



WE WAI KAI NATION NEWSLETTER

April 16, 2025

- Spring Clean Up is coming soon
- Call for WWK Nation Artists – Admin Building
- Reminders regarding Citizenship
- Elders/Youth Gathering – April 24
- Youth Group Calendars
- Easter Egg Hunt - Quinsam
- Elder's Calendar's
- NI Elders Cultural Wellness Gathering
- Upcoming Bingo's
- Tutoring Opportunities
- House For Sale at Cape Mudge – Weway Flats
- Free Income Tax Preparation for Lower Income
- FASD Through the lens of Myles Himmelreich
- Mammograms at LKT Health – April 29
- Fitness Class with Andrea Alfred
- CR Tyee Mens Shed
- Cultural Connection Workshop
- Women's Wellbeing Retreat
- Men's Wellbeing Retreat
- Spring Jamboree in Courtenay
- Ed Peekeekoot In Concert
- Tribal Journey to Lower Elwa – Looking for pullers
- Housing Survey in CR
- BC Child & Youth in Care – Enchanted Forest
- Savour the Things that bring you Joy – contest for kids

Job Postings

There are several job postings, please see the WWK Website/WWK App or request email for a printed version!

Gate Information

For all gate inquiries please contact Shaun Inrig at 250-202-6919 or by email gate@wewaikai.com

Status Cards

Status cards will be processed on Thursdays and Fridays by appointment 250-914-1890

Animal Control

Phone number is: 236-472-1013
animalcontrol@campbellriver.ca

A graphic for a 'Spring Clean Up' announcement. The background is a bright blue sky with soft white clouds. In the foreground, there are several cosmos flowers in shades of pink and white, with thin green stems and feathery foliage. The text 'Spring Clean Up' is written in a large, elegant, pink cursive script. Below it, the words 'is coming!' are written in a bold, olive-green serif font.

Spring Clean Up is coming!

**Dates & Details to be shared soon!
Thank-you for your patience while we
finalize plans.**

CALL FOR WE WAI KAI NATION ARTISTS

Totem Poles for The Administration Building
&
Chief and Council Chambers
&
Archway

Submission Requirements

Portfolio- Please include photos of previous Totem Poles or carving projects

Quote- Provide itemized breakdown must include labour, materials, as well as any additional expenses

Experience- Please provide a description of experience

Timeline- Estimated time of completion

Location:
2025 Eagle Drive

- ★ DIMENSIONS:
POLE 1: 40 FEET
POLE 2: 32 FEET
- ★ YOU MAY SUBMIT
FOR ONE OR BOTH
POLES

How To Submit

★ DEADLINE: May 23, 2025
4:30PM

Please Send to:

★ Jason Wilson, Manager Of
Economic Development
Jason.wilson@wewaikai.com

690 Headstart Crescent
Campbell River, BC V9H1P9

REMINDERS

WWK NATION CITIZENSHIP

New 623's

There is another application that needs to be filled out for citizenship. If you just received your registration number, please call me or send me an email

Births

Apply for status as soon as possible, it takes up to 2 years to get registered

Marriages/Divorces

Marriages and divorces should be recorded. Certificates are required to make the changes.

Deaths

A death certificate/burial certificate is required for an individual to be removed from the list



If you have any questions, please let me know!

