

NEHMOTL "US"



December 2021

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



2021

xəpjosəm (Looking Back) Year In Review

House Posts Updates

- COMMUNITY SERVICES
- LANDS & RESOURCES
- FINANCE & ADMINISTRATION
- PUBLIC WORKS



Baby's First Christmas Aurelio Kamaretsos



Our Governance House will be closed for Christmas break from noon December 23rd and will re-open January 4th, 2022.



Proud Parents Nikole Pielle & Kosta Kamaretsos



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





Tla'amin Governance House Updates

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**Message from
Hegus John
Hackett**

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Seasons Greetings Tla'amin

December has arrived and 2022 is on the horizon... Before I start, I am sending my prayers to the Pielle, Adams Family, and the whole community for the loss of Vern Pielle. Everyday is a gift from the creator, please express your love to your family and friends and let them know how special they are.

I hope everyone reads up on everyone's house post update, there has been a lot of activity this year from each department.

Recently with the findings of the children of undocumented residential school burials I have noticed a trend

towards "Reconciliation". Reconciliation is a term used to define fixing a broken relationship, reconciling and moving forward. Some of the projects that Tla'amin is participating on that captures Reconciliation are:

- **City of Powell River – Name change**
- **Powell River Catalyst – Name change – Tes'kwat Paper Mill**
- **Treaty Provision development – archaeological sites registry update**
 - Working group to identify new protocol for Archaeological site protection
 - Monitoring and enforcement protocol
- **Integrated resource management plan**
 - First community engagement took place
 - Target group meetings with nations citizens
 - Hunters
 - Mushroom pickers
 - Plant, root, bark stripping
 - Trail users

We are just beginning the work and already recognize some of the challenges we will need to overcome. We would appreciate Provincial support along the way (e.g, process development, messaging, business supports).

Regional Hospital District Committee of the Whole

- Potential Powell River Regional Hospital District Name Change
- That the Committee recommend the Board direct staff to investigate the possibility of changing the letters patent from Powell River Regional Hospital District to qathet Regional Hospital District.

- Extended care expansion presentation was given
 - 45 new units
 - More private housing quarters
 - Rather than 4 people per room
 - 12 patient per unit 45 patient's design

With Christmas around the corner please take all recommended procedures to reduce the transition of COVID to keep yourself and loved ones safe.

- **Wash and sanitize hands frequently as possible**
- **Mask up every time possible in public**
- **Keep safe distance between anyone not in your life circle**

I wish you and your families a wonderful holiday season.

mɛli kismis

Emote
Hegus – John Hackett



Season's greetings from Community Services!

2021 was an exciting year for our area, as we worked diligently to provide and improve current services in the areas of Community Wellness, Social Assistance, and Education. We had another successful delivery of our Summer Student Work Experience Program, and will be creating new opportunities for students in 2022.

This year we welcomed three new full-time staff members to the Community Services team in the roles of Education Manager, Citizenship Registrar, and Community Greeter. We are looking forward to the continuation of their great work.

In 2022, we look forward to providing new services to the Nation as we work on and finalize the Nation's Education Plan, and Community Recreation Plan.

On behalf of the Community Services team, I would like to wish you all a mɛli kismis and a Happy New Year!

Derek Yang
Director of Community Services"

Finance & Administration



2021 was an exciting year for our governance and the people of Tla'amin Nation. The Treaty implementation work our Nation accomplished across all departments and committees is a significant milestone, and on behalf of our Legislators and Executive Council, I want to thank the staff and people of Tla'amin Nation

for your support, dedication and service. The changes made to our governance will support our various administration staff to continue to address current and future needs during a time of significant Nation transformation.

I recognize that 2021 in British Columbia was a crazy year with the continuing covid pandemic, the forest fires, heat waves and now the rainfall and flooding events. I would like to give gratitude and thanks to our Governance administration staff and committees for their hard work because in light of everything that happened this year, they continue to come to work every day with professionalism, courage and go above and beyond to do their best. Despite individual and collective struggles, I have to say just how proud I am to work along side you. Thank you for all your hard work and willingness to take on whatever comes our way.

Merry Christmas and Happy New Year!

Lori Wilson, Finance and Administration Housepost
Lori.Wilson@tn-bc.ca

Lands & Resources



Ah jeh chep ot Tla'amin Citizens, The Lands and Resources Department would like to wish everyone the best over the holidays as we enter our second season in Pandemic times where we must balance health and safety of others, and visits with our closest jeh jehs. I cannot believe how fast the first year of our term has gone and when we reflect, I can see how much work has been done, and how much more we must do before 2024.

Our Lands and Resources are what made up a large majority of the Treaty and we must strive to protect what we have for future generations while environmental, industrial and tourism pressures build in our region. The Fisheries Department has been engaged in many conversations about the protection of Marine Resources including Herring, Cod, Crab, Salmon and Oysters which

are all on the brink of being completely lost in our territory. The Forestry Operations have been taken on by Adam Culos who has been a wonderful addition to the Department and Adam has been very busy reviewing our operations and finding efficiencies that align with our core values. The current Old Growth review has really given us an opportunity to pause some of the Old Growth logging in our area so we can have a good look at the ecosystems based management approach in our territory and implement plans that protect our most ancient forests for future generations. This year we have really grown the department in staffing levels and I couldn't be more pleased with our current team who are full of knowledge, vision and many years of experience in managing Natural Resources. 2022 is looking bright for the Tla'amin Nation as we look ahead to Managing our Lands and Resources in a whole new way with our ta'ow guiding the way.

