

WE WAI KAI NATION NEWSLETTER



Nation Information

WWK Nation Membership Meeting - April 11

New Speed Limits Coming

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

Status Card Information

Logo Contests - QC Liquor Store & CV Shake & Shingle

QC Shell - Scene + Loyalty Program

Income Tax Preparation for low Income

Reminder about Community Dumpsters

Elders & Youth

Youth & Elders Calendars

Youth Activities & Spring Break Activities

Community Breakfast & Easter Egg Hunt at Quinsam

Spring Fair Wristbands for WWK Community Youth

Tutoring at Cape Mudge & Quinsam

Elder's Canning Workshop

Elders Youth Gathering

ADHD Workshop

Tales from the Vault - The Gift Canoe

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

Bears Lair Dream Camps - Youth Entrepreneurship Camp

Grief & Loss Retreat - May 4-8

Interactive Trades Expo 2026

We Wai Kai Members Meeting

AT QUINSAM HALL



**Saturday
April 11, 2026**

10:00-1:30

Doors Open at 9:30am

Lunch Provided

WeWaiKai Nation is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

[https://us06web.zoom.us/j/89673175995?
pwd=mqxkleKDpYblm89usMfhrCnyLXSTdJ.1](https://us06web.zoom.us/j/89673175995?pwd=mqxkleKDpYblm89usMfhrCnyLXSTdJ.1)

Meeting ID: 896 7317 5995

Passcode: 390395



**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.**



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.



REMINDER:

COMMUNITY DUMPSTERS
ARE NOT INTENDED
FOR YARD WASTE.
PLEASE FOLLOW THE POSTED
SIGNAGE
FOR WHAT IS AND IS NOT
ALLOWED IN THE BINS.



April 2026



Cape Mudge Youth/Teen Group Margot Assu 250-202-6919

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Group	2 No Group	3 Good Friday No Group	4
5	6 Easter Monday No Group	7 Pro D Drum Workshop Campbell River 2:00-5:30 pleas sign up	8 Garden 3-4 teens 4-6 open gym	9 Group 2:45-5:30 NEW FLOW PAINTING	10 Teens/Youth Quinsam Fair 2:00-6:00	11
12	13 No Group In Training	14 No Group In Training	15 Garden 3-4 Teen 4-6 Pickleball	16 Youth Group with Keltie egg experiment	17 Group 2:40-5:30	18
19	20 Teen 4-6 Open Gym and Art	21 Youth 2:45-5:30 Nature Walk	22 Teen 4-6 Gym-Open games Volleyball	23 Youth 2:45-5:30 Games Marathon	24 Youth/Teen 2:45 - 5:00 Intro to sketching	25
26	27 Teen 4-6 Badminton	28 Youth 2:45-5:30 Rock Painting	29 Garden 3-4 Teen 4-6 Sushi making	30 Airhouse and lunch Naniamo 10:30-5:00 youth room sign up		

My notes

Please sign up for all Highlighted Groups in Yellow or Orange Because the Youth Van will be needing to Transport and space is limited

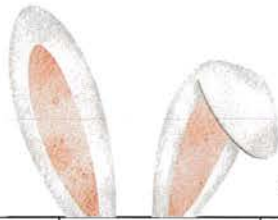
Thank you for your Continued support of this program. If you have any Questions or Suggestions please let me know

