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Birthday Tea Party

Photo — Darryl Luscombe

The Sointula Museum hosted a tea party July 12 celebrating the birthday of A. B. Mäkelä, one of Sointula's founders, catered by Coho Joe Cafe, Kees Bakery, Lorna's Muffins and More, and Malcolm Island Food Company. See story on Page 3.

Seven save Fall Fair

By Kathy O'Reilly

Seven volunteers have stepped up to save the Mount Waddington Regional Fall Fair.

The fair was in doubt after its biggest advocate, Brenda Fleton, passed away this spring and her husband, Malcolm, said he could not run the event this September.

The new volunteers have agreed to each take on an area of responsibility.

"They will search for further volunteers for judging, convening, door prizes and ticket raffles," Fleton said, adding he was "not surprised as the North Island seems to step up when needed".

"I will still be the main contact for information and booth rental forms," Fleton said. The fair is set for Saturday, Sept. 12 from 10 a.m. to 4 and Sunday, Sept. 13 from 10 a.m. to 3 p.m. at the Port Hardy arena. "The fair will include the normal activities, including entertainment, vendors, food, raffles and an exhibition of crafts," he said.

The theme this year is celebrating the birthday of various North Island communities. The next meeting is Monday, Aug. 10 at 6 p.m. at the Civic Centre.

Anyone interested in volunteering, renting a booth, or learning more can contact Fleton by email at: fleton@telus.net, by phone at 250-956-0452, or by text at 250-949-0677 or attend the meeting.

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Community garden gets new infrastructure

By Kathy O'Reilly

Port Hardy's Community Garden has been refreshed with new infrastructure, stronger volunteer support and renewed interest from residents looking to grow their own food.

Operated by the Hardy Gardeners Club, the garden has undergone a major cleanup and upgrade this year thanks to donations of time, money and materials, member Ryan Falck said.

"The garden has been around for many, many years, however this year there has been more support to update and clean up the area with volunteers who love to garden," Falck said.

Those contributions helped volunteers transport and dis-

pose of old materials, bring in new garden equipment, build a compost system, replace wood garden plots, and install a new fence and gate, Falck said.

"We appreciate everything that has been done for our local community garden," he said.

The garden has 28 plots, and interest has grown as rising food costs push more families and individuals to look for affordable ways to grow organic produce.

Falck is no exception.

"I grow peas, potatoes, garlic, onions and carrots."

The Hardy Gardeners Club credited a broad group of local businesses, organizations and residents for helping make the upgrades possible.

Monetary support came from



Photo — Ryan Falck

Port Hardy's Community Garden has been refreshed with new wood garden plots, a new fence and gate.

NSG, MOWI, the District of Port Hardy, Port Hardy Home Hardware, Lions Club Port Hardy, Orca Sand and Gravel, and NICHC Dr. Alex Nataros.

Materials were donated by Seasol Port McNeill, Cedar Mill - Fred and Daryl, Spike Top Cedar Mill - Richard, Yellow Cedar Mill - Len and Dar-

ren, Port Hardy Home Hardware, Black Creek Farm and Feed, Hardy Building Supply, and Orca Sand and Gravel. Labour, equipment and time

were contributed by Fox's Disposal, Seven Mile Landfill, Yard Works of Port Hardy, School District #85 Maintenance Dept., John at Teeta Creek Landscaping, Island Foods, Rock Pro Port Hardy, and Labour by Kelly.

A few plots are still available for next year, and interested residents can contact the club at hardygardenersph@gmail.com.

The District of Port Hardy leases the property to the Hardy Gardeners Club for \$1 per year, while the club manages plots, maintenance and ongoing site improvements.

Town offers free yard wood cleanup

By Kathy O'Reilly

Port McNeill residents can have yard wood debris picked up for free on July 20 as part of a FireSmart initiative supported by a BC FireSmart grant.

Residents are asked to bring their wood debris to the end of their driveways by 9 a.m. on pickup day making sure not to block roads and to keep butt ends of trees together.

The grant gives the Town of Port McNeill an opportunity to reduce its vulnerability to wildfire events.

The FireSmart Community Funding and Supports program provides funding to First Nations and local governments in BC for community-based planning and activities that reduce wildfire risk. Port McNeill is designated a Wildfire Urban Interface Risk Class 3 by the BC Wildfire Service, meaning the town has a high risk of being impacted by wildfire.

Depending on demand, cleanup may take a few days as the chipper works through the material.