I wish all Tla'amin citizens a Merry Christmas and a Happy New Year. Stay Safe, be kind and enjoy your holiday season.

Erik Blaney
Lands and Resources Executive Council Member



Catalyst and Tla'amin Leadership recognize our historical connection to the former village site known as tees-kwat which means big river

Message from Catalyst

We believe that reconciliation through collaboration and an open-minded approach creates enduring and meaningful connections and there was an opportunity to act on that belief at the Power River site. After discussion with Tla'amin Executive Council, we knew with certainty that this was the right thing to do.

On-the-ground, the main people behind this work at Catalyst were Lana Wilhelm, Community and Indigenous Relations Manager, Krista Cuddy, General Manager of tiskwat, Jason Lennox, Health & Safety Manager.

From a leadership perspective, Graham Kissack, Vice President, EH&S and Corporate Communications and Harold Norland Interim Vice President, Paper and Packaging were the leads on this work.

What are the next steps moving forward in this relationship?

We are working closely with the Hegus John Hackett and the Tla'amin Executive Council to ensure the steps we take in building this new relationship are thoughtful and measured. Despite the challenges faced by our industry and the mill itself, we remain very much committed to continuing to build out an approach that explores opportunities together.

We would like to expressly thank and raise our hands to the Tla'amin Executive Council for their graciousness and patience with us as we learn and grow. Reconciliation efforts aren't always going to be easy conversations, but the professionalism and responsiveness of the Council has made this process a very positive one for our company.

Brenda Martin
Manager, Public Affairs



PUBLIC WORKS UPDATE

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My name is Dillon Johnson, and I am a member of Executive Council, holding the Public Works House Post. The Public Works House Post includes housing, community

infrastructure, village maintenance and capital projects.

Just over one year has passed on this leadership group's 4-year term, and I'm pleased to report that we have made great progress in Public Works and in other areas of the Nation as well. Please have a look at the Year In Review article in this Neh Motl edition for more detail on the progress and accomplishments.

The biggest accomplishment in recent months is our successful application to the Rapid Housing Initiative for an \$11 million project to build 24 units of Elders and Accessible Housing! More information on this exciting project will be shared with the community in the coming months.

I'll summarize some of the other accomplishments below:

- Broke ground in September on 10 new units of social housing
- Installed 6 new units of emergency housing
- Inspected 140 of 230 homes in t'ishosum
- Addressed significant health and safety issues at 19 homes through renovations
- Installed 43 heat pumps for eligible homes.

- All Tla'amin Nation rental units now have tenancy agreements.
- Established a construction group to build capacity and save money.
- Broke ground in August on an expansion of the daycare & preschool building (CDRC).
- Broke ground in August on a Youth Centre ("field house") supporting recreation and after-school programming.
- A new cemetery was established.
- Renewed the community clubhouse supporting community services.

These projects are a great start at addressing the wide gap we have in housing. As I've said many times, our progress in housing relies on our ability to collect rent from Nation-owned housing. To be fair to all of our people and to be able to build more housing, we must enforce rent collection. Otherwise, we are just digging ourselves deeper into a hole as rent only covers a small portion of the total cost of housing ownership.

I raise my hands to the whole Public Works Team. They are the reason that all of this great work is being done. I also want to thank all Tla'amin community members for their patience and kindness in their interactions with Public Works and Housing staff. We all care and are doing our best.

There is much more work underway, but these are the headlines for the year. In closing, I'm honoured to be serving the community with this group of leaders and staff and I look forward to when we are able to gather in person once again.

Wishing you all happy and safe holidays.



Call for Interest:

Implementation Community Working Group

The Implementation Community Working Group (I-CWG) currently has one vacant position to fill.

ROLE OF I-CWG:

I-CWG'S Mandate is to assist Executive Council in fulfilling its oversight responsibilities for the implementation of the Tla'amin Treaty, self-government and Tla'amin laws, regulations, and policies. This is a continuation of the previous model but with an aim to the implementation of self-government.

REQUIREMENTS:

- be a Tla'amin Citizen in good standing with the Nation
- have a good understanding of Tla'amin governance model
- be available to meet monthly or when the group is required to meet to address any pertinent issues on the table

TERM OF POSITION:

Until the next general election scheduled for the fall of 2024.

HOW TO APPLY:

Please apply (resume & cover letter) to Rod Allan, Chief Administrative Officer at: rod.allan@tn-bc.ca

Deadline to apply: Open until filled.

If you have any questions, please contact Losa Luaifoa at losa.luaifoa@tn-bc.ca

Thank you for your interest!



"Converge continues to be excited about the progress and the design of these buildings and that we have the privilege of constructing in conjunction with MTA for the Tla'amin Nation. It is our vision to bring exceptional people together to positively impact communities and we are confident we will do that here. We are proud to report that to date both projects have logged 2,916.5 First Nation employment hours.

