

## Forest Fire Burns Too Close to Home

*Quick action prevented an uncontrollable blaze*

By Steve Gallagher  
Neh Motl Editor

Extreme dry conditions combined with the recent heat wave has our forests at high risk for forest fires. Fortunately, Tla'amin recently escaped the potential threat of an evacuation alert if the fire would have quickly got out of control. The lack of winds provided favorable conditions to battle the flames.

On July 9th, at approximately 5:30 p.m. a call was received reporting of smoke and potential fire approximately half a kilometer East of Highway 101 behind χεχνεq road. Nearly a hectare of Tla'amin land was later discovered to be under the mercy of the forest fire.

After the fire was located, a combined task force of Tla'amin Nation Fire Department, Enforcement Officers, Guardian Watchman, and members of the British Columbia Coastal Fire Centre, aggressively attacked the fire and brought the fire under control at approximately 11:45 PM.

On July 12th, at approximately 9:30 AM the Coastal Fire Centre informed the Tla'amin Nation Fire Department that the wild fire in the territory is now out and no longer active. The cause of the fire was still undetermined, but human cause is suspected.

"We encourage the exploration and use of our territory by Nation members, and visitors to our lands, but we want to remind everyone to be respectful of the land by observing the province wide fire ban that is currently in place. Hegus, John Hackett reassured the Nation that we were not under an evacuation alert, or an evacuation order.

Recently, a 2.5 hectares fire at Daniels River was a reminder to the region that fire risks are very real here in Powell River.

"The forests are extremely dry. We need people to remember that even small sparks could potentially spread and have large consequences. We were lucky that we were able to work with firefighters from the BC Coastal Fire Centre to bring the fire here under control, but it could have been far worse if it wasn't discovered as quickly as it was" reminded Fire Chief Byron Harry.

Approximately a year ago, fire and smoke was identified at the spit of Harwood Island.



Extremely dry forests provides the perfect conditions for forest fires on Tla'amin lands. This was managed by a Task Force

Tla'amin nation staff and fire department were on the scene at 8:45 am and it took about nine hours to fully put out the fire. As a nation, we are working on being more prepared as lessons were learned from these past incidents.

On March 31st, 1918, Easter Sunday, a blazing wildfire burned through Tla'amin territory. The fire ignited somewhere near Sarah Point and was fueled into a frenzy by high winds. The fire raged down the coast, eventually petering out near Powell Lake. The great fire of 1918 levelled our village to the ground. Amazing, not a single life was lost amongst the flames.

We want to remind all Nation members that if they see a wildfire on the territory, they can call \*5555 on your cell phone, or 1-800-663-5555 from any phone. We encourage Nation members to seek information from official channels only.

**Nation members can always monitor the following sources for accurate information:**

**Facebook Page:**

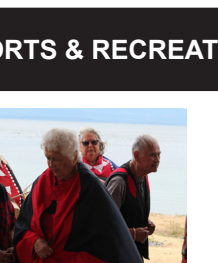
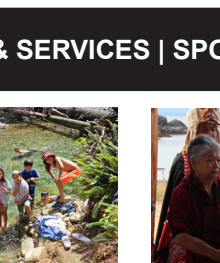
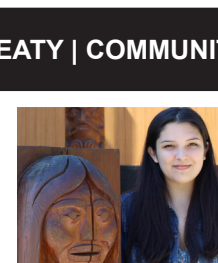
<https://www.facebook.com/tlaaminnation>

**Tla'amin Nation Website:**

<https://www.tlaaminnation.com/>

A wildfire is an uncontrolled fire that sweeps across large parts of areas with combustible vegetation.

A forest fire is a type of wildfire where an uncontrolled fire rages through vegetation generally more than six feet in height.





## 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 August 2nd in recognition of B.C. Day

## Survey Presentations

August 12, 17 & 26th

Salish Centre

**PIZZA NIGHTS**

**(6:00pm - 8:00pm)**

**AUGUST 21ST**

**10:00 am - 2:00 pm**

Salish Centre

**Soup & Bannock**

### WHAT IS A CUS STUDY?

The Contemporary Use Study (CUS) is supported by a Survey to collect data of what and where Tla'amin people are fishing, hunting and gathering in the Tla'amin traditional territory. This is imperative to our future harvesting needs as we need to keep those areas accessible and protect the resources available to our Nation.

### ELK DRAW

To be eligible for the 2021 Elk Draw it is a requirement that you complete the CUS Survey.

**Entry Prizes:** First Prize / \$300.00 / Second Prize / \$200.00 / Third Prize - \$100.00 Rona Gift Card

If you would like assistance with filling out the survey or for more information, contact the Traditional and Ecological Knowledge Department (604) 483-9646 at extension 154. CUS Survey Access <https://arcg.is/1ry8yi0>



Lands & Natural Resources  
TEK Department

## Culture Department Update

*By Drew Blaney*

The Tla'amin Nation Culture Department is excited to bring back our Cultural programming starting in September.



### We are currently seeking instructors to lead the following programs:

- Carving (Paddles, Masks, etc.)
- Basket Weaving (Cedar Root)
- Cedar Hat Workshops
- Directed Art
- Community Language Classes
- Wool Weaving
- Button Blanket Making
- Traditional Food Gathering and Preparation
- Traditional Medicines Gathering and Preparation

If you are interested in leading one of these classes or workshops, please contact Drew Blaney at [drew.blaney@tn-bc.ca](mailto:drew.blaney@tn-bc.ca) or by calling (604)-483-9646 ext. 123

## Culture Nights are Back!

Come out every Wednesday to the Tla'amin Waterfront to learn the songs and dances of Tla'amin. Please note that there will be no Culture Night on August 4th but we will resume again on August 11th.



Summer Day Camp takes a field trip to Forbes Bay



## Neh Motl Welcomes Abby Francis

*Creating connections through her culture*

By Abby Francis

I discovered my passion for photography and my struggle with math. In my last year of high school, I was taking English 12 and realized how much I also loved writing. One day I showed a picture I had taken to the photography teacher and he mentioned how I should “totally send some of my work to the PRL!” With his advice I sent in about 5 images and explained how I wanted to go into journalism and photography after I graduated. I got a response almost right away. They really liked the images and had asked me if I wanted to write an article for them as well. About 4 articles later I was asked if I would be interested in a paid internship with qathet Living, I was stoked to take this opportunity. With the funding through a Local Journalist Initiative, I am thrilled to be writing and photographing about industries and First Nations peoples stories for both Neh Motl as well as qathet Living magazine.

During my work period of the 8-month internship, I aspire to accomplish bringing in more stories from Tla’amin, Klahoose, and Shíshálh First Nations peoples to help their stories and voices be seen and heard, this will help increase the coverage and bridge a gap of non-indigenous and indigenous news. With every step being taken towards reconciliation, I believe it is

important for a larger-scale media coverage of events that take place within these nations, that it could bring together the region of qathet as more people begin to be informed of events happening throughout this entire region rather than each town being separated news-wise as it is now. I also look forward to learning much more about my culture and its history throughout time by hearing people and their stories through writing for both publications.

I have always wanted to be a part of something that leaves an impact, I think that this job will most definitely allow me to do that, as I help more people become aware of Tla’amin’s culture and news. By bringing in more stories from First Nations peoples, their experiences and lives can be seen by all of qathet which helps others learn while also creating connections. These connections can help build relationships throughout the community, allowing people to come together as a whole, rather than be separated, forming a friendlier, caring environment. Writing for Neh Motl will help me begin to build relationships within the Tla’amin Nation as well, which I did not really have growing up, which has caused me to feel more of an outsider rather than a member of the community. With this, I do believe that an impact will be left, as it brings people together, while also helps educate others on the First Nations culture. I feel as well that by writing these stories and learning more about what goes on within these industries, community, and lives, I will begin to feel more connected to my culture, which I would love to be.

Another thing is that I grew up being very focused on schooling, I never really took into consideration my First Nations background, this definitely played into my feelings of being an outsider. I have found within the last few years of my life that it was quite silly of me not

to ever really be involved culture-wise. My uncle, Kyle Francis, would tell me stories from his canoe journeys and the culture nights that Tla’amin hosts and the way he described them ended with me becoming interested in learning more about this part of my life. I would have loved to learn more of my culture from him, however, very sadly, my uncle passed away early last year, but the stories he left me with, still really encouraged me to learn more, and I know that by interviewing and writing more articles based around First Nations peoples and their stories, I can accomplish learning more about my culture and its history. I feel that by doing this, not only will I be proud of the work I complete, but he will be proud, too.

After the internship is up, I plan on applying to University/College for the Fall of 2022. I am anticipating attending BCIT in Vancouver and enrolling into their full-time Broadcasting and Online Journalism course that ends with a Diploma. This internship will prepare me for what the program will be like and I hope to succeed. After this course I am going to take their part-time Photography program that gives a Statement of Completion, but is much shorter than the Journalism Diploma. I want to also take this photography course because I have always had my mind set on a future heavily revolving around photography. After schooling is complete I will pursue this career path and cannot wait to see where it leads me in life. If you have any stories or info you would like to share please feel free to send me an email at [abylviolet03@gmail.com](mailto:abylviolet03@gmail.com) to set up an interview/photo-shoot!



