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Chambers consider consolidation

By Kathy O'Reilly

The Port Hardy and Port McNeill chambers are considering consolidation.

Members of both chambers were recently sent a letter explaining the reasons why a joint chamber would benefit members.

"For years, there has been talk about the need for a more unified and inclusive way to represent our businesses. As Presidents of the Port Hardy Chamber of Commerce and the Port McNeill & District Chamber of Commerce, and on behalf of both of our boards, we have come together with the intent to bring our two organizations into a single North Island Chamber of Commerce representing not only Port Hardy and Port McNeill but also Port Alice, Alert Bay, Sointula, Woss, Coal Harbour, Kwakwaka'wakw communities and those in the electoral districts," said Riley Zimmerman, president of the Port Hardy Chamber of Commerce and Eric Dutcyvich, president of the Port McNeill & District Chamber of Commerce in a letter to members.

Continued on Page 2



Fresh Flowers

Photo — Kathy O'Reilly

Dahlia bouquets were a hot commodity at the Port Hardy Farmers' and Artisans Market Aug. 9 in Carrot Park.

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Photo — Kathy O'Reilly

Boardwalk Bounty Hunters

Telegraph Cove hosted its annual Craft Fair on the boardwalk on Aug. 1.

Concept of regional chamber serving North Island explored

Continued from Page 1

“The practical case is straightforward. Two chambers 30 minutes apart are currently doing almost everything twice: two AGMs, two sets of volunteers, two sets of financials, two insurance policies, two membership rolls. Businesses that operate in both communities are often stuck paying into two organizations for full representation,” Zimmerman and Dutcyvich wrote.

Both chambers have found it difficult to attract and retain qualified staff.

“A single regional cham-

ber addresses all of this: one membership, one set of volunteers, one fee, full representation across the North Island, and a stronger organization able to compete for the staff and funding this region deserves,” they said.

“This is a statement of intent, and an invitation to the conversation, not a finished decision. We have signed a Memorandum of Understanding committing both boards to this work, and formed a Joint Transition Steering Committee, with equal representation from both chambers, to guide the transition.”

Throughout this process, expected to begin in late September and end in January, the steering committee will be engaging directly with the Nations and their Economic Development Corporations in this region,

recognizing the Kwakwaka'wakw territories in which communities and businesses operate.

The BC Societies Act requires a vote of each chamber's membership before any amalgamation takes effect.

In the coming months the steering committee will hold information sessions and community meetings across the region, with dates to be announced, to answer questions and gather input before anything is finalized.

“Your membership benefits, your local networking, and the services you rely on today do not go away. What changes is that you gain a stronger, better resourced organization behind them.”

Questions and input are welcome, and communities will be updated as the process unfolds.

Correction

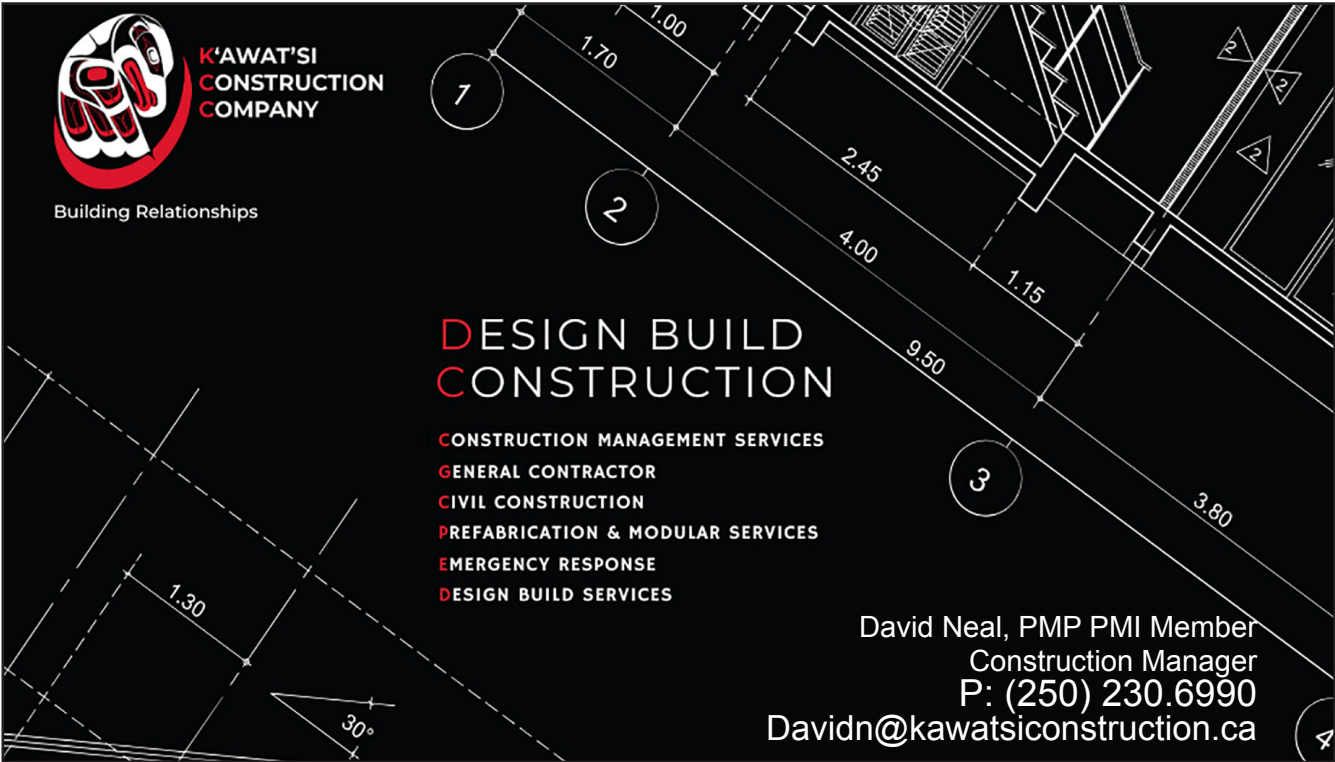
In the Aug.7 issue of the Eagle, in a story called ‘Quatsino party morphs into annual event’ there was an error in the photo caption. The caption stated it was The Nobs entertaining the crowd in Quatsino during Quatstock III July 25. In fact, the three-piece band the Treelane Ramblers was in the photo. The Eagle apologizes for the error.