North Island Farmers & Artisans Market



2026 Market Schedule

Port McNeill - IGA Plaza

• July 25 • Aug. 8 • Aug. 22
• Sept. 5 • Sept. 19

Port Hardy - Carrot Park

• July 26 • Aug. 9
• Aug. 23 • Sept. 20

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

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McNeill waiting on test results to lift boil water advisory

By Kathy O'Reilly

The Town of Port McNeill has been under a boil watery advisory after samples at the Old School and harbour office tested positive for trace amounts of Coliform and E.Coli (Escherichia coli).

As of presstime, the town was waiting for re-sults on its latest round of testing on samples taken July 14 - that were expected July 15.

"As a precaution, Island Health issued a Boil Water Advisory for the Town of Port McNeill. All other water sample sites were clear," said Chief Administrative Officer Brenda Johnson. "Public Works has flushed the distribution system," Johnson said using both water and chlorine.

These samples were sent to Vancouver for testing. "We need two clean samples that are taken 24 hours apart," Johnson said, for the advisory to be lifted.

The first test for the Old School came back clean, the harbour office had a negative result.

According to Island Health, a Boil Water Notice advises water system users that they should boil their tap water for drinking and other domestic purposes to protect themselves

from infectious agents that could be present in the drinking water supply.

Tap water should be boiled for one minute using any clean pot or kettle. Kettles that have automatic shut offs are acceptable.

After boiling, let the water cool by leaving it on the counter or in the refrigerator in covered containers.

After water is boiled it can be stored in food grade containers at room temperature or in the refrigerator.

You can bring back flavour by shaking water in a container, pouring the water between two containers, and/or adding a pinch of salt.

After a Boil Water Notice has been lifted: Flush all water-using fixtures for one minute; Run cold-water faucets and drinking fountains for one minute before using the water; Drain and flush all ice-making machines in your refrigerator; Run water softeners through a regeneration cycle; Drain and re-fill hot water tanks set below 45 C (normal setting is 60 C); Change any pre-treatment filters (under sink style and refrigerator water filters, carbon block, activated carbon, sediment filters, etc.).



Photo — Kathy O'Reilly

Welcoming The Masses

Just in time for Filomi Days this weekend, a new welcome to Port Hardy sign was placed in Carrot Park July 14. The sign was carved by Nanaimo artist Dan Richey

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editorial



Photo — Robin Quirk, Robin's Eye Photography

On land a River Otter can run at speeds of up to 15 miles (24 kilometres) an hour.



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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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Rapid minor ball growth highlights shortcomings

By Kathy O'Reilly

Tri-Port Minor Baseball organizers say rapid registration growth has intensified pressure on aging local fields, creating safety and scheduling concerns for youth players across the North Island.

League officials say registration has doubled over the past four years, but field access, maintenance concerns, and limited long-term planning have left the organization uncertain about how it can safely support older divisions.

The sport's local momentum was visible during the Caged Athletics Island Tour, held in Port Hardy from June 26 to 28, which drew 31 registered players.

"Youth athletes from Port Hardy, Port McNeill, and Port Alice came together to work together, cheer each other on, build regional connections, and enjoy a memorable week-end of baseball," said Tri-Port Minor Baseball's Trish Fossum.

Caged Athletics, a Nanai-

mo-based company, provides elite training, leagues, camps, and lessons across baseball, softball, football, and lacrosse.

Fossum said the league appreciated the support of Joey Sabo, Brady Rogers, and coaches Spencer, Sol, Dom, and Noah, but added that the successful camp also underscored the gap between community interest and the condition of available facilities.

While the league secured temporary access to the Storey's Beach fields for the current season, organizers say there is no long-term agreement in place and alternative venues are deteriorating.

According to league organizers, the Park Drive field has received almost no meaningful maintenance for years due to severe drainage issues.

Fossum described recent dirt work at Park Drive as a temporary fix, saying rain quickly leaves the outfield barely usable. Organizers say the infrastructure issues are

creating safety concerns for older players because local outfields are uneven and no infield is large enough for youth aged 12 and up.

Adult slow-pitch bases are permanently set at 60 feet, which fits the 11U division but falls short of the distances required by older divisions.

Fossum said 13U divisions and older are therefore forced to play on incorrect infields, which she says affects skill development and increases risk as hits become faster and harder.

She added that underlying base anchor hardware has not been replaced in approximately eight years and that the bases have not been removed from the Storey's Beach fields during that period.

League organizers have suggested a volunteer "work bee" to help repair and maintain the diamonds, but Fossum said the municipality has raised liability concerns about volunteers working on district property.

