skatepark Committee and North Island Community Services Society received a \$15,000 cheque from Coastal Community Credit Union – Insurance, and Peace Hills Insurance. Left to right – Ashlee Wall - Skatepark Committee chair, Laura Chase - Coastal Community Credit Union Insurance, Jess Fraser, NICSS executive director.

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Seaweed has potential to create jobs, businesses

Continued from Page 1

"It offers new career opportunities to workers in the marine sector and can take advantage of existing processing infrastructure," English said.

The SIDP steering committee was formed early in 2023 and is comprised of representatives from several provincial ministries, local governments, and industry representatives.

There are currently 10 people on the committee.

In terms of job potential, the Seaweed Industry Development Plan study will help estimate the potential economic impact of a fully developed industry in the RDMW, however, this emerging sector offers significant potential for new investment and employment.

A recent report from the Pacific Seaweed Industry Association (PSIA) stated, "The rural development opportunity of seaweed can't be underestimated to support economic growth in the province. With growing concerns about the environment, food security and climate change, seaweed could play a major role in various sustainability plans

in BC. As an integral player in Canada's Blue Economy, the Province has an opportunity to lead in this emerging sector. With an already established aquaculture industry, existing skill sets (e.g., commercial fishing), and infrastructure that can be leveraged to accelerate employment, the seaweed industry in BC is positioned for growth."

A focus discussion session concerning seaweed industry development, held on April 6, 2023, as part of the Regional District of Mount Waddington's North Island Economic Forum, attracted representatives from industry, provincial government, academic researchers and local politicians and entrepreneurs.

The high level of interest from all the stakeholders confirms the potential economic benefits that could follow introduction of the industry in our region. The proposed seaweed industry development plan will support the development of the sector by providing an information source for business development.

Prior to posting the RFP, the steering committee helped establish and review the Terms of Reference for the project.

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Mother Nature forces temporary Mount Cain closure

By Kathy O'Reilly

Dean Hunchuk from the Mount Cain Alpine Park Society appeared before the Regional District of Mount Waddington Board of Directors in December to ask for funds - and give and update on the hill.

Due to weather the ski hill is currently closed until further notice.

"Last time, we reported to you that we were hopeful that we were going to be having a new building to lock up by this point and we do have a new building, but it is much different than what we had presented to you last time," Hunchuk said.

"Unfortunately, we just didn't have the funding we needed to construct the new building, so we've had to step back, pivot," he said.

This pivot involved taking the building that housed composting toilets from next to the old lodge and moved it closer to the lower lift.

"We have constructed a building right beside the old lodge to house our new washroom facilities.

"There will be flush toilets, we have constructed a new entranceway to the bottom ski shop area, and we have a new deck out front of the old lodge," Hunchuk said.

The deck had to be constructed in such a way that it didn't attach to the old lodge which would have required bringing the lodge up to existing code levels.

"That would have been a million plus dollars, so we weren't able to do that."

With grant dollars, including a \$40,000 grant in aid from the RDMW, new electrical was installed throughout the old lodge.

Other improvements included putting in a new wood stove, new stove pipe, and redoing the roof.

"We've taken all the old insulation out of the entire building. That was a nas-

ty job. You can imagine 40 plus years of mice and rats," he said.

A new type of insulation was used that mice "are not fond of".

Mount Cain's opening date was delayed until Jan. 13 because of a lack of snow; however, the society does have a financial back-up plan for bad seasons.

"We've been able to maintain our contingency fund. We have \$100,000 in funding in case we are unable to open at all."

This fund allows bills to be paid.

In 2023, the hill had 9,842 skier visits, an average of about 154 people per day.

This was down slightly from 2021 when there was an average of 190 visitors per day, and 2020 when 220 visited as people looked for outdoor, socially distanced sports during COVID.

"We were open 64 days which is one of the longest seasons that we've had on record. In fact, I think, looking at these numbers, it is the most open days that we've had," he said.

Opening day last year was Dec. 17 and 2,503 memberships and 239 season passes were sold.

Mount Cain has reached a plateau in terms of daily riders due to its current lift capacity.

"There have been some discussions on trying to get a different lift put in, but this is a 10-year plan. There is a lot of work that needs to be done," Hunchuk said.

"There is potential to run another ground lift maybe on the backside, still within the controlled recreation area, but we are just on the verge of exploring that idea," he said. "Essentially, we can't handle any more than what we've got." Mount Cain has 100 volunteers who put in approximately 15,000 hours of work towards the hill. That effort "enables us to stretch every dollar that we



Photo — Mount Cain Alpine Society

Mount Cain Alpine Park is closed until further notice due to lack of snow.

receive.

"Our road continues to be one of our biggest challenges. It's one of our biggest yearly expenses. We were

able to access a little bit of extra money and we've done a lot of work over the summer to improve some of the stretches" through grading

and widening some stretches.

"We really appreciate the North Island Forest District and our neighbours Western Forest Products and people like Stewart Abernethy, North Island Rock Pro and Katrina Contracting for stepping up," Hunchuk said.

