



The North Island

# EAGLE

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## Sointula marks 125th with full-town photo

By Kathy O'Reilly  
Sointula is marking its 125th anniversary this year with a photograph of the whole town.

The Sointula Museum and the Sointula Recreation Association are organizing the photograph for June 20 at 6 p.m., outdoors between the FO and Athletic Halls.

"We have very generous community members who have offered up their time, talent and equipment to make this happen," said Tammy Hampel, manager of the Sointula Museum.

"There will be three photographers and a drone, a lift for the photographers, a flatbed and risers," Hampel said.

"We're getting the photographers in the air to be able to capture the full crowd, whether it ends up being a few hundred or more than 500 people. We have to prepare for that kind of flexibility."

Organizers say the effort has drawn support from across the community.

"Volunteers are hand-delivering information flyers to homes to make sure we



Photo — Sointula Museum

Sointula is marking its 125th anniversary this year with a photograph of the whole town similar to this one taken in the early 1900s.

connect with everyone," Hampel said. "Social media and posterage alone may not reach everyone,

so we are doing everything we can think of, including offering rides to those who need help getting there."

People are asked to arrive between 5 and 6 p.m. to sign in. "That way, we'll have a record of everyone

in the photo so Sointulians 100 years from now will know who was there," Hampel said.



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# Hardy hosts Wayfinding and Mural open houses

By Kathy O'Reilly

Port Hardy citizens have been given the opportunity to help people find their way.

The District of Port Hardy hosted two Wayfinding and Mural open houses May 27 and also welcomed local youth to the District office to ensure residents had an opportunity to help shape the grant-funded projects that will have a lasting impact on

their community.

The Wayfinding project, which stems from a recommendation in the Active Transportation Plan developed through a grant received by the District several years ago, is intended to improve navigation throughout Port Hardy for both residents and visitors.

"The mural project was initiated as a result of the deterior-

ation of the bricks on the outside library wall," said Mayor Pat Corbett-Labatt.

"The project provides an opportunity to celebrate our community's identity, history, culture, and values through public art," Corbett-Labatt said.

The open houses, facilitated by Ion Brand Design and Fenwood Creative, generated valuable feedback from com-



Photo — Kathy O'Reilly

The District of Port Hardy hosted two Wayfinding and Mural open houses May 27 .



## District of Port Hardy 2025 Annual Report



In accordance with Sec 98 of the Community Charter, Port Hardy Council will consider the 2025 Municipal Annual Report at its Regular meeting on Tuesday, June 23<sup>rd</sup>, 2026 at 7:00 pm. The 2025 Annual Report will be available for inspection at the Municipal Hall located at 7360 Columbia Street, Monday to Friday 8:30 am-4:30 pm (excluding statutory holidays) or online at [www.porthardy.ca](http://www.porthardy.ca).

**Date:** Tuesday, June 23<sup>rd</sup>, 2026

**Time:** 7:00 PM

**Location:** Council Chambers, Municipal Hall  
7360 Columbia St., Port Hardy, BC  
Or online via MS Teams



SCAN ME

Scan the QR code to register to watch the meeting virtually or visit the District's public meeting portal at [www.porthardy.ca](http://www.porthardy.ca).

For more information contact:  
Heather Nelson-Smith, Chief Administrative Officer  
Phone: (250) 949-6665 Email: [general@porthardy.ca](mailto:general@porthardy.ca)



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community members. "Participants shared ideas about key destinations that should be highlighted through wayfinding signage, design themes, accessibility considerations, and opportunities to better showcase Port Hardy's unique character," she said.

For the mural project, residents provided input on themes, imagery, storytelling elements, and cultural considerations they would like to see reflected in the artwork.

"Overall, there was strong engagement and a number of thoughtful suggestions that will help guide both projects as they move forward."

The feedback collected through the open houses is being reviewed and incorporated into the development of the Wayfinding Strategy and mural concepts. Once draft concepts have been prepared, they will be brought forward for further review and consideration before final decisions are made and implementation begins.

"Community input remains an important part of both projects, and we appreciate everyone who took the time to attend the open houses and share their ideas," said Corbett-Labatt.



# New X-ray equipment

People getting X-rays at Port Hardy Hospital now have access to faster imaging, improved image quality and enhanced care with a new digital radiography (DR) X-ray machine and upgraded exam room.

“People in rural and remote communities deserve the same access to modern health-care technology as people anywhere else in BC,” said Minister of Health Josie Osborne.

“This new X-ray equipment will provide faster imaging, clearer results and a better experience for patients, while helping health-care teams deliver timely, high-quality care closer to home,” Osborne said.

“The new and modern X-ray equipment at Port Hardy Hospital is a much-needed investment in our community. Not only will it help provide faster and more accurate care for patients, but it will also support and protect our health-care workers by reducing the risk of workplace injuries. This is an important step forward in strengthening health-care services for the North Island,” said Mayor Pat Corbett-Labatt.

