



## John Steven Hackett Elected as Hegus

*By Steve Gallagher  
Neh Motl Editor*

"I want to promote POSITIVITY and the POWER of working TOGETHER amongst our whole community. I want every entity to be comfortable in their roles, because bottom line, all our entities serve the community. We got to start somewhere, I am starting today by stating that my ears, and mind are open, I am here to represent everyone equally and fairly."

*-Hegus John Hackett-*

When John was a young boy, most children were learning about the usual things in every day life for their age group. Little did John realize that a unique classroom was already in session with teachings and stories provided by his late Papa, Johnny Hackett. Papa Johnny would share his experiences as the Chief in Bute Inlet where many Homalco people would hold residence in various areas, hunting and gathering for the winter ahead. "It was like my Papa was thinking out loud about what was going on around the council table. I was listening very carefully," recalls the newly elected Hegus. Papa Johnny would later serve multiple terms with Sliammon Council during the 1980's and 90's.

When I asked the Hegus if there was a special someone he looked up to, he was quick to respond. "My biggest inspiration is my father John Angus Hackett who is such a smart and humble man, and I do my best to make him proud. He is my biggest supporter and my biggest role model. My father was a single parent who raised me along with my late grandparents Johnny and Marie since I was ten months old."



Hegus John Hackett receives a letter from Tla'amin Health about their concerns before the first sitting of Legislators on October 23rd

I would like to thank Clint Williams for his time serving our Nation during his political leadership. Clint definitely made history by guiding our Nation from an Indian Act Band to becoming a Self Governing Tla'amin Nation in 2016. I know with Clint's motivation and drive he will transition into another important role with a bright future ahead. I believe I can speak for the whole Tla'amin Nation wishing Clint the best as he heads into a new chapter in life. Clint set a high standard governing our Nation, and now it is my goal to carry that forward in his honor.

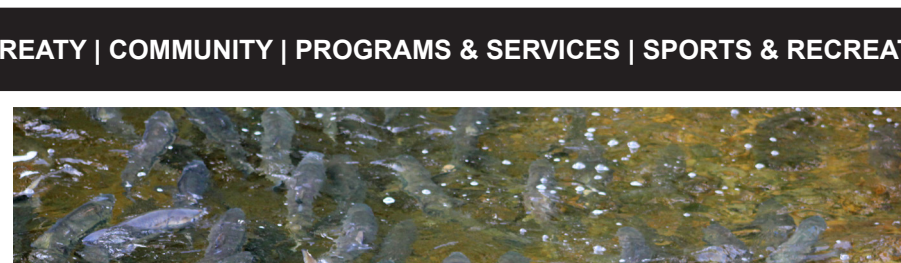
John was first elected in 2006, and has overall served the Tla'amin Nation for twelve years. "My Papa Johnny was so proud of me when I first got elected, I believe this rejuvenated some of the youth back in him. I wish both of my grandparents could have

been by my side as I got elected as Hegus but I know they are watching over me. I am definitely going to do my best for my father and late grandparents, as these are the three people that made me who I am today."

Shortly after the legislators took their oath at the first sitting on October 23<sup>rd</sup>, John was greeted by a group from Tla'amin Health to address concerns from staff. John received a letter and advised Tla'amin Health they will be heard at a future Executive Council meeting. Congratulations John, it appears you graduated from the class of Papa Johnny.



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## Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC  
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646

*The Governance House will be closed on November 11th in recognition of Remembrance Day.*



## Call for Interest: Committees

Tla'amin Working Groups, Panels and Committees are legislated bodies of members appointed by the Tla'amin Government. The composition of each body differs and may contain members of Executive Council, citizens and/or special interest representatives.

**The application period beginning 2020 is now open for the following:**

- Economic Development Committee
- Finance Committee
- Review & Appeal Panel
- Implementation Community Working Group (WG)

**The submission deadline is 4:00 pm on November 6, 2020**

- Citizenship Committee (posted separately and closing date is October 23)

### MEETING SCHEDULES:

Committees, Panels and Working Groups generally meet monthly, depending on the group and whether there are pertinent issues on the table.

**REQUIREMENTS:** The specific requirements vary per Committee, WG or Panel.

### HOW TO APPLY:

Please submit an application (resume & cover letter) to Rod Allan, Chief Administrative Officer at: [rod.allan@tn-bc.ca](mailto:rod.allan@tn-bc.ca). Indicate which Committee(s)/Panel/WG you would like to be considered for.

If you have any questions about a specific Committee, WG or Panel, please contact Losa at [losa.luaifoa@tn-bc.ca](mailto:losa.luaifoa@tn-bc.ca) or 778 762 3716

## Announcement from the Qamεs ʔəms tala Settlement Trust

**“Our money is put away safely”**

The Economic Development Fund of the Trust is a specific investment fund included within the Qamεs ʔəms tala Settlement Trust Deed for the Nation. The purpose of this specific fund is to assist Tla'amin Citizens with starting a new business or growing and enhancing an existing business. **The next intake to accept Stage One business applications is from November 6th to November 20th, 2020.**

The latest Handbook and Stage One Application to the Economic Development Fund are available on the Tla'amin Nation website under Our Nation/Settlement Trust.

**If you have any questions about the applications process, please direct them to [Kristi.thiele@tn-bc.ca](mailto:Kristi.thiele@tn-bc.ca)**

imote

The Trustees for the Qamεs ʔəms tala Settlement Trust



## HOUSE POST APPOINTMENTS

- Community Services, Losa Luaifoa
- Economic Development, John Hackett
- Finance and Administration, Erik Blaney
- Lands and Resources, Lori Wilson
- Public Works, Dillon Johnson

# Tla'amin Watershed Protection Plan



By Steve Gallagher  
Neh Motl Editor

Tla'amin received \$62,000 in funding to work on a Watershed Protection Plan through Department of Fisheries and Ocean's Indigenous Habitat Participation Plan for all of the Tla'amin Nation's 8,300 hectares of land. It includes the watersheds that surround the Sliammon River, the Okeover River, and the Theodosia River. A community open house is planned when the draft plan is completed.