Fossum also said the district did not support the league's 2024 application for the Toronto Blue Jays Field of Dreams Grant, and that organizers are concerned a potential 2026 application may face the same outcome.

The league has started collecting signatures for a formal petition and circulating a form letter for parents to send to elected officials.

Requests for comment from the District were not answered by press time.



Photos — Submitted

The Caged Athletics Island Tour, held in Port Hardy from June 26 to 28, drew 31 registered players.



Two killed in helicopter crash

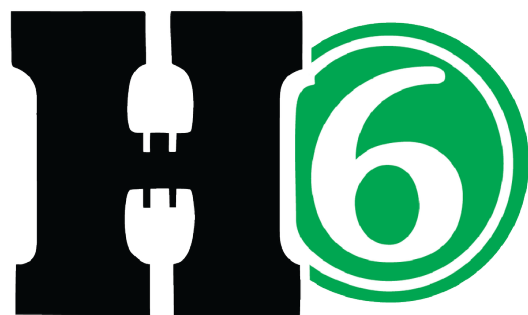
Two men are dead after a West Coast Helicopter went down July 14.

"This morning, we had a Hughes 500 operating in Loughborough Inlet (about 60 kilometres southeast of Port McNeill) for forestry operations. They were working with the amazing CFMG (Crowhurst Forest Management Group) crew," the West Coast Helicopters posted on Facebook.

"At 6:15 a.m., our machine went down with a pilot and two people on board."

Riley Browne from WCH and a CFMG crew member did not survive, they wrote.

Browne started his flying career at WCH in 2021.



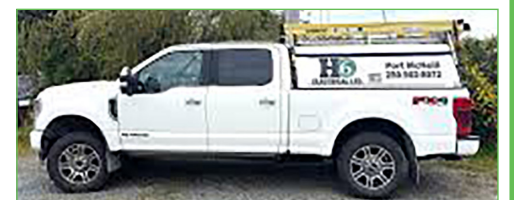
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Photos — Robin Quirk, Robin's Eye Photography

A Bald Eagle fledgling found lying helpless on the Alert Bay Fisherman's Trail was rescued by local residents and transported to MARS Wildlife Rescue, where it is now recovering.

Helpless Bald Eagle fledgling rescued by residents

By Robin Quirk

A Bald Eagle fledgling found lying helpless on the Alert Bay Fisherman's Trail was rescued by local

residents and transported to MARS Wildlife Rescue, where it is now recovering. Two women, Diana Bichel and Marilyn Roberts,

discovered the eaglet when they were out walking Marilyn's dog Aggie. "My dog Aggie was barking at something strange on the

path and then sniffing it. It looked quite weird until I realized it was a baby eagle laying on its back," said Marilyn.

"The eaglet was in the middle of a narrow trail in dense fir forest. It was breathing and blinking but not moving. There were no parents present or even an eagle's nest in the area where we found it. We gathered the eaglet up in a jacket and took it to local rescuer Robin Quirk," said Diana.

MARS Wildlife Rescue was contacted and made aware of the rescue. They took the information and began organizing transportation for the baby. Robin created a soft nest like environment for the eaglet to rest in and to use for transport.

"The eaglet had a fever and could hardly hold its head up upon arrival," said Robin. After Robin hydrated the bird; it was then able to sit up and began vocalizing.

The eaglet was hydrated every hour on the hour until it was transported to MARS

Wildlife Rescue. A second baby bird, an injured crow, was picked up to be transported to MARS just hours after the eaglet arrived. Both birds were crated and waiting for transport. Around 3:30 p.m. a plane flew into the Alert Bay Airport to pick up the eaglet and the baby crow.

Volunteer Pilot Chris Hanson carefully packed the two crates holding the babies into his plane. Diana, Marilyn and Robin were together for the transfer.