The DR X-ray unit replaces a computed radiography X-ray unit and allows faster image display and lower radiation doses for the patient. Improved image quality supports physicians and clinicians in making timely diagnostic de-

terminations. Features such as automated equipment positioning, ergonomic design and motorized movements help streamline examinations, improve precision and create a more consistent experience for patients and staff. The upgraded X-ray exam room includes improvements that support comfort, safety and the care experience, including:

- a patient lift to help safely position and support patients during exams
- reduced risk of muscular and skeletal injuries for X-ray technologists
- a refreshed exam space designed to support modern imaging equipment and workflows

The \$1-million project was funded in partnership by the Province and the Regional Hospital District of Mount Waddington. With nearly 4,000 X-ray exams completed at Port Hardy Hospital in 2025, the investment will help support timely access to diagnostic imaging for people in the region.

“We are pleased to recognize the installation of the new state-of-the-art X-ray equipment at Port Hardy Hospital. This important investment represents a significant advancement in health-care services for residents throughout the North Island,” said Andrew Hory, board chair, Regional District of Mount Waddington.

## Burger And Beer Cancer Fund-raiser

Oceanside Cantina in Port Hardy hosted a fund-raiser June 5 and 6 for the End2End Cancer Relay will be cycling from Victoria to Port Hardy and back again, non-stop, June 16–18, in support of Island families facing childhood cancer. Standing in the photograph is End2End organizer Sandra Boyd, and Mayor Pat-Corbett-Labatt enjoyed the dinner. The turnaround will be on Wednesday, June 17 from 3-6 p.m. at Port Hardy Secondary School.



Photo — Kathy O'Reilly

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# editorial



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

A juvenile Steller Sealion rests on a rock after avoiding an encounter with some Transient Killer Whales (Bigg's) between the shore of Cormorant Island and mid Johnstone Strait.



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



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

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**Kathy O'Reilly**  
 Owner/Publisher



**Kelsea Taylor**  
 Photography/Ad Design

# Evening Street Market returns to downtown Hardy this summer

The District of Port Hardy is excited to announce the return of the Evening Street Market for summer 2026, bringing a vibrant lineup of community-focused events to downtown.

Markets will take place on Friday, June 19, Friday, July 31, and Friday, Aug. 14, from 5 to 8 p.m. on Market Street. The pedestrian-only events will transform a section of downtown into a lively gathering space where residents and visitors can enjoy local shopping, food, live music, and family-friendly activities.

Residents and visitors are invited to stroll the market, connect with local merchants, and enjoy a relaxed, family-friendly atmosphere. The events will feature live music, outdoor food vendors, and a variety of activities for all ages, including crafts and other fun kids features.

Market-goers can shop ven-

дор booths featuring a variety of handmade and locally created goods, including artisanal soap, wind chimes, jewellery, woodwork, quilts, dog treats and accessories, beauty products and more.

Plan to grab dinner from one of the food vendors offering a diverse selection of favourites, from shawarma, falafel, and rice bowls, to wontons, spring rolls and burgers. Sweet treats such as cotton candy, cookies, and freeze-dried candy will also be available.

In addition to shopping, the market will include informational booths, opportunities to meet a local author, and learn about events on the North Island.

As the District celebrates its 60th Anniversary throughout the year, be sure to visit their booth at the Street Market to pick up a few commemorative anniversary pins and join in the festivities marking this im-

portant municipal milestone. New for 2026, the Young Entrepreneurs Booth will showcase creative products and ideas from local youth aged five to 16, offering them a chance to experience running their own small business. Several Market Street businesses will also stay open late during the events, adding to the lively downtown atmosphere.

Interested in becoming a vendor or playing live music at one of these events? Please reach out to [streetmarket@porthardy.ca](mailto:streetmarket@porthardy.ca).

To accommodate the markets, the block of Market Street between Granville Street and Shipley Street (from the clock to the Credit Union) will be closed to vehicle traffic from 3 to 9 p.m. on each event date to allow for setup and tear down.

Alternate parking is available in the Civic parking lot behind the CIBC, accessible via Shipley Street. Street park-



Photo — Kathy O'Reilly

**Three Evening Street Markets will be held in Port Hardy this summer with the first set for June 19.**

ing remains available on other sections of Market Street and on Granville Street toward the pier.

Temporary additional accessible parking will be available in front of the CIBC during the closure.

For updates, visit the Evening Street Market Facebook page at Port Hardy Evening Street Market Facebook Page.

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

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# Port McNeill Legion celebrates centenary with new cenotaph

On Friday, July 17, 2026, Royal Canadian Legions across the country will mark the official 100th Anniversary Centenary of the organization.

To honour this milestone, the Royal Canadian Legion Branch 281 Port McNeill is hosting a double-celebration featuring a free community event from 2-7 p.m. and a formal outdoor re-dedication ceremony, titled 'Bringing Our Cenotaph Home.'

The public event celebrates a profound piece of North Is-

land veteran history. In 1985, local resident Bob Bowes - a 78-year-old veteran who served in Africa during World War II - undertook the construction of the town's original stone cenotaph on McNeill Road.

Utilizing his 30 years of professional experience as a master stone mason in England, Bowes hand-crafted the structure.

In a deeply personal act of remembrance, he permanently sealed his very own WWII Africa service medals directly

into the stonework.