250-914-1890

gail.smith@wewaikai.com

Elders Youth Gathering

**We would be honoured if you,
our Community Elders,
would come and visit
with Phoenix Youth**

**When: Thursday April 24, 2025
10:00-11:30 am**

**Where: École Phoenix Middle School
in the Gym**

Please sign up to attend by April 10, 2025

Contact Katrina 250-202-6924

Or Matt 250-285-3316 for sign up

APRIL 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
		1 Youth Group 2:45-5:00	2 Youth Group 2:45-6:00	3 Youth Group 2:45-5:00	4 No youth group	5	Cape Mudge youth group Please sign up for Friday Lake Fishing. Margot Assu 250-202-2889
6	7 Youth Group 2:45-6:00	8 Youth Group 2:45-5:00	9 Youth Group 2:45-6:00	10 Youth Group 2:45-5:00	11 Youth Group 2:45-6:00 pizza Party	12	
13	14 Youth Group 2:45-6:00	15 Youth Group 2:45-5:00	16 Youth Group 2:45-6:00	17 No Youth Group	18 Good Friday closed Quinsam easter egg hunt see newsletter for details.	19	
20	21 Closed Easter Monday	22 Youth Group 2:45-5:00	23 instructional day No Youth group	24 Youth Group 2:45-5:00	25 Lake Fishing sign up required 4:00-8:00pm	26	
27	28 Youth Group 2:45-6:00	29 Youth Group 2:45-5:00	30 Youth Group 2:45-6:00				

APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Youth Group 2:30-5:00	2 Culture w/ June Youth Group 2:30-5:00	3 Youth Group 2:30-5:00	4 Fishing Youth Group 2:30-5:00	5
6	7 Community Gardening w/ Jocelyn 3:00-4:00 Youth Group 2:30-5:00	8 Youth Group 2:30-5:00	9 Culture w/ June Youth Group 2:30-5:00	10 Youth Group 2:30-5:00	11 Hotdog roast @ Split Youth Group 2:30-5:00	12
13	14 Community Gardening w/ Jocelyn 3:00-4:00 Youth Group 2:30-5:00	15 Youth Group 2:30-5:00	16 Culture w/ June Youth Group 2:30-5:00	17 Youth Group 2:30-5:00	18 HOLIDAY NO GROUP	19
20	21 HOLIDAY NO GROUP	22 Youth Group 2:30-5:00	23 NO GROUP Staff Training	24 Youth Group 2:30-5:00	25 Bowling Youth Group 2:30-5:00	26
27	28 Community Gardening w/ Jocelyn 3:00-4:00 Youth Group 2:30-5:00	29 Youth Group 2:30-5:00	30 Culture w/ June Youth Group 2:30-5:00			

Contact Payton for
sign-up
(All things
highlighted in
yellow)

250-201-7299

JOIN OUR WE WAI KAI

EASTER EGG HUNT

FRIDAY, APRIL 18TH
10:00AM START

QUINSAM FIELD

The hunt will begin at exactly
10:00am sharp.



For any questions contact Brandi
(250) 914-1890

Quinsam Elders

Hours
Monday - Friday
8:30 am - 4:30pm

April

Katrin's Cell
250-202-6924

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Shopping Appointments	2 Button Blanket 11 am Learning Centre	3 Shopping Appointments	4 Shopping Appointments	5	6
7 Shopping Appointments	8 Shopping Appointments	9 Button Blanket 11 am Learning Centre	10 Cape Lunch & Bingo 11am Ferry	11 Shopping Appointments	12	13
14 Shopping Appointments	15 Prep Easter Luncheon	16 Easter Luncheon 12pm Quinsam Hall	17 Shopping Appointments	18 Good Friday Office Closed	19	20
21 Easter Office Closed	22 Katrina Away	23 Katrina Away	24 Katrina Away Elders Youth Gathering Phoneix School Gym 10am - 11:30am	25 Katrina Away	26 Bingo Q Hall Door opens 11am	27
28 Katrina Away	29 Katrina Away	30 Button Blanket 11 am Learning Centre				

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Shopping town trip	2 Appointment town trips	3 Courtney trip fabricland	4 Blanket making 9am	5
6	7 office	8 Shopping town trip	9 Appointments town trips	10 Blanket making 9am	11 Bingo band office 12pm	12
13	14 Office	15 Shopping town trip	16 Quinsam turkey luncheon	17 Blanket making 9am cape elders	18 Office close	19
20 Easter	21 Easter Monday holiday	22 Shopping town trip	23 First aid class c.r.	24 Phoenix school 10am-11:30	25 Set up hall for bingo	26 Quinsam bingo door open 11am
27	28 Matt off	29 Shopping town trip	30 Appointments town trip			

