

NEHMOTL "Us"

July 2021

Community News | Events | Updates for the Tla'amin Nation



Tla'amin Nation and VIU: Heavy Equipment Operator Students Graduate!

The Tla'amin Nation and Vancouver Island University (VIU) – Powell River Campus would like to congratulate the eight Heavy Equipment Operator student participants on their graduation from the Trades and Technology: Heavy Equipment Operator (HEO) Program and completion of a 10-week work experience project. The students have been studying and participating in hands-on learning since November 2020. Program Coordinator, Jessie MacDonald explains, "This was a long-haul program, 34 weeks in total, for these students who committed to hybrid learning with both online and in-person training, travelling and being away from home for a period of time, and working on a community-based project during a global pandemic. I hope you are proud of all that you have achieved."

The HEO Students, under the direction of the Tla'amin Nation, Deighton Creek Contracting and VIU HEO program, recently completed an extensive land clearing and preparation project for the development of the new community cemetery on Heknekw Road across Highway 101 from the Salish Centre (4895 Salish Drive).

The students were the architects of the new, 200 ft x 300ft, cemetery which is surrounded by beautiful cedar trees, natural features, and plenty of space for parking and future gatherings. Students ran a variety of heavy machines, under the direct supervision and expertise of Deighton Creek Contracting, including three different sized exca-



Heavy Equipment Operator students cleared and prepared the land for a new community cemetery, on Heknekw Road, under the direction and supervision of the Tla'amin Nation, Deighton Creek Contracting and Vancouver Island University. From Left to Right: Stewart Louie, Darryl Louie, Ryan Gendron, Kyle McGee, Anne-Marie Buchan, Scott McLeod, Greg Hobden. Missing: Rebecca Harry, Amanda Cochrane, Ralph Stocker, and Lyle Davison. (Photo Credit: Carmen Galligos)

vators and an articulated rock truck to: clear and grade the land and road access; fall, stack, and pile trees and woody debris; install water drainage; and condition the land for the new cemetery. The students also created an extra special fire pit space where families can gather to do burnings for their ancestors.

Funding for this project was provided from the Government of Canada, the Province of British Columbia, and Industry Training Authority (ITA), through WorkBC's Community and Employer Partnership's Project Based Labour Market Training Program. The Minister of Social Development and Pov-

erty Reduction and MLA for Powell River-Sunshine Coast, Nicholas Simons commented, "Congratulations to the Vancouver Island University and Tla'amin Nation Trades and Technology Heavy Equipment Operator Training graduating class. As B.C. moves into economic recovery, we will need to continue to invest in education and training programs throughout the Province, and I'm glad that people in this region were able to participate in this program. The valuable experience and skills that the graduates have gained will help them find and keep meaningful, good-paying jobs."

HEO (Continued on page 3)

Keep your cool and stay hydrated

during this

HOT SUMMER



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



Tla'amin Governance House Updates

4779 Klahanie Road, Powell River, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646

Next Executive Council Meetings

July 14 @ 9:00 am start
Tune in on Facebook
for the livefeed.

LEADERSHIP CHAT

July 19th @ 2:00 pm
Send your questions to:
heyhegus@tn-bc.ca
by July 16th, 4:30 p.m.

Tla'amin Eases Back into Safely Gathering

On National Aboriginal Day, Tla'amin was finally able to hold a couple of outdoor events by following the Provincial Health Covid-19 Safety Protocols "B.C.'s Restart: A Plan for Bringing us Back Together." A drive through service was open from 11:00 am to 1:00 pm for residents to pick up their Indian Tacos and gift bags. A display table of traditional baskets were on also available for viewing outside the Salish Centre. Special thanks to the Skill Builders Program and volunteers for helping out in the kitchen.

In the early evening a small gathering was organized and held at the Waterfront Gazebo to send strength and prayers to the families of the Kamloops Indian Residential School and all residential school survivors impacted as a result of this tragedy.

Background:

On June 15th, BC introduced Step 2 of the province's COVID-19 restart plan. Step 2 is based on at least 65 per cent of the 18+ population being vaccinated with one dose, along with declining case counts and COVID-19 hospitalizations.

As a result, Tla'amin Executive Council approved the following recommendations:

- Allow small in-person meetings in the office between staff and non-staff. Masks, hand sanitizing, and social distancing measures continue to be in effect.
- Allow indoor gatherings of up to 50 people. Masks, hand sanitizing, and social distancing measures continue to be in effect, in addition to being subject to the following measures:
 - Anyone booking the gym (Salish Centre) and other community buildings for a function must do a sign-in sheet to register contact information on all attendees for contact-tracing purposes.

