

# We Wai Kai Nation Newsletter

FEBRUARY 18, 2026

Band Info	Community Notice - Re: Homes & Properties Status Card Renewal Info Sustainable Tourism Plan Engagement Process
Youth & Elders	Elder's Elk Meat Youth & Elder Calendars & Activities Tutoring at Cape Mudge Childcare Centre: Do you teach Language or Culture?
Events & Misc	House For Sale at Quinsam A-Tlegay Marine 1 <sup>st</sup> Aid LKT Programs Do you want to Learn Liqwala or Kwakwala? WWK Elders & Youth Big Bingo at Quinsam Bingo Fundraiser - February 21 at Quinsam Burger & Beverage Fundraiser at Beach Fire Brewing Wilson Memorial Potlatch - March 7 Reminder about Blanket Making - Thursdays 6:30

# Community Notice

In response to community concerns,  
We Wai Kai Nation is formally giving

## NOTICE

that all homes and/or properties that are  
(but not limited to):

- \*derelict
- \*abandoned
- \*infested
- \*cause public liability or danger
- \*create fire hazards
- \*cause health and/or safety concerns

will be identified, notified, and owners will be asked  
to bring their property/home to compliance with the  
roles and responsibilities outlined in the  
Housing Policy.

If homes/properties are not brought up to standard  
by **APRIL 2026**, the Nation will step in to remedy the  
issues at the expense of the owners.

# STATUS CARD DAYS

**THURSDAYS & FRIDAYS**

**8:30-12 &**

**1:00 - 4:30**

**BY APPOINTMENT**

**PRICE CHANGES:**

**WEWAIKAI MEMBERS: \$5**

**OTHER NATIONS: CIS - \$30**

**SCIS: \$20**

**501-2025 Eagle Drive**

**CIS STATUS RENEWALS  
SCIS APPLICATIONS  
REGISTERING: MARRIAGES,  
DIVORCES, DEATHS**

**Contact Gail :  
250-914-1890**

Email:  
[membership@wewaikai.com](mailto:membership@wewaikai.com)

## Sustainable Tourism Plan Engagement Process Launches for Quadra Island

**Quadra Island, BC** — The Discovery Islands Chamber of Commerce, in collaboration with the We Wai Kai Nation, is pleased to announce the launch of a **Sustainable Tourism Plan** engagement process for Quadra Island, beginning with a community session on **March 14, 2026**. This planning process will be shaped by local voices, grounded in community values, and focused on long-term community wellbeing.

The Sustainable Tourism Plan will build on Quadra Island's recently completed **Economic Diversification Plan** and will draw on the extensive community input gathered through that work. As it moves forward, the plan will support long-term economic vitality while protecting the environmental, social, and cultural values that make Quadra Island unique.

Tourism is already part of life on Quadra Island. This planning process is not about attracting more visitors at any cost. Instead, it will carefully consider local capacity and infrastructure realities, including transportation, services, and seasonal pressures.

“This plan will be about balance — supporting livelihoods while respecting our environment, our capacity, and our quality of life,” said **Carol Ann Terreberry**, President of the Discovery Islands Chamber of Commerce. “We heard clearly from residents and businesses during the Economic Diversification process. Rather than pursuing growth for growth's sake, this work will focus on quality over quantity, ensuring tourism contributes positively to community wellbeing and economic diversification.”

From the perspective of the **We Wai Kai Nation**, collaboration and care will be central to the process. “Tourism has a role to play in our shared future, but only when it is guided by respect, responsibility, and relationships,” said **Jason Wilson**, Director of Economic Development, We Wai Kai Nation. “This planning process is an opportunity to work together to ensure tourism supports community wellbeing, honours culture, and protects the lands and waters that sustain us all.”

As it unfolds, the Sustainable Tourism Plan will focus on practical, real-world priorities, including:

- Supporting local businesses and workers so they can thrive year-round
- Improving how visitors and peak seasons are managed
- Encouraging tourism that aligns with Quadra Island's values and limits
- Protecting ecosystems and natural resources
- Strengthening collaboration across the community

The Discovery Islands Chamber of Commerce encourages community members, businesses, and organizations who care about the future of Quadra Island to participate as the plan takes shape. Opportunities for engagement and input will be shared throughout the process. The Economic Diversification Plan can be viewed at [quadraedp.ca](http://quadraedp.ca).