MATT WILSON
250.285.3316
EXT 2



NORTH ISLAND ELDERS CULTURAL WELLNESS GATHERING

Hosts: Laichwiltach Family Life Society We Wai Kai Nation, Wei Wai Kum First
Nation, Ligwildaxw Health Society, Sasamans Society
Registration for **May 13th, 14th, 15th 2025**

We Wai Kai Elders
if you would like to sign
up or have questions
please contact Katrina
250-202-6924
or Matt 250-285-3316
As soon as possible and
we will drop off
Registration Forms

Deadline for registration is May 1st 2025

To all Bingo players we have updated schedule for 2025



February 22nd **BINGO IS CANCELED**

March 1, 2025 **BINGO IS CANCELED**

March 22nd 2025 Normal Bingo start time 12:30pm

April 5th 2025 **BINGO IS CANCELED**

April 26th 2025 Normal Bingo start time 12:30pm

May 31st 2025 Big bingo \$100 start time 12:30pm

June 28th 2025 Normal Bingo start time 12:30pm

September 27th 2025 Big Bingo \$100 start time 12:30pm

Oct 25th 2025 Normal Bingo start time 12:30pm



QUINSAM TUTORING

**@ QUINSAM LEARNING
CENTRE**

**HIGH SCHOOL: MONDAY & TUESDAY WITH EMMA
FROM 4:00PM-6:00PM**

**WEDNESDAY WITH ALLYSHA & AUDRA
FROM 4:00PM- 6:00PM**

**CONTACT RACHEL WITH QUESTIONS
250.914.1890**



CAPE MUDGE TUTORING

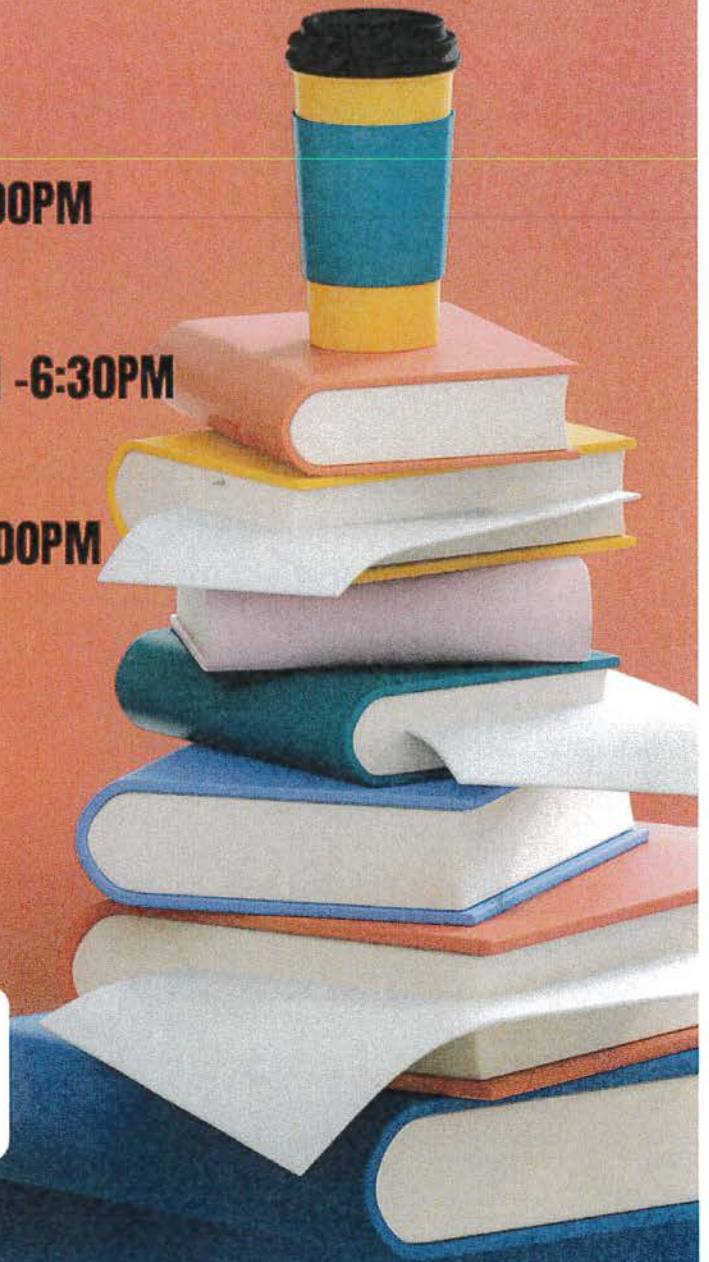
TUESDAY WITH ALEXIS FROM 4:00PM-6:00PM

WEDNESDAY WITH MARY-ELLEN FROM 4:30PM -6:30PM

THURSDAY WITH ALEXIS FROM 4:00PM- 6:00PM

QUESTIONS?

CONTACT RACHEL 250.914.1890



MATH TUTORING AT CAPE MUDGE NEW TIME ON WEDNESDAYS

Do you need help with math? Do you wish that your teacher or your textbook made more sense to you? One-on-one tutoring can be really helpful because everyone has different ways of learning, and we can find a way that works for you. Math tutoring is starting again at the band office on Wednesday starting on February 5th. You don't need to make an appointment or call, just drop in any time between 5 and 7 on Wednesdays and bring your math homework or your questions about math. I can also help with physics and calculus or we can talk about web resources, graphing technology, or how to make your calculator work better for you.