Waiver forms be signed stating that the person hosting the event will follow all Covid-19 Safety protocols/measures, and understand this is a "seated" event.

That Tla'amin janitorial staff will properly disinfect the premises before and following the event.



As part of National Indigenous Day, community members gathered to pay tribute to the 215 missing children discovered at the Kamloops Indian Residential School.

- The re-opening of playgrounds, soccer fields and other similar public areas is for Tla'amin community only. Sanitizing stations at playgrounds and soccer fields will be installed.

Tla'amin community will remain closed to non-residents at this time. Signs will continue to remain in place at all road openings. Executive Council supports the closure to non-residents to avoid the risk of further Covid-19 spikes.

These recommendations will be further reviewed following the announcement of Step 3 of BC's Covid-19 Restart Plan on July 1st. After that announcement we will post information on our website and Facebook page regarding any changes to restrictions.

As a reminder, masks are still recommended, exercise careful social contact. If you feel sick, stay home and get tested. We look forward to fully re-opening our offices and workplaces in the near future, if the number of covid-19 cases and related hospitalizations continue to decline, and the number of people getting vaccinated continues to rise.



Skill Builders Program provided traditional bannock techniques

TEK Department - Lands & Resources

Contemporary Use Study (CUS) Survey will be conducted over the summer months of July & August 2021 to update our Traditional gathering from Tla'amin Territories over the last 10 years.

CUS STUDY

The CUS is a compilation of questions on a Survey to collect data of what and where our people are fishing, hunting and gathering in the Tla'amin Core and Shared Territories. This information will be beneficial to the Lands and Resources team when making decisions on our Aboriginal and Treaty Rights. When referrals are brought in by governments and developers, it is necessary to be aware of the areas that we utilize for cultural and traditional uses. Without this knowledge there is a chance that specific lands could be licensed out or developed on. We would also like to know what the barriers are that our people are facing which may be preventing them from fishing, hunting or gathering in the Tla'amin territories.

This is imperative to our future harvesting needs. We ask that anyone that is practicing our traditional practices on our land fill out this survey. Especially those holding harvest cards (It is a requirement to report your catch if you hold a harvest card) and those wanting to enter into the Elk Draw this year. We request that you fill out this Survey so we can collect the data we need to keep those areas accessible and available to our Nation.

CUS Survey Access <https://arcg.is/1ry8yi0>

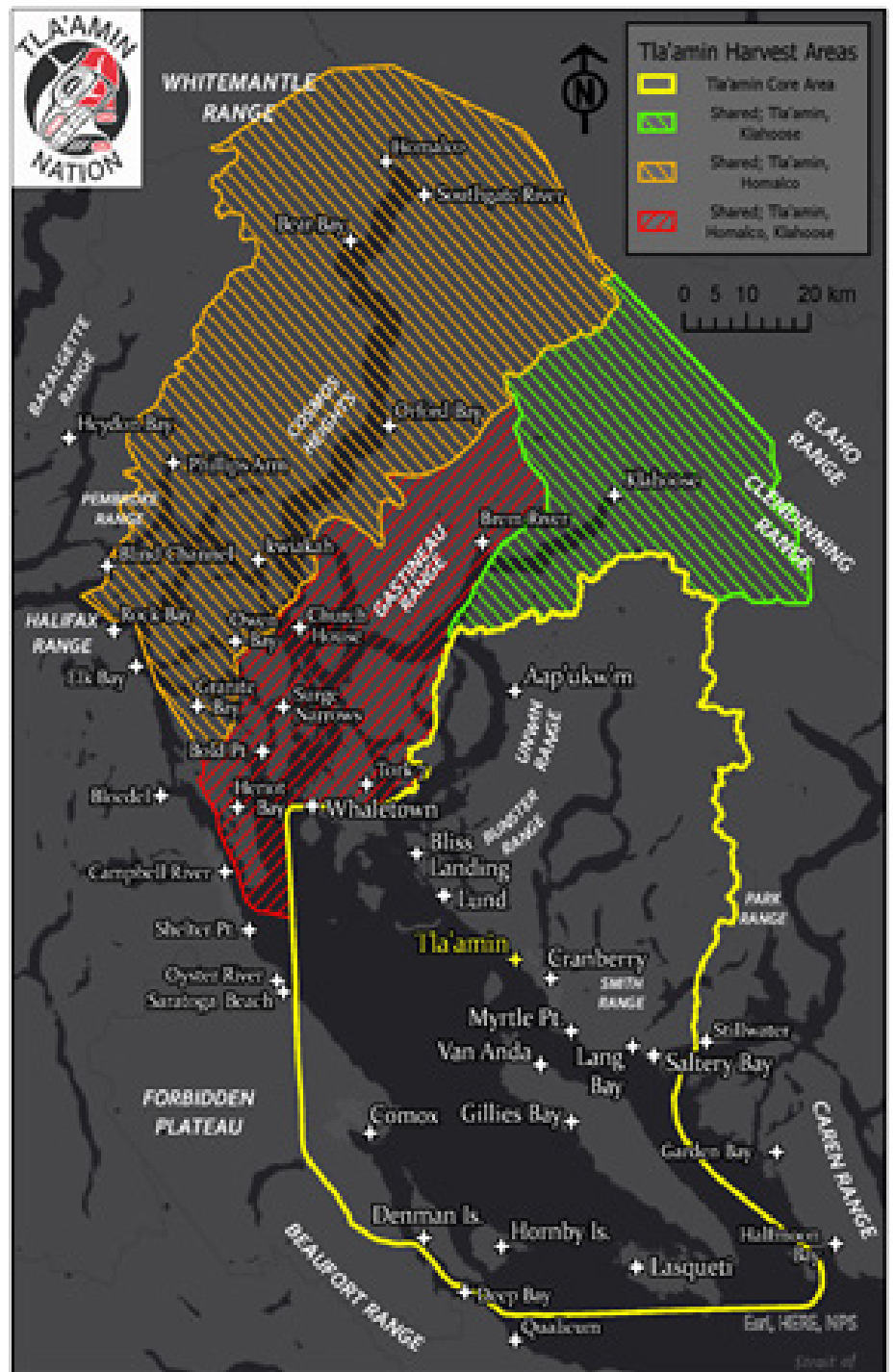
Entry Prizes:

First Prize - \$300.00

Second Prize - \$200.00

Third Prize - \$100.00 Rona Gift Card

These are prizes that we have gathered for your participation. If you want your name to be entered in the draw please report your name and number when asked in the last section of the survey. Please find the link to the available above as well as the QR Code for easy access. You may also call 604-483-9646 ext# 154 for assistance or to do the survey over the phone or in person.



There are many threats and demands such as industry (the mill, the quarries on Texada Island), ferry traffic, boat traffic, commercial fishing, tourism, pollution for example. It is important that we chart our own plan for how we want these waters to be treated and protected to ensure that we will always have these resources. We will be planning an Open House later this summer and are looking forward to hearing from our community. Stay tuned!

CUS Survey Area Map

Elder Interviews - Tees'kwat

Duane Hanson, our TEK Surveyor, has been focusing a lot of his research on Tees'kwat Lot 450 in support of the Tla'amin Nation villages at the mouth Powell Lake and surrounding areas. We want to put our focus on collecting knowledge from some Tla'amin elders, the knowledge keepers on their recollection of Tees'kwat. We are planning on conducting Interviews with some Elders over the summer that will support this research.

Other Lands & Resources Updates

- **The Chainsaw Operator's course has now been scheduled.** The dates are July 7-8, 2021. If you registered before, you must register again. You can leave your name with the front desk at the Governance House. Available to Tla'amin citizens/Tla'amin community residents only.
- **Firewood permits are available at the front desk for community members/lease land residents only.** You may cut dead and down only and sale of firewood is not permitted.
- **Grass/Broom/maintenance crew** – are now under the Infrastructure Department – Rich Gage and Carmen Galligos. No longer under the Lands Department.

Marine Plan: The Tla'amin Nation will be beginning the development of a Marine Use Plan for our Marine Territory. We have aboriginal and Treaty rights to the marine resources and our rights must be accommodated.

HEO (Continued from page 1) Work is still left to complete on site, that will take place in the near future. Project Manager, Carmen Galligos explains, "Thank you to Deighton Creek and the HEO students for the great care and hard work they put into this project. It was amazing to see the progress you all made from start to finish. Our current cemetery is nearing capacity, this project was imperative for our growing community. I'm grateful for the partnership opportunity with VIU to make this happen. It turned out to be such a peaceful, quiet, natural, private space. It will be a beautiful place to visit and reminisce our ancestors. Thank you to Cathy Galligos, our former Director of Lands & Resources who got this project off the ground & helped tremendously with the planning as well."

Now that the students have completed the HEO Program and work experience, they are looking forward to securing sustainable work locally and abroad in road building, forestry operations, land development, landscaping, and demolition. Congratulations!

North Island-Powell River MP praises class of 2021

As you've navigated your way through the COVID-19 pandemic, I hope you've also learned some things about yourself, what you value and hold dear, and what you are able to overcome



North Island-Powell River MP Rachel Blaney Contributed photo

When you began your formal education, and as you progressed through your years of school, none of us anticipated what you experienced in your senior high school years. Yet despite the uncertainty, the changes and adjustments, disappointments, and additional stresses, you've succeeded and achieved this important milestone. For all these reasons I offer my heartfelt congratulations.

