



Herring Still Recovering from Commercial Fishery

Elders enjoyed the first taste of herring roe harvested

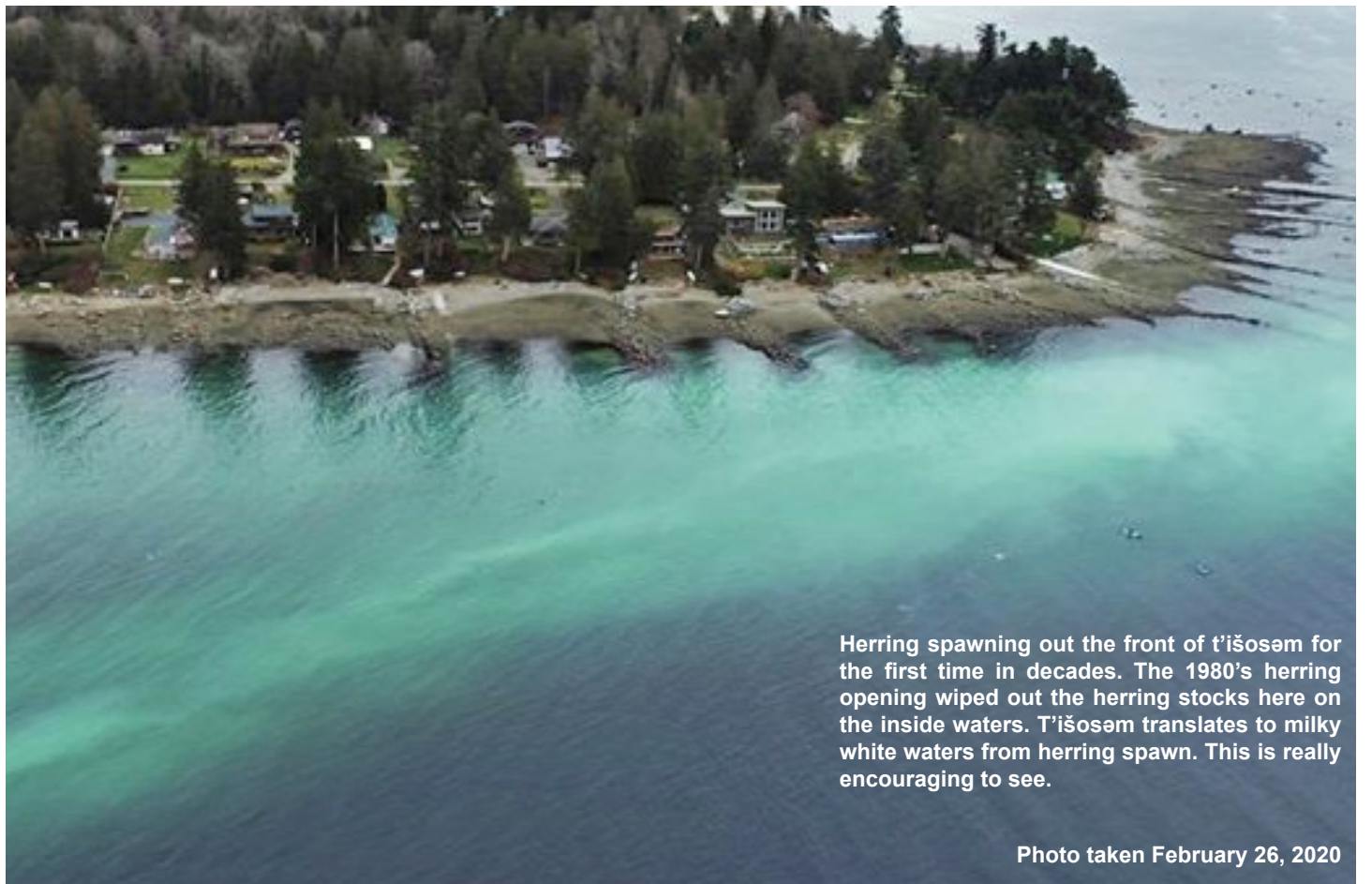
Around the first full moon in March the herring usually arrive. Back in the day, our people would set cedar branches and use herring rakes to capture herring roe and then dry them in the sun. Herring would be lightly smoked or air dried to preserve them. The herring was bountiful for all our members. The herring fishery was destroyed back in the 80's when fisheries allowed a commercial fishery in the fronting waters of our nation.

In 2016, our nation filed a band council resolution expressing our concern for our resident herring spawn. Our nation continues to take a stand to protect the herring in our traditional territory. The fishery was closed in our area last year (area 15) The commercial fishery is currently open at Denman Island, but the quota has been cut in half, for the protection of the herring.

We are not the only nation with lost access to traditional foods in the fronting waters of our territory, we have neighboring nations with the same issues. The preservation of all resources in the Salish Sea, especially in our domestic fishing area, must be protected for future generations to enjoy.

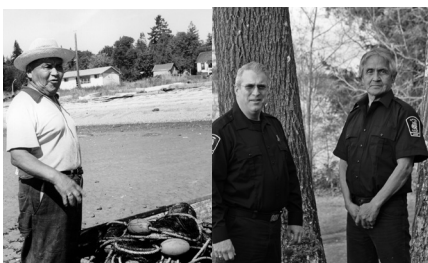
Lee George was fortunate enough to go out on the boat in early March to scout around. "There seems to be a good amount of spawning activity happening from Comox down to Qualicum. According to test boats sent out by fisheries we have major tonnage passing through our waters," said Lee.

Our nations hatchery crew managed to set cedar branches around Seal Point over at Denman Island. As a result, our elders enjoyed a taste of herring eggs.



Herring spawning out the front of t'išosəm for the first time in decades. The 1980's herring opening wiped out the herring stocks here on the inside waters. T'išosəm translates to milky white waters from herring spawn. This is really encouraging to see.

Photo taken February 26, 2020



INSIDE: TREATY | COMMUNITY | PROGRAMS & SERVICES | SPORTS & RECREATION | ANNOUNCEMENTS



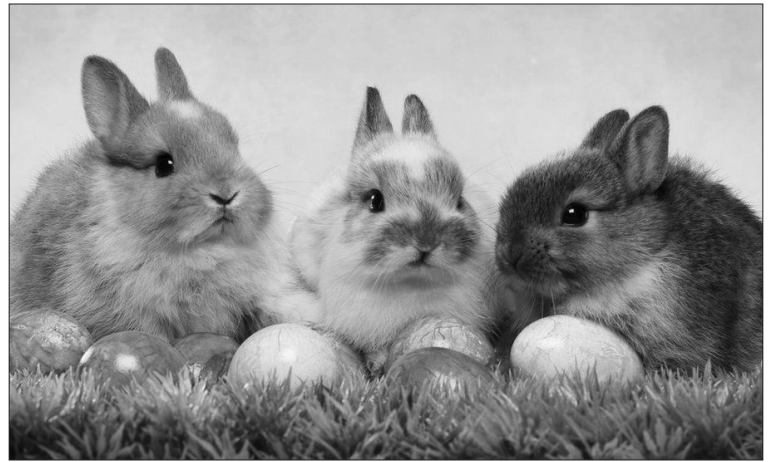


Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646



Governance House will be closed for the Easter weekend from April 10th - 13th

Message from the CAO

Hello Everyone.

