

'ma'wa'etfanx | April

'KALA'MAS

Issue: April 9, 2026

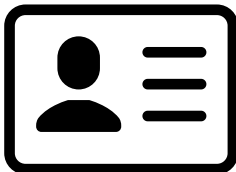


Gilakas'la 'Namgis,

As we move further into spring, we're sharing recent highlights from the community along with upcoming events and ongoing programs available to members.

COMMUNITY REMINDERS

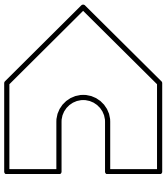
Status Cards Available



Status cards are back in stock. Please call or email to book an appointment for renewal or replacement.

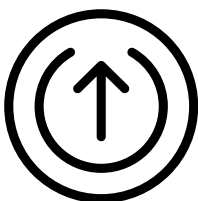
Non-'Namgis members: \$5 fee applies.

Council Hall Temporary Closure



The Council Hall remains closed due to structural concerns. Updates will be shared as more information becomes available.

Keep Your Information Updated



Please ensure Membership, Accounting, and Housing have your current address and phone number.

Content

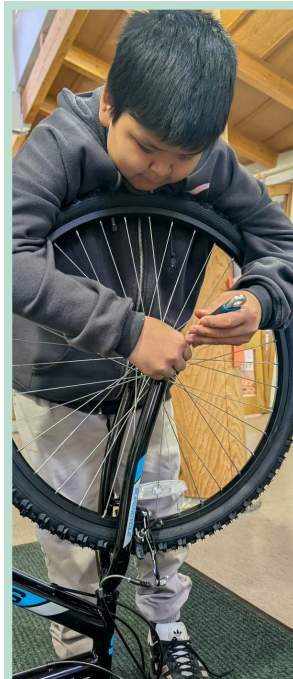
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COMMUNITY HIGHLIGHT: BIKE RODEO



ᑕᑦᓴᓴᓴᓴᓴᓴ School recently hosted a successful Bike Rodeo, supporting students with bike safety, repairs, and access to equipment.

With support from the Band, local RCMP, ShopRite, and Alert Bay Drugs, students received helmets, safety training, and bicycles. It was a great day focused on safety, confidence, and fun for our youth.





HEALTH & WELLNESS

[Read Full Story Here:
namgis.bc.ca/respectful-
workplace](https://namgis.bc.ca/respectful-workplace)

Respectful Workplace

The 'Namgis Wellness Centre team recently completed a two-day training on workplace respect, including bullying and harassment prevention, as well as lateral violence and lateral kindness.

The training emphasized creating safe, supportive environments and the importance of empathy and accountability in strengthening our community.



Patient Travel

Eligibility for Hotel Room for Medical Appointment


(Approved by FNHA Medical Transportation Program on Jan 17, 2025)

Spring/Summer: (NOT eligible for hotel within the following timeframe)


To Campbell River	10:00am-6:00pm
To Courtenay & Comox	10:45am-5:30pm
To Nanaimo	12:00pm-5:00pm

** **Victoria:** Appointment before 2:30pm, eligible for 2-night hotel; appointment after 2:30pm, eligible for 1-night hotel.

** **Vancouver:** 2-night hotel

 ['Namgis Health
Centre](#)

 ['Namgis Wellness
Centre](#)

 ['Namgis Harm
Reduction Services
and Supplies](#)



Island Health Step Up Youth Volunteer Program

The Step Up Youth volunteer role:

The Step Up Youth Program runs from September to April each year and offers an exciting opportunity for youth ages 15–18 to make a real difference in their communities. As a Step Up Youth Volunteer, you'll provide compassionate support to patients, residents, visitors, and staff—helping to create a warm and welcoming environment in Island Health facilities. Along the way, you'll gain hands-on experience in healthcare, build confidence, and develop valuable skills in communication, teamwork, and leadership. Step Up is more than just volunteering—it's a chance to grow, connect, and inspire others.

Care · Learn · Lead

The volunteer experience may include:

- **Social Engagement:** Spending time one-on-one with patients or residents—chatting, playing games, working on puzzles, reading together, or simply listening and offering companionship.
- **Mealtime Support:** Helping with non-medical mealtime tasks, such as removing lids, delivering water, or assisting residents as they eat.
- **Exercise and Mobility:** Accompanying patients or residents on short walks or assist by pushing a wheelchair (with staff permission), always staying within the site grounds.
- **Creativity and Celebration:** Share your artistic side by making cards or decorations, creating art projects, or helping prepare for special events and holidays.
- **Musical Connection:** Sharing or enjoying music together—play an instrument or create a calming atmosphere with background music.
- **Clinic Support:** Welcoming and assisting patients and visitors in medical clinics by providing friendly directions and guidance.