As you've navigated your way through the COVID-19 pandemic, I hope you've also learned some things about yourself, what you value and hold dear, and what you are able to overcome. These are valuable insights that can help guide you in the future.

I also want to congratulate your teachers, parents and loved ones for their hard work in supporting you throughout your school years. I know the joy, pride and love we feel as we watch our children in this rite of passage.

I like to share with graduates a favourite quote from one of history's most celebrated learners, Albert Einstein, who said: "I have no special talent. I am only passionately curious."

As you go forward to find your way in our community and in our world, I hope you do it with passion and curiosity, as well as with the kindness, hopefulness and determination that we've all needed these past 16 months. Sincere best wishes.

Rachel Blaney, MP
North Island-Powell River



Skill Builder participants developed traditional skills during the program

The Tla'amin Nation would like to congratulate the following Post-Secondary students on achieving their educational goals and wish them well on future endeavors:



1. Kim Hackett- Medical Office Assistant (February 2020)
2. Kendra Wilson- Health Care Assistant (March 2020)
3. Riley Harry- Culinary Arts Level 1&2 (June 2020)
4. Brooklyn Egan- Bachelor of Social Work (September 2020)
5. Ethan Rubletz- HEO program (September 2020)
6. Jevin Hillis - Sheet Metal Level 2 Worker (September 2020)
7. Brandy Francis- ECE Certificate (September 2020)
8. Leslie Ann Louie - Bachelor of Social Work (December 2020)
9. Jara Galligos- Educational Assistant and Community Support Worker (December 2020)
10. Sydney Romanyshyn- Diagnostic Medical Sonography Technician (December 2020)
11. One community member- ECE Diploma (December 2020)
12. One community member Heavy Duty Mechanics Apprenticeship Level 1 (April 2021)
13. Gabriella Adams- Health Care Assistant (May 2021)
14. Adam Gauthier – BCYC Child Protection Specialization (May 2021)
15. Kayla Peters- Bachelor of Child & Youth Care program (May 2021)
16. Lisa Williams – Health Care Assistant (May 2021)
17. Marilyn Williams- Health Care Assistant (May 2021)
18. Brea Peters –Health Care Assistant (May 2021)
19. Tatiana Peters –Health Care Assistant (May 2021)
20. Robyn Harry – Health Care Assistant (May 2021)
21. Trista Leblanc (Tom) – Health Care Assistant (May 2021)
22. Callie Harry – Health Care Assistant (May 2021)
23. Frankie McWade – Health Care Assistant (May 2021)
24. April Treacle – Indigenous Land Stewardship Certificate (May 2021)
25. Gina Francis- ECE Diploma (June 2021)
26. Alexandra Souch- Early Childhood Diploma (June 2021)
27. Jade Hobenshield- Early Childhood Diploma (June 2021)

Louise Dominick
Tla'amin Nation Post Secondary Coordinator

Tla'amin Student Profiles



Abby Francis

By Gerry Brach,
Brooks Secondary School Counsellor

From an early age, Grade 12 student Abby Francis has enjoyed taking nature/wildlife pictures, especially at Cranberry Lake. Her love of photography and writing has her considering a career as a newspaper reporter along with having her own photography business. Abby credits her grandfather as someone who has always encouraged her to do what she wants in her life, and he has been a very good sounding board for her.

In spite of COVID, Abby is liking her final year of high school." At first it was pretty overwhelming with all the protocols in place, but now I am used to them and I am enjoying being at Brooks." Abby just finished a Physical Geography 12 online course with Mrs. Anderson, saying, "It was a lot of fun learning about different types of rocks and biomes." She also enjoyed her English 12 course with Ms. Leach in which she was given opportunities to write fictional stories for young chil-

dren. Her younger sister Layla loved reading the stories her older sister wrote for her.

When asked about which teacher has had a strong influence on her life, she mentions Mr. Bennett, who has been very helpful with her photography courses. "He really encourages me to learn more about photography. He is really outgoing and forms great connections with the class". She is currently taking an Independent Studies Course with Mr. Bennett in which she is furthering her photography skills. Abby is very grateful for her friends and family. She describes her friends as very caring and her parents as very supportive. Her advice to younger students is: "Get your school work done and don't be afraid to ask for help if you need it."

Future plans include taking courses in photography at North Island College as well as possibly attending B.C.I.T or Camosun College for journalism courses. In the next five years Abby sees herself pursuing her love of photography and journalism in either Fernie or Nelson, B.C.