A video will be completed with Tla'amin as part of the Watershed Protection Plan.

Climate change. Changes in temperature, weather patterns, and intensity of storms are impacting our watersheds. Large storms with powerful winds are occurring with higher frequency, and risk uprooting trees and surging waters that alter the patterns in the watershed. These changes occur at a national and local level.

## Sediment can 'smother' salmon eggs

Increased sediment can be caused by human activities and natural occurrences like landslides and wildfires. Elevated sediment in streams can decrease the abundance of plant life, which impacts the fish that feed on those plants.

The Department of Fisheries and Oceans reported that juvenile Coho and Chinook salmon behave irregularly in streams with elevated turbidity (sediment suspended in the water) by surfacing and making themselves more vulnerable to birds. Sediment can also be detrimental to salmon spawning beds.

Meanwhile, our hatchery crew are busy pluming in new incubators in preparation of the 1.5 million chum eggs, 60,000 Coho and 5,000 chinook eggs. Presently there are 200 females and 200 males ready and waiting as a result of a fertility test done earlier. This will yield about half a million eggs. Chinook and Coho are slowly arriving and we are hoping for more water to get more numbers.

Currently there are three families using the smoke house. It is good to get genetic diversity from other rivers like Theodosia and Okeover so you are not overharvesting from one stream. This practise meets conservation measures. It's definitely a team effort to keep the smoke house going.

Lee George talked about the importance of the Watershed Protection Plan. "Watershed protection creates sustainability for our water use. It prevents water extraction from areas like Appleton Creek. We have to take a good look at our ground water and address our concerns of why our water has been depleted. Over cutting, cut blocking, clear-cutting interferes with the direction the water should be going. These activities are warming the water up and creating fish with bacteria, which in turn prohibits other organisms and fish life from developing naturally."



## CONGRATULATIONS

TO THE NEWLY ELECTED TLA'AMIN GOVERNMENT  
OUR GRADE 6 STUDENTS PARTICIPATED IN A MOCK ELECTION FOR HEGUS AND LEGISLATORS WHILE LEARNING ABOUT GOVERNMENT IN SOCIAL STUDIES!



### TLA'AMIN NATION 2020 LEGISLATIVE ASSEMBLY ELECTION

STATEMENT OF ELECTED CANDIDATES  
17 October 2020

TO THE OFFICE OF HEGUS
<b>JOHN HACKETT</b>
TO THE OFFICE OF LEGISLATOR
<b>ERIK BLANEY</b>
<b>GLORIA FRANCIS</b>
<b>DILLON JOHNSON</b>
<b>LARRY LOUIE</b>
<b>LOSA LUAIFOA</b>
<b>BRANDON PETERS</b>
<b>LORI WILSON</b>
<b>TYRONE WILSON</b>

This election, and all of its regulatory processes and requirements, were diligently conducted in accordance with the Tla'amin Nation Election Law (TNL04/16).

*N. Hajash*

NICOLE HAJASH, ELECTORAL OFFICER



onefeather



## Oath of Office: Gunn-a-whooth

I, [insert name], elected as [Hegus/a Legislator] of the Tla'amin Government, will adhere to the following principles and will take on the following responsibilities as an elected official of the Tla'amin Government.

To the best of my knowledge and ability, and for the duration of my term in office, I commit:

1. To strive to provide good, effective and accountable government;

2. To promote the unity and well-being of the Tla'amin Nation by cooperating with fellow Legislators and Tla'amin Citizens, consulting and informing one another, and coordinating our actions with one another;
3. To confront and resist lateral violence within the Tla'amin Government and by doing so contribute to a healthy workplace and broader Tla'amin community where fellow Legislators, Tla'amin Citizens, Tla'amin Nation employees and any visitors are treated with respect;
4. To act in the best interest of the Tla'amin Nation and to avoid any real, potential, or apparent conflicts of interests;
5. To act in good faith, and with due care, competence, and diligence, and without misrepresenting material facts;
6. To respect the confidentiality of information acquired in the course of my service to the Tla'amin Nation, except when authorized or legally obligated to disclose;
7. To respect and adhere to the *Tla'amin Constitution*, which honours and upholds Tla'amin ancestral practices, teachings and core values;
8. To encourage the development of a collective understanding of and respect for Tla'amin laws;
9. To make decisions which respect Tla'amin laws and which ensure responsible use of and control over all Tla'amin Nation assets and resources entrusted to me;
10. To develop and maintain communications with the community in order to ensure accessible, accountable and transparent governance practices and processes;
11. To strive to be effective and professional in my communication and business relationships with other governments;
12. To model *pie yeh oht tiit shim* (always learning) by participating in leadership education initiatives and by respecting and honouring our ancestral practices and the knowledge and teachings of the Tla'amin elders; and,
13. To be accountable for adhering to this oath.



**Elder Bob Blaney brushes off the 2020 elected leadership on October 30th to give the Legislators new energy**



# What is a Comprehensive Nation Plan (CNP)?



A CNP is a strategic document created by our community to assist us in embracing change and planning for a better future. The CNP provides direction to leadership and administration across a broad range of areas, touching on all aspects of community life. We are working together to update our 2007 Comprehensive Community Plan (CCP). To update our plan we are reflecting on our past, celebrating our accomplishments, and building a roadmap for success based on a unified vision for Tla'amin Nation into the future.

## What We've Been Up To

We continued to work hard through the summer months to gather input from Citizens/members, staff and leadership. We've had to get a little creative to engage our community given the ongoing pandemic. Here's a snapshot of what we've been up to:

### Vision

Tla'amin Nation is a healthy, thriving, and culturally strong community that respects our people, water, lands, and resources, and embraces our Ta'ow in all that we do.

### Mission

Our mission is to honour our ancestors and our Ta'ow through responsible stewardship of our territory and resources, and open and accountable decision making in the best interests of Tla'amin people – past, present and future.

