

WE WAI KAI NATION NEWSLETTER



Nation Information

WWK Nation Membership Meeting - April 11

New Speed Limits Coming

Lands Committee - Expression of Interest

Notice to Cape Mudge Residents - Drone in area April 7 & 8

Status Card Information

Latest Info for Crossing the US Border

Logo Contests - QC Liquor Store & CV Shake & Shingle

QC Shell - Scene + Loyalty Program

Income Tax Preparation for low Income

Elders & Youth

Elder's Halibut Distribution

Youth & Elders Calendars

Youth Activities & Spring Break Activities

Indigenous Youth Fair - March 27

Tutoring at Cape Mudge & Quinsam

Elder's Canning Workshop

Elders Youth Gathering

ADHD Workshop

Events & Other Activities

We Wai Kai Elder's & Youth Big Bingo Fundraiser

Ligwiltach Elder's & Youth Culture Group - Blanket Making

One More Rep Workout

LKT Events: Pickle Ball & Exercise Class

Home For Sale at Quinsam

Terrion Launches New Cellular Tower in CR - Improved Wireless

Indigenous Digital Filmmaking Program

A Silent Ocean - Virtual Movie Night

Family Dinner & Dance Night

Bears Lair Dream Camps - Youth Entrepreneurship Camp

Grief & Loss Retreat - May 4-8

Interactive Trades Expo 2026

March 25, 2026



**Let's keep our community
safe for everyone.**

NEW SPEED LIMITS COMING!!

keep an eye out for new signs

**Thank you for watching your speed
when driving in our residential
and business areas.**

We Wai Kai Nation

Land Committee

Expression of Interest

The Land Committee is being revitalized, and we are inviting citizens to express their interest in participating.

- We thank past members for their contributions and welcome both returning and new voices.
- This is a great opportunity to help guide decisions about our lands and contribute to the ongoing update of our Land Use Plan.
- The Land Committee supports Council and the Lands Department by providing input on land-related matters, including land use plans, policies, and laws. It helps ensure that citizen perspectives and community priorities are shared with Council and considered in planning and decision-making.
- We are looking for members who can commit to attending at least one Committee meeting each month (honorarium provided). No formal experience required, though preference may be given to those with education or experience in business, economics, lands, resources, or committee work. Above all, what matters most is a genuine interest in our lands and a willingness to get involved.

If you're interested, please send us a brief note about yourself, why you'd like to join, and any relevant skills or experience. Submit your expression of interest to:

jonathan.mearns@wewaikai.com DEADLINE: March 27, 2026



CAPE MUDGE RESIDENTS



On April 7th and 8th, don't be alarmed if you hear buzzing overhead and see a drone taking photos!

Researchers will work with We Wai Kai to use a drone to capture the current shoreline condition and better understand coastal erosion on the Cape. They will be taking images of the beach, rip-rap, and sea walls, including both photographs and LiDAR imagery, which is like radar but with light instead of radio waves. The drone team and We Wai Kai Guardians will be on the Cape to help manage and coordinate the flights throughout the day.

STATUS CARD DAYS

THURSDAYS & FRIDAYS

8:30-12

1:00 - 4:30

BY APPOINTMENT

SCIS CARDS (10 YR CARD)

**I RECEIVED SOME NEW EQUIPMENT FROM ISC THAT
ALLOWS ME TO PROCESS SCIS CARDS ELECTRONICALLY**

PRICES:

WWK NATION MEMBERS - \$5

OTHER NATIONS:

SCIS - \$25

LAMINATE CARDS - \$30

CIS STATUS CARD RENEWALS

SCIS APPLICATIONS

REGISTRATION

Contact Gail :

250-914-1890

Email:

membership@wewaikai.com

**REGISTRATION OF:
MARRIAGES, DIVORCES,
DEATHS**

501-2025 Eagle Drive

Quinsam Crossing Liquor Store Logo Contest

Eligibility

The Contest is open to current We Wai Kai members and their descendants.

Please read the rules and guidelines carefully.

Submission Guidelines and How to Enter

1. It starts on March 30th, 2026 and closes on April 30th, 2026 at 4:30pm. Late submissions will not be considered.
2. All entries must be submitted electronically to Economic Development simone.lamont@wewaikai.com. Submissions must include the full name of the person who designed the logo, name, email address, postal address, telephone number.
3. Contestants may submit ONE original entry.
4. Each entry should be submitted in TWO formats; one in colour and one in black and white/greyscale.
5. The logo should not carry the name of the artist. The design of the logo must be original.
6. Entries are welcome from artists who have already created previous WWK logos.