## The Stock Pile Market

The Stock Pile Market is open from 7 AM to 7 PM everyday. We have a wide variety of beer, wine, spirits, and tobacco available; we also have a large selection of food, including fresh produce, dairy, and bread, along with drinks and household basics. We sell a variety of giftwares and hardware too!

We work with a few local farms, and we’re looking for more local suppliers. We just brought in canned salmon and tuna caught locally. Let us know if you have any ideas for more local food we can sell or let us know if you have any other suggestions for what you’d like to see in the store.



The fuel dock at 13 Moons Marina is open from 7 AM to 5 PM everyday. Gas prices are high everywhere, but we’re staying competitive with our pricing so stop by!

The 101 Bar & Grill is open Thursday through Monday from noon to 7 PM (closed Tuesdays and Wednesdays). We’re serving lunch between noon and 2 PM and dinner between 4 PM and 7 PM; you can still get drinks if you happen to come between 2 PM and 4 PM. Look for your favourite fish and chips or burger on the menu or try something new like bruschetta or seafood chowder. Enjoy your meal inside or on the patio. We don’t take reservations, so come by early because we’ve been busy.

The Historic Lund Hotel will remain closed for the season, but we look forward to a grand return in 2022.

## Employment Opportunities in Lund

The summer season is busy for our restaurant and store in Lund, and we are still looking for some part-time staff for August. We are willing to train the right people.

**Server (101 Bar & Grill):** take orders and payments, answer customer questions, communicate with the kitchen and bar, and provide excellent service. \$15.20 per hour plus tips. Must be at least 19 years old and have a valid Serving It Right certificate.

**Store Clerk (Stock Pile Market):** assist customers, ring through transactions using our POS system, collect payment, stock shelves, and maintain the store. \$17.00 per hour plus store discount. Must be at least 19 years old and have a valid Serving It Right certificate.

Send your resume to [eric.hargrave@tmslp.ca](mailto:eric.hargrave@tmslp.ca) and note which position you are applying for.

Only those selected for an interview will be contacted.

# Beach Clean Up Brings People Together

A meet and greet on Texada Island between Tla'amin elders, the Ocean Legacy Foundation, Let's Talk Trash and a Lasqueti team was held to get to know one another to say collectively, "Thank you" for keeping our beaches clean.

"The Ocean Legacy Foundation, Let's Talk Trash and a Lasqueti team did an impressive clean up on our beaches over the summer in our traditional territory," commented Denise Smith. "This included

Harwood Island, Malaspina Inlet, Texada, and a number of other places. Tla'amin Guardian Watchmen supported the clean-up on Sundays to transport the garbage and rubbish that came off the beaches."

Nicole Evert joined Ocean Legacy back in April to help out with the clean right around the time funding was received from the province's Clean Coast Clean Water initiative to clean the beaches around B.C. "Over the last four months we worked hard to accomplish nine beach clean-ups gathering over 70 tones of marine debris and waste spread out over 300 kilometers of shoreline."

The Tla'amin Guardian Watchmen and Enforcement Team were recognized for keeping an eye on our waters and lands and protecting our traditional territory the best they can.

After the luncheon, Archaeologist Colleen Parsley did a presentation at Shelter Point to talk about the significance the area for Tla'amin. This is one story by Colleen Parsley.

In 2012-13, a fire burned a couple of structures to the ground at Shelter Point. This concerned Tla'amin and a site visit was carried



Elders discuss archaeology and share stories about the history of kʷuθaysqən (Shelter Point) at the new longhouse

out because the Regional District wanted to rebuild and develop. On their ways over here for the site visit, two of Tla'amin staff were followed by the RCMP from the ferry all the way to Shelter Point, and were immediately questioned as to what they were doing here, with suspicion, and that they didn't belong.

I began to do the archaeology for the Regional District. What I started to realize was that here on Texada Island, there is a colonial myth that settlers would tell

one another, including tourists. The myth was that Tla'amin never lived here because the Island was sinking into the ocean, and wasn't very habitable. It was very convenient for settlers because suddenly it was vacant and there was no history here,

We moved forward on this project to uncover the site in a way to combat the racist politics, and change through education, while introducing the ideas of cultural history and the ancient ties that the nation has here. We uncovered incredible artifacts that goes back to 3,300 years ago. We came up with this idea that we would have a display on site. Here at Shelter Point we have a 24-7 caretaker, and the nation wanted its history known to the outside world, so that is why we built a display. There is an interpretation panel that is just outside the concession.

There are longhouse features here. There are massive house depressions just past the caretakers. This could potentially go back hundreds of years. We think there are at least twelve long houses here. We are going to help the Regional District help put up new campsites.

This site has been occupied for 3,000 years at least. Some of the artifacts tell us that. We have this continuous use through archaeological records that show that it's really not long ago that people were living here. 800 years is really not that long ago.



Archaeologist Colleen Parsley explains the usage of the pitch from centuries ago



Longhouse features proves occupation for at least 3,000 years

## BASHING ILLEGAL TRASHING



Ingalisa

Tai

Abby

# Let's Talk Trash.ca

## WHAT IS WASTE?

If you've ever come across a mattress dumped in an alley, a tinsel-strewn Christmas tree on the pole line, or a trashed campsite in the woods, you've probably felt puzzled. It is hard to understand the thinking that leads to such acts of nature-vandalism. This is especially the case when so many other options for free recycling, composting, repair, and donating exist in BC.

Whether it's a disconnect from nature that results in ignorance, or the product of blatant disregard, litterbugs choose to use nature as a garbage can. Because of their choices, illegally dumped trash is a reality we navigate as a community. One of the responses to this reality has also been at the level of the commons - regional collection events powered by volunteers and funded by tax payers. Such events have been cancelled over the past few years and efforts continued by a noble few.

There are the ditch trash pickers, the kids picking up litter in family scavenger hunts, and hikers moving trash to trail heads. Some folks are even orchestrating their own dumpsite clean ups and taking the disposal costs on themselves as a gift to the community and local ecology. Others are using technology to bookmark sites while they're out and about exploring. The TrashOut.me phone app allows users to record dumpsites they see when they're out in otherwise pristine surrounds. Photos of dumped materials are uploaded and GPS coordinates automatically recorded. These coordinates become a pinpoint on the TrashOut map and a quick checklist of the type of materials and accessibility of the site



illegal dumpsites, trails and beaches and bring materials collected to Augusta Recyclers (7346 Highway 101) on Saturday, August 21st between 8am and 5pm. It is a one day event for illegally dumped waste only, and so excludes any household trash. Members of the Let's Talk Trash team will be at the transfer station to cheer on community volunteers who cared enough to clean up other people's messes. Those who are keen to participate but can't attend, can still get involved. Free disposal is also available for illegally dumped trash by applying for a waiver from the qathet Regional District through the Let's Talk Trash team ([info@LetsTalkTrash.ca](mailto:info@LetsTalkTrash.ca)). Once approved, trashy heroes are issued a paper waiver that is submitted to Augusta staff on the day of drop off.

Trashing our environment results not only in an eyesore, but can also be a dangerous source of pollution and lead to wildfires. If you have in-

formation regarding individuals that are dumping materials illegally, you can contact Conservation Officers at the RAPP (Report All Poachers and Polluters) hotline at 1-877-952-7277. Priority is placed on situations where hazardous materials are involved and where wildlife and their habitat are being placed at risk.

Our thanks goes out to all who continue to make the extra effort to clean up other's trash so that we can all enjoy a safe and consistently jaw-dropping coastal community!

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Our thanks goes out to all who continue to make the extra effort to clean up other's trash so that we can all enjoy a safe and consistently jaw-dropping coastal community!

### Powell River Living magazine changes its name to qathet Living magazine.

By Abby Francis

As you know, the public is torn over a possible name change for the City of Powell River.

Why did it change? Publisher Isabelle Southcott explains:

"We held a 'Best of Powell River' contest. However, before it ran, we realized it wasn't just Powell River companies, and places, etc. it was about the whole region. So we changed that name to 'Best of qathet.'

"Which then led to the thinking of, 'Well, this is now 'Best of qathet,' we no longer are Powell River Living, we serve the whole district including Powell River."

Did Isabelle and the magazine team worry about how the public would react? How did they feel about the public's potentially-negative reaction?

"Change is hard, change is also necessary," she said. "Some don't like it. We saw it as moving forward, as it represents the whole community. I was worried. But I believed that it was the right thing to do, and if we had to deal with the fallout, then we would.

"Overall though, the change went well. There were some people who didn't really care about it, and one who said they didn't agree, but that it was our choice. None were really awful; most responses were very positive.

"I am pleased with it. Updating signs and things will take place over the next year. I like that our name is now shorter, however, I am noticing that people, including us at the office, are struggling with the pronunciation of the name 'qathet'. I think an education session or video for everyone, including the public, on how to say the name would be great!"

This article is Funded by the Local Journalist Initiative.