"We're also building our relationship with the 'Namgis First Nation. We just recently entered into an agreement to try and help get their cabin online as potential accommodation for folks who are coming out to the hill."

Parking lot camping is also under discussion.

"Parking lot camping is encouraged by donation. I'd like to see us go with a designated model, but it entails having a full-time staff member to go around and collect fees. People are making donations, so it's good to see, but nothing is free," he said.

Mount Cain is one of the last places that people can come, park, and enjoy winter camping.

There was some thought that more accommodations might help, but that would really push lifts to the max.

Maintaining the current equipment and assets is also

an ongoing issue.

"We're recognizing we probably need a couple of new pieces of iron to help us out with the road and we're thinking that likely we'll have to purchase a new to us groomer within the next five years."

In terms of the road, for opening day a grader had to be repaired to clear the road.

Opening weekend didn't go quite as smoothly as hoped. The upper lift broke down late Saturday and the motor had to be completely removed to be repaired. Sunday, the upper lift suffered catastrophic failure. The motor was removed and was swapped with its identical twin as of Tuesday evening.

The hill's generators are also quite old.

"We'll be looking to go with a much more fuel-efficient model, and we can upgrade or generators but we're also going to look at generating power with wind and solar potentially."

Hunchuk was thanked by the board for his presentation. "We'll add it to our budget discussions that will be ongoing through until April," said Chair Andrew Hory.

Are you planning any renovation or demolition projects?

WorkSafeBC's new regulations regarding the handling of asbestos waste has resulted in significant changes regarding the disposal of demolition and renovation waste at transfer stations and at 7 Mile Landfill. To get information regarding disposal of demolition/renovation waste, finding certified contractors and knowledge about asbestos that helps protect your family and co-workers, visit the Regional District of Mount Waddington's solid waste web page at:

<https://www.rdmw.bc.ca/regional-services/solid-waste/>

The following guidance documents can be found there:

- Disposal of Asbestos Waste at 7 Mile Landfill (Ver Jan 11, 2024)
- What You Need to Know When Bringing Waste to 7 Mile Landfill and Recycling Center (Ver Jan 11, 2024)
- Changes to the Disposal of Asbestos Waste in the Regional District of Mount Waddington (Ver Jan 11, 2024)

If you have questions, contact the Manager of Operations at 250 956-3301



editorial



Photo — Robin Quirk, Robin’s Eye Photography

The cormorant is a fish eating bird so its beak has a hook at the end allowing it to grasp hold of a fish.



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— Our beautiful First Nation’s eagle (kwikw) courtesy Nakwaxda’xw artist Davis Henderson
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Why the Mediterranean Diet?

By Susan Holbrook

The Mediterranean diet has been lauded as healthy for a while now. So why is that?

Well, the typical Mediterranean diet includes fish, nuts, plant oils, fruits, and vegetables. These foods help lower inflammation in your body, improve blood vessel function and reduce the risk of metabolic syndrome and diabetes. Basically, research suggests the Mediterranean diet is a healthy eating style for the prevention of cardiovascular diseases, increasing lifespan, and healthy aging. Eating Mediterranean style coupled with calorie restriction may also support healthy weight loss.

The basic ratio of foods are fresh fruits, and vegetables (50 per cent), protein-rich legumes and whole grains (30 per cent), fish and meat (20 per cent). Lamb is used quite a bit in some areas as opposed to beef or pork. A moderate amount of wine is consumed.

Some people have to be careful with the grain part of this diet but you can still avoid heavy doses of gluten if choosing the right grains. As stated, the typical fat used is usually olive oil, but butter and avocado oil can fit in nicely as well.

So if looking at your plate, here's an idea of how it could look and of course this can be altered to suit your likes and dislikes. 1/2 of your plate is a Greek Salad. 2/3 of your plate is a whole grain like Quinoa or rice. Why not try wild rice? 1/3 is grilled salmon or chicken breast or thighs. So

it's pretty simple and there are many ideas online that can help you build your own Mediterranean style meal.

Here's an idea...

Seared Shrimp or Salmon and Zucchini Noodles with Tomato-Artichoke Sauce

Make your Zucchini Noodles by spiralizing 1 lb or more of Zucchini. Cook until just tender in a steamer. Spaghetti Squash noodles make a great alternative also. Season with salt and pepper.

Saute shrimp or prawns in 1 Tbsp of olive oil until cooked through but not overdone. If using salmon, sauté boneless fillet on both sides. When done, cut the salmon into chunks. Another idea would be to grill a boneless chicken breast or thighs and cut into bite size pieces. Set protein aside.

In a sauté pan, heat 1 Tbsp olive oil. Add 2 chopped shallots and 1 chopped garlic clove and cook for about 30 seconds. Stir in 6-8 halved cherry tomatoes, drained canned artichoke hearts chopped into quarters, 1 tsp lemon zest and salt and pepper to taste. Sauté another 2-3 minutes. Transfer to a bowl and set aside.