It is not hard to picture this creative student achieving her future goals!



Cultural Leader: Matthew Louie

By Gerry Brach,
Brooks Secondary School Counsellor

Since enrolling in the Chichuy Pre-School, at the age of 5, this Tla'Amin Nation student has worked hard to develop his cultural identity. Matthew Louie takes great pride in the strong relationships he has built with his family, friends and community. From an early age, Mathew has been immersed in traditional Tla'amin practices of dance, song and language. He continues to be passionate about these cultural practices. Mathew credits Dorothy Louie and Brad Adams as two people who helped enrich his cultural knowledge at an early age. Drew Blaney was and still is, instrumental in mentoring Mathew in different cultural protocols.

When Matthew was in Grade 7, he formed a drum group called "Young Spirits". This talented group went on to perform at different venues on Vancouver Island and locally at the Evergreen Theatre and Willingdon Beach. In the summer of Grade 7, he participated in the Canoe Journey to Campbell River. Later in high school he helped compose a song called I:Hos which told the story about a sea-serpent. Mathew along with his friends; Dion Marriot and John Dominic then taught the drum protocols and the history of

the song to students at James Thomson Elementary School.

Mathew is very grateful to his family as they have all been very encouraging and supportive of his cultural pursuits. "My Kookpa John (grandfather), always encourages me to be respectful of others and to honor what I stand for and what I do." Tyler Peters is someone else who Mathew singles out as being very supportive of him in tough situations. "He is like a big brother to me. So helpful and caring."

Mathew would like to keep exploring culture in the future by helping educate young kids at Tla'amin. He feels that in order for younger students to be successful with their culture. "They need to focus and put time into what they are doing, whether it is drumming, singing or carving.", says Matthew.

In his Grade 11 year at Brooks Secondary School, his favorite courses have been cooking all day with Mr. Austin in Term 2. He describes Mr. Austin as a genuine person with a really good sense of humor. "I learned how to use all the equipment in the kitchen, and how to make a variety of different meals."

Future plans include possibly becoming an auto mechanic, chef or firefighter. Wherever his career path takes him, there is no doubt that Mathew's culture will always play an important role in his life and the life of his community.

PROGRAMS & SERVICES



Success for us is being proud of what we achieve and how we achieve it.

Mosaic Forest Management is a Canadian leader in sustainable timberlands management created through the affiliation of Island Timberlands and TimberWest (in 2018) and has operated on British Columbia's Coast for more than 100 years. We strive to be a global leader implementing the latest innovations and technologies across our operations, with our people and their safety and wellness as our highest priority.

The Opportunity

In support of the Indigenous Intern Leadership Program, Mosaic is seeking an Indigenous Forester in Training Intern to work out of our Nanaimo, Nanoose Bay, or Campbell River office on Vancouver Island, British Columbia.

The Role

The Indigenous Forester in Training Intern will participate in a job rotation program where they will gain experience and exposure with multiple groups at Mosaic. Specific responsibilities include, but are not limited to:

Sustainability Team:

Supporting Professional Biologists and Foresters in the management of land-based activities in relation to species monitoring, habitat management, cut block review, long term planning, urban interface design, and other integrated planning activities.

Forestry & Logistics Operations Team:

Supporting Professional Foresters, Engineers and other Specialists in tending to the next generation of forests and watersheds while ensuring the current generation of logs is delivered to the right place at the right time.

Log Purchasing Team:

Supporting the Purchase team with field activities including engineering, timber assessment and inspections, as well as office functions including pro forma analysis, bid package development and project reconciliations.

Required Skills and Experience

- Graduated from a Diploma or Degree in Forestry or equivalent;
- Valid BC Class 5 Driver's License or equivalent;
- RFT or RPF eligible or accredited with the ABCFP;
- Demonstrated ability to work well within team-based environments;
- Proficiency in Microsoft Office products;

ucts;

- Proficiency with basic GIS functions;
- Strong interpersonal and communication skills; and
- Ability to self direct and effectively organize, plan work and prioritize resources.

What You Get

Living on Vancouver Island surrounded by the Pacific Ocean on the west Coast of Canada. We offer a comprehensive and competitive benefits package which includes health and dental coverage, accident and disability insurance, along with several other benefits and perks.

Eligibility Criteria

Mosaic Forest Management is committed to fostering the talent of young and emerging Indigenous Peoples. To be eligible to apply for this Intern position, you must be Indigenous (First Nations status or non-status, Métis, Inuit).

To Apply

Please submit your cover letter and resume to careers@mosaicforests.com. This position will remain open until filled. Use "Forester in Training – YOUR NAME" in the subject line.