# ASSUMPTION SCHOOL

7091 Glacier Street, Powell River, B. C. V8A 1R8  
 Phone: 604-485-9894 Fax: 604-485-7984  
 Email: [assump.office@shaw.ca](mailto:assump.office@shaw.ca)

July 8, 2021

To The Tla'amin Nation students who attend our school, Tla'amin Nation elders, and Tla'amin Nation Executive Council,

We are writing this letter to acknowledge and empathize with the grief and tragedy that accompanies the recent and continuing findings of the remains of Indigenous children at residential schools across Canada. As a school and parish community, we are saddened by the discoveries and recognize the pain this is causing for the Indigenous people within our community.

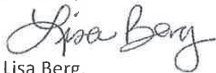
We wish to apologize sincerely and profoundly to the survivors and their families, as well as to all those subsequently affected, for the anguish caused by the deplorable conduct of those Catholics who perpetrated mistreatments of any kind in these residential schools. We understand how a connection to our faith community can evoke traumatic memories for many. We want to emphasize our ongoing commitment as a school to prioritizing the true message of Christ's love towards all people, especially our children. We take great responsibility in ensuring the safety and wellbeing of all children within our school community.

We have a goal of focusing on strengthening our reciprocal educational relationship with our Tla'amin students and families. We will be creating a reconciliation committee beginning in September 2021 and developing a plan on how our school should move forward. We want to emphasize our ongoing commitment to embracing the Tla'amin culture within our school. We have been prioritizing the instruction of the Ayajuthum language as shown by our weekly language instruction program as well as focusing on integration of authentic Indigenous cultural content within our curriculum across the grades.

We are open to suggestions from Tla'amin Nation members and especially from the families whose children attend the school. If you would like to be a part of our reconciliation committee, please contact our school by phone or emailing me at [lberg@ciswa.bc.ca](mailto:lberg@ciswa.bc.ca). We are not attempting to make up for the wrongs of the past. We want to educate our school community to understand historical trauma towards Indigenous communities and recognize ongoing racism towards minority groups. We aim to celebrate and embrace our local cultures and to have an overarching respect and love of others as we are taught to by Jesus.

With hope for a bright future,

Sincerely,

  
 Lisa Berg,  
 Principal

## School Supplies Allowance

Tla'amin Nation will be processing school supply funds for a total of \$125.00 for each child who is registered on the Tla'amin list who are in grades K-12. The child must be registered for school and only grades kindergarten-12 is eligible.

### This includes everyone who live on and off reserve

If you reside off-reserve, it is your responsibility to ensure your completed form has been received by the Tla'amin Nation Administration with your current mailing address.

The first round of applications for the school supplies allowance will be accepted until Tuesday July 27th 2021 at NOON SHARP .and cheques/direct deposits will be issued starting Friday July 30th.

If you miss this deadline, second round of School Supplies Allowance applications will be accepted the following week. This will continue until September 10th 2021

No cheques or direct deposit will be issued in between these dates or upon demand

Please complete the School Supplies form on the back cover of flyer and submit it to the Tla'amin Nation front desk or email it to Louise Dominick- [postsec@tn-bc.ca](mailto:postsec@tn-bc.ca) or fax to 1-778-762-3713.



## ASSUMPTION CATHOLIC SCHOOL & POWELL RIVER CHRISTIAN SCHOOL

### UNIFORM ORDERING

Assumption Catholic School and Powell River Christian School uniforms are available through Cambridge Uniforms or also through the Tla'amin Education Department

To place an order, please contact:  
 Louise Dominick  
 Phone: 604-483-9646 EXT. 125  
 Email: [postsec@tn-bc.ca](mailto:postsec@tn-bc.ca)

### Tla'amin Elders enjoy the new longhouse at Shelter Point on July 23rd



# Health and Wellness

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

**# Itstartswithme**



Tla'amin Elders were happy to go on a field trip to Texada Island on July 23rd and visit the new longhouse at Shelter Point as part of a meet and greet with the beach clean up crew

## Tla'amin Elders Corner

Hello summer! Continue to be careful as we move forward and loosen up restrictions for covid-19. Remember to stay hydrated and drink water before you become thirsty. Also, caution our families on fire safety. It is very dry out there.

### August schedule

#### Gentle Stretching

When: August 6th, 20th, 2021 (Fridays)

Time: 10:0 a.m. (30 Minutes)

Location: Back of Tla'amin Health

#### Walking Group

Time: 9:00 a.m.

We will continue to walk on Wednesdays – please join us when you can

and phone as we do change locations weekly.

### 50/50 Tickets

Tla'amin Elders are selling 50/50 tickets to raise money for Powell River Hospice.

Sellers are: Doreen Point, Andy George and Doreen Hopkins

Cost of Ticket: \$\$10.00 per a sleeve of tickets – stretch out those arms.

Draw Date: August 31st, 2021

### ENJOY YOUR SUMMER AND BE SAFE.

Doreen Hopkins – 604-483-3009 ext. 126



Summer camp students enjoy a boat trip to Forbes Bay

## Tla'amin Health Director Update

**COVID UPDATE:** Tla'amin Health encourages its citizens to vaccinate! Covid 19 vaccines are still available at Tla'amin Health for those requiring first and second dose. First dose includes Youth ages 12 and up!

Both doses of vaccine are important in protecting yourself, your family and your community from the COVID-19 virus. The 2nd Dose (booster) is very important as it actually builds a stronger immune response for a longer period of time. For an appointment, Contact Janice Ashton at 604-483-3006 Ext 115

**Public Health** - Tla'amin Health is very pleased to welcome Shereen Russell into the position of Public Health Nurse on August 16th. Shereen accepted a full-time, permanent position at Tla'amin Health, providing the stability and consistency to the nation that we have been seeking.

**Wellness Planning** - Tla'amin Health is excited to begin the process of wellness planning over the next 10 months with Joe Gallagher (Qoqoq Consulting) and his team, to research and develop a new Strategic Wellness Plan. This work includes all of you, so you can expect to receive an invitation to participate in community engagement for this project soon!

**Home and Community Care** - Over the past couple of months, we have celebrated two retirements. Charmaine Louie and Connie Francis both retired and we wish them all the best after many years of service to community. We also welcome Robyn Harry and Trista Tom-Leblanc into our Home and Community Care team.

**Youth and Family Advocate and Case Manager/Navigator Positions** – Tla'amin Health welcomes Leslie Louie in the Case Manager/Navigator position in a full-time, permanent capacity. The intention behind the creation of this position is to improve the quality client experience. As you know, navigating health and the nation can be time consuming and sometimes confusing. Leslie is now in place to assist clients who need to connect with multiple departments internally and externally, including Social Development, Housing, Justice and the Ministry of Children and Families. We are also pleased to welcome Nolan Louie who accepted a full-time, permanent position with Tla'amin Health as the Youth and Family Advocate. Nolan successfully completed a three month practicum at Health to finish his studies. Both Leslie and Nolan have their Bachelor of Social Work. They will work shoulder to shoulder to support youth and families with a goal of better outcomes and, ultimately, better experience for everyone involved.

**Health Promotions** – we now have the ability to gather in controlled groups. Please watch for notifications of fitness classes starting up again soon!

čęęhaθęč - I thank you,

Marlane Christensen, MA  
Health Director  
Tla'amin Health  
marlane.christensen@tn-bc.ca  
604.414.3863 – cell  
778.657.5898 - direct

## FITNESS CLASSES WITH TERRI

### Classes Tuesday/Thursday 5:00-5:45pm

Fitness class will include strength, balance, coordination, cardio, core & flexibility

July 27 & 29

Proposed 4 week series August 10 – September 2

- Covid Safety Measures in place
- Participants are encouraged to bring their own mat & equipment
- I have some equipment I can bring if needed.
- Participants are asked to stay home if they are feeling sick
- Participants must maintain physical distancing of 6FT

### Class Description

These classes are all about, moving your body in ways that make you feel good. Classes include a mixture of bodyweight and free weight exercises and all elements of a well-rounded movement practice; strength, mobility, balance, flexibility, etc. Modifications are given for both beginners and advanced.

Terri has 25 years in the health & wellness industry as a group fitness teacher, yoga teacher, personal trainer and health coach. Read full bio here: <https://www.terricramb.ca/aboutme>

Looking forward to seeing everyone in August

Terri Cramb, Health Coach  
IIN Health Coach, Yoga Teacher RYT200  
BCRPA Group Fitness, Weight Trainer  
604 483 6225



## Dental Clinics



Dental Clinics will resume in September. For appts with Dr. Machin please call Cathy @ 778 657 5924. September's clinics are full, we are currently booking for October.

## Health Promotion

It is great to make plans for Tla'amin Health Programs again, I am planning for workshops etc. with Covid guidelines in place.

**Walking Group**, start in Sept., maybe have a target for Sun Run April 2022.

Workshops on heart health, diabetes and other health issues that can affect our health

**Candlelight Ceremony** – November 2021 (Community Burning)

**Prenatal** – Making plans for sessions to start up, start Button Blankets in January for Welcoming Babies in Mar/Apr 2022

**Kid in the Kitchen** – Oct/Nov Nutriton/Community Kitchen - TBA

**Tla'amin Swim** at PR Complex will start again October.

Other activities are being planned, we post them in Neh'motl and Tla'amin Facebook.