I hope you are all keeping yourselves as safe as you can from this virus. This is a very difficult time, and your administration team is doing our best to maintain services while keeping everybody safe. As most of you will know, we have closed the office to public access, and most staff are working from home. We do have receptionists working the phones during regular business hours. You can call the regular number (see below) and speak to reception. They will be able to either connect you with staff working from home, or have staff return your call. Also, many staff have their office number forwarded to their home or cell phone, so you can reach them that way. A list of staff phone numbers is provided for you in this edition of the Neh Motl on page 6. If you have an urgent need outside of office hours, you can call the emergency number below.

Unfortunately, the services we can offer at this time are somewhat limited for a number of reasons, most importantly, keeping us all distant from one another to avoid spreading the virus. We will do our best to address your needs in any way we are safely able to.

I realize that most of you are hearing this all over the place, but I am going to repeat it because it is so important. The advice from ALL the medical authorities about distancing ourselves, washing our hands and being very careful when in public spaces is said to be the most effective way of slowing this thing down. Also in this edition is a "poster" telling us what to do and not do. Please follow this advice for your own health, and the health of those around you.

Keep in mind that this idea of isolating does not mean you cannot go out at all. It's good to get out for walks or hikes, either alone or with one member of your household. But you need to observe the distancing rules and try to avoid touching any surfaces. And, please be smart about hygiene.

We have also put a "tab" on the Tla'amin website called COVID-19 UPDATES. Please check there regularly for new information. There is also information there about distancing, hygiene etc.

Hopefully the situation will improve fairly soon, but we do not know when. Until then, let's work together to defeat this thing.

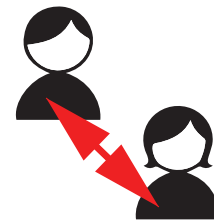
Regular hours office phone:
604.483.9646, or
1.877.483.9646

After hours emergencies:
604-578-0447
Emote
Rod Allan - CAO

HOW TO PRACTICE SOCIAL DISTANCING



NO HANDSHAKES OR HUGS



KEEP YOUR DISTANCE ✓
(about 6 feet
2 metres)



WORK REMOTELY ✓



AVOID CROWDS



STAY AT HOME ✓



WASH YOUR HANDS ✓



Can you identify this man down the beach with his dugout?

email: nehmottl@tn-bc.ca



Tla'amin Enforcement Officers Arnie Courtney and Gerry Galligos are prepared for a busy season protecting the safety of our citizens and our territory

Lands & Resources Housepost

Hi everyone, as this unprecedented COVID-19 situation continues, it is natural to start feeling some stress and anxiety. Please follow the rules and keep yourself safe. It is unknown how long this crisis will last so it is important that you take care of yourself.

On March 17, 2020 the BC Provincial Government declared a 'State of Emergency' from the COVID-19 virus. On March 18, 2020 the Tla'amin Legislators decided to close all Nation office doors to the public and shifted to phone-call appointments and inquiries only starting March 19, 2020. To limit the risk of the spread we ask that you communicate with staff in Lands and Resources via phone or email. Most staff are now supported to work remotely at home except where specific job tasks may require periodic presence in the office to deal with physical files or equipment, or roles that support emergency management. The Lands and Resource programs will not be issuing any types of harvesting permits until further notice, and our daily operations will be downsized to essential services. There will not be any community engagement meetings until it is deemed safe to do so from our BC Provincial Health Officer. We will be monitoring the crisis and will adjust our staff and resources as needed. I am available at Lori.Wilson@tn-bc.ca

Bears are Back in Town

By Steve Gallagher

Our enforcement officers have seen a lot of illegal activity in their first year of patrolling our territory. From dumping garbage and old furniture in the back roads to boats being abandoned on private lands. This year they have a strategy in place to slow down this pattern of behavior with more support from the Executive Council and the Conservation Branch.

With Spring finally here the bears will be coming out of hibernation early looking to forage on whatever mother nature and humans have to provide.

"Bears tend to wake up early as a result of not having filled their stomachs with enough calories to go full term on their hibernation period," said Enforcement Officer Arnie Courtney, who began his new career in Tla'amin last July.

For community members just use common sense. Keep your yards clean of debris and take care of your garbage properly, and do not put it outside the night before. If the bears don't get to it the raccoons will. This avoids a big problem of the bears thinking they can come by on a regular basis for a quick meal. If you choose to grow fruits and vegetables in your yard, then be prepared for guests to arrive and see what's on the menu. Exercise extreme caution, especially if you have children or neighbors that play outside in their backyards.

Tla'amin Fire Department

Tla'amin Nation is part of the Provincial Backyard Burning Ban that came in effect March 27th to mitigate unnecessary smoke in communities during the COVID19 Pandemic. Members in the community are encouraged not to do any backyard burning at this time. Campfires are excluded however a majority of the burns we are observing are large backyard burns and in 2 cases people burning whole mattresses. Burning of garbage and synthetic materials poses a serious health risk to the community, especially those with respiratory issues and people who are isolating at home are being affected by the burns in our area so please respect your neighbors.

Backyard burns pose a serious danger to the community at this time as Evacuation centers are currently affected by the COVID19 pandemic and community evacuations could be hampered as large groups of people

are very difficult to manage at this point and time.

The Tla'amin Fire Department is ready and able to respond to any calls in the community and our services are business as usual at this point and time. People are reminded to stay home to help flatten the curve and to follow the outlined safety measures from the WHO, EMBC and FNHA.

Members are also encouraged that they should call 811 in order to talk with a physician about their conditions and not 911 unless they are respiratory distress. If you have any Flu like symptoms in the house, please inform the 911 dispatcher about those symptoms so we can best protect our First Responders who may be coming into your house.

We are all in this together and I applaud the community for your efforts in isolating and flattening the curve. For the most up to date information please check the Tla'amin Nation facebook page and website.

Fire Chief Erik Blaney



Update re: Tla'amin Citizenship Initiative

Please Note:

- this initiative is not going to take away anyone's Tla'amin Citizenship. It is about eligibility going into the future.
- this initiative specifically deals with Tla'amin Citizenship and is being led by the Tla'amin Nation alone. Please do not confuse Tla'amin Citizenship with "indian band membership" or "indian status registration", which may also be revised by Canada in the coming months.