### Values & Guiding Principles

Tla'amin Ta'ow are the traditional teachings and unwritten laws that our Ancestors lived by. Through our CNP and its implementation, we reinforce the principles of our Ta'ow and our core values, which are the foundation of our guiding principles:

### Yeeq otl tlet (Accountability)

- Take what you can use and learn from every experience and criticism.
- Expect more of yourself than you do of others.
- Take responsibility for, and fix your mistakes to make yourself a better person.

### Qwaqwi stowtl (Communication)

- Always be careful of your words because they can be like weapons and can never be erased.
- Consultation must be meaningful, significant and inclusive.
- Respect the teachings of others, even when you do not agree.
- Listen and learn first and speak last.

### Klossom qwygon (Discipline)

- Be an asset to your family and your people in the best way you know how through hard work.
- Every day brings a new lesson and an opportunity to make things better.
- Be self-sufficient; do not rely on others to take care of you.
- Make your mind and body strong so that you can overcome obstacles.

### Thath xwen (Fairness)

- Don't choose favorites among your children or your people. Ensure that they are treated equally.
- Be transparent in your deeds, people need to witness how things work.
- Holding on to grudges and anger only comes back to hurt you later.

### Ganooxwet (Honesty)

- Be true to yourself and others.
- Don't participate in gossip because you do not know if it is true.
- Intellect should never overshadow wisdom and common sense.

### Pee yet qway gon (Humility)

- Never praise yourself; if you are truly great, others will do that for you.
- Judge yourself first, and learn from your mistakes.
- Have compassion for the plight of others; you have not lived their experience.
- Do not make fun of other people or similar bad things might happen to someone you love.

### Tee hegun metum (Integrity)

- Be a living example of the change you want to see in others.
- Trust is earned; make sure you are worthy of it.
- You have only one reputation; it should honour your Ancestors.

### Tees tam (Respect)

- Your everyday life should reflect your traditional teachings.
- Teach your children to behave appropriately towards other people and in public so they will carry your values.
- Honour Tla'amin ancestors, our connection to the land and a sustainable future for our children by keeping them at the forefront of all processes.

### Ah ah them (Sharing)

- Interdependence and cooperation are what give us the strength to achieve great things together. When we share, we are not wasteful.

### Xax giy yanen (Spirituality)

- Remember where you come from and that all things in Tla'amin territory have a soul and a purpose for being here. Strive for balance with your surroundings.

## Tla'amin Family Tree Project: Friendly Reminder

By Randolph Timothy

Just sending out a friendly reminder to my fellow citizens of the nation to contact me so we can update your family tree. I understand COVID has slowed down Tla'amin's family tree project, but **we** have still been getting a good response for information submission from some of you, but would love to see more contact from all of you. I am available to make house visits if you would like me to come pick up information for your family tree. **I would not be able to enter any residence though, and each of us would need to be wearing facemasks.** I would return **your information** as soon as **it has been input.** I have also had a few requests to print off some trees, which I am happy to do. Please do not hesitate to contact me if you wish to have a copy of what we have as of now.

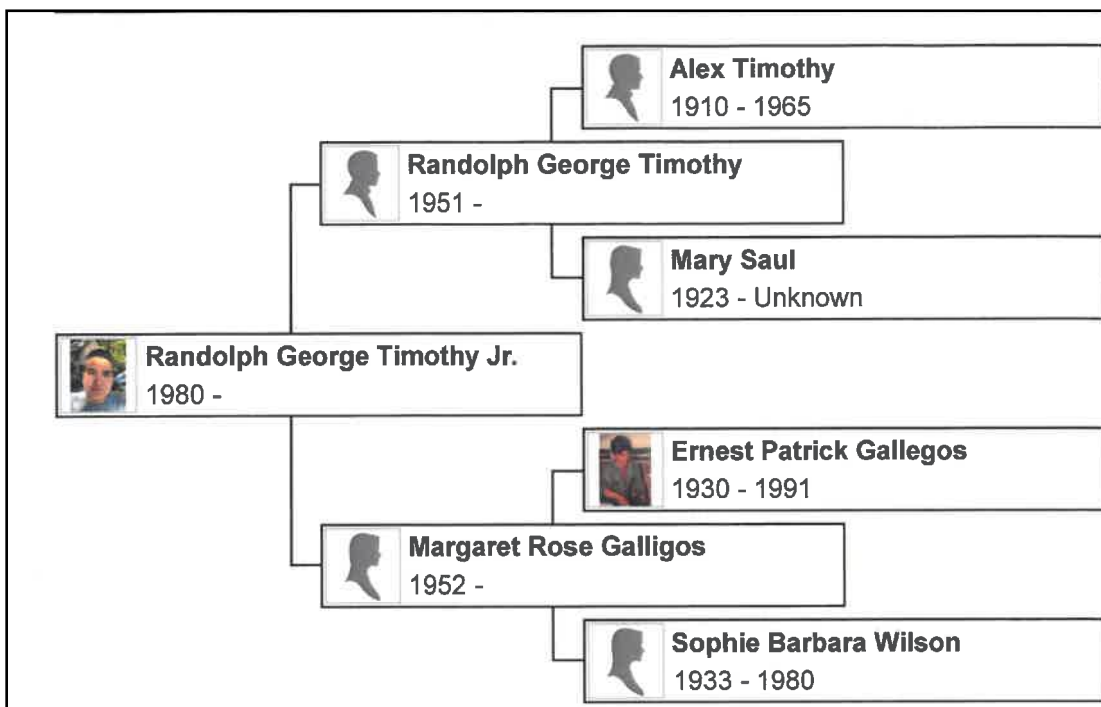
Dr. Evan Adams has graciously volunteered to assist the family tree project, which he has already donated a bunch of information to assist me with this project, big thanks to our jeh jeh.

The Tla'amin Family Tree project will be having an open house (20 or less people at a time) in the near future where Evan, Drew and myself will be there to collect information, chat about your family tree and what the finished product will look like. We will also have a scanner on site if you wish to bring information to update your family tree, plus pictures to add to your profile or your loved ones who have passed profile.