Logo Design and Guidelines and Parameters

This contest aims to design a logo to be used by the Quinsam Crossing Liquor Store, that is owned by the We Wai Nation, for all promotional purposes in the future.

The logo's design should have the We Wai Kai artistic style. It should deliver the impression of Professionalism, Ingenuity, Collaboration, and Efficiency. **This logo will be the visual representation of the campground.**

The logo must be appropriate for a liquor store and include "Quinsam Crossing Liquor Store" in its design.

Entries must be submitted as JPEG files. The winning entry must later be submitted in scalable vector graphic format for quality reproduction purposes. The colour must be CMYK, though the logo may also be produced in black and white. Contestants are advised to avoid gradients and half-tones. The logo must be easy to use, handle, resize, and manipulate for all reproduction purposes. In addition, it should be visually appealing on both small (as small as 2cm x 2cm) and large scales.

Intellectual Property

1. The designer is responsible for proving its authenticity, should any complaints arise due to similarities, likeness, or comparison.
2. WWK Nation reserves the right to disqualify any entry based on perceived violations of intellectual property rights.
3. WWK Nation reserves the right to use the winning submission for promotional purposes in the future, including, but not limited to, display on websites, business cards, letterhead, posters, and other materials.
4. If winner is determined to have violated any rules, they will be required to forfeit or return the prize, even if the determination is made after the prize has been awarded.

Determination of Winner and Prize

1. The winning entry will be selected by WWK Chief and Council. Their decision will be final, and no further correspondence shall be entered into.
2. Entries will be judged on their visual appeal, adherence to the concept prompting the contest, quality of design, and ease of reproduction for purposes stated above.
3. **The prize for winning entry is \$1500**
4. The winner will be notified via email and announced on the WWK Nation website and Facebook page (www.facebook.com/wewaikaifirstnation/).

If you have any questions about the rules and guidelines, please email Simone at simone.lamont@wewaikai.com

GOOD LUCK!!

Comox Valley Shake and Shingle Logo Contest

Eligibility

The Contest is open to current We Wai Kai members and their descendants.

Please read the rules and guidelines carefully.

Submission Guidelines and How to Enter

1. It starts on March 30th, 2026 and closes on April 30th, 2026 at 4:30pm. Late submissions will not be considered.
2. All entries must be submitted electronically to Economic Development simone.lamont@wewaikai.com. Submissions must include the full name of the person who designed the logo, name, email address, postal address, telephone number.
3. Contestants may submit ONE original entry.
4. Each entry should be submitted in TWO formats; one in colour and one in black and white/greyscale.
5. The logo should not carry the name of the artist. The design of the logo must be original.
6. Entries are welcome from artists who have already created previous WWK logos.

Logo Design and Guidelines and Parameters

This contest aims to design a logo to be used by Comox Valley Shake and Shingle, that is owned by the We Wai Nation, for all promotional purposes in the future.

The logo's design should have the We Wai Kai artistic style. It should deliver the impression of Professionalism, Ingenuity, Collaboration, and Efficiency. **This logo will be the visual representation of the shake and shingle mill.**

The logo must be appropriate for a shake and shingle mill and include "Comox Valley Shake and Shingle" in its design.

Entries must be submitted as JPEG files. The winning entry must later be submitted in scalable vector graphic format for quality reproduction purposes. The colour must be CMYK, though the logo may also be produced in black and white. Contestants are advised to avoid gradients and half-tones. The logo must be easy to use, handle, resize, and manipulate for all reproduction purposes. In addition, it should be visually appealing on both small (as small as 2cm x 2cm) and large scales.

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GOOD LUCK!!

Exciting News!



Shell Canada Mobility and Convenience is joining the Scene+ loyalty program, effective **May 26, 2026!**

To learn more, scan this QR code or visit shell.ca/loyalty



Are you an **AIR MILES® Reward Miles™** member?

Collectors can continue to earn and redeem rewards at Shell through **May 25, 2026.**

Scan this QR code or visit shell.ca/airmiles, to read about transition details.



Thank you for being a valued customer!