Emote  
Dawna Pallen  
Health Promotion



## Keeping their Cool this summer at Forbes Bay is the Summer Day Camp

### Case Manager Navigator

yix mət t<sup>h</sup> qəmqəm (to take care of family)

Hello, my name is Leslie Louie; I completed my Bachelor of Social Work Degree with VIU in 2020. During the pandemic, as the Youth Wellness Coordinator, I spent a lot of time online. We held health challenges, mindfulness workshops, and language classes.

We also worked hard to secure space for the youth, which is the portable on the far right next to Ahms Tow. Thank you to everyone who helped make this happen! It is a temporary space until the Youth Field House is complete.

From April to June 2021, I enjoyed nine weeks working with the Traditional Skill Builders Program in partnership with Tla'amin Health, Tla'amin Nation, SD47, and VIU.

We spent most of our days outdoors, on the land and water. We learned how to make traditional medicines and teas from plants that grew all around us and shared these with the community on Indigenous Peoples Day.

We gathered shellfish, barbecued salmon, and harvested sea urchins. We were learning about Indigenous food sovereignty and our history while enjoying the beauty of our Traditional Territory.

Most recently, on June 22, 2021, I transitioned into a new position of Case Manager/Navigator at Tla'amin Health, liaising between the Governance House and CDRC. Our goal is to ensure that everyone has one accessible point of entry and experiences family-centered, culturally grounded, team-based care that supports individual and family needs.

My workload will focus primarily on Coordination of Client care, working with team leads, and collaborating with outside agencies and service providers to ensure that the needs of our clients are culturally safe and specific to the families' needs.

Now that COVID restrictions are lifting, please reach out if you require support for any mental, physical or spiritual health supports. Or if you have any inquiries about any of the services our health team delivers.

Leslie Louie BSW  
Case Manager/Navigator  
604-483-3009 EXT.103  
Leslie.louie@tn-bc.ca

### Tla'amin Health encourages it's citizens to vaccinate

Covid 19 Vaccines are still available at Tla'amin Health

For all first dose vaccine, Youth age 12 and up. And for those needing 2nd Dose

Both doses of Vaccine are important in protecting yourself your family and your community from the Covid 19 virus

The 2nd Dose (booster) is very important as it actually builds a stronger immune response for a longer period of time.

For an appointment, Contact Janice Ashton at 604-483-3006 Ext 115

## Fundraising for Wildfire Evacuees in Lytton



My name is Patty Renton, and I am from the Lytton First Nations band. I was born and raised in Lytton, and now live in Powell River. I am employed with Tla'amin Health as a Finance Clerk. I am related to much of the town of Lytton, and many of my family and friends still live there. For those whom have visited Lytton, you will know what a special place it is.

As many people are aware, Lytton suffered a devastating wildfire last week that destroyed 90% of the town. Many Lytton residents, including my family and friends, lost their homes and businesses in the wildfire. Due to the toxic environment and unsafe conditions the entire town has now been evacuated. Residents are unable to enter the town and it could be as late as October before they can safely do so.

Local fire fighters continue to work on containing fires burning throughout the area. We are so thankful for the local fire fighters' efforts to try and keep these fires under control.

My top priority is to raise \$3,000.00 in BC ferry cards. I need 15 ferry cards of \$200.00/each to provide transportation for 15 families so they can stay with families on Vancouver Island & the Sunshine coast. It will be at least 2 years before Lytton is rebuilt.

Lytton First Nations Council is looking for donations to support both firefighters and Lytton residents. There are many donations underway but specific items are needed. If you are able to help, the Council is looking is for gift card donations for the following items:

- Marks Workwear-to buy work clothing and boots for those fighting the fires
- Canadian Tire-For tools
- Ferry cards-For those who will need to relocate to live with friends and family
- Save on Foods-for food for those evacuated
- Gas cards
- Walmart gift cards

If you wish to make a cash donation, please consider donating to the Go Fund Me page put on by the Savage Society called "Helping our friends in Lytton", or cash donated to myself will be used to buy the above-mentioned gift cards. Also; Lytton First Nation is setup for etransfers: [lfndonations@lfn.band](mailto:lfndonations@lfn.band). Gift card donations can be dropped off at my home address at 5434 Laburnum Avenue or picked up by me for distribution to the Lytton First Nations Council.

If you have any questions you can call me at (604) 414-5431.

**Thank you for all of your support!**  
Patty Renton

# Essential Skills & Training (WEST)

Adult Special Education Program

## Module 1

Workplace Foundations

## Module 2

Customer Service

## Module 3

Retail & Food Services

**38-Week Certificate Program  
September 2021 - July 2022**

The WEST Program offers a unique opportunity for students with developmental disabilities to gain workplace skills while working in local community businesses.

**You'll Gain the skills for today's Job Market!**

- Classroom and hands-on job training at community work sites.
- Computer training across all modules, including social networking for today's workplace
- Certification to make you job ready: WHMIS, Food Safety and Serving it Right

### Career Opportunities

Graduates from the program obtain the skills to lead successful, independent lives. Our students find employment in various settings such as: Customer Service, Retail, Hospitality, Food Service, Child Care and Senior Care.

For more information or to book an appointment with an advisor call 1-604-485-2878 or email [pr.studentaffairs@viu.ca](mailto:pr.studentaffairs@viu.ca)

**REAL LIFE. REAL WORK.**



VANCOUVER ISLAND  
UNIVERSITY

Department of

Canada



BRITISH  
COLUMBIA

## The ƛəʔamən Language group welcomes you.

### About The ƛəʔamən people

The ƛəʔamən people lived along both sides of the Northern Strait of Georgia in the province of British Columbia, but now the majority of the population resides on Sliammon Reserve No.1.

Here in the northern stretches of the Strait of Georgia there are a myriad of inlets, bays, river estuaries and sheltered coves along which the ancestors of the ƛəʔamən people made their homes. They would build their villages as close as possible to the natural resources utilized by the ƛəʔamən people. Some of the primary settlements were Theodosia, Desolation Sound, Coast of the Malaspina Strait, Powell River (Tiskw'at), and many islands within the Strait of Georgia.

Ethnographic research maintains that the ƛəʔamən people occupied two permanent settlements. One by which was used in the fall and winter months; the other in spring and summer. Some of these places were simply over-night campsites, other became locations for seasonal villages where spacious houses were constructed from the giant red cedars that met the shore.

Coastal Aboriginal people were struck with waves of contagious diseases such as influenza, measles, small pox, tuberculosis. It was during this time that all aspects of the Tla'Amin language, culture, history, knowledge was threatened and almost extinct! Very few people survived, let alone capable of fighting long and hard enough to effectively pass their knowledge onto their children. By the turn of the century, ƛəʔamən, Klahoose, Homalco's numbers were less than 300 individuals, approximately 50% of them under the age of 18. The mandatory residential school system had already been in effect for more than 40 years, and the punitive powers of the 'Oblates or Black Robes' were at their highest. All of these things combined to almost annihilate the Coast Salish traditional knowledge, beliefs, and practices.

The Sliammon app is a media-rich bilingual dictionary and phrase collection comprised of words and phrases archived at the online Aboriginal language database [FirstVoices.com](http://FirstVoices.com).



## Indigenous Education in SD47



Staff survey results show 83% of staff have experienced or witnessed racism, discrimination, privilege and/or bias that has made them feel uncomfortable.



All levels of governments have recognized their social, moral and legal obligations to increase the number of Aboriginal students graduating. This was reinforced by the federal government's Truth and Reconciliation Commission on residential schools, which stated that "reconciliation must create a more equitable and inclusive society by closing the gaps in social, health and economic outcomes that exist between Aboriginal and non Aboriginal Canadians."

- 2015 Auditor General Report

In the education system, racism can take the form of educators having low expectations for students based on preconceptions or biases stemming from social attitudes.



How does SD47 staff racially identify?

43% of SD47 staff identified as human. While 42/44 respondents were identified as white (95%).



Do you learn enough about Indigenous history and culture?

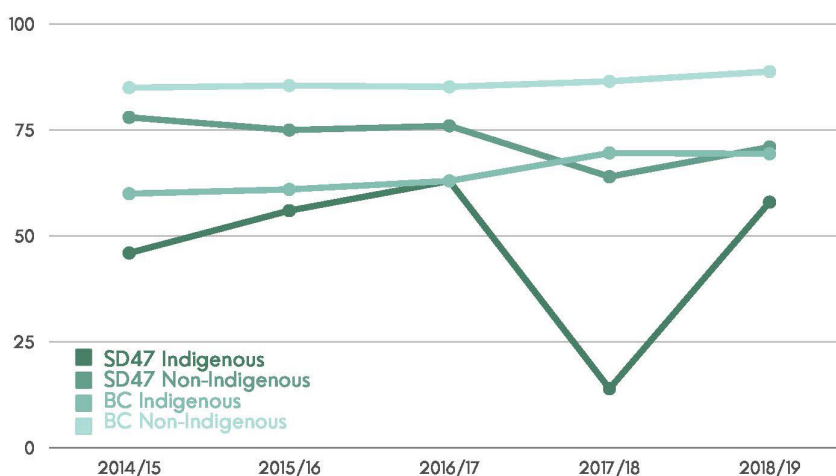
72% of Indigenous students said they didn't learn much or would like to learn more Indigenous history and culture at school.