Heat 1 Tbsp olive oil in the same pan. Toss in the noodles until heated through. Add the shrimp or salmon, some crumbled feta cheese and 8-10 pitted calamata olives. Add your tomato and artichoke mixture back into the pan. Combine carefully and serve with lemon wedges.

I know this doesn't give very specific amounts but you can make this recipe your own by

varying proteins, grains and types of veggies. It doesn't even have to be Mediterranean flavours. Try Asian tastes or Mexican. Be inventive. The challenge is on.

For more recipes and information about my health scans visit www.co-creativehealth-solutions.com.

See you there!



Opportunity for Review and Comment

BC Timber Sales Seaward-tłasta

Proposed Forest Stewardship Plan Mandatory Amendment

The public is invited to review and comment on the BC Timber Sales (BCTS) Seaward-tłasta Business Area's mandatory amendment to the Seaward-tłasta Forest Stewardship Plan (FSP). The mandatory amendment proposes the following changes:

- Updated results and strategies for meeting the government objectives set out under the revised 2023 Great Bear Rainforest Order (GBRO).
- Proposed expansion to the South-Central Coast (SCC) Forest Development Unit (FDU) to incorporate the Thurlow, Gray and Estero Landscape Units and a very small portion of the Stafford Landscape Unit located within the GBRO area, that have previously been addressed by the BCTS Strait of Georgia Business Area's South-Central Coast FSP #626.
- Proposed inclusion of the Tlowitsis Nation as a signatory FSP Holder for the portion located within the SCC FDU.

The mandatory amendment will be applicable to the current or proposed replacement FSP, whichever is in effect at the time the mandatory amendment is approved. Please be advised that the expiry date of the current BCTS Seaward-tłasta FSP #625 is March 28, 2024.

The mandatory amendment can be viewed:

- **Online**, at <https://ow.ly/S80i50QpL3s>, or
- **By appointment**, at the office of BC Timber Sales Seaward-tłasta, 2217 Mine Rd., Port McNeill, B.C., V0N 2R0, or at the office of BC Timber Sales Strait of Georgia, 370 S Dogwood St., Campbell River, B.C., V9W 6Y7. Office hours are Monday to Friday from 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m.

Written comments must be received by March 23, 2024 to be considered prior to the final submission of the mandatory amendment.

To make arrangements to view the mandatory amendment or to submit written comments, please contact Mascha Bremer, RPF, Planning Forester, by phone at 236 319-4017 or by email at TST.FSPMailbox@gov.bc.ca, or write to the mailing address above.



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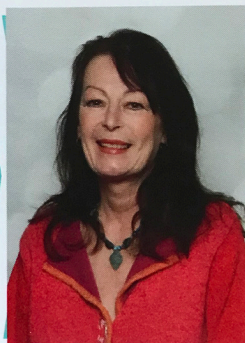
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September in the Tlakwa - amazing Island Elk

September is season of colourful change in the back-country. This was particularly noticeable as we drove north on a narrow old gravel road situated in a newly reforested area of Northern Vancouver Island. Metre high evergreens contrasted sharply amongst plentiful pale greens, yellows, and browns of bracken ferns, and shards of fireweed. Late summer High-bush berries stood out like trail markers. Here and there flicker birds searched out insects from rotting sun bleached old stumpage and logs. To the west was the greenery of an older second growth forest angling its way closer to the road. It was simply a beautiful sunny afternoon, with a few white fluffy clouds high overhead, and only a whisper of an autumn breeze.

We had the road all to ourselves, undisturbed. A truly relaxing time looking out the window, enjoying natural splendour as we slowly edged



ahead, hoping to see an elk in these native surroundings.

Rosie my Australian Shepherd, my son-in-law, and I had a good chance of spotting one. Elk mating season was happening, where bull elk are on the move, mornings and afternoons actively seeking females to start a new generation. As soon as leaves start to turn brown, elk begin their annual hormone-driven rutting season. Male animals called "bulls" begin bugling an unmistakable high pitched sound that ends like a scream.

Calls are purposed to show a bull's fitness and dominance, necessities to attract a harem. Bugles can be heard for kilometres! Interested females called cows, will answer back in a whine or bleat whistle, signalling romantic intentions.

Roosevelt Elk are members of the deer family and indigenous to Vancouver Island. The Roosevelt is the largest of British Columbia's two species. A mature bull can weigh in excess of 450 kilograms and measure 1.7 metres at the withers. Cows are small-



Photo — Gord Patterson

Roosevelt Elk are members of the deer family and indigenous to Vancouver Island. A mature bull can weigh in excess of 450 kilograms and 1.7 metres at the withers.

