

to'yanx | December

'KALA'MAS

Issue: December 17, 2025



Message from Administration & Council

As we come to the close of 2025, we would like to extend our warmest holiday wishes to all 'Nāmgis members. This year has been filled with important work, community connection, and collective progress, and we are grateful to everyone who has contributed their time, voices, and care.

May this holiday season bring you rest, reflection, and time with loved ones. We wish you a safe and joyful Christmas and look forward to continuing our work together in the new year.

— 'Nāmgis Administration & Chief and Council

Community Updates

Holiday Office Closure Reminder

Please note that all 'Nāmgis First Nation offices will be closed starting December 22, 2025, and will reopen on January 5, 2026. We encourage members to plan accordingly and reach out before the closure if assistance is needed.

Council Election Update

In the recent 'Nāmgis election held on December 12, 2025, the following five Councillors were elected:

Irene Speck, Verna Ambers, Kelly Speck, Ernest Alfred, and Don Speck.

Tłisalagi'lakw School

- **Mon, Jan 5:** Staff Pro-D-Day, school will be closed for students
- **Tues, Jan 6:** School resumes for students

January is...

- National Hobby Month
- Alzheimer Awareness
- Crime Stoppers Month

Please save the date for the upcoming 'Nāmgis Annual General Meeting.

February 21–22, 2026

More details will be shared in the new year.

PROGRAMS & SERVICES

Ne'nagwa'nakwala Luncheons

- The next **Survivors' Luncheon** will take place on January 8, 2026.

Community Lunch

- The next **Community Lunch** will be held on January 30, 2026.

Support Groups

- **Women's Group** resumes on January 12, 2026
- **Men's Group** resumes on January 19, 2026

Community Services Holiday Closure

'Namgis Community Services will close on December 19, 2025 at 12:00 PM (noon) and will resume regular hours in the New Year.

Patient Travel – Holiday Closure Notice

Please be advised that the Patient Travel Department will be closed during the holiday office closure, from December 22, 2025 to January 5, 2026.

Important Deadline (Passed)

The deadline to submit travel requests was December 15, 2025 (before noon). Requests received after this date will be processed and reimbursed in 2026.

During the closure period, the Patient Travel team will continue to support hotel bookings for emergency medical travel only. Reimbursements will be processed in 2026.

Emergency Contact: 250-974-4345

Natural Resources – Winter Break Closure

The Natural Resource Department will be closed during the holiday office closure, from December 22, 2025 to January 5, 2026.

Fishing Permit Notice

The final day to obtain a Fishing Permit was December 17, 2025 at 2:30 PM. Requests after this time will be addressed once offices reopen in January.

Contact: terian.w@namgis.bc.ca

LANDS & INFRASTRUCTURE

Lands, Housing & Public Works Update

Our Lands, Housing, and Public Works Departments work together to care for the spaces, homes, and infrastructure that support our 'Namgis community. This year, efforts focused on improving service delivery, supporting housing needs, and planning for responsible development on our lands.

MEET OUR TEAM

Director of Lands & Infrastructure

- Samantha Webster

Housing Department

- William Browatzke — Housing Coordinator
- Kevin Brown — Housing Maintenance Worker

Public Works Department

- Curtis Macki — Public Works Supervisor
- Scott Rufus — Field Maintenance Worker
- Frank Smith Jr. — Facilities & Operations Worker

Water & Wastewater Systems

- Kevin Chisholm — Water & Wastewater Systems Manager
- Allan Alfred — Wastewater Treatment Plant Operator

Vacant Positions

- Lands & Infrastructure Coordinator
- Seasonal Landscaper

Our departments continue to grow as we build local capacity, strengthen training, and expand services to meet community needs.

Land and Housing Development Project — Membership Vote

'Namgis First Nation is holding a membership vote on a proposal to borrow up to \$46 million to support housing and infrastructure projects over the next three years. The Nation is also actively seeking grant opportunities to reduce the overall project cost.

Important Dates (2026)

2nd In-Person Info Session

Jan 12 — 5-8 PM — LAMRC

2nd Virtual Info Session

Jan 17 — 1-4 PM

To register, here is the [link](#) supplied by Urban Systems.

Membership Vote

Jan 24 — 1-3 PM — LAMRC

To register for the virtual session, here is the [link](#) supplied by Urban Systems.

View more information about the Land and Housing Development Project

namgis.bc.ca/land-housing-vote-2025/

Lands Department

The Lands Department oversees the management and protection of 'N̓amgis reserve lands under our Land Code and Land Use Plan. This includes land administration, permitting, and long-term planning for future growth.

