

Tla'amin Tackles COVID-19 Head-on!

By Alex Sutcliffe

What's up with 2020?? This year has been off the charts! In times of hardship we see that people are often brought together or pulled further apart. It's so ironic I feel like this pandemic has really brought the community closer together while forcing everyone to be apart!! Even with the precautions in place, the virus dominating the news 24/7 for what seems like forever, manages to find its way into our tight knit community. Where it came from really doesn't matter, the reality is it could've come from anywhere, at any time, from anyone, it just happened to be our time.

Tla'amin's rapid response to this outbreak was very well executed. PR Living called it a "master-class in crisis control". I don't think anyone could ever be fully prepared for a situation like this but to the credit of our Legislators and management team Rod Allan, Steve Hunter, Richard Gage and Cathy Galligos, they quickly figured out what was needed and put the pieces in place on the ground to effectively manage this situation.

By declaring a state of emergency straight away, the Tla'amin Government was able to enact certain policies designed to ensure the protection of its citizens and the surrounding region. On that same day the shelter-in-place order was issued for 72 hrs to slow the spread of the virus, complete contact tracing and figure out the next steps. The first part involved identifying people who were not exposed that could help on the ground working in various roles.



Johnson Adams, Chad Galligos, and Enforcement Officer Arnie Courtney have been working the checkpoint since the Shelter in Place order was first enacted. (At the checkpoint 8:45 PM Saturday September 12th)

Our fabulous first responders, Fire Chief Erik Blaney and Courtney Harrop became the rotating Incident Commanders onsite working to help coordinate the ground efforts. They were both running on very little sleep that first week, they really stepped up when put in a tough position. They are both champions who really care about this community.

On the ground, all of the access roads in and out of the community were blocked off except for one entry point on Sliammon Road. A checkpoint was established here to restrict traffic in and out of the community. The checkpoint has been manned 24hrs a day since the beginning,

along with our Community Watchmen patrols (working under our Enforcement Officers Arnie Courtney and Gerry Galligos). The guys and girls manning the checkpoints and working the patrols have been real troopers pulling twelve hour rotating shifts. The Checkpoint personnel and Guardian Watchmen were organized to try and keep the same people working together to limit the social bubbles, with couples from the same household often working together in unison. The Guardian Watchmen and Enforcement team are working to help keep the community safe by encouraging everyone to do the right thing by following the policies and

advisories put out by the Nation.

As everything ground to halt in Tla'amin, there were many other people working tirelessly behind the scenes sometimes pulling 12hr days or longer. Carmen Galligos was the first point of contact for many people in the early stages, manning (or womaning!) the emergency phone around the clock, she has been doing an amazing job. Brandi Marriott (Community Wellness Coordinator), and her star team of staff and drivers also revved up into high gear with the Nations Food Bank. They were very busy with organizing, shopping, assembling care packages, and contactless drop-off/delivery to

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Tla'amin Governance House Updates

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Toll Free: 877-483-9646



The Neh Motl would like to acknowledge Davis McKenzie and Alex Sutcliffe for providing photos of our frontline workers.

#handsraised

#tlaaminstrong



Message from the Hegus

Sending out warm fall greetings to all of our Tla'amin Jeh jeh's. As the new season has officially arrived and we are hoping that the change of season will help us to get back to what we used to know as our normal/regular lifestyles.

2020 certainly has been a year that we will all remember, but not in a good way for the most part. As the Tla'amin Nation we have been taking preventative measures regarding COVID19 in our community since March to try and keep this virus from arriving in our community. However, this pandemic is now on its second wave and we are now having to deal with this in our village of Tishosum. Our people must work our way through this pandemic by working together, everyone must do their part and prevent this virus from spreading further within our community and also at the same time helping their Jeh Jeh's where and when they can in a safe and responsible manner.

Our community has definitely risen to the challenge and are doing so with a sense of pride and caring for each other. I personally want to say thank you to all of those that have stepped up and are working the frontlines as well as behind the scene keeping us all safe, and also thank you to the families that are looking out for their family and friends by encouraging others to take the prevention measures seriously. We are grateful and appreciative of your patience as we continue to work our way through this as a community, we will get through this and be stronger for it.

This pandemic has wreaked havoc with many things within our community and our 2020 Election has been a victim of this as well. With our election being postponed to October 17th 2020, I wanted to send out a fresh message out to our community to humbly ask for your support in the upcoming election. With everything that has been occurring in the last few months it has been near impossible to get out and have discussions with families and individuals. Community meetings have not been an option as a result of the virus threat as well, normally

the all candidates meeting is the best place to share your message to our people, but this was cancelled as well. We did submit videos to try and accomplish this, but it was not the same.

My message to the Tla'amin people is that I still have plenty to offer, my personal vision and goals have not changed since day one of representing our people. What is good for one, must be good for all!

We are truly stronger together; it is our responsibility to keep that fresh in our minds when we are elected to act in the best interests of our people. Continuously paying respect to our Past, Present and Future generations as we continue to grow as the Tla'amin Nation.

There will always be challenges in various forms as we continue to move forward and grow, but it is how we navigate our way through the challenges that is important. Our Constitution clearly states that transparency and accountability to our people is a must, our people must be updated and engaged at all times. I have done my best to demonstrate these characteristics over the years as we have worked our way through many challenging matters to get where we are today. I hope that you agree.

In closing, I humbly ask for your support on October 17th 2020. In the spirit of One Heart, One Mind, One Nation!

VOTE for CLINT WILIAMS!
Che che han ta na petch!



Nurse Practitioners Jodie Foster and Katie Scoular completed over 50 tests today at the drive thru testing site.



Medical Office Assistant Kim Hackett supported testing at the drive-thru testing site and reminds people to stay calm, stay home and stay well.

#handsraised

#tlaaminstrong

COVID-19 (Continued on page 1)

community members requesting food, Elders, and those isolating. “My heart is overflowing with pride for our Tla’amin members coming together so strongly and proudly for our nation and our people.” Adds Brandi.

Tla’amin Health played a big part in supporting the community during this time. Our amazing team of Nurses and Home and Community Care staff have been prepping for and training for this since March. When the Nation ramped up testing, it was our own Nurses on the frontlines at the drive through testing sites. The cases in the community have ranged in severity from mild symptoms to a couple of people being hospitalized.

In order to mount an effective response, the Nation needed to know how widespread the community transmission was. In that regard, anyone with symptoms was encouraged to get tested. Once official results were reported, the shelter-in-place was extended for a period of almost 2 weeks to flatten the curve while people recuperated in isolation to minimize any further spread.

Behind the scenes, Tla’amin ramped up communications by teaming up our Regional Emergency Operations Centre Information Officer, Steve Gallagher, with communications guru Davis McKenzie. “There was a lot of vital information that needed to be communicated from our leadership. Tough decisions from the State of Emergency with a Shelter-in-Place order needs a clear message to keep our members safe, while preventing further spread of Covid-19. Food hampers to medical supplies for our elders, was another top priority. Transparency and keeping the community connected is key,” commented Steve.

Davis started the **#tlaaminstrong** movement by taking photos of community members working the front lines to open a window for everyone to witness the on-going efforts within our Nation. “It was so uplifting to see everyone stepping up into these roles to reinforce the sense of community pride that we all share within the Nation,” Davis explained.