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Climate change, urbanization factors in Grizzly move?

By Kathy O'Reilly

A Grizzly Bear has hibernated and given birth to cubs on Vancouver Island in the first confirmed case of its kind since before the last ice age.

The family of grizzlies near Sayward was the topic of discussion at a presentation at the Port Hardy Library Branch on Aug. 6.

The presentation covered grizzlies' diet, behaviour, physical characteristics, evolution and adaptation, why their patterns are changing, and why they may be coming to Vancouver Island.

Grizzly bears tend to be much larger than Vancouver Island's Black Bears, said WildSafe BC Port Hardy Community Co-ordinator Christina Kuzma-Wells. Kuzma-Wells works alongside local groups such as Bear Smart Port Hardy to educate residents on reducing human-wildlife conflicts, host public information sessions, and attend community events.

"They have large shoulders, and that very big shoulder hump is a huge muscle that they have because they do a lot of digging, which also contributes to their claws. Grizzly Bears have the largest claws of all bear species," Kuzma-Wells said.

Grizzly bears are omnivores, with about 70

per cent of their diet made up of plant-based foods.

Grizzly Bears do not have traditional territories or defend land. Their ranges span from 25 to 700 kilometres.

Higher concentrations of grizzlies are found along the mainland coast, in central British Columbia, and throughout the Rockies into Alberta. Their population is estimated at 28,000. "About half of those live in British Columbia," she said.

Grizzlies are currently classed as a species of special concern; however, they were once classified as a species at risk of extinction.

"Lots of Grizzly Bears were actually killed illegally through hunting," Kuzma-Wells said, adding that farmers would also kill them because they believed they posed a risk to livestock.

"There is archaeological evidence that Grizzly Bears used to inhabit Vancouver Island before the last ice age, approximately 8,000 to 10,000 years ago," Kuzma-Wells said.

"Since then, even though they have had the ability to come to Vancouver Island, they have chosen not to," she said, adding that scientists do not know exactly why.

Continued on Page 5



Photo — Kathy O'Reilly

WildSafe BC Port Hardy Community Co-ordinator Christina Kuzma-Wells gave a presentation on Grizzly Bears on the island at the Port Hardy Library Aug. 6.

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editorial



Photo — Robin Quirk, Robin's Eye Photography

Bees hunt for pollen to gather vital protein, lipids, and nutrients needed to feed their growing larvae and sustain the hive.



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EAGLE
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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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Photography/Ad Design

Grizzly Bear hibernates, gives birth near Sayward

Continued from Page 3

There are a few theories. One is that Vancouver Island’s Black Bear population creates competition for grizzlies. Another is that food availability on the mainland is so rich that grizzlies have not had a reason to swim over.

Things are changing, however.

“We’re seeing more come over recently, and it kind of begs the question: why are they coming over now if they’ve had 8,000 years to do so and haven’t? What’s changed?”

On the mainland, increased development and urbanization have fragmented grizzly habitat.

Climate change is shifting patterns of food availability, which could also be influencing their behaviour.

The population of grizzlies on the mainland is growing while their habitat is decreasing, “so they’re seeking out new ranges and new habitat,” which could account for more sightings on Vancouver Island.

“It’s very natural that males come over during the summer. Typically, they’ll realize there are no females here come fall and they’ll go back.”

In 2025, a female grizzly and her cubs were spotted near Sayward, indicating she had hibernated on Vancouver Island.

This was significant because the cubs were the first known grizzlies born on Vancouver Island in modern records.

Cubs usually stay with their mothers for about three years.

There have been signs and sightings around Sayward that the family is still on the island.

It is unlikely that grizzlies will establish a significant pop-

ulation on Vancouver Island, but because this is an unprecedented time for climate change and urbanization, the future is impossible to predict.

“Because it is fairly new, we don’t have much data or research right now, but it is something we hope to gain more of in the future.”



Photo — Kathy O’Reilly

Stunning Spirea

Spiraea douglasii is a species of flowering plant in the rose family native to western North America. Common names include hardhack, hardhack steplebush, Douglas’ spirea, douglasspirea, steplebush, and rose spirea.

