

## Newsletter

January 9<sup>th</sup>, 2026

### OUR NEWSLETTER

#### Communications 101

Hey Klahoose community,

HAPPY NEW YEAR! May the year of 2026, bring you joy, happiness, wealth and success!

We have so many events happening this month! 4 Pillars meetings in Klahoose, many spots on Vancouver Island, Mainland & Washington. We have a new event: Lunch and Learn with the Health Department. This L&L will be revolving around Medical travel and as always we have our Education functions every Monday and Wednesday. We would love to see you!

Want to see something in the newsletter or website? Please send me your ideas! Contact information is at the bottom of each page 😊

Eva R. Delorme



#### Word/Phrases of the week.

- hays qaymıχ<sup>w</sup> - respected person
- laspol - soccer ball
- nuł - older brother
- x<sup>w</sup>umyič - Skin
- hēhaw λελοq ʔa məjəθ - The meat is chewy.
- k<sup>w</sup>unala qol tās šəθ jəjε - Your cousin finally arrived.
- hoštəm ju - We will go home.



All these can be found on the First Voices website or App

<https://www.firstvoices.com/klahoose/>

### Upcoming Week Events

- **Elder's lunch**  
Every Monday!  
Delivered door to door.
- **Board Game Night**  
Monday Jan, 12th @ Main Hall, MPB  
4:00 - 5:30 PM!
- **Elder's & Social Assistance Lunch**  
Every Tuesday!  
Delivered door to door.
- **Garden Work Bee**  
Every Tuesday @ Klahoose Community Garden  
1:00 PM to 4:30 PM - Everyone welcome!
- **Healing Circle W/ Norman Harry Sr.**  
Every Tuesday @ Old Band office, Rear Entrance.  
6:00 PM - 7:00 PM - Everyone welcome!
- **Culture Night**  
Every Tuesday @ Main Hall, MPB.  
5:00 PM - 7:00 PM
- **Hot Dog Day!**  
Every Wednesday @ Coffee Area, MPB  
12:00 PM - 1:00 PM  
Pay and pre-order through Reception - Everyone welcome!
- **Language Bingo**  
Every other Wednesday @ Main Hall, MPB.  
5:00 PM - 7:00 PM  
This event is cancelled due to another event!
- **4 Pillars Meeting**  
Thursday, January 15th @ Council Chambers, MPB.  
9:00 PM - 12:00 PM  
Join remotely! See QR code on page
- **Toddler Program with Kristen**  
Every Thursday @ Main Hall, MPB.  
10:30 AM - 12:30 PM
- **Lunch & Learn: Medical Travel**  
Thursday, January 15th @ Main Hall, MPB.  
10:00 AM - 12:30 PM  
This meeting will be hybrid as well! See QR code on page

## JOB POSTINGS



### ■ Store Clerk

#### Full-Time/Part-Time

- 📍 Gorge Harbour Marina Resort  
The Gorge Harbour Marina Resort is looking for an energetic and friendly clerk for the Gorge Store to help maintain their inventory of all items and products while providing exceptional customer service.  
See full job description for more information.

To apply, please send your cover letter with resume to [team@gorgeharbour.com](mailto:team@gorgeharbour.com)

### ■ Cook - Full Time/Seasonal

- 📍 Klahoose Wilderness Resort  
This position is based on a daily, split-shift routine: AM service into housekeeping and PM meal service into clean up/reset for morning service.  
See full job description for more information.

To apply, please send your cover letter with resume to [team@klahooseresort.com](mailto:team@klahooseresort.com)

You can also check out the full job descriptions for all the postings on this page, on our website!



Klahoose First Nation Website  
[www.klahoose.org/jobpostings](http://www.klahoose.org/jobpostings)

### ■ Housing Maintenance Associate - Full time

- 📍 Klahoose First Nation  
We are currently seeking a full-time Housing Maintenance Associate responsible for providing as-needed general maintenance and repairs for all Band-owned housing.

See full job description for more information.

To apply, please send your cover letter with resume to Melinda Biddle.

**E:** [melindabiddle@klahoose.org](mailto:melindabiddle@klahoose.org)  
**P:** 250-935-6536 ext. 231

### ■ Working Opportunity: Klahoose Community Inquiry

- 📍 Klahoose First Nation  
Klahoose will be undergoing Waste Management System upgrades, some occurring in August/September/October 2025 & more serious upgrades scheduled in 1.5 to 2 years in the future.