I would like to thank the elder's that I have been in contact with who are sharing information about the past which helps for the future of this project.

My contact information: Governance Building: 604.483.9646 Ext. 108 or email me at [randolph.timothy@tn-bc.ca](mailto:randolph.timothy@tn-bc.ca).

## Family View Report for Randolph George Timothy Jr.



Halloween 2019

## Orange Shirt Day, 2020!



Our names are Amanda Agius, and Jasmine Brophy. We're two mums, and the faces behind A&J Creations, in Powell River. This year, for orange shirt day, we asked



how WE could help make a difference. With the beautiful artwork provided by Candice Galligos, we hand dyed, and created orange shirts, that were sold all across the Province, and Country. We decided to donate all of the profits to two locations within Tla'amin Nation. As mums, we both know what its like to struggle, and in the midst of a pandemic and unforeseen lockdowns we decided to donate half of the proceeds to the food bank. Funds were graciously accepted by Brandi Marriott. We started our project late, but within only two short weeks, we raised a whopping \$430.00! We decided - because, not only is this day about children, but because we're also mums, and children hold a special place in our hearts, above all - to donate the other half to

the daycare, in which Rose Adam's has accepted. We hope that these funds will help, no matter which way!

The "orange shirt" in Orange Shirt Day refers to the new shirt that Phyllis Webstad was given to her by her grandmother for her first day of school at St. Joseph's Mission residential school in British Columbia. When Phyllis got to school, they took away her clothes, including her new shirt. It was never returned. To Phyllis, the colour orange has always reminded her of her experiences at residential school and, as she has said, "how my feelings didn't matter, how no one cared and I felt like I was worth nothing. All of us little children were crying and no one cared."

# 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**

## Stopping the Violence for Woman In Need of Support



Cyndi Pallen, Stopping the Violence Counselor, will be working in alliance with Stopping the Violence Outreach Worker, Annette Mennitti, both of Powell River Transition House Society to book appointments for women needing support. We take into consideration varying women's experiences and psychosocial challenges that maybe significant on their mental

health and well-being. Within the framework, we ensure confidentiality measures are in place. Women have the capacity to share their stories and experience without judgement in a safe, supportive environment.

### To Book.

We are scheduling appointments one on one outdoors during this time of COVID 19, however, Please Note: We have added capacity to meet in office, with social distancing and sanitizing station in place.

Please call **604 485 6965**.

Enclosed some of the topics below. .

- Grief and Loss
- Historical abuse
- Trauma
- Alcohol and Drugs and body system
- Self Care plan on stopping the violence perpetuated emotional, mental, physically, spiritually among women and children.

Once again, due to (COVID 19) We will meet individuals and work out details for location that works best.. for coming into workshops, then follow up plan with one on one or women's group. Please call or text 604 223 6965. if that works for you.

Cyndi Pallen, BSW, MSW



*Community Burning*

*When: November 18 - Wednesday 2020*

*Time: 12:00 – 3:00pm*

*Due to Covid we will only be having a community burning.*

*Unfortunately this year we can't use our health kitchen, it will be*

***Potluck** style bring your meal prepared to burn for your loved one*

*In remembrance of our loved ones, ancestors who have gone on*

*We will follow covid guidelines, wear a mask, safe distancing*

*Information: Contact Dawna Pallen, Health Promotion @ 604.483.3009 X 122*

## Elders Corner

We started out the year in 2020 with many struggles; the loss of several elder's in the community, the pandemic, the smoke from fires in the US.

Our Elders say in times of trouble and difficulty we support one another; it is our teaching.

We have seen families come together during the year and support one another and the community.

Bless each and every one of you, as there are too many to name. Thank you, to the Hegus and Legislators as they worked to support the community.

Thank you, to the emergency line for their quick responses.

Our elders are very proud of the way we pulled together and helped one another.

Keep up the good work!

Doreen Hopkins  
Elders Coordinator

# Dear Parents:

This month of November we are thinking about Veterans who served in the two World Wars – those who made it home and those who did not. We are also thinking of the people who are currently serving in the military and navy forces. We know our First Nations people were well represented in both World Wars and are involved in service today. We can be very thankful that our country is at peace.



As we remember soldiers in the two World Wars, we remember their bravery, and we remember their strength. We remember the families who said good bye to sons, brothers, husbands, and fathers, not knowing if those young men would be seen again. We remember the women who served as nurses and who saw so many broken bodies. One article I read said that seventy two First Nations women enlisted to serve in the Second World War.

Here are some Remembrance Day poems to share with our children and youth.

### Poppy

Poppy, we are but children small,  
We are too little to do it all.

Children you may do your part.  
Love each other is how you start.  
Play without fighting.  
Share your games and toys.  
Be kind and thoughtful,  
To all girls and boys.

### Remembrance Day

We wear a poppy  
On Remembrance Day,  
And at eleven  
We stand and pray.  
Wreaths are put  
Upon a grave.  
As we remember  
Our soldiers brave.

May we all enjoy peace in our homes, especially now when we have to be at home more often due to the pandemic. I am wishing you special times with your children and youth to enjoy meals together around the table, to enjoy good conversations, and to enjoy remembering and sharing stories about ancestors you may know about who served in the wars.

*Brenda Pielle  
Youth and Family Advocate*

# November Youth Wellness

## Mindfulness Zoom Workshops Four – one hour sessions.

### Topics covered:

- Do you struggle with anxiety?
- Are you overwhelmed by the pressures of being a student?
- Covid and finding ways to cope, including traditional practices and resources.
- An elder will be present to help us honor and practice Traditional teachings

Group One ages 11-15  
Group Two ages 16-21  
Dates: TBD

There will be honorarium paid to each student after the completion of all four sessions.

Contact Leslie to register and find our more information @ 604-483-3009 EXT.103 or email Leslie.louie@tn-bc.ca. Space is limited.