This initiative is being led by a dedicated and experienced project team, including:

- **Dr. Farhad Moghimehfar**, Project Consultant
- **Jennifer Banks-Doll**, Economic Diversification Coordinator
- **Jason Wilson**, Director of Economic Development, We Wai Kai Nation
- **Discovery Islands Chamber of Commerce Steering Committee**, including:
  - Carol Ann Terreberry, President
  - Carol Perry, Treasurer
  - Tina Oswald, Councillor

Funding for this project is provided by the Province of British Columbia through the **Rural Economic Development and Infrastructure Program (REDIP)**.

### Media Contact:

Carol Ann Terreberry  
Discovery Islands Chamber of Commerce

 [admin@dicc.ca](mailto:admin@dicc.ca)

 [www.dicc.ca](http://www.dicc.ca)

## **WWK Elder's (65+) Elk Meat**

**If you're 65+ and you would like to receive some elk meat please call Gail at 250-914-1890 or email [reception@wewaikai.com](mailto:reception@wewaikai.com)**



# CAPE MUDGE YOUTH

# FEBRUARY 2026

Mon	Tue	Wed	Thu	Fri
2 No Group Instructional day	3 Teen/Youth Group 2:45-5:30 beach walk Rock painting	4 Teen Group 4:00-6:00 Gym Basket ball/pickel ball (Crocheting)	5 Teen/Youth Group 2:45-5:30 Activites Keltie Running games smoothie	6 Teen/Youth Group 2:45-5:30 Rock tumbling open gym
9 Teen Group 4:00-6:00 Open gym Paint Heart shaped Frame craft	10 Teen/Youth Group 2:45-5:30 Valentines day Craft week Bracelets	11 Teen Group 4:00-6:00 Galentines day Nails Kit and Open Gym	12 Teen/Youth Group 2:45-5:30 Activites with Keltie Valentines Games Day	13 Youth Group 2:45-5:30 World Radio Day Karaoke
16 No Group Family day Holiday	17 Youth Group Movies Time TBA Sign up Required	18 Youth Group 4:00-6:00 walk the spit sign up required dress for weather	19 Youth Group 2:45 - 5:30 Activites with Keltie	20 Youth Group 2:45 - 5:30 boardgames twister Uno
23 Teen Group 4:00-6:00 Pickel ball National Banana Bread Day	24 Teen/Youth Group 2:45-5:30 Write a letter to an Elder Day	25 Teen Group 4:00-6:00 Pink Shirt day Tie dye t-shirts	26 Teen/Youth Group 2:45-5:30 Crafty Activities with Keltie Tye Dye T-Shirts	27 Youth Group 2:45-5:30 Slime Making

Notes

Please Sign up with Margot Assu CM Youth Leader (250)202-6919

Information

Incase of an absence Payton will sub in using the phone number above.

Thank you for your understanding. Cape Gym is under renovation some programs my be altered durring this time Thank you for your patience.



QUINSAM YOUTH/TEEN

# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Youth Group cookie decorating 2:30-5:30	3 YOUTH GROUP MOVING OUR BODIES! 2:30-5:30	4 YOUTH GROUP 2:30-5:30 MUSEUM	5 YOUTH GROUP LAZER TAG 2:30-5:30	6 YOUTH GROUP 2:30-5:30 PIZZA PARTY!
9 YOUTH GROUP 2:30-5:30 GIFT MAKING FOR A SPECIAL FAMILY MEMBER	10 YOUTH GROUP JUST DANCE! 2:30-5:30	11 Youth Group VALENTINE MAKING 2:30-5:30	12 YOUTH GROUP 2:30-5:30 PICKLE BALL	13 YOUTH GROUP 2:30-5:30 TEEN NIGHT VELOCITY
16 FAMILY DAY! NO GROUP.	17 YOUTH GROUP MOVIES! PRO-D DAY	18 YOUTH GROUP GYM GAMES 2:30-5:30	19 YOUTH GROUP 2:30-5:30 TEEN NIGHT POOL TABLES & PALS	20 YOUTH GROUP 2:30-5:30 REEF
23 YOUTH GROUP 2:30-5:30 CHALLENGE COURSE	24 YOUTH GROUP 2:30-5:30 CUPCAKE DECORATING	25 YOUTH GROUP 2:30-5:30 MINUTE TO WIN IT!	26 YOUTH GROUP 2:30-5:30 ROCK CLIMBING	27 YOUTH GROUP 2:30-5:30 TEEN NIGHT ROCK AND BOWL

