

WE WAI KAI NATION



March 4, 2026

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Seeking Language & Culture Teaching at the Childcare Centre

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Wilson Memorial Potlatch
Ligwiltach Elder's & Youth Culture Group - Blanket Making
One More Rep Workout
FN Boot Camp - Wildfire Training
LKT Events: Pickle Ball & Exercise Class
Request for Sockeye Salmon
Home For Sale at Quinsam

5TH FLOOR OPEN HOUSE

Please join us for:

**BLESSINGS OF POLE,
COUNCIL CHAMBERS
TABLE & ADMIN OFFICE
AND
5TH FLOOR OPEN HOUSE**

Thursday, March 19, 2026

3pm Pole Blessing
located in sports field parking lot

Followed by Blessings for
Council Chambers Table &
We Wai Kai Nation
Administration Office

Open House of 5th Floor



3-6pm 501-2025 Eagle Drive

Spring Information



1. Burn Permits: In accordance with the We Wai Kai Nation Clean Air Bylaw, residents in Quinsam & Cape Mudge are required to obtain a burn permit before burning. Please contact Jonathan Mearns, Director of Lands, Infrastructure & Planning to obtain a permit. *The bylaw is posted to the Members Only area of the website under Lands.*

2. Spring Ahead: March 8, 2026 BC will spring ahead for the last time on March 8, 2026. This change will be permanent & clocks will remain set ahead for the duration of the year after this date.

3. Please Slow Down: As the weather gets nicer & daylight gets longer, children will be outside more often. Please slow down and be careful on our roads.



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



LIČWÍŁDAǰW RESEARCH CENTRE

It's a new year, and we are continuing newsletter updates to share exciting history from the Archives with the communities. Some of you already know these stories well, while for others this may be the first time. It is my pleasure to share V.3 – Ed. 1 of **Tales from the Vault**, which brings forward an old story of Siwidi, remembered and told in different ways.

Siwidi and the Journey Below

*This story draws from early recorded versions of Siwidi's journey, including accounts documented by Edward Curtis in *The North American Indian* (1915) and a later narrative shared by Mrs. Jane Cook of Alert Bay. The story is shared here recognizing that many families and communities carry their own tellings and understandings of Siwidi's story.*



BULLHEAD SEA RAVEN TRANSFORMATION MASK, 1988 - AMERICAN MUSEUM OF NATURAL HISTORY PTC-3845

ǰumugaǰto'yi had a son named Siwidi. As a boy, Siwidi was often thought of as delicate. His father had hoped his son would grow into someone widely admired, and when another young man once saved the people from danger, Siwidi's father felt disappointment more deeply.



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.



ISLAND WIDE ELDER'S LUNCH

Event Details:

Date: Wednesday, March 25

Location: Thunderbird Hall

Doors Open: 10:30 AM

Lunch Served: 12:00 PM

The Weiwaikum and Wewaikai Elders are hosting an island-wide elders' lunch at Thunderbird Hall. Elders, if possible, please consider contributing a door prize.

Ĝilakas'la



Latest information when crossing the Canada-United States border as a person registered under the *Indian Act*



Here's what your community members need to know

Every country or territory decides who can enter or exit through its borders and the Government of Canada cannot intervene on behalf of Canadians who do not meet entry or exit requirements for the United States (U.S.).

Consular officials provide assistance to Canadians detained abroad (including by United States Immigration and Customs Enforcement (commonly referred to as ICE)) in accordance with the [Canadian Consular Services Charter](#).

TIPS before you travel to the United States

Check [Travel advice and advisories for United States](#) for the latest information on safety and security, entry and exit requirements, consulate contact information, and more.

Sign up with the [Registration of Canadians Abroad](#) system to receive important updates.

If you're crossing the Canada-U.S. border for travel purposes with a status card

Registered persons, regardless of where they are born, have the right to enter and remain in Canada. Although any valid version of the status card can be presented to enter Canada, there may be a difference between the requirements to enter Canada and the requirements to enter the U.S.