FREE INCOME TAX PREPARATION



CNB is pleased to offer **FREE** income tax preparation services to 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 other provincial tax credits that may become available to you during the year. Filing your tax return ensures that you receive all cash payments and benefits that are available to yourself and your family.

Please note that the CRA has updated the authorization process, if you are interested in CNB preparing your return it is required that you have an active CRA account online **OR** can provide a Notice of Assessment from a previously filed tax year.

If you have accessed CNB's free service in a previous year it is **NOT** required that you possess an online account.



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

Elders' Halibut Distribution

For A-Tlegay Members

Wei Wai Kum, K'ómoks, Tlowitsis, Kwiakah, We Wai Kai

Date: Wednesday, March 25th

Time: 1:30 PM – 4:30 PM

Location: A-Tlegay Office

If you are unable to pick up your halibut on this date, additional distribution dates will be scheduled soon.

Household or Elders' worker pick-up only.

Questions?

Please contact Ashley at 250-287-8868

or email: reception@a-tlegay.ca

MARCH 2026 Cape Mudge Teen/Youth



Mon	Tue	Wed	Thu	Fri
² Training no group	³ Training no Group	⁴ Teens 4-6 Chinese 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 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)

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				

Call Payton at 250-202-3222 for more information

April Cape Mudge Elders 2026

Monday	Tuesday	Wednesday	Thursday	Friday
6 HOLIDAY NO PROGRAMS	7 Shopping/Appointments 8:30-4:30	8 Easter lunch & Social Group W/ Keltie 1:00-3:00	9 Shopping/Appointments 8:30-4:30	10 HOLIDAY NO PROGRAMS
13 PAYTON OFF Training	14 PAYTON OFF Training	15 Shopping/Appointments 8:30-4:30	16 Shopping/Appointments 8:30-2:30 Cape Museum 2:30-4:30	17 Shopping/Appointments 8:30-4:30
20 Office Day 8:30-4:30	21 Bingo & Lunch 12:00 - 3:00	22 Strathcona Gardens 9:30 FERRY HotTub/Sauna Registered Elders & Youth/Elders gathering @ Phoenix middle school	23 Shopping/Appointments 8:30-4:30	24 Shopping/Appointments 8:30-4:30
27 Shopping/Appointments 8:30-4:30	28 Shopping/Appointments 8:30-4:30	29 COSTCO WHOLESALE 10:00 am ferry	30 Pickling Workshop W/ Keltie 1:00pm - 3:00pm Registered Elders	31 Registered Elders



