

Ahgykson Threatened by Fire

Fire ban in effect as of July 24th

By Fire Chief Erik Blaney

This month one of our treasures was victim to a brush fire that could have turned out to be a lot worse than it was. A fire was left at the Spit on Ahgykson (Harwood Island) that ended up flaming up with the South West winds in the early morning. After a number of reports, our crews attended the scene with the Tla'amin Lands Department and assisting with getting a knock on the fire while BC Wildfire mobilized their crews. A huge shout-out to the Tla'amin Lands Guardians as well as the Lands Management staff who helped extinguish the fire along with the Tug Boat Crew from the Mill.

People are reminded that with the weather getting hotter to be prepared if having a camp fire and have a shovel, bucket of water or other means to fully extinguish their fire when they leave the area. Please also abide by the fire ban that is in effect as of July 24th.

July has been a month of planning for some of our training requirements that are fast approaching. Our crews will be working on some pump operator training, First Responder Level 3, and Crew lead training over the next few months to add to the already impressive amount of training our crews already have. We are very happy to welcome a few new recruits to the hall and would like to let others know that our doors are always open to hard working, dedicated and committed people

who would like to give back to their community. Our doors are open at 6pm on Tuesdays for practice so come on out if you are interested and one of our team members will show you around and introduce you to the volunteer fire service.

With the COVID19 Pandemic numbers continually increasing, we remind the Tla'amin Citizens to please follow social distancing measures and to keep your circle small during these times.



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



Summer students gain work experience at the gas dock at Lund

TLA'AMIN MANAGEMENT SERVICES LP



TMS Welcomes 15 Students for the Summer Student Employment Program

The business group is privileged to accommodate 17 summer students over the next 7 weeks. Although we had a late start to the program this year, the management team has prioritized their schedules to provide as much learning outcomes as possible for the students. The students will be participating in various business themed activities such as web-design, social media marketing, social enterprise research, introduction to hospitality, culinary, retail, construction, landscaping, and a capstone project on aquaponics farming.



Pa'aje Shellfish Inc., Oyster Farm @ Okeover

Seedlings on the Goldberg Beach. These ones will be ready for harvest this Oct/Nov.

Thichum Scores 92% on the BC Forest Safety Audit, one of the highest in the industry!



The Lund Restaurant & Pub is Now Open for limited seating and hours

Wed-Sun, 12pm-8pm

The new menu features bannock recipe by Mugsy



Beach Monitors and Enforcement Team

The Tla'amin Nation have lived off the lands and resources from their territory since time immemorial and take great steps in protecting their resources for future generations. The Nation started a Guardian Watchman Program in 2009 which successfully monitored over 5000 Hectares of Land and Sea and assisted with many Scientific Research studies in Marine ecosystems and foreshore areas. Those studies showed how Marine Pollution historically has affected their access to seafoods that they had been harvesting for thousands of years. The Nation has witnessed a number of marine spills in the past but none as serious as the Chlorine Spill from the local paper mill of 150,000 US Gallons of Chlorine Dioxide. Another Spill of 4 Rail Cars full of the gas was reported in the late 60's and have never been found and are believed to be leaching into the local environment still to this day. These types of incidents have lead the Na-

tion to want their own spill plan to ensure that they are part of the solutions, dialogue and decision making for any future spills in their territory. This plan will address how the Nation will deal with spills in their area and how they will engage with the local, Provincial and Federal Government, and NGO's should a larger spill happen.

Beach Monitors: The Tla'amin Nation implemented the Beach Monitoring program around 2017. This was done out of concern for the amount of harvesters on the local beaches and the potential for illegal and overharvesting. The role of the beach monitors is to assist Fisheries and Oceans with patrolling the beaches and educating the public that licenses are required and that there are limits to what can be taken from the beaches. They also ensure that harvesters know when they are on a contaminated beach or when the beaches are closed due to red tide,

etc. The community of Powell River has been very receptive to our monitors and we even get calls to report when suspected illegal harvesting is happening. We are aware that there are only so many fisheries officers in the community and that they patrol and monitor a pretty vast area. We are happy to be the boots on the ground and to assist to make sure that our resources remain plentiful. Our monitors do record and report to Fisheries and Oceans when they feel illegal activity is happening. We welcome back Brandon Peters and welcome Andrew Timothy. Both will be working with us until the end of summer.

Guardian Watchmen: Tla'amin implemented the Guardian Watchman Program for the first time this year. This is funded 100% by the Tla'amin Nation. (We applied to the National Guardian Watchman Program 2 years in a row and were not funded). The role of the guardians is to patrol and monitor our marine resources. They will be checking on our Lands (Texada, Cortes Island, Harwood, Savary, Grace Harbour, Theodosia, Okeover) by boat and patrolling the waterways. If they see illegal activity (ie. Poaching from our leases, squatting on our lands, illegal dumping, fires, illegal prawn or crab traps, etc) they will work with the appropriate authorities or the Nation to determine actions. They will work with our enforcement officers, beach monitors, BC Parks, Conservation office, game wardens to help to have better coverage of our lands and resources. We are very excited to welcome Lawrence (Keeks) Harry and James Williams as our Guardians. We plan to have the Guardians and beach monitors on an annual basis going forward and having such a great presence on our Lands.

“ HARWOOD ISLAND and WILDFIRE ”

On Monday, July 13th, a fire and smoke was identified at the spit of Harwood Island. The fire was quickly attended to by approximately 18 persons in total that day. Tla'amin Nation staff and fire department were on scene as quickly as possible, arriving at Harwood Island approximately 8:45 am. It took about 9 hours to fully put out the fire and the surrounding hot ground and logs. The BC Wildfire crew remained at the site until 6 pm that evening to continue to spray water onto the site and ensure it was fully out. Many of our people sprang into action immediately to address this fire. The fire had been smoldering all evening from the evening before. Smoldering for approximately 11 hours before anyone knew there was a fire.

Putting out a Campfire. It's not rocket science but clearly people still do not understand the full impact that a small campfire can have if it is not put out properly. Dumping a 500 ml bottle of water over the fire until the flames go out and kicking a bit of sand on the fire will not fully put out the fire. The fire makes the ground so hot that it may continue to smolder in the area and sometimes can spread underground up to 3 – 6 feet away from the fire pit. It can lead to another fire if the area is dry and it gets hot enough, the dry area can smolder and with a little bit of flowing air (oxygen), a fire will re-ignite. Boom. Now we have the start of a Wildfire that will quickly get out of control. We were very lucky that the light wind was blowing away from the rest of the dry grass on the spit. However, there were a lot of dry logs that kept the fire burning on the beach. When you put out a campfire, please make sure you dump a few buckets of water over the fire and surrounding the fire pit. Please dump lots of water over the area to ensure the ground is no longer hot.

This is not the first wildfire on Harwood, nor will it be the last. As a Nation, we are working on being more prepared. A few lessons were learned in this incident though.

One key point – if you see a wildfire in an area that is not in a residential area, report the fire to BC Wildfire Service at 1-800-663-5555 or press *5555 from a cell phone. Especially if you see a wildfire on Harwood Island or in the back forested area, call the listed numbers.

It is important to report a Wildfire to BC Wildfire Service as they are equipped and have a fast response time. You will need to be able to provide details such as location and size of the fire.

REPORT A WILDFIRE – from the Provincial website.

To report a wildfire or irresponsible behavior that could start a wildfire in British Columbia, please call 1 800 663-5555 or (*5555 from a cell phone) as soon as possible. Information from the public is crucial to the effectiveness of our response.

Call for Interest for a First Nations Entry Level Wildfire Crew. If you are interested in getting trained and participating on a Tla'amin Nation Entry Level Wildfire Crew, please contact Cathy Galligos for more information. Tla'amin Nation is looking for at least 8 interested individuals (or more) to create an entry level crew that would be able to do minor and basic contract work with the local BC Wildfire Service for wildfire incidents in the Powell River area. The work would consist of patrol of the wildfire and demobilization and gear retrieval. The Tla'amin Fire Department and a Wildfire crew would also do training and practices on wildfire gear. Please let us know if you are interested.

Cathy Galligos
Director of Lands and Resources



Tribal Journey's Cultural Update

Happy summer season Tla'amin! I hope all of you are well and are enjoying this summer weather. It has been a couple of months since I sent out an update, but I am hoping that each and every one of you is well. The regular Cultural Programs have been on hold since the end of March, but we are very hopeful we can start up again sometime in September. We have a busy year ahead and by the time this reaches the community, we will be under the one year mark to hosting Tribal Journeys 2021. Gift making, drumming, singing and dance lessons and much more will take place throughout the year, and we are hopeful to be able to reach every family in the community so that we can share in this great celebration together.

Tribal Journeys 2021 Update

In January we had sent out an RFP for a Tribal Journey Director and after careful consideration, we hired Jodi Simkin from Quadra Island to be the Director of Tribal Journeys 2021. Jodi has a very impressive skillset

and has done this job twice before, once for Campbell River in 2017 and she was to be the Director for Tribal Journeys in 2020 before Covid-19 put the world on pause. With Tribal Journeys being cancelled in 2020, it put us in an awkward position. Do we push back a year, or go ahead with planning for 2021? After speaking with Snuneymuxw, they had indicated that they did not wish to push back a year and would host another year down the road. We respected their word and therefor have gone ahead with planning for 2021. Of course, with Covid-19 still lingering around, we are hopeful we will not have to cancel as well.