Healthcare guest speakers:

You'll also have the opportunity to join a monthly Guest Speaker series, featuring a diverse lineup of healthcare professionals. Past speakers have included physicians, nurses, medical imaging technicians, psychiatrists, social workers, dietitians, pharmacists, and more—offering you a behind-the-scenes look at different careers in healthcare and inspiring your own career path.

Interested?

Visit www.islandhealth.ca/stepupyouth for more info

Email stepupyouth@islandhealth.ca with any questions

Step Up and **C•A•R•E**

Step Up and **LEARN**

Step Up and **LEAD**

Volunteer Resources & Engagement: Trusted. Included. Valued.

COMMUNITY SERVICES

The K'wak'walat'si Child and Family Services / 'Namgis Community Services Milk and Egg Program supports prenatal and postnatal nutrition for families with young children.

Deliveries are made every
Wednesday afternoon.



Participants receive:

- One container of milk (of their choice)
- One dozen eggs weekly

Eligibility:

- Pregnant or have a child under 3 years of age
- Must reside in Alert Bay

To register, please contact:

'Namgis Community Services: 250-974-5356

Events & Activities

Amlilas Programs Sign Reveal

Join us for the Amlilas Programs Sign Reveal:

- Monday, April 13
- 10:45 AM
- Lunch to follow at 11:30 AM
- 126 Boundary Road

We look forward to seeing you there!


Culture Night

Join us Tuesdays and Thursdays from 6-8 PM at the Whe-La-La-U Area Council Office.

Connect with community members and cultural knowledge holders including Robert Joseph, William Wasden Jr., Pewi Alfred, Matthew Ambers, and Steven Smith.

culturalprojects@namgis.bc.ca

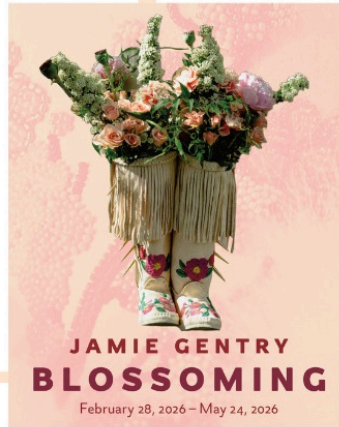
 ['Namgis Community Services](#)

 ['Namgis Cultural Program](#)



moccasin making

21 March 2026



Jamie Gentry, a truly talented instructor, guided participants with hands-on support, ensuring all left with a beautiful pair of moccasins in this one day workshop. Jamie roots are from the Da'naxda'xw First Nation. She recently had an art exhibit at Bill Reid gallery and was featured on Vogue. We are so honored that this is her 6th visit to 'Namgis to share her teachings on making moccasins.



'NAMGIS ELECTION 2026

Key Dates, Candidates & How to Vote

IMPORTANT DATES

All Candidates Forum

- April 16, 2026 | 5:00 PM – 8:00 PM
- Lawrence Ambers Memorial Centre
- (Virtual viewing available)

Advance Poll

- April 24, 2026 | 9:00 AM – 9:00 PM
- Maya'anł Elders' Centre

Election Day

- May 8, 2026 | 9:00 AM – 9:00 PM
- Maya'anł Elders' Centre

CANDIDATES

Chief Candidates:

- Donald Victor Isaac
- Ivy Peers
- Nick Stauffer
- Don Svanvik

Councillor Candidates (1 position):

- John A. Macko
- Christie Perrault
- Brian Wadhams
- William (Bill) Wasden

HOW TO VOTE

Online Voting

April 17 (9:00 AM) – May 8 (9:00 PM)

www.onefeather.ca/nations/namgis

On **Advance Poll & Election Day** at Maya'anł Elders' Centre
Mail-in ballots will also be sent to eligible voters.

QUICK INFO

All registered 'Namgis members aged 19+ are eligible to vote.

For full election details, candidate information, and updates:

namgis.bc.ca/nfn-election-2026/

For assistance:

voterhelp@onefeather.ca
1-855-923-3006




COMMUNICATIONS


Ne'nagwá'nakwála


Luncheons


- *The Survivors'*
Luncheons take place on Thursdays from 12-1 PM at the Learning Centre
- Contact Christopher Speck. if you need a ride!
 - 250-812-1777


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 [@NamgisFirstNation](#)

Website & App Updates

We continue to make improvements to the 'Namgis website and app to help keep members informed and connected.

Recent updates include:

- New Housing page now available online
- Ongoing updates to community information and resources
- Continued improvements to the 'Namgis App

We encourage members to explore available resources:

- **Job Postings**
 - namgis.bc.ca/employment-training/#job-postings
- **Housing**
 - namgis.bc.ca/housing

How to Get Started with the 'Namgis App:

- 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

Jean Bell

Communications Manager

- 250-974-7453
- jean.bell@namgis.bc.ca

