

The North Island EAGLE

Celebrating 'True North Island' Life

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Inside This Week

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Photo — Kathy O'Reilly

A Perfect Fit

Shorter days and colder temperatures made handmade wool toques a favourite at Sointula's 48th Winter Festival market held Nov. 21.

Shocking death triggers outrage, calls for change

By Kathy O'Reilly

A woman died outside Port Hardy's closed emergency department.

Courtney McCowan was 48.

The department has been closed from 5 p.m. to 7 a.m. since 2023.

At 5:11 p.m. on Nov. 19, a BC Emergency Health Services paramedic at Port Hardy Hospital became aware that there was a patient in need of medical treatment in the hospital parking lot. Two additional ambulances responded to the scene. Paramedics provided emergency medical treatment to the patient, who was transferred to the care of Port Hardy Hospital staff in critical condition.

"Our thoughts continue to be with the family members and loved ones affected by this tragedy. We know it has affected many people in Port Hardy, including the Island Health care providers and first responders who delivered emergency medical treatment, and we are taking the situation extremely seriously," says Island Health.

Continued on Page 2





Photo —Kathy O'Reilly

Cash Calendar For A Cause

Malcolm Island Lions Club members Wyatt Pottage, left, and Nat Pottage, were busy selling 2027 cash calendars at Winter Festival Nov. 21. Funds raised from the sales will go to the Friends in Need Now (FINN) fund that provides emergency financial assistance to Sointula residents facing medical crises, unexpected travel costs, or temporary hardship.

Death magnifies concern about healthcare in region

Continued from Page 1

"Island Health clinical leadership remains in contact with BC Emergency Health Services leadership as we work to establish and clarify the facts of what occurred. All potential factors will be examined and considered," they said.

Care teams, including emergency department trained physicians and nurses, responded in this situation.

"Immediate actions have included reinforcing existing protocols and procedures for when people arrive at Port Hardy Hospital shortly after the emergency department has closed, and we are supporting staff and care providers with an incident debrief and any necessary follow up," said Island Health.

"We appreciate the recommendations brought forward by local physicians about emergency department services and hours in Port Hardy. Island Health acknowledges that increased access to emergency department services is important to people in Port Hardy, and we are committed to working with physicians, the Ministry of Health, local First Nations governments and other partners to develop sustainable strategies to return to 24/7 emergency department access."

"On behalf of our community, I extend my sincere condolences to Courtney's family, friends, and all those affected by this loss. I also want to acknowledge the paramedics, physicians, nurses, and hospital staff who responded with professionalism, compassion, and dedication," said Port Hardy Mayor Pat Corbett-Labatt.

"Mayor and Council have consistently advocated for the restoration of 24/7 emergency room services, and that advocacy will continue. What was intended to be a temporary reduction in service has now lasted nearly four years," Corbett-Labatt said.

"I look forward to meeting with provincial officials to ensure healthcare in Port Hardy remains a priority and that our residents have access to the care they deserve close to home."

"I was saddened to hear of the passing of a woman in Port Hardy last week. My sincere condolences go out to her family, friends, and loved ones," said Regional District of Mount Waddington board Chair Janet Dorward.

"I also want to express my care and concern for healthcare professionals, emergency responders, and others who attended to this woman. Events such as this can be deeply distressing for everyone involved, and my thoughts are with them," Dorward said.

"While we must respect the privacy of those involved and avoid drawing conclusions about the circumstances, I recognize that this woman's passing has increased concerns about healthcare within our region and is a painful reminder of just how important access to timely, reliable healthcare is to everyone living on the North Island," she said.

"I believe we must continue to support and advocate strongly for our healthcare workers and services, and work collaboratively with Island Health and the provincial government to address the challenges facing rural communities," Dorward stated.

"My thoughts remain with the family, and everyone affected by this heartbreaking loss."