CONTACT (250) 202-6532 FOR SIGN-UP (ALL HIGHLIGHTED)

# February

Matt Wilson 250.202.6924 Cape Elder

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Excel training in C.R. 930- 3:30 Quinsam	3 Shopping town trip 10am-2;30pm	4 Appointments town trip 10am-2:30pm	5 Bingo Luncheon 12pm to 3pm	6 Rebecca spit walk 11am- 1pm	7
8	9 Office	10 Shopping town trip 10am- 2;30pm	11 Food safe training 9:00 to 1pm Quinsam	12 Appointment 10:30 barb	13 Rebecca spit walking 11am- 1pm	14
15	16 Office	17 Shopping town trip 10am- 2:30pm	18 Appointments 10am-2:20pm	19 Bingo luncheon 12pm to 3pm	20 Self care haircut 11am to 1:30pm	21
22	23 Office	24 Shopping town trip 10am- 2:30pm	25 Appointments town trip 10am-2:20pm	26 Bingo luncheon 12pm to 3pm	27 Hall set up for bingo	28 Bingo fundraising Quinsam Hall 1pm

# February Quinsam Elders

Katrina cell  
250-201-7732 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Katrina TRAINING</b>	3 Shopping & Appointments 8:30am - 4:30 pm	4 Shopping & Appointments 8:30am - 4:30 pm	5 Bingo @ Quinsam Boardroom 11:30am - 2:00pm	6 Costco Trip 10:00am-2:00pm
9 Shopping & Appointments 8:30am - 4:30 pm	10 Shopping & Appointments 8:30am - 4:30 pm	11 Morning TRAINING Atlegay membership meeting 10:30am-1:00pm	12 Cedar Hat Making Registered Elders * 9:00am - 5:00pm	13 Shopping & Appointments 8:30am - 4:30 pm
16 <b>FAMILY DAY OFFICE CLOSED</b>	17 Shopping & Appointments 8:30am - 4:30 pm	18 Shopping & Appointments 8:30am - 4:30 pm	19 Self Care Day 11:30am-1:30pm @ Quinsam Hall	20 <b>KATRINA AWAY</b>
23 <b>KATRINA AWAY</b> LKT Luncheon 12:00pm - 2:00pm	24 Shopping & Appointments 8:30am - 4:30 pm	25 Shopping & Appointments 8:30am - 4:30 pm	26 Tech Support Call to Book	27 Walking Group 1:00pm - 3:00pm

QUINSAM TEEN NIGHT

# TEEN NIGHT ON THE POOL TABLES!!

**19** FEBRUARY

**CAMPBELL RIVER BOWLING ALLEY**  
AGES 11-18  
6:00PM-8:00PM

**PIZZA! PALS! POOL TABLES!**

CONTACT (250) 202-6532 FOR SIGN UP!

WEST COAST MUSCLE & FITNESS

# LEARN 16+ GYM BASICS

New to the gym and not sure where to start? We've got you covered!  
Join us to learn the basics of fitness and how to fuel your body right!

**FEBRUARY 24<sup>TH</sup>, 26<sup>TH</sup> & MARCH 3<sup>RD</sup>**  
6:30PM - 8:00PM

**LIMITED SPOTS AVAILABLE!**

- ✓ Learn basic form
- ✓ Nutrition Guidance
- ✓ how to properly use equipment
- ✓ strength building

**3 SESSIONS DESIGNED TO HELP YOU FEEL STRONG, CONFIDENT AND COMFORTABLE IN THE GYM**

**REGISTER NOW**

250-202-0097 Rides provided from Quinsam Reserve to West Coast Muscle

WEST COAST MUSCLE & FITNESS

# 16+ INTRO TO WEIGHT TRAINING

Curious about the gym but dont know where to start?  
Join us for an intro to weight training, where you will

- Learn the basics of lifting
- get comfortable & confident using gym equipment
- Learn about bulking & nutrition
- Ask questions in a judgement free space

3 beginner friendly sessions to familiarize yourself with the basics of Weight Lifting and more!