We also had a lot of support from outside the community pouring in, with a shout out to Phil Russell who was running supplies and medication into the community multiple times a day in the first two weeks of lock down. When the nation offered to pay him as a driver, he politely declined adding that he was just here to be of service and help. Same goes for Rikki Freeman, Rikki was running supplies and medication for people into the community daily, also using her own funds to feed the frontline workers, dropping off coffee and baked goods every morning to the workers at the checkpoint! We had lots of people from Town dropping off masks and medical supplies, food for frontline workers and food donations for the food bank. A big hands raised to everyone for all the support that has been coming in, it’s always so uplifting and inspiring to see people and the communities coming together to help one another.



Trevor Dominick and Gina Francis (front) – Guardian Watchmen. While we await further updates on case numbers, here are two more of “Tla’amin’s tremendous team” (shout out to PR Living for coining that phrase!). Trevor and Gina joined the ranks of the Guardians over the last couple weeks, you might have seen them out on patrol! “I just want to thank everyone in the community for doing the right thing, and for being so patient and hanging in there!” adds Gina.

Public Statement from qathet Community Justice and Lift’s Diversity, Equity and Inclusion Working Group in Solidarity with Tla’amin

To all of qathet:

We at qathet Community Justice and Lift’s Diversity, Equity and Inclusion group wish to express our unending thanks to the Tla’amin Nation for their swift, transparent and decisive actions to keep all in our region as safe as possible in this last week. While our region has already seen multiple confirmed cases of COVID-19, this is the first instance a local health authority has released the information. We are proud to stand alongside the Nation as they take these bold, brave steps to help us all protect ourselves and each other. We recognize that in doing so, they have prioritized the safety of our entire community over their own comfort, security and privacy. In turn, we respond with gratitude and support for the people on whose lands we are privileged to reside.

We pledge to help our community members transition through fear into understanding, and work together in our shared fight across qathet to help address this health emergency.

This novel Coronavirus does not discriminate based on borders, and we as qathet community members must lean into our shared humanity and support each other unconditionally. This public outbreak is an opportunity to come together collectively in our care for each other.

Should you need support during this time, or wish to report discrimination due to pandemic events, please reach out to our Resilience BC Powell River Team Leads.

TLA'AMIN NATION

NOTICE OF POSTPONEMENT OF VOTE

Notice is hereby given that the Tla'amin Nation originally called an Election of the Tla'amin Government 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.

DUE TO CASES OF COVID-19 IN THE COMMUNITY AND FOR THE HEALTH AND SAFETY OF THE MEMBERSHIP, THE LEGISLATIVE ASSEMBLY HAS DECIDED TO POSTPONE THE ELECTION DATE THAT WAS ORIGINALLY SCHEDULED TO BE HELD IN PERSON ON SEPTEMBER 19, 2020. NOTE THAT ADDITIONAL CHANGES MAY OCCUR, AS NECESSARY AND APPROPRIATE.

VOTE IN PERSON

SATURDAY OCTOBER 17, 2020

8:00AM-8:00PM Salish Centre

4885 Highway 101, Tla'amin, Powell River, BC

VOTE ELECTRONICALLY

From 8:00am on September 11, 2020 to 8:00PM October 17, 2020

To vote electronically, please visit

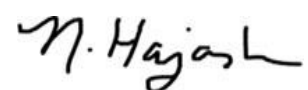
<https://www.onefeather.ca/nations/tlaamin>

Please read and follow the instructions provided. You will be required to provide your 1-4 DIGIT CITIZENSHIP Number, Date of Birth, and Email Address and Phone Number. If you encounter any problems or are unable to complete this registration process, please use the "HELP" button or contact the Electoral Officer information on the website.

VOTE BY MAIL-IN BALLOT

AND TAKE NOTICE: ALL ELIGIBLE VOTERS WILL BE ABLE TO VOTE IN PERSON OR ELECTRONIC BALLOT OR BY MAIL-IN BALLOT. MAIL-IN VOTING BALLOT PACKAGES WILL BE SENT TO ALL ELIGIBLE VOTERS FOR WHOM A LAST KNOWN RESIDENTIAL MAIL ADDRESS IS KNOWN. IF YOU DO NOT RECEIVE A MAIL-IN BALLOT PACKAGE, YOU MAY REQUEST ONE AT ANY TIME BY CONTACTING THE ELECTORAL OFFICER.

Dated at Victoria, British Columbia, this 16th day of September 2020.



Nicole Hajash, Electoral Officer

For more information or assistance please contact:

Nicole Hajash, Electoral Officer

Email: nicole@onefeather.ca

Office: (250) 384-8200 Toll Free: (1855) 458-5888 Fax: (250) 384-5416

209-852 Fort Street, Victoria, B.C., V8W 1H8

Patrick Marshall, Electoral Officer

Email: support@onefeather.ca

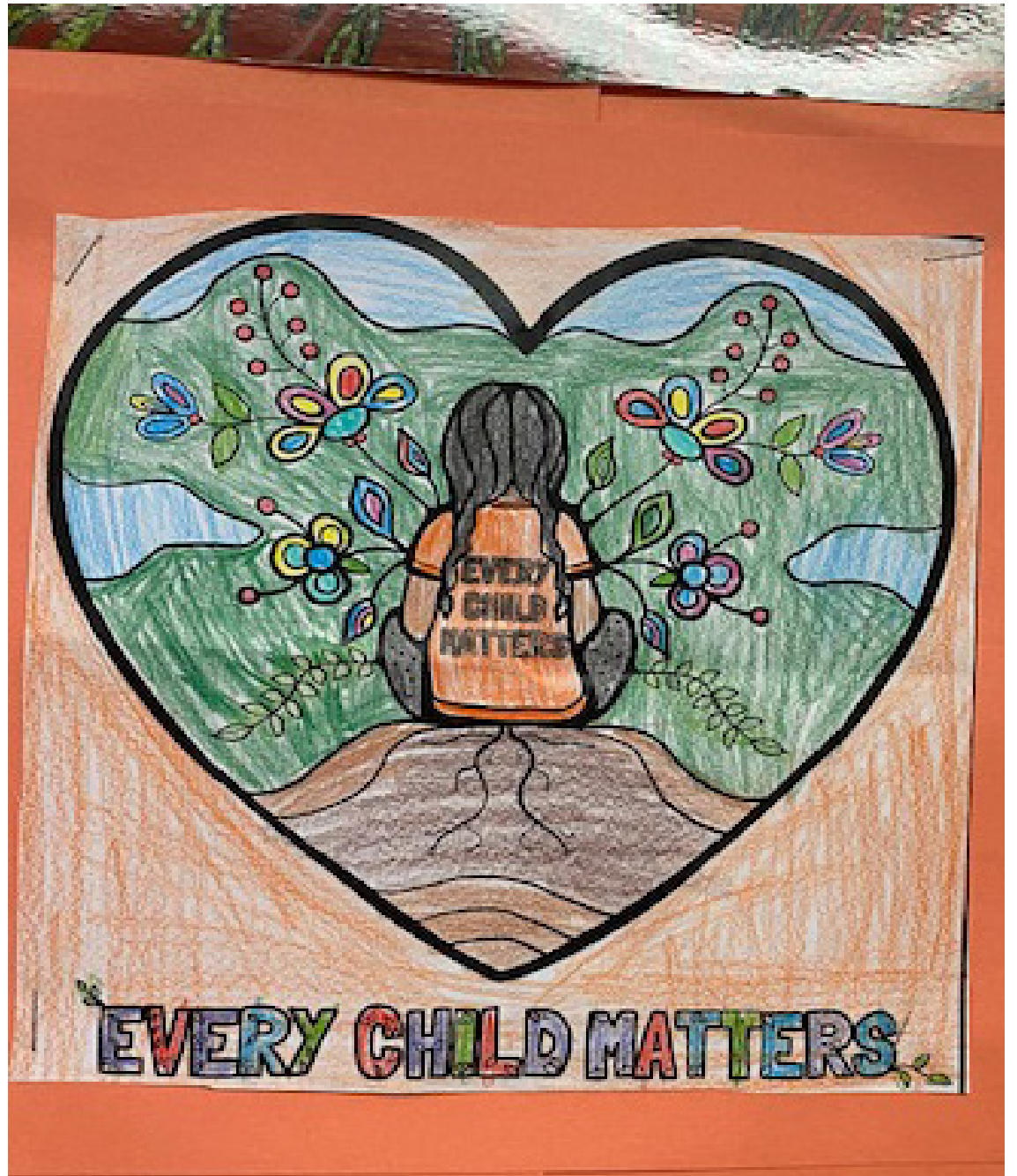
JAMES THOMSON ELEMENTARY

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Welcome Back

Greetings from James Thomson! We have had one full month of school and it's wonderful to see our students in classes and learning together again! The school flow looks a little bit different this year with our school and provincial COVID-19 safety guidelines in place. We have 6 learning cohorts, and many of our classes are well below 20 students. Each class is paired up with another during morning and afternoon recesses and play is done in clearly defined zones. Each cohort plays in their zone for one week. Orange shirt day was honored by all students and staff on September 30th. All students took part in a school wide activity to recognize the huge impact that Residential schools had on Indigenous students across Canada. We know that many members of the Tla'amin community are facing huge challenges during the pandemic; on behalf of the staff and students of James Thomson we wish you well and are in support of your community. Emote.

Lisa Gunn - Principal of James Thomson



Let's Talk Mental Health

By Alex Sutcliffe

I'm sure everyone is feeling a similar way at the moment. It was a bit surreal and a little unnerving when the numbers continued to climb. The media has been bombarding us 24/7 for a solid 10 months now with mostly fear inducing stories of the most serious cases (along with the other extreme world events, as if a pandemic wasn't enough). It's no wonder then that people are feeling drained, tired and overwhelmed, anxious and everything else you might be feeling...

The global response in the beginning was understandable, it was a new virus, very little was known about it, as we can see - it is highly contagious. Our nurses told us from the beginning that it is here to stay, the initial response was primarily just to try and slow it down to buy more time to study it, to be more prepared, and to not overwhelm the health care systems. There is enough statistical data now that we know that 99% of people under 50yrs of age generally recover pretty quickly. The most at risk people are our elders, over the age of 70 - but particularly those over the age of 80.

This virus needs to be taken seriously, but it need not be feared. As Brandon Peters states in his inspiring message delivered to the community earlier this week "we don't know how it will affect others" – and therein lies our responsibility to each other. We are all family in this community and we need to take the steps to protect our most vulnerable people, our cherished elders. There are many things in life that we have no control over, but we do have control over our words, the choices we make, and the actions we take. There are steps we can all take to minimize the risk to others:

Wash hands frequently or sanitize (particularly after touching any communal surfaces), wear a mask, avoid large gatherings, stay home and isolate if you are feeling unwell, and limit physical contact by maintaining at least 2m distance from others where possible. We're not out of the woods yet, we need to remain vigilant.

I just want to end by thanking everyone for your patience and your resilience in these transformative times. Thank you to all the people coming together to help, thank you to everyone staying home, thank you to the front-line workers and behind the scenes workers!! We are all one heart, one mind, one nation!



Tla'amin Election Postponed to October 17th

For Immediate Release- September 16, 2020
Tla'amin Territory, Powell River, BC

As Covid 19 numbers continue to rise in our community, a growing number of Nation members and families are being impacted by this pandemic. Some are receiving care in hospital while most are recovering at home. Some are only showing symptoms now, and others are awaiting test results.

This morning, Tla'amin Legislators met with Electoral Officer Nicole Hajash of One Feather about how we might be able to conduct the remaining in-person portion of voting in a safe manner. Legislators agreed to postpone the election until October 17th. To everyone who has taken the time to vote online or by mail, we thank you. Therefore, there is no need for re-voting online or by mail. Online voting will remain open.

Hegus Clint Williams, "To ensure that all Tla'amin members have a fair and equal say in who forms the next Tla'amin government, the election will be postponed until Tla'amin members are well enough to fully participate. We realize this is yet another change in an already difficult time."

However, as Tla'amin people, we have come together to ensure that every Nation member has what they need to stay safe or to recover. Now, we must ensure that all Tla'amin people can play a part in shaping the future of our nation."

The current government will continue its leadership role until our new government is formed in late October.

Please share this important message with your relatives. We will get through this together. Stay home, stay safe, and stay kind.

Media Contact Steve Gallagher | 604-578-8483



12:08PM September 14th Tla'amin Firehall. We caught up with Incident Commander and Tla'amin Fire Chief Erik Blaney who has been on the frontlines of the State of Emergency since day one. "I think the biggest message right now for people is we are all in this together, all of us" said Blaney "I'm very proud of the way our community has responded, as well as the greater Powell River and Regional District community, who have come together to assist our Nation and help out. As we embark on another 72 hours of Sheltering in Place let's stay calm- we got things covered here. Everybody is doing their absolute best to meet the community's needs. If you need anything just ask."



Norma and Wes George have been pulling back to back nightshifts on the checkpoint where they register all essential vehicle traffic and share information. Wes is encouraging all of our members to “Be safe, be diligent, and stay at home.” Wes continues “This virus can’t travel without us, so if we stay put together we can conquer this virus.”

Norma is missing her family. When asked to reflect on the events in the community, Norma said, “I’m grateful that our relatives are recovering, and I think this is going to make us more humble.” She sees a different spirit in the community. “People are seeing one another, and are like, let’s get through this together.”

Thanks to you both for your service.

#handraised #tlaaminstrong



Meet the Director of Finance TMSLP Nanette Kapitan

Nanette is an accomplished CPA, CMA, with an extensive background of operational focus in manufacturing, food processing, capital asset investment, retail, property management, oil & gas servicing, and franchising. She has led major process developments over her 25+ year career, and has a systematic view and approach to growth and change; with a big picture perspective, analyzing risk and implementing process improvements while balancing achievements within her team.

Nanette was born and raised in the lower mainland where she met her husband Jonathan in 2001, while taking motorcycle rider training lessons with a friend. In 2004, Nanette and Jonathan were married in Surrey, and shortly thereafter, Nanette’s employer relocated them to Calgary Alberta. Over the past 15 years Nanette has worked in waste management, retail, the energy sector, and lastly with Sofina

Foods, the owner of Lilydale Chicken. Nanette’s duties were to oversee the financial departments of three processing plants, and three hatcheries, located across the provinces of British Columbia, Alberta, and Saskatchewan. During her tenure, Nanette was a Dream Builder for the Sofina Foundation, where she led fundraising initiatives fulfilling Children’s dreams in multiple organizations, such as the Children’s Make a Wish foundation. Nanette and Jonathan’s love of riding motorcycles and travelling steered them to the qathet Regional District many times over

the last 18 years, making yearly trips to visit Jonathan’s Aunt, Uncle, and Grandmother. Nanette and Jonathan spent every summer in the area, enjoying the peacefulness and other amenities that the Sunshine Coast has to offer. After Jonathan’s Grandmother passed away a few years ago in Powell River at 98 years young, they continued to visit the region, and decided in July of 2019 to purchase their forever home in Lund, an acreage with a shop suitable for Jonathan to open his welding business, an established vegetable and fruit garden, and enough land resources to do a little homesteading. Some of Nanette’s interests include camping and the outdoors, dirt bikes and off-road exploration, sport shooting, travelling and learning about cultures, and providing back to her community.