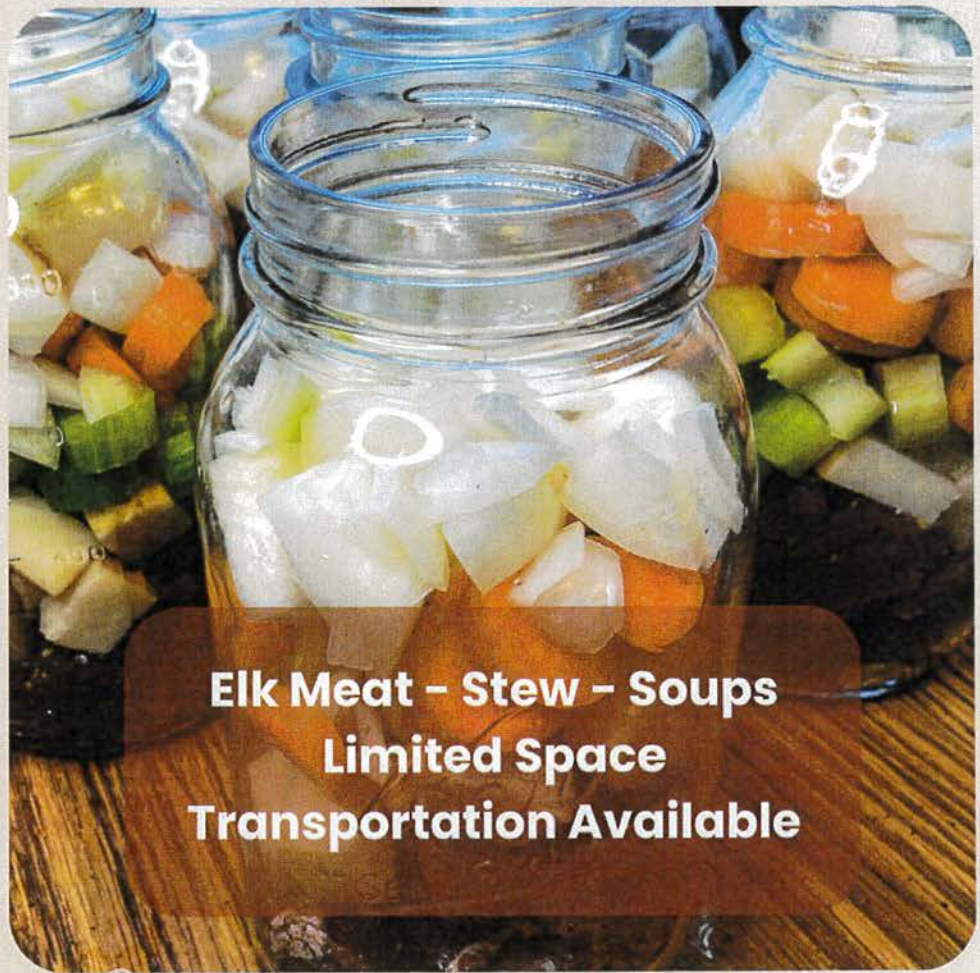
Quinsam Elders March 2026

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				



ELDER'S CANNING WORKSHOP

Cape Mudge March 26 & 27 9:30am



**Elk Meat - Stew - Soups
Limited Space
Transportation Available**

Contact: Michelle 250-202-0097
or Katrina 250-201-7732

QUINSAM ELDERS & CAPE ELDERS

STRATHCONA GARDENS LEISURE SWIM

HOT TUB & STEAM ROOM



QUINSAM ELDERS

10:30am - 2:00pm Friday, March 13th

Katrina 250-201-7732

CAPE ELDERS

12:00pm-2:00pm Wednesday, April 22nd

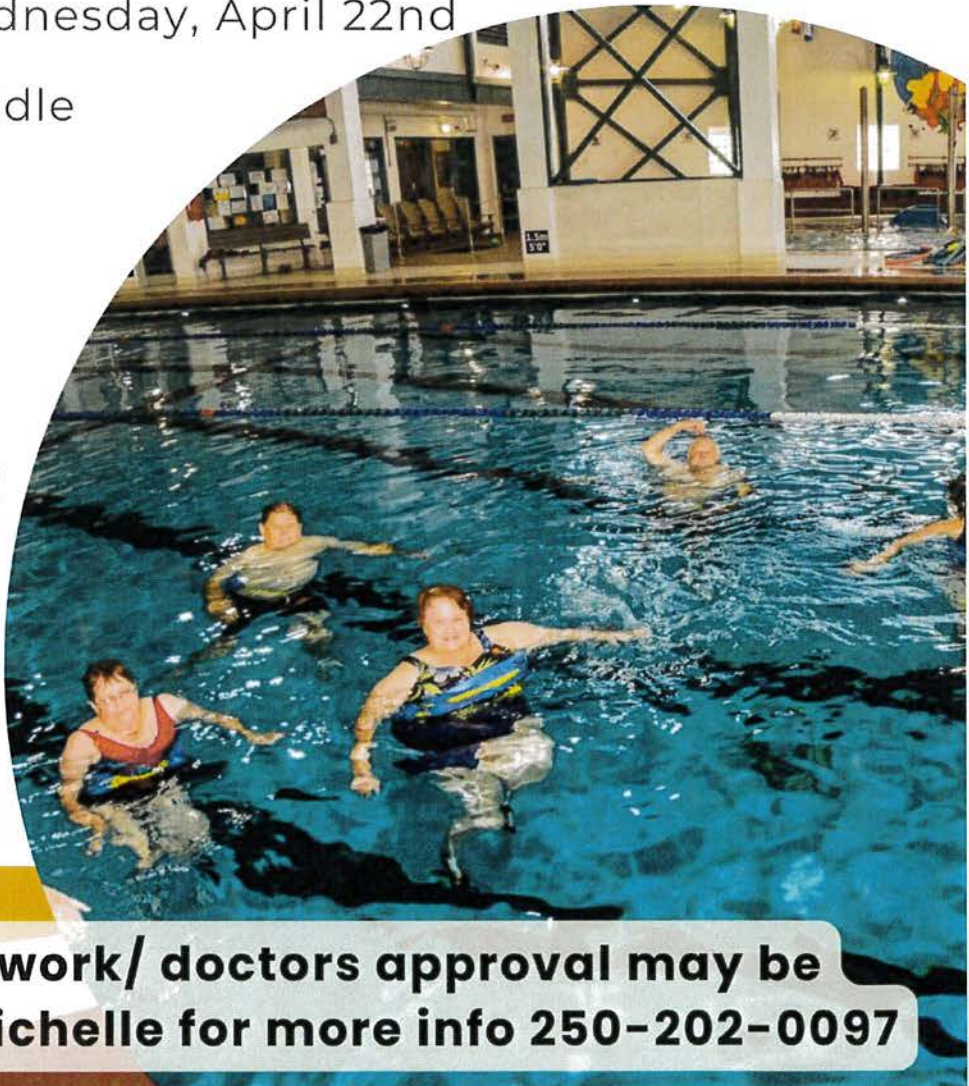
Attending Phoenix middle schools youth/elders gathering beforehand