Wednesday Gardening is open to all Community. 3-4

Please help support or drop by for a visit



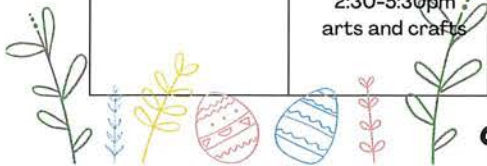
APRIL 2026



QUINSAM YOUTH/TEEN



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Youth Group 12:00pm-5:00pm Creative Literacy Day and cedar bookmark making	2 Youth Group 12:00pm-5:00pm lands tour with the We Wai Kai Treaty society	3 COMMUNITY EASTER EGG HUNT & BREAKFAST NO YOUTH GROUP	4
5	6 EASTER MONDAY NO YOUTH GROUP 	7 Youth Group 12:00pm-5:00pm Manatsi dlu yaxwa (Drum & Dance) with Nalaga	8 Youth Group 2:30-5:30 Beach day	9 Youth Group 2:30-5:30 Rock Painting	10 Youth Group 2:30-5:30 Bowling	11
12	13 Youth Group 2:30-5:30 Lazer Tag	14 Youth Group 2:30-5:30 Health Topic Tuesday	15 Youth Group 2:30-5:30 team Race!	16 Youth Group 2:30-5:30 Teen Night Velocity 6-8pm	17 Youth Group 2:30-5:30 Game day!	18
19	20 Youth Group 2:30-5:30 Lazer Tag	21 Youth Group 2:30-5:30 Health Topic Tuesday	22 Youth Group 2:30-5:30pm BINGO	23 Youth Group 2:30-4:30 Teen Night Escape room 5:00-7:30pm	24 Youth Group 2:30-5:30 Park Trip	25
26	27 Youth Group 2:30-5:30pm arts and crafts	28 Youth Group 2:30-5:30 Health Topic Tuesday	29 Youth Group 2:30-5:30pm Ice Skating	30 Youth Group 2:30-5:30 Teen Night Swimming 6-8pm		



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

April Cape Mudge Elders 2026

Call Payton at 250-202-3222 for more information

Monday	Tuesday	Wednesday	Thursday	Friday
6 HOLIDAY NO PROGRAMS	7 Shopping/Appointments 8:30-4:30	8 Shopping/Appointments 8:30-4:30	9 Cedar Hats Registered Elders Cape 9:00am - 5:00pm	10 PAYTON OFF Training
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 Hottub/Sauna & Youth/Elders gathering @ Phoenix middle school	23 9:30 FERRY Registered Elders	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 HOLIDAY NO PROGRAMS



April

Katrina Elders Worker
250-201-7732

Quinsam Elders

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Costco Trip 10am - 2pm	2 Tech Day Call to Book 10am-2pm	3 Good Friday Office Closed	4	5
6 Easter Monday Office Closed	7 Shopping & Appointments 8:30am - 4:30pm	8 Shopping & Appointments 8:30am - 4:30pm	9 Bingo 11:30am-2:00 Quinsam Boardroom	10 Strathcona Gardens Leisure Swim 10am -1pm Hot Tub & Steam Room	11	12
13 Training All Day	14 Training All Day	15 Shopping & Appointments 8:30am - 4:30pm	16 Selfcare / Luncheon Quinsam Hall 11:30am -2:30pm	17 Shopping & Appointments 8:30am - 4:30pm	18	19
20 Shopping & Appointments 8:30am - 4:30pm	21 Shopping & Appointments 8:30am - 4:30pm	22 Katrina Away Phoenix School Gathering 10am-11:30am	23 Katrina Away	24 Katrina Away	25	26
27 Katrina Away LKT Luncheon 12pm-2pm	28 Katrina Away	29 Shopping & Appointments 8:30am - 4:30pm	30 Shopping & Appointments 8:30am - 4:30pm			

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**



Youth/ Teen
Drum Workshop

When: Pro D Day April 7th

Time: 3:30-4:30

Where: Quinsam Hall

**Snacks will be provided
(Leave Youth room 1 pm)**

**Please contact
Margot Assu at**

250-202-2889 to sign up



* WWK YOUTH JOIN US FOR A *

FUN ART CLASS FLOW PAINTING



WED. APRIL 9TH

2:45-5:30

**YOUTH CENTER CAPE MUDGE @
CAPE MUDGE HALL**

**QUESTIONS CALL/TEXT MARGOT
-250-202-2889**

JIU-JITSU

TRAINING

OPEN TO 14 +

ADULTS OF ALL AGES
ARE ENCOURAGED TO
JOIN.

NO PRIOR EXPERIENCE
NEEDED.

BEGINNERS WELCOME!