About Mosaic

Mosaic Forest Management manages the forest planning, operations, and product sales for TimberWest and Island Timberlands delivering sustainable forest management within their private forest lands and Crown tenure areas. All forest lands are certified under the Sustainable Forestry Initiative (SFI).

Mosaic employs several thousand people directly and indirectly to achieve strong economic, social and sustainable outcomes from the working forest. We are Canadian owned by major Canadian public service pension funds.

Mosaic was the first forestry company in BC to achieve Progressive Aboriginal Relations Bronze Certification and then Silver Level Certification. Also, the first forestry company in the world to include the supply chain in its carbon accounting and recently certified by the Carbon Trust for our carbon accounting across the company's entire supply chain.

We are an equal opportunity employer committed to diversity and inclusion and welcome all interested applicants to apply. To learn more, visit MosaicForests.com.



Thank you for your work you will be missed Craig Galligos!

Craig Galligos has moved on from his position as Forestry Manager with Thichum Forest Products LP. Craig began working with Tla'amin in 2006 after graduating from UBC with a Forestry degree in Resource Management. Craig oversaw the Forestry company where he managed two fulltime employees and numerous crews throughout the years working on tree planting, elder's firewood, roadbuilding, logging, as well as managing the land referrals file for several years. Craig was a valued employee, we know that good colleagues are the kind of people you can rely on, generally get along with, share a joke or two, and ask for help, Craig is all these things.

Craig is looking forward to spending more time with his family which includes honing his skills at carving. Craig is confident in the successful future of Tla'amin forestry initiatives to carry on with sound management as well as continuing to be profitable. He will remain as a board member for the Tla'amin Holdings Board. Tla'amin Management Services Staff and Board of Directors wish you all the success in this next phase of your career.

TRAIN FOR A CAREER IN TODAY'S LOGGING

12-WEEK FUNDAMENTALS OF FOREST HARVESTING PRACTICES PROGRAM
BEGINS AUGUST 23 IN WOSS

FREE VIRTUAL INFORMATION SESSIONS BEING HELD EVERY WEDNESDAY AT 6:30 PM

EMAIL HEO@VIU.CA
FOR YOUR INVITATION TO THE NEXT SESSION

#IREALLYWORKHERE

VANCOUVER ISLAND UNIVERSITY

TLA'AMIN NATION NOMINATION MEETING NOTICE

Notice is hereby given that the Tla'amin Nation has called a By Election for July 26, 2021 in accordance with the Tla'amin Nation Election Law (TNL04|2016) for the purpose of eligible Voters electing one (1) Legislative Assembly position for the balance of the current term of the Legislature.

NOTICE OF PRELIMINARY NOMINATION MEETING RESULTS

THIS LIST IS SUBJECT TO CHANGE – FINAL LIST OF CANDIDATES WILL BE POSTED ON OR ABOUT JUNE 21, 2021.

NOMINEE	NOMINATOR	SECONDER
GALLIGOS, CARMEN	DILLON JOHNSON	LOSA LUAIFOA
HARRY, BYRON	SALLY DOMINICK	DENEEN MCFALL
MARRIOT, BRANDI	DAWNA PALLEN	NONA HARRY
PALLEN, CYNDI	PATRICIA LUAIFOA	RANDOLPH TIMOTHY
PIELLE, VERN	ROSE ADAMS	PAULINE PAUL
TREAKLE, APRIL	LISA WILSON	DEBRA WILSON

**A NOMINEE WHO WISHES TO STAND AS A CANDIDATE MUST FULLY AND PROPERLY
SUBMIT TO THE ELECTORAL OFFICER BY 4:30PM JUNE 21, 2021 THESE ITEMS:**

- Complete Acceptance of Nomination Form (Schedule C);
- A deposit of 50.00 for the position of Legislator made payable to the Tla'amin Nation. This may be provided directly to the Nation with a receipt provided to the Electoral Officer;
- Complete Certificate of Qualification (Schedule D),
- Evidence (a receipt) that they have submitted a request for Criminal Records Check. Once the criminal record received, please forward to the Electoral Officer; and;
- A complete Candidate Code of Fair Campaign Practices form (Schedule A);

All FORMS and Nominee/Candidate information is available at the website listed below or can be obtained by contacting an Electoral Officer directly.

Given under my hand at Victoria, British Columbia, this 14th day of June, 2021.