To ensure its long-term care and preservation, the monument will be safely relocated from the Town Memorial Park to its permanent home on the front yard of the Legion branch grounds on Mine Road.

The event will include a formal outdoor remembrance ceremony, free community outdoor barbecue, and family activities. An indoor cash bar will be open to guests inside the lounge.

In compliance with local



Photo — Tri-Port Pride Society

## Breakfast and Baked Goodies

The Tri-Port Pride Society kicked off Pride Month with a pancake breakfast and bake sale June 7 in the Port McNeill IGA parking lot. A Pride Parade is set for June 28, lining up at Port Hardy Secondary School at 11 a.m. and following the grad float around town.



Photo — Kathy O'Reilly

Port McNeill Legion President Grant Anderson, left and Vice President and Royal Canadian Legion North Island Zone Commander Cliff Anderson showed off plans for the new cenotaph at Port McNeill 60th anniversary celebration.

regulations, no alcohol is permitted outdoors on the grounds.

All alcoholic beverages must remain inside the building.

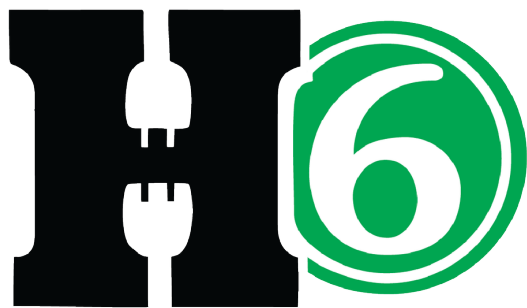
This is a rain-or-shine outdoor event; please dress for North Island weather. Indoor

space in the main Legion Hall is strictly limited in the event of rain.

This move clears the way at the Town Memorial Park for a brand-new granite monument slated for installation this fall as part of the No-

member's Remembrance Day service.

The new cenotaph is being constructed of granite at Stewart Monumental Works in Victoria and will be transported to Port McNeill on a flat deck trailer.



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Photo — Kathy O'Reilly

Fort Rupert Elementary School brought students from across the North Island together on May 28 for its 16th Annual Friendship Softball Tournament.

# Friendship on the plate at softball tournament

By Kathy O'Reilly

Fort Rupert Elementary School brought students from across the North Island together on May 28 for its 16th Annual Friendship Softball Tournament.

“The purpose of this tournament is to bring, particularly Grade 7 students together so they can meet before heading off to high school,” said Fort Rupert Elementary School Coordinator Barb Colbourne. Grade 6 students have been invited in past years, but that sometimes created very large teams. This year, however, they were included because four schools had alternate events scheduled. Students were divided into six teams and played on the three fields at Storey’s Beach, giving them plenty of opportunities to meet peers their age from other schools. This year’s tournament included

students from Gwa’sala-’Nakwaxda’xw, Eagleview, Fort Rupert Elementary, K’ak’ot’lats’i, Sunset, T’lialalagi’lakw, and Avalon schools.

Colbourne said organizers also changed the format so one team batted through its turn before switching to the field and allowing the other team to bat.

The tournament also did not use a three-strike rule. “We want to give everyone a chance to hit the ball, so I had adults pitch but not field it,” Colbourne said. “They can move out of the way if a ball is hit at them or knock it down with their mitt to protect themselves, but the kids are the ones who pick it up and make the play.”

Colbourne said the positive feedback from administrators showed just how much the event meant to students, with many sharing how much fun they had at the tournament.

## North Island Reflections



Lupines can reach heights of 1.5 metres. Photo by Robin Quirk, Robin’s Eye Photography. If you have a photo you would like to share with our readers please email [publisher@northislandeagle.com](mailto:publisher@northislandeagle.com).

This week’s Reflection sponsored by ...



### PUBLIC NOTICE

### 2025 Annual Municipal Report

The Town of Port McNeill 2025 Annual Municipal Report will be available to the public for inspection on June 23, 2026. The document can be viewed at the Town Office at 1775 Furney Place, Port McNeill, BC during regular business hours Monday to Friday 8:30am to 4:30pm or by visiting the Towns website at [www.portmcneill.ca](http://www.portmcneill.ca).

The Town of Port McNeill Council will be adopting the 2025 Annual Municipal Report at the Regular Council meeting held on Tuesday, June 23, 2026 at 7:00pm.

Brenda Johnson, CPA CAO/CFO  
Town of Port McNeill

## MONDAY TO SUNDAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 PM - 8 PM	12 PM - 8 PM	12 PM - 8 PM	12 PM - 8 PM	12 PM - 8 PM	12 PM - 8 PM	12 PM - 8 PM
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Photo — Robin Quirk, Robin's Eye Photography  
*Cat's Eye*

Alert Bay's Marvie the cat with a citrine eye - citrine features striking, golden-yellow to deep-amber eyes reminiscent of the gemstone.



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9-June-2026

### The Village of Alert Bay 2025 Annual Report is now available for public inspection.

The report can be viewed at the municipal office at 15 Maple Road, Alert Bay BC during regular business hours Monday to Friday 8:30AM to 4:30PM. The document is available online at [alertbay.ca](http://alertbay.ca).