Is school a safe place to celebrate your culture?

67% of Indigenous students at Brooks do not feel culturally safe. In total, 23% of students K-12 do not feel culturally safe.

Graduation rates in SD47 are below Provincial averages. The achievement gap in the region is even more dramatic for Indigenous learners.





## Finance Manager

The Tla'amin Nation is a modern, forward-thinking First Nation Government at an exciting point in its history. In April 2016, the community became self-governing through the Modern Treaty Process.

You have a tremendous opportunity to participate in making history, while situated in this stunning, safe and serene coastal community.

We are seeking a qualified accountant to fill the role of **Manager of Finance** with the Nation. As a member of the management team, you will be working closely with the Chief Financial Officer. You will not only lead a team, but also serve as a role model reinforcing excellent ethical values. You are a great communicator and capable of leading a group of people with varied experiences and backgrounds. You understand the importance of building strong relationships across the organization.

### WE OFFER

- Competitive salary
- A comprehensive health & dental plan and disability insurance fully paid for by the Nation
- An optional private group pension plan with matched contributions
- Opportunities for professional development

### DUTIES & RESPONSIBILITIES

#### Financial Oversight

- Provides governance for all financial transactions including accounts receivable, accounts payable, funding, & general ledger entries
- Provides coaching/mentoring to facilitate the growth & professional development of direct reports
- Supports the Chief Financial Officer in the development & management of the Nation's budgets
- Manages banking relationships, cash flow monitoring & banking security
- Oversees year-end transactions & audit file preparation
- Liaises with external accounting firm for assurance engagements
- Maintains/updates accounting procedures & policies

#### Financial Reporting

- Prepares consolidated financial reporting and dashboards
- Prepares departmental reports with analysis of actual to budget
- Supports Chief Financial Officer to empower Finance Committee & Dept. Managers with accessible & insightful financial information to assist in decision-making

- Continually improves budgeting analysis for financial planning & accountability
- Manages general ledger, department, and project reporting structure
- Ensures accounting software functionality meets reporting requirements
- Supports managers & Finance Committee with ad hoc analysis & reporting as required

#### Administration

- Supports team members by collaboratively setting processes, project management, goal-setting & monitoring
- Works to continuously improve processes across the Finance team.
- Other duties as assigned by the CFO

#### QUALIFICATIONS

- CPA designation
- 5 years of experience in finance/accounting
- Several years solid leadership/management experience
- Demonstrated experience managing intercompany transactions and service agreements
- Highly proficient with accounting software from daily recording transactions and reconciliations to design and set-up of new corporations, chart of accounts and financial statements
- Experience with Xyntax software a strong asset
- Excellent with MS Office & Google Suite skills with extensive working knowledge of Excel & Google Sheets
- Excellent verbal/written communication & presentation skills
- Experience in conflict management/resolution

**DATE POSTED:** July 19<sup>th</sup>, 2021

**CLOSING DATE:** Open until filled

**DETAILS:** Full-Time, Permanent (not a remote work position)

**REPORTS TO:** Chief Financial Officer

E-mail cover letter & resume to: **Dwayne Worthing, HR Director** at [dwayne.worthing@tn-bc.ca](mailto:dwayne.worthing@tn-bc.ca) citing "Finance Manager" in subject heading of your e-mail or drop-off/mail to Tla'amin Nation, 4779 Klahanie Rd, Powell River, BC, V8A 0C4

*We thank all applicants for their interest, however only those shortlisted will be contacted*



## Project Accountant

The Tla'amin Nation is a modern, forward-thinking First Nation Government at an exciting point in its history. In April 2016, the community became self-governing through the Modern Treaty Process.

You have a tremendous opportunity to participate in making history, while situated in this stunning, safe and serene coastal community.

The **Project Cost Analyst** provides a wide range of accounting services to the Public Works and Capital Projects division; this includes processing revenue and expenses, preparing multi-year project budgets, ensuring compliance with funding sources, and reporting on project results. This position offers significant responsibility, as the incumbent is accountable for Public Works and Capital Projects project accounting which forms a basis for decision-making within the division. There is interaction with cross-functional teams and leadership, as well as considerable opportunity to have a big impact within an ever-growing and exciting organization.

### WE OFFER

- Competitive salary
- A comprehensive health & dental plan and disability insurance fully paid for by the Nation
- An optional private group pension plan with matched contributions
- Opportunities for professional development

### DUTIES & RESPONSIBILITIES

- Oversees the full-cycle accounting for Public Works and Capital Infrastructure projects, including Xyntax project set-up and administration
- Manages the recording & reconciliation of all project funding sources to ensure consistent & proper coding
- Coordinate with Project Managers to process monthly project expenditures (ie POs, invoice coding) and investigate project variances, as required
- Manages & administers bi-weekly payroll allocation to project codes, including coordinating with HR on the set-up and department allocation of all new Public Works and Capital Infrastructure hires
- Performs timely month-end close & ensures recording all pertinent transactions including set-up of monthly accruals & properly document journal entries
- Supports the Public Works and Capital Infrastructure team with the annual preparation of multi-year budgets, as well as adhoc project and job costing
- Sets-up project budgets in the accounting system, & implements control & maintenance activities around project budgets.

- Ensures project budgets are up-to-date & follow-up with Project Managers for any discrepancies
- Annualizes and accrues multi-year projects & initiatives for budget planning and forecasts
- Assists in cash flow reconciliations & analysis to identify short-falls and/or over expenditures and recommends & prepares adjustments
- As required, prepares & files all relevant compliance reporting to funding sources for Public Works and Capital Infrastructure projects
- Prepares all reporting and variance analysis for each Public Works and Capital Infrastructure project, & prepares financial projections as required
- Prepares year-end working papers & liaises with external auditors to complete year-end files
- Performs other duties as assigned

### QUALIFICATIONS

- Bachelor's degree in accounting (preferred) or finance - required
- CPA designation – preferred
- 3-5 years of accounting experience - preferred
- Demonstrated experience with an integrated accounting system (Xyntax) - preferred
- Intermediate accounting & analytical skills
- Experience working with project management, & development/analysis of cost standards
- Ability to multi-task, adapt to and operate in a fast-paced, changing environment
- Excellent communication & interpersonal skills
- Proactive initiative
- Leadership, responsiveness & accountability
- Must be detail-oriented with strong analytical skills
- Strong working knowledge of MS Office; especially Excel

**DATE POSTED:** July 19<sup>th</sup>, 2021

**CLOSING DATE:** Open until filled

**DETAILS:** Permanent, f/t (not a remote work position)

**REPORTS TO:** Chief Financial Officer

E-mail cover letter & resume to: **Dwayne Worthing, HR Director** at [dwayne.worthing@tn-bc.ca](mailto:dwayne.worthing@tn-bc.ca) citing "Project Accountant" in subject heading of your e-mail or drop-off/mail to Tla'amin Nation, 4779 Klahanie Rd, Powell River, BC, V8A 0C4

*We thank all applicants for their interest, however only those shortlisted will be contacted*



## Carpenters & Labourers

Tla'amin Nation (TN) has initiated the construction of a new, 10-unit, residential, housing project. We are seeking **Carpenters/Labourers** and persons interested in developing their skills in the various construction trades. Work will be performed alongside, and in coordination with, qualified tradespeople as well as an assortment of subcontractors. All positions are two-year terms (hours are based on available work/skillsets). This is a tremendous opportunity for persons interested in growing a career in the construction field!

### DUTIES & RESPONSIBILITIES

- Performs labour tasks involving all aspects of new construction
- Working alongside plumbers, electricians, carpenters, drywallers, painters & other relevant tradespeople
- Helps with construction of footings, foundations & concrete slabs
- Assists with new residential framing
- Helps with interior & exterior finish work
- Maintains & inventories materials/tools used on job sites
- Documents work as the jobs progress
- Participates in safety and jobsite training & demonstrates the ability to apply what was learned
- Participates in COVID-19 safety training/orientation
- Learns & adheres to all TN's policies (safety, Admin & Finance, Covid-19 practices, protocols)
- Safely uses & maintains all power/hand tools – and other equipment
- Strictly adheres to all WorkSafe regulations/safe work practices at all times
- Other duties as assigned by supervisor/manager

### QUALIFICATIONS

- Construction experience (or strong desire to learn) a definite asset
- Trade certification/apprenticeship is an asset
- Self-motivated & willing take direction from others
- Able to work effectively alone or with minimal supervision
- Reliable attendance and acceptance of shifts when offered
- Ability to work with others in a team environment
- Able to lift 30-40 lbs
- Acceptable driver's abstract & police information check

**CLOSING DATE:** Open until filled

**COMPENSATION:** Based on qualifications/experience

**DATE POSTED:** July 22, 2021

**TO APPLY:** E-mail cover letter & resume to: **Dwayne Worthing, HR Director** at [dwayne.worthing@tn-bc.ca](mailto:dwayne.worthing@tn-bc.ca) citing "Carpenter & Labourer" in subject heading of your e-mail or drop-off/mail to Tla'amin Nation, 4779 Klahanie Rd, Powell River, BC, V8A 0C4

*We thank all applicants for their interest, however only those shortlisted will be contacted*





## Housing Assistant Job Posting

The Tla'amin Nation is seeking to fill the position of Housing Assistant. The successful candidate will ensure efficient and timely operations of the Housing Department and act as a support to the Housing Manager. This permanent full-time position will report to the Housing Manager.