I will be keeping a window open for better ventilation, so bring a sweater or jacket if it's a chilly day, and please stay home if you are ill or have been in close contact with someone who has flu or coronavirus.

Call or email me if you have any questions.

Mary-Ellen 250-285-2388
maryellenvanlane@gmail.com

I hope to see you there!

Home For Sale at Cape Mudge

1 Bedroom Bungalow

576 Sq Ft home

Great starter home

Price: \$112,000

Please contact Randy Goertz at 250-830-
7218 for more information

FREE INCOME TAX PREPARATION



Chan Nowosad Boates Chartered Professional Accountants will be preparing tax returns for **FREE** for lower income residents in your community.

This service is available to those who earn under \$25,000 per individual or \$40,000 for a couple per year **AND** who do not have fishing, business, or rental income.

An appointment is not required to participate in this service – all correspondence will occur via email.

If you are interested in and eligible for this service, please email samantha@cnbcpa.ca to get started.

Why should you file a tax return if you have lower income or do not owe any taxes nor expect a refund back?

If you do not file a tax return you are not eligible to receive GST credits or the BC Low Income Climate Action Plan credits. Filing your tax return ensures that you receive all cash payments and benefits that are available to yourself and your family.

The logo for Chan Nowosad Boates Chartered Professional Accountants (CNB) is a black circle with the letters "CNB" in a gold, serif font.

CNB

FASD THROUGH THE LENS OF MYLES HIMMELREICH

Myles is a world renowned FASD Expert, Consultant, and Motivational Speaker who engages audiences through teaching from his personal experience

LEARN ABOUT FASD AND CHALLENGES ASSOCIATED WITH:

SENSORY INTEGRATION

ATTENTION

LANGUAGE

MEMORY

COGNITION

STIGMA



**DISCOVER STRATEGIES THAT CAN MAKE A REAL DIFFERENCE FOR THE PEOPLE WHO
NEED SUPPORT**

April 25, 2025

Tidemark Theatre: 12220 Shoppers Row, Campbell River

10:00 a.m. – 3:00 p.m. Intermission: 12:00 to 1:00 p.m.