10:00am-11:30am

9:30 ferry to CR

2:30 ferry Home

Payton 250-202-3222



Additional paperwork/ doctors approval may be required. contact Michelle for more info 250-202-0097



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 *ἡγάυλάμας* 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

Adventure Day 12:00pm-5:00pm

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.

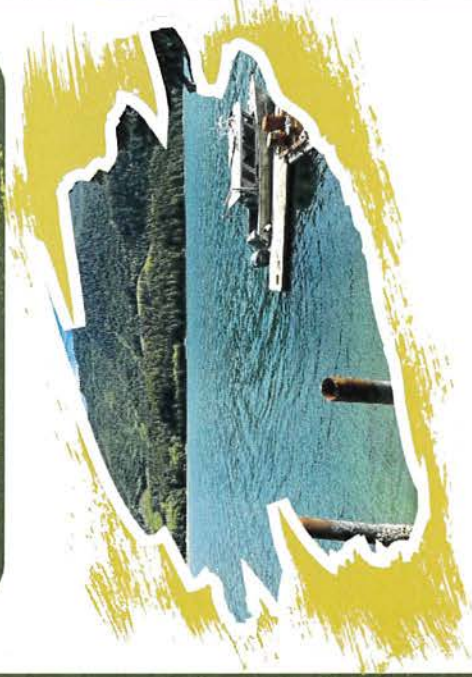


WEEK 2 CONT.

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.



QWINSAM 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



Youth BBQ Fish Day ł'ubək^w

with Doug Assu

12+ years old.