While in the past you may have been able to enter the U.S. with any valid version of the status card, Indigenous Services Canada (ISC) now strongly recommends carrying a valid passport when you are travelling outside of Canada in addition to your Secure Certificate of Indian Status (SCIS), also known as the secure status card.

If you're already registered under the Indian Act and need your secure status card on an urgent basis, for example, to return to Canada, you can apply at any time, free of charge, and request priority processing. **Acceptance of all status cards is entirely at the discretion of U.S. officials.**

Status cards can't be used to cross the Canada-U.S. border by air.

If you're entering the U.S. to live and work as a registered person

You may be asked to provide documentation to prove the percentage of Indian blood required under U.S. law. For example, they may request a letter from Indigenous Services Canada or your First Nation. Indigenous Services Canada can issue a letter of ancestry confirming registered ancestors, but it does not list a person's blood quantum. You may be asked for more documentation.

[Get, renew or replace a status card](#)

[Crossing the Canada-U.S. border with a status card](#)

[Indigenous travellers](#)



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



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.

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



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

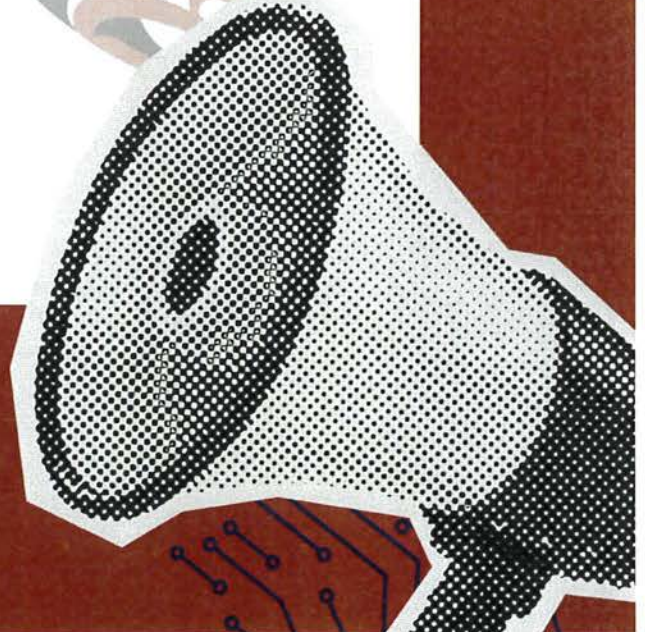
Cape Gym is under
renovation some
programs my be altered
durring this tim.
Thank you for your
patience
and understanding

**IMPORTANT
ANNOUNCEMENT
CAPE ELDERS**

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

gilakas'la

250-202-3222



Contact Payton for questions 250-202-3222

March

Cape Elders

2026

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

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

WVK 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

Returning Home on Saturday March 21

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



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

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

LOCATION

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



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 ǵáǵúlamas 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.

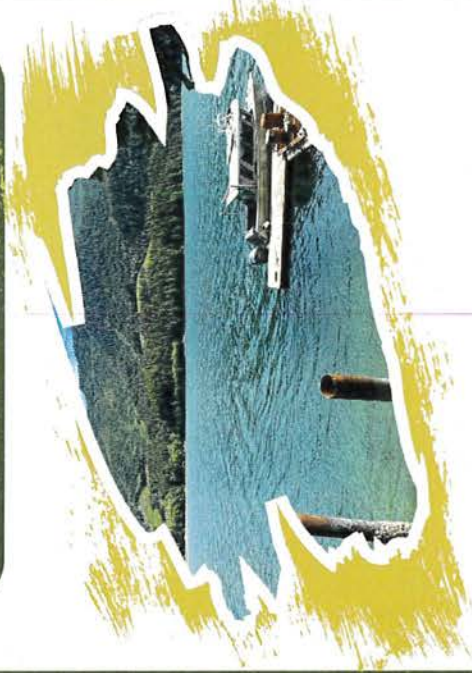


WEEK 2 CONT.

