



29 July 2026



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WORD OF THE WEEK

xwak'wana
“canoe”

Katie Green
Communications Officer
katie.green@wewaikai.com

For your Community-based
information to be considered for
the newsletter, please contact
Katie.

YOU CAN FIND NATION INFORMATION HERE:



Facebook

- Updated *Daily* (interviews, shout-outs, event updates & important Community news)

We Wai Kai Nation App

- Updated *Weekly* (Newsletter, important Community news (i.e cougar sighting))

We Wai Kai Nation Website

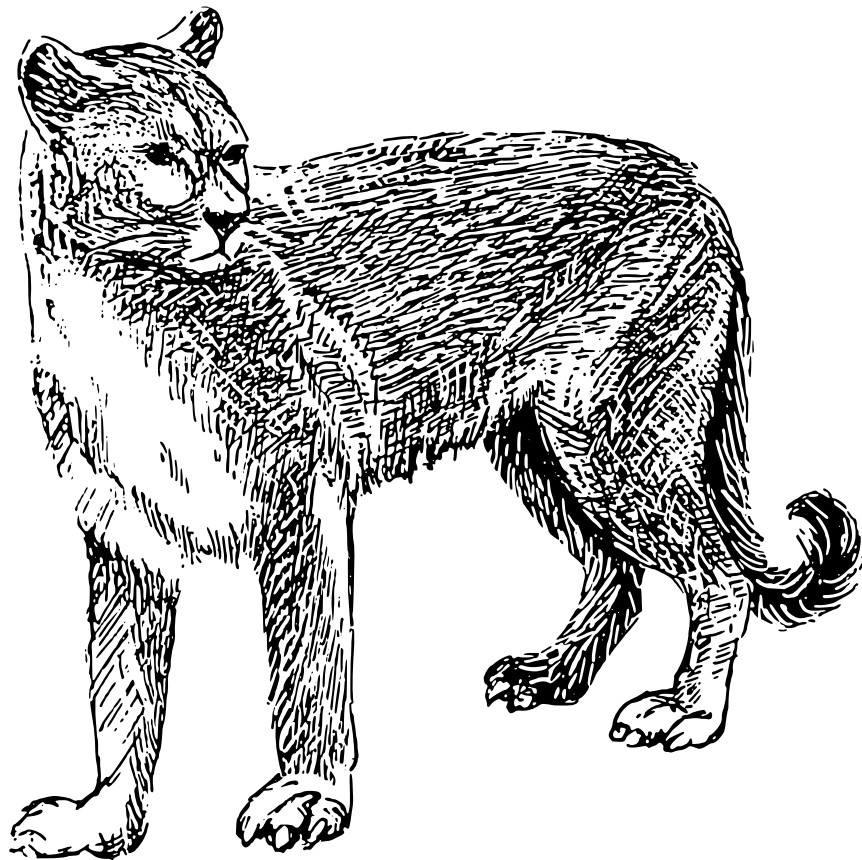
- Updated *Weekly*
Newsletters are available here

COUGAR UPDATE

YOUNG COUGAR

*was last seen July 21, 26 on Seahawk
and Falcon*

**PLEASE BE VIGILANT AND KEEP
SMALL PETS INSIDE**



**THE DEADLINE TO PAY FOR
SOCKEYE IS JULY 31, 2026**

**this applies ONLY if you ordered from
FSC@wewaikai.com by
July 27, 2026**

**requests for fish after the July 27
deadline CANNOT be accepted**

HOW DO I PAY FOR MY PROCESSED SOCKEYE SALMON?

There are TWO options available

1. Send your e-transfer to receivables@wewaikai.com (type "Fish Processing" into the subject line and include Member Name in email)
2. Come to the Quinsam Band Office and pay by debit/credit card



DID YOU KNOW:

MEMBERSHIP IS A TWO-STEP PROCESS?

STEP ONE: You've received a 623 number from
Indigenous Services Canada

STEP TWO: Contact Gail Smith and she will send
you an application package (the deadline for adult
applications is September 11, 2026)

**A vote to approve your application will be held in
November at the upcoming AGM**

Gail's Contact Information:

Gail.smith@wewaikai.com

250-914-1890

ARE YOU INTERESTED IN APPLYING TO THE CITIZENSHIP COMMITTEE?



