

WE WAI KAI NATION



Band Information

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Tales from the Vault - Siwidi & The Journey Below

Elders & Youth

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Youth & Elders Calendars
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Indigenous Youth Fair - March 27
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FN Boot Camp - Wildfire Training
LKT Events
Request for Sockeye Salmon
Home For Sale at Quinsam

FEBRUARY 25, 2026

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

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.


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

 www.dicc.ca



LIĆWILDAĀW RESEARCH CENTRE

One day, Siwidi was playing along the beach with a goat-catcher made of grass. He watched the water and caught several bullheads as they swam by. After a time, a very small bullhead appeared. It was especially beautiful, with many colours. Siwidi tried for a long while to catch it. At last, the fish placed its head through the noose. When Siwidi pulled, the bullhead grew suddenly enormous, leapt from the water, and swallowed him.

Inside the fish, Siwidi found himself in another place. It was like a country beneath the sea, with grass and trees, and many beings who appeared as fish in human form. As he travelled through this place, he was shown many things and told about what he saw.

At one point, he came upon a giant who looked as though he were made of clotted blood. Those guiding Siwidi warned him, "Do not look at him. Do not look at him too much." This being was known as kla-an, an awful one, said to poison clams and mussels at certain times of the year, when the water turned red.

Siwidi was also taken deeper still, to the bottom of the sea. There, in the undersea world of Kumuḡwe, also known as Kumuḡwe, he was allowed to see many powerful beings. After a long time, when he had seen all that he was meant to see, he was returned to the surface and set ashore. The bullhead skin he had worn beneath the water was removed when he reached land.

When Siwidi came back among his people, they asked him if he had seen the King of the Sea. He answered only, "I do not know. I saw many beings, and they all appeared wealthy and great."

Siwidi did not return unchanged. For a time, he passed through difficult trials before he could fully resume the life of an ordinary person. In the end, his father came to rejoice in him. Siwidi grew into someone respected and powerful in his own way, carrying with him what he had seen below, even if much of it was never spoken aloud.

This story is remembered as the beginning of what later became known as the bullhead dance, first brought out during a red bark ceremony, when Siwidi appeared to approach across the water as though walking upon it, carried by the bullhead itself. From that time on, he was known by the name Nalanukwəmgi'lakw, From the Deepest.

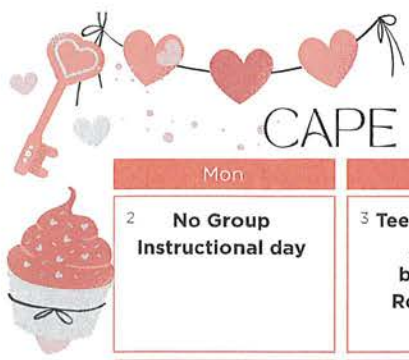
WWK Elder's (65+) Elk Meat

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



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.



MARCH 2026 Cape Mudge Teen/Youth



Mon	Tue	Wed	Thu	Fri
² Training no group	³ Training no Group	⁴ Teens 4-6 Chinees New Year Lantern making	⁵ No Group	⁶ No Group
⁹ No Group	¹⁰ Youth/Teen 2:45-5:30 Garden Prep	¹¹ Teen group 4-6 Gym obstical course	¹² Youth/Teen 2:45-5:30 with Keltie Garden starts	¹³ Youth/Teen 2:45-5:30 Open Art
¹⁶ Teen group 4-6 Shamrock shakes	¹⁷ Youth/Teen St Patrick's day Party 2:45-5:30	¹⁸ Teen group 4-6 Seed Prep	¹⁹ Youth/Teen 2:45-5:30 NEW Flow painting technique	²⁰ Youth/Teen 2:45-6:00 Pizza night
²³ Hike the spit group 2-5	²⁴ Wave Pool Courtney leave 9:30 am	²⁵ Game day on Quadra 2-5	²⁶ Language nature walk Quinasm 1-5	²⁷ LKT Roots Rising Youth 9+ 1-5 youth/ 5-8 Community dinner & concert
³⁰ Spa Group 1:00-5:00 Self Care /Spa day	³¹ teens 11+only indoor skate park Courtney	April 1 TBA	April 2 TBA	April 3 Good Friday Closed