Port Alice Gateway to the Wild West Coast

Village of Port Alice

2026 GENERAL LOCAL ELECTIONS

NOTICE OF NOMINATION

Public Notice is given to the electors of the Village of Port Alice that nominations for the offices of:
Mayor: One (1) to be elected
Councillors: Four (4) to be elected

will be received by the Chief Election Officer or a designated person, as follows:

By hand, mail or other delivery service: Village of Port Alice 1061 Marine Drive PO Box 130 Port Alice BC, V0N 2N0	From 9:00 am September 1, 2026 To 4:00 pm September 11, 2026 Excluding statutory holidays and weekends
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Nomination forms are available at the Village Office at 1061 Marine Drive from 8:30 am on August 7, 2026 to the close of the nomination period.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a member of local government if they meet the following criteria:

- Canadian citizen;
- 18 years of age or older on general voting day October 17, 2026;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed;
- not disqualified under the *Local Government Act* or any other enactment from being nominated for, being elected to or holding the office, or be otherwise disqualified by law.

CAMPAIGN PERIOD EXPENSE LIMITS

In accordance with the *Local Elections Campaign Financing Act*, for the 2026 general local election, the following expense limits for candidates during the campaign period apply:

Mayor	\$ 12,323.78
Councillor	\$ 6,161.89

THIRD PARTY ADVERTISING LIMITS

In accordance with the *Local Elections Campaign Financing Act*, for the 2026 general local elections, the following third-party advertising limits apply: \$924.28

For further information on the **nomination process**, please contact:
Bonnie Danyk, Chief Election Officer 250-284-3391
Tanya Spafford, Deputy Chief Election Officer 250-284-3391

For further information on **campaign period expense limits and third-party advertising limits**, please contact Elections BC:
Toll-free phone: 1-855-952-0280
Email : electoral.finance@elections.bc.ca
Website: www.elections.bc.ca

Resuscitated otter baby returns to family

By Kathy O'Reilly

A river otter rescued in Alert Bay July 28 has been returned to the water and its family after a short stay at MARS Rescue Hospital.

The otter was found trapped in a gillnet that had wrapped around its neck cutting off the animal's ability to breathe. Two other otter siblings were released from the net and returned to their mother.

Gordie Mellish performed CPR and mouth to mouth resuscitation on the animal successfully reviving it.

"A few volunteers felt Nalatu is a female because she wanted a clean house," said Quirk, however it is too early to tell its sex for sure.

Mellish named the river otter pup Nalatu after his niece Nala. He added 'tu' because the otter is the second Nala.

'Nala' in Kwak'waka means brave one, said rescuer Robin Quirk.

Nalatu was taken to MARS where it was treated with antibiotics and monitored until they felt it was ready to be returned home Aug. 7 and

released Aug. 8. MARS had packed an otter's lunch and breakfast made up of raw fish, soaked kibble and boiled eggs for its trip home.

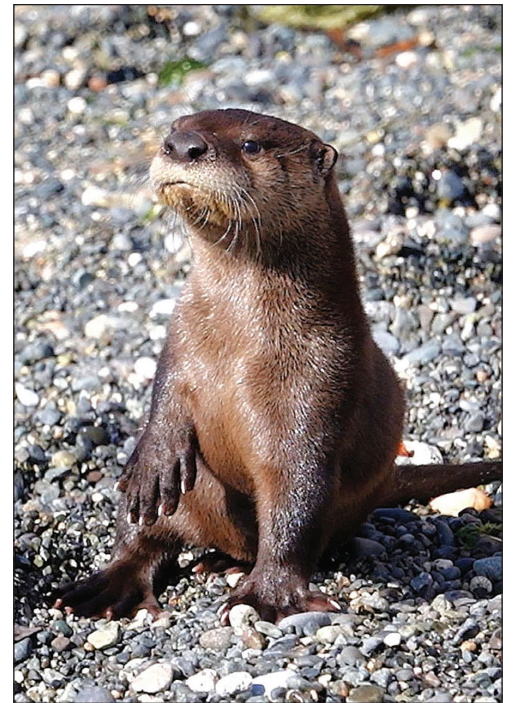
"On Aug. 7, I received a call from Robin notifying me that she would be in Alert Bay that evening with the otter and requested assistance with locating its family and returning it," said Anne Jackson.

"That evening we went to the site where it was saved a week and a half before. The otter was quite content in the crate in Robin's car but there was a clear change in behaviour the moment we brought the crate down to the dock," Jackson said. "It became very vocal and active, clearly wanted out." With no sign of the otter's family, it was decided to wait until the next day and try again. "The next morning before daybreak we regrouped again at the dock. The moment we got there, the otter once again became vocal and active. We each took a spot at different points on the island to watch for any other activity," she explained. At about

9 a.m. it was decided to go ahead on MARS's advice and open the crate.

"It was interesting to watch the cautious behaviour as it slowly poked its head out to observe its surroundings before fully exiting. Once out, it circled the otter box sniffing its way down to the water for a quick dip before coming out and looking at Robin and Gordie as though it was saying goodbye before heading back in to swim out to the dock close to where it was found," said Jackson.

