

'KALA'MAS

'NAMGIS

FIRST NATION

September has already been a busy month in our community, with gatherings, partnerships, important community work, and more still to come.

Stay connected through the 'Nāmgis App, website, and social media for updates between newsletters.

Gilakas'la.

Sunday, September 20

7:30 AM – 7:00 PM (estimated)

BC Hydro has scheduled the third and final planned outage for necessary equipment maintenance. Residents are encouraged to prepare ahead of time.

Due to the September 30 statutory holiday, Income Assistance cheques will be mailed on **Tuesday, September 29, 2026.**

- September Community Highlights
- Meet Our Senior Administrator
- AGM Facilitator
- Health & Wellness
- Lands & Infrastructure
- Natural Resources
- Every Child Matters
- Stay Connected

'Namgis Administration
250-974-5556

'Namgis Health
250-974-5522

Tłisalagi'lakw School
250-974-5591

Visit namgis.bc.ca for more info.

A Historic Day in 'Yalis

September 9, 2026 | 'Yalis

On September 9, the world's tallest totem pole was carefully brought down after more than 50 years standing in Alert Bay.

Raised in 1973, the 173-foot pole carried the crests of 22 Kwakwaka'wakw tribes and represented unity during an important period of cultural resurgence. After the pole was found to be unstable and unsafe to remain standing, crews carried out a carefully planned removal while community members gathered nearby to witness the day.

For many, the pole holds memories extending back to when it was first carved and raised, as well as connections to the carvers, families and communities represented through it.

As Ho'miskanis Don Svanvik shared with CBC, "This is not the end of anything."

Read the full story and reflections from Ho'miskanis Don Svanvik and Hereditary Chief William Wasden Jr. through CBC News.



[Read CBC News
Article Here](#)



MOUs with Nawalakw

Strengthening Partnerships

On September 14, 'Namgis First Nation joined Amlilas and Nawalakw for the signing of a Memorandum of Understanding (MOU).

The signing marked an opportunity to recognize the partnership and shared work between those involved.



Coming Together in Community

On September 15, community members gathered at Țis̓alagi'lakw School for the signing of a Memorandum of Understanding with Nawalakw.

The gathering brought together students, families, community members and representatives to mark the occasion together.



STAFF BIO

Joe Johnson

Senior Administrator

Hello, my name is Carl Joseph Johnson and I am honoured to introduce myself as your new Senior Administrator. I am a member of the Penticton Indian Band, and I look forward to learning more about your Nation, its people, priorities, and vision for the future.

I bring many years of experience in First Nations governance, public administration, housing, community development, and government relations, along with a professional background in civil engineering technology, project management, and organizational leadership through Queen's University. Throughout my career, I have had the privilege of supporting First Nations governments and organizations, leading teams, managing major budgets, and helping advance community priorities.

As I begin this role, my first priority is to listen, build relationships, and understand what matters most to the community. I believe in working collaboratively with Chief and Council, staff, Elders, members, and partners, with a strong focus on accountability, transparency, and respectful service. I enjoy walking and if you see me on the trail, wave and say hello. Finally, I am grateful for the opportunity to serve as your Senior Administrator and look forward to meeting you and working together to support a strong and sustainable future for the Nation.

REQUEST FOR PROPOSALS

AGM Meeting Facilitator

The 'Namgis First Nation is seeking proposals from qualified meeting facilitators for the upcoming Annual General Meeting.

AGM Dates:

November 7 & 8, 2026

Proposal Deadline:

September 30, 2026

Key responsibilities include:

- Chairing the AGM
- Keeping meeting records
- Coordinating meeting materials
- Preparing a final report

Submit proposals to:

Amy.Gunn@namgis.bc.ca

HEALTH & WELLNESS

Assess Your Risk of Developing Diabetes

Type 2 diabetes can develop without obvious warning signs or symptoms. Knowing your risk factors and getting screened can help you take action early.