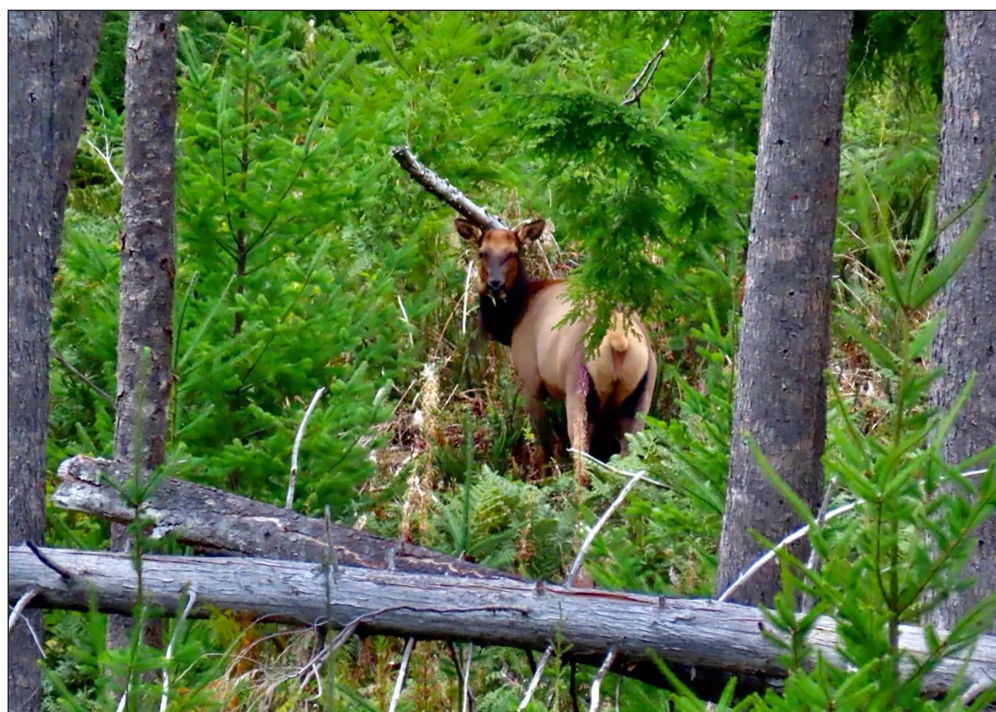


Photo — Gord Patterson

Cow elk are smaller, antlerless, weighing about 260 kilograms.

er, antlerless, weighing about 260 kilograms. Bull elk grow a new set of antlers annually at an incredible growth rate of up to one inch per day! Imagine that! They are the fastest growing antlers in the deer family.

Earlier in the morning, back at our campsite, we were thrilled to hear an elk bugle... an unmistakable high-pitched sound echoed across the lake. A bull will tilt his head way up, antlers stretching down his back, and loudly call in a display of sheer macho fitness. Excited, we embarked on an afternoon's hunt to photograph a bull Roosevelt in the wilds. Our goal was a distant Tlakwa River trail, a favourite wildlife elk viewing spot of mine, higher in the Nimpkish Valley Provincial Park. It is a remote protected mountainous area located in the Karmutzen Range, within the traditional territory of the 'Namgis First

Nation. The park contains a wonderful variety of wilderness habitats, and a portion of a traditional cross-island First Nation trade route known as the Grease Trail.

As we slowly drove, I thought of September as also being an amazing time of transformation in the Wild Kingdom... Days become shorter, a cool crisp aroma is in the air, and subtle changes to the sound of rustling leaves as they brown and fall. The growing season is over, and forest inhabitants are busy preparing in their own way for cold weather and winter's snows ahead.

Most birds migrate south to warmer climates in the Fall, lending to winter's silence. Mammals such as bats, bears, and squirrels, however, would soon be searching out hibernation dens. Still others of the Wild Kingdom such as Roosevelt Elk, Black-tailed Deer, Marten, Mice, Cougar,

Grouse, are preparing to tough out the winter in place. Even these animals, too, will seek out, at the appropriate time, sheltered wintering areas within their habitat. Whatever wildlife winter plans are, August and September are the gorging time for wildlife, enjoying nature's harvest of fish, clams, berries, cone seeds, mushrooms, lichen, grasses. Bountiful food sources building wildlife fat stores in preparation for migration, hibernation, or waiting out the winter months in place. Isn't nature amazing!

Before arriving to my favourite viewing location Mother Nature in her wonderful way grabbed our immediate attention, where second growth forest came close to our narrow gravel road.... A herd of Roosevelt Elk secreted in the lush maturing evergreen foliage!

Continued on Page 7

Bluegrass Sensations Jackson Hollow coming to Port Hardy

The North Island Concert Society is pleased to announce that Bluegrass is coming back to Port Hardy. This concert was originally scheduled for last season, but the band had to postpone their appearance. Jackson Hollow is a 4-piece bluegrass band, and four time winner of the BC Country Music Association Tradi-

tional Country Award. Their sound blends the best parts of down-home Bluegrass, 1950s balladry, and 1980s Arena Country in a way that feels both modern and timeless. With heartfelt vocals, and impeccable instrumentation, the inimitable sound of Jackson Hollow has to be experienced to be described. This is what

happens when four of the industry's finest get together to create something special. "Simple, powerful and instantly magnetic", the blend of heart-wrenching lead vocals and dead-on harmonies backed by pristine instrumental talent "strikes a chord with people of all ages, backgrounds and musical tastes."