Later on around 5 p.m. Robin returned to check on the pup. She brought the last of its food that MARS packed for the otter's trip. She stood on the dock above the hole in the dock and looked down into the ocean. Robin whistled a little short tune that she had repeatedly whistled for the otter while it was in her care. Under the dock the water swooshed, and something swam in a circle below. Robin looked down to see a small otter swimming. It circled and its webbed feet and little face could be seen



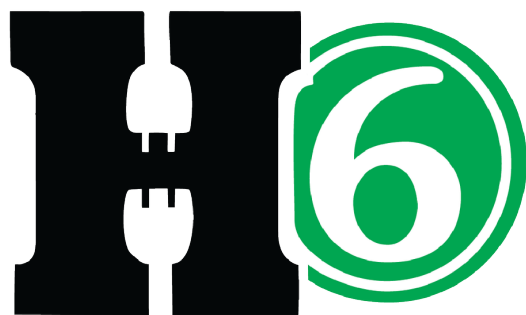
Photos — Robin Quirk, Robin's Eye Photography

Nalatu takes a peek outside her otter box before heading down to the water for a swim and reuniting with its family. Below left, Gordie Mellish, Anne Jackson, and Robin Quirk celebrating a successful River otter pup release of Nalatu.

from above. "I was glad to have the experience to save the life of the baby river otter.

I have saved over ten peoples' lives in my lifetime and being able to save the life of a baby

otter is definitely a different experience but a worthwhile one," Mellish.



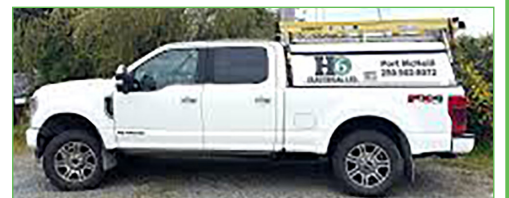
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Photo — WFP Facebook

Ken Bradshaw has been recognized for his 50-year career with Western Forest Products.

Bradshaw recognized for 50 years of service

Ken Bradshaw has been recognized for his 50-year career with Western Forest Products (WFP). Bradshaw joined WFP in 1976, following in his father’s footsteps. Now part of WFP’s dryland sort team in Port Alice, Bradshaw built his career in the maintenance department, progressing from an apprentice to journeyman heavy-duty mechanic, welder and shop chargehand before becoming a stacker operator and sort chargehand. Over the years, Bradshaw has developed extensive expertise in both repair and operations and is highly knowledgeable about nearly every piece of equipment at the dryland sort. He continues to demonstrate skill, reliability and pride in his work, consistently setting a high standard. A true safety leader, Bradshaw is known for his exceptional work ethic and ability to solve problems. His deep understanding of the dryland sort and keen awareness of day-to-day operations help keep work moving safely and efficiently. “His unwavering commitment to safety, his team and the job at hand has made a lasting impact on those around him,” said WFP on Facebook.

2026

GENERAL LOCAL ELECTION

PORT HARDY

PUBLIC NOTICE IS HEREBY GIVEN AS FOLLOWS: NOTICE OF NOMINATION

Nominations for the offices of:
Mayor: one (1) to be elected)
Councillor: six (6) to be elected

Nominations for the offices of:
School Trustee for SD No. 85 Electoral Area 1: three (3) to be elected

will be received by the Chief Election Officer or designated person, as follows:

By hand, mail or other delivery service:
District of Port Hardy Municipal Hall
PO Box 68
7360 Columbia Street
By fax to: 250-949-7433
By email to: 250-949-6665

**From 9:00 am September 1st, 2026
To 4:00 pm September 11th, 2026**

Interested persons can obtain information on the requirements and procedures for making nominations, including nomination forms at the District of Port Hardy Municipal Hall at 7360 Columbia Street or online at porthardy.ca.

Qualifications for Office
A person is qualified to be nominated, elected, and to hold office as a member of local government if they meet the following criteria:

- Canadian citizen;
- 18 years of age or older on general voting day October 17th, 2026;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed September 11th, 2026;
- not disqualified under the *Local Government Act*, *School Act* or any other enactment from voting in an election in British Columbia, or being nominated for, being elected to, or holding office, or be otherwise disqualified by law.

Campaign Period Expense Limits
In accordance with the Local Elections Campaign Financing Act, for the 2026 general local election, the following expense limits for candidates during the campaign period apply:

Mayor	\$12,323.78
Councillor	\$6,161.89
School Trustee	\$5,000.00

Third Party Advertising Limits
In accordance with the Local Elections Campaign Financing Act, for the 2026 general local elections, the following third party advertising limits apply:

Third-party Advertising Limit:	\$924.28
Cumulative Third-party Advertising Limit:	\$184,856.70

For further information on the nomination process, please contact:
Heather Nelson-Smith, Chief Election Officer
Louisa Bates, Deputy Chief Election Officer
Email: elections@porthardy.ca ~ Phone 250-949-6665

For further information on campaign period expense limits and third-party advertising limits contact Elections BC:
Toll-free phone: 1-855-952-0280 ~ Email: lecf@elections.bc.ca ~ Website: www.elections.bc.ca/lecf

Northisle resource estimate to be used for pre-feasibility study

Northisle Copper and Gold Inc. has released an integrated mineral resource estimate for its 100 per cent

owned North Island project which integrates the North-west Expo, Red Dog, West Goodspeed, and Hushamu

deposits. The project is located west of the town of Port Hardy and consists of a contiguous 50-by-eight-kilo-

metre block of 214 mineral claims covering an area of more than 34,000 hectares of mineral claims, adjacent and northwest of BHP Billiton's now closed Island Copper Mine. The 2026 Resource Estimate will be used for the development of a pre-feasibility study (PFS) on the North Island Project, which remains on target for completion in Q1 2027.

