

We Wai Kai Nation

NEWSLETTER



5 August
2026



Blessing and Groundbreaking Ceremony for the Nation's Four Points By Sheraton Hotel

Photo Credit: Lime Soda Photography

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WORD OF THE WEEK

abals
"apple"



STAY CONNECTED

Want the newsletter sent to your inbox?



katie.green@wewaikai.com



250-201-7701



Photo Credit: Lime Soda Photography

A MILESTONE FOR WE WAI KAI NATION

Construction is now
underway
on the Four Points by
Sheraton hotel.



Photo Credit: Lime Soda Photography

fast facts



102 Guest Rooms



Owned & Developed by We Wai Kai Nation



Located at Quinsam Crossing



Operated by Hotel Equities



THANK YOU TO EVERYONE

who joined us to celebrate this exciting step forward in our
Nation and Community

Credit For Photos: Michele Babchuk





Sockeye Fish Distribution Update



Sockeye Distribution Remains Uncertain

At this time, there are no guarantees that the Nation will be able to distribute any Sockeye this year. Despite on going efforts to secure fish for our members, returns have remained uncertain.



No additional sockeye fishing opportunities have been announced

DFO is taking a cautious approach as salmon returns are lower than expected and there is still uncertainty about what run size is returning. No new fishing opportunities are being announced at this time; the FSC fishery will close **August 5th**. Updated stock information will be reviewed later this week, and additional opportunities may be considered if salmon returns improve.



For Members who have paid the \$190 processing fee:

If fish numbers do not increase by Sunday, refunds will start being processed mid next week.



Thank you for your patience and understanding

We appreciate your support and will continue to keep Members updated as more information becomes available.



We are continuing regular newsletter updates to share exciting history from the Archives with the communities. Some of you know all about this history while others do not, so it is my pleasure to introduce you to V.3, Edition four of *Tales from the Vault*.

Strathcona Park Stories



FIRST NATIONS GUIDES STEERING THE CANOE DURING THE 1910 EXPEDITION. INDIGENOUS GUIDES PLAYED A KEY ROLE IN SUCH EXPEDITIONS, SHARING KNOWLEDGE OF RIVERS, CAMPSITES, AND HIGH COUNTRY. MCR - 010098

Strathcona Park was established in 1911 as British Columbia's first provincial park, but the story of this place begins long before it ever appeared on a government map.

These mountains, rivers, and valleys are all part of the interwoven territories of Liḡwíłdaǰw, Mowachaht & Muchalaht, Hupacasath, Ahousaht, and K'ómoks. Our families moved through this landscape with the seasons, following well known routes between coast, river valleys, and mountain passes. These journeys were guided by arborglyphs (trail markers carved into trees), place names and generations of knowledge that shaped when and where people gathered food and medicines.

In the summer, berry gardens in the high country were visited and cared for year after year. Huckleberries were gathered in abundance, sometimes using wooden combs, then dried or prepared with salmon roe or eulachon grease.



LIĆWILDAŦ RESEARCH CENTRE

Cedar was sustainably harvested at higher elevations, valued and respected for its many uses. These practices reflect a long relationship with the land, where use and care are closely connected.

By the late 1800s, logging had begun moving inland as coastal timber became harder to reach. Early camps followed shorelines and river systems, sometimes built on floating platforms so crews could shift locations easily. Over time, logging pushed further into the interior.

In 1910, a provincial expedition travelled into central Vancouver Island, staying in Campbell River before heading into the mountains to survey and map the region. That journey led to the creation of Strathcona Park, BC's first provincial park. But the land they were travelling through was not unknown.

Indigenous guides and knowledge holders were central to this expedition. Their understanding of the terrain came from generations of lived experience in these territories, including travel routes, river crossings, seasonal conditions, and safe places to camp. This knowledge shaped how the expedition moved through the landscape and made it possible for them to navigate areas that would otherwise have been extremely difficult to traverse. Without it, the mapping and surveying work would not have been possible.



"LORD" BACON HIMSELF, Image:
Alpine Club of Canada, Van. Isle.

One settler often noted in accounts from this period is Hugh Horatius Nelson Bacon. Yep, the same guy Bacon Lake near Upper-Campbell Lake is named after. In written records he is sometimes referred to as "Lord Bacon," a nickname tied to his storytelling & reputation rather than to any official role.