### Duties and Responsibilities

- Assists in evaluating and resolving housing maintenance issues
- Responsible for the intake of housing requests, and ensuring rental documentation and contracts are in order
- Maintains housing files in an orderly manner
- Responds to tenant complaints, and requests in person and by phone in a timely manner
- Receives rental payments
- Negotiates rental contracts and arrears payment plans with tenants, dependent on final approval from Housing Manager
- Conducts housing inspections
- Inputs data into Xyntax software program
- Updates Housing Policy and rental/maintenance agreements
- Facilitates move in/move out procedures with clients
- Ensures the health and safety of all tenants as it pertains to housing
- Works in collaboration with the Maintenance Department with direction on work orders
- Participates in department meetings and training as required
- Takes accurate minutes of meetings and distribute as needed
- Assists in all duties related to housing administration of housing policy
- Other duties as assigned

### Qualifications

- Minimum Grade 12
- Solid knowledge of First Nations Housing (or willingness to learn)
- Knowledge of Xyntax Program an asset (or willingness to learn)
- Computer proficiency in Excel/Word
- Proven experience in client service.
- Excellent interpersonal and communication skills
- Valid BCDL and driver's abstract acceptable to the administration
- Excellent conflict resolution skills, able to deal with volatile situations without being reactive. Must have tools to deal with situations diplomatically.
- Excellent communication skills, communicates sensitive issues to clients in non-threatening way, appropriately addressing concerns and issues.
- Must maintain strict adherence to confidentiality.

This job posting will remain open until filled.

Please email your cover letter and resume to Dwayne Worthing, HR Director at: [dwayne.worthing@tn-bc.ca](mailto:dwayne.worthing@tn-bc.ca) citing "Housing Assistant" in subject heading of your email or drop off/mail to: Tla'amin Nation, 4779 Klahanie Rd, Powell River, BC, V8A 0C4

We thank all applicants for their interest, however only those who are short-listed will be contacted for an interview.

## Family Tree Update

*By Randolph Timothy*

I hope this update finds everyone well, exciting times with things around the province slowly opening up, continue being safe Tla'amin.

I would like to welcome Malachi Galligos, son of Pat and Krystal Galligos, who will be assisting me on the family tree, but also will be working with the Referrals Program.

I have been using the most current data available, and ensuring to correct some dates in our current family tree. I have used the census on some dates that were conflicting (from our deceased oved ones) which I will be able to access information from Stubberfields to ensure dates are correct. BC Archives has a great site to use as well, as it shows our loved ones spiritual journey dates, also has marriage certificates available online.

I recently have been assisting our sister nation (Homalco) with starting up their family tree, great to be in contact with our jeh jehs.

The family tree program requests anyone born in the year 2000 or after to submit information so I may add them to the family tree these documents include: birth certificate and photo for their family tree profile.

I can always send a copy of the completed family tree once I have added information and pictures to family tree, and please consider sending a mini biography of yourself and loved ones who has gone on their spiritual journey so future jeh jehs will know who that loved one was.

Thank you to those who have submitted and to those who will, if you require information on what I have please do not hesitate to contact me at 604-483-9646 Ext. 108 or email information to [randolph.timothy@tn-bc.ca](mailto:randolph.timothy@tn-bc.ca).



***che che ha thech***

# DID YOU OR A FAMILY MEMBER ATTEND A FEDERAL INDIAN DAY SCHOOL?

Right now, there is a nation-wide settlement to compensate survivors of Federal Indian Day Schools and Federal Day Schools.

The Poverty Law Office is here to provide information and to support individuals with the claims process.

- Find out if you attended one of the eligible schools.
- Receive help filing the claim. You are eligible even if you attended the school for just one day.
- If you have already filed a claim, and have not heard back, we can help you contact the Claims Administrator.
- If your claim was denied, or you received a lower level, our office can support you with the appeal process.

Please don't hesitate to call the Poverty Law Advocate. Our office can support you at any stage in the claims process.

If you are struggling and need someone to talk to, contact the **Hope for Wellness Hotline**, at **1-855-242-3310**.

—  
**THE CLAIMS  
PROCESS IS OPEN  
UNTIL JUNE 2022**  
—

## **POVERTY LAW ADVOCATE**

207-6975 Alberni St  
Powell River, BC

604-485-0950

Open Monday – Thursday

9AM – 4PM

## Accessing Mental Health Benefits

- 1
  - Client seeks mental health counselling.
  - Client chooses a provider from the list of mental health providers registered with Health Benefits and makes an appointment.
- 2
  - Provider submits a prior approval request to Health Benefits for the Initial Assessment.
- 3
  - Client attends Initial Assessment appointment.
  - Provider submits a prior approval request to Health Benefits for counselling sessions.
- 4
  - Health Benefits reviews prior approval request and determines eligibility based on program guidelines.
- 5
  - Client attends counselling sessions.
  - Provider submits invoice to Health Benefits.



## CHOOSE YOUR COUNSELLOR

Find the right person to talk to.

All of the professionals listed below have completed trauma training, as well as cultural safety and humility training, and are open to seeing new First Nations clients.



email Jennifer Smith  
(Jennifer.L.Smith@fnha.ca) for more  
information, questions, or concerns

updated June 29, 2021

**Carol Patrick (RCC)**  
Contact: (604) 813-4243  
Based in: Bella Coola  
Meeting: only virtual  
Background: Metis  
Did her dissertation on the impact of residential schools in 2017

**Allison Cannon (RCC)**  
Contact: (236) 991 7772  
Based in: Gibsons, Sechelt  
Meeting: only virtual  
Background: non-Indigenous,  
Worked closely with Dene and Cree communities up north, trauma training

**Michael Gabriel (RCC)**  
Contact: (236) 991 7772  
Based in: Gibsons, North Vancouver  
Meeting: virtual, in person meetings outside  
Background: racialized person, non-Indigenous trauma training completed

**Dawna Silver (RCC)**  
Contact: (778) 885-1950  
Based in: Gibsons  
Meeting: only virtual  
Background: non-Indigenous  
EMDR training, mindfulness training, working only a few days per week right now

**Diane Bourguignon (RCC)**  
Contact: (604) 414-9956  
Based in: Powell River  
Meeting: virtual, in person meetings outside  
Background: non-Indigenous semi-retired, contracted by First Nations Health Authority for few years

**Chris Drummond (RCC)**  
Contact: (604) 483-6337  
Based in: Powell River  
Meeting: in person  
Background: non-Indigenous, trauma training completed, tons of experience supporting IRS survivors, somatic healing (body-based work)

**Chris Walford (RCC)**  
Contact: (604) 223-4415  
Based in: Powell River  
Meeting: in person & virtual (waitlist is 9-10 days long)  
Background: non-Indigenous, Lots of work closely with Tla'amin First Nation, complex trauma, suicidal ideation, locals are prioritized for in-person meetings

**Wendy Charters (RCC)**  
Contact: (604) 741-1376  
Based in: Sechelt  
Meeting: in-person (waitlist is 1-2 weeks long)  
Background: non-Indigenous, experience working with Indigenous people as a teacher, counsellor, and foster mom, trauma training, mindfulness, CBT, and somatic healing

**Rhonda Jackman (RCSW)**  
Contact: (604) 865-1655  
Based in: Sechelt  
Meeting: mostly virtual  
Background: non-Indigenous, lots of trauma training, especially working with children and families

## CHOOSE YOUR COUNSELLOR

Find the right person to talk to.

All of the professionals listed below have completed trauma training, as well as cultural safety and humility training, and are open to seeing new First Nations clients.



email Jennifer Smith  
(Jennifer.L.Smith@fnha.ca) for more  
information, questions, or concerns

updated June 29, 2021

**Sue Perry (CCC)**  
Contact: (604) 740-2791  
Based in: Sechelt  
Meeting: in person, virtual  
Background: non-Indigenous, close ties to Sechelt Nation (her son is Indigenous) trauma healing, EMDR

**Shona Jackson (RCC)**  
Contact: (604) 223-7927  
Based in: Powell River  
Meeting: in person, virtual  
Background: non-Indigenous,  
Worked closely with Dene and Cree communities up north, trauma training

**Ruth Ann Stewart (RCSW)**  
Contact: (604) 687-7171  
Based in: Vancouver  
Meeting: Tuesdays all virtual, Wednesdays in-person  
Background: non-Indigenous lots of trauma training, EMDR

**Melissa Simmons (RSW)**  
Contact: (778) 686-1153  
Based in: Gibsons  
Meeting: virtual preferred, in person possible  
Background: non-Indigenous, specializes in supporting people with eating disorders, trauma training

**Coleen Stewart (RSW)**  
Contact: (236) 998-9435  
Based in: Vancouver  
Meeting: only virtual  
Background: Indigenous (from Bella Bella), specializes in working with women who have experienced trauma, historical trauma, intergenerational trauma, practices with an anti-oppressive lens

**Lauren Shay (RSW)**  
Contact: (604) 341-4467  
Based in: Powell River  
Meeting: in person  
Background: non-Indigenous, trauma training completed, relationship struggles, couples counselling, concerns around sexuality

**Jenny Simpson (RCC)**  
Contact: (778) 228-8750  
Based in: Vancouver  
Meeting: in person & virtual (waitlist is 2 weeks long)  
Background: non-Indigenous EMDR, trauma training, specializes in working with young adults, happy to work with someone of any age

**David Renaud (RSW)**  
Contact: (604) 317-4899  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous, trauma training, talk therapy, EMDR ready to go in September 2021

**Dianne Baker (CCC; RCC)**  
Contact: (604) 989 8424  
Based in: Sechelt  
Meeting: in person (Wed-Sat), virtual (no waitlist)  
Background: non-Indigenous, specializes in supporting people with childhood trauma, sexual trauma, and supports using traditional and spiritual practices in healing

# PROGRAMS & SERVICES

## CHOOSE YOUR COUNSELLOR

Find the right person to talk to.