Come learn to clean a fish and put it on a stick

Friday, March 27th
10:00am-2:00pm

Quinsam Hall

**This is part of the
Roots & Rising Youth Fair**

Limited space available
Register with Dianna - call
or text 250-202-4219



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

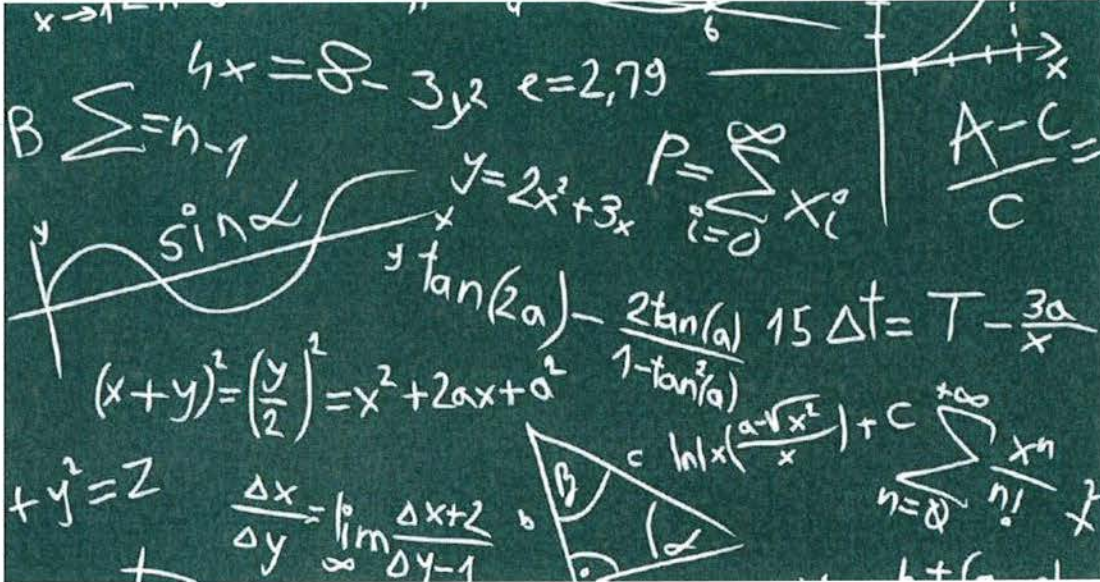


Quinsam Hall
2005 Eagle Drive

MORE INFORMATION
CONTACT MICHELLE DAVIS
250-202-0067



MATH TUTORING AT CAPE MUDGE ON MONDAY AFTERNOONS



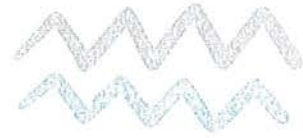
Do you need help with math? Do you wish that your teacher or your textbook made more sense to you? One-on-one tutoring can be really helpful because everyone has different ways of learning, and we can find a way that works for you. Math tutoring is starting again at the band office on Monday starting 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!



Tutoring

Quinsam Band Office

** New Admin Building **

Mondays & Thursdays

With Emma 3:30-5:30

middle /high school students

Tuesdays 3:45-5:45

with Allysha or Audra

elementary students



250-914-1890



Contact Rachel for more info

Elders Youth Gathering

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

When: Wednesday April 22, 2026
10:00-11:30 am

Where: École Phoenix Middle School
in the Gym

Please sign up to attend by April 8, 2026

-
Parking available in the LOWER lot



ADHD Workshop

Saturday April 18/26

Quinsam Boardroom

10am-3pm

**Journey of self-discovery
undiagnosed ADHD while
facing racism, bullying and
childhood traumas.**

**Hear how K'odi overcame and
understands how his brain
works and strategies to
manage challenges.**

**Valuable for Parents
Caregivers, EA's,
Teachers**

Lunch provided



Please register



**RACHEL WEST FOR MORE INFO
250-914-1890**



Wewaikai Elders & WWK Youth Big Bingo Fundraising



Where- Quinsam Hall, February 28th, ~~MAY 2~~, 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

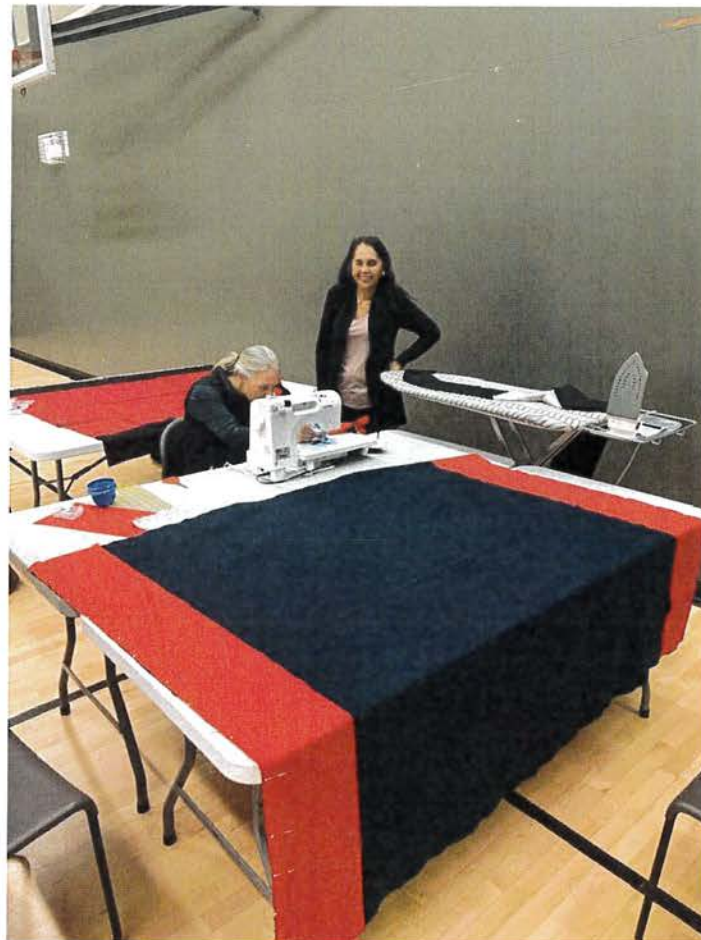


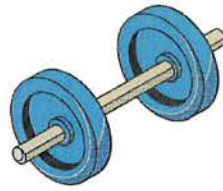
Ligwiltach Elder's & Youth Culture Group