PLEASE CONTACT GAIL SMITH FOR AN APPLICATION

EMAIL: gail.smith@wewaikai.com

PHONE: 250-914-1890

DEADLINE: JULY 31, 2026

 Cape Mudge Elders Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
³ Holiday OFFICE CLOSED	⁴ Berry Picking Sign up required 10:00 - 12:00	⁵	⁶ Self Care Day 12:00 - 3:00 First come first serve	⁷ Shopping/Appts 8:30-4:30
¹⁰ <u>Team Workshop</u> NO PROGRAM	¹¹ Uam Making W/ LKT Sign up required 10:00 - 3:00	¹² Shopping/Appts 8:30-4:30	¹³ Whale Watching Sign up required Times TBA	¹⁴ Shopping/Appts 1:00-5:30
¹⁷ Shopping/Appts 8:30 -4:30	¹⁸ Cape Mudge Hall Youth Band Camp Performance 2:30pm	¹⁹ ELDER SUPPORT AWAY	²⁰ Jiggers Lunch 11:00am	²¹ Cape Elders Pool Event
²⁴ Walking Group 10:00-11:00 Shopping/Appts 8:30-4:30	²⁵ LKT Community Lunch 12:00	²⁶ Shopping/Appts 8:30-4:30	²⁷ Island Wide Luncheon - Gold River Times TBA	²⁸
³¹ office & admin shopping & Appts				

Payton 250-202-3222

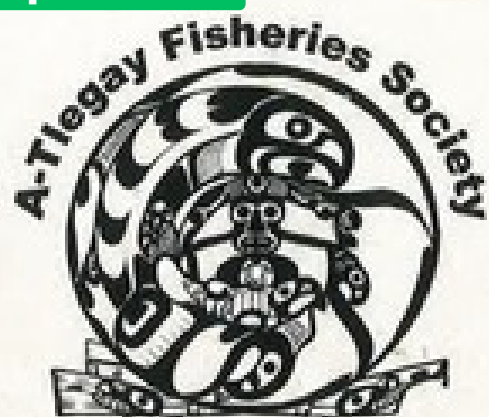


August

QUINSAM ELDERS
AUGUST 2026

Katrina Elders Worker
250-201-7732

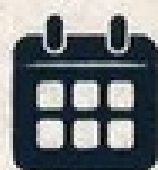
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Holiday Office Closed	4 Shopping & Appointments 8:30am-4:30pm	5 Katrina Away	6 Katrina Away	7 Selfcare Day 9am-11am Quinsam Hall	8	9
10 AWAY Meeting & Team Building	11 Shopping & Appointments 8:30am-4:30pm	12 Shopping & Appointments 8:30am-4:30pm	13 Whale Watching Sign up Limited Space	14 Nanaimo Shopping Sign up	15	16
17 Shopping & Appointments 8:30am-4:30pm	18 Shopping & Appointments 8:30am-4:30pm	19 Costco Shopping Sign up	20 Jiggers Lunch 11 am	21 Pool Day over at Cape Time TBD	22	23
24 Shopping & Appointments 8:30am-4:30pm	25 Shopping & Appointments 8:30am-4:30pm	26 Walking Group Meet Q Hall 10am-12pm	27 Gold River Island Wide Luncheon Sign up	28 Courtenay Movie Theatre Sign up	29	30
31 LKT Lucheon 12-2pm Quinsam Hall						



ELDERS
*YOU ARE
INVITED!*



A-TLEGAY'S
SUMMER CAMP
Traditional Sockeye Bake Lunch



FRIDAY
JULY 31ST,
2026



QUINSAM
HALL



11:30 – 1:30
AM PM



*We look forward
to welcoming you!*



FOR MORE INFORMATION, CONTACT A-TLEGAY FISHERIES SOCIETY

Cape Youth August 2026

Community wellness worker - Payton 250-3222

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 CLOSED FOR BC DAY	4 BERRY PICKING 10-12PM	5 REBECCA SPIT WITH TREATY 12-4PM	6 PARKSVILLE SNADCASTLES TIME TBA	7	8
9	10 ISPARC VOLLETBALL CAMP CR	11 ISPARC VOLLETBALL CAMP CR	12 ISPARC VOLLETBALL CAMP CR	13	14 GLOW SWIM PARTY 9+ TBA	15
16	17 BAND CAMP 10-3PM CANOE TRIP 8+	18 BAND CAMP 10-3PM CANOE TRIP 8+	19	20	21 MIRACLE BEACH 10-4PM	22
23	24 TEEN 9+ COOKING CAMP	25 TEEN 9+ COOKING CAMP	26 TEEN 9+ COOKING CAMP	27	28 END OF SUMMER POOL PARTY	29
30						