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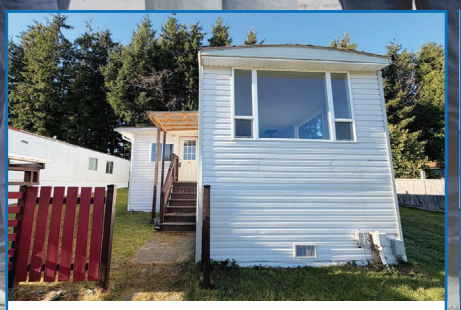

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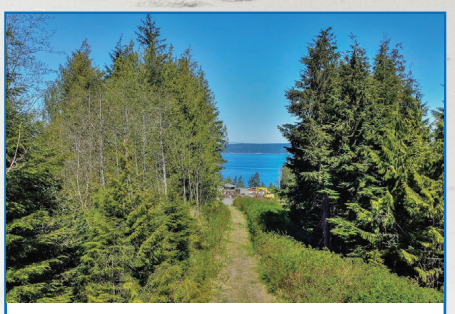

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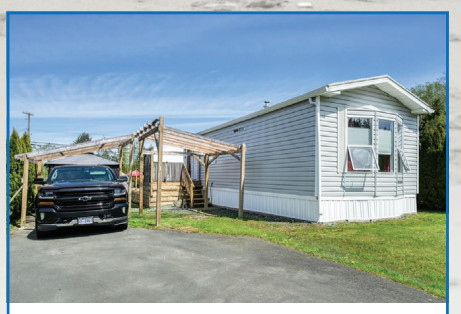

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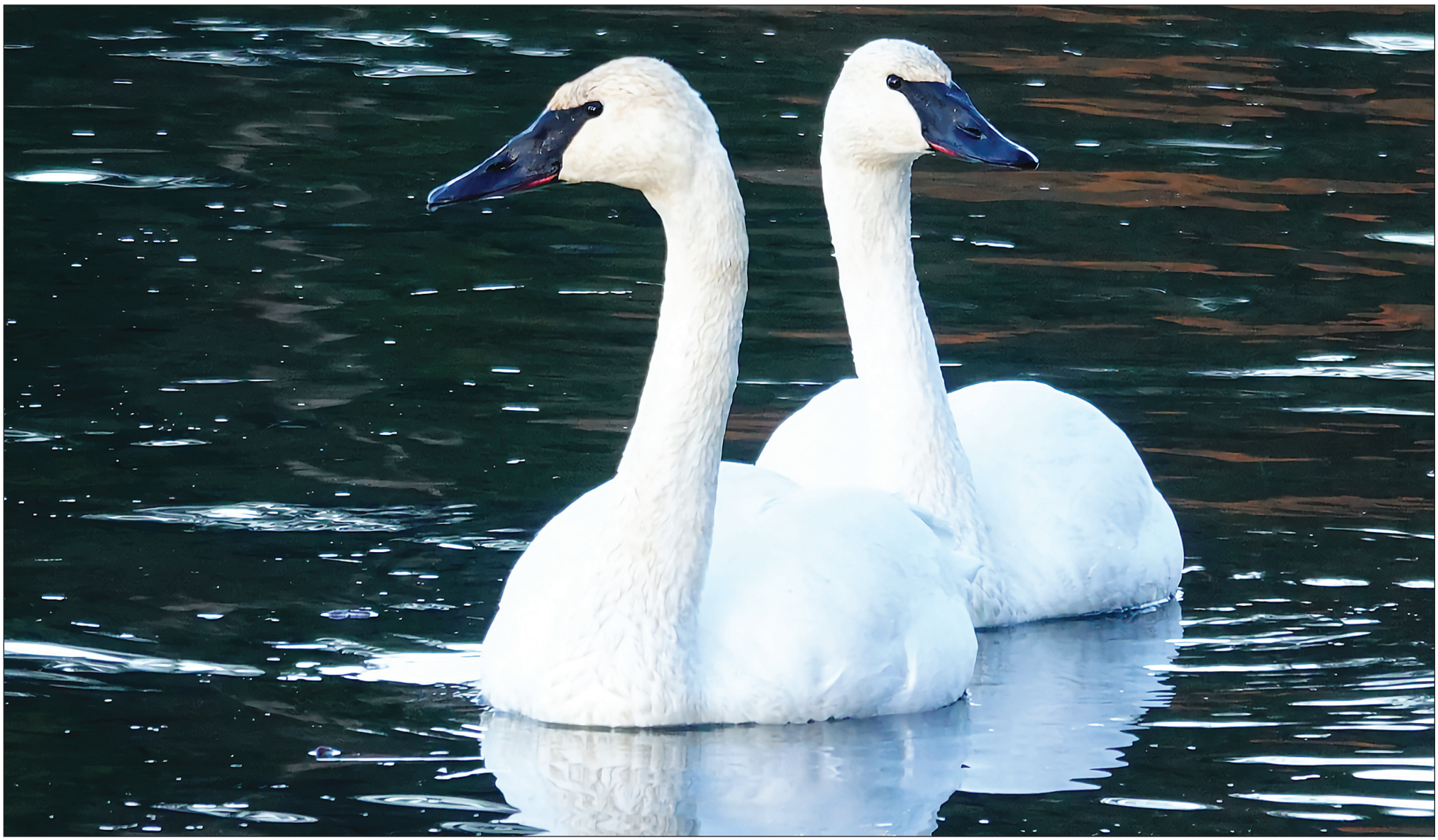