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ONE HEART. ONE MIND. ONE NATION.





PROGRAMS & SERVICES



The Congregation of Faith Lutheran Church

I wanted to offer our prayers and support during this difficult time for the Tla'amin people. I am hoping you can pass along this heartfelt message of love and healing to the Hegus Clint Williams and the wider Tla'amin community.

"You, the One who watches over us, we pray for our Tla'amin friends and neighbours on whose traditional territory we also worship you.

Grant them healing and strength as they draw on community medical resources and ancestral resilience to prevent further harm from the corona 19 virus.

Remove, we, any negative effects that may emerge from memoirs of past epidemics which they had to endure.

During this time of (Xe'chich) usually spent in food gathering and preserving, grant this strong nation extra energy to gather safely together to preserve the health of their people.

Amen

Carole McCormick
(Chair Faith Lutheran Church Council)

We are all holding you in our hearts right now. You are doing an excellent job with your communications, we could all learn from you. Stay safe.

Powell River
LIVING
Showcasing the best of Powell River

"Che chah hah tahn nah pesht"

We thank you and raise our hands for your continued support and donations during this difficult time.

TLA'AMIN STRONG!



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tlaaminnation.com

- United Way & PR Community Support Fund
- Convenient Chef
- Stockpile Market/Lund Hotel
- Lordco
- Freshco
- A&W Owner Matt Lister
- SPCA
- Innergex
- Kimberly Wingert
- Chopping Block
- Evolgen
- FNHA
- Vancity Bank
- Echo
- Rikki Freeman
- Tla'amin Conv. Store
- Phil Russel Hehewshin Canoe Family
- Telus
- Grieg Seafood
- Salvation Army
- Lund Community Society
- Assumption Soup Kitchen
- True North Community Safety Consulting
- PRO
- Jim, Tracy, Karissa & Aclong Aguis
- Shari and Steve
- Joanne
- CDRC
- Regional District
- Salvation Army
- Evangel Penocostal Church
- PR THICK
- Gianna

SORRY IF WE MISSED YOU



Carmen Galligos is fielding calls on the Tla'amin Help Line and has taken over 70 calls from community members since the State of Emergency was first issued. "The most common types of questions that I'm getting are about food, medication and necessities. In coordination with Tla'amin Health we have been able to quickly address member's needs. Don't hesitate to call if you need anything, we're here to help." The Tla'amin Helpline # is 604-578-0047.

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



Tla'amin staff prepare food hampers for those in need

Brandi Marriot, Sharlene Timothy, Serena Barnes and Andrya Paul are part of the food security team.

"I shop every morning at 7am and then we get to work assembling care packages for our deliveries" said Brandi Marriot who oversees the project. "We have been doing contactless drop off's of essentials items to Elders and those in isolation. It's a hard time for our community and we don't need people worrying about the essentials. If you have questions we encourage you to call our help line at 604-578-0047."

#Handsraised #Tla'amin Strong

Find Creative Inspiration

I don't know about you but I find myself feeling blue and blah. It is such a crazy and difficult time right now. Covid and isolation, never have I wished for things to be back to the way it was, back to normal. Then I am hearing that this may be the new normal for a while, talk about a Debbie downer. I hate it but I can't make it go away.

I try to find ways to get myself out of that funk. But I am tired of watching the tube, eating, not exercising, eating, tired of trying to find new projects to occupy my mind, did I say eating, lol.

So I decided to go on a quest and seriously look for inspiration, looked in the mirror, nope not there. Sighed, then opened my mouth and looked inside the dark tunnel hoping it would scream out but it did not.

I went outside and felt the wind pull on my hair and the fresh cool air embrace my face, hoping it would slap me with some reality. It did

not, although it did feel good and helped to clear my anxious mind.

Tried finding inspiration in books and it was too much work, blah. I asked other people if they could help me get it and found lots were looking for it too.

Oh inspiration, where for art thou? When did it become so hard to be disciplined or get some pick me up and go? Where is my joie de vivre? Why am I feeling so frustrated and unable to soothe myself?

Well I will tell you what I found out...its Covid! It has changed everything. It's made a real mess of things.

It feels like we are stuck, unable to move forward in the future with all these restrictions or unable to go back to the way it was. It's overwhelming, scary and frustrating, there I said it. Now let's move on, if only it was that easy.

Throughout all of this I found that inspiration is always there but in small doses and in areas or ways you least expected. I just had to recognize it. The more I paid attention to the things that sparked joy, the better it made me feel.

We can find inspiration in many things, we just need to be receptive.

-Inspiration in our Creator, nature, friends, family - children, animals

-Inspiration in different types of books, movies - TV, art, crafts & hobbies, games, music

-inspiration in ourselves by trying something new or doing for others

Regardless of what that inspiration is make sure you appreciate it. Make sure you are really present in the situation so you can maximize its true effect. Let's face it we need all the help we can get. Take time to admire what inspiration does to you. How powerful it is. It makes us feel sane, purposeful, connected.

We are all in the same boat. We eventually will get through these difficult times. We just need to remember we are not alone and everyone is feeling the same way. So when you are looking for some inspiration, remember it could be staring you in the face or sitting quietly beside you. It's up to us to find it but more importantly I found it's all in the way we look at it. We have to change how we view things.

Long live inspiration...stay safe and stay well people!

Message from Tla'amin Legislature re: Funeral Services

Grieving & Loss and Protecting those you Love

Grief is a normal response to losing someone important to you. When a loved one dies, it is important for friends and family to be able to share stories and memories of the person and how they influenced their lives. The COVID-19 pandemic has affected the ability of friends and family to come together in person and grieve in our traditional ways, and has been all of our experience for most of 2020 as Tla'amin Nation continues to experience loss of life.

Hosting gatherings in and around the wake or funeral have recently been identified as a huge risk to all our nation members who either are participating, or have been in direct contact with those that did participate in high-risk activities or did not adequately protect themselves.

Finding new ways to connect and support each other while physically distancing is a necessity. **Here are some examples:**

- Invite people to call you, or host conference calls with family members and friends to stay connected.
- Ask family and friends to share stories and pictures with you via phone, video chat, email, text message, photo sharing apps, social media, or mailed letters.
- Create a virtual memory book, blog, or webpage to remember your loved one, and ask family and friends to contribute their memories and stories.
- Coordinate a date and time for family and friends to honor your loved one by reciting a selected poem, spiritual reading, or prayer from within their own households.
- COVID-19 does not need to affect the wishes of your deceased family member or friend, as they will continue to be honored.

Tla'amin Legislature requires the following protocols be followed to proceed with utmost safety for funerals or cremation services. This protocol will remain in place during these challenging times at Tla'amin Nation, and until Public Health provides further direction.