Background

Since 2018 the Tla'amin Nation has been carrying out research and gathering input from the Tla'amin community regarding what it means to be a Tla'amin Citizen and how that compares to the current Tla'amin Citizenship criteria. This initiative is in response to difficulties that the Citizenship Committee was having in applying the current broad eligibility criteria. In particular, the Citizenship Committee determined, and the Legislative Assembly agreed, that the criteria need to be looked at with an eye to change, for the cultural, practical and financial future of the Tla'amin Nation.

During the 2019 year, the Nation carried out a survey, held community information sessions and focus groups, and had an open invitation for family meetings to discuss this issue. The purpose of these were to gather the opinions of Tla'amin people on Tla'amin ancestry and citizenship in order to assess whether amendments to the current criteria are required. The majority of people who have provided input into this exercise believe that Tla'amin Citizenship eligibility should require:

1. Having a parent (i.e. lineal descent) who has Tla'amin ancestry (i.e. a blood tie); and
2. Having a connection to the Tla'amin community.

In February 2020, information sessions were held with Tla'amin Citizens in Vancouver, Victoria and in Tla'amin to get input on a proposed set of criteria. This update includes changes that were made to the proposed new Tla'amin Citizenship criteria as a result of what we heard from Citizens at these sessions, which was:

- The community connection criteria should be more strict (narrow). It would be too easy for people to meet that did not have a genuine connection to the Tla'amin community.

- Live streaming of Tla'amin Nation events should be made available to Citizens and viewing these events should count towards "attendance at Tla'amin Nation events".
- We should look at a waiting period before new Citizens (except for minors) become eligible for certain Tla'amin Nation benefits (e.g. dividends, housing, land, etc.)
- The Citizenship Committee should be expanded to include Elders rather than having a separate council or committee of Elders.

Proposed New Criteria

After much research, discussion and input from Tla'amin Citizens, the proposed new Citizenship criteria is as follows:

Note: for greater certainty, any individual who was enrolled as a Tla'amin Citizen will not lose their Citizenship based on the new criteria (i.e. all existing Citizens will be "grandfathered").

Basically, the proposed new criteria relies mainly on Tla'amin ancestry and having a community connection, but still allows for adopted minors to become a Tla'amin Citizen. Tla'amin ancestry will be verified by tracing a direct ancestor to the Tla'amin Family Tree, which will be updated in the coming months and will include consultation with Elders and the community in general.

Tla'amin Community Connection

The proposed Tla'amin Community Connection criteria will require applicants to demonstrate a connection to **the land** (Tla'amin territory) and **the people** (knowledge of Tla'amin history/language and attending events with Tla'amin Citizens).

The connection to the land will require an applicant to meet **one** of the following:

1. Living in Tla'amin Territory; or
2. Has visited Tla'amin Territory in the last 10 years; or
3. has had a life event in Tla'amin Territory*;

**A "life event" can consist of being born, married, named, employed, educated, resided, honoured, or attended funeral, wedding, naming or honouring of a Tla'amin relative.*

The connection to the people will require an applicant to meet **both** of the following:

- a. regularly attends Tla'amin Nation events (can include viewing live streaming of events) or cultural events that includes Tla'amin Citizens; **and**

- b. can demonstrate knowledge of Tla'amin history / language (i.e. correctly answer a number of questions about Tla'amin).

A couple of important things to note about how the community connection criteria will be applied. First, because most of the applications for Tla'amin Citizenship are submitted by a parent on behalf of their child, it will be the responsibility of the parent to demonstrate their community connection.

Second, if an applicant is unable to meet the requirements above, the Citizenship Committee (with the guidance of Elders appointed to the Committee) will have the flexibility

to be able to make decisions on a case-by-case basis, as some applicants may have good reasons why they cannot show a community connection (e.g. their Tla'amin ancestor was removed from the community against their will). In these cases, the Citizenship Committee will consider whether the applicant i) has special circumstances for why they cannot prove a community connection, and ii) has a genuine intention to form and maintain a community connection going forward.

In summary, the proposed new Tla'amin Citizenship criteria is captured in the figure below:

Next Steps

The Nation will begin working on the legal drafting of the proposed changes to the Tla'amin Citizenship and Enrolment Law to incorporate the new criteria above. However, changes to the law will not be enacted without further feedback from Tla'amin Citizens on the proposed criteria (see below). Space will be made in the law revisions to create a waiting period for new adult Tla'amin Citizens (e.g. transferees) before these individuals begin to receive certain benefits (i.e. dividends, housing, land, etc.) The details on the waiting period would be formalized in a new policy instead of in the law.

We will be holding another series of information on this work likely in May or June 2020 in Tla'amin, Vancouver and Victoria again, depending on the status of the COVID-19 pandemic.

As another option, we would be happy to arrange for a meeting with you and your family at your request. If you have any questions, would like to request a family meeting, please contact Pam Wilson:

Pam Wilson
Citizenship/Membership Clerk

Tla'amin Nation 1-604-483-9646 ext. 114

pam.wilson@tn-bc.ca čəčəhatanapešt –
cheh cheh ha tah nah pesht –
we thank you

Lund Resort pivots services to support local community

During a turbulent time for the tourism industry, one Sunshine Coast resort has re-configured its services to support the local community and keep its employees at work.

The Lund Resort at Klah ah men, is a full-service retreat owned and operated by the Tla'amin Nation in the ocean-front village of Lund. The resort has acted quickly in the rapidly changing circumstances related to the COVID-19 pandemic to make the difficult decision to close the resort while boosting the grocery services available to the public.

"The health and well-being of our team associates, our guests and above all the Tla'amin Nation's community is our top priority, remaining at the forefront as we make decisions in this rapidly evolving situation," General Manager Scott Wilshaw says. "We're doing what's sensible for the community and the people who work here by keeping only community-driven services open."

The resort's new grocery store, Stock Pile, will remain open seven days a week from 7 a.m. to 7 p.m. The store has expanded to 2,000 square feet of space to allow for increased inventory. In addition to fresh produce, Stock Pile will feature a new deli that offers a large selection of hot and cold takeaway items.

Customers can order online, and Stock Pile will deliver for free. The resort has also set up increased outdoor seating so customers can enjoy the beautiful ocean-front view while maintaining a safe distance from each other.

"We know a lot of people who are elderly and don't want to go all the way into Powell River or Campbell River for their supplies. We can drop their food off for them. We're making sure we're helping people who are part of our community," Wilshaw says.

The resort's gas bar will also remain open for those who want to fill up their boats or canisters.

Most of the resort's staff has been re-assigned to accommodate the expanded grocery store and services.

"We've got basically most of our staff in new positions. That's something we're really proud of," Wilshaw says. "We didn't want to just lay off a bunch of people. We wanted to help them."