Food is not included in the price of the ticket

\$15.00: PURCHASE TICKETS AT THE TIDEMARK THEATRE BOX OFFICE OR
purchase.tidemarktheatre.com

***PARTICIPANTS WILL RECEIVE A CERTIFICATE OF PROFESSIONAL DEVELOPMENT
UPON REQUEST***

FOR MORE INFORMATION CONTACT RIVERCITY INCLUSION SOCIETY FASD PROGRAM
AT 778-346-9029

Hope to see you there,

Sheila

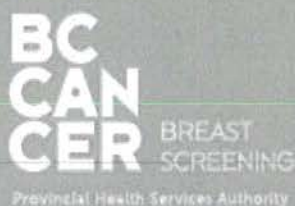


Sheila Catherwood (she/her)
FASD Keyworker

Phone: (778)346-9029 Fax: (250)287-2676

Cell: (250)203-0488

Email: sheila.catherwood@rivercityinclusion.ca



Mammograms Can Save Lives

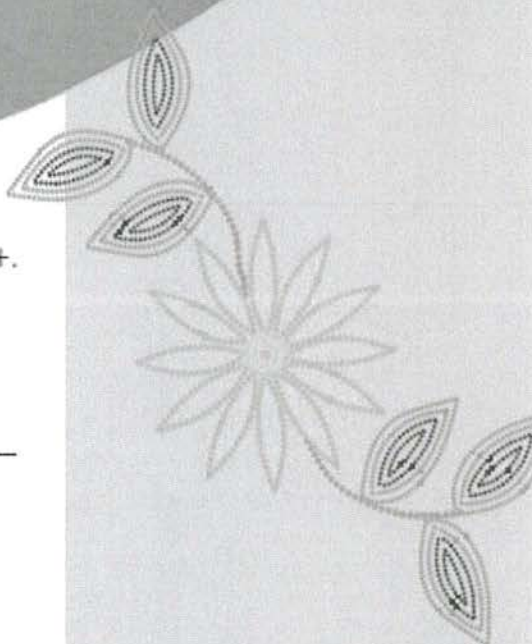
The mobile mammogram coach is
coming to a community near you.

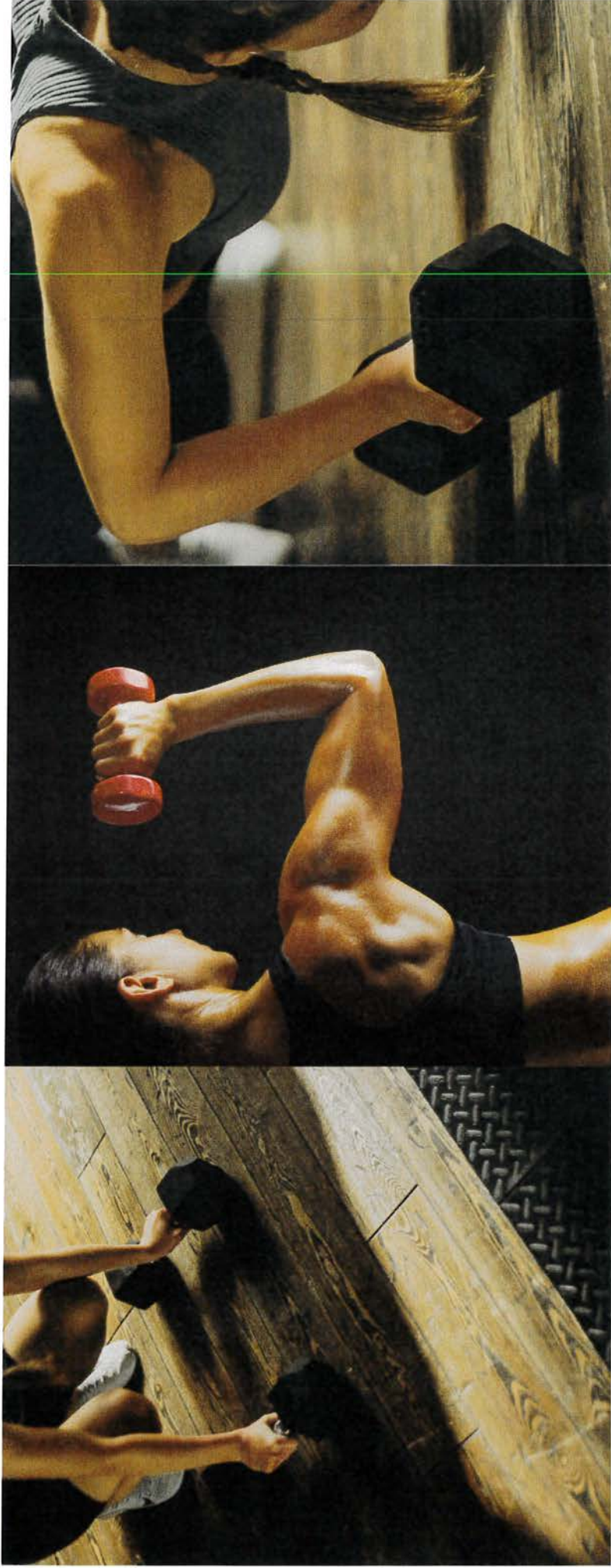
Mammograms are available for women ages 40+.
Take a positive step for your health and book a
free screening mammogram.