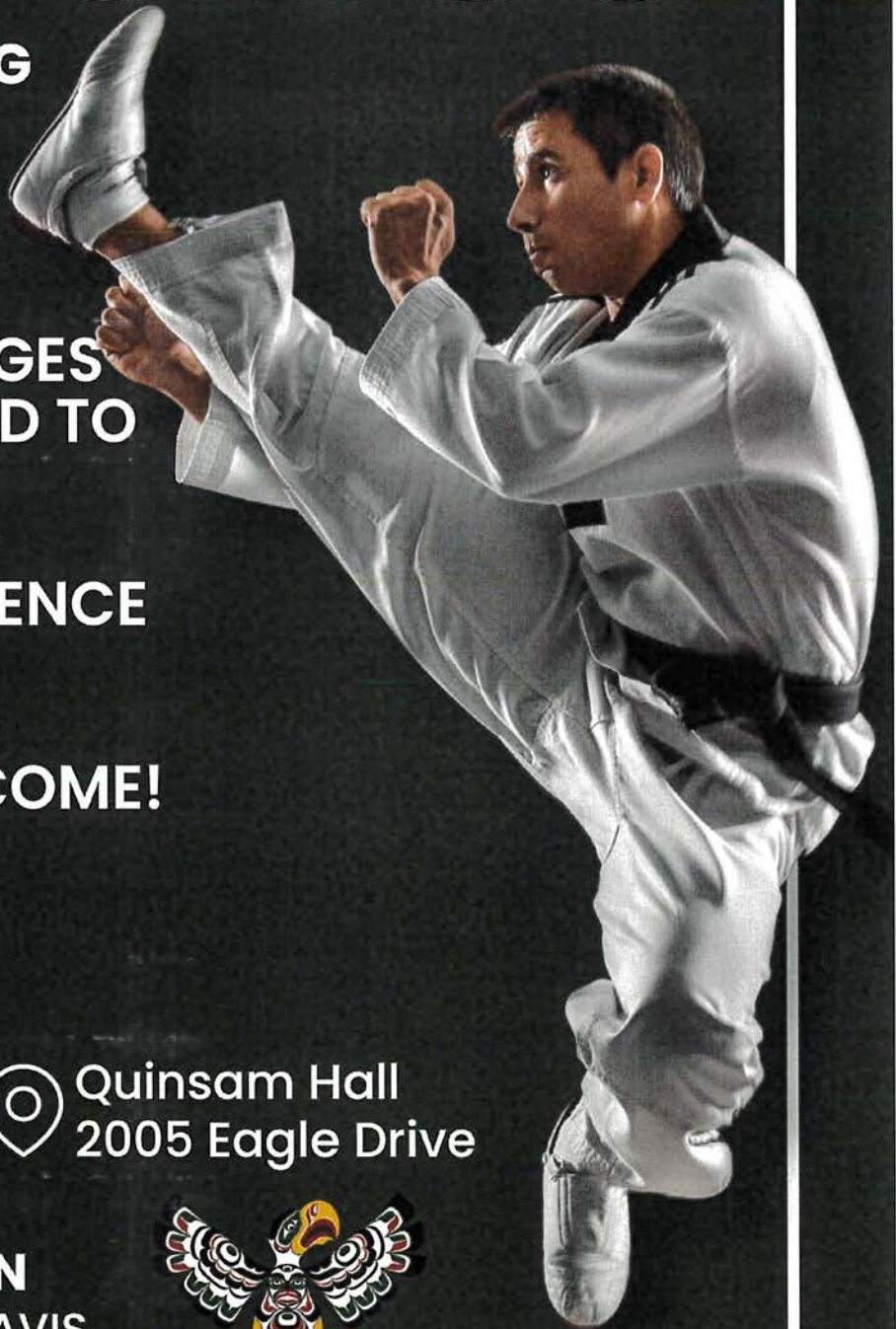
EVERY

WEDS
7-8:30PM



Quinsam Hall
2005 Eagle Drive

MORE INFORMATION
CONTACT MICHELLE DAVIS
250-202-0067



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.