Lawrence Lewis, Electoral Officer

For more information or assistance please contact:

Lawrence Lewis, Electoral Officer

Email: support@onefeather.ca

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

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

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

Drew Shaw, Deputy Electoral Officer

Email: drew@onefeather.ca

Fax: 250 384-5416

Plastic Free Pets



Pet hair troubles? Try removing the bulk of hair from furniture using a wet rubber glove that you then rinse off. De-linting brushes made from wood and natural bristles or recycled rubber are also easy to come by these days. Worth the initial investment, too, when you consider how many single use plastic lint brushes you could go through in your pet's lifetime.

Cozy beds needn't be bought new from the store. An old wooden crate, suitcase or wagon can be fashioned into a funky upcycled bed with the addition of blanket and used pillows.

Loving up your pet can also leave room for caring for the planet.

Our team includes you!

Together, we can move the qathet Regional District towards true Zero Waste!

Let's Talk Trash is an initiative of the qathet Regional District's Waste Reduction Education Program. Watch for us at an event, a business, or a school near you. Our team is always looking for community feedback, if you have any comments, questions or concerns, please don't hesitate to contact us at info@letstalktrash.ca

Meet the members of our educational team:

Abby McLennan moved to the Powell River area in 2009 with her partner Marc and fell in love with the region. She is a founding member of the Let's Talk Trash team and gains her zero waste inspiration from the many people she meets who are working towards positive change. She believes our resources deserve to be more than one-hit wonders – re-purpose, re-invent & revolutionize!

Tai Uhlmann joined the team in 2012 to focus on leading the charge for composting in our community. She managed the Compost Education Centre at the Community Resource Centre and hosted educational composting workshops, from freezer conversions to on-site demonstrations at local gardens and nurseries. A filmmaker by trade, Tai recently returned to Lund from New York City to raise her daughter and son in nature and be more involved in her community.

Ingalisa Burns moved to Powell River in 2010 to start a new, low impact life in the country. Having completed her Permaculture and Ecovillage Design Certificates a few years earlier, she was armed with tools to realize this dream. After 15 years of working as a teacher, she is now thrilled to be involved in waste reduction education. Her hope is to raise awareness within the community about how we can live in harmony with natural systems.

Let's Talk Trash.ca

WHAT IS WASTE?

Some families are six months deep into caring for furry friends they got from Santa and others are years into pet parenting. Wherever you are on this journey, you are likely well aware of all the stuff that comes into your life alongside your companion. All the plastic toys, brushes, and pet food bags in your life may have you wondering at the environmental impact Fido or Fluffy is making.

Fortunately, there are plenty of ways to put your pet on a nearer to plastic-free diet with their food. Buying in bulk or simply in large quantities is a good start. Raw food meat byproducts can also be bought at local butchers and on top of having little packaging, they make use of meat that would otherwise be wasted. Local egg yolks and crushed shells are a great addition to a raw food diet, too. Feeling ambitious? Look up recipes for making your pet's treats. Dishes and storage containers can be glass, ceramic or stainless steel – all of which have a classier look than plastic and can easily be sanitized.

The inevitable task of managing your pet's waste is one that we rarely consider when gazing into a puppy's eyes for the first time. Avoid products that are single use like gel kitty litter, and favour instead compressed paper or sawdust pellets that are also capable of absorbing liquids and odours. Seemingly green are compostable pet waste bags, but these are a bit of a conundrum. First off, pet waste is not accepted in any form in our local compost pilot program, and secondly, neither is any kind of compostable plastic. Beyond this, compostable baggies that end up in the recycling system compromise the integrity of the plastic products or packaging that they are recycled into. A simply solution, not for the faint of heart, is to use an old yogurt container or equivalent to scoop up waste before disposal, then give it a rinse and storde it outside.

Plastic pet toys are everywhere, but you can avoid these and choose thrift store finds that are used, toys made from natural materials like hemp, wool, cardboard and wool, or even make your own toy from braided shreds of old t-shirts. And, just like with kids, you might find your pet happier with a stick than anything bought new from the store.

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

CHEECH LEM CHI CHIA



Prisma performed a few traditional numbers with the guidance of Drew Blaney and Cyndi Pallen. The performance was live-streamed on Facebook

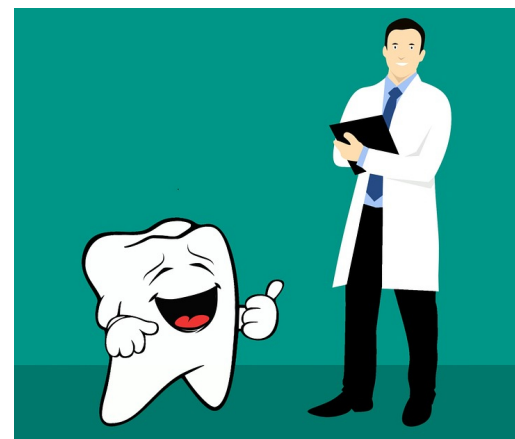
Tla'amin Complex Swim

Complex swim and exercise for our community has been extended to the end of July.