All of the professionals listed below have completed trauma training, as well as cultural safety and humility training, and are open to seeing new First Nations clients.



3 VANCOUVER COASTAL REGION  
First Nations Health Authority

email Jennifer Smith  
(Jennifer.L.Smith@fnha.ca) for more  
information, questions, or concerns

updated June 29, 2021

### Tara Read (RCC)

Contact: (604) 732-3930  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, extensive trauma training, EMDR, self worth support, and offering people who do sex work non-stigmatizing support

### John-Michael Parra (RCC)

Contact: (778) 319-8311  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training, somatic trauma training (body-based)

### Rosanna Yip (RSW)

Contact: (604) 901-8384  
Based in: Vancouver  
Meeting: in person, online (waitlist is 1-5 days long)  
Background: non-Indigenous, extensive trauma training

### Sarah Rush (RSW)

Contact: (778) 879-1323  
Based in: Vancouver  
Meeting: virtual preferred, in person possible (available to meet Mondays, Tuesdays, and weekends)  
Background: non-Indigenous, specializes in supporting women, kids 7+, teens, young adults, substance use, addictions

### Sharon Van Volkingburgh (CCC)

Contact: (604) 209-7165  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, works often with adolescents and young folks, experience working with trauma and complex trauma, EMDR, managing symptoms together, body healing, somatic work, DBT & CBT, expressive arts therapy, beading, outreach if necessary

### Sun Lee (RCC)

Contact: (604) 780-4275  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous, trauma counselling training completed

### Lauren Legere (RCC)

Contact: (778) 899-1195  
Based in: Vancouver  
Meeting: virtual, in person (must be 18 years or over)  
Background: non-Indigenous  
EMDR, trauma training, can support people with PTSD.

### Otto Lim (RCSW)

Contact: (604) 762-8182  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous lots of trauma training, supporting people with PTSD, trauma responses, addictions, substance use

### Angela Leong (RCC)

Contact: (778) 375-2315  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous, trauma training completed

## CHOOSE YOUR COUNSELLOR

Find the right person to talk to.

All of the professionals listed below have completed trauma training, as well as cultural safety and humility training, and are open to seeing new First Nations clients.



4 VANCOUVER COASTAL REGION  
First Nations Health Authority

email Jennifer Smith  
(Jennifer.L.Smith@fnha.ca) for more  
information, questions, or concerns

updated June 29, 2021

### Geoffrey Lyon (RCC)

Contact: (604) 732-3930  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma counselling training completed

### Bethany MacGillivray (RCC)

Contact: (778) 776-4068  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma counselling training completed, also offers art therapy

### Irene McReady (RSW)

Contact: (604) 561-6866  
Based in: Vancouver  
Meeting: in person, online  
Background: non-Indigenous, extensive trauma training, offers EMDR services

### Christy, McLeod (RCC)

Contact: (778) 720-6362  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training

### Maggie Milsom (RCC)

Contact: (604) 369-3890  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed, offers EMDR services

### Mary Murphy (RCC)

Contact: (604) 812-4403  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous, trauma training completed

### Paulina Napastuik (RSW)

Contact: (604) 805-5348  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous  
EMDR, trauma training, offers DBT services and DBT skills development

### Heidi Nutley (RCC)

Contact: (604) 809-6471  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous trauma training completed

### Rosie Wilbur (RCC)

Contact: (604) 773-0296  
Based in: Vancouver  
Meeting: virtual only (Mondays & Thursdays, two week waitlist)  
Background: settler with mixed European heritage, experience being a support worker in the down town east side, works with an anti-oppressive lens

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updated June 29, 2021

### Ellen Abrams (RCC)

Contact: (778) 846-5244  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Zari Abtahi (RCC)

Contact: (778) 892-5537  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Shivani Agarwal (RCC)

Contact: (604) 379-7024  
Based in: Vancouver  
Meeting: in person, online  
Background: non-Indigenous, trauma training completed

### Sookyung Ahn (RCC)

Contact: (604) 352-7024  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, offers art therapy services, CBT, and EMDR services

### Kelsey Atiffaef (RCSW)

Contact: (604) 356-1254  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, specializes in supporting people through substance use & addiction

### Jessica Badial (RSW)

Contact: 604-833 2733  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Gabriela Bath (RCC)

Contact: (604) 805-5348  
Based in: Vancouver  
Meeting: virtual, in person  
Background: Indigenous, offers art therapy services, completed trauma training

### Yvette Bear (RCC)

Contact: 778-375 2363  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed

### Barbara Belfie (RCC)

Contact: (604) 704 3471  
Based in: Vancouver  
Meeting: in person, virtual (waitlist is one month long)  
Background: non-Indigenous, experience supporting residential school survivors in the past

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6 VANCOUVER COASTAL REGION  
First Nations Health Authority

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updated June 29, 2021

### Chantel Bernard (CCC)

Contact: (778) 320-7194  
Based in: Vancouver  
Meeting: in person only  
Background: non-Indigenous, offers EMDR services, trauma training completed

### Nicolas Bouchard (RCC)

Contact: (778) 837-2067  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Jennifer Brundy (RSW)

Contact: (604) 373-2217  
Based in: Vancouver  
Meeting: in person, online  
Background: non-Indigenous, intergenerational trauma healing practices

### Dana Brunanski (CCC)

Contact: (604) 612-5860  
Based in: Vancouver  
Meeting: in person, virtual  
Background: Indigenous, trauma training completed

### Deborah Buthmann (RCC)

Contact: (604) 732-3930  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, specializes in supporting people with trauma & anxiety

### Karyna Capote (RCC)

Contact: (778) 891-3307  
Based in: Vancouver  
Meeting: in person, virtual (waitlist one month long)  
Background: non-Indigenous, EMDR services offered, specializes in supporting people who have survived domestic violence

### Corey Chan (RCC)

Contact: (778) 323-5797  
Based in: Vancouver  
Meeting: virtual, in person  
Background: non-Indigenous, trauma training completed, specializes in supporting people with anxiety, and youth

### Julie Chang (RCC)

Contact: (778) 784-7036  
Based in: Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed, specializes in intergenerational trauma

### Lee Crawford (RCC)

Contact: (604) 875-9957  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, offers art therapy services, trauma training completed

## CHOOSE YOUR COUNSELLOR

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VANCOUVER COASTAL REGION  
First Nations Health Authority

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updated June 29, 2021

### Lori Damon (RCC)

Contact: (604) 512-3266  
Based in: Vancouver  
Meeting: in person only  
Background: non-Indigenous, trauma training completed

### Milos Despotovic (RCC)

Contact: (778) 321-3807  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed, specializes in supporting people who have experienced sexual abuse

### Rachel D'Silva (RCC)

Contact: (236) 558-7825  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, trauma training completed

### Lara Ellingson (RSW)

Contact: (604) 715-8216  
Based in: Vancouver  
Meeting: in person, virtual (waitlist is 3 weeks long)  
Background: Indigenous, trauma training completed, specializes in narrative therapy

### Colleen Fuller (RCC)

Contact: (778) 877-4283  
Based in: Vancouver  
Meeting: in person, virtual (waitlist is 2 weeks long)  
Background: non-Indigenous, specializes in supporting women in their mental health

### Theresa Grech (CCC)

Contact: (604) 312-7059  
Based in: Vancouver  
Meeting: in person, virtual  
Background: non-Indigenous, specializes in supporting people who are neurodiverse, people with FAS, people with autism, trauma training completed

### Simon Hearn (Psychologist)

Contact: (604) 732 - 5991  
Based in: Vancouver  
Meeting: virtual, in person (possible waitlist)  
Background: non-Indigenous, trauma training completed

### Jodi Blanchette (RCC)

Contact: (604) 813-0818  
Based in: North Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed, has experience supporting residential school survivors

### Jessica Buxbaum (RCC)

Contact: (604) 512-2297  
Based in: North Vancouver  
Meeting: only virtual  
Background: non-Indigenous, has completed trauma counselling training



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VANCOUVER COASTAL REGION  
First Nations Health Authority

email Jennifer Smith  
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updated June 29, 2021

### Paul Douhan (RSW)

Contact: (778) 869-6945  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, specializes in supporting people with sexual behavior problems

### Duanita Eleniak (RCSW)

Contact: (604) 988-5689  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, specializes in supporting people who have experienced sexual abuse

### Margo Lee Burton (RSW)

Contact: (647) 284-1959  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, works closely with the Squamish Nation

### Paula Pappajohn (RCC)

Contact: (604) 908-9918  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, partners with the FNHA

### Tamara Pearl (RCC)

Contact: (604) 925-0861  
Based in: North Vancouver  
Meeting: virtual only (waitlist is 2 weeks long)  
Background: non-Indigenous, offers art therapy services, EMDR services, specializes in complex trauma

### Jesse Ross (RCC)

Contact: (778) 846-1713  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, has completed trauma training

## CHOOSE YOUR COUNSELLOR

Find the right person to talk to.