The report includes:

- Statement of Financial Information (SOFI), including Village of Alert Bay audited 2025 annual financial statements;
- a list of the permissive tax exemptions provided by council, and for each exemption, the amount of municipal property tax that would have been imposed during the previous year if the exemption had not been granted;
- a report on the municipality's services and operations for the previous year;
- a progress report on the performance of the municipality with respect to established objectives and measures;
- a statement of objectives and measures that will be used as the basis for determining the municipality's performance during the current year and following year; and
- the details of any declarations of disqualification made against individual council members during the previous year.

The Village of Alert Bay Council anticipates adoption of the 2025 Annual Report at the Special Meeting of Council on Thursday, June 25<sup>th</sup>, 2026 at 5:00PM in temporary Council Chambers at the Alert Bay Legion. Questions can be submitted by email to [deputy@alertbay.ca](mailto:deputy@alertbay.ca) or by fax to 250-974-5470 or in person to the Village office.

Lyle McNish  
Chief Financial Officer  
The Corporation of the Village of Alert  
Bay

# Over a quarter of Grade 7-12 students have vaped

McCreary Centre Society (McCreary) released their latest report May 13 from the BC Adolescent Health Survey (BC AHS). The report focuses on vaping and smoking among the province's 12- to 18-year-olds but also includes information about the use of other tobacco products such as chewing tobacco.

Despite the introduction of regulations which aimed to reduce the appeal of vaping to young people, the report found that over a quarter of BC's Grade 7 to 12 students had vaped, and around one in five of these youth had reached a point in the past year where they needed help for their vaping.

Findings also showed that most youth who had vaped went on to vape regularly, and the majority of those who vaped in the past month had been vaping for at least two years.

In contrast, the percentage of youth who had smoked tobacco was lower than at any time since 1998. Also, those who had tried smoking were less likely to have gone on to smoke recently and regularly than in previous years, and the percentage who smoked daily was down.

Report co-author and Executive Director of McCreary, Dr. Annie Smith, commented: "Even though the tobacco smoking trend is one we definitely want to see, when we looked into this in more detail it wasn't all good news. For example, among those who had smoked, there was a rise in youth smoking before their 13th birthday. We also

saw that youth who had vaped and smoked were more likely to have vaped before they smoked than they were to have smoked first. So, I think this tells us that while there has justifiably been a lot of attention paid to youth vaping in and of itself, we should not forget that vaping might also potentially lead to other forms of nicotine use."

Smith concluded: "We know that lots of youth are vaping and smoking because they want to experiment or they want to fit in. However, our data also shows that youth may be doing so as a way to deal with trauma in their life, as we see much higher rates of nicotine use among youth who have experienced challenges such as abuse, bereavement, and food insecurity. This tells us that we need to support young people and equip them with other, healthier ways to manage the stress and trauma in their life so that they don't turn to substances to help them cope."

The report did highlight a number of protective factors that were associated with a reduced likelihood that youth would vape or smoke, even when they experienced major challenges in their life. These included having access to health services when they needed them, as well as having supportive adults in their family, school, and community; having positive plans for their future; and having access to meaningful extracurricular activities.

To read the full report: [mcs.bc.ca/pdf/nicotine\\_use\\_among\\_bc\\_youth.pdf](http://mcs.bc.ca/pdf/nicotine_use_among_bc_youth.pdf).)

## Brenda Fleeton remembered

Like everyone else in the know on Northern Vancouver Island I was severely jolted by the news that Brenda Fleeton passed away. The woman was at the centre of everything it seemed and yet so likable, gentle and kind you just couldn't understand how she did it all?! She had so much personality, humour and kind benevolent energy always serving others along with her husband Malcolm. A dynamic and positive energy it is almost as one could not blame oneself for thinking she wouldn't finally run out of energy.

You go to the Fall Fair every year and there she is serving along with Malcolm keeping everything ticking - often without a lot of helpers and one knew that they had spent hours and days getting the thing rolling along with a few others. You went to the North Island Concert Series each year and there they were the backbone of the group.

Also hosting the various dancers and musicians, etc. at their home as well! I drove my big yellow school bus to the School Science Fair and there they were keeping that important thing alive with a few others again.

A myriad of other people could tell you of the many other things they had their gentle and kind leading hands in. The obituary told of a number of other things Brenda was involved in and I would like to say to Malcolm on behalf of the entire populace - Thank You.

You, along with your wife, showed us what true citizenry and service is about for so many years - NO decades! We know we ALL benefited from a special woman and indeed - a SPECIAL COUPLE for so long that we almost took it for granted.

Thank You so much Brenda and Malcolm. She will not be forgotten any time soon.  
-Bruce Lloyd

# lifestyles & leisure

## State of the art rental business opens in Port Alice

By Kathy O'Reilly

A new self-serve kayak and paddle board rental business has opened in Port Alice, offering visitors and residents a new way to explore Neroutsos Inlet and more locations are on the way.

