

dzadzə'wənx | February

'KALA'MAS

Issue: February 13, 2026



2026 Annual General Meeting Notice

Join us next weekend on Feb 21 & Feb 22 at Țisəlagi'lakw School or online via Zoom!

Read more on the next page!

Update from 'Namgis Communications

We recently conducted maintenance on the 'Namgis App on January 24th. If you haven't updated it yet, please do so at your earliest convenience. For assistance with account requests, feel free to reach out to Jean Bell, our Communications Manager.

In the coming weeks, we'll be expanding our website with new pages that will provide additional information, complementing what you can find on the app. Stay tuned for these updates!

In the meantime, we invite you to explore the following resources:

Job Postings:

- **View Opportunities:**
- namgis.bc.ca/employment-training/#job-postings

Our Project Pages:

- **Land and Housing Development Project:**
 - Learn More: namgis.bc.ca/land-housing-vote-2025
- **Cemetery Planning Project:**
 - Discover Details: namgis.bc.ca/cemetery-planning-project

We appreciate your continued engagement and support!

'Namgis Gas Station New Operating Hours

We're excited to announce our updated hours! As of January 29, 2026, we're open daily from **10:15 AM to 2:45 PM**. Visit us anytime from **Monday through Sunday**. Thank you for your continued support!



Family Day

Mon, Feb 17: All offices are closed on Monday for our Family Day statutory holiday.

Please see us when we re-open on Tuesday. Gilakas'la.

ANNUAL GENERAL MEETING (AGM)

2026 Annual General Meeting Notice

Saturday, February 21

- 9:00 AM – 5:00 PM
- Breakfast, Lunch, Dinner provided

Sunday, February 22

- 9:00 AM – 3:00 PM
- Breakfast and Lunch provided

Location: Țhisalagi'lakw School

Zoom Registration

Members can participate virtually by registering. If you need the registration link, scan the QR code, or, visit our AGM page: namgis.bc.ca/annual-general-meeting-2026

Preliminary Agenda Highlights

- Financial and Administration Reports
- Departmental Updates (Education, Health, Housing, etc.)
- Members Forum and Q&A

Please note: The final agenda will be shared at the AGM.

Travel Reimbursement Info

Out-of-town members may submit original receipts for ferry and gas to be reimbursed. Claims will be processed by the Accounting Office during regular business hours (Mon–Fri, 8:00 AM – 4:00 PM) and cheques will be mailed.

We look forward to welcoming all members in person or virtually!



AQUATIC RESOURCES UPDATE

New Hatchery Accommodations

The Gwa'ni Hatchery has relied on the same accommodations for many years, and they had finally reached the end of their lifespan. Thanks to Council's support, new temporary housing was approved and delivered in January, with an ATCO accommodation unit now in place at the hatchery. This upgrade ensures our hardworking team has a safe and comfortable space as we continue planning for a long-term housing solution at the site.

Moving Derelict Vessels

In a joint effort, 'N̓amgis and the Ocean Legacy team successfully removed five abandoned vessels from the shoreline and the 'N̓amgis breakwater. With their owners no longer able to care for them, the vessels were moved to a staging area for safe handling and future demolition. This work helps keep our waters cleaner and our community shoreline safer.

Beach Clean Up

On **Sunday, February 8**, 'N̓amgis and Ocean Legacy hosted a community beach clean-up to help remove debris from our shoreline. With the support of community members, two pickup-truck loads of garbage were collected and removed from the beach. Although we forgot to capture photos this time, the impact was significant, and we're grateful to everyone who came out to help keep our shoreline clean.

See photos on next page!

AQUATIC RESOURCES PHOTOS

New Hatchery Accommodations



Moving Derelict Vessels



Beach Clean Up





'NAMGIS
FIRST NATION



BC Aboriginal
Child Care Society



HELP US PLAN A BETTER FUTURE FOR OUR CHILDREN AND FAMILIES!

'Nāmgis First Nation has begun a process of envisioning and planning for the future of early learning and child care in our community.