Photo — Robin Quirk, Robin's Eye Photography

Two Trumpeter Swans made a rest stop on Cormorant Island. Trumpeter Swan pairs are monogamous partnerships that usually mate for life,



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— Our beautiful First Nation's eagle (kwikw) courtesy Nakwaxda'xw artist Davis Henderson
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Dorward elected RDMW chair

By Kathy O'Reilly

The Regional District of Mount Waddington has a new board of directors Chair and Vice Chair.

At their inaugural meeting Nov. 18, directors elected District of Port Hardy Councillor Janet Dorward as Chair and Port McNeill Mayor James Furney as Vice Chair.

They replace Andrew Hory, and Michelle Pottage. Hory served as Chair from 2017 to 2026. Pottage served as Vice Chair in 2025 and 2026.

At the meeting, Hory was nominated for the position of chair, as was Dorward.

The board voted anonymously and Dorward was victorious.

Hory was then nominated for Vice Chair and Furney received the most votes.

"This is the first time in my recollection there has been an election for Vice Chair," said Dorward.

Candidates for Chair were given three minutes to campaign, Vice Chair candidates were given two minutes. "I actually feel fairly optimistic about some of the changes and directions that we're seeing and going (in) and I'd like to continue to try to support them," said Hory.

"I think I've always felt strongly that I have to say what I believe at the table," he said.

"First, I want to acknowledge the work Andrew has put into leading the board for the past several years. I appreciate the time and commitment that comes with serving as Chair," said Dorward. "I bring just over 15 years in local government, as councillor with the District of Port Hardy," she said. She has also served as director or alternate on the RDMW board for about eight years which has given her a "real appreciation for the different communities, perspectives and challenges in the region".

"I'm a detail-oriented person of action and I follow through on my commitments, and I'm committed to the long-term interests of the entire region including the smaller areas and, to be fair, not just Port Hardy." "We are at an important point in our regional district. We've experienced some significant administrative and staffing challenges and there's work ahead" to "ensure the organization is functioning effectively."

One of Dorward's first steps as Chair was to implement a new protocol where directors would no longer be addressed by their first name but as Director and their last name.

"One of the reasons why at our meetings we're so formal with "Councillor Dorward" is it takes that personality part out of it," said Port Hardy Mayor Pat Corbett-Labatt, adding it gives "separation between the personal and the role".



Photo —Kathy O'Reilly

Santa Gives 'Nice' Verdict

No one could resist the opportunity to tell Santa what they wanted for Christmas. Santa was a special guest at the Eagle View Elementary School Parent Advisory Committee's EVES Christmas Bazaar Nov. 22. The event included young entrepreneurs and adults selling crafts, treats and gifts.

North Island Mine Project

North Island Mining Corp. proposes to develop an open pit copper and gold mine located approximately 25 kilometres west of Port Hardy, B.C.

Share your thoughts

The Impact Assessment Agency of Canada (IAAC) and B.C.'s Environmental Assessment Office (EAO) are holding a public comment period on the Initial Project Description from

November 10 - December 10, 2026

In-Person Open House

November 26, 2026
6–8 p.m. PCT

Kwa'lilas Hotel, Ball Room
9040 Granville Street, Port Hardy, B.C.

Online Info Session

December 1, 2026
12–2 p.m. PCT

To register, visit the link or QR code on right.