The Tla'amin Nation, resort management and the team wholeheartedly thank the communities of the Sunshine Coast for their loyalty and continued support during this period. Everyone is looking forward to

welcoming the world back to The Lund Resort once travel bans have been lifted.

"We're deeply saddened by this situation," Wilshaw says. "We had a great, award-winning year in 2019, and we were on track to do even better this year. But at the end of the day, we still believe it was the right choice to make. And we will be back. We will definitely be back."

For more information about Stock Pile and the Lund Resort's services, visit www.lundresort.com.



Lund Hotel in 1913 - photo taken by Fredercick Ivor Jackson while on a business trip with his father Colin Jackson. Photo provided by Lisa Jackson

TLA'AMIN NATION | 604-483-9646 | EXTENSIONS

First Name	Last Name	Ext.	Other	Numbers
AHMS TAH OW	SCHOOL	102	1116665 BC Ltd	604 483 7777
ANDREA	PAUL	104	CDRC Daycare	604 483 3449
ARNIE	COURTNEY	136	Chiy Chuy Preschool	604 483 3434
BRANDI	MARRIOTT	143	Elders Lodge	604 483 9630
CATHY	GALLIGOS	119	Firehall	604 483 2444
CITIZENSHIP	MEMBERSHIP	122	Hatchery	604 483 4111
CLINT	WILLIAMS	107	Health	604 483 3009
CRAIG	GALLIGOS	106	Lund Hotel	604 414 0474
DENISE	SMITH	121	TMS (Devcorp)	604 483 7777
DIVIDENDS		133	Tla'amin Nation	604 483 9646
DONNA	TOM	126	Water Plant	604 483 4399
DREW	BLANEY	123		
ESTHER	WILLIAMS	117	Fax	Numbers
GERRY	GALLIGOS	135	CDRC Daycare	604 483 3410
JEANNIE	BASSETT	142	Hatchery	604 483 4115
JESSIE	PETERS	127	Health	604 483 2466
JOHN	HACKETT	109	Health Benefits	604 414 0388
JOLENE	SUTCLIFFE	115	TMS (Devcorp)	604 483 7741
LARRY	LOUIE	131	Tla'amin Nation	604 483 9769
LORI	WILSON	108		
LOSA	LUAIFOA	124	Toll Free	Numbers
LOUISE	DOMINICK	125	Health	1 866 209 6538
LUCY	LAMBERT	141	Tla'amin Nation	1 877 483 9646
MAUREEN	ADAMS	116		
PAM	WILSON	114		
PAULA	STEWART	103		
RCMP LIAISON	CHRIS BAKKER	140		
ROD	ALLAN	101		
ROY	FRANCIS	137		
SERENA	BARNES	120		
SHARLENE	TIMOTHY	145		
SHAWN	LOUIE	105		
SHEENA	ROSSI	144		
SONYA	HARRY	146		
STEVE	GALLAGHER	138		
STEVE	HUNTER	118		
TRISHA	WILSON	110		
VERNA	FRANCIS	113		



Health and Wellness

EH KWA'A'NUNS KYE'AMIEUX
 "When the people in our community are well again, all around us will also be well."

Itstartswithme



Traditional Wellness Team Members:

This time of Covid-19 caution, requiring all of us to stay at home can be a time when we are experiencing lots of emotions and stress either from everyday life, or from anxiety related to this health crisis.

If you need someone to talk to, you can still call Tla'amin Health. Even though our clinic is closed to the public, our staff are working from home and can be available to you to talk over the phone. Our staff can be reached by calling the clinic at 604-483-3009 and entering our extension numbers or by calling these direct lines.

Nina Peers: Addictions Counsellor

ext 116 or 778-657-5896

Frank Osawamick: Men's Support Worker

ext 113 or 778-657-5408

Sally Louie: Family Support Worker

ext 117 or 778-657-5405

Brenda Pielle: Youth and Family Advocate

ext 118 or 778-657-5499

Dana Gustafson: Early Childhood Development Outreach Worker

ext 141 or 778-657-5510

Also the private clinical counsellors who contract with Tla'amin Health are available to speak with you over the phone.

Mondays: Amy Vaughan 604-314-7576

Wednesday afternoons: Chris Walford 604-223-4415

Thursdays: Rick Berghauser 604-223-2717

TLA'AMIN HEALTH HOURS OF OPERATION

Tla'amin Health is open to the community for telephone appointments.

MONDAY TO FRIDAY: 8:30AM TO 4:30PM call 604-483-3009

Please note our building is closed to the public for drop-in appointments or groups. **To contact our staff, please call 604-483-3009.** Our receptionist will connect you to the appropriate staff member.

The CDRC/Daycare and associated programming will continue to be closed indefinitely.

RESOURCES

Tla'amin Health Covid19 webpage: www.tlaaminhealth.com/covid19

Our website will host community notices, updates to hours, Covid19 resources, and links to VCH, FNHA, and BC CDC Covid19 websites.

facebook: @tlaaminhealthcovid19 <https://www.facebook.com/tlaaminhealthcovid19>

Our facebook page will provide an avenue for sharing trustworthy articles, videos, and posts related to Covid19.

REMINDER

Wash hands often and practice safe social distancing (2 metres / 6.5 feet). This will help keep your loved ones safe. Please check our resources to learn more.



International Woman's Day at the Salish Centre

International Women's Day (IWD) is celebrated annually on March 8th. The world has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation may feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics, and globally women's education, health and the violence against them is worse than that of men. However, great improvements have been made. We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have real choices. And so each year the world inspires women and celebrates their achievements.



Tla'amin Health staff were at the Salish Centre making medicine bags to raise awareness for the event. A medicine bag is an ancient item that spiritually represents the person who wears it. In 1991 the body of a man who lived over 5,000 years ago was found frozen in a high mountain range and with him was a medicine bag. The medicine bag is known in all cultures and through out all of history. They contain objects such as leaves, feathers, stones, herbs such as sweetgrass, sage, cedar, lavender or pinion, and other objects which have been added by the wearer and considered spiritually significant. The reasons to carry a medicine are for guidance, healing and protection.



Guest speaker Fay Blaney attended this years International Woman's Day celebration on March 6th at the Salish Centre.

I had a friend who travelled across the country in the Woman's March Against Poverty and Violence. She learned that she was in poverty and about colonization, just as a huge majority of indigenous people do live in poverty. When we think about violence and abuse it is about one exerting power and control over another and it can take shape in a variety of forms.

In my case there was an awful lot of emotional abuse and the operative word these days is gas lighting and the Dixie Chicks just put out an album called gas lighting.

There are stories about indigenous woman in the north and their inability to escape the violence because their shelters are hundreds of kilometers away. Perpetrators are going about their business as usual and peace bonds are not effective.

There was this movement to think positive. There was an attempt within therapy to understanding that you can't think about healing from within an individualistic perspective. There has to be some understanding of what it means to be part of our communities. In our indigenous world our communities means so much to us with feeling how connected we are.