In June 2021 this band was chosen for an IBMA International Showcase and later signed with Virginia-based bluegrass label, Mountain Fever Records. Their debut release, "Travelin Heart", reached #10 on the US Bluegrass Today Charts and was September's second most played Bluegrass song on Sirius XM. Soon after, "Shallow Rivers", released in November, quickly became a fan favourite, reaching #6 on the Roots Music Report, and #12 on the US Bluegrass Today chart. Their holiday hit, "A Song for Christmas" gained over 14,000 views on YouTube. Jackson Hollow's growing success recently landed them on the cover of Bluegrass Canada Magazine for January 2022, and they won their fourth BC Country Music Award for Traditional Country. Their most recent single "Shallow Rivers" was the third most played single on Sirius XM's Bluegrass Junction and a live video was released shortly after.

Lead vocalist and four-time BCCMA Award winner Tianna Lefebvre "has a voice that stops traffic". Winner of the



Photo — Submitted

The North Island Concert Society is bringing Bluegrass sensations Jackson Hollow to the Civic Centre in Port Hardy Jan. 27 at 7 p.m.

BCCMA Female Vocalist of the Year and Horizon Award, Tianna has performed with renowned artists such as Shania Twain, Michelle Wright, and Russell DeCarle. The band's fiddle and mandolin player, Mike Sanyshyn, holds four Provincial Fiddle Champion titles and placed in the top three at the prestigious Canadian Grand Masters Fiddle Championship. The CCMA and BCCMA Fiddle Player of the Year has toured with Grammy-nominated artist Deric Ruttan, and worked with legendary artists Ian Ty-

son, The Good Brothers, Lucille Starr, and Randy Bachman. BCCMA award winner Charlie Frie's upright bass and vocals lay a soulful foundation for the band's timeless harmonies. Juno nominee and Canadian Folk Music award winner Eric Reed (guitar/banjo) is a multi-instrumentalist and producer/recording engineer.

"Jackson Hollow continues to impress my ears. This band is exemplary in every category. Vocals, musicianship, arrangements, material and performance. The sound is pure bluegrass but with a

freshness and vibrancy that seems to be missing in today's more traditional groups. The vocal blend is as perfect as I have heard. Led by a dynamic female singer, this band is on their own unique trajectory, and that trajectory is simply out of this world!" (Wendell Ferguson)

The show is Jan. 27, 7 p.m. at the Port Hardy Civic Centre. Tickets are available from Cafe Guido, Island Dawn's in Port McNeill, from Gail Neely in Port Alice, or can be arranged by phoning 250-956-0452.



Photo — Gord Patterson

High-bush berries.

Bull puts on protective show of dominance

Continued from Page 6

There is an old proverb stating "one sometimes can't see the forest for the trees". In this instance we could have driven by the elk, not seeing wildlife for love of the forest. A small harem of elk, and a huge mature bull, blended into the edge of the trees hiding in plain view. But we did see them and in doing so the Bull became protective of his harem and put on a stunning display of agitated dominance by repeatedly thrashing his tall, proud antlers against a small evergreen rendering the trunk bare.

We watched the bull and his harem for about 20 minutes absolutely thrilled. We had found a magnificent forest monarch in its natural habitat; amazingly camouflaged in a home of green regenerating forest amongst a mixture of conifers, Cedar, Hemlock, and Douglas-Fir.

Spellbound we left the elk alive and in peace, and slowly turned around, heading back to camp fulfilled with awe.

Isn't nature grand!

Seeking youth market entrepreneurs

By Kathy O'Reilly

Are you a closet crafter? A creative chef? Under the age of 18?

Then the Port Hardy Recreation wants you for their Young Entrepreneur Market at the Civic Centre on Saturday, Feb. 10.

"I was inspired by the market done at Eagle View School a couple months ago. When I walked into the school it made my heart so happy to see all these young people selling things that they had made, baked, created or designed

and knew I wanted to bring it to Port Hardy Recreation," says Community Outreach Coordinator Naomi Heith.

"There is so much talent in this town and we have seen it from adults at our festivals and markets and now it's time to see it from our young people," Heith said.

"I am hoping to see kids as young as five up until age 16 book a table, which is only \$5 dollars."

Seven entrepreneurs have already signed up. Admission to the event for

buyers is free.

"I'm hoping lots more come in over the next couple weeks," Heith said, adding she expects to see baking, home-made items, and art for sale.

There are three ways to register for the market:

Online: <https://app.booking.ca/port-hardyrecreationpub/index.asp>

In person at Port Hardy Recreation: Monday to Friday, 8:30 am - 3:30 pm

- Phone 250.949.6686 ext. 201 to register with a credit card or debit Visa.

Time of year to take stock of our lives

It's that time of year when we commonly take stock of what we've been doing with our lives over the past months. Since most of this time my days have been involved with making paintings and with trying to keep that passion alive, this time of year is a good time to take a less than passionate look at the painter and the process.