Vendors

Vendor applications are available at the Tla'amin Governance House or on our website at www.paddletotlaamin.com. First priority will be given to Tla'amin citizens wishing to have a booth during the week long celebrations which will be held at the Powell River Recreation Complex.



Welcome Home Carmen

Carmen was raised in Tla'amin until she moved to Victoria for post-secondary school. She graduated from Camosun College in Civil Engineering Technology. Since then she has been working for an engineering firm in Victoria and gaining experience with First Nations infrastructure projects all across BC. She recently moved home to join our Public Works department as a Junior Project Manager. In this new position she will be helping us achieve our community development goals efficiently. Carmen is looking forward to reconnecting with family and culture, and helping the community in any way she can.

**Governance House will be closed on
Monday, August 3rd
BC DAY**



Announcements from the Qames ʔams tala Settlement Trust

Because of the unforeseen circumstances of COVID, the Trust Annual General Meeting was postponed.

This Meeting has been rescheduled for Saturday, September 12th, stay tuned for more details on whether this meeting will take place in person or virtually.

The financial reporting for the 2019 Fiscal year will be reviewed. Our Financial Advisors, Financial Managers, Guardian of the Trust and the Trustees will be in attendance to present information on the status of the Trust and answer any questions you may have.

Imote

The Trustees for the Qames ʔams tala Settlement Trust

Ann Paul – Chair, Kristi Thiele – Treasurer, Alisha Point – Trustee, Alex Hugenschmidt – Trustee, Beth Harry – Trustee

TLA'AMIN NATION NOTICE OF NOMINATIONS

Notice is hereby given that the Tla'amin Nation has called an Election for September 19, 2020, in accordance with the Tla'amin Nation Election Law (TNL04|2016) for the purpose of eligible Voters electing the Office of Hegus (1 position) and Legislative Assembly (8) Positions for the ensuing term of the Legislature.

NOTICE OF NOMINATIONS

COMMENCING **THURSDAY JULY 30TH 2020**
YOU MAY SUBMIT YOUR WRITTEN
NOMINATION TO THE ELECTORAL OFFICER BY
EMAIL OR FAX FOR A SEVEN (7) DAY PERIOD.
ALL WRITTEN NOMINATIONS MUST BE
RECEIVED BY **5PM AUGUST 9TH**

IMPORTANT NOMINATION INFORMATION

TAKE NOTICE that in accordance with the Tla'amin Nation Election Law (TNL04/2016) there are provisions that **MUST** be satisfied in order for a nomination, and candidate eligibility to be approved by the Electoral Officer.

Electors eighteen (18) years and older as of the date of the Election Date may nominate and/or be nominated at the Nomination Meeting, and Vote in this Election – and shall form the Voters List.

An eligible elector may nominate another eligible elector for the Office of Hegus and the Office of Legislator **IN WRITING. NOMINATION FORMS ARE AVAILABLE AT THE WEBSITE AT THE BOTTOM OF THIS NOTICE, AT THE ADMINISTRATION OFFICE OR BY EMAIL FROM THE ELECTORAL OFFICER.**

NOMINATIONS WILL BE UPDATED ON THE ELECTIONS WEBPAGE DAILY TO KEEP ELECTORS INFORMED.

Electors are reminded that the requirements for nominations and qualifications of candidates are provided for in Section 5 of the Tla'amin Nation Nomination Regulation (TNRO4/2016). Please review this regulation if you intend to run for office.

All Candidates must meet the eligibility requirements of Schedule D, including the following:

- 1) Meet all of the eligibility requirements and are not, to the best of your knowledge, disqualified from holding office under the Election Law or any other Tla'amin Law or policy, including the requirements set out in sections 2 to 6 below;
- 2) Are a Tla'amin Citizen;
- 3) In good standing with the Tla'amin Nation (which is defined under the interpretation Law as “not currently indebted to the Tla'amin Nation, or if indebted to the Tla'amin Nation, a written agreement for repayment has been entered into and there has been no default on that agreement or any previous agreement within the past two years”);

- 4) Have not, in the 5 years immediately preceding election day, been convicted of an offence that carried the possibility of imprisonment for 2 years or more, which was not directly related to the exercise of Aboriginal rights, Treaty rights, or Aboriginal title;
- 5) Have not, in the 10 years immediately preceding election day, been convicted of an offence that carried the possibility of imprisonment for 10 years or more, which was not directly related to the exercise of Aboriginal rights, treaty rights or Aboriginal title; and;
- 6) Not serving a sentence in a correctional institution.

A NOMINEE WHO WISHES TO STAND AS A CANDIDATE MUST SUBMIT TO THE ELECTORAL OFFICER BY 4:30PM SUNDAY AUGUST 16th, 2020:

- a) Complete Acceptance of Nomination Form (schedule C);
- b) A deposit made payable to the Tla'amin Nation;
- c) Complete Certificate of Qualification (schedule D),
- d) Evidence that they have submitted a request for criminal records check; and;
- e) A complete Candidate Code of Fair Campaign Practices form (schedule A);

which will be available at the Nomination Meeting or electronically at the website at the bottom of this page.

You may obtain a copy of the Tla'amin Nation Election Law (TNL04/2016) from the Electoral Officer, by requesting a copy from the TN Government House or by visiting the website address at the bottom of this notice.

A copy of the voters list is available at the TN Government House for viewing and online at the website address at the bottom of this Notice. Any questions about the voters list may be brought to the attention of the Electoral Officer for resolution – including adding or removing a name.

NOTICE OF ELECTION

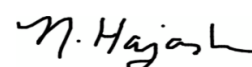
REGULAR POLL

SEPTEMBER 19, 2020 - 8:00AM - 8:00PM

TLA'AMIN NATION VOTE ELECTRONICALLY

<https://onefeather.ca/nations/tlaamin>

AND TAKE NOTICE: that Electors may vote in person at a polling station or electronically. Given under my hand at Victoria, British Columbia, this 6th day of July, 2020.



Nicole Hajash, Electoral Officer

For more information or assistance please contact:

Nicole Hajash, Electoral Officer
Email: nicole@onefeather.ca

Office: (250) 384-8200 TF: 1-855-923-3006 Fax: 250 384-5416

209-852 Fort Street, Victoria, BC V8W 1H8

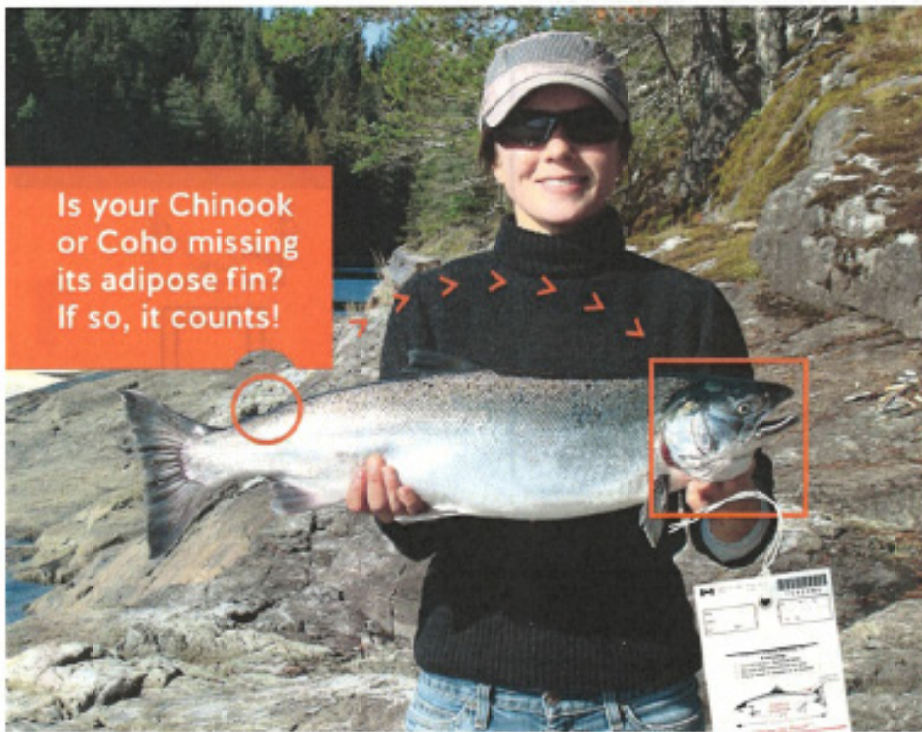
<https://onefeather.ca/nations/tlaamin>

Patrick Marshall, Deputy Electoral Officer
Email: Patrick.marshall@smartballot.ca



MISSING FIN? KEEP THE HEAD!

WORKING TOGETHER **catch counts**



Is your Chinook or Coho missing its adipose fin? If so, it counts!