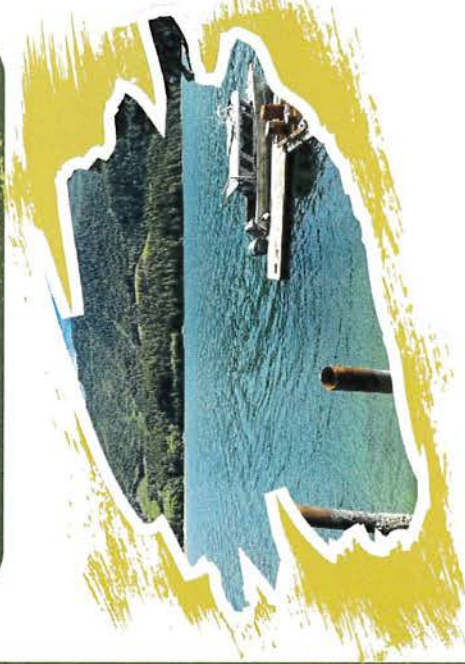


WEEK 2 CONT.

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.



QMINSAM YOUTH GROUP

Spring Break

Contact 250-202-6532 for sign-up



WE WAI KAI NATION

COMMUNITY EASTER EGG HUNT & PANCAKE BREAKFAST!

Join in the fun at our Community Easter Egg Hunt, plus enjoy a tasty
pancake breakfast before the big hunt. We're excited to welcome
everyone!

DATE: April 3rd 2026

TIME:

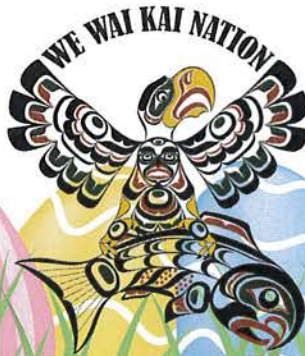
BREAKFAST 9AM-10AM

EGG HUNT 10-11AM

LOCATION: Quinsam

BREAKFAST-HALL

EGG HUNT- SPORTS FIELD





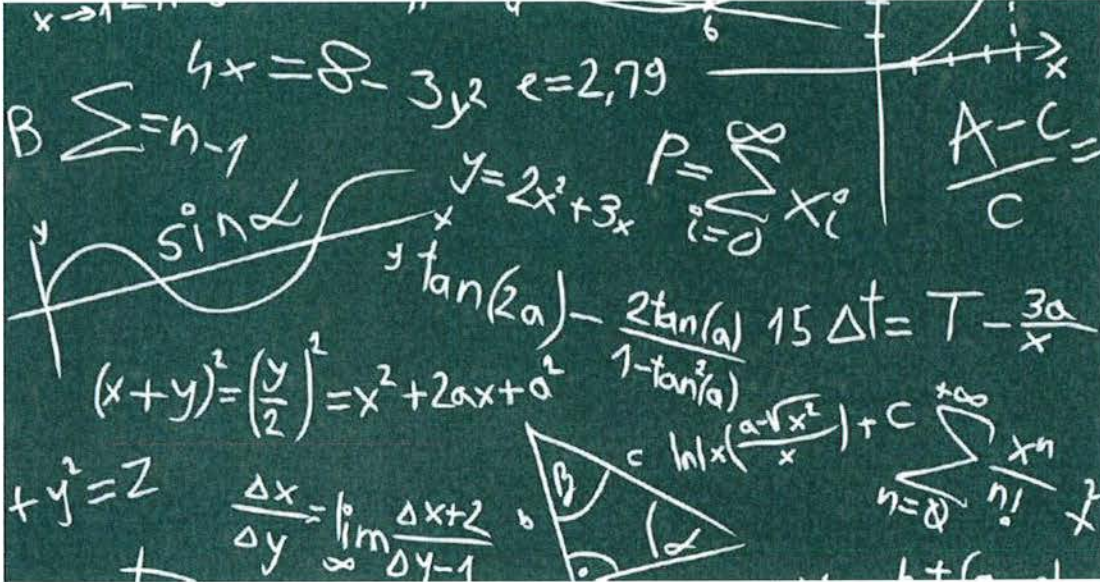
SPRING FAIR WRISTBANDS for WWK Community YOUTH:

To reserve a wristband for your child(ren)/youth (18 & under), please email Gail at reception@wewaikai.com to have their name added to the list. Pick up will be available once we receive the wristbands.