**LIMITED SPACE**  
 250-202-0097

**LOCATION**  
 Rides will be provided from the Quinsam reserve to West Coast Muscle.

**February 19<sup>th</sup>, 24<sup>th</sup> & 26<sup>th</sup>**  
6:30pm - 8:00 pm



**BEGINNER CLASS**  
**ONE MORE**  
**REP**  
**WORKOUT**

WITH ANDREA ALFRED

Time: 5:00pm - 6:00pm

Where: Quinsam Hall, 2005 Eagle Drive

When: Tuesdays & Thursday, Starting Jan 6/26

Beginners Introduction Level

**ALL FITNESS LEVEL'S WELCOME**

EARLY PREVENTION - PHYSICAL ACTIVITY PLAYS AN ESSENTIAL ROLE IN QUALITY OF LIFE; IT PROMOTES PHYSICAL, MENTAL AND PSYCHOLOGICAL WELL-BEING: OF DEVELOPING PREMATURE HEALTH PROBLEMS.  
 REGULAR EXERCISE CAN PLAY A KEY ROLE IN REDUCING YOUR RISK OF MEDICAL PROBLEMS AND HEALTH RELATED ISSUES, THAT CAN BE PARTICULARLY TREATED AND CONTROLLED BY EXERCISE. THE NEED FOR AND VALUE OF EXERCISING ON A REGULAR BASIS IS AN IRREFUTABLE FACT OF LIFE (AND DEATH).

IMPROVE YOUR HEALTH FOR LONGEVITY, MOBILITY, STRENGTH & QUALITY OF LIFE

WEIGHTS + BANDS, CARDIO INTERVALS, BODYWEIGHT

For More Information Call Michelle Davis @ 250-202--0097

# JIU-JITSU

TRAINING

OPEN TO 14 +

ADULTS OF ALL AGES  
 ARE ENCOURAGED TO  
 JOIN.

NO PRIOR EXPERIENCE  
 NEEDED.

BEGINNERS WELCOME!

EVERY

**WEDS**  
**7-8:30PM**

Quinsam Hall  
 2005 Eagle Drive

**MORE INFORMATION**  
 CONTACT MICHELLE DAVIS  
 250-202-0067



Providing Indigenous youth with the tools to empower and inspire



## Gathering Our Voices

WWK Nation is looking to send youth to the upcoming  
 Gathering Our Voices conference in Vancouver from  
 March 17-20.  
 Youth ages 14-24 are encouraged to apply

Date/Time:

March 17<sup>th</sup> - 20<sup>th</sup>

Contact Michelle to register  
 250-202-0097  
 Or Shannon 250-202-6532

Location:

Vancouver Convention  
 Centre

Four days of culture, learning,  
 and celebration with delegates  
 from across Canada—featuring  
 workshops, ceremonies, movie  
 night, dance party, artisan  
 market, exhibitor fair, and  
 talent show.