The Sunshine Coast Youth Council's goal is to bring together and amplify the voices of young people on the sunshine coast. Youth perspectives and Solutions are encouraged. Youth Delegates. The council would consist of students in grades 9-12, who are residents of the sunshine districts. They are seeking one delegate from the Tla'Amin Nation. Interested students would submit a resume and cover letter as an application to be reviewed by their school and respective councils/boards. We will also require applicants to fill out an application form to determine what municipality they would represent on the council or board based on where they live.  
Start Date: November/December

### General Logistics

1) Once a month the Youth Council would meet in person or via Zoom. Each month there would be a theme (ie. Women in politics, water usage on the Sunshine Coast, tourism on the Sunshine Coast, etc.) The Youth Council would discuss the theme and unanimously decide on a goal they'd like to see the Sunshine Coast work towards and what steps councils can take to do so. If possible guest speakers would present on that meeting's topic.



2) The delegates would then go back to the council that they represent and present the goal the Youth Council decided on, as well as giving a report to council about what the Youth Council had to say.

3) The meetings would take place either in a fixed location, or on a rotating basis. For example, Bill Beamish has said that the Youth Council could use Gibson's Council Chambers. If any other community has a space that could be used free of cost, then we could consider a more central location or the rotating basis idea.

4) There would be snacks and drinks provided at the meetings.

5) The councilors would not receive financial compensation.

For more information or help with a resume, please contact Leslie @ 604-483-3009 EXT.103 or email leslie.louie@tn-bc.ca.

### Fall Fitness

Any youth (16-25) enrolled in the PIE program or Vancouver Island University who is interested in attending the Powell River Complex for workouts ( maximum 6) Please contact Leslie to discuss what days and times work for you. Transportation can be provided if required. Some of our health vehicles have plexiglass installed for your protection.

You will be required to sign a COVID waiver and thoroughly read and understand the PR Recreations Rules for safe use of the facilities. Admission costs will be covered.

Contact Leslie or Shirley to register @ 604-483-3009 EXT.103 or email Leslie.louie@tn-bc.ca

## Tla'amin Food Centers

### ARE BACK IN BUSINESS

#### Food Basket

The basket is available twice per month and includes non-perishables with fresh and/or frozen if supplies are available. The Food Basket will be accompanied by a Good Food Box. To receive a Food Basket please fill out an application form and submit to Rod Allan via email: [rod.allan@tn-bc.ca](mailto:rod.allan@tn-bc.ca)



With proper safety measures set for the safety of all, we're ready to serve food to you once more.

#### New to Tla'amin, Tla'amin Eatery

Tla'amin Eatery will start in November and will run once per week at the Salish Center. This is a dinner program that will be served on a take-out basis only from 4:30 - 6:00pm on Tuesdays.



#### Good Food Box

The GFB will run twice per month, free of charge. This GFB may change month to month but will always consist of potatoes, onions, celery, carrots, apples and bananas. If you would like to receive a produce box, please sign up with Brandi Marriott



#### Some friendly reminders.

- Employees will not enter a residence at any time during delivery.
- While picking up your meal, wear your mask at all times. Practice social distancing and follow markers on the floor while inline. Hand gel stations will be available.
- The Food Basket and Good Food Box is available to those who reside in the Tla'amin Community and are of Tla'amin acenstory. However, the Tla'amin Eatery is open to all community members.
- If you reside in Powell River and would like to participate in the Powell River Good Food Box, you can contact Adriana Virtue at (604) 344-0531 or [adriana@liftcommunityservices.org](mailto:adriana@liftcommunityservices.org)

#### Soup Spot will return soon...



Contact Brandi Marriott at (604) 483 9646 ext. 143 or [brandi.marriott@tn-bc.ca](mailto:brandi.marriott@tn-bc.ca)



# Cleaning Products Without a Dirty Footprint



Ingalisa

Tai

Abby

## Let's Talk Trash.ca

### WHAT IS WASTE?

Has all this time at home this year gotten you noticing the spider webs and dust bunnies inside? If a deep clean is on the near horizon, make sure your it doesn't leave a dirty footprint.

Germaphobia is a real thing. And while it's smart to sanitize door-knobs and handles during flu season, we may be misinformed about how little it takes to actually accomplish this. While these days in particular, we may be tempted to head out to the door to buy an armload of bacteria-fighting, virus-killing sprays, detergents and powders, these are generally not necessary. In the case of the novel virus in our midst, simple soap and water have been shown to kill it during thorough hand washing. Beware also of the so called 'flushable' hand and baby wipes cropping up everywhere. These are not in fact

flushable and have been the source of major headaches for waste treatment staff even in Powell River.

When we stop to take stock of what is actually in some cleaning products, it would appear that their manufacturers may be more concerned with their ability to clean than how they could affect consumer health. Here's a list of some of the worst cleaning ingredient offenders: perchloroethylene (PERC), found in fabric cleaners and used by dry cleaners, is a potential carcinogen and neurotoxin; formaldehyde, found



in some cleaners, has possible ties to ALS, a neurodegenerative disease; butoxyethanol, common in multi-purpose cleaners and window sprays, can cause liver and kidney damage with extended exposure; ammonia, a polish and glass cleaner, can affect sensitive lungs; sodium hydroxide, an oven and drain cleaner ingredient, can cause severe reactions when contacting the skin or inhaled, and finally, chlorine, found in all kinds of scouring powders and cleaners, is a known thyroid disruptor.

It would also seem that stronger cleaning products effectively lower overall immune system. Exposure to certain bacteria makes us more resilient to infections, not less. Also, when strong cleaning supplies are mixed in with our septic system, they kill the healthy bacteria, leading to problems that can include clogging, overflowing, leading to contaminating drinking water.