The Infrastructure & Development Department is currently seeking expressions of interest from Klahoose community members who have experience in the following areas for the future:

- Flagger (Sewage repair work)
- Biologist Assistant (Working one day a week with the biologist, 10 Hours a week.)
- Radio Operator (For emergency communication)

**Please contact Robert Dinning if this piques your interest.**

**P:** 250-935-6536 ext. 241  
**E:** [robertdinning@klahoose.org](mailto:robertdinning@klahoose.org)

# Four Pillars



**Klahoose**  
FIRST NATION

## January 2026 Meetings

Please mark your calendars – we need your voice!

Planning for Language, Culture, Heritage & Wellness funds.

# 15

### **Klahoose**

1790 Tork rd,  
Cortes Island. V0P  
1T0 & on Zoom.



**9am – 12pm**

# 17

### **Auburn, WA**

Les Gove  
Multipurpose  
Building,  
1020 Deals Way,  
Auburn, WA, 98002

**2pm – 5pm**

# 18

### **Enumclaw, WA**

41926 212<sup>th</sup> Ave SE,  
Enumclaw, WA,  
98022

**2pm – 5pm**

# 19

### **Campbell River**

Coast Discovery Inn,  
975 Shoppers Row,  
Campbell River, BC,  
V9W 2C3

**3pm – 7pm**

# 20

### **Victoria**

Coast Victoria  
Hotel  
146 Kingston St,  
Victoria, BC,  
V8V 1V4

**3pm – 7pm**

# 21

### **Vancouver**

Museum of  
Vancouver, 1100  
Chestnut Street,  
Vancouver, BC,  
V6J 3J9

**1pm – 5pm**

# 22

### **Nanaimo**

Coast Bastion  
Hotel  
11 Bastion Street,  
Nanaimo, BC,  
V9R 6E4

**3pm – 7pm**

# 26

### **On Zoom**



**4pm – 7pm**



## Family Board Game Nights

Every other Monday: January 5<sup>th</sup>, 19<sup>th</sup>, February 2<sup>nd</sup>, 16<sup>th</sup>, March 2<sup>nd</sup>, 16<sup>th</sup>, & 30<sup>th</sup>.

Main Hall, Klahoose Multipurpose Building.

Chess, checkers, crib, monopoly, or the Game of Life! Everyone is welcome to join.

## LAHAL (Traditional Game)

Every other Monday: January 12<sup>th</sup>, 26<sup>th</sup>, February 9<sup>th</sup>, 23<sup>rd</sup>, March 9<sup>th</sup> & 23<sup>rd</sup>.

Main Hall, Klahoose Multipurpose Building.

LAHAL is a traditional Coast Salish gambling bone game. You can learn more about this from the resources below!



Lahal Game write - University of Victoria



YouTube Video by FatalPixels

## Tutoring

Every Wednesday: January

Cortes Island School

3:00 PM - 4:30 PM

## Ayajuthem Language Classes

Every other Wednesday: January 7<sup>th</sup>, 21<sup>st</sup>, February 4<sup>th</sup>, 18<sup>th</sup>, March 4<sup>th</sup>, & 18<sup>th</sup>.

5:00 PM to 7:00 PM

Online & Main Hall, Klahoose Multipurpose Building

Dinner starts at 5:00!

## Language Bingo

Every other Wednesday: January 14<sup>th</sup>, 28<sup>th</sup>, February 11<sup>th</sup>, 25<sup>th</sup>, March

Main Hall, Klahoose Multipurpose Building.

5:00 PM - 7:00 PM

Everyone is welcome to come to Language Bingo with Norman Harry Sr. Prizes for winnings include healthy food and snacks

## Toddler Programs

Every Thursday

10:30 AM to 12:00 PM

Main Hall, Klahoose Multipurpose Building.

There is a toddler program that happens once a week, guided by Kristen Harry. This program will serve Klahoose Community čičuʔ (Children), ages 0 - 8 (on and off reserve).

Lunch will be provided!

Please keep an eye out for more information.

## Point of contact:

Kirsten Harry, Education Department.