Same protocol, phone the complex five days in advance to register on Thursday, Friday, Saturday and Sunday.



Dental Clinics



There will be no dental clinics this summer, we will resume in September.

PROGRAMS & SERVICES



Calling parents and youth in BC!



COVID-19 and Youth Mental Health

Since COVID-19 was declared a pandemic, many public health responses have been implemented including social distancing measures and school closures.

These measures may have an impact on the mental health of children and teens, and we need to adjust the type and amount of resources being offered our children.

The MyHEARTSMAP team needs your help to measure how much and in what ways the changes in our lives during the pandemic have affected the social and psychological wellness of our children and youth.

Using the MyHEARTSMAP online psychosocial self-screening tool, children, youth, and (or) their parents, can learn about which aspects of their mental health may be of concern and might benefit from support resources, and where to find them in BC.

Learning about our children's needs will **help guide our provincial mental health resource planning.**

Who can participate in this study?

- Children and youth aged 10-17 in BC
- Parents with a child aged 6-17 in BC

What is involved?

- Answer questions about how COVID-19 has affected you
- Complete the MyHEARTSMAP Self-Screening Tool after enrolling, and again in 3 months



If you are interested in learning more and participating, please visit our website at:

MyHEARTSMAP-Pandemic.bcchr.ca



TLA'AMIN NATION & KLAHANIE RESIDENTS

Water Restrictions Effective Immediately

Due to the fire season and the high volume of water being currently used, we are advising the Tla'amin Community and Klahanie Residents that summer water restrictions will be in effect until further notice.

Houses with even number addresses may water on even days of the month.

Houses with odd number addresses may water on odd days of the month.

Due to increasing numbers of swimming pools, please limit the filling of swimming pools to once bi-weekly.

Please call (604) 483-4399 with any questions or concerns

Thank you in advance for your cooperation

Tla'amin Elders Corner

A warm hello to the Tla'amin Elders, summer is here, make sure you get outdoors enjoy the beautiful fresh air and sun. You are welcome to join us for an exercise program. There will be two outdoor programs offered in July.

1) Gentle Stretching Program – 6 week program for 30 minutes

Instructor: Kimberley Gage

Location: Tla'amin Health /in the back area

Dates: July 9th, 16th, 30th, August 6th, August 13th, and August 20th, 2021 (Fridays)

Time: 10:00 a.m.

Chairs and Equipment will be provided

2) Walking Group- walk at a pace that is comfortable for you – 4 week program for 30 minutes

Coordinator: Doreen Hopkins

Location: Gazebo at waterfront

Dates: July 7th, 14th, 21st and 28th, 2021 (Wednesdays)

Time: 9:00 a.m.

Required: comfortable walking shoes

With Covid concerns ongoing, outdoor activities are being promoted. Remember to bring a lawn chair, summer hat/sunscreen /mask and water bottle when attending outdoor events. Stay safe, hydrated and comfortable.

Counselling, is available to the elders in the community, if you are experiencing emotional distress, related to the recent discovery of the unidentified remains located on Kamloops residential school grounds. Please call and we can set up a safe place to meet.

World Elder Abuse Day, was Tuesday, June 15th, 2021, please phone if you have questions or concerns.

Coordinator: Doreen Hopkins

Phone # 604-483-3009 extension: 126



What are the **SIGNS AND SYMPTOMS** of heat illness?

HEAT STROKE



High body temperature



Dizziness/
Fainting

Confusion and lack of coordination



No sweating,
but very hot,
red skin

Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.



FACT 1 OLDER ADULTS

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

FACT 2 INFANTS AND YOUNG CHILDREN

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.

FACT 3 CHRONIC ILLNESS/ SPECIAL MEDICATION

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



FACT 4 PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.



Who is **MOST AT RISK?**



CDRC Toddlers enjoy a walk in the sunshine



Happy 1st bday Abigail Mae



Skill Builders training Program (middle left and right)



Happy Birthday to Brandi Marriott on July 4, and Craig Marriott on July 12.

Much love from your family



I was touched by someone leaving flowers at the stairs of the church.

I said a little prayer for the children of Kamloops residential school and also for all the children and babies we have lost in our community.

Betty Wilson



Bear Safety

-  Be aware of your surroundings, watch for signs, make noise, carry bear spray.
-  Keep pets on a leash. Do not let them chase wildlife.
-  Learn more at www.wildsafebc.com on how to respond in a bear encounter.

Keeping wildlife wild and communities safe