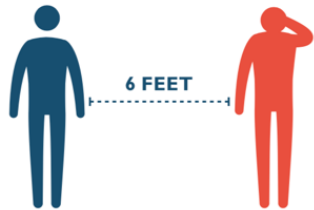
Violence is an ideology in our society that says that man is superior to woman and was imposed by excluding woman the right to vote. Once we married with went to the husbands family. It was either my husbands status number or my fathers status number. It had huge impacts in our community. Genocide is a big element of violence and abuse.

Woman's groups have come along woman. In the 1970's violence was never talked about and was not represented. Woman went through a Royal Commission, and it wasn't until they developed strategies with the woman and equality that violence was talked about.

Fay Blaney

HOME SUPPORT

COVID-19 (Coronavirus) Information Sheet



virus usually spreads
in **CLOSE PERSON-
PERSON CONTACT**
through respiratory droplets
in coughing and sneezing.

SYMPTOMS OF COVID-19 INCLUDE:



COUGH



FEVER



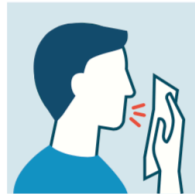
SHORTNESS OF BREATH



**SYMPTOMS MAY
DEVELOP WITHIN 14
DAYS OF EXPOSURE** to
illness.



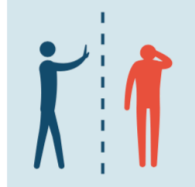
Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.

¹ Johns Hopkins University. Coronavirus at a Glance: Infographic. 2020. Adapted from:
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-facts-infographic>

Last updated: March 16, 2020

OUR FAMILY'S SCHOOL SCHEDULE



TIME	ACTIVITY	COMPLETED
Morning Meeting		<input type="checkbox"/>
Break Time		<input type="checkbox"/>
Morning Activity		<input type="checkbox"/>
Lunch Time		<input type="checkbox"/>
Afternoon Activity		<input type="checkbox"/>
Break Time		<input type="checkbox"/>
Evening Activity		<input type="checkbox"/>
Reflection Time		<input type="checkbox"/>

(c) Make it Stick Parenting
www.makesociallearningstick.com

Message to Parents

Dear Parents:

We certainly are going through a unique time right now with our social isolation during this COVID-19 pandemic. These days will be challenging for all of us as we try to cope with staying in our homes and keeping ourselves and our children occupied. We will also be trying to cope with feelings of anxiety about the circumstances we are living in. Our children and youth might be feeling anxiety as well either from hearing things on the news, or simply from picking up on our feelings. As our elders will tell us, our young people are very sensitive to the feelings of the adults around them. What happens in a household where folks are feeling anxiety and stress? We can all become “disregulated” which means we have a difficult time managing our emotions. We might feel generally “out of sorts”. As adults we might become more irritable and grouchy with others in the home. As children we might see more crying, crankiness, squabbles with siblings, difficulty sleeping, and so on. These feelings and behaviours are normal. However, they can lead to bigger challenges in our homes if we miss chances to try to help everyone in the home cope in a more positive way.

The Tla’amin Health website has some handout style suggestions for helping our children and ourselves manage at this time. Calming strategies for children, calming strategies for us as adults, and daily check-in suggestions are some of the information sheets. These were found by our Public Health Nurse, Sheila Paquette, and are taken from a website called Make Social and Emotional Learning Stick. There are videos on the website showing ways to use the information in the handouts. I think the information in these handouts is excellent and I encourage you to check them out. Other pages from this resource show suggestions for creating a schedule for our days at home. One thing that happens at school, preschool, and child care centres for our children and youth is that the day is shaped with a schedule. When we are on holidays and both adults and children are at home, we often do not shape the day with a schedule. However, when we are looking at a longer period of being home full days with our children and youth, I think we can

benefit from maintaining a schedule. It can be very calming for our young people to have a similar routine kept each day. Thinking of our time as being the same as if school was in session, will be helpful for us all. Keeping an early bed time, and a regular wake time for school aged children and youth, and maintaining a napping schedule for younger ones will help our children with their emotional regulation. Providing some structure for the day in our home will also be helpful. Maybe the order of the day might be something like this: breakfast, art time (drawing, coloring), snack, outside play in the yard, lunch, quiet time with reading, outside play in the yard, snack, craft or puzzle time, supper, bath time, reading, bed time. You will know best how to shape a schedule for your days at home with the kids.

Playing outside in our own yards is something that we can do during these times of social isolation. We can encourage our kids to use some of the games we used to play outside like tag. Maybe a scavenger hunt in the yard looking for things found in nature like grass going to seed, a clover leaf, a daisy, an alder leaf. Or we can encourage some exploring like bringing in a number of leaves and naming each one – maybe looking up the type of tree online and reading about certain features of that tree. Going for a walk or hike and maintaining social distance from others while doing so is a way to get some fresh air and exercise at the same time. Our teens and preteens can be great helpers outside with yard and garden work. This is a great way to exercise and also experience the satisfaction of seeing the difference right away that our efforts have made. Working together in the yard can be a great way to connect with our children and youth.

Talking about our feelings and encouraging our children and youth to talk about their feelings can be a positive way of coping. If you feel you need to talk to someone about challenges you are experiencing, please remember that the Traditional Wellness Workers from our Tla’amin Health are available to you by phone. Clinical Counsellors and staff from other support agencies in town are also available to give

support by phone. Please call the Tla’amin Health centre if you need information about how to contact someone.

It is a great idea to keep connected with your relatives and friends by phone or by text. We are social beings and we have a need to have communication with others we care about. I like a text message I received from a family member yesterday that said: “sending you a virtual hug”. My Mom on the phone with my son last evening said, “imagine I am giving you a hug right now...can you feel it?”

It will be helpful for us all to think about things we can be thankful for at this time. This is something we can teach to our young people as well. Each day each person in the home can name one thing we are thankful for when we are together.

This time at home can be a special time. In our regular busy day to day life, there might not be many times when everyone is at home. Enjoy each other. Play some board games or card games. Tell some stories. Do some drawing or coloring together. We can all cherish each other and this quiet time we have by telling each other how much we love each other. We can thank each other for the special qualities that each person in our family brings to our home life.

At this time I am feeling thankful that it is spring and when I look out the window I can see the sun, I can see some flowers, and when I go outside I can hear lots of birds singing. I am thankful for the doctors and nurses and all the other essential staff who are working hard to keep people safe and healthy. I am thankful for grocery store staff who are making sure we can go to the store and get food. I am thankful that both my boys and husband are home. I am thankful for phone and computer technology that allows us to keep in touch with others. I am thankful that the Creator is walking with each of us to give us strength for these days. This is a list of general things: you can carry it forward to your own home and make it specific to people and things in your own life. Expressing our gratitude will be good for our health.