Blanket Making

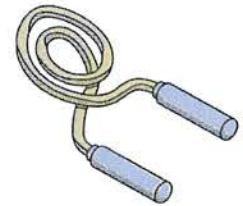
Reminder: Blanket Making on Thursday at 6:30 pm

Quinsam Hall





BEGINNER CLASS
ONE MORE
REP
WORKOUT



WITH ANDREA ALFRED

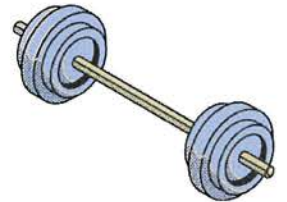
Time: 5:00pm - 6:00pm

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

Pickleball Lessons

with Prestige Pickleball - Coaching and Skills Development, Level II Instructor, Lisa Sawatsky



Beginner Lessons for all skill levels, 16+ yrs. old.

Sunday March 8 & 15 @ 1:00-2:30pm

Sunday April 19 & 26 @ 1:00-2:30pm

Thunderbird Hall

FITNESS CLASS

with Andrea Alfred

MARCH Classes Every THURSDAY

NO CLASS March 12th

March 19 class is **MOVED**
to Monday March 16th

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.

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



Terrion Launches New Cellular Tower, Bringing Improved Wireless Service to Campbell River

Terrion is pleased to announce the completion of a new cell tower providing wireless service to We Wai Kai Nation's community of Quinsam, a portion of Highway 19 and northwestern Campbell River.

Terrion values the strong collaboration built with the We Wai Kai Nation through this and other initiatives. This includes the ongoing operation of a cell site at the We Wai Kai Campsite on Quadra Island built in 2022 that provides critical cellular service to over 40km of waterways in the region. This long-term partnership reflects a shared commitment to expanding connectivity on the Nation's lands and neighbouring communities.

"This new site will enhance coverage and reliability for the We Wai Kai Nation and surrounding areas of Campbell River, supporting both residents and the growing business community of Quinsam Crossing," said Tony Buu, Chief Commercial Officer at Terrion. "Through our investments in Campbell River, we're delivering modern infrastructure that brings lasting benefits to the community."

"The We Wai Kai Nation is proud to partner with Terrion as we want to continue building relationships with telecommunication companies throughout our territory, and bring certainty for customers as this will help with better coverage and be helpful in emergency situations," said Chief Ronnie Chickite.

The site follows a recent investment in a tower in the north end of Campbell River late last year. Terrion is planning further wireless infrastructure upgrades in the Willow Point area of the City in 2026.

About Terrion

Terrion is Canada's largest independent owner, operator, and developer of shared wireless infrastructure, with a growing national portfolio of multitenant real estate assets that supports the country's expanding connectivity needs.

<https://www.terrion.com/en>

For further information, please reach out to Doug Anastos, Lead - Real Estate & Government Relations, British Columbia: Doug.Anastos@terrion.com

INDIGENOUS DIGITAL FILMMAKING PROGRAM



Learn all aspect of filmmaking
in a state-of-the-art facility

APPLY NOW!

Capilano University Bosa
Centre for Film & Animation

P: 604-990-7904

E: film@capilanou.ca

www.capilanou.ca/idf

A Silent Ocean

VIRTUAL MOVIE NIGHT

6:30pm - 8:30pm PST
Thursday, March 26, 2026

FREE Online Event - Knowledge is Power!

Films

IT'S TIME TO LISTEN, 2020, Hakai Institute (7 min)

STAND, 2018, Anthony Bonello and
Nicolas Teichrob (45 min)

Q&A Panelists

Shane Pollard, Guardian Manager, We Wai Kai Nation

Katarina Duke, Manager of Marine Conservation and
Fisheries, Ka:yu:k't'h' / Che:k'tles7et'h' First Nations

Cory Cliffe, Founder, 7 Generations Stewards Society



Family Dinner & Dance Night

**DANCE THE NIGHT AWAY WITH
5 FEATURED ARTISTS ON STAGE**

All Ages Welcome!