"This integrated resource update represents another important milestone for Northisle and is a critical step towards the completion of the North Island Project PFS. With 10.1 billion pounds of copper equivalent or 16.2 million ounces of gold equivalent contained in Indicated Resources, the 2026 Resource Estimate is finally beginning to tell the story of the district-scale potential of the North Island Project," noted

Chairman Alex Davidson. "Over the past 18 months, we have either achieved or exceeded each of the goals we set in respect to resource growth and conversion. At West Goodspeed, we added over 113 million tonnes of Indicated Resources with 873 million pounds of copper equivalent, or 1.2 million ounces of gold equivalent in contained metal. At North-west Expo, we successfully converted Inferred material, increasing Indicated tonnage by 133 per cent, and expanded the resource along strike. Significantly, at Red Dog, we increased contained copper equivalent metal in Indicated Resources by 30 per cent and plan to investigate the connection between Red Dog and West Goodspeed with additional drilling in 2026. We additionally increased our exposure to crit-

ical minerals beyond copper, adding 68 million pounds of Molybdenum (Mo) and 362,000 pounds of Rhenium (Re) in Indicated Resources. These results, in addition to improved commodity prices, have driven meaningful resource growth and provide a solid foundation for the North Island Project PFS, which remains on target for completion in Q1 2027," said President and CEO Sam Lee. Northisle's North Island Project was also included in the Mining IQ Project Pipeline Index 2026 - Excellence Supplement, one of only five projects chosen from over 650 assets reviewed. Projects on this list are recognized for the fundamentals that investors care about most: economics, jurisdiction, finance-ability, engineering, geology and development readiness.

Port Hardy – Don Cruickshank Arena

Sept. 12-13, 2026

Mount Waddington Regional

FALL FAIR

Exhibit lists and booth rental forms are NOW available at the following locations:

Port McNeill: Tourist Information Centre; Library; Ministry of Forests/Service BC lobby

Port Hardy: Tourist Information Centre; Library; Hobby Nook

Port Alice: Library

Or from our **Facebook:** mount waddington regional fall fair (coming soon)

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Photo — Port McNeill Fire Rescue Facebook

Off To The Front

North Island firefighters have been dispatched to the Thompson-Okanagan region. From left to right are, Hyde Creek Volunteer Fire Department Deputy Chief David Copeland, Port McNeill Fire Rescue Lt. Garret Chalmers and Chief Dean Tait.

lifestyles&leisure

Participants enjoy Hippy-Hop at skateboard competition

By Kathy O'Reilly

The fourth annual Alert Bay Skateboard Competition brought riders of all skill levels to the Alert Bay Skatepark on Aug. 1 for a rain-tested day of music, food, prizes and community skateboarding.

The event featured a live DJ, a free barbecue and enough prizes for every participant to take something home.

“The event was great,” said event founder and organizer Jack Watson.

“The rain held off long enough that everyone got to experience some fun.”

“The rain did happen and made the ground slick, but we were still able to do a Hippy-Hop contest,” he explained. “A Hippy-Hop is an old-school trick where your body jumps over the obstacle and the board goes under it.”

“We were all winners,” Watson said. “The rain kind of stopped us from really competing. There were enough prizes that every participant got to bring something home, whether it was a new deck or a complete skateboard.”

Roughly 25 people participated in the competition.

Watson said DJ Scott Macdonald helped set the tone for the day by scratching records on vinyl.

Macdonald, a former RCMP officer in Alert Bay, has been playing at the competition since it began.

Watson said the event also raised \$1,000 for Evie Pritchard, 13, a skateboarder with family ties to Alert Bay who is competing internationally and aiming for the 2028 Los Angeles Summer Olympics.



Photo — Submitted

The fourth annual Alert Bay Skateboard Competition on Aug. 1 attracted 25 people.



Photo — Kathy O'Reilly

Hillbilly High Notes

The Hillbilly Choir Band performed during the Community Garden Party Aug. 1 at the A-Frame Anglican United Church in Port McNeill.

North Island Farmers & Artisans Market



2026 Market Schedule

Port McNeill - IGA Plaza

- Aug. 22
- Sept. 5 • Sept. 19

Port Hardy - Carrot Park

- Aug. 23 • Sept. 20

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

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

North Island **Reflections**



Turkey Vultures don't have a voice box so they can not sing or call. They are one of the few birds able to use their sense of smell to locate food. 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.

This week's Reflection sponsored by ...



Photo — Robin Quirk, Robin's Eye Photography

A Loonie auction was held on Aug. 9 in Alert Bay for Pat Davis, Sara Burr and their son Johnathan Burr who recently suffered numerous strokes and is in hospital. The event raised \$6,576.25. Below, the volunteers.