AUGUST - 2026







QUINSAM YOUTH & TEEN



Monday		Tuesday		Wednesday		Thursday		Friday	
03 CLOSED BC DAY		04 Outdoor Pool 7+ 11:30am-3:30pm Please sign up!		05 Rebecca Spit www treaty society 11:00AM-4:00PM Please sign up!		06 PARKSVILLE SANDCASTLE TIME: TBD Please sign up!		07 SCAVENGER HUNT & TWISTER (WIN A PRIZE!) TIME: 11:00AM-4:00PM Quinsam sports field	
10		11		12		13		14	
ISPARC VOLLEYBALL CAMP									
Please sign up! ages 10+									
TIME: TBD						Please sign up!		Please sign up!	
17		18		19		20		21	
LKT CANOE CAMP				Water wars wednesday!		Horseback ridding 11+		PICNIC @ MIRACLE BEACH & outdoor adventure	
Please sign up!				time: 11:00am-4:00pm Quinsam sports field		11:00AM-4:00PM		11:00am-4:00pm	
TIME: TBD						Please sign up!		Please sign up!	
24		25		26		27		28	
TEEN COOKING CAMP 11+						Cape pool party!		Velocity 11+	
Please sign up!						11:00am-4:00pm		2:00PM-4:00PM	
TIME: TBD						Please sign up!		Please sign up!	
31									
SHOPPING ROAD TRIP!									
Time :TBD									
Please sign up!									

Youth Update



I-SPARC

Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council



WE WAI KAI BEACH VOLLEYBALL CAMP

Age Group 10-16 years from
10:00am-2:00pm

Event Inquiries:

Jessica Ricketts

Youth Coordinator

Jessica.ricketts@wewaikai.com

Boaz Harris

Sport & Physical Activity Coordinator,
Vancouver Island Region
bharris@isparc.ca

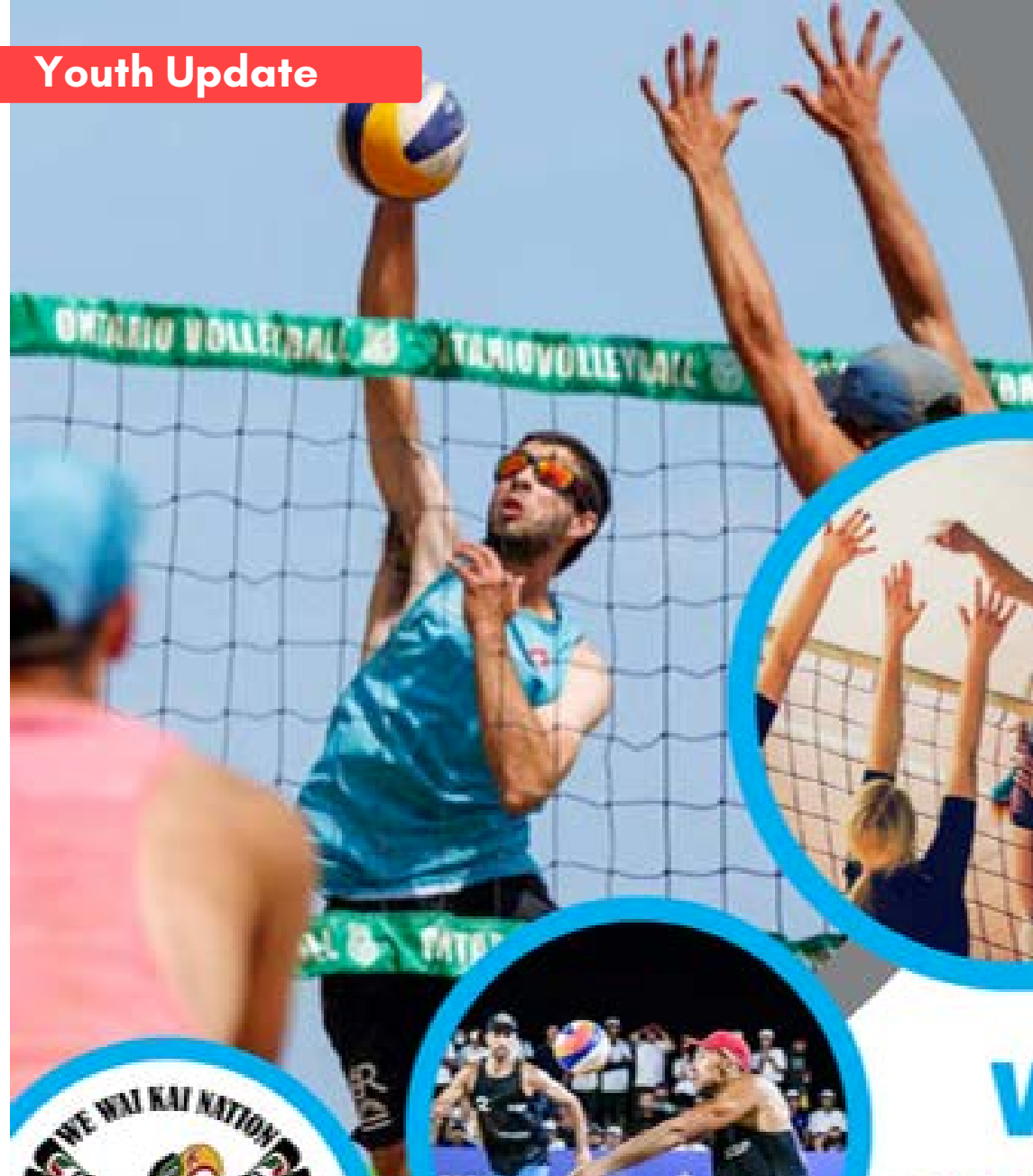
August 10th,
11th & 12th 2026

Campbell River
Sportsplex Sand-
Courts

FREE OF CHARGE

Registration:

[https://isparcbc.wufoo.com/forms/
mlpkassc0clldn9/](https://isparcbc.wufoo.com/forms/mlpkassc0clldn9/)





First Nations
Fisheries Council
of British Columbia

2026 ANNUAL DRAWING CONTEST

Submissions accepted July 1 –September 1, 2026

Celebrating connections to land, water, and stewardship through the eyes of children and youth (under 18) across B.C. Draw what clean, healthy water looks like to you and your community!

OUR WATERS OUR FUTURE



SCAN ME



Scan and submit your drawing at
contest.fnfisheriescouncil.ca

Full details: contest.fnfisheriescouncil.ca/terms-conditions

ARE YOUR CHILDREN IN GRADES K-12?

**We are now accepting
applications for
2026-2027 books and student
supplies**



**TO APPLY:
email Jessica at
Jessica.burnse@wewaikai.com for a
fillable form**

Status Card is Required

DID YOU KNOW?



"BOB" THE YOUNG ELK, PHOTOGRAPHED IN 2020 BY RYAN TIDMAN

ᐱᓂᓂᓂ (Elk) Have Always Been Part of Our Territory

You may have heard someone say that Roosevelt elk were introduced to Vancouver Island.

It is a story that has been repeated for many years, but it does not tell the whole history.

Archaeological evidence from within Liḡwítḡdaḡ territory confirms that Roosevelt elk lived here long before modern wildlife management programs or colonial settlement. Their remains have been found alongside other evidence of Indigenous occupation, reinforcing what our Elders and oral histories have always taught: elk are not newcomers to these lands. They are part of this place.

So where did the confusion come from?

Over the past two centuries, Roosevelt elk populations declined in many parts of British Columbia due to habitat loss, overhunting, and the impacts of colonial settlement. To help restore elk to areas where they had once lived, wildlife managers relocated animals from healthy Vancouver Island populations to former parts of their range on the mainland and elsewhere in the province.