Thank you to the community for the continued trust and support!"

Merry Christmas and Have a Safe and Wonderful New Year Tla'amin Nation

xəpjosəm (Looking Back) - Year In Review



Housing

- Broke ground in September on 10 new units of social housing
- Installed 6 new units of emergency housing
- Inspected 140 of 230 homes in t'ishosum
- Addressed significant health and safety issues at 19 homes through renovations
- Installed 43 heat pumps for eligible homes.
- Successful in our application for \$11 million under the Rapid Housing Initiative for 24 units Elders and Accessible Housing.
- All Tla'amin Nation rental units now have tenancy agreements.

Community Spaces:

- Broke ground in August on an expansion of the daycare & preschool building (CDRC).
- Broke ground in August on a Youth Centre ("field house") supporting recreation and after-school programming.
- A new cemetery was established.
- Renewed the community clubhouse supporting community services.



Community Safety

- New Public Safety Department being created
- Community Safety Law passed in April 2021
- Animal Control Regulation passed in June 2021
- Community Safety Regulation passed in September 2021.
- COVID19 vaccine mandate instituted in October 2021.

Accountability

- Posted public notice about a Conflict of Interest breach by one of the directors of Tla'amin Management Services.
- Evicted a community member due to drug trafficking conviction.

Transparency

- Created email address heyhegus@tn-bc.ca for community member questions and concerns.
- Started the monthly Leadership Chat meetings to provide updates and respond to questions and concerns.
- Streaming online of Executive Council meetings.

Youth

- Started construction on a new Youth Centre.
- Hired 20 summer students through NVIATS funding and hired 8 summer student with own-source funding, total 28 summer student work experiences.

Elders

- Distributed sockeye to Elders, both to our local and urban Elders.
- Distributed firewood to Elders.





Education

- Hired an Education Manager.
- After-school program will be run out of the Youth Centre.

Being a good employer

- Instituted a “living wage” of a \$20 minimum wage
- Instituted a wage increase based on benchmarks for positions.
- Pursuing the Municipal Pension Plan.
- Extended employee benefits to all contracted workers with at least a 12-month term.

Land Acquisition

- Purchased a 112-acre parcel of land in Kla-ah-men (Lund).
- Provided notice to Province of BC of our intention to acquire the 600 hectares of Future Acquisition Lands within the treaty.

Protecting our Homelands

- Have set out on an Integrated Resource Management Plan for forestry activities in our territory.
- Have put our foot down and started negotiations with the Province of BC for the protection of our archaeological / cultural sites. Pursuing Co-jurisdiction for archaeology in our traditional territory.

Reconciliation

- Made a formal request for changing the name of City of Powell River.
- Worked with the Catalyst mill to change the name of their local division to tiskwat.
- Secured commitment from Vancouver Island University and the Regional Hospital Board to change the name of their local campuses.

Nation-Building

- Brought on 28 new hires (not including summer students).
- 75% (3 out of 4) of new hires are Tla’amin people (not including summer students).
- Added new capacity to important areas: Education, Archaeology, Laws, Policy, Construction, Data, Intergovernmental Relations, Building Maintenance, GIS, Enforcement & Public Safety.
- Lands & Resources Dept hires its two Registered Professional Foresters: (i) one as forest manager, which is jointly shared with Thichum Forest Products; (ii) one as Director also with lawyer designation.



Israel Wood Powell's Legacy (Part II)

Know History
Historical Services

This report was prepared by Know History Inc.

Image credit: Harry Rowed, "Powell River (B.C.), View of the town of Powell River, B.C.'s pulp and paper plant with a log pond in front of it," July 1944, National Film Board of Canada, Library and Archives Canada, 1971-271-NPC.

Powell River, British Columbia, was named after Dr. Israel Wood Powell.

Any questions about this document should be directed to:

Tom Van Dewark tom@knowhistory.ca
| 403-819-5392
200 – 1224 9 Ave SE, Calgary, Alberta,
T2G 0T1

school system and of the creation of a funding structure that incentivized high enrollment continued to have an effect well after his retirement. The devastating legacy of these schools and their detrimental impact on the well-being of British Columbia's Indigenous communities are still being dealt with today.

Land Question

Shortly after establishing the British Columbia branch of Indian Affairs and instating Powell as Superintendent, the federal government set about solidifying

reservations for the First Nations population in the province. While Powell's position as Superintendent did not give him direct control over matters such as reserve size and placement, he did wield a considerable amount of influence over the decisions made in Victoria and Ottawa. Throughout the 1870s and 1880s, Powell found himself playing the role of advocate for larger reservations, in opposition to the provincial government.

The Royal Proclamation of 1763, issued by King George III to claim British territory in North America, set the groundwork for the treaties and reserves that were created in the nineteenth and twentieth centuries in Canada. The Proclamation declared all land to be owned by Indigenous peoples until it had been ceded through treaty and purchased by the Crown. Prior to confederation, British Columbia had a number of treaties established by the Governor of British Columbia James Douglas. When Douglas retired, James Trutch took over, reducing the size of several of the reserves established by Douglas's treaties. This set a precedent for small reserve sizes in the province.