A coded wire tag (CWT) has been inserted into the nasal cartilage of some of these fish to provide specific information about their origin.

CWT data are collected and analyzed to fulfill Canada's obligations under the International Pacific Salmon Treaty. Your participation helps to sustain the resource by improving stock assessments of abundance and survival.

Please remove your Chinook or Coho heads and take them to a Head Recovery Depot, where you can fill out and attach a head label like the one shown here.

When you submit your salmon head we will send you information about the origin of your fish.



FOR MORE INFO OR COMPLETE DEPOT LIST

SEARCH: DFO SALMON HEAD RECOVERY

1-866-483-9994

Tla'amin Hatchery

The salmon hatchery and fisheries staff have been proactive in the delivery of a contribution agreement between the Tla'amin Nation and The Department of Fisheries and Oceans. We maintain our role as stewards of the land by protecting habitat and increasing populations of salmon in our territory.

The fisheries crew were successful in the release of several species of juvenile salmonids recently:

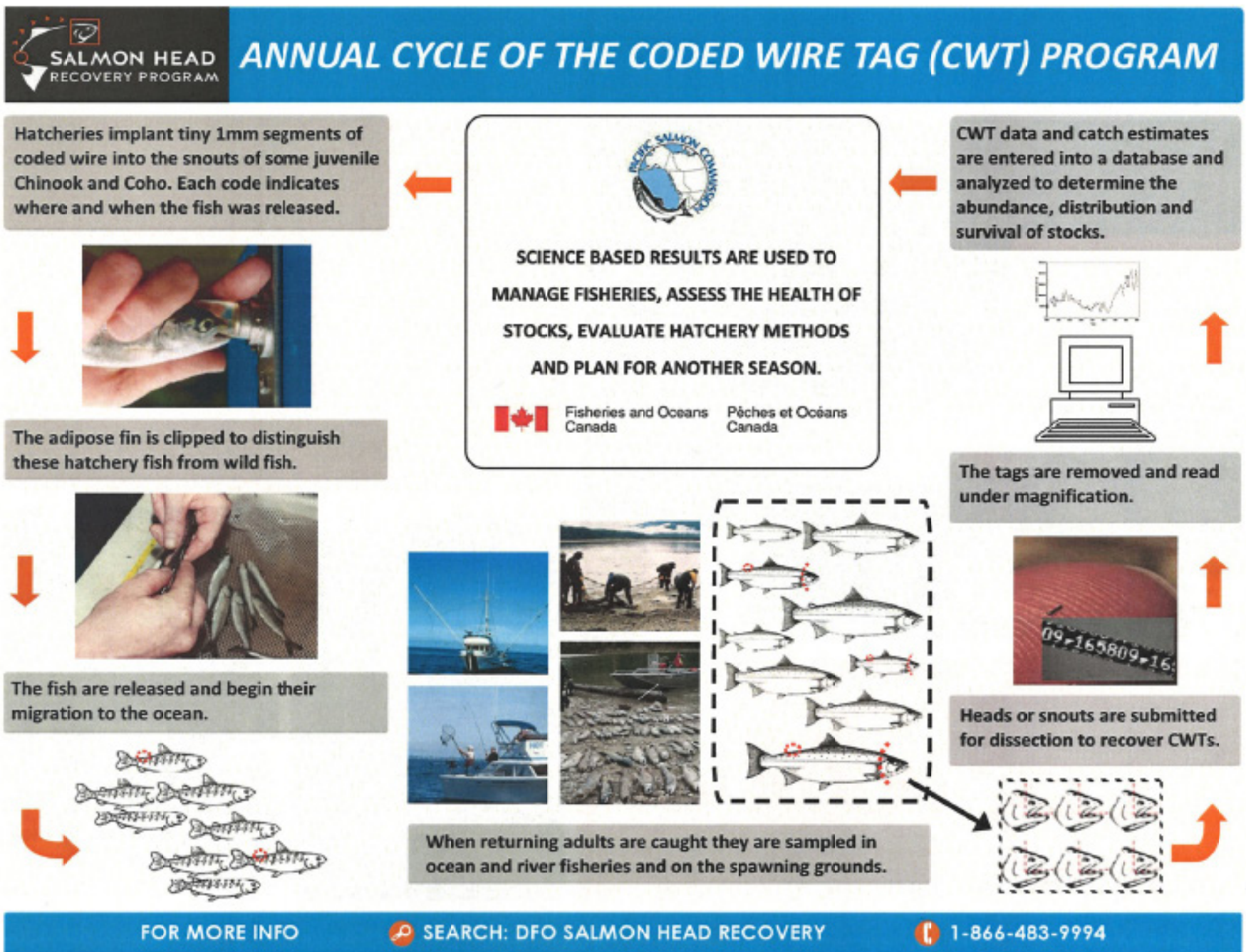
Chum Salmon: 351,000 salmon eggs were collected and cared for until release into Tla'amin River on May 11th. They were 1.13 grams at 54mm in length

Chinook Salmon: 125,603 salmon eggs were collected and cared for until June 15th. They were released in Tla'amin River at 7.6 grams 93mm in length

Coho Salmon: 70,000 eggs were collected and cared for until June 24th. We did not adipose clip the 2019 brood Coho due to the COVID 19 Pandemic. The Coho were released into Tla'amin Lake for optimum survival and over wintering. They will make their journey to the ocean next spring.



Happy 10th Birthday Mattias
August 8th
 Love your mom, dad and Makaela



Tla'amin Hatchery Project Description

The project will consist of two main activities: salmon enhancement and public stewardship/cultural education. The salmon enhancement activities the Tla'amin Nation undertake include the assessment, production planning and culture of three Pacific Salmon species – Chinook, Coho and Chum. Additionally, the Tla'amin Hatchery delivers stewardship programming and cultural education, including planning and delivery of related salmon activities and programs to the public, local schools, and Tla'amin Community.

The Tla'amin Hatchery salmon enhancement activity is a year round activity comprised of the tasks associated with capturing Chinook, Coho and Chum brood stock, stock assessment, subsequent egg takes, egg incubation, ponding and rearing of salmon to the fry or smolt stage, marking of fry in preparation for release and the release of fry/smolts into the appropriate conservation unit/natal stream. Labour intensive times for the projects are the spring, (salmon rearing, marking and release) and fall, (stock assessment, brood stock capture and egg takes). Facility maintenance and equipment upkeep and project planning activities occur in the less labour-intensive months.

The Tla'amin Nation's public stewardship and cultural education programming aligns with the timing and opportunities for engagement, pre-

sented through the salmon production activities. During spring and fall enhancement activities, the Tla'amin hatchery coordinates and delivers school and public tours for educational activities such as salmon assessment, enhancement and fish culture. During the fall season Food, Social and Ceremonial (FSC) opportunities allow for cultural education on the traditional harvest practices and preservation techniques used by the Tla'amin peoples. This supports the Nations' food requirements and allows for engagement of the public and local community in an indigenous culture of salmon.

The salmon hatchery via fisheries department also have a salmon head recovery program onsite. We take adipose clipped salmon (hatchery returning salmon heads.) The heads are picked up and transported to Pacific Biological Station for analysis to determine the location or stream the fish originated from. We also collect DNA samples to support the scientific data captured. The information gathered throughout the fishing season gets reported back to us to give us a determination of what we are contributing to the Salish Sea Fishery.

We welcome any questions you may have regarding the program or better yet stop in and find out the latest hot spot fishing stories. We have door prizes weekly for samples turned in for our local fishermen. Fishing is now open for everyone to enjoy. We also have a new Tla'amin fisheries app so please record your catch. Your information reported remains anonymous and also helps us negotiate FSC quotas at Government level.

Emote, Lee George- Hatchery Manager

PROGRAMS & SERVICES

WorkBC
Centre

We're in this together

*Thinking of re-training in a new career?
Call or email us to learn about funding eligibility*

P: 604-485-7958

E: workbc@liftcommunityservices.org

f WorkBC Powell River

Canada BRITISH COLUMBIA

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



House for sale

Built in 1998. 3-4 Bedroom. Approx. 2100 sq. ft. Roofing was recently done and has warranty and some interior renovations done. View of the beach. Valuated by BC Assessment at \$449,000. (House and property). Some minor renovations are still required...therefore willing to go down in price. Can only sell to Tla'amin members only.

If interested, please call Mia Harry at 778-229-6538 or email janeharry2016@gmail.com to make an offer.