Limited Supply Available

reception@wewaikai.com

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**





Here is the latest newsletter update to share exciting history from the Research Centre archives with the communities. Some of you know all about this story while others may not, so it is my pleasure to introduce Vol. 3, Edition 2, of **Tales from the Vault**:

The Gift Canoe



PADDLING OUT FROM KELSEY BAY. PHOTO BY DUNCAN WILLIAMS, 2025

This account is based on the recollections of Percy Smith of Comox, a settler who witnessed the event. The story has been edited for clarity and updated to center Liḡʷiḡdaḡʷ perspectives.

In earlier times, our families lived together in a large village, where this story took place. The Liḡʷiḡdaḡʷ Chief and his people were preparing to hold a great potlatch. They had gathered supplies from the nearby logging camps, including bales of Hudson's Bay blankets, cases of pilot bread and soda crackers, and barrels of brown sugar for the occasion.

When all was ready, most of the logging crew from the camp were invited to attend on their Sunday off. This was considered an honour, as few outsiders were welcomed into a potlatch. In a festive mood, the men followed the shoreline toward eight or ten large communal houses. The buildings were adorned with totem poles and carvings. Close to two thousand visiting Kwakwaka'wakw people had gathered for the celebration, and their canoes lined the beachfront.

The big house was a large structure of great length and width. Its entrance was remarkable, formed as a huge carving of an eagle's head. To enter, guests stepped into the open beak, which tilted gently under their weight. Inside, seating lined the walls, and at the far end stood a raised wooden platform. A large fire burned in the centre of the earthen floor, with smoke rising through an opening in the roof. Oolichan grease was thrown on the fire, sending flames high, while attendants on the roof watched for sparks and poured water on smouldering boards.

On a slight platform at the front, stood several Elder Chiefs, each carrying an ornamental staff, with which they drummed against the floorboards. They wore blankets adorned with shells and bone ornaments, and headdresses made of skins and quills. As they moved their heads, out floated the down of birds, a symbol of purification and blessing that Percy did not yet understand.



Guests were given small canoe-shaped dishes filled with brown sugar, or, if they preferred, an iron dollar (big silver dollar). Other foods were also offered but visitors preferred the plain biscuits. Many long speeches followed, recognizing relationships, status, and the purpose of the gathering.

A hush fell, and all eyes turned upward to the smoke hole. A fearsome howl ripped through the silence, followed by a figure dropped through the opening who, suspended by a rope, swung clear of the fire and dashed madly among the people. More followed in quick succession. Now the place was in an uproar as people tried to get away from these wild creatures. To the visitors, it appeared chaotic and frightening, but Percy later understood this as part of an initiation ceremony, marking young men as they entered new roles and responsibilities.

When calm returned, the presentation of gifts began. The guest of honour, a Chief from the west coast of Vancouver Island, was called forward first and received many gifts. Other Chiefs followed, each according to their rank.

The highlight of the day came when the host Chief escorted his honoured guest outside, followed by the assembled crowd. On the beach stood a remarkable canoe.

The canoe measured about thirty feet in length and more than seven feet in depth, carved from a single cedar log. Its prow was shaped as an eagle's head, and along its sides were oval openings designed to shield paddlers in times of conflict. It was carefully carved and painted, its size and craftsmanship making a lasting impression on all who saw it. The canoe had been made by northern relatives especially for this potlatch and was presented as a final and significant gift.

Within this system, such a gift carried more than value. It carried law. To receive a canoe like this was to enter into a relationship, one that brought responsibilities that could not be set aside.

The visitors assumed the Chief would take the canoe home. When they were told he would not, they were puzzled. Some of the men pooled their money, raising \$150, and attempted to purchase it. The Chief refused, making it clear that no amount of money would suffice for the canoe.

Later, a large crowd gathered quietly on the beach. The visiting Chief stepped forward and struck the first blow against the canoe. Others joined him, breaking it apart piece by piece and placing it into a large fire.

This act followed protocol. The Chief could not take the canoe home due to the overland route they had taken to arrive. He could not sell it without breaking the law that governed the exchange.