Notes

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

Information

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





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

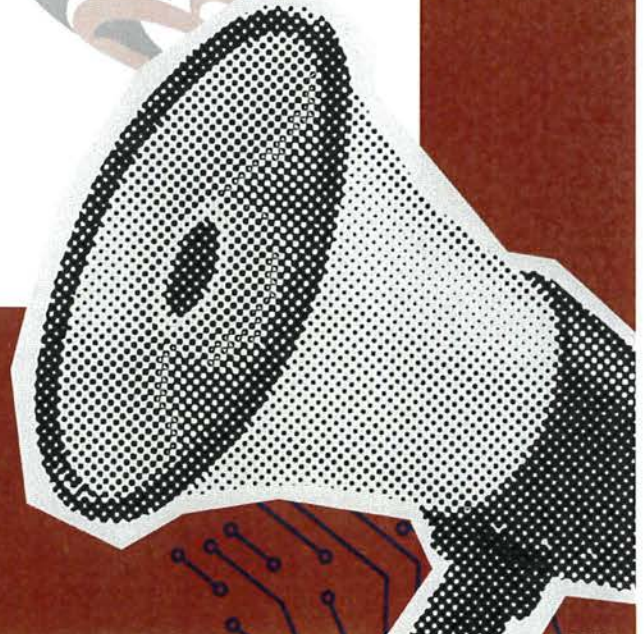
CONTACT (250) 202-6532 FOR SIGN-UP (ALL HIGHLIGHTED)

**IMPORTANT
ANNOUNCEMENT
CAPE ELDERS**

**All Cape Elders will
direct inquiries &
support requests to
Payton Berg until
further notice.**

gilakas'la

250-202-3222



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

Contact Payton for questions 250-202-3222

March

Cape Elders

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Payton Training No Program	3 Payton Training No Program	4 Shopping/Appts Town 10:00-2:30	5 Shopping/Appts Town 10:00-2:30	6 Rebecca Spit Walk 10:00-12:00	7
8	9 Office 8:30-4:30	10 Tech Support Help 1:00-3:00	11 Shopping/Appts Town 10:00-2:30	12 Shopping/Appts Town 10:00-2:30	13 Rebecca Spit Walk 10:00-12:00	14
15	16 Office 8:30-4:30	17 Shopping/Appts Town 10:00-2:30	18 Tidemark Theatre Relive the Music 50s, 60s +70s Limited space *	19 Shopping/Appts Town 10:00-2:30	20 Bingo Luncheon 12:00-3:00	21 Tidemark Theatre The Doobie Brothers Limited space *
22	23 Shopping/Appts Town 10:00-2:30	24 Prep for Luncheon No Program	25 Island Wide Luncheon @T-Bird Hall	26 Canning Workshop Times TBA	27 Canning Workshop Times TBA	28
29	30 Costco Day	31 Shopping/Appts Town 10:00-2:30				