He lived for periods in a squatter's cabin on Buttle Lake and moved through the region trapping and prospecting, relying on the same established routes and knowledge networks already long in use in the area. He is said to have helped the 1910 expedition team navigate parts of the area.

Bacon's enduring legacy in the area and on our maps reflects how history was recorded. Settler experiences were often documented in detail, while Indigenous place names, guides, and knowledge systems were frequently left out, even when they were essential to how the land was understood and travelled.

Today, Strathcona Park holds many stories at once. It is a place of long-standing Indigenous presence and continuing connection, shaped over time by colonial survey work, logging expansion, and the early creation of the park. Learning its stories, including the ones that were left out of early maps, helps us to understand it more fully.



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:

Membership@wewaikai.com

250-914-1890



August

★ 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 Jam 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

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						

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						

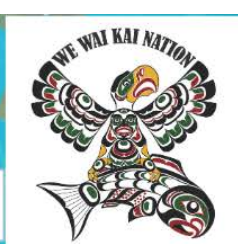


AUGUST - 2026





QUINSAM YOUTH & TEEN



Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED BC DAY	03 Outdoor Pool 7+ 11:30am-3:30pm Please sign up!	04 Rebecca Spit wwk treaty society 11:00AM-4:00PM Please sign up!	05 PARKSVILLE SANDCASTLES TIME: TBD Please sign up!	06 SCAVENGER HUNT & TWISTER (WIN A PRIZE!) TIME: 11:00AM-4:00PM 📍 Quinsam sports field
10	11	12	13 Lake day 11+ 11:00am-4:00pm Please sign up!	14 Glow swim on cape time: TBD 11+
ISPARC VOLLEYBALL CAMP				
Please sign up! ages 10+				
TIME: 10am-2:00pm 📍 Sportsplex Sand-Courts				
17	18	19 Water wars wednesday! time: 11:00am-4:00pm 📍 Quinsam sports field	20 Crowsnest Pottery 11+ 11:00AM-4:00PM Please sign up!	21 PICNIC @ MIRACLE BEACH & outdoor adventure 11:00am-4:00pm Please sign up!
LKT CANOE CAMP 8+ Please sign up!				
TIME: 8:30-4:30				
24	25	26 Cape pool party! 11:00am-4:00pm Please sign up!	27 Velocity 11+ 2:00PM-4:00PM Please sign up!	28
TEEN COOKING CAMP 11+ Please sign up!				
TIME: TBD				
Parksville Mini golf 31 Time : 8:30-3:00PM Please sign up!	PLEASE CONTACT (250-202-6532) FOR SIGN UP!			

School supply applications are now available

**If your child is in Grades K-12,
applications for the 2026-2027
School Supplies Program are
now open.**



**How to Apply
Email Jessica Burns at
jessica.burns@wewaikai.com to request
an application form.**



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/m1pkassc0c11dn9/>





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**

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



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.

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.

WINTER WELLNESS WITH LKT HEALTH

LAND, LEARNING & HARVEST PROGRAM

TO SIGN UP, EMAIL: DIANNA.SMITH@LKTHEALTH.CA
OR CALL 250-286-9766

- **PAL & FIREARMS SAFETY:** COMPLETE THE PAL COURSE AND LEARN FIREARM LAWS, SAFE HANDLING, STORAGE, AND RESPONSIBLE USE. **AUGUST 29TH & 30TH**
- **GUN SAFETY & TARGET PRACTICE:** BUILD CONFIDENCE THROUGH HANDS-ON SAFETY TRAINING, RANGE PRACTICE, AND SHOOTING SKILL DEVELOPMENT. **SEPTEMBER/OCTOBER**
- **LAND-BASED LEARNING:** LEARN ETHICAL HARVESTING PRACTICES & TRADITIONAL DRUM MAKING. **NOVEMBER**
- **MENTORSHIP & GUIDED HARVEST:** LEARN FROM AN EXPERIENCED HUNTER AND APPLY SKILLS DURING A SAFE, SUPPORTED HARVEST EXPERIENCE. **DECEMBER**



**ARE YOU A COMMUNITY
MEMBER & WANT THE
NEWSLETTER EMAILED TO
YOU?**

PLEASE CONTACT:

Katie Green
katie.green@wewaikai.com