The required protocols are:

- **Viewing**
 - Arrange a schedule with Stubberfield at the chapel at the Funeral Home for a small private family viewing. If you are expecting larger numbers from the community, ensure a limited number of people in the chapel allowing for physical distancing
 - No shaking hands or hugging
 - Masks are mandatory
- **Preparing the burial site**
 - Tla'amin Nation will organize to have the burial site excavated by machine as much as possible, supported by a worker or two who are following the guidelines – masks, physical distancing.

- **Service at the Gazebo**
 - Physical distancing
 - No shaking hands or hugging
 - Masks are mandatory for **all** attendees
- **Procession to Cemetery**
 - That the casket not be removed from the hearse for the duration of the entire funeral including the procession to the cemetery.
 - Physical distancing for all participants in the procession to the cemetery.
- **Pall Bearers instructions at Cemetery**
 - The casket will be carried the shortest distance possible by the Pall Bearers who will be wearing Personal Protective Equipment (PPE) – masks; eye protection or face shield and gloves. Hand sanitizer and wipes will be on hand to clean before and after the casket is moved to the burial site.
- **Donations: E-Transfer preferred**
 - Family would organize an email address and share it with community for those who wish to e-transfer funds to support associated costs.
- **Post-Funeral Luncheon and Burning**
 - For both of these activities, please keep your bubble as small as possible recommending that these include immediate family only.

***Salish Centre and other public buildings are not an option**

Contact Tla'amin Health for support services at 483-3009.





Tla'amin Health: Sandra Tom, (foreground) is the Associate Health Director at Tla'amin Health and Marlane Christensen (background) is the Nation's interim Health Director.

"I'm focused on maintaining a healthy and well workforce" said Sandra, "by making sure our health team are taken care of so that they can take care of our people. Despite the Shelter in Place Order, most of our staff are operational so please don't hesitate to ask if you need anything."



The Home and Community care team is the first point of contact for many Elders and other individuals in the community. "A huge part of our job is making sure that our Elders are cared for and checked in on" said Shaya Harry of the Home and Community Care team at Tla'amin Health. Team member Janice Ashton adds "We do this daily by phone or in person. Sometimes when we call people say they are fine. But maybe they are not really fine, so yeah, we have to kind of dig deeper."



Health- Vangie Francis and Trina Mattice

"We've been preparing for a community outbreak since March. Training and going through what might be needed," said Home and Community Care team member Vangie Francis "And now it's here. The number of clients we are helping has gone up a lot in the last seven days, lots of medication pick up and drop off, calls with our clients, food delivery and double checking everything."



Gary Gonzalez and Stuart Smith, Food Bank and Home Deliveries, these two champions have been working hard daily making sure people have what they need to get by and be comfortable. "Stay positive and stay safe everyone! Please respect the Nation's rules and advisories they are there to protect everyone and keep us safe, stay #Tlaaminstrong!" adds Gary. #Handsrised

Peggy Sue and Ryan Cole, Guardian Watchmen. This strong Tla'amin couple have been putting in long hours on community patrol keeping our community safe and encouraging everyone to do the right thing. "Everyone please stay safe and remember to use your masks and sanitize now the shelter-in-place has been lifted, please think of others we have to look after each other" adds Peggy.

#Handsrised

#Tlaaminstrong



October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a name given to a particular way that some brains work differently.

What are the Symptoms of ADHD?

There are many possible symptoms of ADHD. Some examples could include: inattention (such as being easily distracted, losing things, daydreaming) hyperactivity (such as fidgeting and squirming, having trouble remaining seated, talking excessively), impulsivity (such as grabbing others' belongings, problems waiting for a turn, acting or reacting before considering consequences, etc.) Children or Youth with ADHD may also have difficulty with school work (handwriting, spelling, math, completing homework, handing in homework, etc.) Oppositional or defiant behaviour can be a symptom, as well as other conditions such as anxiety or depression. Sometimes people do not have the hyperactivity symptoms and then the diagnosis can be called ADD rather than ADHD.

What do we do if we suspect our child / youth has ADHD?

Assisting families with the process of finding out if a child or youth has ADHD is one of the tasks within the position I am filling: the Youth, and Family Advocate. I would be happy to

talk with any parents about this process. Your Nurse Practitioner or your doctor, can give you a checklist of symptoms and behaviours that are common with children or youth with ADHD. You can start with this and then you can ask for a referral to a pediatrician. A pediatrician can make a diagnosis of ADHD.

How is ADHD treated?

Cognitive therapy: sometimes individuals with ADHD are struggling with other conditions such as depression or anxiety. Seeing a counsellor can help a person work through some of these feelings.

Strategies for helping with skills:

A person with ADHD often has difficulty with concentration, memory, managing emotions, managing physical feelings in the body such as temperature, texture, a need to move, etc. Getting lots of exercise and movement, using "fidgets", (for example a stress ball being squeezed in one hand can help a person with ADHD to concentrate) asking for help with organization, time management, etc., or using tools to help with memory can be ways of managing ADHD.

Medication can be used to stimulate the areas of the brain that are not functioning at their best. Sometimes changes in the foods we eat can help the brain with concentration.

Thinking about the surroundings: Children or youth with ADHD often are very sensitive to their surroundings. For example, noise that may be in the background such as the hum or buzz from lights or a machine can be very distracting to a person with ADHD. It can be helpful sometimes to make changes to a person's room or to a classroom to help reduce the distractions being experienced by the child or youth with ADHD.

Learning to manage one's ADHD can come from accepting that some brains work differently than others. The more we learn about how our brain works, the more we can do to help those areas of our brain that may be letting us down. This can be a way of talking with our children and youth about ADHD. We can explain that some brains work differently and some brains need different things to help them work their best.

Most of all, we want our children and youth to have available to them any or all supports that they may need to help them feel good about themselves and be able to participate in their home, school, and life in general. Please give me a call if you would like to discuss this topic further.

Brenda Pielle
Youth, and Family Advocate

WorkBC Employment Services



SELF EMPLOYMENT PROGRAM

Thinking about starting a business? We might be able to help.

Contact WorkBC today to learn about our Self-Employment services!



604-485-7958



4511 Marine Ave, Powell River



WorkBC Powell River – Follow us on Facebook for the latest jobs!

Canada



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



#Handsraised #TlaaminStrong



Courtney Harrop, Incident Command and Operations with EOC, rotating with Erik Blaney.

“We have an amazing team of people in place doing everything they can to keep the community safe and If we hang in there for just a little bit longer well get there! Much love to all those people providing supplies THANK YOU!!” adds Courtney.



Sept. 21st – Rikki Freeman, community volunteer. Rikki is our Rockstar, she has been amazing, driving supplies into the community for people every day, out of the kindness of her heart. She has never asked for anything and has been using any tips she received to buy coffee and baked goods for the staff on the morning shift almost everyday for the past 2 weeks! Thank you Ricki we love you!!



Andrea Anderson has just joined our community as our Home and Community Care Coordinator for the next little while. What a time to join the front lines! “Thanks for the welcome everybody, I’m very happy to be here. Remember to wash your hands and keep your bubbles small and if you are sick please stay at home.” adds Andrea.



Shawn Galligos and Keith Gustafson, Checkpoint Personnel.

“Stay safe everyone! It’s times like this when you really see peoples true colors, there’s been some negativity out there but also a whole lot of support coming in, thank you to everyone who is staying home and doing the right thing and to all the people helping during this time!”