QUINSAM YOUTH/TEEN GROUP

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	YOUTH GROUP 2:30PM-5:00PM BANNOCK MAKING	YOUTH GROUP 2:30PM-5:00PM getting Good sleep with LKT'S CHR jocelyn	YOUTH GROUP 2:30PM-5:30PM TEAM GAMES	YOUTH GROUP 2:30PM-5:30PM CLAY POTTERY CANOE MAKING	YOUTH GROUP 2:30PM-5:30PM GLOW PARTY!	7
8	YOUTH GROUP 2:30PM-5:30PM MAN TRACKER!	YOUTH GROUP 2:30PM-5:30PM LAHAL with LKT'S CHR jocelyn	YOUTH GROUP 2:30PM-5:30PM MINI BUTTON BLANKET MAKING	YOUTH GROUP 2:30PM-5:30PM NATURE BINGO WIN A PRIZE!	YOUTH GROUP 2:30PM-5:30PM TEEN NIGHT ESCAPE ROOM	14
15	YOUTH GROUP 2:30PM-5:30PM volleyball	YOUTH GROUP 2:30PM-5:30PM OUTDOOR ADVENTURE!	YOUTH GROUP 2:30PM-5:30PM ICE SKATING	YOUTH GROUP 2:30PM-5:30PM NATURE BINGO WIN A PRIZE!	YOUTH GROUP 2:30PM-5:30PM MAKE/ DECORATE YOUR OWN CAKE!!	21
22	YOUTH GROUP 12:00PM-5:00PM BEACH AND LANGUAGE SCAVENGAR HUNT	YOUTH GROUP TIME TBD! COURTNEY WAVE POOL AGE 7+	YOUTH GROUP 12:00PM-5:00PM YOUTH AND FAMILY GAME DAY!	YOUTH GROUP 12:00PM-5:00PM TRADITIONAL LANDS WALK	NO REGULAR GROUP LKT HEALTH FAIR! YOUTH ATTENDANCE IS ENCOURAGED!	28
29	SPA GROUP! 12:00PM-5:00PM SELF CARE/SPA DAY!	SPORTS GROUP! 12:00PM-5:00PM DISC GOLF & INDOOR SKATEPARK				

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

February Quinsam Elders

Katrina cell
250-201-7732 **2026**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Katrina TRAINING	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 FAMILY DAY OFFICE CLOSED	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 KATRINA AWAY
23 KATRINA AWAY 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 Elders March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Training 2	Training 3	Shopping & Appointments 8:30am-4:30pm 4	Costco Trip 10am-2pm 5	Shopping & Appointments 8:30am-4:30pm 6	7
8	Shopping & Appointments 8:30am-4:30pm 9	Shopping & Appointments 8:30am-4:30pm 10	Tech Support 9am - 3pm Call to Book 11	Selfcare Day Quinsam Hall 11:30am-1:30pm 12	Strathcona Gardens Leisure Swim Hot Tub & Steam Room 10:30am-2pm 13	14
15	Shopping & Appointments 8:30am-4:30pm 16	Shopping & Appointments 8:30am-4:30pm 17	Tidemark Show Registered Elders 18	Bingo Quinsam Boardroom 11:30 -2 Zipgames 19	Shopping & Appointments 8:30am-12:00pm 20	Tidemark Show Registered Elders 21
22	Shopping & Appointments 8:30am-4:30pm 23	Prep Elders Wide Lunch 24	Island Wide Luncheon T Bird 12 pm 25	Canning over at Cape 26	Canning over at Cape 27	28
29	Shopping & Appointments 8:30am-4:30pm 30	Shopping & Appointments 8:30am-4:30pm 31				

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

WVW 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 17th - 20th**

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

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

Returning Home on Saturday March 21

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





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 19th, 24th & 26th
6:30pm - 8:00 pm





WEST COAST MUSCLE & FITNESS **16+**

LEARN 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 24TH, 26TH & MARCH 3RD
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



WEEK 1

WEDNESDAY MARCH 25TH

12:00pm-5:00pm **Game Day at Quinsam Hall**
A fun-filled day of games, laughs, and friendly competition! Youth will enjoy board games, laser tag, sports & more

THURSDAY MARCH 26TH

Nature Walk with ǵáǵúǵamas 12:00pm-5:00pm
Nature walk where youth will explore the land while learning Kwakwaka words and cultural teachings, connecting with nature, language, and community



FRIDAY MARCH 27TH

1:00pm-7:00pm **LKT Health Fair**
LKT is putting on a Health Fair from 1:00pm - 7:00pm all community members welcome. no regular youth group.



SPRING BREAK HOURS 12:00PM - 5:00PM

Contact 250-202-6532

BOOK YOUR SPOT TODAY

WEEK 1

MONDAY MARCH 23RD 12:00pm-5:00pm

Beach Language Scavenger Hunt
Join us for a fun beach adventure where we'll explore nature while learning language!