Your risk may be higher depending on factors such as your age, family history, blood pressure, blood sugar, activity level, body size, and other health factors.

Adults over age 40 should be tested for diabetes every three years. If you have one or more risk factors, you may need to be tested earlier or more often.

During pregnancy, gestational diabetes can also develop. Screening is generally recommended between 24 and 28 weeks of pregnancy, or earlier for those at higher risk.

Want to know your risk? Complete the CANRISK questionnaire below and talk with your health care provider about your results.

If you would like to discuss your risk factors, access screening, or have questions about living a healthy life with diabetes, **call Nicole at the Health Centre, Monday–Wednesday, 8:30 a.m.–4:30 p.m.**

'Namgis Health Centre
250-974-5522



['Namgis Health Centre](#)



['Namgis Wellness Centre](#)



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

Are you at risk for diabetes?

The following questions will help you to find out if you are at higher risk of having type 2 diabetes. You can have undiagnosed type 2 diabetes without having any obvious warning signs or symptoms. Knowing your risk can help you make healthy choices now that will reduce your risk or even prevent you from developing diabetes.

Please answer the questions as honestly and completely as you can. If you wish, a friend or family member can help you to complete this form. Answer all questions. Enter your scores for each question in the box on the right-hand side and then add them up to calculate your total risk score.

This questionnaire is intended for adults aged *18 to 74 years.

1. Select your age group:

- ☐ *18-44 years
- ☐ 45-54 years
- ☐ 55-64 years
- ☐ 65-74 years

- 0 points
- 7 points
- 13 points
- 15 points

* The original CANRISK tool was specifically created for adult populations aged 40–74. Scores for ages 39 and younger are based solely on the CTFPHC Recommendations on screening for Type 2 diabetes in adults.

AS YOU GET OLDER, YOUR RISK OF DEVELOPING DIABETES GOES UP.

2. Are you male or female?

- ☐ Male
- ☐ Female

- 6 points
- 0 points

3. How tall are you and how much do you weigh? Use **Appendix 1 (BMI Chart)** on the last page to answer the question below. Select your BMI group from the following choices:

- ☐ White (BMI less than 25)
- ☐ Light grey (BMI 25 to 29)
- ☐ Dark grey (BMI 30 to 34)
- ☐ Black (BMI 35 and over)

- 0 points
- 4 points
- 9 points
- 14 points

4. Using a tape measure, place it around your waist at the level of your belly button. Measure after breathing out (do not hold your breath). Then check the box that contains your measurement (note: this is not the same as the “waist size” on your pants).

MEN

- ☐ Less than 94 cm or 37 inches
- ☐ Between 94-102 cm or 37-40 inches
- ☐ Over 102 cm or 40 inches

WOMEN

- ☐ Less than 80 cm or 31.5 inches
- ☐ Between 80-88 cm or 31.5-35 inches
- ☐ Over 88 cm or 35 inches

- 0 points
- 4 points
- 6 points

BODY SHAPE AND SIZE CAN AFFECT YOUR RISK OF DIABETES.

5. Do you usually do some physical activity such as brisk walking for at least 30 minutes each day? This activity can be done while at work or at home.

- ☐ Yes
- ☐ No

- 0 points
- 1 point

SCORE

6. How often do you eat vegetables or fruits?

- ☐ Every day
☐ Not every day

0 points
 2 points

YOUR LEVEL OF PHYSICAL ACTIVITY AND WHAT YOU EAT CAN AFFECT YOUR RISK OF DEVELOPING DIABETES.

7. Have you ever been told by a doctor or nurse that you have high blood pressure OR have you ever taken high blood pressure pills?