When British Columbia joined Canada in 1871, the creation and negotiation of reservations fell into the hands of the federal government.⁴⁸ In 1873, Canada issued an Order in Council for the British Columbia government to set aside 80 acres for every First Nations family of five. The Province felt this was excessive and would limit economic growth, countering with 20 acres per family. The federal government amended the Order in Council to be 20 acres, Powell continued to challenge the provincial government on reserve sizes into the 1880s.

Residential Schooling

Powell's interest in promoting the assimilation of Indigenous peoples in British Columbia extended to his views on schooling and the place of the church in the Indigenous community. Early in his career as Superintendent, he took up the cause of what he viewed as the imperative to educate and "civilize" Indigenous children.

Residential schools, created to eradicate Indigenous identity, were very often places of violence and abuse and their impact persists in Indigenous communities to this day. Powell focused on the importance of establishing industrial education schools in isolated areas, to turn Indigenous children into what he referred to as "useful members of society". In his annual report for 1882, Powell outlined what he saw as the central issue of educating Indigenous children:

The opposing impressions and vicious allurements incident to the daily return of the child from school to un-civilized camp life, and the failure of the system to accomplish much in the way of education may be readily understood. The only scheme for meeting the difficulty appears to me to be the establishment of two or three industrial boarding schools in the Province, where, separated from native customs and modes of living, children would have opportunities of putting in practice what they are taught in school. Boys could then not only be taught various trades, but native teachers might be prepared, who would become effective civilizers on returning to their own people.

Powell also went on to suggest the creation of a school in Kamloops to address the communities in the interior of the province. In fact, a school opened in Kamloops the year after Pow-

ell's retirement in 1890, and became one of the largest residential schools operated by Indian Affairs.

In a report written in 1879 following a trip up the coast, Powell argued that isolated communities should not be surveyed into reserves until the department could establish what he referred to as the "machinery of the Government to supersede their own time honored customs."⁴⁰ This machinery included schools. Powell advised that the government consider modeling their approach after Anglican minister William Duncan's industrial settlement established in Metlakatla, and the American system of using missionaries to serve as arms of government control over Indigenous communities.

Powell underscored on more than one occasion in his writing that the church was an integral agent in the project of assimilation, and that "many of the missionaries are most enthusiastic in their endeavors to ameliorate the condition of the natives." In his annual report for 1874, Powell reported on the new granting structure used to incentivize Methodist groups to bring in more children to their schools:

No doubt the various Mission Societies already established in the Province will take measures to increase the number of schools, and take advantage of the material assistance afforded by the Government in granting a sum of money to every school which can show a certain average attendance of Indian pupils.

Schools had to have a minimum class size of 30 to qualify for a \$250 grant.

While only two residential schools opened in British Columbia during Powell's time as Superintendent, his encouragement of the residential

ONE HEART, ONE MIND, ONE NATION



NOW AVAILABLE ON OUR WEBSITE
Tla'amin People *ᑭᐱᑭᐱᑭᐱᑭ ᑭᐱᑭᐱᑭᐱᑭᐱᑭ*



Comprehensive Nation Plan

2021



Archaeology Speaks to the Untold Story of Tla'amin



Over 400 archaeology sites have been located in the Tla'amin territory. Registration for these sites is still an ongoing process. Because archaeological sites are everywhere, especially along the

coast, First Nations have been teaming up with archaeologists to uncover the lost stories that enrich Indigenous culture.

Tla'amin's Archaeology team consists of several different nation members and non-nation members, who all work together to protect sites and uncover the deep history Tla'amin people had with the land and how they lived. They do this through findings such as shell middens sites, stone and bone tools, animal bones, and more.

Tla'amin executive council member and house post leader for the Lands and Resources Department, Erik Blaney explains Tla'amin archaeology goes very far back. "A group of us were in an archaeology training program called RISC; after completing it I had reached out to the SFU archaeology field teams and since then we have been in collaboration," Erik says. "The history is really there."

Manager of the archaeology department, Derek Kowalchuk explained that a big part of this field is discovering and protecting sites. The Tla'amin Guardian Watchmen work to protect the sites, which are often very large areas.

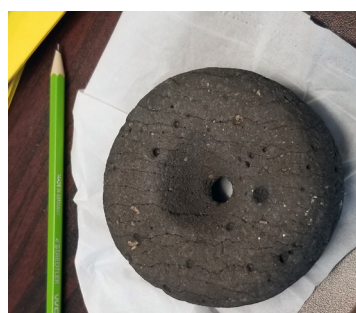
The team uses a GIS to help manage data and analyze maps. SFU professor Dana Lepofsky says there are different kinds of archaeology sites. "The easiest to identify is a shell midden site. If you see lots of eroding shells coming from the land rather than the ocean or beach, it is an archaeological site," Dana says.

Sites with scattered artifacts, such as stone tools and no shell "... are more difficult to find, but maps can be put together to help locate where they could be," says Dana.

The oldest site found so far in Tla'amin territory is in Grace Harbour, around 8000 years old.

Culture and Heritage manager Drew Blaney explains that archaeology is not only beneficial for understanding history, it is also very beneficial to people. "Archaeology is very important for stories, every object or land has a story attached to a person. I would love to share these stories and make them accessible for people, so that they can learn more about their culture and history," Drew says.