TUESDAY MARCH 24TH (AGE 8+)

Courtenay Wave Pool Day 10:00am - 3:00pm
Get ready for a fun day at the wave pool! Youth will enjoy swimming, playing in the waves, and spending time together



EASTER FRIDAY

Join us for a pancake breakfast followed by our annual Easter Egg Hunt on the Quinsam Field at 10:00am sharp.
A fun morning for youth and families to celebrate together!



8:30am - Pancake Breakfast



Quinsam Hall



10:00am - Easter egg hunt



Quinsam Field

WEEK 2



MONDAY MARCH 30TH

Self-Care Day 12:00pm-5:00pm

A fun and relaxing day with henna, self-care activities, and a positive space for youth to unwind, connect, and enjoy some pampering.

TUESDAY MARCH 31ST

12:00pm-5:00pm

Adventure Day

A fun day of disc golf and checking out the Courtenay indoor skatepark, where the youth can try new things, hang out, and have a great time together.



WEEK 2 CONT.

WEDNESDAY APRIL 1ST (AGE 10+)

Creative Literacy Day

Youth will make cedar bookmarks with Ken & Gina from Cedar Spirit Creations and create magazine collages, and take part in fun literacy-based activities



THURSDAY APRIL 2ND (AGE 10+)

Forward Harbour Boat Excursion

The We Wai Kai Guardians &

Treaty taking the youth

on a guided boat trip to Forward Harbour to learn about the land and share their ideas and visions for its future in a meaningful and engaging way.