Take good care.
Brenda Pielle
Youth and Family Advocate



Steps for Morning Check-in or "Morning Circle"

Each morning is an opportunity to set the stage for the day. Children (and adults!) thrive when they have some routine and structure built into the day. This is even more crucial during uncertain times, and for children/teens who have special needs. Even teenagers, who may say they don't like schedules, profit from having them.

Research shows that starting your day with something positive can prime your whole day for positivity.

You can start your day on a positive note with the morning circle or morning meeting. This can be done casually during breakfast or after breakfast in a different place in your home.

The morning meeting or check-in is a way to build social and emotional awareness as well as executive functioning and planning skills.

You can also pre-plan for challenges that might arise, using the Calming Strategies Menu tool from Video 3.

How to protect yourself, your family, and your community



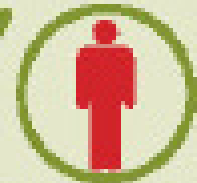
1. Those sick with cold or flu-like symptoms **MUST self-isolate** for at least 10 days

(may return to regular restrictions IF no symptoms after this period)



2. International travellers OR contact with COVID-19 **MUST self-isolate for 14 days**

(even if you have NO symptoms).

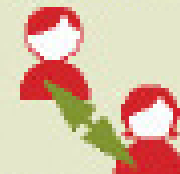


3. Stay at home as much as possible

(except for essential workers, to get important supplies, and to relax or recreate in open outdoor areas)



4. If you must leave your house, keep your distance (6ft, 2m) and try not to touch your face after touching public surfaces



5. Wash your hands (and phone!) regularly (especially after you touch public surfaces and before you eat or prepare food)



6. Be kind and supportive of your family and your community (it is a stressful time, but we are stronger together)



*A message from
Powell River
physicians*



POWELL RIVER GENERAL HOSPITAL



Powell River
Division of Family Practice
A DPC/Chiropractic



Resources to Teach Your Child Mindfulness

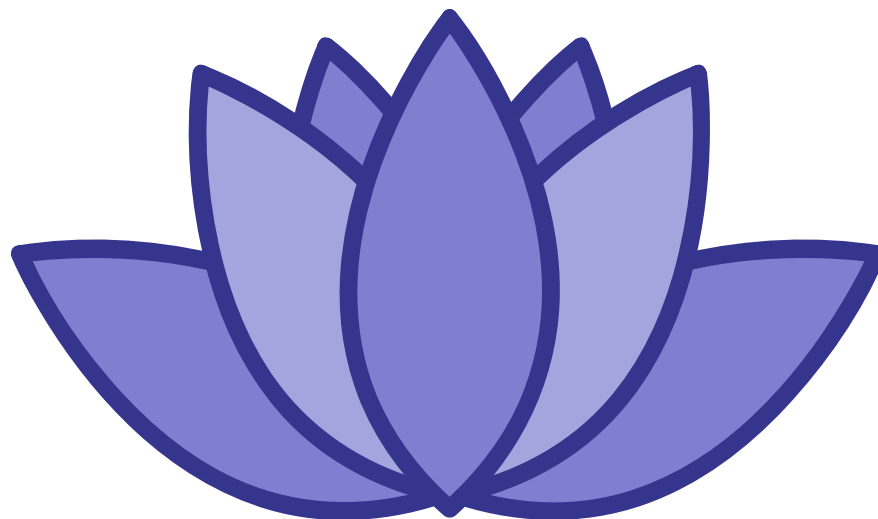
What is Mindfulness?

"Paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience, moment to moment."

Jon Kabat-Zinn

"Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment."

Greater Good Science Center, University of California, Berkeley



Make It Stick
Parenting
EMBRACING TEACHABLE MOMENTS

HOW TO COPE

After hearing some sad news, the other day, it took a while to settle down. My mind kept going, so I decided to put pen to paper. I realized in the moment, that we are in some challenging times with this Covid-19, and now isolation. I can feel its weight and the vulnerability around it.

Life can be hard enough, struggling through tragic losses, illnesses, anxiety, depression, loneliness and fear. How do we cope with all this? The isolation can make some of us feel even more alienated and hopeless.

I thought I would put down some ways of coping to help others and myself included, in feeling more hopeful. We can get through this, one day at a time.


Ways of coping:

1. Having Faith/Spirituality - many of us have a Higher Power that we rely on that gives us divine guidance and intervention in our lives. We surrender and get help to overcome our adversities, trials and tribulations.
2. Recovery/Twelve Step Programs -allows us to practice these tools to help us live one day at a time. We admit we are powerless, do step work and use the Serenity Prayer or apply Smart Recovery with Cognitive Behavioral Therapy tools, to change our thoughts, feelings and behaviour.
3. Staying connected - connection to family, friends, social acquaintances, and animals is very important to help us thrive and now with Covid-19 and social distancing, we must be creative, through phone, text and video etc.
4. Mindfulness - practicing mindfulness techniques like meditation, yoga etc. can help us achieve peace from anxiety and worry. We can learn to become more relaxed.
5. Exercise - walking, jogging, stretching exercises etc., anything that gets the blood flowing makes us feel better.

6. Self Care - taking care of ourselves is vital. We put in place daily practices for Spiritual, Mental, Emotional and Physical well being. We carry emotional stress that affects our physical body. Doing the deep feeling work is the greatest key in staying sane and moving forward. We need to acknowledge our pain and fears, sometimes that is all that is needed. If we are in denial about our emotional experiences, it keeps us stuck and in dissociation - (disconnection from our sensory experience). We will then remain in the threat response - fight, flight, freeze mode. We can learn new tools to overcome, the more tools the better to succeed.
7. Finding ways to bring joy - This is a must, sometimes the simple things in life can bring us so much joy like humor, starting a new hobby, finishing a to do list, sunshine and nature, anything that makes us feel like we have purpose. Purpose makes us feel valued, a part of, and makes us feel we have something to contribute.
8. Routine and staying focused on daily functions keep us on a regular path. Lounging around and procrastinating is normal but when it starts disrupting our life, it gets dysfunctional and we start to suffer.


Now is a time where we need to stay connected and pick up those coping tools and skills and apply them to our lives and remind others who are struggling. As we move with uncertainty in unprecedented times, we can rally together in spirit as human beings and be a support for each other. "What we cannot do alone, we can do together."
Stay safe and stay strong.


Nina Peers
Addiction Counsellor/Tuxahmi Support



SUMMARY OF RCMP CALLS FOR SERVICE FOR JANUARY / FEBRUARY 2020


This summary of police calls for service is intended to advise community members of what is occurring in the community and to encourage community members to report all suspicious activities.