- ☐ Yes
☐ No or don't know

4 points
 0 points

8. Have you ever been found to have a high blood sugar either from a blood test, during an illness, or during pregnancy?

- ☐ Yes
☐ No or don't know

14 points
 0 points

9. Have you ever given birth to a large baby weighing 9 pounds (4.1 kg) or more?

- ☐ Yes
☐ No, don't know, or not applicable

1 point
 0 points

HIGH BLOOD PRESSURE, HIGH BLOOD SUGAR, AND PREGNANCY-RELATED FACTORS ARE ASSOCIATED WITH DIABETES.

10. Have any of your blood relatives ever been diagnosed with diabetes? Check ALL that apply. Add your score. Your combined score cannot be more than 8 points (2 points for each category, do not count multiple children or siblings twice).

- ☐ Mother
☐ Father
☐ Brothers/Sisters
☐ Children
☐ Other
☐ No/don't know

2 points
 2 points
 2 points
 2 points
 0 points
 0 points

11. Please check off which of the following ethnic groups your biological (blood) parents belong to. Choose only one score, the highest. Do not add mother plus father scores together (your score cannot be more than 11 points for this section).

- | MOTHER | FATHER | |
|-----------------------|-----------------------|--|
| ☐ | ☐ | White (Caucasian) |
| ☐ | ☐ | Aboriginal |
| ☐ | ☐ | Black (Afro-Caribbean) |
| ☐ | ☐ | East Asian (Chinese, Vietnamese, Filipino, Korean, etc.) |
| ☐ | ☐ | South Asian (East Indian, Pakistani, Sri Lankan, etc.) |
| ☐ | ☐ | Other non-white (Latin American, Arab, West Asian) |

0 points
 3 points
 5 points
 10 points
 11 points
 3 points

SOME TYPES OF DIABETES RUN IN FAMILIES.

12. What is the highest level of education that you have completed?

- ☐ Some high school or less
☐ High school diploma
☐ Some college or university
☐ University or college degree

5 points
 1 point
 0 points
 0 points

OTHER FACTORS ARE ALSO RELATED TO DEVELOPING DIABETES.

Add up your points from questions 1 to 12 to determine your Total Risk Score:

SCORE



0-32 POINTS LOW TO MODERATE RISK	1-17% chance of being diagnosed with diabetes over the next 10 years*	The CTFPHC recommends <u>not routinely screening</u> for type 2 diabetes.
33-42 POINTS HIGH RISK	33% chance of being diagnosed with diabetes over the next 10 years*	The CTFPHC recommends <u>screening every 3-5 years</u> with A1C.†
43+ POINTS VERY HIGH RISK	50% chance of being diagnosed with diabetes over the next 10 years*	The CTFPHC recommends <u>annual screening</u> with A1C.†

* The 10-year predictive value of CANRISK has been based on the predictive value of the FINDRISC calculator.

Recommendations are for screening adults without symptoms of type 2 diabetes using blood tests. These recommendations do not apply to adults already diagnosed with type 2 diabetes, those at risk for type 1 diabetes, or those with symptoms of diabetes.

Symptoms of diabetes include: unusual thirst, frequent urination, weight change (gain or loss), extreme fatigue or lack of energy, blurred vision, frequent and recurring infections, cuts and bruises that are slow to heal, and/or tingling or numbness in the hands or feet.

† WHAT IS A1C?

The A1C test is a simple lab test that reflects your average blood glucose level over the last 3 months. A small blood sample to check your A1C can be taken at any time of the day.

Be informed!

TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHEN AND HOW OFTEN YOU SHOULD BE SCREENED FOR TYPE 2 DIABETES.

LANDS & INFRASTRUCTURE

OFFICE REMINDER

Lands, Public Works, Water & Wastewater, and Housing are now located at **1C Front Street**.

General Lands & Infrastructure

Samantha Webster — 250-974-7927

Gina Wadhams — 250-974-5556 ext. 3115 or 250-974-7246

Housing Inquiries

Layangi — 250-974-4137

[See Housing site:](https://namgis.bc.ca/housing)

namgis.bc.ca/housing

DERELICT & INOPERABLE VEHICLES

In June 2026, 'Namgis Chief and Council approved the Derelict and Inoperable Vehicle Policy to help address abandoned, unsafe, and inoperable vehicles within the community.