James Thomson

Start-up office hours:

Mon, Aug 31 - Fri, Sept 4

9:30am-2:30pm

**Back to School
Sept 8th**

**More info to come late August,
per Ministry of Education and
Public Health Officers**



SUMMARY OF RCMP CALLS FOR SERVICE FOR JUNE / JULY 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
JUN 25	HOMALCO RD	Police responded to a report of a break and enter at a residence.
JUN 25	WATERFRONT RD	Police responded to a report of a possible impaired driver on an ATV. Police attended, but were unable to locate the suspect vehicle.
JUN 26	HARWOOD DR	Police responded to a report of a suspicious vehicle.
JUN 27	SLIAMMON RD	Police responded to a report of a possible impaired driver. Police attended and located the vehicle, but it was not being driven at the time.
JUN 29	HARWOOD DR	Police responded to a report of a theft of dirt bike. Police attended and spoke to a witness who identified the suspect. While police were on scene the suspect returned where he was arrested for possession of stolen property.
JUL 02	HWY 101	Police received a mischief report. Someone fired paint balls at the Tla'amin Convenience Store during the night.
JUL 02	HARWOOD DR	Police received a report of a child screaming. Police attended, but could not locate anything out of the ordinary.
JUL 03	HOMALCO RD	Police responded to a report of a theft from a residence.
JUL 03	RIVER RD	Police received a report of a possible breach of release conditions. Records checks were completed, and it was determined that there was no breach.
JUL 03	HOMALCO RD	Police received a Mental Health Act complaint.
JUL 04	HARWOOD DR	Police responded to a report of a disturbance at a residence.
JUL 06	SALISH DR	Police responded to a report of an intoxicated male. Police attended, but the male was gone on arrival.
JUL 09	HWY 101	Police responded to a report of a suspicious male. Police attended, but the male was gone on arrival.
JUL 09	EAGLE DR	Police responded to a report of an assault in progress.
JUL 09	EAGLE DR	Police responded to a threats complaint.
JUL 11	WATERFRONT RD	Police received a report of a lost license plate decal.
JUL 12	BEACH RD	Police received a report of an assault. Police attended and after speaking to all parties it was determined that no assault took place.
JUL 14	HOMALCO RD	Police received a report of a stolen vehicle. After speaking to everyone involved, it was determined to be a misunderstanding, and the vehicle was not stolen.
JUL 16	HOMALCO RD	Police responded to a check wellbeing request.
JUL 17	HOMALCO RD	Police responded to a report of an assault.
JUL 20	HARWOOD DR	Police received a request from another police agency to serve court documents.

There has been an increase in telephone and internet frauds in the past couple of months. These involve COVID-19 related frauds, Canada Revenue Agency frauds and all sorts of other ones. Many times the scammers will ask for access to your bank accounts or request payment in gift cards. If you receive a phone call or e-mail that you have questions about, or just does not seem right, please contact the RCMP at 604-485-6255 before giving any information or money. For more information about frauds look up the Canada Anti-Fraud Centre at <https://www.antifraudcentre-centreantifraude.ca>

Summer Re-Wilding



Let's Talk Trash.ca

WHAT IS WASTE?

Summer Re-Wilding

Is it possible to get cabin fever in June? Hemmed in on the home front by travel restrictions and soggy weather, some would have said so. The recent blaze of July heat and reopening of campgrounds and parks has many of us looking to explore. Old camping gear is getting aired out, and used trailers are harder to find



than ever. As folks from all over BC head out into the woods, onto beaches and to campsites, it's important to revisit ways to do this while respecting the spectacular paradise we call home.

With a little forethought, it's easy. These pandemic times are actually lending themselves to rediscovering local nature, and also the resiliency of local community. Why buy camping or outdoor gear when you could borrow from a friend for free? Let's be honest, how often are you really going to use that new paddle board? Kids outgrow safety sporting gear faster than they are rung through by the cashier, so why not get hand-me downs from friends?

Unless you're backpacking, bringing fresh local fruit for refreshing snacks is a great idea. Apples, pears, and plums come in their own packaging, and are abundant by late summer. Wild foraging berries and identifying other edibles in the forest will have you feeling more in connection with nature. Why not drag out that fishing line, and crab trap, while you're at it? Fireside meals seem to taste extra delicious for some reason - the smoke, the sun-kissed berries, and foraged eats all adding to the flavour.

No need to buy a bunch of toys to entertain you in the great outdoors - nature does a fine job of this and you can help, too - you're very entertaining! Float on a log, swim in a sun-

warmed lake, skip some rocks, wish on shooting stars, write a song and perform it, or discover phosphorescence along the shorelines. Brave leaving tech devices at home, or turned off most of the day. What a world of wonder that awaits you beyond the glowing screen!

Pack it in, pack it out. You've heard it said, but it bears repeating. Even seemingly innocent items like orange peels, toilet paper, and aluminum drink cans all need to go back home with us. Left behind, they can turn a clean campsite to one that has odours to attract wildlife. They are also an eye-sore to stumble on in natural settings, even if they will eventually breakdown.

We are incredibly fortunate to have such pristine and vast outdoors to explore - especially at this time in human history. Spending quality time in them is a great first leap into a respectful and mutually beneficial relationship with them. What follows is a natural re-wilding that brings us into remembrance of how our actions affect the whole. May your summer be full of memories and your impact on the vistas you enjoy, light.

Let's Talk Trash is the qathet Regional District's waste reduction education program. Contact them at info@LetsTalkTrash.ca or visit their website at LetsTalkTrash.ca

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

Dear Parents:

What a different time we have all been going through with the Covid-19 health crisis we are now living with! We have all adjusted to many changes and we have to try to find the strength to keep going with the precautions such as frequent hand washing, physical distancing, limiting social contacts, and wearing face masks when needed.

These changes have been difficult for us as adults and therefore we can know that our children and youth have also possibly been struggling with living within this global pandemic climate.

It will be important for all of us to continue to check in with ourselves, and with other members of our family. Give yourself time each day to tune in to your own feelings. I am finding that my emotions are very much on the surface and I end up becoming teary very easily. I think this is from the sadness of thinking about so many lives lost, and the sadness of having to change our way of interacting with each other. So I am trying to do more self-care at this time. Other ways our adult stress can show itself might be feeling more irritable, less patient, more anxious and worried about things, and so on. We might have more pain in our bodies at this time, because we are stressed. I encourage you to check in with yourself, and then try to do something to give yourself a little more tender loving care (TLC) at this time.

We can do the same for our children and youth. As parents we need to check in with our young people by asking them about their thoughts and feelings, and by noticing when their behaviour or physical bodies might be letting us know that they are feeling some stress or anxiety.

All of us in the family can benefit from putting even more effort than usual into maintaining a healthy lifestyle during this difficult time. Getting outside on a forest trail or on the beach, enjoying some exercise such as swimming or cycling, eating lots of fruit and vegetables that are in season, drinking lots of water to manage the heat, and getting a good night's rest are all ways we can take good care.

Our children and youth have had a long break from regular school. As parents we can take some time to encourage our young people to stay connected with some learning activities over the summer. This can help them when they go back to school, can be a distraction from worries, and can also be a way to pass some of the time during the long days of summer. Some ideas of how we can do this include:

- bringing our children or youth to the library to pick out some interesting books to read
- storytelling – sharing traditional stories or songs
- being a "reading role model" and spending some time reading, ourselves, over the summer
- asking our children or youth to write something about an activity that has happened over the summer
- playing word games like "hangman" or Scrabble, or playing card games
- encouraging our children to draw, colour, paint, learn weaving, knitting, or carving
- baking or cooking with our young people

Most of all I wish for you and yours lots of fun, safety, good health, and happiness for the month of August.

Brenda Pielle
 Youth and Family Advocate

Family Support Program

Due to the Pandemic of Covid-19 programs have changed drastically for the safety and well-being for everyone, staff and participants. Most programming will be done via phone, zoom or other social media avenues. Many people may need support during this stressful time. Here are a few programs I would like to continue as best I can.

Family Walking Group - Walk with your family and take picture send to me, there will be monthly draws.

Grief & Loss Support - We have lost so many of our loved ones this year, it's been very difficult during this time. I am available for support if you need someone talk to. Here is a list of counsellors available paid through First Nations Health Authority.

- | | |
|-----------------|--------------|
| Rick Berghauer | 604.223-2717 |
| Shona Jackson | 604.223-7927 |
| Chris Walford | 604.223-4415 |
| Amy Vaughn | 604.341-7576 |
| Maureen Edwards | 604.344-0077 |

Grandparents Support Line - no support groups for now but talking to someone can help. If interested call we do 1:1 or start a group meeting via phone/zoom. See flyer from Parents Support Services of BC.

Parents Support - if enough interest can do group via telephone conference or zoom. Individual support is an option. See flyer from Parents Support Services of BC.

Social /Crafts - no groups at this time. There may be opportunity for some activities but will keep you posted.

Please call Sally at 604.414-8866 if you have any questions, concerns or need of support. Emote, be safe!

Community Services Post (Health)

I just want to remind Everyone to still practice Social distancing , Wear your Mask , If your Sick Stay Home , Because We are Still in a pandemic crisis. Flu Season is around the corner , Enjoy the Sun...

Emote
 Larry Louie



PARENT SUPPORT SERVICES OF BC
 Creating a world where children and families are nurtured, valued and safe.

PROVINCIAL SERVICES AVAILABLE DURING COVID-19

Grandparent Raising Grandchildren Support line

Help for Grandparents and relatives raising a family member's child (Kinship Care Providers)

Providing Advocacy & Emotional Support.

Mon, Tues, Thurs, Fri
 10:00am -2:00pm

Toll-free across BC
1-855-474-9777 or **1-855-GRG-9PSS**
 grgline@parentsupportbc.ca

Parenting Support Line

Are you juggling home, work, at home education and possibly childcare? Are the new changes stressful and taking a toll on your emotional and mental health? Do you need space to talk it out?