Felix Nolte and his wife, Emmalyn De Guzman, recently launched Paddle North Rentals, a venture they say was inspired by the community's waterfront setting and a lack of rental options for tourists.

The couple moved to Port Alice in December 2022 after previously living in Nanaimo. "Whenever we looked out the window and saw the beautiful Neroutsos Inlet, or went for a walk along the seawalk, we would think about how nice it would be to kayak here, visit the Frigon Islands, and watch the wildlife," Felix said.

Although neither had much kayaking experience before moving north, Nolte said they quickly recognized the inlet as a natural fit for paddling and saw an opportunity to cre-

ate a self-serve rental model.

"We thought it would be great if visitors could rent kayaks as well, but there probably wouldn't be enough demand to justify having someone on site all day," he said. "That's how we came up with the idea of a self-service kayak rental, a model that is very popular in Europe."

There are also quite a few tourists who visit Port Alice during the summer, but there aren't many activities available for them.

"The visitor centres in Port Hardy and Port McNeill have told us that they frequently receive requests for kayak rentals."

The self-serve kiosk operates through an online booking system and requires a credit card and internet access on a phone or computer.

First, visit the website at [paddlenorthrentals.ca](http://paddlenorthrentals.ca).

Users select their watercraft, date, and time online, and can make reservations in advance. Payment and a signed waiver are required during the booking process.

Fifteen minutes before a booking begins, customers receive a PIN code that unlocks the kayak storage and provides access to accessories such as a life jacket and paddle. After the rental, users complete the checkout process and return the equipment to the kiosk.

Paddle North Rentals' fleet includes two paddle boards, two sit-on-top single kayaks, and two sit-on-top tandem kayaks.

The kiosk is located next to the Port Alice Yacht Club on Marine Drive.

"We weren't kayakers before moving here, but now we enjoy going out on the water whenever we get the chance. It's fun to watch the seals and sea otters play," Felix said.

"We love living in Port Alice because it is surrounded by beautiful scenery and has the charm of a small town with many welcoming residents. On top of that, it's peaceful, quiet, and relaxing."

Emmalyn runs a French tutoring business, and Felix is a heavy-duty mechanic who



Photo — Paddle North Rentals

**Felix Nolte and his wife, Emmalyn De Guzman, recently launched Paddle North Rentals in Port Alice.**

also operates the kayak rental kiosk. The couple say they hope the business will give both visitors and residents another way to experience

Port Alice's waterfront and the wildlife that surrounds it. They are planning to open more locations on the North Island starting with Sointula next year.

## Free strength and balance classes for older adults, seniors offered

Staying active, confident, and independent is important at every stage of life. That's why free Falls Prevention classes are offered every Friday at 9:30 a.m. at the Port Hardy Civic Centre. Each class is brief and lasts less than one hour.

These gentle classes focus on core strengthening and balance exercises designed to help you feel steadier on your feet and more confident in your everyday movements. Exercises are adaptable, done at your own pace, and suitable for a wide range of abilities.

Falls are not a normal part of aging, but they are common—and many can be prevented. Strengthening muscles, improving balance, and learning simple safety tips can greatly reduce the

risk of falls and help people continue doing the things they enjoy, safely and independently. By practising together each Friday, participants enjoy not only the physical benefits of movement, but also social connection and support in a friendly, welcoming environment. In addition to the in-person classes, helpful fall prevention resources are available, and participants receive links to easy to follow exercise videos for practice at home throughout the week.

Waj Farooq, Community Paramedic with BCEHS, and Leslie Dyck, Community Health Promoter with Island Health, warmly invite older adults and seniors to attend. Classes are free, drop in, and no registration is required.

If you have questions about the class, or if you would like to arrange a falls prevention presentation for your seniors' group or community organization, please contact Leslie at 250-818-8944.

Join us on Fridays at 9:30 a.m. and take simple, positive steps toward staying steady, strong, and independent.

### Falls Prevention Classes – Summer Schedule

Thursdays | Civic Centre

June: 12, 19, 26\*

July: 3, 10\*, 17, 24, 31

August: 7, 14, 21, 28\*

\* Classes on June 26, July 10, and Aug. 28 will be held in the Lions Room at the Civic Centre.

## North Island Farmers & Artisans Market

### 2026 Market Schedule

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

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

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

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

# New bike repair station supports growing cycling tourism

By Kathy O'Reilly

A new bike repair station has been installed at Link River Campground, with a second planned for the Port Alice marina as the village responds to growing numbers of cyclists and bike packers exploring North Island backroads.

"Every year, we are seeing more visitors exploring the North Island's back roads, particularly mountain bikers and bike packers enjoying multi-day rides throughout the area," said Ryan Nicholson, economic development officer for the Village of Port Alice.

Nicholson said those riders often encounter mechanical problems due to long, rugged back road routes and are limited in how much equipment they can carry. Each repair station includes basic hand tools, an air pump and a stand for on-site bike maintenance.

"We hope these repair stations will help mountain bikers and other off-road users explore and enjoy the area, while also encouraging more people to visit," Nicholson said.

With many of these riders staying at Link River Campground and spending time in Port Alice, Nicholson said the repair stations are a practical way for the village to support the off-road community.