To the logging crew, the act seemed wasteful. But Percy later reflected on what he had witnessed. The Chief could not take the canoe home, nor could he sell it. To leave it behind would have dishonoured his host. Destroying it was the only way to uphold the relationship and fulfill his responsibilities within that system.

There was also another meaning. A leader who could give away or destroy great wealth demonstrated discipline, strength, and dignity. In doing so, the visiting Chief affirmed that relationships, not possessions, define leadership.

Percy Smith, even in his later years, said he never again saw anything to match the beauty of that canoe or the significance of its destruction. Today, the story reminds us of responsibilities tied to giving and receiving, the discipline of leadership, and the meaning of wealth in our communities.

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

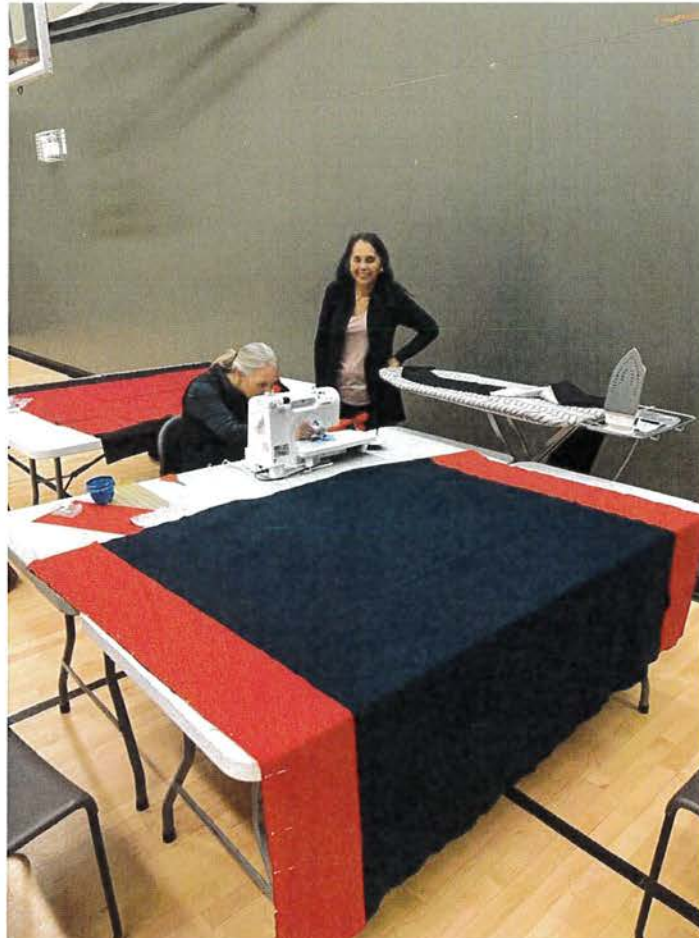


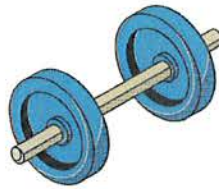
Ligwiltach Elder's & Youth Culture Group

Blanket Making

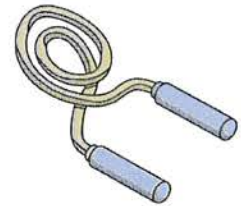
Reminder: Blanket Making on Thursday at 6:30 pm

Quinsam Hall





BEGINNER CLASS
**ONE MORE
REP
WORKOUT**



WITH ANDREA ALFRED

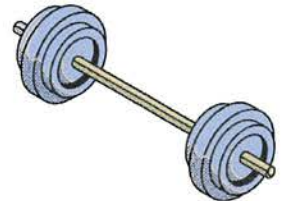
Time: 5:00pm - 6:00pm

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





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



Liḡw'ildax 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
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JOIN THE TRADES EXPO.
SPOTS ARE LIMITED.

Interactive Trades Expo 2026

Timberline Secondary
School

Friday, May 01, 2026
10 am to 2 pm

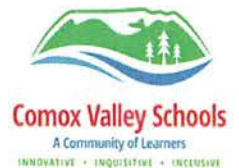
**Register Now To
Be An Exhibitor**

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.