You may also submit comments to the EAO by mail:
North Island Mine Project, PO box 9426, Stn Prov Govt, Victoria, B.C. V8W 9V1

Learn more about the project and tell us what is important to you:

Visit the federal assessment page at
iaac-aeic.gc.ca/050/evaluations/proj/90861

or visit the provincial engagement page at
engage.eao.gov.bc.ca/NorthIsland-EE

Impact Assessment Agency of Canada | Agence d'évaluation d'impact du Canada | British Columbia | EAO Environmental Assessment Office

lifestyles&leisure

Malcolm Island residents enjoy gourmet Slow Food Experience

By Kathy O'Reilly

On an island where slowing down is already a way of life, Malcolm Island residents recently experienced something new: Slow Food.

Slow Food is a movement that began in Italy in 1986 as a response to fast food and the loss of traditional food cultures. The movement encourages food that is fresh, tasty, nutritious and made with care; food production that protects the environment and supports biodiversity; fair prices for consumers and fair wages and working conditions for food producers.

Examples of Slow Food include locally grown seasonal vegetables, traditional homemade dishes, artisan cheeses and meals prepared using traditional cooking methods.

Malcolm Island foodies were given the opportunity to indulge in an evening of Slow Food with a five-course menu, paired with wine, that included prawn and avocado sushi, pumpkin carrot, apple soup, and crispy salmon filet at the FO Hall.

The chef behind the initiative is Julie Trepanier, 47, who is from Québec.

The beverage menu included a Margarita Style Rhubarb Cocktail as well as four wines from Blue Grouse Winery in Duncan. Genevieve Charbonneau, a sommelier who works for the winery, paired the wine with the menu.

There was an educational part of Julie's Slow Food Experience.

"It is important for me to teach some basics like the history of the food evolution or the history of gastronomie," she explained.

Joining her in staging the event were Chris Johansen, sous-chef, Milo Huerter, multi-tasker, and Jeff Preston, bartender.

"The love of food is a family thing. My grandmother used to cook three meals a day for nine people for a good part of her life and then for her grandchildren. That was one of her ways to show her love for us. Making the food that we enjoy the most," Julie explained.

Grandma remembered everyone's favourite dish and made it for their birthdays, or just at random, to make the family happy.

"My mom did homemade meals every day even if she was working full time. I did not cook much as a kid; I mostly enjoyed people cooking for me. My parents started bringing me to fancy restaurants in my early teens. I learned how to appreciate food before knowing how to cook it," said Julie, who has lived on Malcolm Island for almost six years.

"I got here March 1, 2021. I live in Mitchell Bay with my partner Jeff in an off-grid beach house that Jeff built himself with his family."

It was the pandemic that brought Julie west.

"Quebec was under curfew and it was hard. I was just out of a bad relationship. Staying at my brother's house with all my family (there were six of us) and my contract at school (I was a professional cooking teacher in a trade school in Quebec for 12 years) was ending at the end of February," she recalls. One of her friends from her hometown, Simon, drove all the way to Mitchell Bay to help his friend build their house. "When Simon picked me up from the Port Hardy airport and brought me to Jeff's house in Mitchell Bay, I felt like I was at the end of the world/country."

Simon introduced Julie to Jeff.

"Simon went back to Quebec and I stayed in BC."

Julie is from a town in Quebec named Saint-Jean-Sur-Richelieu, on the south shore of Montreal.

There are about 100,800 people who live there.

"So, it is kind of more like a city than Malcolm Island where there are 500 people who live there and it is super remote."

Saint-Jean-sur-Richelieu is a military town. Everyone that is doing boot camp for the Canadian Forces passes through Saint-Jean to do it.

Saint Jean can be super-hot by summer, and super-cold by winter. "It is a very different climate, language, mentality and vibe."

The food industry is also big in Québec, and last year, numerous Michelin Star restaurants were recognized in the province.

It is this history of food that led Julie down the culinary path.

After high school, she did an interior design and window making class in a trade school for two years.

"I did not find my passion there. I start working as a busgirl in a pizza restaurant that a Greek family owned and everything was made from scratch," she recalls.

"That summer I decided to apply to culinary art schools. I started my cooking class in September 1999, and I got my diploma in January 2001," Julie said. "The teachers in that school made a huge difference in my life at that point. I started being passionate about cooking."

Continued on Page 8



Photo — Submitted

Chef Julie Trepanier puts the finishing touches on plates going out to diners at a Slow Food Experience on Malcolm Island Nov. 14.