Visit www.screeningbc.ca to learn more.

Upcoming visits:

Liḡwíłdax^w Health Society (LKT)
April 29th
1400 A Drake Road
Call Victori to book an appointment
250-286-9766





Fitness Class with Andrea Alfred

Quinsam Hall- 2005 Eagle Drive

April 1,3

April 8, NO CLASS APRIL 10

April 15, 17

April 22, 24

5:00PM-6:00PM

Questions? Contact Brandi 250.914.1890



Campbell River Tyee Men's Shed

Inviting men who would like to join our "Men's Shed." We are meeting once a week at our "Shed" in Campbell River. It is located at 2135 Shetland Road. We meet once a week for support and camaraderie from 1030 to 1200 every Thursday.

We have recently secured a "shed" that we are currently setting up with tools and supplies. We hope to help those in the community who don't have the skills or means to complete projects around their houses. This includes the elderly, single moms, physically challenged individuals, or anyone we could be of assistance.

We are also planning social events such as biking, kayaking, hiking, workshops, home repair, BBQs, and volunteering, just to name a few.

All are welcome. The Men's Shed is a nonprofit, nonpolitical, and nonreligious organization. It's just a bunch of old geezers using the skills acquired over the years to give back to the community.

Google "Men's Shed BC" for more information.

"Men helping men help the community"

Contact Information:

CRTMensShed@gmail.com

250-331-3184 (Nic)

253-278-6130 (Don)



LADDERS TO KINDNESS TRAINING

Namwayut – We Are All One

Cultural Connection Workshop

With Shelly Joseph

When: **April 22-24th, 2025**

9-4:30pm **lunch will be provided*


Where: **LKT Board room**

Registration: **Email- jazminemc@weiwaikum.ca**
Please include

- **Full name & age**
- **Contact information**
- **Any allergies**

Accepting **30 people**. Registration is open to all
Laichwiltach members

**FNHA Cultural support will be present. Please email
Jazmine (jazminemc@weiwaikum.ca) or Dianna Smith
(Dianna.smith@lkthealth.ca) for any questions.**





LADDERS TO KINDNESS TRAINING

Namwayut – We Are All One


Cultural Connection Workshop

With Shelly Joseph

This 3-day session helps people feel connected with culture. With an introduction to Canada's shared history, we begin to understand why so many of us have been disconnected to the practices of our ancestors. Through Indigenous History, this values-based training, will show participants how embracing Indigenous ways of being can begin the reconnection to our ancestral ways. Each participant will leave having practiced cedar weaving, learning and singing a traditional song and have ideas on how to feel and be connected to culture.



Hosted by LKT Health & Wei Wai Kum First Nation





Liḡwíldax[®] Health Society



island health

yəyaḡasola

(fellow women friends together)

Womens Wellbeing Retreat

May 4-9, 2025

Facilitated by Lyla Harmon
Ocean Resort, Campbell River

Honouring growth, wisdom and new possibilities for Indigenous women.

This active and experiential workshop is designed to provide a safe environment for loved ones seeking a space to address Grievors Journey and Intergeneration healing.