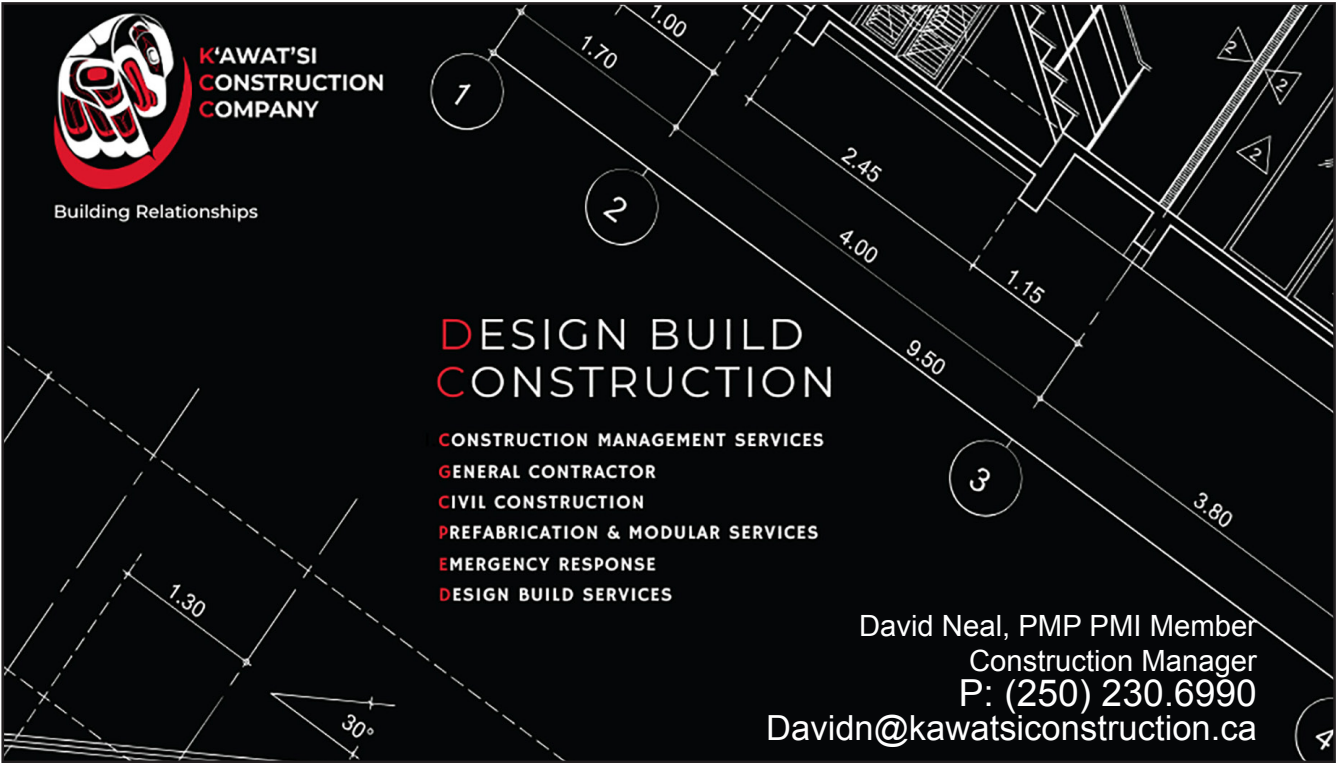
"This was an amazing experience," said Marilyn. "Not an experience I will soon forget. An honour indeed. Hopefully I will be present at his release," said Diana.

The two baby birds were safely delivered to MARS Wildlife Rescue where they are doing well. The eaglet is "healthy, putting on weight, sitting up, eating on its own and doing a lot of squawking."



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lifestyles & leisure

Sointula celebrates Mäkelä's birthday

By Kathy O'Reilly

The Sointula Museum hosted a tea party celebrating the birthday of A. B. Mäkelä, one of Sointula's founders on July 12. Mäkelä stayed on Malcolm Island and helped build the community after the Kaleva Kansa Colonization Company dissolved in 1905.

"It would have been his 163rd birthday," said Sointula Museum Manager Tammy Hampel.

The event had a high-tea feel, with china service, savoury bites and sweet treats.

"The six-piece Sunnyside Jazz Band performed, with musicians from Sointula, Port McNeill and Port Hardy," Hampel said. "We also had Betty Carlson, John Dudley, Randy Grout and Jennifer Lash read a piece written by Mäkelä about exploring the west side of

Malcolm Island for the first time — and getting lost!" Vern Aro offered to take a group over to the cemetery to honour Mäkelä and to see a few other notable historical markers.

"Roughly 30 people went, and the group sang an impromptu 'Happy Birthday' at Mäkelä's gravesite," Hampel said. "It was a very moving experience!" The museum is exploring the idea of offering cemetery tours inspired by the event. The tea party was generously supported by The Passion Project.

"This enabled the Sointula Museum to produce a free community event, with catering by Coho Joe's Cafe, Kees Bakery, Lorna's Muffins and More, and Malcolm Island Food Company, as well as outstanding community baking donations," Hampel said.