There is a phenomenon in business called the 80/20 principle that in reality applies to almost everything we do in our lives. It entails taking an objective look at how we've set our priorities and the way that affects our work and/or our lives in general.

The principle states that 80 per cent of our most productive work is often done in 20 per cent of the time we are working. Unfortunately, most of us do exactly the opposite, using 80 per cent of our time to do only 20 per cent of our

A Brush with Henschel

by Gordon Henschel



productive work. In our lives, therefore, we have to concentrate our time on what is the most productive for us.

"So," I ask myself, "what has all this got to do with Henschel's painting?"

Well, chances are that where I have the most fun painting will result in my most productive work because I will tend to put the largest percentage of my effort there. Also, because of the fun factor, there will be certain plac-

es to which I keep returning.

Doesn't going back to the same old painting spots result in boring work? Not so! For an artist, familiarity does not breed boredom but, conversely, instills confidence.

The French Impressionist, Paul Cezanne, lived in view of Mont Saint Victoire, a mountain he loved. Obsessed with its beauty, he painted it over a hundred times; paintings that are among his best works. The 80/20 principle



was working even then!

Looking back over the years, North Island has been 80 per cent of my work and Beaver Harbour has become my obsession, my Mont Saint Victoire. I simply cannot leave it alone! The harbour, with its many faces altered by seasons, winds, and weather, is like

a beautiful, temperamental woman: difficult to live with but dramatic, exciting and always stimulating. The accompanying print, Harbour Glow, is yet another attempt to capture one of the many moods this beautiful environment has to offer. I hope you enjoy it as much as I did painting it. And

if the 80/20 rule is to be taken seriously, taking 20 per cent of your walks there anytime will result in 80 per cent of your pleasure!

(Gordon Henschel was born in River Hills, Manitoba in 1932. In 1974, he and his family moved to Port McNeill.)

New adult literacy coordinator

The Mount Waddington Family Literacy Society (MWFLS) has a new Adult Literacy Coordinator - Stephanie Coe.

Coe will coordinate free one-on-one tutoring or small group learning for adults in Mount Waddington communities. Programs may include reading, writing, math, job and life skills, and more.

Coe has been teaching and coaching adults with their English language and communication skills since 2005, in Japan, Turkey, and Canada. Prior to teaching, she worked for the Ministry of Forests in Haida Gwaii and in 1999, transferred to Port McNeill, where she was also a newspaper reporter for more than two years.

She is a dedicated life-long learner and is always studying something.

Coe has a Bachelor of Science in Sociology from the University of London, a Cambridge DELTA (Diploma in English Teaching English to Adults), and a Community Economic Development certificate from Simon Fraser University, and is also a YWCA-certified Life Skills Coach!

"I am honoured to be the new coordinator for the Community Adult Literacy Program for the Mount Waddington Family Literacy Society," said Coe.

"I'm very familiar with the regional challenges regarding informal adult education, and I am so looking forward to working together in our communities and to achieve great outcomes."

Community Adult Literacy Programs are free, non-credit programs to improve literacy and essential skills for work,



Stephanie Coe

for home or to prepare to pursue formal learning or training at a public post-secondary institution.

Stop in for a latte, fruit smoothie, or frozen rootbeer



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Who you gonna

Call?

North Island Business Directory

FIDELI PEDORTHIC
Port Hardy
250-949-7060

Shoe & Boot Repair

Logging - Meindl - Blundstone -
Birkenstock & More

9:30am - 2pm Tuesday - Saturday
Market Street next to Credit Union

CHIROPRACTIC & CUSTOM ORTHOTICS
Dr. Roger Bendle
250.902.1611

9160 Elk Drive – PORT HARDY
www.drbendle.com
drbendle@outlook.com

By appointment only

DKF Bookkeeping
Services

dkfbookkeepingservices@gmail.com

250-902-7027

Dr. Martin Barker
Chiropractor

#22-1705 Campbell Way
Port McNeill
V0N 2R0, Box 428
barkermartin9@gmail.com
Phone or text: 250.900.1090

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8810 Seaview Drive, Port Hardy
patty_fisher__@hotmail.com 250-949-6111

Susan Mohler
Stained Glass Artist

250.209.2499

510 Quatsino
Road West
Quatsino, BC
V0N 2V0

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or email publisher@northislandeagle.com

Advertiser Comments

"Loving The Eagle, great coverage of local people, places and events." ~ Sara Child

"We thoroughly enjoy The Eagle. Lots of positivity, great photographers, we live in nature here so it is great having the nature articles ... It's the #1 paper for us now." ~ Karen Taylor



Booking now for the new year!
Now is the time for Renovations

info@melanconstruction.ca

www.melanconstruction.ca

William Melan: 250-618-7410

classifieds/marketplace

Appliances

Propane stove 5 burner new never used was too deep \$2,200. Firm.
250-949-6484
250-230-6484