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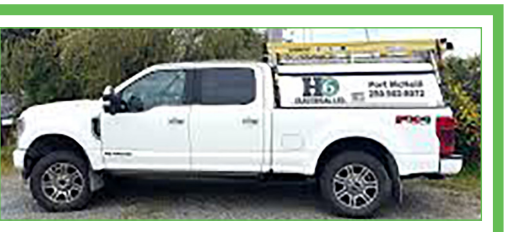

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Routine and well-being go together

By Susan Holbrook

Imagine that hot morning mug of coffee and the boost of energy it gives you.

For decades, we've given caffeine all the credit for coffee's brain-boosting benefits. But longevity researchers are now zooming in on a different compound, caffeic acid, which may help fight cellular aging.

There is a twist, though: drinking that coffee at the same time every day may matter as much as what's in the mug.

Aging is largely cellular stress and chronic inflammation. Caffeic acid, completely different from caffeine, is a potent polyphenol with strong antioxidant properties.

Research suggests it may activate specific cellular receptors, the emergency response system of your cells. When it binds to them, it may signal the cell to quench inflammation and protect your DNA from oxidative damage.

A University of Missouri study, led by researcher Eunjin Tracy, followed older adults, many with chronic insomnia, to see how everyday patterns affect physical and mental health span, the years of life spent in good health.

Participants with highly regular daily routines reported significantly less physical pain and fewer depressive symptoms, regardless of how poorly they slept.

Because this is an association drawn from survey data, it shows that routine and well-being go together, not that routine alone causes the improvement.

Consistency matters because of your circadian rhythm, the 24-hour internal clock governing your biology.

Waking and eating at the same times gives it clear cues; constantly shifting your schedule lets hormones misfire, digestion slow down, and inflammation rise.

Researchers call this irregularity "social jet lag." Sleeping in on weekends can act much like flying across several time zones.

The Missouri study was in humans but relied on self-reported surveys, and much of the molecular research on caffeic acid comes from animal models. We still need human trials to find the optimal dose, and coffee won't erase a terrible diet.

The study also tracked routine in general, not coffee, so the findings are complementary rather than proven to work together. Even so, pairing polyphenols with a strict routine is a smart move.

Here are four protocols you can do today:

• Lock in your wake time: Set the same alarm every day, including weekends.

• Anchor your morning ritual: Within 30 minutes of waking, get natural sunlight and enjoy your coffee, which may help jumpstart your brain and supplies polyphenols.

• Eliminate social jet lag: Keep sleep and wake times within a one-hour window, even on weekends.

• Standardize your meals: Eating at predictable times reinforces your circadian rhythm and may help reduce systemic pain.

Of course, if you have chronic insomnia, pain, depression, or caffeine sensitivity, talk with your healthcare provider before changing your habits.

Pairing caffeic acid with the anchor of a strict routine gives your body the predictability it craves.

Just another bit of advice… my ND told me that caffeinated beverages or beverages with tannin (tea) help with liver enzymes. Also, if you have iron overload, drinking one of these beverages with meals helps minimize iron absorption. Good Protein news…if you love it…Eggnog for the season is available. I'm a fan!

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North Island Reflections



Buffleheads are small, compact diving ducks with large heads and small gray bills. Breeding males are black and white with large white patch on back of head. Females and immature males are gray-brown with a white patch on their cheek. 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 ...



Slow Food Experience

Continued from Page 6

After school, Julie started her career as a line cook in Montreal. She never stopped working in a kitchen as a professional and in 2006, enrolled in university to get a degree to teach professional cooking.

"In 2009, I started teaching full time in the same school I studied professional cooking at with the teacher that taught me back then. I was teaching full time and doing university part time, and it took me 10 years to complete my Baccalaureate in professional education."

On Malcolm Island, Julie, who has worked for School District #85 as a high school teacher for five years, has continued to practise her culinary skills by working at Coho Joe Café for three years and at Burger Barn for two summers.

Julie has been thinking about doing a Slow Food event for a long time to use her more refined culinary skills. Julie is not sure if there is another Slow Food experience in her future because she works full time at the school. "This event was a lot of work, and I did not make money out of it just covered the costs. It was also a try out. The guests were mostly friends." Any proceeds from the event were donated to the Sointula Recreation Association and the Sointula Resource Centre. For the past five years, Julie and Jeff have been making Mitchell Bay Sea Salt from ocean water collected in front of their home.