Loonie auction raises \$6,576 for family

By Robin Quirk

A Loonie auction was held on Aug. 9 at the council hall in Alert Bay for Pat Davis, Sara Burr and their son Johnathan Burr raising \$6,576.25.

Johnathan recently suffered numerous strokes and is in the Port McNeill Hospital.

Many hands came together to show love and support to assist the family by donating a plethora of items for the auction. The tables and walls were covered with beautiful prizes. Lunch was served by donation and coffee was free. There was homemade chili, baked Sockeye salmon, hot dogs, po-

tato and macaroni salad, cupcakes, Jello and pop.

"Thank you everyone who dropped in, who donated, and who helped out and most of all big hugs to Pat, Sara and John. You are all so loved and this is our way to show you how much we appreciate all you have done for us. All the best, and prayers for John," said Elizz Hanuse.

Miriam Waters, Juanita Alfred, Elizz Hanuse, Jssea Mac, Jessie McDougall, Sue Reid, Karen Cook, Pat Davis, Lyn Holly, Emma Campbell, Robin Quirk, and a few others pitched in to make the event happen.



The North Island Eagle... because everyone needs some good news

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www.northislandeagle.com Facebook: [@northislandeagle](https://www.facebook.com/northislandeagle)

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End2End relay raises over \$300,000 for families

This year's End2End cycling relay raised more than \$300,000. On June 18 when the two-day, non-stop, 1,000-kilometre ride ended \$272,843 had been raised for the Island Kids Cancer Association. Now, with all the accounting done, the total has reached \$301,686.03.

The relay was a gruelling challenge in which a team of nine cyclists, riding in groups of two or three, took turns battling windy days, dark nights and fatigue while pedalling from Victoria to Port Hardy and back non-stop.

The riders (and their supporters) built on the success of the inaugural 2025 relay, which raised more than \$110,000. They pushed up this year's total by reaching out to more donors and adding more events -- everything from hockey games to concerts and cookie sales. The people at Vancouver Island's 21 Scotiabank branches (including district vice-president Sophia Pugh, who was one of this year's riders) made a huge difference -- but so did every kid who put up a lemonade stand. The flip side of the coin is equally as impressive: all those donations went straight to the cause. Our bills for staging End2End totalled just \$2,369, with that entire amount picked up by a few supporters who

gave money specifically to cover expenses. How were expenses kept so low? First, End2End is an all-volunteer event. Second, almost all the costs of staging the relay were covered by community-minded sponsors who provided (and fuelled) the support-crew vehicles that accompanied the riders on their journey. They fed and provided beds for our volunteers. Our organizing sponsor, Victoria's Trek Bicycle store, absorbed the soft (and many not-so-soft) costs.

The result of all this -- lots of money raised, combined with low expenses -- meant more money for the Island Kids Cancer Association, a small frontline charity that provides financial aid, mental-health supports and other services to Vancouver Island families blindsided by childhood cancer.

Now the challenge will be to do it again in 2027. As was the case this year, when nine new riders -- Pugh, Ed Bain, Saskia Bjornson, Ryan Clarke, Morgan Harker, Jeff King, Jen Millar, Kevin Nunn and Sara Park -- climbed onto their bikes, a whole new team will be selected for next June's relay.

Watch end2endcancer.com in September for more news about the application process.



Photo -- Art Farquharson

Whimsical Appearance

The Story of Madrika, written by Rosanna Pittell, left, brought interactive storytelling to the Alert Bay Open Market on Aug. 8.

ALL WEEKEND

CO-ED SLO-PITCH TOURNAMENT

HOME RUN DERBY SATURDAY NIGHT

BEER GARDENS

Aug 14th 6pm - 1am. Aug 15th 11am - 9pm
& Aug 16th 11am - 5pm.

SATURDAY - AUGUST 15

RUN PMC

FOAM 5K FUN RUN

PARADE

VENDOR MARKET

WATERFRONT ACTIVITIES

KIDS FISHING DERBY

STARTING AT THE LEGION

REGISTRATION 9AM

RACE START 10AM

MARSHALLING 10:00AM

SUNSET SCHOOL

JUDGING 10:45AM

START 11:30AM

11AM-4PM

AT THE PIONEER MALL

PARKING LOT

11AM-4PM

INFLATABLES, FACE PAINTING,

POP UP SKATE PARK

1PM-4PM

MUNICIPAL DOCKS

JUDGING 4:15PM

Finish of the day with a Dance at the Broughton Curling Club 9pm to 2am

Featuring WINE & DINE

Nuts and seeds for health and weight loss

By Susan Holbrook

It's been considered that nuts and seeds are too fattening for people looking to lose weight. However, research suggests that nuts and seeds are beneficial for weight loss. Also, nuts and seeds are healthful, whole foods that are brimming with beneficial nutrients and phytochemicals.

Anyway, it's not the fat content of a diet that makes it healthy or not, it's the nutrient content, specifically micronutrients (vitamins, minerals, phytochemicals). Based on their nutrient content, the calories in nuts enhance health.