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

MARCH 27TH
QUINSAM HALL
1:00-8:00PM

ROOTS & 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

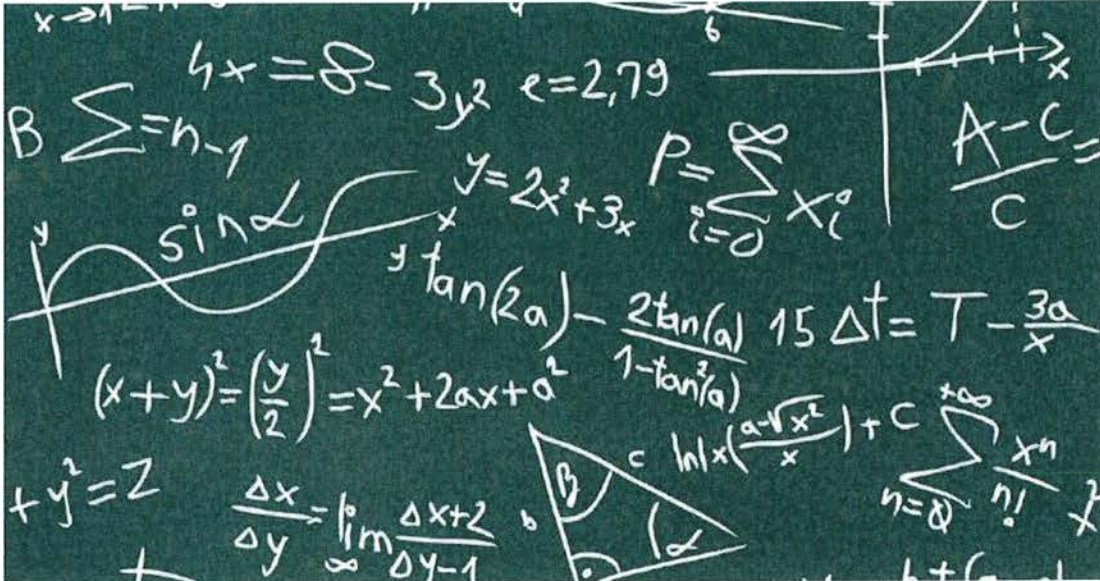
- Weaving 1-5PM
- Beading
- Jam Making
- BBQ Fish
- Ocean Cleanse
- Form Lines
- Bannock Making

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.

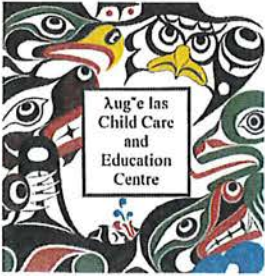
I will be keeping a window open for better ventilation, so bring a sweater or jacket if it's a chilly day, and please stay home if you are ill or have been in close contact with someone who has flu or coronavirus.

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

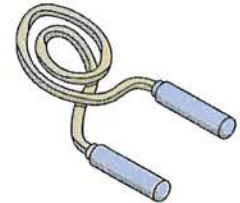
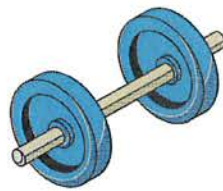
Ligwiltach Elder's & Youth Culture Group

Blanket Making

Reminder: Blanket Making on Thursday at 6:30 pm

Quinsam Hall





BEGINNER CLASS
**ONE MORE
REP
WORKOUT**

WITH ANDREA ALFRED

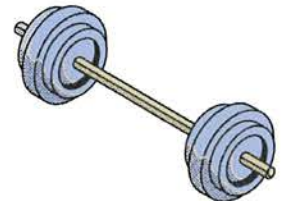
Time: 5:00pm - 6:00pm

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

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

For more info call Diana at 250-222-2700

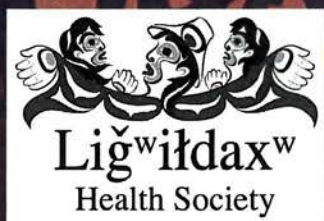
FITNESS CLASS

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.

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