E: kristenharry@klahoose.org



Marilyn Harry, Education  
E: educationfunding@klahoose.org  
P: 250-935-6536 ext. 232



## **Calling all Klahoose Community members:** parents, grandparents, youth or anyone interested in forming an education committee!

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What will we be doing?

1. Reviewing our Local Education Agreement that we hold with School District #72 for grades K-12.
2. Reviewing our post secondary and vocational policy.
3. Developing a mission statement for Education Committee.
4. Attend meetings bi-weekly.

There may be an opportunity to travel to other sister nations, youth to sit in on Leadership Meetings to observe governance structure & a small honorarium will be available for your time!

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**Please submit your expression of interest with reasoning for applying to Marilyn Harry.**

**P:** 250-935-6536 ext. 323

**E:** [marilynharry@klahoose.org](mailto:marilynharry@klahoose.org)

## HEALTH & WELLNESS

### ■ Contacts to know!

Kari Hackett, Health Centre Manager

P: (250) 935-6536 Ext. 251

E: karihackett@klahoose.org

To book doctor appointments at the Klahoose Health Center:

Gina Hallihan, Registered Nurse

P: (250) 935-

E: ginahallihan@klahoose.org

Chona Fyfe, Health Center Assistant

P: 250-935-6536 ext. 338

E: chonafyfe@klahoose.org

### čiy čuy (Children) and Family Department

Stephanie Konefall, Children Senior Policy Analyst

E: stephaniekonefall@klahoose.org

### ■ Medical Travel

Did you know that Klahoose expanded their Medical Travel Program to support all Klahoose members that live in BC? Now you do!

Connect with our medical travel team VIA email, phone for more information. You can also go to our Health page on the Klahoose Website!

#### Medical Travel Contact Information

Medical Travel Coordinators: Anita Noble & Tiffany Jamieson

E: medicaltravel@klahoose.org

P: 1-506-717-7988

eFax: 250-410-3477



### ■ Lisa-Marie Gruger

*Clinical Counsellor*

Lisa Marie has a diverse range of counselling experiences, ranging from working with children and adolescents with behaviour and psychiatric disorders to supporting individuals who were transitioning out of abusive relationships and into education and/or employment.

- Individual counselling
- Parent and family counselling for children, adolescents, and their families
- Couples counselling
- Clinical supervision

☎ P: (250) 287-5974

✉ E: limg@lmgruger.ca

### ■ CANCELLED SMARTRecovery - every Monday!

5:15 - 6:30 PM every Monday @ Online

The SMART Recovery program will be cancelled from November 10<sup>th</sup> and on. Please tuned for more information regarding these sessions in the new year!

Please contact Lisa Marie if you would like to attend these sessions or would like more information regarding SMARTRecovery.



Lisa Marie Gruger

W: limg@lmgruger.ca



# HEALTH CENTER PAGE 2



**Thursday, January 15<sup>th</sup>, 2025**  
**1:00 PM - 2:30 PM**  
**Main Hall, Klahoose Multipurpose Building**  
**Hybrid (In-person & on Zoom)**

Come join us for lunch and to learn of the on goings surrounding Medical Travel.

This event will be hybrid: In-person and online!

**Meeting ID:** 818 8818 8779

**Meeting Link:**

<https://us06web.zoom.us/join/81888188779>

**Meeting Passcode:** 236208

Or use QR Code to pre-register for this event.



## ■ Lunch & Learn: Medical Travel

There is quite a bit of misunderstanding around medical travel so we will be doing a lunch & learn to hopefully clear some information up for folks! . This program is funded by FNHA, and the Medical Travel Clerks must follow FNHA guidelines in order for Klahoose to be reimbursed by FNHA (First Nations Health Authority).

We have a new online program for Medical Travel which requires a higher degree of accountability so we will be confirming appointments and attendance for every travel request. We must insist that any non-emergency appointments such as physio, dental cleanings, fillings etc. (Dental Surgery is not part of this) lab testing, x-rays, eye exams etc.(short appointments that are not emergencies or surgical) be booked at a time that allows for same day travel over and back. Stay in touch with your travel clerk regarding this.

We will also be doing a lunch & learn on a monthly basis for the year of 2026 so keep your eyes peeled!