Of the many nutrients in nuts and seeds here are some examples: LDL cholesterol-lowering phytochemicals, circulation-promoting arginine (an amino acid), minerals like potassium, calcium, magnesium, and selenium and antioxidants such as flavonoids, resveratrol, tocopherols (vitamin E), and carotenoids.

Nuts and seeds promote heart health.

Having five or more servings of nuts per week is estimated to reduce the risk of coronary heart disease by 35 per cent.

Overweight individuals should add nuts to their diet because they aid in weight loss and improve insulin sensitivity, which could help to prevent or reverse diabetes.

Of course, moderation must be considered. One ounce daily is reasonable for women trying to lose weight and 1.5 – 2 ounces for men.

For very slim or highly active people who need the added calories more can be consumed.

Here are the benefits of some of the more popular nuts:

- Almonds are rich in antioxidants.
- Walnuts contribute to better blood pressure regula-

tion. There is also evidence that walnuts may protect against breast cancer.

- Pistachios and Mediterranean pine nuts have the highest plant sterol content of all the nuts; plant sterols are structurally similar to cholesterol and help to lower cholesterol levels. Pistachios reduce inflammation and oxidative stress as well as cholesterol.

- Pine nuts contain a specific type of fatty acid that has been shown to curb appetite by increasing hormones that signal fullness. My go to for croutons on my Caesar salad.

- Cashews are nutrient-dense and packed with healthy monounsaturated fats and essential minerals.

- Flax, hemp, and chia seeds are extremely rich sources of omega-3 fatty acids, and hemp seeds are especially high in protein, making them a must for active people.

- Pumpkin seeds are rich in iron, calcium, and phytochemicals, and may help to prevent prostate cancer.

- Sesame seeds are rich in calcium, provide abundant amounts of vitamin E and contain a lignan called sesamin; possibly protecting against breast cancer. What about peanuts? They aren't nuts but legumes. They don't contain as many healthy ingredients as actual nuts.

Practically all are roasted and if over-roasted they lose some nutritional content and form a harmful



compound called acrylamide.

Nuts and seeds should be eaten raw or only lightly roasted.

Avoid overly salted nuts as well.

My favourite ways to use nuts are in salads, stir fries, ground for a coating on chicken or fish, chopped into my morning yogurt protein bowl and of course just as a quick healthy snack.

They are a wonderful food to take on a road trip! So don't be afraid to enjoy nuts and seeds!

Please visit my website for more information - www.co-creativehealthsolutions.com.



TOWN OF PORT MCNEILL 2026 GENERAL LOCAL ELECTION

NOTICE OF NOMINATION

Public Notice is given to the electors of the Town of Port McNeill that nominations for the offices of:

- | | |
|------------------------|----------|
| • MAYOR | ONE (1) |
| • COUNCILLOR | FOUR (4) |
| • SCHOOL BOARD TRUSTEE | TWO (2) |

Will be received by the Chief Election Officer and/or Deputy Chief Election Officer, at the Town of Port McNeill Office, 1775 Furney Place, Port McNeill, BC as follows: 9:00 a.m. September 1, 2026, to 4:00 p.m. September 11, 2026, excluding statutory holidays and weekends.

Nomination documents are available at the Town of Port McNeill Office during regular office hours from 9:00 a.m. to 4:00 p.m. Monday through Friday.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a member of local government if they meet the following criteria:

- are a Canadian Citizen;
- are 18 years of age or older, or will be 18 years of age or older on general voting day;
- have been a resident of British Columbia for at least six (6) months immediately before the relevant time; and
- are not disqualified by the *Local Government Act* or any other enactment from voting in an election in British Columbia or from being nominated for, being elected to, or holding office, or be otherwise disqualified by law.

FURTHER INFORMATION on the foregoing may be obtained by contacting:

Brenda Johnson, CPA, Chief Election Officer

Christina Jackson, Deputy Chief Election Officer

Contact information:

250-956-3111

elections@portmcneill.ca

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North Island Business Directory

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250-949-7060

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Birkenstock & More

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



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Boats

Sail Kit for Walker Bay Dory - used twice - Like new - \$350.

250-284-3365

14-foot Glastron fibreglass boat, seats four, 40hp Suzuki, 40hp trolling motor, four life jackets, downriggers, hand-held marine radio and more. \$5,000.

250-281-2281

LUND WC-14 boat c/w 9.9 Johnson motor, trailer, seats, oars, rod holders, NAV lights and more. Asking \$7,800.

250-956-3300

3288 Bayliner, twin 4-cylinder diesels. \$25,000.

250-306-4417

Canoes

Sportspal 14-foot, square stern canoe. Weighs 47 pounds. Custom rod holders, side motor mount, and outriggers. Asking \$2,000 firm.

250-230-5290

Cars

Brand new Geo electric vehicle. Paid \$11,000 sell for \$7,000.

250-902-9013

Fifth Wheels

2015 Jayco Jay Flight 32 RLDS elite. Front bedroom, electric fireplace, ac, no leaks. Only used about a total of a month. Been stored under cover. Needs new awning cloth and motor. Some cabinet doors are defective from factory have been replaced with tension rods but do have the doors also. Sewer hookups, BBQ and cleaning supplies included. \$23,000 OBO.

250-949-1744

Fishing

Alvey knuckle buster fishing reel. Has a five-inch spool. \$50.