The policy outlines how vehicles may be identified as derelict or inoperable, the notice process for vehicle owners, and the steps that may be taken if a vehicle is not removed within the required timeframe.

Community members are encouraged to review the policy and learn what it may mean for vehicles on their property.

Printed brochures are also available at the Lands & Infrastructure Office at 1C Front Street.

[Learn More:](https://namgis.bc.ca/derelict-inoperable-vehicle-policy)

namgis.bc.ca/derelict-inoperable-vehicle-policy

Proposed 'N̓amgis Land Code Amendments

Thank you to everyone who joined the virtual Land Code information session on September 10.

If you were unable to attend, or would like to review the information again, the documents presented during the session and a recording of the livestream are available on the 'N̓amgis Land Code webpage.

UPCOMING IN-PERSON INFORMATION SESSIONS

October 15

Starts at 5:00 PM
Council Hall

October 25

10:00 AM–2:30 PM
LAMRC

A member vote on the proposed amendments is targeted for November 2026 during the planned AGM.

Review the materials and recording:
namgis.bc.ca/land-code

Proposed dates are subject to change. Watch for updates.

See Land Code site:
namgis.bc.ca/land-code

NATURAL RESOURCES

2026 'Namgis Elk Draw

APPLICATIONS OPEN:

Sept 1, 2026

DEADLINE:

Sept 25, 2026 @ 4:00 PM

- Attach PAL + Status Card copies
- Submit to terian.w@namgis.bc.ca
- Or bring to 'Namgis Admin Annex (Natural Resources) Office

Only successful applicants will be contacted.

Off-Island Frozen Sockeye Registration

A limited amount of frozen sockeye is available for **off-island 'Namgis members**, with pick-up in Victoria on **Tuesday, October 6**.

This distribution is not available to Alert Bay/on-island households, including households that did not receive sockeye during the summer distribution.

Registration is required and closes September 30. This is a new registration, separate from the 2026 Alert Bay sockeye registration.

If you cannot pick up your fish yourself, you may designate up to **two people** to pick up on your behalf.

The Victoria pick-up time and location will be announced before October 6.

Register:
namgis.bc.ca/off-island-sockeye

Need help?
Contact Terian at
250-974-5556 ext. 2136.

— EVERYONE WELCOME —

Orange Shirt Day

Awilagila x̱an's Sas̱am • Every Child Matters



Mon Sep 28, 2026 | 9:30am-2:30pm

‘Yq̱lis | Alert Bay

9:30 Walk starts at Ferry Terminal

10:00 Arrive at Gukwdzi

10:30 Welcoming/Ceremony

12:00 Lunch

1-2:30 Ceremony/Speeches



FIRST PEOPLES'
CULTURAL COUNCIL



Funded by the
Government
of Canada

Canada

— GILAKAS'LA —

Contact goinghome@namgis.bc.ca for more info.

Artwork design by
Andrew Speck.

STAY CONNECTED

'Namgis App

Stay connected with community announcements, ferry cancellations, wildlife alerts, water shutoffs and more without needing social media. Scan to get started.



Job Postings

Looking for work with 'Namgis First Nation? Find current opportunities, job descriptions and application information on our website. Scan to view current postings.



Events Calendar

Find upcoming 'Namgis events, meetings, information sessions and other important community dates in one place. Scan to see what's coming up.



Update Your Info

Keep your contact information current so you receive important 'Namgis mailouts, including elections, referendums, information packages and newsletters. Scan to update your information.



Community Spotlight

Have a story to share? Send Community Spotlight ideas to communications@namgis.bc.ca

FOLLOW US

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@NamgisFirstNation



@NamgisNews



namgis.bc.ca