**FEATURING
HK - AKA HIGHER KNOWLEDGE
KESUGWILAKW
LOCA
TWIRLING WIND
&
PEYOKASKAN WELLNESS COLLECTIVE**

HOSTED BY



Liḡwıldax^w Health Society

**March 27, 5:00 PM
Quinsam Hall**



We Wai Kai Nation

Quinsam Hall (2005 Eagle Drive, Campbell River)

Friday May 29 - 5:00 - 8:30pm
Saturday May 30 & Sunday May 31 - 9:30 am- 4:00 pm
Monday June 1 - 5:00 - 8:30 pm
(Graduation Ceremony & Dinner)



REGISTER NOW!

REGISTER TODAY!



Scan the QR Code to register online!

FREE YOUTH ENTREPRENEURSHIP CAMP (INDIGENOUS YOUTH AGES 11-18)

Explore the basics of business, team building, games & more! Learn how to turn your ideas into reality!

EACH YOUTH RECEIVES \$100 MASTERCARD FOR PARTICIPATING • THE WINNING TEAM RECEIVES \$250 EACH!

AT THE COMMUNITY CELEBRATION DINNER JUNE 1!



EMPOWERED BY:



DREAM CAMP INCLUDES:

Dinner - Friday
Breakfast & Lunch - Saturday & Sunday
Graduation Dinner - Monday

Hoodie and other fun Arc'teryx Swag

Team Coaches to help Youth tackle Challenges and develop valuable business, teamwork and life skills such as negotiating, public speaking & budgeting.

Lots of hands-on activities to create a start-up plan and Team Pitch video for YOUR business ideas.

Email: jay.falkus@bearslairtv.com or rowan@bearslairtv.com

**GRIEF & LOSS RETREAT
PAINTERS LODGE
1625 MCDONALD RD
CAMPBELL RIVER BC**

MAY 4TH - 8TH, 2026

We offer invitation to First Nation members 19+ to Join **Yakawidi**, Shawn Decaire and specialized team for this 4.5 day circle to share, support and navigate personal grief and loss journeys .

Clinical, traditional, cultural and elder support provided as well as meals and accommodations.

**TRAVEL COSTS REIMBURSED WITHIN FNHA GUIDELINES
TO APPLY PLEASE SEND APPLICATION FORMS TO INTAKE:**

intake@Lkthealth.ca
250 287-0215



Liḡwıldax^w Health Society



First Nations Health Authority
Health through wellness



Liḡw̓ildaxw Health Society



First Nations Health Authority

Registration Form

Grief and Loss

with Yakawidi Shawn Decaire

May 4th - 8th, 2026

Painters Lodge - 1625 McDonald Road

Campbell River, BC

Meals and accommodations provided (Within FNHA Guidelines)

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

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



**INTERACTIVE
TRADES EXPO
2026**

HELP BUILD BC'S TRADES WORKFORCE

*Today's Students.
Tomorrow's Apprentices.*

WHY PARTICIPATE?

- ✔ Showcase tools & equipment
- ✔ Demo hands-on skills and trades
- ✔ Meet the next generation of apprentices.

GET INVOLVED. INSPIRE YOUTH. BUILD BC.

-  Be a hands-on exhibitor
-  Bring tools, simulators & equipment
-  Connect with youth interested in trades

JOIN THE TRADES EXPO.
SPOTS ARE LIMITED.

Interactive Trades Expo 2026

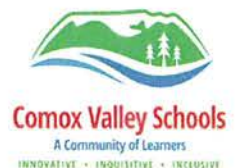
Timberline Secondary
School

Friday, May 01, 2026
10 am to 2 pm

**Register Now To
Be An Exhibitor**

For information, please contact:
Employer Services Coordinator
Serena Gill
Toll free: 1-866-286-6788
Email: serena.gill@niefs.net

Presented in
partnership
with:



WorkBC Centre-Campbell River
920 Alder Street, Campbell River, BC
(T): 250-286-3441
Toll-free: 1-866-286-6788
info-campbellriver@workbc.ca



This program is funded by the Government of Canada
and the Province of British Columbia.