Give us a call

Monday to Friday
 10:00am -4:00pm

Toll-free across BC
1-877-345-9777 or **1-877-345-9PSS**
 ext. 100

WEEKLY ONLINE PROVINCIAL SUPPORT CIRCLES

Our Support Circles are here to provide a safe and confidential space for Parents and GRG/Kinship Caregivers to share the challenges, concerns, questions and offer the support you need during COVID-19

Grandparents Raising Grandchildren

Indigenous Monday 6pm	Monday 10am	Tuesday 6pm	Bi-weekly Wednesday 6:30pm	Thursday 1pm	Thursday 6pm

Parents

Indigenous Tuesday 6pm	Monday 9pm	Tuesday 1pm	Wednesday 1pm	Thursday 6pm

Wanting to Join an Online Support Circle via Zoom
 Please Call **1-877-345-9777 ext. 100**

Check out our website for Parenting during COVID-19
<https://www.parentsupportbc.ca/parenting-support-during-covid-19/>



Using Alone?



Download Lifeguard App

The app has a 1 minute timer. If you are not able to snooze or turn off the timer after 1 minute, the app will contact ambulance services with your location in case of an **overdose**.



More overdose prevention information: lifeguardDH.com



Greetings fellow community members



My name is Randolph Timothy, and I am the son of Randy and Margaret Timothy (nee Galligos) also known as Hoss and Mugsy. My paternal grandparents are Alex Timothy of Tla'amin, Mary Timothy (nee Saul of Barriere, BC). My maternal grandparents are Ernest Gallegos of

Tla'amin and Sophie Galligos (nee Wilson) of Church House, BC.

I have been recently tasked to update the Family Tree which was initiated by the Sliammon Treaty Society, I am very grateful to be given this opportunity to reconnect with my jeh jehs and learn of our family ties and lineage. I have always been interested in our language and family ties, as I have already had the opportunity to work with the language program, and now have the chance to learn about the families of Tla'amin.

With this new program for the family tree, we can now add photo's so that future generations can see what their relative looked or put a face to a name in stories.

Currently I have been looking over the family tree and the information needing to be updated is from at least 2000 and on, so for now I will be doing a call out to all families to submit information regarding a birth, death or even a transfer into the community and a picture for family tree profile (ie. Birth certificate, death certificate, picture of individual or favorite picture of loved one who have passed on for their profile.)

As of now the nation's Governance House is on a gentle opening, meaning limited entry and access, so with that in place, I can come to your house to pick up pictures and documentation to add to the family tree, or you can leave with Donna Tom at front desk in an envelope, please ensure you leave your name and number on the envelope so I can return your information at my earliest convenience. Just to ensure protection of your documentation I do have a locking cabinet to ensure security measures are taken while I have this information.

I look forward to seeing all of you in the upcoming months to ensure the information gathered is added so future generations can look back when reflecting to learn about their jeh jehs.

Should you have any comments or would like to submit documentation, please do not hesitate to contact me at 604.483.6946 Ext. 108 or email me at randolph.timothy@tn-bc.ca.

“čēčəhaθēč”

Covid-19 Update

It has been 6 months since the announcement of the first COVID-19 case in British Columbia. Here in Tla'amin Nation and the qathet Region, we were spared during the first wave. There were less than 5 cases reported in our area since the beginning of the pandemic, and currently as of July 26th, we have no active cases in Powell River. The sacrifices that we have all made in the last few months have paid off. Moving forward our approach to following Public Health guidance will be crucial in keeping our Community healthy.

The BC Government announced on July 24th that we are now moving into Phase 3 of the reopening which means that "People can take part in smart, safe and respectful travel within B.C." "This allows sectors and activities within the phases to open when the evidence and data tells us the time is right, and as protocols and guidance are in place for them to do so safely."

Tips for travelling:

Officials have declared an outbreak in Haida Gwaii on July 24th after 13 cases were confirmed in the community. This is evidence that

this virus knows no borders, as Haida Gwaii is a small isolated island.

Many of the current (as of July 26th) 294 active cases of COVID-19 in the province are linked to people in their 20's and 30's attending social events including large house parties, night clubs and bars who then spread it to other people in their families and within the community.

We know that it affects different age groups in different ways, and early research is showing that COVID-19 may have long term impacts on a person's health. Dr. Deena Hinshaw, the Alberta's chief medical officer of health, cautioned of the potential long-term damage that could result from contracting COVID-19.

"There can be long-term damage, such as higher risk of diabetes, and lung damage that doesn't go away when the infection ends," "Regardless of age, we don't yet know what impact COVID-19 will have on your lifelong health." Hinshaw says.

"One out of 50 ++ aged 30 to 39 who were diagnosed with the illness required admission to hospital. For those aged 40 to 69, one in 20 required hospitalization. For the 70 to 79 age group, one in 10 people who caught the illness died. For those over 80, the odds of dying were one in four." CBC.ca

In total B.C. has had 3,419 cases, with 2,934 recovered and 191 deaths. View the COVID-19 Dashboard on the B.C. Centre for Disease Control's website for up to date case numbers. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/data>.

Please note the dates in these articles as information changes often. Please access credible resources such as the British Columbia Government page, BC Centre for Disease Control, Vancouver Coastal Health, WorkSafe BC and First Nations Health Authority websites for up to date information.

Daily joint statement from Adrian Dix, Minister of Health, and Dr. Bonnie Henry, B.C.'s provincial health officer at <https://news.gov.bc.ca/>

Some of Bonnie Henry's latest advice:

"Can you keep a safe distance from others? Are you giving people the space to stay safe? Are you spending a short time together? Are you outside? Are the people you are with in your bubble? These are the questions we all need to ask ourselves.

"If you can't say yes to these questions, then say no to the activity and choose to do something else instead."

So how can you keep yourself, your loved ones and your community healthy?

Follow these guidelines from Dr. Bonnie Henry and the BC Government:

Guidelines for Social Interaction

There are key guidelines to keep yourself and others safe.

If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

Inside Your Bubble



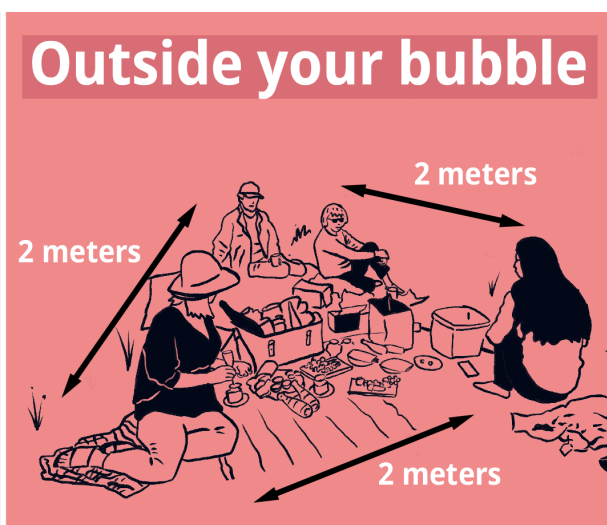
Dr. Bonnie Henry's Travel Manners

- Check before you go
- Fewer faces in bigger spaces
- If sick, stay home
- Wash your hands
- Keep a safe physical distance
- Come prepared, bring supplies
- Respect travel advisories

Your bubble includes members of your immediate household and can be carefully expanded to include others.

- Try to limit the number of people in your bubble
- Every time you add someone to your bubble, you are also connecting with everybody in their bubble
- Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart
- Remember, vigilant hand-washing and space cleaning is still important
- If you are sick, self-isolate from people in your bubble as much as possible

Outside Your Bubble



In personal settings when you're seeing friends and family who aren't in your bubble:

- Only get together in small groups of 2 to 6 people
- Keep 2 m of physical distance from those who are outside your bubble and limit your time together
- Stay home and away from others if you have cold or flu-like symptoms
- Take extra precautions for those at higher risk for serious illness from COVID-19, including older people and those with chronic health conditions

from <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/phase-3>

As time goes on and we learn more about the novel Coronavirus, we are learning more about how it is spread and what the symptoms are. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. From the BCCDC website:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

The most common symptoms of COVID-19 include:

- Fever
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

What do I do if I have symptoms?

Testing is recommended for anyone with cold, influenza or COVID-19-like symptoms, even mild ones. See information in the "Doctors Notes" section on how to access testing in Powell River.

The B.C. COVID-19 Self-Assessment Tool is also available for anyone that develops symptoms and can be used to help determine if you need further assessment or testing for COVID-19. Testing is especially important for groups that are more vulnerable to complications from COVID-19, or people who care for these individuals. You can download this app onto your phone for easy access.

Some symptoms can also be signs of other conditions. If you are unsure, contact your health care provider or call 8-1-1. If someone is having severe difficulty breathing, severe chest pain, having a hard time waking up, feeling confused or losing consciousness, you should seek emergency medical care by calling 9-1-1 or going to your nearest emergency department.