We want to hear from community members to help create a vision for the Nation, and identify current gaps and needs related to early learning and child care.

TAKE THE SURVEY!



<https://www.surveymonkey.com/r/QZ6YF85>

BY COMPLETING THIS SURVEY, YOU CAN ENTER INTO A
DRAW FOR AN IPAD!



**Door Prizes
Available!**



'NAMGIS
FIRST NATION



BC Aboriginal
Child Care Society

HELP US PLAN A BETTER FUTURE FOR OUR CHILDREN AND FAMILIES!

'Namgis is hosting a
Language Nest Open House and Community Dinner
to share information and learn from YOU about early learning and
child care needs and priorities in 'Namgis.

JOIN US!

When: March 2, 2026 @ 5:00-7:30 PM

Where: Amlilas Child Care Centre

Who: Open to all community members

*** DINNER AND DOOR PRIZES ***

UNDERSTANDING OPIOID AGONIST THERAPY (OAT)

A Life-Saving Treatment for Opioid Use Disorder

Opioid Agonist Therapy (OAT) is a highly effective, evidence-based treatment for people living with Opioid Use Disorder (OUD). Amidst the ongoing toxic drug crisis, OAT plays a crucial role in saving lives, supporting healing, and helping individuals find safety, stability, and wellness.

What Is OAT?

OAT uses prescribed medications to reduce withdrawal symptoms and cravings. These medications stabilize both the body and mind, allowing individuals to focus on recovery rather than the cycle of withdrawal.

OAT is:

- A first-line medical treatment for Opioid Use Disorder
- Proven to significantly reduce overdose and toxic drug poisoning
- Supportive of mental, emotional, physical, and spiritual wellness

Stopping opioids abruptly without medical support carries a high risk of relapse and overdose. OAT provides a safer, medically supervised pathway forward.

Why Local Access Matters

Access to OAT close to home is especially important in rural and remote communities like ours. Local care reduces barriers, shortens wait times, and builds trust through consistent, relationship-based support.

OAT helps individuals:

- Improve daily functioning
- Manage withdrawal safely
- Reduce drug-related harms
- Rebuild stability and reconnect with their recovery journey

OAT is not about “giving people drugs.” It is a medical treatment – similar to insulin for diabetes or an inhaler for asthma – that provides safety and a foundation for healing.

What Can an OAT-Certified Nurse Do?

In British Columbia, Registered Nurses (RNs) and Registered Psychiatric Nurses (RPNs) with Opioid Use Disorder Certified Practice (OUD-CP) have expanded authority to support access to OAT, particularly in rural and First Nations communities.

An OAT-certified nurse can:

- Assess and diagnose Opioid Use Disorder
- Order laboratory tests related to treatment
- Initiate, restart, or continue OAT medications, including:
 - Suboxone (buprenorphine/naloxone)
 - Sublocade (injectable buprenorphine)
 - Methadone
 - Kadian (slow-release oral morphine)
- Monitor clients during induction and stabilization
- Provide trauma-informed, culturally safe care
- Coordinate with pharmacies, prescribers, and community care teams

OAT-certified nurses cannot prescribe safer supply medications or manage highly complex medical situations that require physician oversight.

This expanded scope helps reduce treatment barriers and allows care to be delivered closer to home – a vital factor in improving access and outcomes for our community.

A Community-Centered Approach

OAT is most effective when supported by a broader care team and community network, which may include:

- Cultural supports, Elders, and Knowledge Keepers
- Mental health workers, social workers, and peer supporters
- Harm reduction services and access to naloxone
- Housing, food security, and transportation supports

This holistic model recognizes that wellness is not only physical – it is emotional, cultural, and spiritual.

Need Support or More Information?