QUINNSAM YOUTH GROUP

Spring Break

Contact 250-202-6532 for sign-up

Hosted by
LKT Health

ROOTS

MARCH 27TH
QUINSAM HALL

1:00-8:00PM

& RISING

INDIGENOUS YOUTH FAIR

9 YR.+

FEATURING

HK - Kesugwilakw & LOCA

Plus Twirling Wind & Peyokaskan Wellness Collective

COMMUNITY
DINNER

&
CONCERT

YOUTH ACCESS-ALL DAY
COMMUNITY ENTRY 5PM



WORKSHOPS

Weaving 1-5PM

Beading

Jam Making

BBQ Fish

Ocean Cleanse

Form Lines

Bannock Making

ACTIVITIES 1-5PM

Haircuts by DJ - @deejblendz

Nail Art Creations

Story Beyond Stigma by Kecia

Stained Glass & Dream Catchers

INFO & SUPPORT 1-5pm

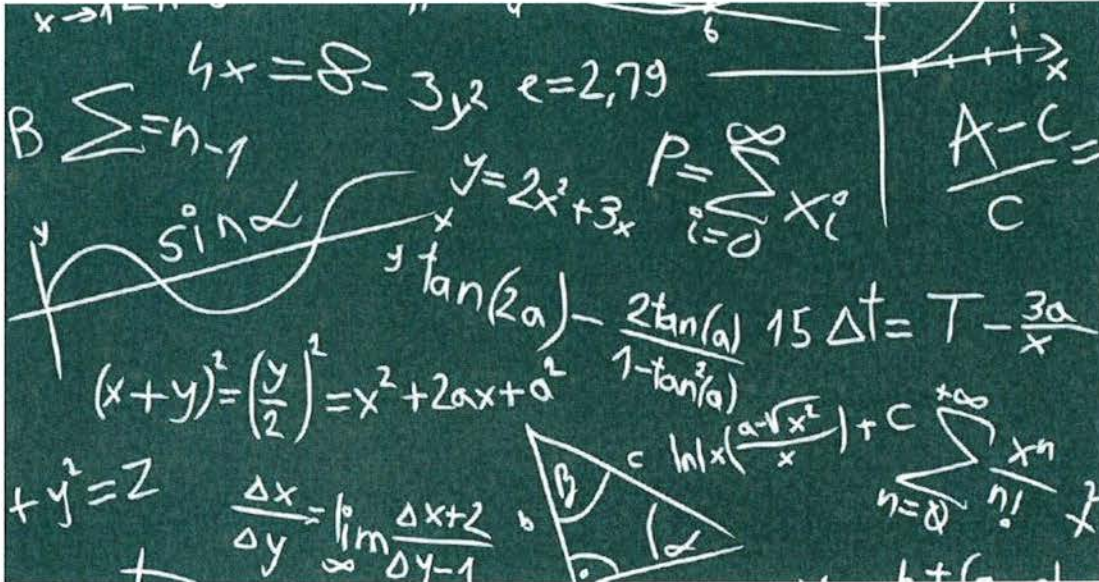
AVI, NIC,

VIU, Foundry

LKT Health

FNHA, LFLS

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 12th. 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.

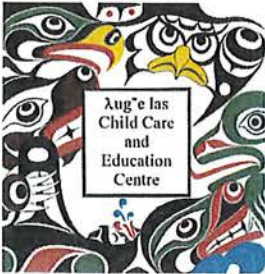
I will be keeping a window open for better ventilation, so bring a sweater or jacket if it's a chilly day, and please stay home if you are ill or have been in close contact with someone who has flu or coronavirus.

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^welas 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^wala/K^wak^wala speaker/learner and want to participate in any way, please reach out.

Ĝilakasía

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

Wewaikai Elders & WWK Youth Big Bingo Fundraising



Where- Quinsam Hall, February 28th, April 4th, June 27th

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





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

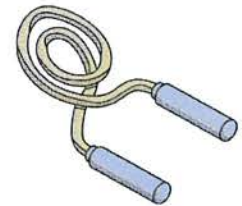
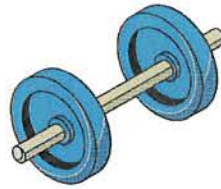
Ligwiltach Elder's & Youth Culture Group

Blanket Making

Reminder: Blanket Making on Thursday at 6:30 pm

Quinsam Hall





BEGINNER CLASS
**ONE MORE
REP
WORKOUT**

WITH ANDREA ALFRED

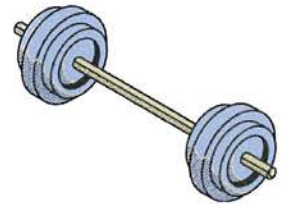
Time: 5:00pm - 6:00pm

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

First Nations BOOT CAMP

provided in
partnership:

LILWAT NATION &
BC WILDFIRE SERVICE

Watch FNBC
in action!



March 27 - April 2

2026



CONTACT LILWAT EMPLOYMENT AND
TRAINING TO APPLY BEFORE MARCH 18TH

LEAT@LILWAT.CA | 604-894-2300



APPLICANTS MUST BE AT LEAST 19 YEARS OF AGE, INDIGENOUS, AND UNDER-EMPLOYED

FITNESS CLASS

with Andrea Alfred

FEBRUARY Classes

Every WEDNESDAY

7:00 - 8:00 PM

Thunderbird Hall



Everyone Welcome!

Whether you're just starting out or more experienced, this class lets you move at your own pace and adjust the intensity to what feels right for you.



Confidential & Free

HIV Testing



Take Home Kits Available. Just Test. Just Know.



Gift Card with each Test Kit
Connect with a LKT Health Nurse for more info



yəyağasola

(fellow 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 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 1st - 6th, 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, 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

WHOLE SOCKEYE SALMON NEEDED



We are seeking communities help to supply 24 whole fish for a youth workshop to learn to clean and put on a stick to BBQ.

If you have 1 or 2 or 5 fish you can donate please contact
Dianna Smith at 250-286-9766

PICK-UP IS AVAILABLE OR YOU CAN DROP OFF AT LKT
HEALTH BEFORE MARCH 15TH, 2026

PLEASE TAKE A LOOK IN YOUR FREEZER AND SEE IF YOU CAN SPARE A FEW FISH!

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