Powell River RCMP Non-Emergency (604)485-6255

In Case of Emergency Call 911



FEB 23	SALISH DR	Police responded to an alarm at the Tla'amin Health Services building. Police attended, but it was determined to be false.
FEB 24	HARWOOD DR	Police responded to a report of a disturbance at a residence.
FEB 24	HWY 101	Police received a check wellbeing request. Police attended and determined the person had recently left town.
FEB 24	KLAHANIE DR	Police responded to a Mental Health Act file.
FEB 27	WATERFRONT RD	Police responded to a fraud complaint. This matter is still under investigation.
MAR 01	BEACH RD	Police responded to a report of an assault.
MAR 02	RIVER RD	Police responded to a Mental Health Act file.
MAR 03	HARWOOD DR	Police responded to an abandoned 911 call. Police attended and determined everything was okay.
MAR 05	RIVER RD	Police assisted Tofino RCMP with an investigation.
MAR 05	HWY 101	Police received a request for assistance from EHS. Police attended and convinced the subject to go to the hospital.
MAR 06	WATERFRONT RD	Police assisted on a Coroners Act file.

Tla'amin Nation Executive Council Minutes

January 20th, 2020

Council Chambers, Governance Building

Attendance: All Executive Council

Resource: Rod Allan, Losa Luaifoa

Guests: Grace Adams, Kevin Timothy (via telephone), Nathan Jantz, Margaret Rossi

Hegus Williams called the meeting to order at 10:02 am.

A. APPROVAL OF AGENDA:

Motion to adopt the proposed agenda with the following additions: "Economic Development", "Community Nation Plan meetings" and "Urban Representatives".

Moved by Councillor J. Hackett

Moved by Councillor L. Louie

CARRIED

B. MINUTES:

Motion to adopt the December 4, 2019

Executive Council (EC) minutes.

Moved by Councillor J. Hackett

Moved by Councillor L. Wilson

CARRIED

Discussion arising from the minutes:

Hegus Williams advised that reimbursement of monies Tla'amin invested into the BC Hydro Standing Offer Program (SOP) is under review. If reimbursement to the Nation is approved, it was suggested those monies be dedicated to a new dam at Sliammon Lake.

Motion to adopt the January 8, 2020

Executive Council (EC) minutes.

Moved by Councillor T. Wilson

Moved by Councillor J. Hackett

CARRIED

Discussion arising from the minutes:

Hegus Williams noted that Finning contacted the Nation in December to advise that they had a bobcat machine for sale. EC agreed that the machine would be ideal for plowing snow in smaller areas and supports staff inquiring about the machine for purchase.

Action: Executive Assistant to inquire if the Finning machine is still available.

PRESENTATIONS:

Tla'amin Management Services LP

Grace Adams, TMSLP Acting CAO, presented a concept paper on the acquisition of a potential aggregate business.

EC, by consensus, approves of the concept paper presented.

Community Member Delegation re: Health Benefits

EC reviewed a letter dated December 12, 2019 regarding health benefits rates.

The following concerns were raised:

- Low rates for food expenses for patient and escort. (Noted: other nations provide double what Tla'amin provides and as a treaty nation, this is unacceptable).
- No allowance for incidentals and/or other unforeseen expenses that may occur

A request was made to review the Nation's health benefits rates.

EC recommended the following:

- The CAO meet with the Director of Health to discuss a review of health benefit rates. Health Benefits Coordinator to propose any suggestions to improve service.
- Finance Committee's input for review.

c. NEW BUSINESS:

1. Administration & Finance

i. Urban Community Meeting

Schedule: EC set the first urban community meeting for Saturday, February 22 in Vancouver and Sunday, February 23 in Victoria, to be combined with the Community Nation Plan (CNP) meetings that are scheduled.

ii. Urban Liaison Seats: EC discussed implementing two urban liaison positions and agreed to post notice for the positions in the Nehmotl. The pay is approximately \$26,000 per year.

Action: CAO to draft posting and forward to EC for review.

2. Culture: 2020 Tribal Journey - The dates are July 27-August 1, 2020 in Nanaimo, BC. Nanaimo First Nation requested that Tla'amin EC attend the event on July 29 for the pass off of the

tribal journey talking stick to Tla'amin, as the hosting Nation for 2021.

Action: Executive Assistant to reserve rooms for Legislators.

Councillors John Hackett and Lori Wilson declared a conflict and abstained from the discussion.

3. Economic Development: Resolutions #23-2019 and #24-2019 were tabled from the December 4, 2019 meeting, pending confirmation from legal that the resolutions read correct. Legal advised there are no issues with EC endorsing the resolutions.

Motion to approve the following resolutions:

Resolution #23 re: Approval of Hegus executing Annual Resolution for Tla'amin Capital Assets.

Resolution #24 re: Approval of Hegus executing Annual Resolutions for Tla'amin Timber Products Ltd.

Moved by Councillor L. Louie

Moved by Councillor T. Wilson

CARRIED

*Note: Resolution #23 & #24 to be re-numbered to Resolution #2/2020 & #3/2020.

4. Education: EC is requested to attend the presentation to Brooks students regarding the purpose of the Community Nation Plan (CNP). Each is requested to provide a brief update on their Host Post.

5. Elders and Youth: A CNP session with Elders is planned for February.

6. Emergency Services: Regional Emergency Evacuation Committee meeting has been moved to January 23 from 10-11 am.

7. Forestry: The Lands department has a scheduled meeting with TMSLP on January 28 to discuss the potential purchase of undercut volume by Thichum. It was noted that Lands has not completed any cutting in two years. Also planned for discussion is the process of leasing Tla'amin land. It was noted an inquiry from Mr. Liu to lease land with the Nation has been received.

8. **Housing:** 5196 Beach Road – EC discussed the plans for the vacant house at 5196 Beach Road and resolved that a sale bid posting be drafted as soon as possible.

EC, by consensus, agrees to the posting of a sale bid for the house at 5196 Beach Road, to be listed as-is condition.

Action: CAO to draft sale bid posting.

9. **Lands:** Shelter Point Structure Drawings - The CAO advised that the qathet Regional District (qRD) has inquired if Tla'amin is interested in purchasing the drawings and providing the drawings in-kind to qRD.

EC discussed the request, and in recognition of the original purpose for the long-house, EC recommends a 50/50 split cost for the structural drawings.

10. **Public Works:** EC recommended that Health Maintenance staff develop a workplan for maintenance with the Nation.
11. **Action:** CAO to meet with the Director of Health regarding a maintenance program.

E. HOUSE POSTS:

12. **Lands & Resources** – Councillor Lori Wilson reported on the following:
- The Nation has received a referral regarding a proposed plan by the province for shared highway signage in the Sechelt language, towards Lang Bay area. EC recommended that the signage note that the territory is “shared”.
 - January 24 – proposed CNP workshop with Lands staff
 - January 24 - Natural Resource Committee meeting
 - Herring survey flyovers is coming up in March
 - February 5-7 – Forestry conference
 - Resignation from Thichum, effective February 3, 2020.
 - January 21 – “Our Gathering” conference in Vancouver hosted by Indigenous Services Canada.
 - January 28 – Forestry/ Lands meeting

1. **Finance** – Councillor John Hackett reported the following:

- Public notice for Klahanie Settlement Claim was distributed to the community providing an update.
- Finance and Administration Policy is finalized and ready to distribute to staff.