**Meals and accommodations provided.
Travel will be reimbursed upon arrival per FNHA guidelines.**

Cultural, Elder and Clinical Support will be available.

Registration is open to all self-identifying indigenous woman, 2SLGBTQI+

Please contact intake@LKTHHealth.ca with a completed registration form or call (250)286-9766 to complete over the phone during business hours.





Registration Form
Yəyaḡasola
(fellow women friends together)
Women's Wellbeing Retreat

Facilitated by Lyla Harmon

May 4th-9th, 2025

Ocean Resort 4384 S Island Highway Campbell River, BC

Meals and accommodations provided

During the program, there will be Cultural, Elder and Clinical Supports available if needed.

Travel will be reimbursed following the FNHA guidelines

Name: _____

Phone Number: _____

Email Address: _____

Nation: _____

Age: _____

Allergies: _____

Emergency Contact: _____

Travel Escort Needed: Yes / No _____ **Mobility Issues?:** _____

Please Complete and send to:

Intake@Lkthealth.ca, or call (250)-286-9766 to complete over the phone during
business hours 8:30am-4:40pm

Limited to 15 participants, those registered will get a confirmation email or phone call.

Waitlist available



Qəpíxidaʔas sa bibag^wanəḡ

(Gathering of men)

Mens Wellbeing Retreat

Ocean Resort, Campbell River

May 11-15, 2025

Experience good mental health practices, happiness, and prosperity with culture and ceremony being embedded throughout 4 days with Shawn Decaire and Matt Ambers.

This program is centered around a supportive and communal approach, emphasizing emotional expression, reflection, and healing giving a sense of purpose and belonging, ability to manage stress while re-establishing your cultural identity.

Meals and accommodation provided.

Travel will be reimbursed on arrival per FNHA guidelines.

Cultural, Elder and Clinical Support will be available.

Registration is open to all self-identifying indigenous men, 2SLGBTQI+

Please contact intake@LKTHHealth.ca with a completed registration form or call (250)286-9766 to complete over the phone during business hours.



First Nations Health Authority

Registration Form

Q'əpíxídaʔas sa bibag^wanəm

(Gathering of men)

Men's Wellbeing Retreat

Facilitated by Shawn Decaire and Matt Ambers

May 11th-15th, 2025

Ocean Resort 4384 S Island Highway Campbell River, BC

Meals and accommodations provided

During the program, there will be Cultural, Elder and Clinical Supports available if needed.

Travel will be reimbursed following the FNHA guidelines

Name: _____

Phone Number: _____

Email Address: _____

Nation: _____

Age: _____

Allergies: _____

Emergency Contact: _____

Travel Escort Needed: Yes / No **Mobility Issues?:** _____

Please Complete and send to:

Intake@Lkthealth.ca, or call (250)286-9766 to complete over the phone during business hours.

Limited to 15 participants, those registered will get a confirmation email or phone call.

Waitlist Available

Spring Jamboree

At The Fallen Alders Hall, Royston Road (Courtenay)

April 25th and 26

Friday 7:00 PM

Ed Peekeekoot In Concert

Admission \$15

Saturday Morning

Free workshops – Fiddle 10:00 AM

- Guitar 11:00 AM

Saturday Afternoon 1:00 PM – 4:00PM

Open Mic Talent Show –

- Performers have a chance to win up to \$100
- Audience Admission only \$6 - No charge for performers
- Open to anyone – Singers, Instrumentalists, or Groups.
- Register at the hall, or by e-mail [lorrainehiebert @ telus.net](mailto:lorrainehiebert@telus.net)
- Circle Jam Session after the Talent Show

--Snacks

--Refreshments

Available

Saturday Evening

Old Time Family Barn Dance 7:00 PM

Admission \$10

Music by The Old Time

Fiddlers

Sponsored by Branch#17, BC Old Time Fiddlers



Ed Peekeekoot - In Concert

Ed Peekeekoot will be performing "LIVE" at the Fallen Alders Hall on the Royston Road,

The concert is sponsored by Branch #17 of The B C Old Time Fiddlers as part of their Spring Jamboree. The event is open to the public and everyone is welcome. April 25th at 7:00 PM.