250-949-0118

11ft3in. Lamiglas steelhead fishing rod. Mint condition. \$225 firm.

250-902-8413

Furniture

Massage chair. Paid \$3500 for it. Want \$2000. Like new.

250-284-3261

Power recliner, approximately five years old, seldom used, brown. Like new. Paid \$1,300 will sell for \$450.

250-949-7504

McLary antique wood and coal stove for sale \$1,200. Good condition.

250-702-2727

Landscaping

Husqvarna Reel Mower, used once. \$100.

250-284-3365

Miscellaneous

Acklands portable welder/generator. 18-horse. Own engine. Complete with cables, etc. Runs well. \$1,500 OBO.

250-956-2246

250-230-0745

Arrow canopy, from a Ford Ranger, fire red, 6 foot long, 2 feet high and four and a half feet wide. Excellent condition, no scratches. Asking \$600.

250-884-4286

Plain Jane gillnet mending bench. Good for decoration in the garden. \$20.

250-949-0118

Older 16hp Briggs & Stratton 2-cyl. engine. Electric start. Was running. \$100 OBO.

250-956-2246

250-230-0745

Washing machine, GE commercial grade, with all original paperwork. In very good condition. \$350.

250-949-8655

leave message

Coming Events



Connection
Comraderie
Community
Are you looking to add
more purpose, and
excitement to your day?

Thursday's at 7:00 PM
Port McNeill Old School

Miscellaneous

2 running boards from F150, good condition, \$50.

250-956---3601

Vintage brass balance beam scale. Weighs up to 50 grams, has all the weights, and a black velvet lined 5x8 inch case. \$30.

250-949-0118

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). HealingSearch.com
604-902-3881

Local 3D printing in Port McNeill.

403-620-0033

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

236-255-2238

Electric yard art and landscaping services. Specializing in outdoor feature lighting, water ponds, custom garden fountains and waterfall features, underground sprinkler systems, drainage pipes, fencing repairs, raised garden beds, greenhouses, walkways, landscaping maintenance and waste removal. Consultations and design quotes are free.

236-255-2238

Sporting Goods

Advance Element inflatable double Kayak, asking \$375.

250-973-6294

Sporting Goods

Advance Element inflatable double Kayak, asking \$375.

250-973-6294

Vintage crossbow. Needs a string. \$50.

250-949-0118

2 new oars for a rowboat. Approximately 6.5 feet long, with swivels. \$100 for pair.

250-956-2246

250-230-0745

Photon Lightspeed Kayak with all the extras: \$1200.

778-614-2488

Tires

4 Altimax tires - Artic, M+S, with the snowflake. 265/75R-16 inch. Radial, tubeless, 6-ply tread, balanced, on rims, no leaks, and at least 50% tread life left. Came off a 2007 Nissan Xterra. \$50 each.

250-949-0118

Tools

Black and Decker 3-inch by 21-inch Dragster belt-sander. Never been used. Cost \$125. Sell for \$60.

250-949-0118

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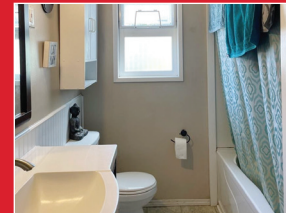
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PORT HARDY INCOME PROPERTIES

4475 Byng Road, Port Hardy \$486,600 MLS® # 1042341



Side by side duplex on the desirable Byng Road, close to Storey's beach. Just under 1000 sq.ft. per side, each unit offers 2 bedrooms and a den (or storage) and wood inserts in living rooms. Both sides currently tenanted. Recent updates include front half of roof, exterior electrical upgrade, gutters and downspouts in front, cedar front fences and gates. Wooded area behind for privacy on 1/3 of an acre. 15 minute walk to the airport beach & Storey's Beach and a short drive to Port Hardy.



Sandra Masales
Cell: 250-902-9271

5060 Beaver Harbour Road, Port Hardy \$620,000 MLS® # 1041787



Full side-by-side duplex in the Storey's Beach area. Side 1 offers a large storage room that can be converted back to a garage. Laundry is in this room. This side is fully updated with beautiful kitchen, two separate living rooms, 3 bedrooms up and 2 full bath. Side 2 offers laundry off the garage, functional kitchen, large living room and main floor powder room. Upstairs has 3 bedrooms and a full bath. Shared fenced large yard on this double sized corner lot. Side 1 is currently tenanted.



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

6120 Huckleberry Lane, Port Hardy \$719,000 MLS® # 1042376



Ocean view main level entry home in the desirable Hunt Street area of Port Hardy. 2 bedroom, 2 bath up and lower level offers a self contained 1 bedroom plus den, 1 bath in-law suite with its own laundry and separate entrance. Nice open plan. Above average sized kitchen. Main bedroom offers a 4 piece ensuite and walk in closet. Nice sunny deck off the kitchen overlooking Hardy Bay and lovely private patio area in the front. Full sized double garage. Great investment potential - live on one level and rent out the other!



Johan Olsen
Cell: 250-209-9667

SOLD — 6045 Hunt Street, Port Hardy, 9503 Scott Street, Port Hardy
To view all our listings go to porthardyrealestate.net