Frank Luaifoa, Guardian Watchmen. Frank has been pulling late hours, working the night shifts on community patrol keeping our community safe. “Stay home, take care of each other and be safe, it’s not over just yet...”

Dear Parents

October is upon us and we are launched into our new season of fall. The month of September that we are leaving behind has been extremely challenging for everyone in the community. When we think about the Covid-19 outbreak, the poor air quality from the forest fires, the infestation of the western hemlock looper moths, we might feel like we have been walking in a bad dream.

The pandemic situation is the most critical for us and our response of making sure we, ourselves, are using all of the safety measures, and teaching them to our children, is of the utmost importance right now. As parents our own levels of anxiety can be high at this time, and therefore, the levels of anxiety in our children will be high as our children and youth are very sensitive to the moods and mental health of the adults in their lives. It is necessary for us to tune in to ourselves, and to tune in to our children and youth.

While we are spending more time at home, we can take a few moments each day to make some observations about ourselves. “What am I feeling right now?” “How am I carrying my body – where is the tension or pain, and what can I do for a few minutes to relieve it?” So often we go about our day not even realizing that our shoulders are a bit raised, that we have some tightness around the back of the neck, or that we have other mild ongoing pain in different parts of our bodies. When we try to tune in and pay attention to what is happening in our body, it can tell us a lot about what is going on in our minds and hearts. Taking some deep breaths, shifting our muscles in order to bring some release and relaxation, and trying to get into a comfortable position can be great starting points.

After we check in with our physical self, we can do some curious wondering such as: “What am I thinking about?” “What is worrying me right now?” It can be helpful to name those thoughts and feelings and bring them to our awareness. One of the reasons is that bringing them to our conscious mind helps us work towards releasing them. One way to do that is to share the challenging thoughts and feelings with someone else. Reach out and talk to someone about how you are feeling or thinking. This can be done with our friends or family members, or it can be done with a support worker or counsellor. If it is after business hours, or in the middle of the night, there are help lines available around the clock.

If you really do not feel like talking, there can be other ways to release our thoughts and feelings: writing in a journal, drawing a picture that represents the feelings, doing something physical like going for a walk, hike, or jog – or chopping wood, lifting weights, etc. Having a

good cry or using our breath to help us release tension and stress are other ways. A simple breath exercise can go like this: as you inhale say a positive word, and as you exhale say a negative word. “I inhale peace, and I exhale worry, I inhale calm and I exhale stress, I inhale joy, and I exhale sadness”. Or use the count of two: inhale to the count of two, hold to the count of two, exhale to the count of two, hold to the count of two – repeat.

These ways of checking in with ourselves, and working towards letting go of our anxiety and stress, can be shared with and taught to our children and youth. We can help our children understand that it is okay to acknowledge difficult feelings, and to understand that it is not helpful to carry them – we need to release them.

It is also important to bring balance to our thoughts and feelings. While we are having worries and negative thoughts, we can also bring in some positive thoughts. One way to do this is by looking for the things we are thankful for, or as some people call it, taking on “an attitude of gratitude”.

This month we will celebrate Thanksgiving and it will look different than it has in other years. We won't be having large family gatherings. What will be the same, though, is that it is a perfect time to bring in our attitude of gratitude. Thanksgiving is a time to think about what we are thankful for. This is good medicine for us every day, as well as on this special day.

It has been great to see so many expressions of thankfulness in the Facebook posts that have been circulating. I have noticed people saying they are thankful for many things in the Tla'amin Nation at this time including:

- For the frontline health workers
- For the frontline check point monitors
- For the frontline emergency operations centre workers
- For the frontline food security workers
- For family and friends checking in with each other
- For deliveries of food to all homes during the lock down
- For deliveries of food to folks who are not well
- For thoughts and prayers being raised up
- For teachers helping students
- For teachers helping parents embark on home schooling
- For the Nation taking strong safety measures
- For the breath that comes more easily when the virus has left someone

- For technology that allows us to stay connected even when we are physically apart
- For singers and drummers
- For the strength of our ancestors walking with us

What else can you add to this list, from your own experiences and from your own home? What else can your children or youth add to this list? These are some things we can talk about at our kitchen tables when we are sharing a meal, and noticing the blessings around us can help to lift our spirits.

My thoughts and prayers are with everyone in Tla'amin. Stay safe.

Sincerely,

Brenda Pielle
Youth and Family Advocate



Sept 25th, Kyler Williams and Steven Galligos, The Stockpile Market, Lund. Kyler and Steven have been working hard since the beginning of the outbreak putting together hampers for elders and running deliveries and supplies into the community on a daily basis.

#HandsRaised #TlaaminStrong



#Handsrised #TlaaminStrong



Laurie Benner and Frank Wilson, Checkpoint personnel. "Stay safe everyone, we are still recording information at the checkpoint even though the shelter in place has been lifted, and we appreciate your patience as we are still learning peoples names..." adds Laurie.



Phil Russell, Community Volunteer, Hehewshin.

Hands raised to Phil, he has been running supplies and medication into the community multiple times a day. When the nation offered to pay him as a driver he politely declined saying "I'm just here to help..."



Damian Harry and Laurie Dingwall, Community Watchmen.

"Stay safe everyone, please follow the rules and advisories put out by the Nation, if we all work together we can stop this from spreading! We don't want this to keep going."

Thank you Craig Galligos and Shawn Louie (right) for stepping up to keep our homes and village safe and clean. These guys donned protective equipment and completed a full pick up for the village and Klahanie today. "Please don't take our picture" they both said... Your efforts do not go unnoticed guys. #emote



Greg Louie, Home Deliveries. Greg has been a great team player on the front lines, working at the checkpoint transporting deliveries that come in from the gate to peoples homes. "Stay safe everyone!" adds Greg.



DARYN R. LEAS

BARRISTER & SOLICITOR

422 - 580 RAVEN WOODS DRIVE
NORTH VANCOUVER, B.C. V7G 2T2

(604) 353-2325
DARYN.LEAS@ME.COM

September 10, 2020

Tla'amin Nation
4779 Klahanie Road
Powell River, British Columbia V8A 0C4

Dear Tla'amin Citizens,

Re: Postponement of the Tla'amin Community Trust Meeting

As the Guardian of the Qames ʔəms tala Tla'amin Settlement Trust (the “Trust”), I announce the decision of the Trustees to postpone indefinitely the Tla'amin Community Trust Meeting that was scheduled for Saturday, September 12, 2020, due to the impact of COVID-19 in your community. The Trustees hope to be able to convene Tla'amin Community Trust Meeting this year. I support this decision of the Trustees.

At this time, the Tla'amin Nation and its citizens must be focused on efforts and measures to mitigate COVID-19. Although the Tla'amin Community Trust Meeting was intended to be a virtual meeting, we do not want to encourage citizens to come together for any purpose, including coming together to share computers to participate in a zoom meeting. Citizens must be committed to social distancing and isolation.

In addition, it would not be appropriate for the Trustees to carry on with the Tla'amin Community Trust Meeting while there are citizens who have tested positive for COVID-19 and are dealing with health issues. Our business can wait until citizens and their families are healthy again.

I want to provide a quick update about the Trust. As of July 31, 2020, the total value of the Trust was \$27.471 million. Despite the significant impact of COVID-19 on the global economy, the value of Trust's investment portfolio has almost recovered fully. If you want further information about the Trust and the performance of its investments, please do not hesitate to contact the Trustees or me at your convenience. I point out that my written report dated September 8, 2020, to the Tla'amin Community Trust Meeting is available.