In 2025, a new Development Application Process was implemented and approved by Chief and Council. This ensures all proposed developments align with the 'N̓amgis Community Land Use Plan. The Lands Management Advisory Committee (LMAC) met six times this year to review applications, make recommendations to Council, and contribute to policy development.

Land Jurisdiction

As a Land Code Nation, 'N̓amgis exercises full authority over the use and development of reserve lands. Any tree removal, land clearing, or land modification must be reviewed and approved by the Lands Department before work begins. Unauthorized activity is not permitted and may result in enforcement action.

DID YOU KNOW?

Anyone planning construction, major renovations, or land use changes must submit a Development Application before starting work. This helps ensure developments are safe, respectful, and well planned.

For more information, contact the Lands Department at 250-974-5556 or Samantha.Webster@namgis.bc.ca.

Housing Department

The Housing Department continues to support members through maintenance coordination, housing applications, and planning for future housing opportunities.

This year, two Housing Strategy Engagement Sessions were held in April and September. Community input from these sessions is helping shape long-term housing policies and guide investments in new units and repairs.

Public Works Department

Public Works is responsible for maintaining roads, public buildings, and community spaces to ensure infrastructure remains safe and reliable year-round. Services include road maintenance, snow and ice removal, cemetery upkeep, and maintenance of public facilities and grounds. Public Works also offers equipment rentals and charge-out services for members, depending on availability.

DID YOU KNOW?

Members can rent equipment such as backhoes, dump trucks, compactors, and scaffolding at affordable rates. A full list of rates is available from the Public Works Department or on the 'Nqmgis App.

Water & Wastewater Systems

The Water and Wastewater Systems team plays a vital role in protecting community health by delivering clean drinking water and managing wastewater treatment operations. The team works closely with the Village of Alert Bay on shared operations across Cormorant Island, ensuring systems remain reliable and compliant with environmental and safety standards.

HELP KEEP OUR COMMUNITY CLEAN

Illegal dumping continues to be a concern on 'Nqmgis lands. Please report any dumping to the Band Office as soon as it is discovered. Prompt reporting helps protect our lands and waters and allows issues to be addressed quickly.

Looking Ahead

Our Lands, Housing, and Infrastructure teams will continue working together to strengthen services, protect our lands, and plan responsibly for the future. Thank you to all members who participated in engagement sessions and shared feedback throughout the year.

Lands & Infrastructure Office Update

On December 4, 2025, a new office building for Lands & Infrastructure was successfully barged in with support from Renewal Development and Bosa Properties. The building will be located near U'mista and will serve as the primary office space for Lands & Infrastructure, as well as provide additional office space for other 'Nqmgis departments.

The office is expected to officially open in early 2026.



HEALTH & WELLNESS

During the closure period, the Patient Travel team will continue to support hotel bookings for emergency medical travel only. Reimbursements will be processed in 2026.

**Emergency
Contact:**
250-974-4345

Holiday Wellness & Emergency Supports

With the Christmas break just around the corner, we remind members that support is available if you or someone you care about needs help.

24/7 'Namgis Wellness Centre (On-Call):

- 778-912-7610

Crisis & Support Lines

- Alert Bay A&D Crisis Line: 250-974-8015
- Kuu-us Crisis Services: 1-800-588-8717
- Suicide Crisis Line: 1-800-784-2433 (1-800-SUICIDE)
- Vancouver Crisis Line: 1-800-494-3888
- Text Line: 250-800-3806 (6–10 PM)

Youth Supports

- Youth Line: 1-866-661-3311
- Online chat: youthinbc.com (12 PM–1 AM)
- Online chat: vicrisis.ca (6 PM–10 PM)

Children & Families

- Kids Help Phone: 1-800-668-6868
- kidshelpphone.ca

General Health Information

- HealthLink BC: 811
- Port Hardy Public Health: 250-902-6071

VictimLink BC

- 1-800-563-0808
- TTY: 1-604-875-0885

VictimLink BC provides confidential support for anyone affected by crime, including domestic violence, sexual assault, elder abuse or neglect, dating violence, and those coping with sudden loss.

DIABETES

Living Well with Diabetes During the Holidays

The holiday season is a time for celebration, family, and delicious food—but it can also bring challenges for those managing diabetes. Here are a few tips to help you enjoy the festivities while keeping your health on track:

1. **Plan Ahead:** If you're attending gatherings, think about your meals in advance. Bring a healthy dish to share so you know there's something that fits your plan.
2. **Watch Portions:** Holiday treats are tempting! Enjoy your favourites in moderation and balance them with nutrient-rich foods like vegetables and lean proteins.
3. **Stay Active:** Incorporate movement into your day—whether it's a winter walk, dancing to holiday music, or playing games with family.
4. **Monitor Blood Sugar:** With changes in routine, it's important to check your levels regularly and adjust as needed.
5. **Manage Stress:** Holidays can be busy and stressful. Take time for yourself—practice deep breathing, listen to music, or enjoy a quiet moment.