2. **Community Services** – Councillor Larry Louie reported the following:

- Community Services Committee meeting has not been confirmed.
- January 16 – attended Gathering Wisdom conference in Vancouver. One highlight of the conference is the evaluation of health authorities. Hegus Williams advised that approval was given to the Gathering Wisdom conference organizers to use the Tla'amin Nation design for a drum.

4. **Public Works** – Councillor Tyrone Wilson

The CAO will follow-up with Health Director to develop a 5-year Maintenance Plan.

- Housing Committee meeting to be scheduled.
- Firehall: this will be the last week for the fire chief. Recommendation to provide a gift.

5. **Economic development**
Hegus Williams

TMSLP Board meeting update:

- approved the draft posting for the CEO position, discussed a potential Chief Financial Officer type of position. Annual general meeting is February 29
- Concept paper for gravel company was presented
- Organic Waste Facility – the project was reviewed and it was noted that TMSLP and EC had confirmed previously that continuation of the project was contingent on the approval of funding from the Qames ʔəms tala

HEGUS' REPORT:

- Meetings/events attended in December:
 - January 13 – tour of Horizon North in Kamloops
 - Canoe Journey meeting was held and was well attended. The City of Powell River and qathet Regional District were in attendance.
 - Implementation Group meeting re: Restricted Fee Simple Lands. The pros and cons of Restricted Fee Simple Lands vs. Unrestricted Fee Simple Lands was discussed. Community consultation is necessary which may result in a potential vote on the topic.
 - Comprehensive Nation Plan meeting – the group explored options to increase participation from our members to return the surveys completed.

Other Business:

1. **C3 meeting:** EC discussed the following potential agenda items for the C3 meeting on February 27: BC Ferries (Westview Terminal plan) to attend the C3 meeting and Sliammon Lake access from Taku Street.
2. **Delegation Request:** PRISMA Festival – EC reviewed a request to appear as a delegation to an upcoming EC meeting. EC approved the delegation request.
3. **Architectural Rehabilitation Planning Meeting:** CAO to request some proposed dates.

H. ADJOURNMENT

Moved by Councillor L. Louie
Seconded by Councillor J. Hackett
CARRIED

Meeting adjourned at 2:37 pm. The next EC meeting is **Wednesday, February 5, 2020** at 10:00 am.





Identifying Calming Strategies/Breaks for You and Your Child

In a moment of calm, or during a morning meeting, sit down with your child and let them know that you would love to come up with a few strategies to use if anyone in the family needs a calming moment or a "brain break."

Post your family's calming strategies somewhere as a reminder to use in the moment.

You might want to create a list for each child and adult in your household, as adults need calming breaks as well!

Make sure you have all the materials needed to implement the strategies (you don't want to be building a calm space or looking for coloring books or arts and crafts materials in the moment!).

Role play what it might look like to use the strategy.

Recycling Ins and Outs



Ingalisa

Tai

Abby

Let's Talk Trash.ca

WHAT IS WASTE?

Recycling and Waste Reduction – COVID-19

With so many aspects of our daily life recalibrating during the COVID-19 pandemic, it can be soothing to swing into the rhythm of our daily habits - anything familiar can help keep us grounded and calm these days. Compiling your household trash and getting the kids to sort through your recycling bins may just be some of your go-to's, and that doesn't have to change. There are some adjustments, though, that will make managing our community's so-called 'waste' much more streamlined. Here's how you can contribute and benefit.

As some recycling depots are changing hours and limiting the number of people inside, and Augusta Recyclers has closed the recycling depot side

of their operations altogether, it's more important than ever to reduce the number of trips we make to depots, and to ensure all is organized before drop off. Depot staff are now instructed to stay outside depots during drop off to adhere to Provincial Health Officer distancing directives.

You can find a complete list of materials accepted at depots in the Waste Wise Guide. In short, depots accept containers, glass packaging, polystyrene (Styrofoam), paper & cardboard, plastic bags & overwrap, and flexible packaging. Batteries, cell phones, cork, and used pens are also accepted. Please ensure that material is clean and as sorted prior to drop off as staff are not able to sort for residents.

Reducing our garbage is always a goal, and can reduce the number of times needed to head out of the house in times when social distancing is important. One great way to lighten your garbage is to remove food scraps. Composting is the best way to make use of these and fortunately, there are several free compost drop off locations for residents. Kitchen scraps can be dropped off at the Tla'amin and Town Centre recycling depots, and Town Centre also allows for small amounts of yard waste, up to a 20 pound drop off at any one time. If you are finding you have more time for spring projects, creating your own backyard composter is a fantastic one. There are many styles from the converted freezer composter to the pallet bin, and bokashi fermentation to vermiculture. The Let's Talk Trash website composting resources are a great place to start.

It's important to do your research about how to reduce attracting wildlife to your backyard composter. Some great tips are to:

- avoid putting in meat, bone, or dairy,
- add some shredded newspaper, wood shavings, dry leaves or even a little sawdust to cover the food scraps you've added,
- add urine to your compost, and
- place a blown up balloon inside your composter, attached to a metal post. A bear will pop it and get scared off by the noise.
- place a rag soaked in water and a little bleach inside a yogurt container with a few holes poked in it. The off-gassing ammonia smell is unpleasant to bears, so place the container near your compost pile.

As it can be hard to predict how our situation will evolve over the next number of months, it is good to stay informed. The Let's Talk Trash website will offer a summary of changes to waste management services, as well as a list of waste management contacts throughout our regional district. You can also stay informed about any changes to qathet Regional District recycling depots, and other waste services by going to the qathet Regional District website. Sign up for a free reminder by text, email, or phone message before pick up day.

Stay safe out there.

WorkBC Centre

OUR RESPONSE TO
COVID-19 IN POWELL RIVER

OPEN FOR VIRTUAL SERVICES ONLY

For the health and safety of our clients and staff we are offering telephone appointments only until further notice & our office is closed to the public. Please call 604-485-7958 to book.

Canada



This program is funded by the Government of Canada and the Province of British Columbia.

If we could be Heroes

This is what

Dolphins Rescued by Volunteers

Before Covid-19 social distancing was announced, approximately 17 dolphins were coralled into a fish trap in front of the boom by killer whales.

It took these individual a couple of hours to extract the dolphins out of the trap and get them back into the ocean. All dolphins survived.

Photos by Phil Russell and Alex Sutcliffe



s, just for one day.....

it looked like