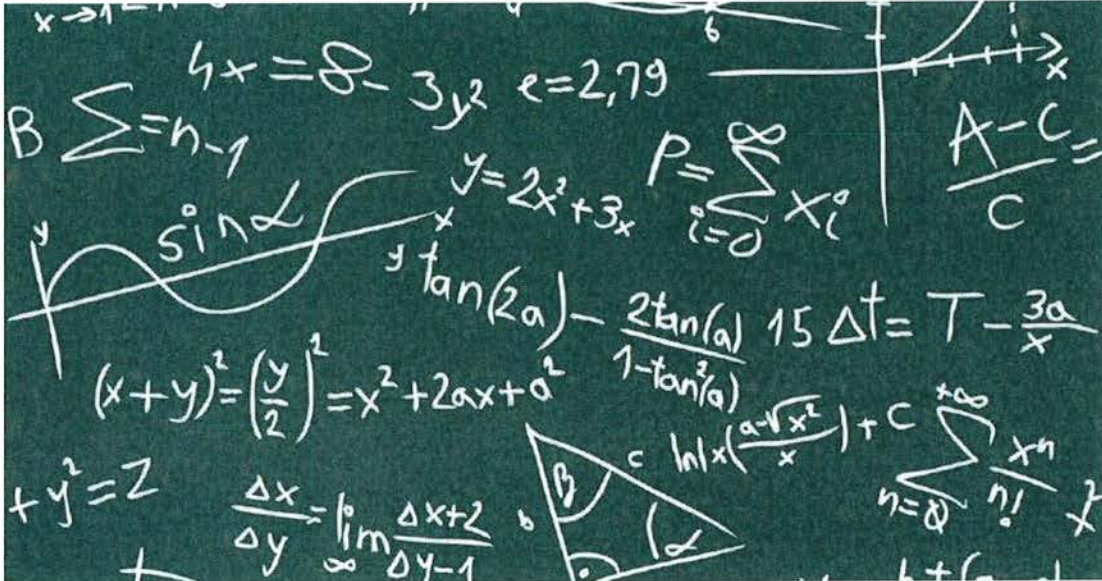
Explore over 100 workshops, with options to  
 match your interests



To follow our 4 day workshop we will be attending the Vancouver Warriors  
 VS. Ottawa Black Bears Lacrosse Game at Rogers Arena!  
 March 20<sup>th</sup> 7:00pm



## MATH TUTORING AT CAPE MUDGE ON MONDAY AFTERNOONS



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 Monday starting on January 12<sup>th</sup>. You don't need to make an appointment or call, just drop in any time between 4 and 6 on Monday 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.

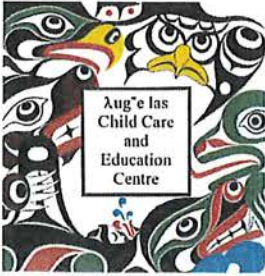
I will be keeping a window open for better ventilation, so bring a sweater or jacket if it's a chilly day, and please stay home if you are ill or have been in close contact with someone who has flu or coronavirus.

Call, text, or email me if you have any questions.

Mary-Ellen 250-895-0519  
maryellenvanlane@gmail.com

I hope to see you there!

# Ług<sup>w</sup>elas Childcare and Education Centre



Are you someone in the community who would like to come into our Head Start programs to help with teaching Language and Culture? Things we would love guidance on (but not limited to) are: fish processing, carving, drumming, teaching traditional food and plant knowledge, preparing cedar. We have a Language Nest daily in our programs as well. If you are a Lik<sup>w</sup>ala/K<sup>w</sup>ak<sup>w</sup>ala speaker/learner and want to participate in any way, please reach out.

## Ĝilakasía

Phone: 250-286-4242  
childcarecentre@wewaikai.com

## House for Sale

3Bed 2 Bath House 1488 SQ FT

With 1 Bed 1 Bath Suite 952 SQ FT

~~Asking \$490,000.00~~

Reduced to: \$450,000.00

Call Gail 250 203 2960





## *A - TLEGAY FISHERIES SOCIETY*

*(representing Wei Wai Kum First Nation; We Wai Kai First Nation;  
Comox First Nation; Kwiakah First Nation; Tlowitsis First Nation)*

*1441 - A Old Island Hwy., Campbell River, BC V9W 2E4*

*Telephone #: (250) 287-8868 Fax #: (250) 287-8414*

*e-mail: reception@a-tlegay.ca*

Training Opportunity For  
Wei Wai Kum, We Wai Kai, Kwiakah and Tlowitsis  
Community Members

### **Marine First Aid**

Date: February 24<sup>th</sup>, 2026 – February 25<sup>th</sup>, 2026

Location: Quinsam Hall

Time: 8:30am- TBD

Please call the office if you are interested in the course. **Limited space available.**

If you have any questions, please call Ashley at 250-287-8868 or  
Email: reception@a-tlegay.ca



yəyag̃asola  
*(follow women friends together)*



## Womens Wellbeing Retreat

Facilitated by Tammie Myles

March 1-6, 2026

Painters Lodge - 1625 McDonald Rd, Campbell River

Honouring growth, wisdom and new possibilities for Indigenous women.