MINI Peaks in Phase 2

By Kathy O'Reilly

The District of Port Hardy has advanced to Phase 2 of the MINI PEAKS Legacy Project application process and Council direction is now required on whether to proceed with the Recreation Centre tennis court as the preferred site for technical assessment.

The MINI PEAKS Legacy Project is a FIFA World Cup 2026 legacy initiative delivered through a partnership between Vancouver Whitecaps FC, viaSport, and the Province of British Columbia. The program provides successful communities with a professionally installed synthetic turf mini-pitch, grassroots soccer programming support, coach development opportunities, and community activation resources. The District of Port Hardy submitted a Phase 1 Expression of Interest following the regular council meeting of May 26, 2026, identifying the need for improved year-round soccer infrastructure to serve Port Hardy and surrounding North Island communities. Following review of the submission, the District received confirmation that the application had successfully met the preliminary eligibility and community need requirements and has been approved to advance to Phase 2 – Technical Site Assessment. As part of the Expression of Interest process, staff identified several potential locations, including the Recreation Centre tennis court, the Park Drive ball field outfield area, Cedar Heights Park, Upper Carnarvon Park, and other municipally owned recreation lands. The mini pitch requires a paved base surface, and communities are re-

sponsible for all site preparation costs while the facility must remain consistent with FIFA World Cup legacy design requirements. The Recreation Centre tennis court is likely the fastest and lowest-preparation option because of existing servicing, parking, washrooms, and accessibility; however, converting it would permanently displace an existing recreation asset and prevent future tennis or pickleball use at that location.

Alternative locations such as Park Drive, Cedar Heights Park, or Upper Carnarvon Park would preserve existing recreation assets but would require substantial site preparation, including grading, drainage improvements, paving, and servicing. Staff have identified the tennis court as the preferred Phase 2 location, subject to Council confirming that this trade-off is acceptable or identifying a more suitable municipal site for assessment. If resurfacing is required, the full tennis court resurfacing estimate ranges from \$100,000 to \$180,000, while resurfacing one court is estimated at approximately \$37,500. These figures do not represent the full project budget, as Phase 2 may identify additional site preparation, servicing, design, or contingency costs, and staff project oversight and administration are estimated at 10 per cent of total project costs. Phase 2 will involve working with the North Island Soccer Association to support fundraising, grant applications, community engagement, and future programming. At the June 9 meeting, the matter was referred to the Committee of the Whole. The dimensions of the mini pitch are: 120 feet by 60 feet (plus some leeway).



Photo — Kathy O'Reilly

Arbutus Holiday, featuring former Vancouver residents Donna Hansen on vocals and guitar and Evan Symons on vocals and lead guitar, performed at the Port Hardy Farmers' and Artisans Market on July 12.

Texada duo treats North Island residents to music

Texada Island duo Arbutus Holiday brought its folk, indie rock, blues and country sound to the Port Hardy Farmers' and Artisans Market on July 12.

The performance continued a busy Vancouver Island tour for the duo, who have built a reputation as a lively farmers' market act since getting their start in 2022.

Arbutus Holiday features former Vancouver residents Donna Hansen on vocals and

guitar and Evan Symons on vocals and lead guitar. The duo performs both covers and original songs, and has appeared at pubs, seniors' homes and farmers' markets across British Columbia, Alberta, Saskatchewan and Manitoba.

Their current Vancouver Island run includes 10 shows over seven days, underscoring the growing reach of their small-stage touring circuit.

North Island Reflections



Rock Cod is a colloquial term for Pacific Rockfish encompassing over 70 species found along the west coast. Despite their name, they are not related to the true cods. If you have a photo you would like to share with our readers please email publish-er@northislandeagle.com.

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Some older adults may need more protein

By Susan Holbrook

Generally, most North Americans get more than enough if not too much protein. However, some older adults, people on very restricted diets and those who miss meals may not.

The RDA for a sedentary adult who weighs 70 kg/154 lb. need about 54 grams daily (0.8 gram per kilogram body weight). If active, your requirement increases to between 1.2 and 2 gram per kilogram body weight to properly repair and build muscle. Some dietitians will suggest more depending on circumstances.

The foods that provide the most protein are meat and dairy but those who are plant based, will need to focus on beans, lentils, nuts and tofu if tolerated. Note there is non soy tofu available made with fava beans (Big Mountain).

I thought I was getting enough but I had a follow up appointment with my naturopath Dr. Colleen Hartwick (She offers Zoom appointments and comes to Port McNeill monthly.) We were discussing my progress with thyroid repair, and the topic of protein came up. It suddenly dawned on me that a few days prior, I did a Zyto scan on myself and the main product that came up was pea protein. I dismissed it at the time, but I then realized that we might be on to something.