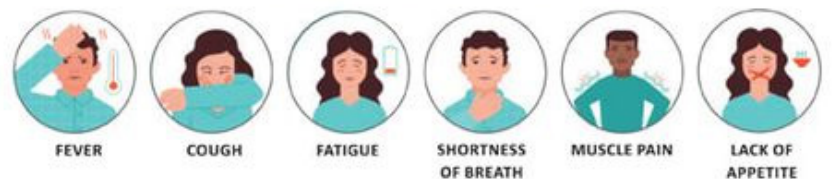
Fortunately, we can make many effective household cleaners from a simple list of ingredients found in most kitchen cupboards and bathroom cabinets. A brief search online will reveal a host of recipes for all manner of cleaners can be made from a combination of the following: lemon juice (grease cutter, dirt remover), essential oils like lavender, lemon balm, and thieve's oil (antibacterial and pleasant scents), vinegar (bacteria exterminator, grease cutter, polisher), salt (deodorizer), olive oil (cleaning cooking tools), baking soda (scourer and bubble maker), tea tree oil (bacteria exterminator), vodka (disinfectant, mold killer), and castille soap (lifting dirt, removing bacteria).

If time is short, and you are feeling desperate to purchase a cleaning product, choose one with a short list of ingredients you recognize. When you're up for the fun of making your own earth and people friendly cleaners, buy ingredients in bulk and store mixes in reuseable containers.

And keep in mind, that cleaning up our act can look different than we might have thought.

## TESTING IS RECOMMENDED FOR ANYONE WITH ANY COVID-19 SYMPTOMS

### COMMON COVID-19 SYMPTOMS



### OTHER POSSIBLE SYMPTOMS

- LOSS OF SMELL OR TASTE • NAUSEA • VOMITING • DIARRHEA • ABDOMINAL PAIN
- HEADACHE • CONFUSION • RASHES • RUNNY NOSE

## If you have symptoms, here's where you can get help:

**DOCTOR'S OFFICE**  
Call your family doctor or nurse practitioner for guidance.

**DRIVE THROUGH TESTING CLINIC**  
To book an appointment visit [prcomplexclinic.com](http://prcomplexclinic.com) (preferred) or call (604) 485-2028 between 8:30 am and 12 pm.

**EMERGENCY DEPARTMENT**  
(IF ASSESSMENT IS REQUIRED)  
Call (604) 485-3211. Separate waiting area.



A message from Powell River physicians

FACILITY ENGAGEMENT  
POWELL RIVER GENERAL HOSPITAL

Powell River Division of Family Practice  
A GPSC initiative

# Tla'amin Management Services LP

## Building A Nation Together of One Heart, One Mind

### General Bookkeeper

**Our Vision**

To be leaders in sustainable business in the region

**Our Mission**

To create responsible and profitable business enterprises

TMSLP is mandated to generate revenue streams to foster economic and social betterment of Tla'amin people according to our Tsaw (teachings). We are committed to establishing a strong economic foundation and providing effective management of Tla'amin assets and services through in-depth planning, strong leadership and administration, and strategic partners.

Existing businesses include:

1. Tichuna Forest Products LP
2. Tla'amin Resorts & Accommodations LP
3. Pataje Shellfish LP
4. Tla'amin Land Development LP
5. Tla'amin Capital Assets LP



**Tla'amin Management Services LP**

4815-B Highway 101,  
Powell River, B.C., V8A 0B6

Tel: +1 (604) 483-7777  
Fax: +1 (604) 483-7741

Email: [info@tlaaminbusiness.com](mailto:info@tlaaminbusiness.com)

When you work with Tla'amin Management Services LP (TMSLP), you will not only embark on a unique life experience but take on the rare opportunity to impact the future and lives of our Tla'amin Nation citizens and members. TMSLP invites you to join us on our journey in building our Nation. We're looking for interested individuals to join our dedicated management team whose focus is to develop and manage revenue streams essential for the economic and social advancement for the Tla'amin people. We support the cultural wellbeing, humility and ongoing personal development of every employee to build and lead highly effective teams that serve our Nation.

Tla'amin Management Services LP is currently seeking a Bookkeeper for our Group of Businesses.

**RESPONSIBILITIES**

- Assist the director of finance on an as-needed basis
- Record day to day financial transactions and complete the posting process
- Provide budget information to determine operational targets and decisions
- Establish and maintain a system of internal controls and accounting, providing most effective control over business assets, liabilities, revenues and expenditures in accordance with established processes
- Manage month end accounting processes including account reconciliations, inventories, accounts and balance sheet analysis
- Accurately post revenues and expenditures
- Timely distribution of daily reports
- Establish and maintain a proper filing system for all documents related to the various businesses sales and expenses
- Provide month end packages and assist in the preparation of financial statements
- Collecting payments
- Generating invoices
- Tracking purchase orders
- Assisting in the preparation of financial statements
- Issuing payments to suppliers

**EDUCATION AND TRAINING**

- Bookkeeping certificate or diploma from a reputable institution or equivalent
- Proficient with accounting software such as QuickBooks
- 3 years' experience in working for businesses with multiple entities under one umbrella
- Proficient with Microsoft Excel, Office Word, and Outlook
- Knowledge and understanding of applicable laws and regulations
- Satisfactory cultural competency and knowledge of First Nations communities

Please submit the following for consideration:

1. Cover letter
2. Your resume

Applications can be addressed to Nanette Kapitan, Director of Finance TMSLP.

Submissions may be emailed to: [hr@tmslp.ca](mailto:hr@tmslp.ca)

**DEADLINE FOR SUBMISSIONS: Until the Position is Filled**

We thank all applicants for their interest in this position; however, only those candidates selected for an interview will be contacted.



Tla'amin Management Services LP  
*a proud enterprise of Tla'amin Nation*

## POSITION OUTLINE

### OVERVIEW

TITLE	General bookkeeper
DEPARTMENT	Tla'amin Management Services LP
LOCATION	Tla'amin Nation, 4885-8 Highway 101, Powell River, B.C., V8A 0B6
REPORTS TO	Director of Finance

### MANDATE

The General Accountant is responsible for overseeing Tla'amin Management Services LP. Financial Transactions, such as purchases, expenses, sales revenue, invoices and payments. The bookkeeper will maintain accurate books on accounts payable and receivable, daily financial entries, record payments, adjustments and payroll.