Remember, the goal is to celebrate while caring for your health. Small steps can make a big difference in keeping your blood sugar stable and your holidays joyful.

Wishing you a happy and healthy holiday season!

Contact Nicole James at the Health Centre (974 5522) Tuesdays and Wednesdays in the New Year with any questions you may have about living with and managing diabetes.

ADDITIONAL RESOURCES

Lifestyle RX Program: 12-week online program

- lifestylerrx.io

Island Health Community Virtual Care Program (CVC): Provide both 1:1 and group class options

- islandhealth.ca/our-services/community-health-services/community-virtual-care

BC Diabetes: Remote access to endocrinology clinic in Vancouver

- bcdiabetes.ca

Virtual Diabetes Education Classes

Community Virtual Care's **Living Well with Diabetes** classes help clients to find a balanced way to stay healthy while living with diabetes. Classes are about one hour, and are virtual, interactive and engaging.

Diabetes Basics

In this class you will learn about diabetes, glucose, insulin, and symptoms; risk factors, screening and diagnosis; common lab tests and understanding the results; and managing diabetes with food.

Staying Healthy with Diabetes

Learn self-management skills; the importance of regular screening and recommended vaccines; the benefits of movement and activity; how stress and emotions play a role and how you can take action.

Diabetes: Beyond the Physical

You will learn about the impacts of chronic illness on health and well-being; the positive outcomes of self-compassion; how to identify diabetes distress, burnout, anxiety, and depression; and how to seek support.



Diabetes Medications and More

By the end of this class you will have learned about treating diabetes with medications; how to keep blood pressure and cholesterol within target range; how to manage low blood sugar; and how to manage sick days



Diabetes Nutrition and More

By the end of this class you will better understand the principles of eating well for diabetes; how to support yourself for long-term success; and what you need to know about body weight.

Foot Health with Diabetes

Learn about the link between diabetes and foot health; understand possible foot complications; the importance of a foot care routine; and footwear features and recommendations

Diabetes Complications: Prevention and More

In this class you will learn the short (acute) and long term (chronic) potential complications; how to minimize the risks of developing long term complications; how to manage short term complications and how to manage sick days

Take one class, take them all...in any order your choose!

South Island: 1-888-533-2273

Central Island: 1-877-734-4101

North Island: 1-866-928-4988



Are you worried about your diagnosis of:

- **Chronic Kidney Disease**
- **COPD**
- **Diabetes**
- **Heart Failure**
- **Hypertension**

How do I enroll?

To enroll in the Chronic Disease Program, call your local Community Access Centre at one of the numbers below:

South Island (250) 388-2273
1-888-533-2273

Central Island (250) 739-5749
1-877-734-4101

North Island (250) 331-8570
1-866-928-4988

Ask about our
virtual diabetes classes

For more information

Please visit: islandhealth.ca/cvc

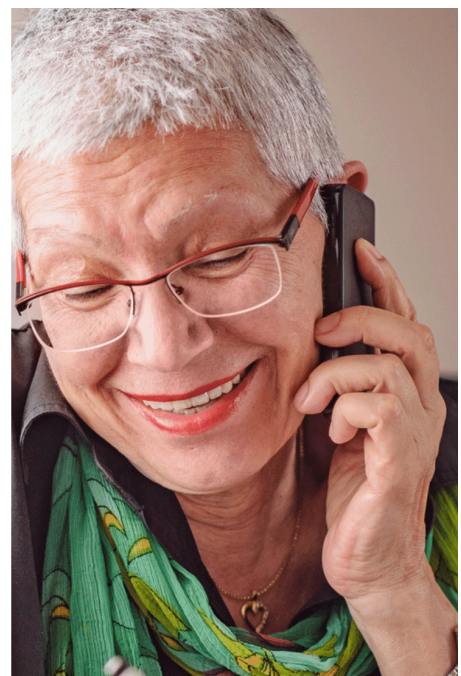
Client Feedback

"This program was fantastic. I felt I had more control over my health issues. Every morning I used the equipment and it gave me an idea about how I should plan my day. The follow-up calls from the nurse were very reassuring and helped to reduce my anxiety. Thank you so much. I have already recommended this program to others."

"By completing a daily log, I could compare my results from week to week, see my improvement, and better understand how to manage my condition. The weekly follow-up calls were so helpful and provided lots of information and encouragement."