Drew mentioned that the most interesting and surprising thing found was a dog burial found in a bay. The dog's DNA was taken and had a connection to the Coast Salish Region. It showed that there was a unique dog breed to the area, which were used for hunting. This demonstrates the connection First Nations people had with their dogs -- a connection that many still have today. "I believe that when talking about archaeology, people tend to think of artifacts alone. That is not really what archaeology is. Archaeology is more about how people used to live, showing connections to things like the hunting dog. So, while artifacts are important, they are only a part of the place and the story, that story being about people," Dana says.



Net sinker stone used to weigh down fishing nets was returned to Tla'amin in November

Taking Care of the Christmas Blues

Christmas is just around the corner and while it is a special time of the year, for some of us it can be a very difficult time. I'm thinking especially of those families in our community who have lost loved ones this year. At these sad times we can wonder how we can enjoy what is supposed to be a happy celebration.

For some of us sadness also comes from remembering being away from family as children, while at residential school. For others it is about going through a break up or ending a relationship. For some it might be having to be far from home for work, school, incarceration, or some other reason. Being sad at Christmas, or being disconnected from family might be a feeling you are going through this year for the first time, or it might be a feeling you have every year at Christmas.

Whatever your own situation might be, it can be helpful to know you are not alone. It is important for all of us to know that we are not alone, and to be reminded that we do not have to be alone with our feelings. Take some time to tell someone else in your life how you are feeling. It can help to "lighten the load" and not have to carry the sadness all by yourself.

When we feel sad or depressed it is often the time that we start to keep to ourselves. We don't feel like going out anywhere or being around other people. However, when we isolate ourselves and stop spending time with other people, the sadness and depression can grow and become worse. It is really important to reach out and stay connected with a circle of support for yourself.

It is also important to tune in to our children and youth at this time of year. Often we become distracted with all the things to do to get ready for Christmas, and we can lose track of the simple job of checking in with our young people. Is there anything in their lives that has been upsetting? Has a close friend moved away, or a romantic relationship come to an end for a teenager? Has the homework been piling up and is the young student in our life feeling anxious about school? Has there been a death in the family this year? Has there been a death in the family a few years ago and the young person doesn't know how to bring up the topic that he or she is still hurting? Our children and youth can be very quiet about these deep feelings and worries, and sometimes they do not have all the words or all of the strength to bring up certain conversations. It is up to us as the adults to check in with our young people and see if they are in need of any extra reassurance or comfort at this time.

We are fortunate in our community to have people who know the special cultural practices that can help us with grief and other heavy feelings. Such teachings can be strong medicine and very helpful at these times. Prayer, brushing off with cedar, being outdoors with the trees and the ocean are some of the ways of the ancestors of this territory.

If you are feeling blue this Christmas, or if a child or youth in your care is feeling blue this Christmas, take good care of yourselves. Come by Tla'Amin Community Health Services to make an appointment with a counsellor. Try to do something extra special for yourself to make sure you appreciate how important you and your good health are now and always.

Lots of love and prayers to everyone this Christmas.

Sincerely,
Brenda Pielle



Happy Holidays and Warm Wishes for the New Year

From Maureen Adams,
TN SDW

Tla'amin Hatchery Transfers Chum Eggs to Cortes island

The Klahoose First Nation runs a small community hatchery on Cortes Island. The Cortes Island Streamkeepers help run the hatchery with the Nation. Fisheries and Oceans Salmon Enhancement Program are also partners in the hatchery. Four years ago the decision was made to move from rearing coho to chum due to low hatchery water supply in the late spring and the fact that the local enhanced creek had a good number of natural coho at that point. Chum can be reared sooner than coho, so release would be earlier solving the low water problem in late spring. Since there wasn't an option to collect adult chum broodstock for harvesting eggs on Cortes, the Tla'amin hatchery was asked for a chum egg transfer and kindly has been providing up to 70,000 chum eyed eggs to transfer to the Cortes hatchery for the last 4 years.



Tla'amin Chum eggs prepared for transport to Klahoose Nation to be distributed into creeks on the island. (57k donation)

The fish are reared at the hatchery and released as fed fry into Basil Creek which is near Squirrel Cove store and the Klahoose community. As well 20,000 of the eggs are reared in an incubation box in Whaletown Creek for an unfed fry spring release. Both of these creek had culvert upgrades in 2017. The Klahoose First Nation, Cortes Streamkeepers, Friends of Cortes Island, Ministry of Transportation and Infrastructure, and DFO worked together to replace an aging culvert on Basil Creek that was proving to be a barrier to upstream fish migration. The new arch culvert has a natural stream bottom and allows for chum salmon to move upstream easier (some even spawn under the culvert!). At the same time, a smaller arch culvert was installed in Whaletown Creek making more of the creek accessible to chum migrating back in the fall.