### **Kari Hackett**

Health Center Manager

**P:** 250935-6536 ext. 251

**Direct Line:** 778-717-7735

**E:** [karihackett@klahoose.org](mailto:karihackett@klahoose.org)



## **Lunch & Learn: Medical Travel**

**When:** January 15<sup>th</sup> , 2026

from 1:00 PM to 2:00 PM

**Where:** On Zoom & in-person @  
Klahoose Multipurpose Building

**Who:** For Klahoose Members.

There is quite a bit of misunderstanding around medical travel so we will be doing a lunch & learn to hopefully clear some information up for folks! This program is funded by FNHA, and the Medical Travel Clerks must follow FNHA guidelines in order for Klahoose to be reimbursed by FNHA (First Nations Health Authority).

We will also be doing a lunch & learn on a monthly basis for the year of 2026 so keep your eyes peeled!

Please see QR code below if you would like to attend VIA Zoom and cannot attend in person.

Any questions? Please contact Kari Hackett.

**P:** 250-935-0225

**E:** [karihackett@klahoose.org](mailto:karihackett@klahoose.org)



Come join us for lunch and to learn of the on goings surrounding Medical Travel.

This event will be hybrid: In-person and online!

**Meeting ID:** 818 8818 8779

**Meeting Link:**

<https://us06web.zoom.us/join/M74q5Q6hTIGVRmM0-iF0Pw>

**Meeting Passcode:** 236208

## COMMUNITY BUS INFO

### KLAHOOSE COMMUNITY BUS SCHEDULE EVERY TUESDAY & THURSDAY

Departure Location	Departure Times
Klahoose Village	8:30 AM
Whaletown Terminal, Cortes Island	9:55 AM <i>Ferry Departure</i>
Quathiaski Cove Terminal, Quadra Island.	11:00 AM <i>Ferry Departure</i>
Shoppers Drug Mart, Tyee Plaza in Campbell River.	3:30 PM
Campbell River Ferry Terminal	4:00 PM <i>Ferry Departure</i>
Heriot Bay Ferry Terminal	5:05 PM <i>Ferry Departure</i>
Klahoose Village	6:30 PM

#### To book a seat on the Community Bus:

Please contact Ian Ross, Driver

P: (250) 203-8360

E: [ianross@klahoose.org](mailto:ianross@klahoose.org)

#### ■ KLAHOOSE COMMUNITY BUS INFORMATION Island Connections with Convenience

*All prices include BC Ferry fares.*

Every Tuesday & Thursday!

Children under 5 years old ride for free.

Klahoose Band Members & Staff get a \$10.00 discount from the posted price.

Round trip rates (*Cortes Island to Campbell River and back*):

**Adult:** \$50.00

**Senior:** \$30.00

**Child (Ages 5-11):** \$35.00

One-way rates (*Cortes to Campbell River*):

**Adult:** \$30.00

**Senior:** \$20.00

**Child (5 - 11):** \$20.00

One-way rates (*Campbell River to Cortes Island*):

**Adult -** \$40.00

**Senior -** \$20.00

**Child (Ages 5 - 11) -** \$25.00

#### ■ Better-at-home Program

The Better-At-Home Program is offering one subsidized trip per month on the Klahoose Community Bus.

This program is set up to help low-income seniors, Klahoose Elders are eligible as well!

Applicants are to be 65 years of age or older and require to submit their full name, date of birth, and documentation of last years total income.

#### To apply please contact Ester!

P: (250) 204-2116

E: [betterathomecortes@gmail.com](mailto:betterathomecortes@gmail.com)

## GENERAL INFORMATION

### ■ Reduce, Reuse, Recycle!

#### Every Tuesday is Compost Day!

Please have your compost bucket at the end of your driveway before **2:00 PM Pick-up**.

#### Every Wednesday is Recycle Day!

Please have your tri-colour recycling bags at the end of your driveway before **9:00 AM Pick-up**.

#### Every Thursday is Garbage Day!

Please have your garbage bins out at the end of your driveway before **9:00 AM pick-up!**

*Remember, 2 bags per household.*

Do you have clothes and/or household items that can be reused?

The Cortes island Free Store Spring hours are from **9:00 AM - 12:30 PM, Thursday - Sunday.**

Did you miss a recycle or garbage day?

The Cortes Island Recycling Center spring hours are from **9:00 AM - 1:00 PM, Thursday - Sunday.**

Please use the signage posted for the appropriate recycling areas and if you need help, don't be shy to ask of the Recycling Center workers for more information.