In her spare time, Julie creates wood-burning art, "sharing a little piece of where we live and what we love".



One of the courses at the Slow Food Experience on Malcolm Island Nov. 14.

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Forest Operations Map (FOM)

Western Forest Products Inc., Mainland Coast, gives notice and invites comment on the Forest Operations Map (FOM) #1006-002 within the Coast Mountains Natural Resource District.

FOMs show the approximate location of proposed cutblock(s) and road(s) and may be relied upon for the purposes of cutting permit and/or road permit application until November 27th, 2029. The FOM can be viewed and commented on from **November 27th , 2026, to December 27th**, 2026.

Comments can be accepted through our online form, email (**FOM-MLC@westernforest.com**), in person at the address above, or by mail at PO Box 6000 Campbell River, BC, V9W 5E1.

Please visit **www.westernforest.com/fom-mainlandcoast/** to view the FOM online and provide comments digitally. After making an appointment, the FOM can be viewed at our place of business between the hours of 8 am to 4 pm, excluding weekends and holidays. Please book the appointment through email (**FOM-MLC@westernforest.com**).

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This year's theme:

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Festival of Lights PORT HARDY

Rotary Club of Port Hardy

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Sunday, November 29, 2026

5:30 p.m.
Santa Parade

6:00 p.m.
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6:15 p.m.
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whose generous support helps bring the Festival of Lights to life.

Protecting area part of five-year Strategic Plan

By Kathy O'Reilly

The North Island had great tourism growth in 2025 and is continuing to see a little more this year, said Vancouver Island North Tourism (VINT) Coordinator Natalie Stewart at the Regional District of Mount Waddington board of directors meeting Nov. 18.

Stewart was on hand to provide her monthly report and present VINT's Municipal and Regional District Tax (MRDT) Renewal, draft five-year Strategic Plan, one-year Tactical Plan and budget for approval.

MRDT revenues are used to increase the competitiveness of the North Island as a tourism destination through destination marketing and other activities.

"I love how things have developed, in a strategic context. In the five-year strategic overview it says the question for the next five years is no longer how do we continue to get noticed, but how do we maintain awareness while we protect what makes this place special and worth visiting, considering the natural environment, the quality of life and small communities and authenticity that can't be manufactured. I really love that," said Chair Janet Dorward.

"I think we're lucky on the North Island, we didn't have the huge boom and growth that places like Tofino did. So, we have a little bit of time and foresight that we can put into what we want the North Island to be and hopefully manage that responsibly," said Stewart.

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Coming Events



Fishing

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Husqvarna Rancher chainsaw. $700.
250-230-5290

Wood pellet stove, model #5501S. $1,500. Brand new. Never used.
250-230-5290

Miscellaneous

Electric wood splitter. $150.
250-230-5290

1977 Suzuki RV 125, dual range, fat-tired. $3,500.
250-230-5290

35-pound galvanized steel Danforth anchor in great shape. $200.
250-949-0118

Services

Red seal journeyman electrician looking for small, residential jobs. 30+ years experience. Reasonable rates. All quotes are free. Call Jesse.
236-255-2238



Coming Events

North Vancouver Island Arts Society
AGM
Sunday, Dec. 6, 2026
11:30am-12pm
Old School Recreation Centre in Port McNeill, 275 Shelley Crescent.
All welcome.

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

Sporting Goods

Photon Lightspeed Kayak with all the extras: $1200.
778-614-2488

2 new oars for a rowboat. Approximately 6.5 feet long, with swivels. $100 for pair.
250-956-2246
250-230-0745

Advance Element inflatable double Kayak, asking $375.
250-973-6294

Tires

4 Altimax tires – Arctic, M+S, with snowflake. 265/75R-16. 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

4 matching winter tires for 16-inch rims, used one season, 235/65R 16 103H, tubeless steel belted radials. $300.
250-974-8336

Tools

Black and Decker 3-inch by 21-inch Dragster belt-sander. Never been used. Cost $125. Sell for $60.
250-949-0118

Help Wanted

REGIONAL DISTRICT OF MOUNT WADDINGTON

Finance Clerks

Department: Finance
Status: 2 Temporary Full-Time positions / 35 hours per week
Posting Date: Monday, November 9, 2026
Posting Number: 202610-03
Posting Type: External – Bargaining Unit
Wage Range: $30.11 – $36.62/hour