On Basil Creek, chum salmon returns were very low 4 years ago. The fish that are returning this fall are from our first chum enhancement from 4 years ago. This was the first year we had enough chum returns that we were able to collect our own broodstock and harvest 6,000 eggs. Its not the full allotment needed, but it was a fantastic experience and we would not have seen those returns if not for the transfers of chum from Tla'amin hatchery released years ago. The Tla'amin hatchery is generously transferring 50,000 chum eggs this winter to the Cortes hatchery to continue the chum enhancement efforts. The Klahoose First Nation and the Cortes Streamkeepers have been and will continue to monitor and care for the eggs.

Klahoose First Nation, the Cortes Streamkeepers and the team with Salmon Enhancement, DFO are all very appreciative and thankful for the generous transfer of chum eggs from the Tla'amin hatchery! The enhancement is making a difference as proven this fall. We look forward to working together and learning from each other in the future.

Tla'amin Fisheries

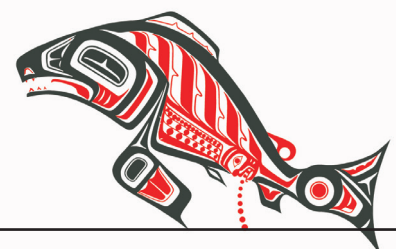
This year have been eventful. With all the fishing closures this year we still managed to get our annual egg targets for the nation again this year although the flooding did effect us with the rising of the river systems and losing our fish fence. The dedicated crew managed to resurrect the fence a couple of days after the water levels dropped, this helped us secure enough Chum food fish for the community smoke house. We had many families utilize the smoke house through November.

We also provided small school tours to our local school district children. The nations hatchery provides a guided tour of the facility but also shares traditional knowledge with the many children that visit each year. This year we requested smaller groups of 25 kids in order to follow Covid 19 protocol guidelines. Masks were mandatory as well as self distancing for each group and hand washing stations. We are now preparing to start our annual egg picking for the season to finalize our overall survival rates for each species of salmon.

The Tla'amin fisheries department would like to wish everyone health and wellness for the Christmas Holidays. Stay safe.

Emote,

Tla'amin Hatchery Manager,
Lee George



Merry Christmas, Tla'amin Nation!

x^wičθot ta taxəmay

Xweech thote ta taxummay • Decorate the cedar tree

həł tin t^hok^w tams ʔiʔajusθot

Hetl teen thoqw tums eee ajoosthote • it is today we will have fun

x^wičθot ta taxəmay

Xweech thote ta taxummay • Decorate the cedar tree

həł tin t^hok^w tams ʔiʔajusθot

Hetl teen thoqw tums eee ajoosthote • it is today we will have fun

fa la la la la la

To the tune of "Deck the Halls."

Thank you to jehjeh Media
for our weekly ʔayʔajuθəm lessons.

Registration for Kindergarten to Grade 8 at Assumption Catholic for January 2022 is open.

Celebrating 60 years of excellence 1961-2021

assumptionpr.ca 

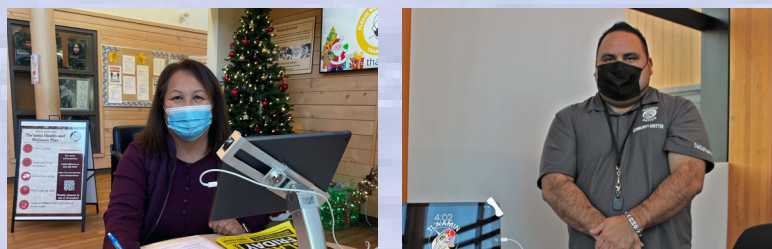
Merry Christmas from Public Works and me personally.

It has been a year full of hard work and significant progress due to the dedication of all persons involved. Lets keep the momentum going into this Happy New Years!

Richard Gage
Director of Public Works

Wishing the Tla'amin Nation and our readership a very Merry Christmas and a healthy and Happy New Year in 2022!

*Steve Gallagher and family
Neh Motl Editor*



PROOF OF VACCINATION REQUIRED

AT THE GOVERNANCE HOUSE AND TLA'AMIN HEALTH
HAVE YOUR BC VACCINE CARD AND ID READY
All visitors must show proof of Covid-19 vaccination. Please have your official proof of vaccination and government-issued photo ID ready. Thank you for your patience and helping keep our community safe.

Community Greeters Noreen Paul and Brandon Harry are here to welcome you and ensure your safety. **PLEASE BE KIND** when you enter the Governance House and Tla'amin Health. To get the vaccine card go to www.gov.bc.ca/vaccinecard

On behalf of the Tla'amin Administration



Would like to wish everyone and especially my Tla'amin Nation Post Secondary Students a Merry Christmas!!

Please continue to be safe and continue to learn !!!

Also would like to Acknowledge and congratulate on behalf of Tla'amin Nation Hegus and Executive Council:

Zoe Harry
Early Childhood Education
Special Needs Program

Unwin Lake – Salmon Habitat Restoration

Hello. I write to provide an update to the community on the Unwin Lake Salmon habitat restoration project. Our former Director introduced this initiative back in May 2021 in the Nehmotl. Unwin Lake is located approximately 12 kilometers north of Lund, at Tenedos Bay in Desolation Sound. This lake contains fish that were historically sockeye but they became landlocked and are now referred to as kokanee. Unwin Creek was redirected in the past for logging purposes, and this has prohibited the salmon fry from leaving or returning to the lake. Coho and chum were also known to be in the lake.