Photos — Ryan Nicholson

A new bike repair station has been installed at Link River Campground, with a second planned for the Port Alice marina.

# Gut health beyond making dietary changes

By Susan Holbrook

I've talked about ways to improve gut health by diet change but what else can contribute to better digestion. Aside from reducing gluten intake, getting enough fibre and avoiding ultra processed foods, what else can we do? Healthy gut microbiome forms the cornerstone of our overall health so everything we do to encourage happy bugs in our gut counts!

First, hydration. Drink 6 to 8 glasses of hydrating fluids because food makes its way through the gut like on a conveyor belt. As food reaches

your small intestine, it's broken down and nutrients like simple carbohydrates, fats and protein are absorbed. However, fibre isn't broken down by enzymes and moves into the large intestine where it feeds the gut microbiome. Therefore, if not hydrated, the belt runs slowly and can cause symptoms like bloating, sluggishness and constipation. Adding a small amount of juice like lime or lemon to water can help with the uptake of the fluids.

Movement is another important factor. Walk for 10 minutes

after eating. Walking makes your abdominal muscles and diaphragm contract in such a way that it supports the natural wave-like motion of your gut and encourages food, wastes and gas to travel smoothly through the digestive tract. Think of it like a mini-intestinal massage.

Taking deep breaths is another helpful practice because it helps reduce stress and anxiety. Slowing breathing forces the vagus nerve to activate and override your stress system.

This will slow your heart rate sending calming signals to the rest of your body. The rule of thumb is to inhale for 4 seconds, hold for 4, exhale for 4 and then hold for 4 and repeat. Another method is to breathe in for 4 seconds, hold for 7 and breathe out for 8. Lastly, make time for meals. Rushing eating is not good because when we are on autopilot and not focusing on the task at hand our brain doesn't fully register that we are even eating. Make sure

your brain is in tune with the digestive process. Take note of the food in front of you...the smells, the colours, etc. This is referred to as mindful eating. Savour your food and enjoy your meal!

I told you last week about Egglife wraps that I purchased at the Port McNeill store. I love them!

Here's the difference in nutrition stats between an Egglife wrap and a flour tortilla. Egglife protein 11g, calories 70, carbs 3g, 0 sugar. Tortilla protein 6g, calories 220, carbs 38g, sugar 2g. Also, Egglife... no gluten!

I miss the pita when eating chicken souvlakia so Egglife to the rescue!

Here's my version.

Use one boneless chicken breast per person. I marinate for 1 hour in lemon juice, Greek style herbs and garlic. Cook at 350F for 20-30 minute until 165F. Cut into chunks and place in the wrap with homemade tzatziki which is just plain Greek yogurt, grated

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and drained cucumber, lemon juice, chopped dill, crushed garlic and pink salt.

I serve it with a simple homemade Greek salad.

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# Devil's Bath - the largest cenote in Canada

British Columbia is a province shaped by glaciers, water, stone, forest, and coastal horizons. The Islands of the Pacific Northwest are the jewels of Canada's remarkable province. Nowhere is nature's paintbrush more creative, especially on Vancouver Island; an untamed paradise where the forest's heart, and kilometres of rugged seashores, beat with the rhythm of tides, rain, and wind.

The North Island is alive, mysterious, mountainous, and impossibly ancient. The Islands and surrounding area are a sanctuary of green towering Spruce, Douglas-firs, Hemlock, and Red Cedars. Many conifers are older than the birth of Canada and rise like cathedral spires, their trunks thick with centuries of moss and lichen. Underfoot, the earth is a living carpet, salmonberry and huckleberry shrubs, sword ferns, and nurse logs teeming with mushrooms in a variety of shapes and colours. Every breath in our woodlands and coastal paradises is filled with the scent of renewal, the saltiness of ocean air, the earthy aroma of growing things. Warming sunlight filters through high canopies in golden shards, dappling the forest floor with marbled light and shadow. On misty mornings, when the world is hushed and the forest and shorelines are cloaked in ghostly fog, one can almost hear dewdrops

fall amidst haunting calls of loons, eagles, ravens echoing through the trees. The air itself transforming, heavy with moisture and possibility, alive with anticipation of what the day will unfold. For those wrestling with the weight of stress, or the uncertainty of a turbulent world, a wilderness embrace offers a reprieve. The peace is not merely an absence of city noise, but a tonic for weary minds, a reminder that even amidst a mountain of struggles, tranquility can be found in nature.

There is a voice in the wind, it whispers in wild places, beckoning us back to simplicity when the world grows too loud. A call to wander through British Columbia's rainforests or stand where the forest yields to the Pacific Ocean. This truth is self-evident in the great outdoors; solace is not only found but gifted freely and abundantly by Mother Nature herself; offering more than fleeting happiness by sense of hope, belonging, wonder, and renewal that we take home. Nature's embrace rekindles an appreciation of balance and natural piety.

It was on such a morning Chris, Rosie, and I were in need of a reprieve and set out on the Alice Lake Loop to view one of the many wonders hidden within North Vancouver Island's forests, the Devil's Bath.