### SPECIFIC POSITION ACCOUNTABILITIES

- To provide budget information to determine operational targets and decisions;
- To monitor operational expenditures in conjunction with approved budgets;
- To establish and maintain a system of internal controls and accounting which provides the most effective control over TMSLP. Businesses assets, liabilities, revenues and expenditures in accordance with established procedures;
- To accurately post revenues and expenditures;
- To reconcile all supplier accounts, to post payables, and to pay vendors in accordance with due dates and cash flow projections;
- To monitor general ledger and guest ledger transactions, and to collect all receivables on a timely basis;
- To manage month-end accounting processes including account reconciliations, inventories, accruals and balance sheet analysis;
- To ensure businesses necessary licenses and renewals are in accordance with the local laws;
- To ensure the accuracy of night audit transactions and monitor their adherence to proper procedures;
- To ensure timely distribution of all daily reports;
- Establish and maintain a proper filing system for all documents related to various businesses sales and expenses;
- Forecasting, annual budgets, financial analysis and project proposals;
- Work with management and HR to ensure contracts have proper authorization, negotiations for renewal and are properly filed and are easily available for corporate review;
- To ensure that there is an effective system of purchasing, receiving, and control of supplies in place at all times with proper requisition procedures;



## ON-Call Positions Available

Tla'amin Nation is looking for individuals who would like to submit their name to be put on an on-call list as Education Assistants for James Thompson (JT) and Assumption School. This person will act as relief for permanent employees who are unable to attend work. Person must be ready and available to work last-minute as call-ins will be early morning same day.

This position reports to the School Principal or designated supervisor. Individuals will act as a support to First Nation students attending aforementioned schools.

### DUTIES AND RESPONSIBILITIES

- Ability to work effectively with a range of TN children ranging from K-7 for JT or K-9 for Assumption. This includes students with special needs.
- Provides educational support to students requiring assistance with school work. Supports them in increasing their individual potential and to experience success with their education.
- Ability to build and maintain rapport with students, demonstrating patience and understanding when resolving problems or conflicts that may arise.
- Strong communication skills, including ability to work collaboratively with teachers, and other associates.
- Respects confidential information.
- Provides teacher with feedback regarding student progress to help with assessing future needs.
- Supervises students as required.
- Other duties as required.

### QUALIFICATIONS AND EXPERIENCE

- Certification as an Educational Assistant is an asset.
- Be proficient with Microsoft Office Suite.
- Grade 12 graduate.
- Volunteer and/or paid experience working with people with disabilities an asset.
- Level 1 OFA desirable.
- Experience working with First Nations children/youth preferable.
- Valid Class 5 Driver's license with satisfactory driver's abstract.
- Must have reliable transportation.
- Knowledge of resources and services available to First Nations youth.
- Satisfactory criminal record check with **vulnerable sector checked off on application. Please submit check in original, unopened envelope to HR Manager.**

Please submit a recent resume to: [hr@tn-bc.ca](mailto:hr@tn-bc.ca) or to the front desk at the Governance building.



## COVID-19: B.C. announces new household gathering restrictions as 817 new cases reported over weekend

(October 27, 2020) British Columbia announced Monday it is limiting private household gatherings to members of an immediate household, plus their “safe six,” noting that the “safe six” refers to six people per household, NOT six people per person in the household. On the same day, the province announced that it recorded 817 new cases of COVID-19 over the weekend.

The weekend increase is the highest rise over a three-day period in the province.

**The new provincial health order on household gatherings, issued by Dr. Bonnie Henry, the provincial health officer, goes into effect immediately. Henry also said it is now an “expectation” that British Columbians wear non-medical masks in public**

Henry said it has become clear that gatherings of fewer than 50 people are not always safe.

“We need to pay more attention to those settings where we have people coming together for celebrations,” Henry said.

“This is going to be a challenge, more for some people than others. But this is something we need to do as a community.”

Henry said if someone comes from a large family, or has a small home, six additional guests may be too many. Henry said enforcement will be stepped up for those who may disregard the latest order.

She also said the orders are enforceable by bylaw officers, police officers, environmental officers, etc. People can issue complaints about a large party, in the same way they would file a noise complaint.

“That is a possibility that we will not have large family gatherings over Christmas,” Henry said.

# Cyberbullying

A QUICK-GUIDE FOR PARENTS

ConnectSafely

## ➔ What is cyberbullying, anyway?



For the most part, cyberbullying is bullying, only it happens on phones and other connected devices. Most experts agree that it involves repeated harassment and some type of power imbalance – and, when young people are involved, it usually has something to do with what’s happening with peers at school. It’s important to remember that not every mean comment or unpleasant interaction rises to the level of bullying.

## How likely is it? ⬅

Centers for Disease Control reports that 15% of high school students were electronically bullied in 2017. Cyberbullying Research Center estimates about 25% of all teens experience cyberbullying. Either way, it's too many, but it's important to note that most teens don't bully others. We point this out not to minimize a serious problem, but to emphasize that bullying is not a norm. Kindness, not cruelty, is the norm.



## ➔ What are the signs?



Often there are no signs, but you might notice that your child has difficulty sleeping, a change in online habits (such as checking social media constantly), declining grades, not wanting to go to school, feelings of helplessness or decreased self-esteem. In the case of physical bullying, there could be broken or missing items or injuries.

## What do I do if my child is cyberbullied? ⬅

If your child does experience cyberbullying, as a target or a bystander, supportive parenting can go a long way toward minimizing the impact. It's usually best for your child to not react or retaliate, but to block the person who is bullying and save the evidence in case it's needed. But the most important thing to do is talk with your kids about what's going on, help them think through what happened, how they feel about it, and what they're going to do about it. It's important to involve your child in the process, not just take over yourself. (Continued on reverse.)



\*For more, visit [ConnectSafely.org/cyberbullying](https://ConnectSafely.org/cyberbullying). For a printable pdf, visit [ConnectsSfely.org/quickguides](https://ConnectsSfely.org/quickguides).