Building Materials

FOR SALE PORT ALICE 25% off original price. 1. Aluminum Stair edging color titanium - Five 12' lengths (\$35.50 each) 2. Mapei rapid setting grout replacement (charcoal) - 1 bag 10 lbs (\$27) 3. SW 950 A siliconized acrylic latex caulk 10 Oz - 1 box of 12 (\$40) 4. ACQ Roofing Nails 2" - One 30 lb pail (\$65) 5. Lumber - various dimensions 6. Traffic Master Underlay 200 sq' - 1 and 1/2 rolls (\$41 and \$20) 7. Dupont Tyvek Home Wrap 9' x 200' - 2 rolls (\$115 per roll).
250-284-3365
5 Gentec vinyl replacement windows, 25 per cent below original. Price paid - \$1,000. Call for details.
250-949-2640

Campers

10.5 ft Okanagan Camper Stove, fridge with freezer, bathroom with shower, North/South bed with Queen size 6 inch mattress, New battery, lots of storage. Sleeps 4. \$5,000 OBO.
250-284-3261

Miscellaneous

Oil tank with exp. date of 2030, 200 litres of fuel in it. \$500 OBO
250-902-0656

Rentals

For rent in Coal Harbour upper living area of home, 2 master bedrooms, 2 4-piece baths, open living design, large, private sun-deck, floor to ceiling windows, with 14-foot peak, skylights, wood plank flooring, furnished, security. \$2,500 per month.
250-949-8212

Temporary Use Permits



TOWN OF PORT MCNEILL NOTICE OF TEMPORARY USE PERMIT APPLICATION 2342 BEACH DRIVE

Notice is hereby given that the Port McNeill Town Council will be considering a Temporary Use Permit Application asking for 2342 Beach Drive to be temporarily allowed to operate as a fishing lodge.

This application will be considered at the February 27, 2024 Regular Council Meeting held in the Council Chambers at the Town Office, 1775 Furney Place, Port McNeill at 7:00 PM

Should you wish to review the application or submit comments, please contact the Port McNeill Town Office at reception@portmcneill.ca.

Temporary Use Permits



TOWN OF PORT MCNEILL NOTICE OF TEMPORARY USE PERMIT APPLICATION 1748 CAMPBELL WAY

Notice is hereby given that the Port McNeill Town Council will be considering a Temporary Use Permit Application asking for 1748 Campbell Way to be temporarily allowed to operate as a car dealership out of Atco Trailers.

This application will be considered at the February 27, 2024 Regular Council Meeting held in the Council Chambers at the Town Office, 1775 Furney Place, Port McNeill at 7:00 PM

Should you wish to review the application or submit comments, please contact the Port McNeill Town Office at reception@portmcneill.ca.

Rentals

2 Bedroom Condo for rent. Bright, fully renovated top floor unit with ensuite storage and balcony with water view. Only blocks from the beach, located downtown PH. Rent Includes Heat & Hot water \$1550/month. Available immediately. References required email northislandrent@gmail.com

Services

Local gardening services from once-a-year fall and spring cleanup, to scheduled garden and garden maintenance. Laurie.
250-230-2335

Carpentry Service. Call Tom.
250-949-8772

Services

Drywall finishing and renos. Craig.
250-230-7473

Tires

16-inch winter studded tires on rims, 205/60R/16 NOK HAKN STUD 96 XL, used less than 10,000k. Bought 2019 paid \$1,200. For sale \$300. Sointula.
250-902-8505

Your household classified ad here - FREE!
250-949-0337

Tires

4 tires mounted on aluminum wheels. 235/R/195. Less than 500k. \$500 OBO.
250-230-1064

Trucks

One owner 2019 GMC Canyon, SLE model, 4x4, heated and powered seats, cruise, tilt, air and more. Newer Yokohama 10-ply tires, only 25,600kms. \$38,500.
250-956-4176

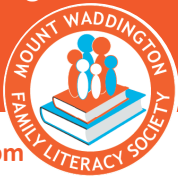
Careers

We're hiring! Literacy Outreach Coordinator

- Part-time, up to 15 hours per week
- Flexible hours, home office
- \$30.60 per hour

Responsibilities

- Lead community literacy plans
- Supervise ongoing programs
- Data collection and report writing
- Identify literacy gaps and needs
- Grant writing and fundraising
- Event coordination
- Promotion



*Apply to: mwfamilyliteracy@gmail.com
Read full job description at: mwliteracynow.wordpress.com

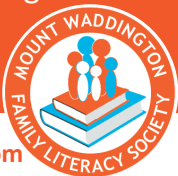
Careers

We're hiring! Executive Director

- Part-time, average 10 hours per week
- Flexible hours, home office
- \$40.00 per hour

Responsibilities

- Manage day-to-day business
- Supervise MWFLS employees
- Data collection and report writing
- Create and monitor financial ledgers
- Grant writing and fundraising
- Public presentations
- Training



*Apply to: mwfamilyliteracy@gmail.com
Read full job description at: mwliteracynow.wordpress.com