Tickets are \$15 at the door. Doors open at 6:15 PM



Multi-instrumentalist, singer-songwriter, and storyteller, Ed Peekeekoot is a skilled and seasoned performer. He has a timeless kind of cool that appeals to audiences of all ages. Ed's performances go from blazing guitar work to foot stomping fiddle and haunting Native flute – all sprinkled with his Cree humour and philosophy. He takes people on a wildly varied musical journey from country folk to a touch of classical and jazz. From the Ahtahkakoop Cree First Nation in Saskatchewan where he grew up in a musical and supportive family, Ed now lives on Vancouver Island. He has been a solo musician for over four decades – appearing in concerts, festivals, school performances, corporate events, dances, and retreat gatherings across western Canada and into the US. Ed has been nominated twice as the BC Country Music Association's "Instrumentalist of the Year" and his CD "in the key of cree" was nominated as "Best Country CD" in the Aboriginal People's Choice Music Awards.

TRIBAL JOURNEY TO LOWER ELWA 2025

Journey to begin July (22-24 *Final date TBD)
Protocol in Lower Elwa Aug 1-5, 2025



We are looking for pullers to join our canoe family.
Will need a valid passport.

ALL NATIONS WELCOME!

Please contact June to sign up:
junelouise64@hotmail.ca



SURVEY IN CAMPBELL RIVER




If you're living in a vehicle, with friends, or somewhere else and don't have a place to pay rent, we want to hear from you!

On April 30th ONLY, take an anonymous survey that will be used to help inform housing & programs that will help us all.

Here are a few ways to participate on April 30th:

- Drop in at:
 - **Campbell River Library (1240 Shopper's Row)**
 - Between 9am and 3pm
 - Food and refreshments provided!
 - Laundry/shower coupons (*while supplies last*)
 - **Women's Centre (771 12th Ave.)**
 - Between 10am and 2pm
 - Hot dog lunch provided!
 - Laundry/shower coupons (*while supplies last*)

Or complete a survey over the phone, April 30th:
250-830-4092 or 778-348-0762



CR YOUTH IN CARE NETWORK AND CR FOUNDRY PRESENTS
BC CHILD & YOUTH IN CARE WEEK

Enchanted Forest

EVERYONE IS WELCOME
CELEBRATE THOSE IN AND FROM MCFD CARE

**Prizes, food, games, crafts, music, face
painting, resource tables, and more !**

COSTUMES ENCOURAGED

JUNE 4TH, 2025 3-6PM

CR COMMUNITY CENTRE

CONTACT: MONICA AT SASAMANS SOCIETY
(250)914-2212

SAVOUR THE THINGS

That Bring You Joy

ENTER TO WIN A SPORTS OR HOBBIE CAMP/PASSES

AGES 4-18 YEARS OLD

Sports

A short summary of what your sport of choice means to you! Why do you love the sport? How does it help you stay confident and positive in life? Who supports you in goals and dreams? Why does this sport make you feel proud? Include a picture. (Some Examples: Hockey, Soccer, Rock Climbing, Swimming, Bowling)

Hobbies

A short summary of the hobby you love the most. How does engaging in this hobby make you feel? What are some challenges you faced when you first started this hobby? Who can you thank for supporting you in developing this hobby? Include a picture. (Some Examples: Animals or pets, Art, Hanging out with Friends)

Family Fun

A short summary of what family fun means to you. Describe the 'Best Day Ever' with your family. Why did/would this day mean so much to you? (Some examples: family activities or gatherings)

ENTER BEFORE
MAY 15TH

📍 Drop off at LKT Health

☎ 1-250-286-9766

✉ E-mail to: dianna.smith@lkthealth.ca



Youth Needs Assessment

"We are currently gathering information to better understand the needs and aspirations of the youth in our community. This will help us tailor our efforts to support them more effectively."