If you develop symptoms, you will need to **self-isolate** while you wait for your test results so you do not potentially spread illness to others. Those who get diagnosed with COVID-19 will need to self-isolate for at least 10 days from when their symptoms started. For more information on what to do if you have COVID-19, if you think you may have it, or believe you may require medical care, visit the **If you are Sick** page. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

Another way to protect ourselves is **Masks**. Face masks really do matter. If you are planning to be in a place where you are not able to ensure physical distance such as the grocery store, consider a mask. Many businesses are requiring the use of personal masks. A homemade cloth mask provides some protection to the wearer and evidence is still being gathered on the amount of that protection. The mask provides more protection to those around you.

Kindness and acceptance.

How can we show each other kindness in fearful times? Our choices on how we will react if someone is sick will impact their ability to cope and get healthy faster. How will we react if someone tests positive? How can we question our possible stigma? We have heard stories of other communities showing bias and lack of understanding and support, and other great stories of kindness, empathy and understanding. No one really knows how they will react until they are in the situation, but we can do our best to prepare. What will you do if your neighbor or family member becomes sick? How about if you become sick? Although you must self-isolate if you become sick with coronavirus, your friends, family and neighbors can still show support by bringing food and medications to your doorstep, phoning often to check in and letting you know they care and showing empathy and understanding.

COVID-19
Continued on page 12

PROGRAMS & SERVICES

COVID-19

Continued from page 11

With all this talk about Coronavirus, it is important to focus on our overall health. Mental, spiritual, emotional as well as our Physical wellness. What we focus on will grow, so let's try to focus on the positives. It is important to have the information to make informed decisions, and reduce our risks of becoming sick with a communicable disease like coronavirus. It also important to focus on the things that make us happy and feed our souls. Spending time outside, connecting with nature, celebrating culture and tradition and connecting with other people in safe and innovative ways will help maintain all aspects of our health and wellness.

Tla'amin Health Services

The way services are being delivered may look different right now, but we are still open Monday to Friday 8:30-4:30 pm to serve you. Please call reception at 604-483-3009. Are you having trouble accessing services or reaching a staff member? Call or email Marlane Christensen, Interim Health Director - Marlane.Christensen@tn-bc.ca or Sandra Tom, Associate Health Director- Sandra.Tom@tn-bc.ca or call 604-483-3009 and we will respond ASAP.

What does service look like and why do services look different?

Some of the changes you might see are that staff may be wearing masks, gloves, eye protection and/or gowns during your visit. We may be offering services remotely via Zoom (computer), telephone, or a physically distanced outside visit.

Everyone is screened for symptoms before they enter the building (including staff) and asked to wash their hands with hand sanitizer upon entry. If you have symptoms of coronavirus such as a cough or fever you will be asked to wear a mask, or reschedule your appointment. Staff not permitted to come to work if they have symptoms. There is heightened cleaning and disinfecting procedures and staff are mindful of the time they spend with you and that you spend in the building, as reducing this time minimizes the risks. These changes are a reflection of the guidelines by the Provincial Government, Regional Health Authority and the different regulatory body's of the staff employed at Health, and they are followed to keep you and the community safe and healthy.

Workplaces are now required to develop and post COVID safety plans. This is a requirement of WorkSafeBC. Tla'amin Health's plan can be found on our website. We are currently in between Stage I and Stage II of reopening as we continue to work towards welcoming more people in the building while following the new protocols to keep everyone safe.

Tla'amin Health

With all this talk about Coronavirus, it is important to



Stages of Reopening:

Stage I: Staff only return with protocols in place to reduce the number of persons in the office at one time. No outside visitors permitted.

Stage II: Building is open to the community with appointments. Physical distancing and traffic flow protocols in place. No other outside visitors permitted. Group programming will be evaluated.

Stage III: Building is open to the community without appointments. Group programming will be evaluated.

Health Staff are working hard to retrofit spaces for Team members to safely see clients face to face in the building for services such as counselling.

The clinical nursing team has 2 dedicated exam rooms that are used for client care.

Services Available at Health:

Counselling: Nina Peers, Addictions Counsellor, Frank Osawamick, Men's Support Worker, and Brenda Pielle, Youth and Family Advocate.

Family support: Brenda Pielle, Sally Louie, Dana Gustafson

Youth Support: Shirley Louie and Leslie Louie.

Elder's Support: Doreen Hopkins

Health Promotion: Dawna Pallen

Traditional Wellness Team members can also connect community members with Clinical Counsellors.

In addition, Tla'amin Health Staff members can provide Substance Use support, safe use supplies, free drug test kits, free naloxone kits and training.

Call 604-483-3009 to access these services.

Chronic Disease Management: support with conditions such as: Diabetes, chronic pain, heart disease, mental wellness, obesity and more. Wellness related education, support and communication.

Melinda Hassleback will be returning to this position in August, she is looking forward to working with the community again soon. Mika

Miyoaka was in this position for the last year and she wanted to pass on this message: "For those who've let me in their doors and shared some of their lives with me, it's been an honor and I graciously thank you for everything. The wisdom and laughs were so appreciated."

Public Health Services: Immunizations, TB tests, STI testing, Pregnancy tests, Pre and Post natal support, Communicable Disease Management.

Sheila Paquette was the Public Health Nurse since November 2017. She has recently accepted a position with FNHA as a Communicable Disease Nurse Advisor, providing support to First Nations communities throughout the Province. She will be taking 1 year Leave of Absence. The position is currently posted. A message from Sheila "Thank you for welcoming me into the community, I look forward to working with the Nation in my new role. The strength, resilience and wisdom of the Community has taught me valuable lessons."

Wound Care. Patients requiring home health nursing services can include patients that are terminally or chronically ill, disabled or elderly, along with individuals recovering from an accident or injury.

If you think that you or someone you know may benefit from this service, please call 604-483-3009

Do you have more questions?

For example: Wondering about your safety while grocery shopping or if food can become contaminated? Spoiler alert- COVID-19 transmission by potentially contaminated food is lower risk.

Food Safety, Grocery store safety, Food and beverage safety can be found here: See the BC Center for Disease Control info on food safety by going to this website- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/food-safety>

Check out the many resources listed in these articles, call your health care provider or call Tla'amin Health at 604-483-3009.

Home Support Services:

Home support services help you to remain independent and to live in your own home as long as possible. Home support services are direct care services provided by community health workers to clients who require personal assistance with activities of daily living, such as:

- mobility;
- nutrition;
- lifts and transfers;
- bathing and dressing;
- cueing (providing prompts to assist with the completion of tasks); and
- grooming and toileting.

Home support services may also include safety maintenance activities as a supplement to personal assistance when appropriate. These activities may include clean-up, laundry of soiled bedding or clothing, and meal preparation. In addition, community health workers may perform some specific nursing and rehabilitation tasks that have been delegated by health care professionals.

Home support services can be considered respite care, to provide caregivers with temporary relief from the demands of providing care.

Home support services are usually provided over a longer period of time, such as several months or years, but can also be provided on a short-term basis after a discharge from hospital or as part of end-of-life care.

Home Support Workers: Dickie Louie, Vangie Francis, Josie Peters, Charmaine Louie, Janice Ashton, Shaya Harry, Jessica Hackett, Connie Wilson, Trina Mattice.

Are you someone or do you know someone who may benefit from this service? Please call the Home Care Nurse for intake assessment at 604-483-3009.

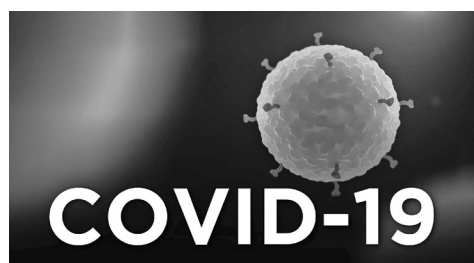
Home Care Nursing Services: Nursing care for clients in their home or the clinic setting including initial intake assessments to the Home support Program and ongoing case management. Nursing related support: IV therapy, medication management and wound care. Patients requiring home health nursing services can include patients that are terminally or chronically ill, disabled or elderly, along with individuals recovering from an accident or injury.

If you think that you or someone you know may benefit from this service, please call 604-483-3009

Foot Care: Clinics run every 2 weeks and more often if needed. For those who need help with taking care of their feet. Criteria: Basic and advanced foot care may be provided where the client is unable to perform essential foot care. This may be due to a chronic health condition that could affect the health of their feet such as: Diabetes, Mobility issues or other chronic health conditions. Nurse Michelle McIntosh was recently hired as the Foot Care Nurse. She is a Registered Nurse with an Advanced Foot Care certificate. Call Kim Hackett to book at 604-483-3009.

Primary Care- Jodie Foster Nurse Practitioner.

Current patients of Jodie's and those without a primary care practitioner can book with her at this time. For patients that have a different primary care practitioner, please see below on how to contact your doctor at this time.



Taken from <https://mailchi.mp/divisionsbc.ca/2020july24>

Testing is now available in Powell River for anyone with any COVID-19 symptoms.