I explained to Dr. Colleen that I've always had to watch my food intake as it is easy



to gain weight. I only eat two meals a day so protein might be an issue for me. She explained that the thyroid needs the protein to function properly. I didn't have any of the Pea Protein Isolate from my nutritional company at the time, so she told me about Good Protein an over-the-counter protein powder. I was able to get some at the pharmacy here in PM. There was a nice choice of flavours and when I looked online, there were many more from Salted Caramel to Bananas and Cream.

So, what I have done is to mix it into plain Greek Yogurt with some berries and I get a hefty boost just in that one meal. It's also quick and easy. Six

ounces of Greek yogurt has 17 grams as opposed to regular plain yogurt which has only 7 grams. So that breakfast gives me about 38 grams. Now I just need to get enough at dinner which should be a breeze. One chicken breast gives me 21 grams so I'm good.

I really like doing a stir fry with a variety of veggies like broccoli, cauliflower, snow peas, red peppers, onions and whatever else is available.

For one serving I cut up one chicken breast and enough veggies to fill out the meal. I sauté the chicken in coconut oil first and set aside.

Then I sauté the harder veggies and then add the tender ones including garlic and grated ginger.

When done, back in with the chicken, ¼ cup soy sauce substitute like Bragg's and a ¼ cup roasted cashews or almonds. If adventuresome a drizzle of chili oil.

Such an easy and healthy dinner with a good supply of protein.

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Café coffee is on starting at 5 a.m.

Kwa'lilas Café, owned and operated by the Gwa'sala 'Nakwaxda'xw First Nations, is now serving Port Hardy's earliest coffee, opening at 5 a.m. inside the Kwa'lilas Hotel.

Commuters, ferry travellers, hotel guests, and local residents can start their day with handcrafted espresso beverages, fresh pastries, and wholesome breakfast favourites.

A signature feature of the café is its house made cedar syrup, crafted by the Ha'me Restaurant culinary team and inspired by the Indigenous flavours of the North Island, offering a taste experience found only at Kwa'lilas Café.

The café also showcases a curated selection of Indigenous owned products, including Thunderbird Water, Turtle Island Coffee, Indigenous Roots Coffee, Kebaonish Teas, and Mother Earth Herbal Teas, giving guests the opportunity to support Indigenous entrepreneurship from across Canada.

Guests can enjoy rewards with every visit through the Kwa'lilas Café Digital Loyalty Program, which offers 15 per cent off the first order, digital stamps on every qualifying purchase, and a free beverage on the 10th visit.

Join the program: <https://bit.ly/kwalilas-cafe-Loyalty>

Kwa'lilas Café is open daily from 5 a.m. to 12 p.m. Menu is available at <https://kwalilashotel.ca/cafe>



Photo — Submitted

Kwa'lilas Café is now serving Port Hardy's earliest coffee, opening at 5 a.m. inside the Kwa'lilas Hotel.



Photo — Kathy O'Reilly

Seniors Barbecue

The Hardy Bay Senior Citizens Society hosted their annual fund-raising barbecue July 12.



Photo — Kathy O'Reilly

Market Goodies Up For Grabs

The Port Hardy Farmers and Artisans Market took place July 12 with vendors, crafts for kids, food and entertainment.



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excitement to your day?

Thursday's at 10:00 AM
Port McNeill Old School

Furniture

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

250-949-7504

Landscaping

Husqvarna Reel Mower, used once. \$100.

250-284-3365

Miscellaneous

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

250-956-2246

250-230-0745

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

250-949-0118

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

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

250-949-8655

leave message

Services

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

Local 3D printing in Port McNeill.

403-620-0033

Services

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

236-255-2238

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

604-902-3881

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

"WHEN TIMES
ARE GOOD,
YOU SHOULD
ADVERTISE.
WHEN TIMES
ARE BAD,
YOU MUST
ADVERTISE."

To advertise call:
250-949-0337

SUMMER WORD SEARCH

C	L	P	A	L	M	T	R	E	E	S
V	R	R	S	E	A	A	L	P	L	E
E	B	A	N	P	E	C	H	W	H	T
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T	A	D	M	S	R	A	N	V	Z	O
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A	H	O	T	G	S	N	C	S	C	L
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Words:

sun

beach

flip flops

shell

palm tree

popsicle

sun glasses

sandcastle

surf

sea

waves

pool float

crab

coconut

ice cream