## It's good if your child asks for help.

Children who are bullied don't always tell their parents so if your kids do, that's a good thing. Your first task is to listen – find out not only what happened but how your child feels about it and is dealing with it. Never panic or retaliate. Gather the facts and assure your child that you're there for support.

## Work with your child.

There are two reasons why you'll want to keep your child involved. Bullying and cyberbullying usually involve a loss of dignity or control over a social situation – involving your child in finding solutions helps him or her regain that.

## Respond thoughtfully, not fast.

What parents don't always know is that they can make things worse for their kids if they act rashly. A lot of cyberbullying involves somebody getting marginalized (put down and excluded), which people who bully may think increases their power or status. If you respond publicly or if your child's peers find out about even a discreet meeting with school authorities, the marginalization can get worse, which is why any response needs to be well thought out.

## Remember the ultimate goal is restored self-respect.

What your child needs most is to regain a sense of dignity. Sometimes that means standing up to the bully, sometimes not. Together, you and your child can figure out how to get there. It's about healing your child more than punishing those who bully.

## The power of resilience.

One positive outcome we don't think about (or hear in the news) enough is resilience. We know the human race will never completely eradicate meanness or cruelty, and we also know that bullying is not, as heard in past generations, "normal" or a rite of passage. We need to keep working to eradicate it. But when it does happen and we overcome it – our resilience grows. Resilience isn't something that can be "downloaded" or taught. We grow it through exposure to challenges and figuring out how to deal with them. So sometimes it's important to give our kids space to do that and let them know we have their back.

### What if my child cyberbullies others?

Get them to stop the bullying but try not to overreact. Talk with your child, get all the facts and consider probing further in their devices and accounts. Look for underlying issues and problems that might be affecting your child. Even though your child may be engaged in bullying, she is not "a bully."

Education, communication and caring – not labels – are the best ways to help her improve.

# 95%

Of teens aged 13-17 have access to a smartphone.

\*Pew Research Center

# 15%

Of high school students experience electronic bullying.

\*Centers for Disease Control

# 45%

Of teens say they are online near-constantly.

\*Pew Research Center

# Smoke Alarms at Home



**SMOKE ALARMS ARE A KEY PART** of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

## SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

## FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

# Basic Security Training



This 40-hour course covers professionalism, roles and responsibilities, relevant law and basic investigations of being a security guard. The candidates must pass a written exam with a minimum of 60%. Completion of the course does not give candidates a security worker license. Candidates must apply for the license with the provincial government, and receive the license before they can work.

**Requirements for applying:**

- Criminal Record Check (or able to obtain a pardon or discharge)
- Proper Identification (Photo ID, BCID etc.)
- Physically Fit
- Grade 12
- Good Reading and writing skills (There are concepts, and legal theory that would require a good foundation in reading and writing comprehension)
- Attendance for all 5 days is mandatory

When: Nov 30 – Dec 4

Where: Salish Center/Gym

**There are only 4 seats available, this will be on a first come first serve basis.**

If you are interested in taking the Basic Security Guard Training Please contact Trisha at 604-483-9646 Ext 110 or [trisha.wilson@tn-bc.ca](mailto:trisha.wilson@tn-bc.ca) by Nov. 16 2020



**SUMMARY OF RCMP CALLS FOR SERVICE FOR SEPTEMBER / OCTOBER 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
SEP 21	HWY 101	Police received a request for assistance from the SPCA for an animal wellbeing check.
SEP 24	RIVER RD	Police received a request for assistance from MCFD to check the wellbeing of children.
SEP 28	HWY 101	Police received a report of a disturbance in progress.
SEP 28	HOMALCO RD	Police responded to a report of a disturbance at a residence.
SEP 29	HOMALCO RD	Police responded to a report of a possible breach of probation conditions. After investigation it was determined that no breach had been committed.
SEP 29	HWY 101	Police responded to a report of a motorcycle accident, where the motorcycle ended up in a ditch. Police attended, but the driver left the scene before police arrived.
OCT 2	HOMALCO RD	Police responded to a report of a disturbance at a residence. Police spoke to everyone involved and the parties were split up.
OCT 3	HWY 101	Police responded to a commercial alarm. Police attended and determined the alarm to be false.
OCT 3	RIVER RD	Police responded to a report of harassing phone calls.
OCT 4	EAGLE DR	Police responded to a driving complaint. Police attended and attempted to locate the driver, but were unsuccessful.
OCT 8	SLIAMMON RD	Police responded to a report of a possible break and enter. Police attended and checked the building, but determined that no break and enter. A door on the building was insecure, likely blown open due to the wind.
OCT 12	BEACH RD	Police responded to a report of an internet fraud.
OCT 12	KLAHANIE DR	Police responded to a report of an internet fraud where a deposit was sent for an item that was being purchased on Kijiji. After the deposit was sent, the seller was not heard from again.

# CRUCIBLE

STUDIO

GALLERY

#211 - 5831 Ash Street, Powell River,  
British Columbia, V8A 4R5

## Call for Artist Submissions

Crucible is a gallery, a studio and an event space that invites new provocative art forms with the intent to enrich the cultural landscape of our community.

Art, in all its diverse forms, is about the creative expression of beauty and meaning. We welcome and exhibit artists who convey unique perspectives and insights about the world and the human condition through their creativity.

Whether through the visual arts, music, spoken word, video and or installations and performance art, expect the unexpected at Crucible Gallery.

See [www.cruciblegallery.com](http://www.cruciblegallery.com)  
for submission details January 2021

**WorkBC** Employment Services

**JOIN US ON FACEBOOK LIVE  
FOR OUR SKILLS  
TRAINING  
INFORMATION SESSION WITH  
WORKBC CENTRE POWELL RIVER**

**TRAINING FOR SUCCESS**

Are you looking for new skills to navigate a new future? Join us on WorkBC Powell River Facebook Live to learn about skills training

■ **When:** November 18 at 12:00pm - 12:30pm and 6:30pm-7:00pm



■ **Where:** Facebook Live - WorkBC Centre Powell River



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