## KLAHOOSE II WATER TAXI

### ■ Desolation sound and surrounding locations!

**Standard rate:** \$300 per hour & \$100 per hour waiting rate.

**Klahoose Member rate:** \$125 per hour & \$50 per hour waiting rate.

#### Payment information:

- EFTs: Email to [directdeposit@klahoose.org](mailto:directdeposit@klahoose.org) with "Klahoose Water Taxi" and invoice number.
- Cheque: made to "Klahoose First Nation"
- The Finance Department accepts cash payments from Monday to Thursday, 9:00 AM - 5:00 PM PST.

To Book the Klahoose II for your next adventure or commute:

*Eva Delorme*

*P: (250) 935-6536 ext. 225*

*C: (778) 718-2762*

*E: [klahoosewatertaxi@klahoose.org](mailto:klahoosewatertaxi@klahoose.org)*



# CORTES ISLAND LOCAL INFO PAGE 1

## Island Store Hours - Fall!

### Gorge Harbour Marina Resort Store

Monday - Friday: 9:00 AM - 6:00 PM

Saturday - Sunday: 10:00 AM - 6:00 PM

### Squirrel Cove Trading Co. Store & Gas

Wednesday to Sunday: 9:30 am - 5:30 PM

Propane available: Friday to Sunday

### Cortes Market

Monday to Saturday: 9:00 AM - 8:00 PM

Sunday & Holidays: 10:00 AM - 6:00 PM

Coffee & Deli ends 30 mins before closing.

*Mondays are seniors day!*

### Natural Food Co-op Store, Bakery & Cafe

Monday to Friday: 9:00 AM - 7:00 PM

Saturday & Sunday: 10:00 AM - 6:00 PM

Bakery - 7 days a week

Cafe - Tuesday to Saturday: 9:00 AM - 3:00 PM

## Canada Post Offices & Outlets

### Squirrel Cove Location @ Squirrel Cove Trading Co.

Wednesday - Sunday 9:00 AM - 6:00 PM

### Mansons Landing Location

Monday, Wednesday & Friday: 7:30 AM - 11:00 AM &

12:30 PM - 4:30 PM.

### Whaletown Location

Monday, Wednesday & Friday: 7:30 AM - 10:30 AM &

11:30 AM - 4:30 PM.

## Island Phone Books

Telephone book/community directory for Quadra Island and Cortes island. Containing business listings (Yellow pages), private listings (white pages), emergency numbers and a community bulletin board,

 For more information, please use the [Island Phone Books Website](#) or QR Code below.



Cortes Island/Quadra Island  
Local Phone Books.

## LOCAL BC FERRY SCHEDULE

Departure: Whaletown Terminal* to Heriot Bay Terminal Duration: 45 Minutes, Monday - Sunday	Departure: Heriot Bay Terminal** to Whaletown Terminal Duration: 45 Minutes, Monday - Sunday.
7:55 AM	9:05 AM
9:55 AM	<b>11:05 AM</b>
11:55 AM	1:10 PM
<b>2:00 PM</b>	3:05 PM
3:55 PM	5:05 PM
5:55 PM	6:45 PM

**On Tuesdays: No passengers permitted - Dangerous Cargo Sailing Only**

\*Boarding is based on order of arrival. Check in is closed five minutes prior to scheduled sailing.

\*\*Check in and ticket sales close three minutes prior to scheduled sailings.

*These posted sailing times were last updated June 24<sup>th</sup>, 2025. from the BC Ferries Official Website*

# CORTES ISLAND LOCAL INFO PAGE 2

## Local things!

BC Ferries Update - Cortes Island Route

**The Tachec, ferry terminal in Whaletown and Heriot Bay, Quadra Island will be shut down from February 9<sup>th</sup> to March 1<sup>st</sup>, 2026.**

A Water Taxi, with the capacity of 40 people will leave from the Mansons Landing Dock, 6 x a day with a shuttle available across Quadra Island. For those that want to leave a vehicle on Quadra Island, there will be parking available.

A Landing craft will be transporting essential service vehicles and dangerous cargo and can hold up to 16 regular vehicles and 12 passengers (There will be an application process to take a limited amount of other personal vehicles).