Funding for this initiative was provided by the Environmental Damages Fund through Environment and Climate Change Canada in the amount of \$136,860.00 to cover the costs to conduct field studies to assess the feasibility of improving anadromous fish passage through Unwin Creek into Unwin Lake. These studies include fish community, fish habitat, productivity and water quality assessments conducted over 4 field trips.

Tla'amin also applied for and received funding (\$50 K) from the Sustainable Forestry Initiative through Forest, Lands, Natural Resources Operations and Rural Development to fund a hydrological assessment of the Unwin system. This work started in February with the installation of a hydro-metric gauge to measure water flow out of Unwin Lake into Unwin Creek.

Ecofish Research Ltd., who has extensive knowledge and experience in fisheries science and habitat restoration projects, was brought on to undertake the various

assessments and studies. A Tla'amin member was hired to assist Ecofish in this work. In addition, a Tla'amin work crew cleared trails to make a safe pathway for the teams conducting the field investigations.

To date all 4 field trips have been completed. The fish community assessments were undertaken in May, August, and October; the anadromous fish assessment was conducted in October; the water quality assessment, consisting of water quality and temperature sampling in the lake, creek and tributaries, assessing lake depth, and wildlife camera installation, was conducted February, May, August and October; and the fish passage assessment, lake connectivity assessment and channel bypass surveying was conducted in August and October 2021. In addition, hydrometric gauging, consisting of instream and environmental flow assessment, was conducted in February, May, August, and October.

The results of the surveys and assessments will be compiled and reported on in December 2021 with recommendations for the next steps.

Tla'amin Nation is appreciative of this funding which has enabled us to investigate the potential for sockeye reintroduction into Unwin Lake. In this environment of climate change and impacts on food security, we are happy to participate in this worthwhile initiative. We will report on findings as they are made available to us and next steps.

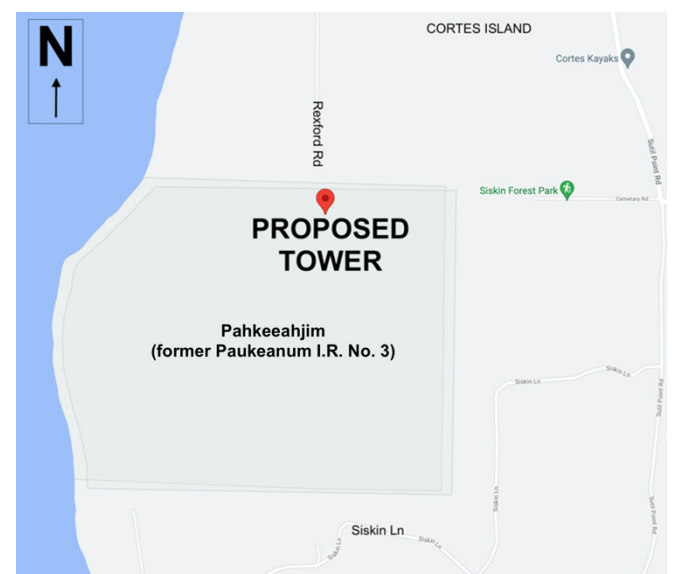
Thank you. Cheh cheha thetch.

Denise Smith
Lands Manager for Tla'amin Nation

PUBLIC NOTICE

PROPOSED TELUS TELECOMMUNICATIONS FACILITY 63.1-METER TALL SELF-SUPPORT TOWER STRUCTURE

PROPOSED STRUCTURE: As part of the public consultation process required by Innovation, Science and Economic Development Canada (ISED), TELUS is inviting the public to comment on a proposed telecommunications facility consisting of a 63.1-meter tall self-support tower and ancillary radio equipment situated on Pahkeeahjim (former Paukeanum I.R. No. 3) on Cortes Island, BC.



COORDINATES: 50.051722, -124.988048

ANY PERSON may comment by close of business day on January 31st, 2022 with respect to this matter.

TELUS CONTACT: Further information can be obtained by contacting:

Brian Gregg, SitePath Consulting Ltd.
2528 Alberta Street, Vancouver, BC V5Y 3L1
Email: briangregg@sitepathconsulting.com



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A Student Profile of Patience Dominic

By Gerry Brach, Brooks Secondary School Counsellor



After living the last four years in the lower mainland, Patience recently returned to Tla'amin Nation with her mother Elisha, step-dad Matt Barnes and brother Memphis. Although she misses certain aspects of living in the city, she is happy to return to her birth-place.

Patience has always liked attending school, as she enjoys her teachers and learning new skills. "I like school because it is interesting, and I enjoy learning as it expands my mind. Math is my favourite subject because it is challenging."

When asked about her strengths, Patience indicated that she is good at learning, singing, writing and art. She particularly likes drawing animals and people, painting landscapes, and writing horror stories and murder mysteries. Something about ghosts, zombies, and ghouls fascinates her.

Music is something this 15-year-old, Grade 10 student also loves. She has been playing the clarinet since Grade 7 and is currently in Jazz Band. "I like playing in Jazz Band as it is fun and well organized. Mr. Cummings is a very fun and energetic teacher with a great sense of humor. "Patience also enjoys singing but due to social anxiety doesn't enjoy singing in front of large groups.