In closing, I wish you strength and offer my prayers to your community during this difficult time. Take care of yourselves and your families.

Sincerely,



Daryn R. Leas

Local Resilience



Ingalisa

Tai

Abby



If nothing else, we can acknowledge our interconnection with the land and each other. When the earth's lungs burn, we find ourselves short of breath. When a virus arrives and affects access to stores, restaurants and even friends, we can't help but feel the ripple. In these ways at least, we are all being affected. The smoke is on our doorstep, masks on our faces. The list of potential stressors may be long. Instead of soothing ourselves temporarily by shopping till our credit cards ache, what are some low impact ways to de-stress?

Calm your environment by doing a deep clean and declutter of your space. Create a zone for crafting that can stay a little messy, but invite creativity to flow. Use items found in nature to beautify your surroundings. Relieve anxiety with an epsom salt bath infused with lavender flowers or oil. Take up a quiet practice of meditation, breathing exercises or journaling. Make a flower arrangement. Bake cookies. Watch the sunset. Put together a collage of images of the world you'd like to see at your front door: old magazines are a great resource. Gift a friend a bag of quarantined clothing or any fun treats you no longer need. Give someone a shoulder massage. Edit some photos you've had on your computer for ages. Read a fun adventure story. Talk to someone who you feel great around. Write a poem. Continue preserving food for the winter months. Buy groceries for someone unable to. Sew a mask from clothing discards. Donate to a family who has lost their home in the fires. Sing in harmony on a Zoom call. Your imagination is the only limit.

It doesn't take much to make the deepest part of us truly happy. More often than not, we are seeking feelings of connection and peace that purchasing power can only temporarily fix. We can begin to soothe our naturally arising feelings of angst with simple, earth-friendly acts in our own backyard. When we do decide to buy something, the surest bet we can make is to invest in our local economies, whether that be through trading our creations, giving away our excess, buying used, or shopping at stores that support distributing local goods and services.

Whatever the fall season brings, let's keep this habit of finding low impact ways to de-stress and safe ways to share what we do have. (photos by Ingalisa)

Let's Talk Trash.ca

WHAT IS WASTE?

There is great wisdom in being aware of global issues, but keeping our energy local. Rather than feeding our minds with disaster stories from abroad, our bodies with heavily processed foods packaged in factories, or our homes with new toys shipped from all over the globe, we benefit greatly from grounding in locally, paying most attention to our community's deepest felt needs, feeding ourselves with local produce and opting for reused or natural additions to our homes.

Recent stay at home orders meant some of us had no choice but to be very 'local' indeed. Finding ourselves indoors with windows shut in wonder at the fires to the south many of us were seeing global concerns we had only witnessed in the news, knocking on our doors. How do we respond to the potential fatigue and overwhelm of it all?



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





NOTICE

2020 Roosevelt Elk Allocation WINNERS

The 2020 Elk harvest allocation is a total of nine (9) elk. The Nation will retain 4 elk in preparation for the 2021 Tribal Journey leaving a total of **5 elk for our Nation hunters.**

The allocation draw was completed on September 30, 2020 at the Governance Building by Losa Luaifoa, Brandi Marriott and Jolene Sutcliffe.

Out of the 23 entries, the 5 winners are as follows:

- 1) Bull – Haslam Lake Area - Craig Dyllan Galligos
- 2) Bull - Haslam Lake Area – Ashley George
- 3) Bull – Haslam Lake Area – Clint Williams
- 4) Bull – Theodosia Area – Cathy Galligos
- 5) Bull – Theodosia Area – Wade Williams

Congratulations to the above individuals. Official letters will be sent to you shortly.

Keep Indoor Gatherings Small



Cold, windy weather means more time spent indoors. Socializing indoors increases the risk of contracting COVID-19. Please restrict your gatherings to those who currently live in your home. Masks must be worn at all times when interacting with the general public and when physical distancing cannot be maintained.



CUPE476 Powell River - 4476 B Marine Avenue, P.R.
1-604-485-5441 Email – cupe476@shaw.ca
President – Aileen O'Keefe - Sec.-Treasurer – Darlene Cattnach

Mailing address – PO Box 246
Powell River. BC, V8A 4Z6

September 11, 2020.

Good afternoon everyone,

Many will have already known that Public Health and the [Tla'amin Nation](http://www.tlaamination.com/) have confirmed COVID-19 cases and that testing and contact tracing began earlier this week. Tla'amin Hegus, Clint Williams and Legislators, through their Media Contact, Steve Gallagher, released a statement last night where 10 cases were confirmed. <https://www.tlaamination.com/update-sept-10/>

As we all know, COVID-19 does not discriminate. In these trying times when we are all trying our best to maintain positive attitudes, learn new ways of going about our lives and support our colleagues, families and communities, I remind you that speculating only creates division and distrust and we simply don't need that in our lives.

We are better than that. We are Better Working Together.

I encourage you to be diligent with your Health & Hygiene and take the precautions that we know help to keep COVID-19 at bay.

Here, you will see that I have included some pertinent information from SD#47 Safety Plan as well the are links to the Tla'amin Nation website <https://www.tlaamination.com/>.

HealthLink BC <https://www.healthlinkbc.ca/> their Self-Assessment tool <https://bc.thrive.health/>

We all can help make things better for each other. That should be our goal, Always.

Should be uncertain about anything, please feel free to use these resources, speak with your Administrator/Manager or as always, reach out to me here at the Union Office 604-485-5441. Your Voice Matters,

Take care,

Aileen O'Keefe
In Solidarity - President CUPE476
cupe476@shaw.ca
cell# 604-414-5683



Drew Blaney Culture Coordinator, joins the ranks of the Guardian Watchmen. When an urgent need arose, Drew was there for us with only 10 minutes notice!!

Emote #HandsRaised



SUMMARY OF RCMP CALLS FOR SERVICE FOR AUGUST / SEPTEMBER 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
AUG 20	WATERFRONT RD	Police responded to an abandoned 911 call. Police attended, and determined the call was for medical assistance.
AUG 25	RIVER RD	Police received a call advising that a parked vehicle was blocking a driveway. Before police attended, the owner had already moved the vehicle.
AUG 26	RIVER RD	Police received a report of a disturbance at a residence.
AUG 27	RIVER RD	Police responded to a report of an unlicensed driver. Police attended, but were unable to locate the driver.
AUG 27	HOMALCO RD	Police responded to an abandoned 911 call. Police attended the house, spoke to the occupants and determined there was no issues.
AUG 29	HOMALCO RD	Police responded to a mischief complaint. Sometime during the previous night the windshield of a vehicle was smashed.
AUG 29	HWY 101	Police received a report of a possible impaired driver. Police attended, but were unable to locate the suspect vehicle.
AUG 29	HWY 101	Police responded to a report of a suspicious person. Police attended and made patrols but were unable to locate the person.
AUG 31	WATERFRONT RD	Police responded to a report of a telephone fraud.
SEP 04	SLIAMMON RD	Police received a report of an unlicensed driver.
SEP 06	SALISH DR	Police responded to a report of a noisy party at a residence. Police attended and requested that the party quiet down.
SEP 10	WATERFRONT RD	Police responded to a report of a fight at a residence.
SEP 12	HWY 101	Police responded to a report of a speeding vehicle on the highway.
SEP 13	WATERFRONT RD	Police responded to a report of a bon fire at a residence. Currently there is a ban on fires. When police arrived, the fire was out and the owner was advised that fires are not allowed at this time.
SEP 16	HOMALCO RD	Police responded to a report of a family disturbance at a residence. Police attended and spoke with everyone involved.
SEP 16	HOMALCO RD	Police received a report of harassing communications by text message.
SEP 17	EAGLE DR	Police received a report of a male causing a disturbance. The male was located and arrested for being intoxicated in public.
SEP 18	RIVER RD	Police received a report of a disturbance at a residence. Upon arrival, it was determined that one of the people involved had left. Police made extensive patrols, but were unable to locate the individual.
SEP 19	BEACH RD	Police responded to an abandoned 911 call. Police attended and determined that 911 was dialed accidentally.