A feature carved by ancient geological forces



Photo — Christine Patterson

**The Devil's Bath, on the Alice Lake Loop, is a feature formed at the end of the Fraser Ice Age.**

commanding awe for its mystery and scale. It is the largest cenote in Canada, a massive 10,000-year-old cavity formed at the end of the Fraser Ice Age as meltwater created an abyss in the Quatsino limestone and dolomite belt.

Nature beautified her creation surrounding it in dense rainforest, the depths edged by ferns and evergreens, narrating a story that began long before human memory; a monument to the relentless power of nature to continuously re-

shape the land.

The ambiance is profound, interrupted only by bird-song and the distant rush of water, as if nature itself is holding its breath in reverence for the Bath's enigmatic presence.

The drive through the Alice Lake Loop offered more than just a glimpse of the Devil's Bath; it was a journey through layers of spring greenery, past tranquil ponds, and vibrant wildflowers.

Then, on arrival, each step up to the viewing platform



deepened the sense of connection to the land, the vista is a salute to the wild beauty and hidden stories

of Vancouver Island, the Marble Maria, the Eternal Fountain.

**Continued on Page 12**



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# Devil's Bath cenote a geological wonder

Continued from Page 11

Viewing the Devil's Bath is like sharing in a secret protected by the forest, a moment of amazement that lingers long after you've left, reminding you that even in the most familiar places, nature holds surprises that rekindle curiosity and gratitude.

We stood transfixed, imagining thousands of years of silent transformation, the weather authoring a novel not yet completed as water continues to seep and swirl through the limestone, gradually hollowing out immense chambers beneath the earth.

Then we imagined a dramatic convergence of forces, the roof of one such cavern collapsed, revealing the immense basin now called Devil's Bath.

With a sheer drop of 44 metres and a circumference of 359 metres, the cenote unveiled to the world a direct

connection to the Benson River through submerged channels, a spectacle that has captivated residents, scientists, and cave adventurers for decades.

The forest is both sanctuary and teacher, offering lessons in resilience, adaptation, and the quiet power of persistence.

For those grappling with life's myriads of struggles, rainforest stories of regeneration and steadfastness remind us of healing. That even after a storm passes, new growth follows, and the sun will shine through the canopy once more.

The sun was setting as we drove home, blessing us with the quiet reverence of nature's beauty. If sunrise is a promise of possibilities, then sunset in the wilderness is a benediction, a gentle invitation to rest, reflect, to enjoy. The sky, a canvas of colour: red and scarlets give way to violet and indigo. Shadows lengthen, and



Devil's Bath is Canada's largest cenote (flooded sinkhole), measuring 44 metres deep and 359 metres in circumference.

Photo — Christine Patterson

the world slows as the day exhales a restful breath. Nature is the great comforter, precisely because it is both constant and

ever-changing. The forests teach patience, the ocean humility, and the sun, rising and setting offers daily opportunities for gratitude and hope.

In moments of uncertainty, the wild offers a sense of order, an assurance that life's patterns continue, and that healing is always possible, yet change is inevitable.

In the end, the journey to the Devil's Bath was more than just an exploration of a geological wonder, it is a reminder of our deep connection to the wild places that shape and sustain us.

Vancouver Island's untamed wild side not only inspires awe with ancient beauty but also offers a profound sense of peace and belonging.

For all who venture here, the forest's quiet strength and the cenote's cleansing silent depths become an invitation to slow down, reflect, and find renewal.

It is in these sacred spaces that we rediscover ourselves with gratitude and feel the healing embrace of nature.

Gifts for the shoebox of memory, to be recalled long after we return to city life.

**Safe Travels  
Gord**

## Port Alice Gateway to the Wild West Coast

### Village of Port Alice PUBLIC NOTICE

#### 2025 Annual Municipal Report

The Village of Port Alice 2025 Annual Municipal Report will be available to the public for inspection on June 12<sup>th</sup>, 2026. The document can be viewed at the municipal office at 1061 Marine Drive, Port Alice BC during regular business hours Monday to Friday between 8:30 a.m. and 4:30 p.m. or by visiting the Village's web site at [www.portalice.ca](http://www.portalice.ca).

The report includes:

- 2025 Audited Municipal Financial Statements
- 2025 Schedule of Payments made to Elected Officials & Employees
- 2025 Schedule of Payments made for Goods & Services
- 2025 Statement of Permissive Tax Exemptions
- 2025 Statement of Municipal Services & Operations
- 2025 Statement of Goals and Objectives / Outcomes
- 2026 Statement of Goal & Objectives
- 2025 North Island Community Forest Audited Financial Statements

The Village of Port Alice Council will be adopting the 2025 Annual Municipal Report at the Regular Council meeting held on Wednesday, June 24<sup>th</sup>, 2026 at 6:00 p.m.

Bonnie Danyk  
Village of Port Alice, CAO / CFO



Photo — Brenda Johnson

#### Scouting For MS

Kathy Martin and Tasos Baroutis scooted by the Port McNeill town office June 10 to share the news that she had run an amazing 75 kilometres this month and raised over \$2,000 for Multiple sclerosis (MS).