All of the professionals listed below have completed trauma training, as well as cultural safety and humility training, and are open to seeing new First Nations clients.



VANCOUVER COASTAL REGION  
First Nations Health Authority

email Jennifer Smith  
(Jennifer.L.Smith@fnha.ca) for more  
information, questions, or concerns

updated June 29, 2021

### Tom Edden (RCSW)

Contact: (778) 895-1500  
Based in: Squamish  
Meeting: in-person only  
Background: non-Indigenous, trauma training completed, social worker who focuses on decolonizing practices

### Katrin Turczyk (RCC)

Contact: (778) 707-5288  
Based in: Squamish  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, works with Indigenous ways of knowing, learning, and being

### Jolie Rochard (RCC)

Contact: (778) 869-2114  
Based in: West Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, specializes in supporting children & families

### Paula Pappajohn (RCC)

Contact: (604) 908-9918  
Based in: North Vancouver  
Meeting: virtual only  
Background: non-Indigenous, trauma training completed, partners with the FNHA

### Jennifer Hibbard (RCC)

Contact: (604) 212-1099  
Based in: Sechelt  
Meeting: in person, virtual  
Background: non-Indigenous, offers EMDR services, experience supporting residential school survivors, offers somatic (body-based) healing services

### Jesse Ross (RCC)

Contact: (778) 846-1713  
Based in: West Vancouver  
Meeting: virtual only  
Background: non-Indigenous, has completed trauma training

### Margaret Speak (CCC)

Contact: (604) 761-3440  
Based in: North Vancouver  
Meeting: only virtual  
Background: non-Indigenous, trauma training completed, specializes in family counselling

### Suzann Vardy (RCC)

Contact: (604) 733-8409  
Based in: North Vancouver  
Meeting: in-person only  
Background: non-Indigenous, trauma training completed, specializes in family counselling

### Danielle Berman (RCSW)

Contact: (604) 265-6876  
Based in: Squamish  
Meeting: virtual only (waitlist until August 2021)  
Background: non-Indigenous, trauma training completed

### Robert Wilson (Psychologist)

Contact: (604) 831-7792  
Based in: North Vancouver  
Meeting: only virtual (Wednesdays)  
Background: non-Indigenous, trauma training completed, specializes in supporting adults with anxiety, depression, and complex trauma

**Need help navigating this list?  
Want advice for choosing the  
right person?**

**Reach out to Jen Smith  
(Mental Health Liason) at  
jennifer.L.smith@fnha.ca**



## Message from Legislator Vern Pielle

Elders Residential School Survivors Citizens of our Tla'amin Nation.

I am very humbled and excited being voted In as Legislator July 26, 2021. It Is with great respect and honor as we move forward and always remember our loved ones ancestors and our Taow. As I look forward to tasks ahead and things we can continue to work on such as transparency approachability language culture education. When I receive my Legislator e mail address I will

let you know so you can contact me at your convenience. Please feel free to contact me on social media and I again thank each and everyone and look forward to working for all of our citizens.

Emote.  
All my relations

Recipe submitted by Makaela Gallagher



## Classic British Fish & Chips

### For the Fish:

- 7 tablespoons (55 grams) all-purpose flour, divided
- 7 tablespoons (55 grams) cornstarch
- 1 teaspoon baking powder
- Sea salt, to taste
- 1 pinch black pepper, to taste
- 1/3 cup dark beer, cold
- 1/3 cup sparkling water, cold
- 4 (7-ounce) fish fillets (thick, white fish)

### For the Chips:

- 2 pounds potatoes, peeled
- 1 quart (1 liter) vegetable oil, or lard, for frying

Set aside 2 tablespoons of flour. In a large, roomy bowl, mix the remaining flour with the cornstarch and baking powder. Season lightly with a tiny pinch of salt and pepper.

Using a fork to whisk continuously, add the beer and the sparkling water to the flour mixture and continue mixing until you have a thick, smooth batter. Place the batter in the fridge to rest for between 30 minutes and 1 hour

Meanwhile, cut the potatoes into a little less than 1/2-inch-thick slices, then slice these into 1/2-inch-wide chips. Place the chips into a colander and rinse under cold running water.

Place the washed chips into a pan of cold water. Bring to a gentle boil and simmer for 3 to 4 minutes.

Drain carefully through a colander, then dry with paper towels. Keep in the fridge covered with paper towels until needed.

Meanwhile, lay the fish fillets on a paper towel and pat dry. Season lightly with a little sea salt.

Heat the oil to 350 F in a deep-fat fryer or large, deep saucepan. Cook the chips a few handfuls at a time in the fat for about 2 minutes. Do not brown them. Once the chips are slightly cooked, remove them from the fat and drain. Keep to one side.

Place the 2 tablespoons of flour reserved from the batter mix into a shallow bowl. Toss each fish fillet in the flour and shake off any excess. Dip into the batter, coating the entire fillet.

Check that the oil temperature is still 350 F. Carefully lower each fillet into the hot oil. Fry for approximately 8 minutes, or until the batter is crisp and golden, turning the fillets from time to time with a large slotted spoon.

Once cooked, remove the fillets from the hot oil and drain on paper towels. Sprinkle with salt. Cover with greaseproof paper (parchment paper) and keep hot.

Heat the oil to 400 F, then cook the chips until golden and crisp, or about 5 minutes. Remove from the oil and drain. Season with salt.

Serve immediately with the hot fish accompanied by your favorite condiment.

### Tips

When making this classic version, be sure to use the freshest cod, pollock, or haddock that you can find for the best results.

Frozen fish is also fine, but make sure it is thoroughly defrosted and dried with paper towels first.

Prepare the batter and only dip the fish at the last moment before plunging into hot oil to fry. This way you will always have a light and crisp snap to the batter.

Use a floury potato for the chips. The best varieties are King Edward, Maris Piper, Sante, russet and Yukon Gold.

### Why Is Simmering the Potatoes Important?

British "chips" are the same as french fries, and restaurants use a few tricks to make really good and crispy fries. The most important of those are blanching and double frying; the same method used in this recipe.

Simmering and the cold water rinse leaves you with blanched potatoes that contain less moisture and will result in crispier fried chips.

### Why Do Fish and Chips Get Soggy?

A few factors may result in soggy fish and chips. The first is that the fish and potatoes need to be dry. Removing moisture produces crispier fried food and reduces oil splatter.

Oil temperature is also key: If it's too cool, the food needs to cook longer, will soak up more oil, and become soggy. You also don't want it too hot because that can lead to a burnt batter or undercooked fish and potatoes. When deep-frying in a pan, use a thermometer to monitor and maintain the oil temperature. Avoid overcrowding the pan, which will lower the temperature as well.



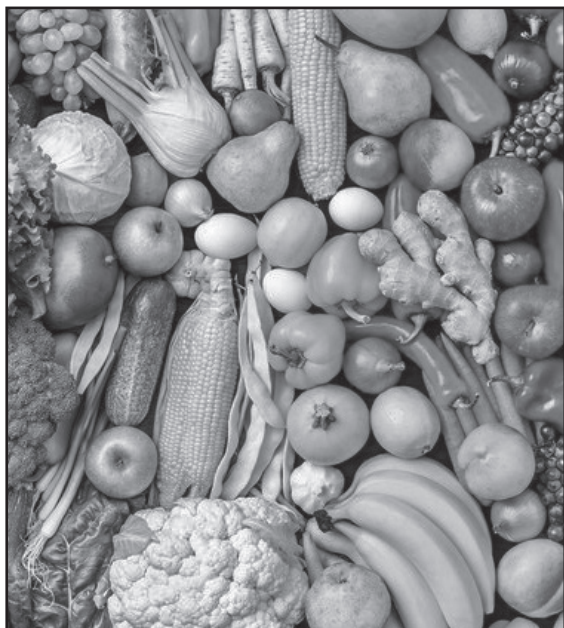
Happy 11th Birthday  
Handsome Mattias  
August 8th



Happy 13th Anniversary  
"Mrs. G."  
August 16th



Happy 21st Birthday Jacob  
August 28th



## EAT THE RAINBOW THIS SUMMER

That means fruits and vegetables from all the colors of the rainbow, which helps ensure you get all the nutrients and fiber you need. Avoid refined carbs like doughnuts and white bread in favor of whole-grain rice, breads, and cereals. A bit of meat, dairy, and fat can also help. But not too much, and look for "good" (monounsaturated, polyunsaturated) fats from seeds, nuts, fish, and vegetable oils.