This retreat is designed to provide a safe environment for loved ones seeking to reconnect and restore balance. Each day gently builds toward integration, supporting you to carry clarity, confidence, and spiritual practices back into daily life.

Meals and accommodations provided.

Travel will be reimbursed upon arrival per FNHA guidelines  
(Travel day Sunday March 1st)

Cultural, Elder and Clinical Support will be available.

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

Please contact [intake@lkthealth.ca](mailto:intake@lkthealth.ca) with a completed registration form or call (250)-287-0215 to complete over the phone during business hours.



## Registration Form

Women's Retreat

Facilitated by Tammie Myles

March 1<sup>st</sup> - 6<sup>th</sup>, 2026

Painters Lodge, 1625 McDonald Rd Campbell River, BC

*Meals and accommodations and travel provided*

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

*Travel will be reimbursed following the FNHA guidelines*

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Nation: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Contact: Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Allergies: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Current medications: \_\_\_\_\_

Medical history: \_\_\_\_\_

Are you actively using/addiction complications: please detail

Please Complete and send to:

[intake@lkthealth.ca](mailto:intake@lkthealth.ca), or call (250)287-0215 to complete over the phone during business hours. Limited participants, those registered will get a confirmation email or phone call

\*Please do not contact resort or facilitator for information\*

# DO YOU WANT TO LEARN Liq'wala or Kwak'wala



## PROGRAM INFO SESSION



**North Island College**, in partnership with **Wei Wai Kum** and **We Wai Kai First Nations**, invites community members and prospective students to an Information Session on the **Indigenous Language Fluency Certificate Program**.

Learn about the program, how it supports language revitalization, and what to expect if you choose to apply.

**Jan. 27 6:00-7:00pm**

**Where: The Gathering Place  
NIC CR Campus or use QR  
code to join digitally**

**Feb.11 6:00-7:00pm**

**Where: The Gathering Place  
NIC CR Campus or use QR  
code to join digitally**



# ***Wewaikai Elders & WWK Youth Big Bingo Fundraising***



Where- Quinsam Hall, February 28<sup>th</sup>, April 4<sup>th</sup>, June 27<sup>th</sup>

Doors open 11am

5- zips games \$2.00each booklet of 5 for \$10.00

Zip start time 12:30 regular Bingo starts 1pm

Ticket at Door price \$100 including 12up booklet, includes specials

Concession, door prizes, 50/50 draw

Matt 250.202.6924 or Carla Matilpi 250.204.6442

Thank you for your support to Wewaikai Elders and WWK Youth



46

30

# BINGO NIGHT



48

**FULL ENTERTAINMENT-GAMES - FUN  
- DOOR PRIZES-CONCESSION-50/50**

**SATURDAY, FEBRUARY 21, 2026**

**DOORS OPEN: 4:30 STARTS 6PM**

**\$ 100 PACKAGE-12 UP**

48

**QUINSAM HALL**

21



**\$40**



**BURGERS**

**&**

**BEVERAGE**

for a good cause

FEBRUARY 23RD • MONDAY

3 PM TO 9 PM

BEACH FIRE BREWING

594 1TH AVE CAMPBELL

RIVER

Fundraiser for Youth Soccer team Little Shooters,  
for more details contact Coral Duncan

[coralduncan@telus.nett](mailto:coralduncan@telus.nett)



**TAKE-OUT  
OPTION  
AVAILABLE! CALL  
250 914-3473**



Wilson Memorial Potlatch  
hosted by

Chief Sisaxolas

James Wilson Jr & Jason  
Wilson

Date: March 7, 2026

Time: 10 am

Kwanwatsi Big House in  
Campbell River

**Ligwiltach Elder's & Youth Culture Group**

**Blanket Making**

Reminder: Blanket Making on Thursday at 6:30 pm

Quinsam Hall