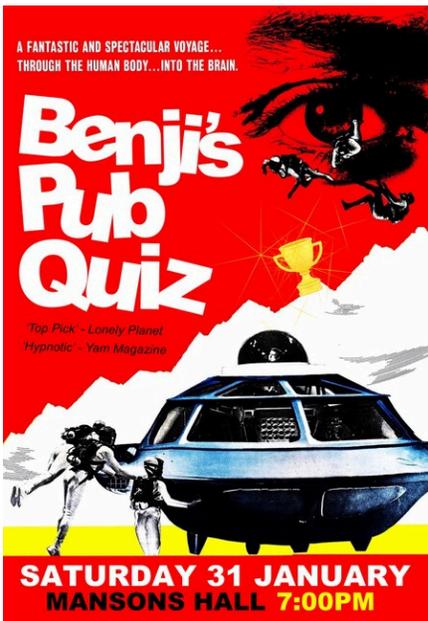
You can stay up to date through the BC Ferries email list, see QR Code below!



BC Ferries Website - Heriot Bay to Whaletown Ferry Terminal Updates.

Gather your smartest (or silliest) friends and head to Manson's Hall on Friday, January 31 from 7-9 PM for an action-packed night of laughs, surprises, and friendly competition.

This isn't just a quiz — it's an interactive entertainment show with chances to play along, win prizes, and maybe even take home the Cortes Quiz Cup (plus a hamper of goodies!). Teams and solo players welcome, everyone included,



and the vibes are always cozy and fun.

Hypnotic" - Yam Magazine "Top Pick" - Lonely Planet

Tickets at the door • \$20 Doors at 7:00 PM •

## Rooted Chefs

A hands-on culinary program inspiring youth to feel confident, creative, and mindful in the kitchen.

Rooted Chefs invites kids and youth to explore food through the senses—tasting, creating, and learning how what we eat influences our bodies and minds. Each week builds on new skills using seasonal ingredients, teamwork, and playful challenges, all while having fun.

### What to expect:

- Cooking with the seasons • Learning real kitchen skills
- Following (and creating!) recipes
- Mindfulness practices like breathing, yoga & meditation
- Creativity, confidence & collaboration

### PROGRAMS & SCHEDULE

Rooted Chefs Junior (Ages 7-10), \$15/class or \$75 total

Tuesdays 3:00-5pm

Jan 6, 13, 20, 27 & Feb 3

Rooted Chefs Youth (Ages 10-12), \$15/class or \$75 total

Wednesdays 3:00-5pm

Jan 7, 14, 21, 28 & Feb 4

Rooted Chefs Senior (Ages 12+), \$15/class or \$75 total

Mondays 3:00-5pm

Jan 5, 12, 19, 26 & Feb 2

### Skills they'll learn:

- Kitchen orientation & safety • Food prep & knife skills
- Cleanliness & cleanup • Cooking techniques (basic to advanced) • Seasonal cooking & substitutions
- Budget-friendly cooking (senior group)
- Teamwork & creative expression • Mindfulness practices
- Market experience (Youth & Senior)

Register with Cora: [cora@mansonshall.org](mailto:cora@mansonshall.org)



You can find all these events, Services and more on the Cortes Island Tideline!  
[www.cortesisland.com](http://www.cortesisland.com)



## Gorge Harbour Marina Resort Store & Dock

### 10% off redeemable items for Klahoose Band Members!

We are happy to share that the Gorge Harbour Marina Resort is now offering Klahoose Band Members 10% off redeemable items at the Gorge Harbour Marina & Dock store!

This discount applies to:

- Dairy, meat, and produce items.
- Gift items and merchandise.
- Non-perishables

**Please note: this discount does not apply to tobacco products, fuel, liquor or beer items.**

To redeem your discount, simply present your SCIS (Secure Certificate of Indian Status) or Status Card showing you are a Klahoose Band Member at the time of payment.

Visit us at the Gorge Harbour Marina Resort!



[klahoose.org](http://klahoose.org)

“Be the hero your pet deserves”

# PET FIRST AID

## Cortes Island

Saturday 17 January

Linnaea Farm - 1255 Seaford Rd

10am-4pm

Registration link

\$100/Person



To complete registration,  
please eTransfer the \$100 fee to -  
thepettrifecta@outlook.com