Position Overview

- The Regional District of Mount Waddington (RDMW) seeks **two temporary full-time Finance Clerks** to support daily financial operations, process transactions accurately, follow internal controls, and provide timely reporting.
- Both unionized positions are 35 hours per week and are governed by the Collective Agreement between RDMW and USW Local 1-1937.
- One position is for **12 months, from December 2026 to December 2027**. The other is for **4 months, from February 2027 to June 2027**.
- Under the Collective Agreement, the wage range is **$30.11 – $36.62/hour**, effective November 1, 2026.
- The Finance Clerks report directly to the Leader of Finance / Controller & CAO/CFO and support the Senior Finance Clerk in maintaining efficient municipal financial operations.
- Duties include advanced accounting support, financial operations oversight, complex reconciliations, payroll management, and audit-ready reporting.
- The Finance Clerks work with vendors, residents, and internal teams to maintain reliable financial systems.
- Neither position has supervisory authority.
- Payroll: maintain the payroll journal and computerized records, enrol new employees, administer benefits, prepare Records of Employment, remit payments to the Receiver General, and handle annual reporting, Superannuation, WCB, T4s, and other payroll reports.
- Month-End: reconcile bank accounts, clear suspense accounts, and assist with reporting.
- Cash Receipting: prepare bank deposits, control petty cash, and maintain the cash receipt journal.
- Support the Leader of Finance / Controller & CAO/CFO with financial operations, process improvements, and audits.
- Provide general office administrative support as needed.
- Carry out other assigned duties.

Core Competencies

Accountability • Professionalism • Transparency • Collaboration • Communication

Role-Specific: Financial Analysis • Technical Expertise • Quality Assurance

Qualifications

- A diploma in Accounting, Business, Finance, or equivalent; a related bachelor's degree with relevant financial experience; or an equivalent combination of education, qualifications, and experience will be considered.
- At least three years of accounting or bookkeeping experience with computerized systems.
- Proficient in Excel and accounting software.
- Ability to communicate effectively and work independently with minimal supervision.
- Experience in government, municipal, or related financial operations is an asset.
- A Criminal Records Check is required.

Application Process

Submit **your resume and cover letter addressed to Barbra Mohan – Interim CAO** to the contact below. Use **"Finance Clerk Temp"** as the subject line:

Nadine Welson
Executive Assistant to the CAO
Regional District of Mount Waddington
PO Box 729, 2044 McNeill Road, Port McNeill, BC V0N 2R0
Phone: 250-956-3301
Email: nweldon@rdmw.bc.ca

This posting will remain open until closed under the external posting requirements and the RDMW / USW Local 1-1937 2024 – 2029 Collective Agreement.

To advertise: call: 250-949-0337

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250-949-7231

NORTH ISLAND PROPERTY POSSIBILITIES!

404 Haida Avenue, Port Alice **$199,000** MLS® # 1048220









This well maintained 3-bedroom, 2-bathroom townhouse comes partially furnished, spanning three levels and offers great views of both the ocean, surrounding mountains and the pool for strata owners & guests only. Downstairs you will find the large unfinished laundry/ utility room, family room with walk-out access to the covered patio, and just a short walk to the seasonal outdoor pool! Recent upgrades include a new furnace, hot water tank, 2 thermal sliding doors and storm door ensuring year-round comfort and peace of mind.

4475 Byng Road, Port Hardy **$449,999** MLS® # 1042341









Ultra rare 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 downspout 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 and a short drive to Storey's Beach.

As I prepare to retire from my career in April from Real Estate, I want to take a moment to express my heartfelt gratitude to everyone who has been part of my journey. Thank you for your trust, support, friendships, and the many wonderful memories along the way. It has been a privilege to serve the North Island and I will always cherish the connections made throughout the years.

As one chapter closes, another begins. Thank you for being part of my history book. I am not moving, so I will still see you around the communities.



With much love and respect,
Sandra Masales

Thinking of selling? The market is calling for homes like yours!

To view all our listings go to porthardyrealestate.net



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



Laura Masterman
Cell: 250-202-0396



Sandra Masales
Cell: 250-902-9271



Johan Olsen
Cell: 250-209-9667