SYMPTOMS INCLUDE:

Cough • Fever • Difficulty breathing • Sneezing • Runny nose • Sore throat • Fatigue • Chills

Local Testing Options for Safety & Convenience

- Call your family doctor, nurse practitioner or walk-in clinic for a virtual assessment (details below)
- Alternatively, call 8-1-1- or use the online symptom checker at BCCDC
- If your symptoms are more serious, go to the Emergency Room directly. Call ahead (604) 485-3211 and go to the ambulance bay for your assessment.

Call your family doctor before you go

LOCAL PRIMARY CARE OPTIONS

Your Doctor is Here for You. For virtual visits with your local doctor or nurse practitioner, call:

- Family Tree Health 604-485-9213
- Drs. DeFlamingh & Rossouw, 604-485-4877
- Dr. Dohm, 604-485-7222
- Dr. du Toit & NP Scoular, 604-485-2430
- Harvie Clinic 604-485-0136
- The Medical Clinic Associates 604-485-6261
- Powell River Medical Clinic 604-485-5501
- Texada Health Centre 604-486-1525
- Jodie Foster Tla'amin Health, 604-483-3009
- Dr. White 604-485-9200

If You Don't Have a Primary Care Provider

- Some clinics are accepting new patients: Call (604) 485-6261 (family doctor), (604) 485-2430 (nurse practitioner) or 604-485-9213 (nurse practitioner & youth-focused doctor).
- Call (604) 485-5501 for a virtual appointment at the walk-in clinic (also accepting new patients for ongoing care by request).
- The nurse practitioner at the Tla'amin Health Centre is accepting all First Nations people in the region (call (604) 483-3009).
- Texada residents, call (604) 486-1525
- **FNHA Virtual Doctor of the Day** If you do not have a doctor of your own, or have lost access due to the COVID-19 pandemic, call 1-855-344-3800 to book an appointment. Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.



Tla'amin Nation Executive Council Minutes

June 3rd, 2020
Meeting held via Zoom

Attendance: Hegus Williams, John Hackett, Larry Louie, Lori Wilson, Tyrone Wilson

Resource: Rod Allan, Losa Luaifoa

Guests: Melie De Champlain, Mara Diaz, Judy Mitchell, Tatiana Ticona, Bree Beveridge, Geoff McKee

Hegus Williams called the meeting to order at 9:06 am.

A. APPROVAL OF AGENDA:

Motion to adopt the agenda with the addition of the following items: 1. Community Cleanup, 2. Ecology position (Thichum/TMSLP) and 3. Union.

*Moved by Councillor J. Hackett
Seconded by Councillor T. Wilson
CARRIED*

B. MINUTES:

Motion to adopt the May 20, 2020 minutes.

*Moved by Councillor J. Hackett
Seconded by Councillor T. Wilson
CARRIED*

C. PRESENTATIONS:

1. Vancouver Coastal Health

Nathan Jantz, Director of Health and Vancouver Coastal Health representatives presented to Executive Council (EC) on the Rural, Remote, First Nations and Indigenous COVID-19 Response Framework document. An overview of the framework deliverables and the Terms of Reference for a Working Group was provided.

D. NEW BUSINESS:

1. Administration & Finance

i) New Offices (Administration Building)

The Chief Administrative Officer (CAO) presented a proposal for the construction of 4 offices to accommodate new staff. EC is requested to approve the quote for \$35,000 as it is over the CAO's \$10,000 approval limit.



EC, by consensus, approves the \$35,000 proposal for 4 new office spaces.

ii) Office Closure

Staff are scheduled to meet on June 4 to discuss and review the proposed plan to re-open the office to the public either June 15 or 22.

Road Signs

EC, by consensus, recommends to keep the road closure signs posted in the community with the addition of a sign that indicates deliveries are permitted.

iii) Jr. Public Works Position/Mentorship Program

The CAO noted that the job posting for the Jr. Public Works position has been advertised and not direct awarded. It was recommended that the program to mentor Tla'amin people into senior positions be formalized with the assistance of the Intergovernmental Committee. The Committee will ensure the program is consistent with the strategic plan for the Nation.

Action: CAO to work on formalization of a mentorship program.

2. Citizenship & Membership:

Action: EC requested that the Citizenship Committee minutes from the review of the 12 pending applications be provided to EC.

Culture:

Action: EC requested an update on the Tribal Journey from the Culture Manager.

4. Economic Development:

Lund Resort: The restaurant and pub may re-open by mid-June. No date has been confirmed.

5. Elders & Youth: EC endorses the collection and use of data for a study regarding "Childhood Wellbeing Indicators" through the Alliance of BC Modern Treaty Nations. EC requested that any personal data shared for the study be kept confidential.

6. Fisheries and Hatchery: Councillor T. Wilson advised that Chinook and Coho have been released. Prawn season starts June 4. Fisheries is looking to develop an app for members to be able to send in catch information. Prizes are being provided as an incentive to providing the data for Department of Fisheries and Ocean.

7. Forestry: The Forestry Committee met to discuss working on engineering for the past few months. Discussions held regarding the of approximately 25,000 cubic metres off the Bunter Hills (Treaty Settlement Lands). The Committee recommended that the harvesting portion be direct awarded to Tla'amin Lake logging crew.

EC, by consensus, supports the recommendation of the Forestry Committee.

8. Housing:

Motion to approve EC Resolution #18-2020 re: Approval of Funding Request to Indigenous Services Canada new Approach Housing Support Program.

Moved by Councillor T. Wilson
Seconded by Councillor L. Larry
CARRIED

Action: Councillor T. Wilson to request a Housing update.

9. Lands

Motion to approve EC Order 08-2020: Mortgage Guarantee for member.

Moved by Councillor T. Wilson
Seconded by Councillor J. Hackett
CARRIED

Motion to approve EC Order 09-2020: Approval of Homeownership for member.

Moved by Councillor J. Hackett
Seconded by Councillor T. Wilson
CARRIED

10. Public Works:

EC is requested to approve a quote for a survey to subdivide the Southview area to address the issue of residents that are waiting to build or are building and are not able to install septic tanks.

Motion to approve the quote for a survey to subdivide the area for the amount of \$26k.

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

E. HOUSE POSTS:

1. Lands & Resources – Councillor L. Wilson reported the following:

- Referrals Position – shortlist candidates and prepare for interviews.
- GIS Position – meeting to shortlist candidates and prepare for the interviews in two weeks.
- Daycare subdivision – the finalized footprint is to be registered at BC Land Title Office.
- Residential surveys are planned for the waterfront. Three houses and road need to be surveyed which is in progress.
- Department of Fisheries and Ocean sent out its 2020-2021 Integrated Fisheries Management plan for review and comment. A consultant is working on this.
- Marine Traders has a retaining wall that encroaches on our Treaty Settlement Lands. Tla'amin has made contact about the encroachment and have expressed no issues with the encroachment currently.

2. Finance – Councillor J. Hackett reported the following:

- May 20 – Financial and Capital budget was passed and will be presented to the community via Zoom on June 14 at the General Assembly.

3. Community Services – Councillor L. Louie reported the following:

- Requested clarification on the community clean up. Hegus Williams advised it has been delayed and when the office re-opens, the date will be addressed.

Action: CAO to follow-up with the Lands Manager.

4. Public Works – Councillor T. Wilson reported the following:

- Hatchery: dealing with herring between now and August.
- Fire Department: practices are held Tuesdays. Volunteers are still being recruited.
- Public Works: Interview for Jr. Public Works position was held.

F. HEGUS' REPORT

- Meetings attended:
 - May 22 – Tour with Urban Arts Architecture. The next meeting is scheduled for June 15.
 - A letter was submitted through the Lands Director to close the commercial crab fishery around Harwood Island, Gibson's Beach to Atrevida Island. A response has not been received yet.
 - BC Hydro has reported power usage drops throughout the COVID-19 pandemic;

therefore, the company will be cutting back the power they have used. The IBA on Toba powerlines is based on how much power is on the grid. The less power used, the less the payout is to the Nation's IBA.

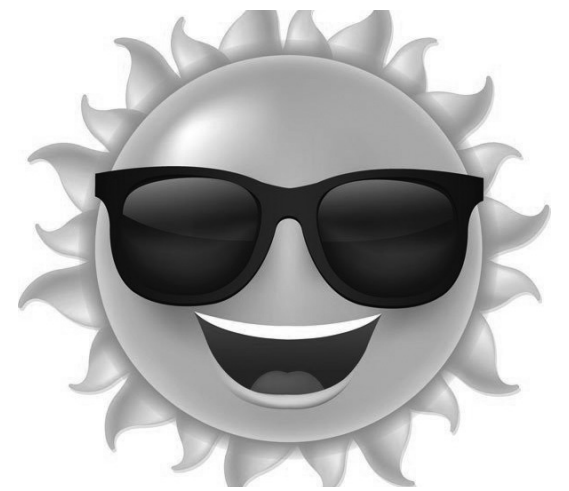
• **Upcoming meetings:**

- June 9 – tour of the old incinerator site project
- June 12 – tour of sturgeon hatchery in Sechelt area with TMSLP CEO
- June 17 – EC meeting – report on remaining specific claims by Jennifer Griffith

G. ADJOURNMENT

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

Meeting adjourned at 12:07 pm. The next EC meeting is Wednesday, June 17, 2020 at 9:00 am.