To advertise in The Eagle please call: 250-949-0337



classifieds/marketplace

Careers



School District #85 requires the following
CUPE 401 REGULAR & TEMPORARY positions:

Posting #1A	On Call Educ. Assts. I	District	Temporary
Posting #2A	On Call Custodians	District	Temporary
Posting #3A	On call Bus Drivers	District	Temporary
Posting #4A	Bus Driver	Alert Bay School Run	Regular
Posting #15A	Plumber	District	Regular
Posting #9B	Noon Hour Supervisor II	North Island Secondary School	Regular
Posting #25A	Educational Assistant I (2 pos.)	North Island Secondary School	Regular
Posting #27A	Educational Assistant I	Sea View Elem. Jun. Sec. School	Regular
Posting #38	Educational Assistant I (2 pos.)	Eagle View Elementary School	Regular
Posting #39	Custodian	North Island Secondary School	Regular


For the complete list of current job postings, job descriptions and CUPE Application Form, please see our careers page on our website at: <http://www.sd85.bc.ca>

John Martin, Secretary Treasurer,
School District No. 85 (Vancouver Island North),
6975 Rupert Street, P.O. Box 90, Port Hardy, B.C. V0N 2P0,
Or faxed to 250-949-8792 or emailed to mjones@sd85.bc.ca

Please ensure you include the CUPE application form and any certificates and transcripts with your application.

School District No. 85 thanks all applicants for their interest, however, only short-listed candidates will be contacted.

For Sale



Town of Port McNeill
Items for Sale

The Town of Port McNeill is selling 4 used 40HC – H9'6" – Shipping Containers. If interested, please submit your bid by via email to admin@portmcneill.ca or hand delivered to 1775 Furney Place by Friday, February 16, 2024 by 4:00 PM. Successful bidder is responsible for removal of shipping containers by Friday, March 1, 2024 by 4:00 PM. Please contact the Town Office for viewing at 250-956-3111

North Island Reflections –



The Spotted Towhee is a large sparrow, roughly the same size as a robin. Photo by Robin Quirk, Robin's Eye Photography. If you have a photograph you would like to share with our readers, please email it to publisher@northislandeagle.com.

This week's Reflection sponsored by ...



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Cell: 250-209-9667

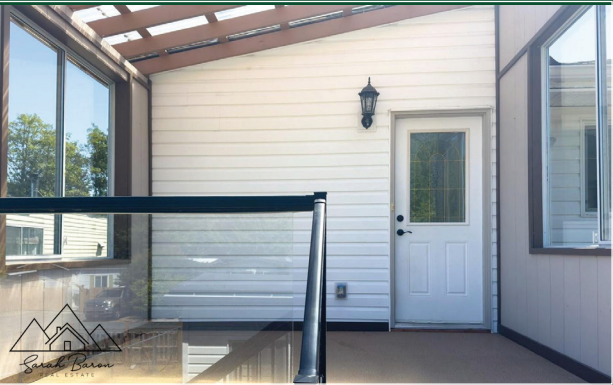
AFFORDABLE OPTIONS FOR YOUR FAMILY

99 McKay Crescent, Port Alice
\$228,000 MLS® # 951386



Spacious kitchen with white cabinetry, loads of storage & island. The dining area leads into the living room offering ocean views, fireplace & murphy bed with built-in storage & night table, when closed can be used as a dining table. Access to your covered balcony is off the living room where you can sit & take in the ocean views. Around the corner is an updated 3-piece bathroom. On the lower level are 2 bedrooms, including the primary with 2-piece ensuite & sprinkler system. 2nd bedroom has access to the laundry area & 2 piece bathroom. The yard with brand new fence is accessed on the lower level. Outside enjoy a wide carport with built in storage.

67-7337 Klakish Place, Port Hardy
\$254,900 MLS® # 951166



Not your average mobile home! From the moment you step inside you won't even know you're in one. This home is dry-walled throughout. The living room offers tons of natural light and a wood stove. In the kitchen is loads of storage space, a half bath and extra nook perfect for a little computer space. Off the kitchen are 2 bedrooms, including the primary that boasts tall ceilings and extra storage. The main bath has a heart shaped tub. The laundry is at the rear. Outside is a covered porch at the front and back, a greenhouse, a workshop/storage space, and wood storage. If you're looking for a move in ready home at an affordable price, look no further!

99 Hemlock Street, Alert Bay
\$324,000 MLS® # 937339



Welcome to 99 Hemlock Street in the quaint village of Alert Bay- a quick ferry ride from Port McNeill. This ocean view home has 3 spacious bedrooms , 1 bathroom and lots of character. Some updates have been started- new flooring, trim and pine board ceiling accents on the main floor. Some finishing touches still needed, and still room for you to make this home your own. An addition with vaulted ceilings added on to the home adds extra space for the dining and laundry rooms with access to the upper floor loft and rooms. Beautiful ocean and mountain views from almost every room. Come and experience relaxed island life rich in culture

SOLD

23-5250 Beaver Harbour Road, Port Hardy
105-1053 Maquinna Avenue, Port Alice

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

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