"My nurse was a positive influence on my day when she called, encouraging me to keep up monitoring my condition and taking advantage of the various chapters in the workbook. She was so knowledgeable about COPD."

Revised Sept 2025



Community Virtual Care Chronic Disease Program



What is the Chronic Disease Program?

Community Virtual Care offers a free, chronic disease management program to help support and educate you to better manage your health.

If you have Chronic Kidney Disease, COPD, Diabetes, Heart Failure or Hypertension, or have more than one of these diseases, a Registered Nurse will:

- work with you and your doctor or nurse practitioner to design a plan to manage your health
- monitor your symptoms and measurements and look for changes
- contact you regularly to make sure you are on track to meet your health goals
- send reports to your doctor or nurse practitioner as needed
- connect with you through video or telephone so that you receive support from the comfort of your home

Equipment to monitor your health will be loaned to you at no cost.

Participation

Daily Measurements

Each day you take your measurements (such as blood pressure, blood oxygen saturation, and pulse rate) using the equipment provided to you by the program.



Daily Questions

In addition to sending your measurements each day, you will answer a brief list of questions. These questions will help your care team provide support and coaching unique to your condition.

Check-ins

Once you have completed your measurements and questions for the day, the information will be sent to your care team. Your nurse will contact you at your scheduled appointment time, or sooner if needed.

FAQs

How much does it cost?

The program is free and equipment is loaned to you at no charge.

How long will I be on the program?

Participants are typically enrolled for 12 weeks, or 4 weeks for the condensed diabetes program.

What if I'm not very good with computers?

The equipment provided is very easy to use - some say much easier than a cell phone - and we provide support to use it.

What if I don't have a doctor or nurse practitioner?

You don't have to have a doctor or nurse practitioner to participate in the program.



FINAL UPDATES & REMINDERS

Upcoming Events

- **Winter**
Jambeeee – See next page for full flyer
- **New Year's Eve**
Family Night – Will add to Events Calendar

Stay Connected – 'Namgis App

A reminder to all members to download and check the 'Namgis App for the latest community updates, notices, and information. The app is one of the quickest ways to stay informed about programs, events, department updates, and important announcements. If you haven't already, we encourage you to download the app and turn on notifications to stay connected.

Stay connected with the new 'Namgis App through Hawk Communications.

How to Get Started:

- Download **Hawk Communications** from the App Store or Google Play
- Tap "Request an Account"
- Fill in the required info:
 - Province: BC
 - Type: Nation
 - Nation: 'Namgis
- Enter your details (include your Membership/Status number for faster approval)
- A staff member will confirm and approve your account

Besides the App's Events page, most events, programs, etc. will be in our TeamUp

teamup.com/ks9gn6v2o6utg5o3hu

This is the final 'Namgis First Nation newsletter of 2025. Thank you for staying connected, and we look forward to sharing more updates with you in the new year.



WINTER JAMBOREE **@ L.A.M. REC CENTRE**

DEC. 27TH & 28TH

EVERYONE WELCOME - LET'S HAVE FUN!

2 Age Brackets
11 - 16yrs & 16 and Up
Teams will be decided from Sign Up Sheet!

SIGN UP
BY DEC. 23RD

Contact: Dorothy Svanvik Rufus
or Zabrina Svanvik to Sign Up!

Community Snapshots

As we close out the year, here are a few moments that reflect the strength and spirit of our community.



ICBC donated a used truck to 'Nqmgis, here is Councillor Brian Wadhams and staff member Randy Bell accepting it on behalf of 'Nqmgis.



Here are some photos of Randy Bell delivering frozen salmon to the Long-Term Care facility. Sharing traditional food from the nation with LTC residents has been a cherished tradition for years. It's not just about offering nutritious meals; it's a heartfelt gesture of love and respect for our elders.



Here's some Grad Photos from the Certificate in Indigenous Language Proficiency Graduation 2025 University of Victoria. Gq'axstalas (Alana Jacobson) Pudłidi (Rebecca MacKenzie) Gabe (Zandra Paul's son - also 'Nqmgis)



Hey everyone! I've been working on editing my photos from our Traditional Games Weekend in October. Here's one of the photos from our Tug-of-War.

I hope to post them to our Facebook before the Winter Break Closure. Or at very least, the Day 1 photos.

Gilakas'la for your patience. We look forward to hosting more in the future.

'Nqmgis Administration Office – 250-974-5556

'Nqmgis Health Centre – 250-974-5522

Ŧlisłagi'lakw School – 250-974-5591

Visit namgis.bc.ca for more info.