9 Ways to Protect Your Skin

1. Wear sunscreen every day, in all weather and in every season. It should have a sun protection factor (SPF) of 30 and say "broad-spectrum" on the label, which means it protects against the sun's UVA and UVB rays. Put it on at least 15 minutes before going outside. Use 1 ounce, which would fill a shot glass.
2. Reapply sunscreen at least every 80 minutes, or more often if you're sweating or swimming.
3. Wear sunglasses with total UV protection.
4. Wear wide-brimmed hats, and long-sleeved shirts and pants.
5. Avoid being out in the sun as much as possible from 10 a.m. to 2 p.m.
6. Check your skin regularly so you know what's normal for you and to notice any changes or new growths.
7. Choose cosmetics and contact lenses that offer UV protection. You still need to use sunscreen and wear sunglasses with broad-spectrum sun protection.
8. If you're a parent, protect your child's skin and practice those habits together.
9. Don't use tanning beds.

Tla'amin Nation Executive Council Minutes

June 17th, 2020
Council Chambers

Attendance: Hegus Williams, John Hackett, Larry Louie, Lori Wilson, Tyrone Wilson

Legislators: Gloria Francis, Denise Smith

Resource: Rod Allan, Losa Luaifoa

Guests: Nancy Morgan, Murray Browne

Hegus Williams called the meeting to order at 9:03 am.

A. APPROVAL OF AGENDA:

Motion to adopt the agenda with the addition of the following item: 1) Health Accreditation.

Moved by Councillor L. Wilson

Seconded by Councillor J. Hackett

CARRIED

B. MINUTES:

Motion to adopt the June 3, 2020 minutes – Tabled.

C. PRESENTATIONS:

1. Regulation Review

Nancy Morgan, Morgan & Associates, presented amendments for approval for the following regulations:

• Nomination Regulation

Motion to approve EC Order #20-2020 re: Nomination Regulation amendments.

Moved by Councillor T. Wilson

Seconded by Councillor L. Louie

CARRIED

• Review and Appeal Panel Fees Regulation (re-named)

Motion to approve EC Order #21-2020 re: Review and Appeal Fees Regulation amendments.

Moved by Councillor T. Wilson

Seconded by Councillor J. Hackett

CARRIED

• Review and Appeal Panel Rules and Procedures

Motion to approve EC Order #22-2020 re: Approval of amendments to the Rules and Procedure Regulation.

Moved by Councillor J. Hackett

Seconded by Councillor T. Wilson

CARRIED



• In Good Standing Policy

Motion to approve EC Order #23-2020 re: Approval of new In Good Standing Policy.

Moved by Councillor J. Hackett

Seconded by Councillor L. Louie

CARRIED

• Citizenship and Enrolment Regulation

Motion to approve EC Order #24-2020 re: Citizenship and Enrolment Regulation amendments.

Moved by Councillor T. Wilson

Seconded by Councillor L. Wilson

CARRIED

D. NEW BUSINESS:

1. Administration & Finance

i) Totem Logs Purchase

Hegus Williams is seeking approval for the purchase of three old growth trees for the Nation totem pole carving project. The approximate cost is \$9300 not including costs for transportation of the trees from Port Melon.

EC, by consensus, approves the expenditure of \$15,000 maximum for the purchase and delivery cost of three logs for the totem pole project.

ii) EC Resolution 19-2020 re: Calling of the 2020 General Election for September 19, 2020.

Motion to approve EC Resolution 19-2020 calling the 2020 General Election.

Moved by Councillor L. Wilson

Seconded by Councillor T. Wilson

CARRIED

iii) EC Resolution 20-2020 re: Calling of Special Legislative Assembly session for June 17, 2020.

Motion to approve EC Resolution 20-2020 calling for a Special Legislative Assembly.

Moved by Councillor L. Wilson

Seconded by Councillor J. Hackett

CARRIED

2. Citizenship & Membership:

Membership Transfer Request

EC reviewed the membership transfer request. Based on membership eligibility requirements being met, EC approves the membership transfer request.

Motion to approve the membership transfer to the Tla'amin Nation for Brent Vivier.

Moved by Councillor L. Wilson

Seconded by Councillor J. Hackett

CARRIED

3. Culture:

Tribal Journey Update – Drew Blaney

- Jodie Simkin was hired to coordinate the 2021 event. Jodie has submitted various funding applications totaling \$900k.
- The City of Powell River agreed to provide use of the arena, rink (for food services), theatre (for overflow protocol) and the upstairs meeting rooms at complex.
- Date for handover of the tribal journey staff from Nanaimo, to be confirmed.

4. Economic Development:

- Tla'amin Management Services LP has selected two resident Elders - Gilbert Francis and Doreen Point.
- A manager has been hired for Lund Resort. The position of Financial Comptroller will be posted.
- Developed lot #86 on Klahanie Drive has been sold.
- The work to launch an in-house construction company will continue.
- June 25 Lund Resort restaurant to re-open.
- The job search for General Manager of the Lund Resort has been temporarily suspended.

5. Education: The Nation has received approval for 12 summer student jobs through NVIATS. Hegus Williams is seeking EC's endorsement to match funding for 12 additional students (approximately \$53,000).

EC, by consensus, approves match funding for an additional 12 students, for a total of 24.

6. Emergency Services: The new fire-truck has arrived. Hegus Williams suggested a demonstration (for EC and staff) and blessing be done for the truck.

7. Health: Councillor L. Louie requested an update on the accreditation status of the Health Centre.

Action: CAO to follow up with Health.

8. Housing:

EC Order #18-2020 re: Approval of Homeownership for 5229 Beach Road.

Motion to approve EC Order #18-2020.

Moved by Councillor L. Wilson

Seconded by Councillor J. Hackett

CARRIED

EC Order #19-2020 re: Approval of Homeownership for member – TABLED.

9. Justice & Enforcement: There are two new hires for Guardian Watchmen for the Nation.

10. Taxation:

Annual Rates Regulation (2020)

EC reviewed the Annual Rates Regulation (2020). Councillor J. Hackett, Chair of the Property Taxation Authority advised that the 2020 Taxation notices have been sent to the Taxation Authority group and the rates were accepted.

EC, by consensus, approves the 2020 Annual Rates Regulation.

HOUSE POSTS:

1. Lands & Resources – Councillor L. Wilson reported the following:

- Referrals job interviews is scheduled for June 17.
- GIS job interviews are next week.
- The Lands Manager was approached by a citizen interested in taking the Land Stewardship program offered online through Native Education Centre.
- Spring clean-pick up date to be confirmed soon.

2. Finance – Councillor J. Hackett reported the following:

- The fiscal budget for 2020-2021 was presented at the General Assembly held via Zoom on June 14.

3. Community Services – Councillor L. Louie reported the following:

- Education – some schools have re-opened.

4. Public Works – Councillor T. Wilson reported the following:

- New fire truck has arrived.
- Public Works department are working on repairs to watermains.

E. HEGUS' REPORT

- Meetings/events attended:
 - Walkabout of public works/canoe shed area with the Public Works staff.
 - Old incinerator site tour with the City of Powell River staff, qathet Regional District and Let's Talk Trash. The regional district project is in phase 2.
 - First Voices meeting with language workers met to discuss the creation of a language committee to work with First Voices.
 - Toured a Sturgeon and Coho farm in Sechelt that is currently for sale.
 - June 16 – ABCTN meeting with Premier Horgan.
 - Care facility meetings continue. A program review meeting was held as the planning becomes more detailed and technical. Urban Arts Architecture have been instrumental in leading the process.

• Upcoming meetings:

- June 22 – Sliammon Lake Dam meeting at 9:30 am via Zoom.
- June 24 - Boat tour for mathematics project with Betty Wilson.
- June 24 – Pacific Herring meeting @ 1 pm.
- June 27 – Western Forest Products meeting re: TSL, Block 1 renewal.
- June 16 – ABCTN meet with Premier Horgan.

- A letter from Province was received stating that the Nation needs to speak to its neighbours regarding overlapping issues. Consent is required on the former PRC lands being converted to TSL.

- A Referral Letter re: Section 21 Designation Removal has been received for the large land development from Willingdon to Brooks going above Dwight Hall.

F. OTHER BUSINESS

1. Elk Allocation Letter – the Nation's allocation number increased by 1 for 2020.

G. ADJOURNMENT

Moved by Councillor J. Hackett

Seconded by Councillor L. Wilson

CARRIED

Meeting adjourned at 12:04 pm. The next EC meeting is Wednesday, July 8, 2020 at 9:00 am.



Comprehensive Nation Plan

Invitation to Tla'amin Members/Citizens

Outdoor CNP Tent

August 20th

1:00-4:30 pm

Governance House

Come out for just 10 minutes to develop our nations plan

- youth programming and activities
- suggestions for inclusive cultural programming
- Ideas for education, training, and mentorship opportunities

DOOR PRIZES WILL BE DRAWN

You do not have to be present to win

For more information contact CNP Project Manager Dillon Johnson at djohnson@temixw.com