The RCMP would like to thank the Tla'amin Fire Department and every person who has contributed to prevent the spread of COVID-19 in the community. With everyone's help, we will get through this time.

Building Brighter Futures Scholarship Winner

Adam Gauthier is the son of Grace Adams and Lloyd Gauthier and his maternal grandparents are Les and Janie Adams.

Adam Gauthier has a mission – and he's not letting the pandemic stop him from accomplishing it! This Coast Salish and Cree student with Métis roots has just completed his third year in the Bachelor of Child & Youth Care program at the University of Victoria, where he's completing a double specialization in Indigenous Peoples' and Child Protection.

He says, "I plan to use my education to promote and advance the well-being of Indigenous children, youth, families, and communities experiencing the child welfare system in Canada. This work is important to me as community, culture and identity are huge gaps that the foster care system is missing for Indigenous people. I want to bring authenticity and strength-based practice to the frontlines to help make a difference." Supported by the Soaring Futures Bursary with matching funds from the Government of Canada, Adam is looking forward to helping Indigenous families after he graduates – and eventually pursuing a Master of Social Work degree.



TLA'AMIN NATION

COMMUNITY EVACUATION GUIDE

- PREPARE NOW
- KNOW WHAT TO DO
- KEEP INFORMED



qathet
REGIONAL DISTRICT



Tla'amin Nation

Tišosəm (T'ishosum), the modern community of the Tla'amin Nation, boasts a semi-rural vibrant coastal indigenous community rooted with thousands of years of history and culture on the shores of the Salish Sea.

Tla'amin Nation self-governed Treaty Settlement Lands are abundant in fish, shellfish, wildlife and forest resources. These lands and waters possess unique risks to residents and visitors that may cause an evacuation.

Most emergencies are small in scale, but some have the **potential to escalate quickly such as a wildfire**, which could impact everyone's safety, like the 1918 wildfire that caused the evacuation and devastation of Tišosəm. It is crucial that **everyone understands the risk** and does their part to prevent fires.

The dedicated members of the Tla'amin Nation Volunteer Fire Department regularly respond to fires and medical first responder incidents. In some instances, you may be warned of evacuation allowing a day or two to prepare, while other situations might call for an immediate evacuation. When possible, leadership will incorporate traditional Indigenous knowledge and culturally appropriate best practices during an evacuation.

PREPARE AND SHARE YOUR PLAN

Take time with family, Elders and neighbours to make and share **emergency evacuation plans**. Your plan should reflect the uniqueness of your home's location, mobility of all household members, and **identify at least two options to get you and your household members to a safe location**. Refer to the included map for evacuation routes.

Make plans with friends and family members outside of your community that can offer you and your household members accommodations or act as a contact point for family reunification. Keep the phone numbers and addresses of these locations handy. Make this relationship reciprocal by offering your support to others in the event of their evacuation.

Prepare Now.

Prepare your **emergency evacuation plan** and a **grab and go kit** in advance, to help you and everyone in your household act quickly in the event of an evacuation. Keep this guide in your kit or in a place where it can be found easily and review it annually.

Make a Plan.

Visit preparedbc.ca to help you prepare your own **emergency evacuation plan**.

Make a Grab and Go Kit.

List of items to take at the last minute:

- Wallet with identification, credit cards and cash
- House and vehicle keys
- Mobile phone and charger
- Glasses and contact lenses
- Medications, toiletries and personal hygiene items
- Mobility and medical devices (with written instructions if needed)



Items to put in your evacuation grab and go kit:

- A supply of non-perishable food, snacks and bottled water for each person in your household
- A copy of your emergency plan, including contact numbers and reunification plan
- Copies of important documents (prescription records, birth certificates, passports, insurance and bank records)
- Change of clothing including warm clothing (hat, mittens) and blanket
- First aid kit, radio and basic tools
- Crank or battery-operated flashlight(s) or candles with matches
- For Children:** diapers and wipes, clothing, snacks, activities and comfort items
- For Pets:** food, collar with ID tag, leash or carrier, blanket, and toy.



Be Ready for an Emergency



Visit preparedbc.ca for resources on how to **make a plan**.

Register for community notifications today at qathet.ca

In an Emergency Dial 911



Tla'amin Fire Department
5015 River Road | **604 483-2444**

ACKNOWLEDGEMENT

The Regional Emergency Program credits the Tla'amin Nation community and the Tla'amin Fire Department for their support in the development of this guide. In the event of an emergency, all residents and organizations are critical public safety partners including individuals, frontline responders, businesses, volunteer groups and governments. Everyone's preparedness is essential.

Find further information on the [qathet](https://qathet.ca) Regional Emergency Program **604 485-2260** or emergency@qathet.ca



Summer 2020 Edition



Heavy Equipment Operator Certificate

36—Week Funded Program

November 2, 2020—July 9, 2021

Do you want to operate Heavy Machinery for a living??

DIG IT! SHOVE IT! LIFT IT! CLEAR IT! MOVE IT!

The Program

- Build a road for your career as a Heavy Equipment Operator (HEO)
- Learn online with experienced instructors (computer supplied)
- Receive weekly living supports
- Experience the HEO Simulator
- Drive an excavator in the VIU gravel pit
- Get valuable work experience with up to 400 hours of ITA eligible machine time with the Tla'amin Nation
- Work side-by-side with professional contractors
- Master machine maintenance and work site safety
- Receive job search and career support
- Only 8 seats available with dedicated seats for First Nations individuals. **APPLY TODAY!**

Certificate includes

- Essential and Employability Skills
- Road Builder and Heavy Construction Foundations
- Heavy Equipment Operator Technician
- Specialized Machine Training—Excavator
- 400 hours ITA Work Experience with Tla'amin Nation
- Industry Certificates: Occupational First Aid, Traffic Control, WHMIS

Online Information Sessions

Join us on Zoom.com/join and enter the Meeting ID for the session of your choice:

September 23, 2020 at 5:00 PM
(Meeting ID: 641 1034 2327)

or

September 24, 2020 at 11:00 AM
(Meeting ID: 649 2626 5221)

Eligibility & How to Apply

Applicant must meet one of the following:

- Current EI client
- Past EI client in the last 5 years
- Have earned more than \$2,000 in insurable earnings and paid employee EI premiums on those earnings in at least 5 of the last 10 years

Call or email Kate at WorkBC Powell River

(604) 485-7958

kate.cooper@liftcommunityservices.org

WorkBC Centre

ita

Canada

BRITISH COLUMBIA

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

HALLOWEEN FIREWORKS

Stay tuned on our Facebook page for more details