For more information about Opioid Agonist Therapy:

‘Nāmgis Health Centre | 250-974-5522

- **Teliah Vollick, RN, BSN OAT Certified Nurse** - ext. 2184

Harm Reduction Support

- **Tanis Dawson, Peer Support Worker** – ext. 4012
- **Jennifer Speck, Peer Support Worker** – ext. 2273

Medications Used in OAT

Common medications include:

- Suboxone
 - buprenorphine
 - naloxone
- Sublocade
 - injectable buprenorphine
- Methadone
- Kadian
 - slow-release oral morphine

These medications reduce cravings and withdrawal symptoms while stabilizing the body safely.

DIABETES

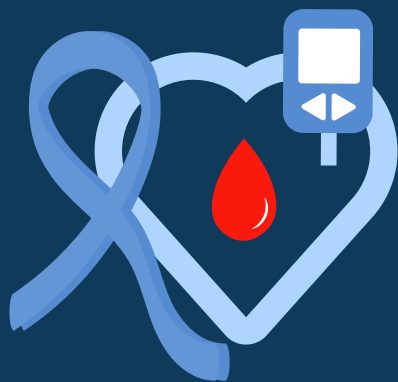
Sick Day Planning

Colds and flu are common in winter, and illness can cause blood sugar levels to rise — even if you're eating less.

Be prepared by keeping:

- A glucose meter and extra test strips
- Ketone strips (if recommended)
- Easy-to-digest foods
- Clear fluids

If you're unsure how to manage your levels while sick, contact the Health Centre for guidance.



Staying Healthy During Winter

Welcome to the New Year.

Winter brings changes in routine, activity levels, eating habits, and stress. These seasonal shifts can affect blood glucose levels. With awareness and small daily adjustments, you can continue managing your diabetes confidently through the colder months.

Keep Moving — Even Indoors

Cold, rainy weather can make outdoor activity more difficult, but physical movement remains one of the most effective tools for blood glucose management.

Consider:

- Indoor walking at the LAM (daily walking opportunities available)
- Gentle stretching or yoga at home
- Online fitness classes
- Resistance bands for light strength training
- Household tasks that keep you active

Even small amounts of consistent movement improve circulation, mood, and glucose control.

Monitor Blood Sugar More Frequently

Winter routines often look different. You may notice:

- Reduced activity
- More comfort foods
- Holiday gatherings
- Changes in sleep patterns

Checking your blood sugar regularly provides helpful information to guide your daily decisions. If you notice consistent highs or lows, reach out for support.

Protect Your Feet

Winter boots and thick socks can create moisture and friction, increasing the risk of irritation.

Protect Your Feet (con't)

To prevent complications:

- Inspect your feet daily
- Keep feet clean and dry
- Avoid overly tight footwear
- Moisturize dry skin (avoid between toes)

Daily checks only take a few minutes and can prevent serious issues.

Stay Hydrated

Indoor heating and seasonal illness can increase dehydration, which may raise blood sugar levels.

Drink water regularly – even if you don't feel thirsty. Warm beverages such as herbal tea (without added sugar) can also support hydration.

Seasonal Comfort Foods & Blood Sugar

Winter meals and holiday treats are often higher in carbohydrates.

Managing diabetes doesn't mean avoiding these foods entirely – it means planning thoughtfully.

Helpful reminders:

- Use smaller plates
- Fill half your plate with non-starchy vegetables
- Balance carbohydrates with protein and fibre
- Limit sugary beverages
- Check your glucose before and after trying new foods

Small adjustments can make a meaningful difference.

Manage Stress & Get Enough Sleep

Shorter days and post-holiday pressures can increase stress, which may affect blood sugar levels.

Consider:

- Deep breathing exercises
- Journaling
- Gentle stretching
- Connecting with family and community

Sleep also plays an important role in hormone balance and glucose regulation. Maintaining regular sleep habits helps your body recover and function at its best.

You Are Not Managing Alone

Living with diabetes is a daily commitment, and support is available. If you have questions or would like help creating a self-management plan, please reach out.

Need Support?

For more information about living with diabetes or accessing resources:

Nicole James
250-974-5522

To join the diabetes informational email list and receive updates about upcoming events, email: nicole.james@namgis.bc.ca

(Information shared will be general educational content.)

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