# Who you gonna Call?

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**NEW office hours**

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# classifieds/marketplace

## 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

Your household classified ad here Free.

250-949-0337

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

250-306-4417

## Campers

2018 Travel Lite camper, good condition. Asking \$10,000.

250-956-3601

## Cars

Geo car, never used. Electric, MP3 player, custom seat in back. Paid \$11,000. Asking \$8,500.

250-902-9013

## Coming Events



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## Fishing

Baby Big John downrigger has a 14-inch arm with a pulley on the end. Has a five-inch reel with handle and a brake and a mounting bracket. Very cute and would be good for a small boat in a lake. \$25.

250-949-0118

Long line or halibut block, cost \$500+ will sell for \$200.

250-949-0118

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

250-902-8413

## Furniture

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

## Mechanics

Super heavy duty 15-inch crescent wrench with a rubber grip. Cost \$75. Will sell for \$35.

250-949-0118

16, 3/4 inch Craftsman sockets, range from 1 inch to 2 inch, 3/4 inch 20-inch 5649 Proto ratchet and extensions, a 15 inch, a 7 inch, and a 4 inch. Cost over \$1,000, now \$350.

250-949-0118

## Miscellaneous

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

Your classified ad here Free.

250-949-0337

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

250-949-8655  
leave message

## Miscellaneous

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

250-956-2246

250-230-0745

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

250-956-2246

250-230-0745

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

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## Services

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

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

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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.

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## Sporting Goods

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

778-614-2488

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250-949-0337

## Sporting Goods

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

250-956-2246

250-230-0745

## Tools

Black and Decker 3-inch by 21-inch Dragster belt-sander. Never been used. Cost \$125. Sell for \$75.

250-949-0118

Simonize 10-inch random orbit polisher/waxer, like new with carrying case. \$90 new will take \$30.

250-949-0118

Terratek 18-volt cordless impact driver. Comes with two batteries and a charger. Hardly used. Cost over \$100. Will sell for \$25.

250-949-0118

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# classifieds/marketplace

## Careers



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All positions require a demonstrated ability to assist in the identification and early detection requirements of preventative maintenance. The Maintenance Department workers are required to assist with the repair or replace defective machinery parts, fabricate parts, detect and troubleshoot irregularities and malfunctions, assemble and install machinery and equipment, operate hoisting and lifting equipment, and perform routine maintenance on equipment throughout the site.

Previous experience in mining or other industrial settings is required.

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**Posting closes June 19, 2026**

## Request for Quotes



### Request for Quotes For Painting at the Community Centre

The Village of Port Alice is seeking quotes for painting the Larry Pepper Room (Boardroom) and hallways at the Community Centre. Quotes must include labour and materials including paint. The Community Centre is open Tuesday to Saturday from 1:00 pm to 6:00 pm for viewing and measuring.

Please send quotes to:

Bonnie Danyk, Village of Port Alice  
PO Box 130, 1061 Marine Drive  
Port Alice BC, V0N 2N0  
Phone: 250-284-3391 Fax:250-284-3416  
[cao@portalice.ca](mailto:cao@portalice.ca)

CLOSING DATE: June 19, 2026 at 4:00 pm.

## Graduation Day

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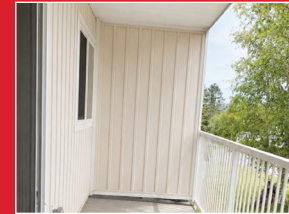
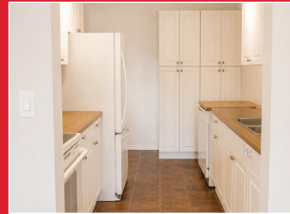
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## FEATURE HOMES OF THE WEEK

**314-7450 Rupert Street, Port Hardy \$199,900** MLS® # 1037922

**OPEN HOUSE - Saturday, June 13 - 10:30 a.m. to 12:30 p.m.**  
Text or call 250-527-0036 for entry.



Spacious, 3-bedroom, 2-bathroom corner unit offers a functional layout with plenty of natural light. Recent updates include fresh paint, modern light fixtures, and a refreshed kitchen featuring crisp white cabinetry, ample storage, and a dishwasher. Both bathrooms have been tastefully updated. Large windows and a private balcony overlook lush greenery and seasonal views of Hardy Bay. The building has also seen major improvements in recent years, including new siding, windows, sliding doors, balconies, and a new elevator.

**205-7450 Rupert Street, Port Hardy \$199,900** MLS® # 1038070



Bright, sunny, and beautifully updated! This centrally located 3-bedroom, 2-bathroom condo offers the perfect blend of modern style and coastal convenience. Step inside to find a vibrant, light-filled living space featuring high-end kitchen and bathroom fixtures, contemporary lighting, and a fresh paint palette. With a great long-term tenant already in place. This property offers an effortless, turnkey opportunity for investors, downsizers, first-time buyers, or anyone seeking a functional, low-maintenance lifestyle.



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



**Johan Olsen**  
Cell: 250-209-9667



**Sandra Masales**  
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