Over time, those restoration efforts led many people to believe that Roosevelt elk themselves had been introduced to Vancouver Island. In reality, it was Vancouver Island's native elk that helped restore populations elsewhere.

Today, Vancouver Island remains one of the last strongholds for Roosevelt elk, home to the largest remaining population of these remarkable animals. For the Liḡwítḡdaḡ, elk are one of the ongoing relationships connecting us to the land.

As we continue learning from both archaeology and Indigenous knowledge, we are reminded that the land holds memories that extend well beyond the colonial record. Sometimes, what seems like a new discovery is simply another way of confirming what our ancestors already knew.



LAICHWILTACH
FAMILY LIFE SOCIETY

WE WANT TO HEAR FROM YOU!

Help shape the future of programs and services
for our children, youth, families, Elders, and community.

LFLS is creating a new Five-Year Strategic Plan.

Your ideas, experiences, and hopes
are important. They will help us
understand what we are doing well,
what could be improved, and what
matters most to our communities
as we plan for the future.



YOUR VOICE MATTERS.

Share what's working, what
could be better, and your hopes
for the future.



YOUR RESPONSES ARE CONFIDENTIAL.

This survey is independent and
your answers are private.



ALL COMMUNITY MEMBERS ARE INVITED TO PARTICIPATE.

Everyone's voice helps build a
stronger future for all.

**TAKE THE SURVEY
TODAY!**



Scan me!



**20 MINUTES
OR LESS**

Your time makes
a big difference.

GILAKAS'LA for sharing your voice and helping
shape the future of our communities.

Girls **Summer Camp**

Join us for 2 unforgettable days

August 11 & 12
Boot Lake

12-18 yrs.

Transportation Provided Daily
10:00am – 8:00pm

Come join us for a day at the lake filled with fun, laughter, and community! We'll pick you up and bring you to a day of swimming, games, great food, and good company. It's a chance to connect with friends, make new memories, and enjoy time together on the land. We can't wait to spend the day with you!

PADDLEBOARDS & KAYAK FUN
BRACELET WEAVING & EARRING BEADING
DRUM MAKING & ELDER STORIES

Register with Dianna at LKT Health

Dianna.smith@lkthealth.ca or call or text 250-202-4219

LKT HEALTH WOULD LIKE TO THANK THOSE THAT ATTENDED FITNESS CLASSES

by offering YOU
6 Personal Training Sessions for FREE
this Summer!

These sessions can take place between now and September 13th

- Session includes 1 hr. individual training with Andrea + personalized work-outs for the week.
- Nutritional coaching for commitment, education, and goal achievement.

If you attended a class between January and June 2026 and would like to continue your health and fitness journey, please let me know and I will connect you to Andrea to set dates and times that work with your schedule.

FOR MORE DETAILS CONTACT DIANNA SMITH AT 250-286-9766

Classes begin again in September
Tuesdays and Thursdays
5:00-6:00pm

Keep moving, keep thriving.

JOIN OUR KAYAK & CANOE CAMP

Experience **cultural ways & traditional knowledge** while learning kayak and canoe skills and connecting with nature in this exciting and educational camp for youth.



AUGUST 18 9:00 - 4:00 LOCATION: END OF LOUGHBOROUGH DR.

REGISTRATION OPEN UNTIL: AUGUST 1, 2026
LIMITED SPOTS AVAILABLE

BRING A LIFE JACKET, WATER SHOES AND A TOWEL.
THE CAMP WILL BE FOR YOUTH 8 & UP.
FAMILIES ARE WELCOME TO JOIN US FOR
CULTURAL ACTIVITIES:, ELDER STORY TIME, SUN SAFETY &
A BBQ LUNCH

HOSTED BY LKT HEALTH IN PARTNERSHIP WITH CANOE KAYAK BC AND I-SPARC
To register contact **Dianna Smith** at dianna.smith@lkthealth.ca or
call or text: 250-202-4219



**IF YOU ARE A COMMUNITY
MEMBER & WANT THE
NEWSLETTER EMAILED TO
YOU, PLEASE CONTACT:**

Katie Green
Katie.Green@wewaikai.com
or call/text 250-201-7701