Culture is also important to Patience and she has participated in two canoe journeys before COVID struck. "I really enjoyed going on the two canoe journeys as I had a lot

of new experiences in learning new songs and dances." She has some knowledge of Tla'amin language and would like to learn more when she has the time. Patience has also participated in several youth programs taught by Gail Blaney in which she learned how to make cedar hats, roses, head-bands, beaded necklaces and bracelets. "I am thankful that Gail Blaney took me under her wing and taught me everything I know about my culture. She motivates me to learn more about my culture."

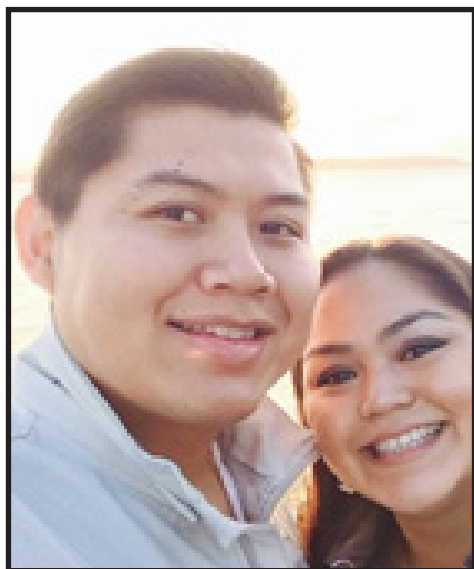
Patience credits her Grade 7 teacher at Forsyth Elementary in Surrey as someone who really helped and encouraged her to do well in school. "Mr. McComb kept challenging and pushing me to do my best in school."

For the most part, moving to Brooks has been an easy transition for Patience. "The teachers have been pretty good, but I find the students to be very loud."

When asked about what she is most grateful for, she replied, "I am most grateful for my education. For me to do well in school means that I can keep challenging and pushing myself in life." Her advice to younger students is: "Don't give up if you are struggling in school as school is just a small hiccup in the big scheme of things."

After graduating from high-school, Patience plans to attend university and become a Family Lawyer and then help Indigenous People. It will be exciting to watch this future leader as she continues to grow and learn as an individual and as a leader.

A Teacher Profile of Tyler Peters



Tyler's main goals in life are to help youth, his family and to improve his Nation's future. He sees his parents as his role models. Says Tyler, "My parents were the type of people who liked to help in their community and would drop everything on a dime for their children and grandchildren."

The importance of going to school every day and getting a good education was instilled in him and his four siblings by his parents. In high-school, Tyler excelled in Math and thought he might like to be an accountant. In Grade 12, after completing a job shadow, he decided

that accounting wasn't for him. At this point in his life, he wasn't sure what he wanted to do. After studying science and math at Malaspina College and Langara College for two years, he transferred to the NI-TEP Program at U.B.C. It took a lot of self-reflection to discover that he wanted to be a teacher. "I realized that one of my main strengths is working with and helping people. All the work I had done previously was with youth who had come to me for help."

Tyler describes his time in NI-TEP as amazing. "The support network and the way the program was delivered was incredible as classmates were like family. I still keep in touch with a lot of them to this day."

After graduating from U.B.C. with a B.Ed.(Speciality in First Nations) he tried subbing at the elementary level in Powell River schools, but there was very little work at that time. Since he enjoyed working with youth he was hired as a Youth Wellness Counsellor for Tla'amin Nation where he worked for three years. After his stint of working for the Nation, he accepted a job with the local school district in 2017 as an Indigenous Support Teacher at

Ahms Tah Ow, Brooks and James Thomson School. Since that time his job has changed on a yearly basis. "I have enjoyed working at all three places as I find the younger students see the world in a different way so their enthusiasm and honesty is almost infectious. I also like working with the older students also because I can have deeper conversations with them." Although Tyler enjoys his job, he finds the constant changes difficult.

Culturally, Tyler enjoys learning how to make beaded-bracelets and earrings. He would like to learn how to weave and carve. "My grandmother Mala, made amazing cedar root baskets and I would like to make them as well. I would also like to learn how to carve, like my father William does."

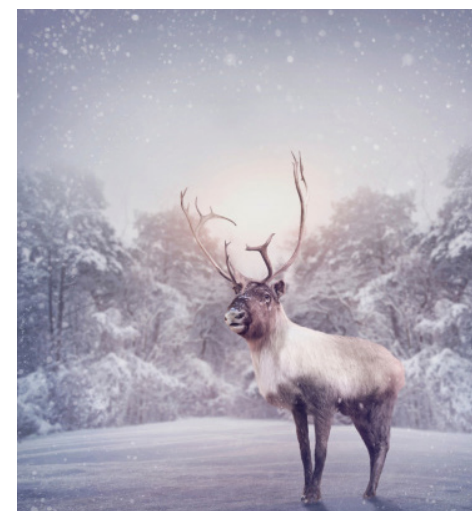
An interesting fact about Tyler is that he loves to bake, whether it is yeast bread, bannock, cinnamon buns, peperoni sticks or pizza pockets. "I find baking to be therapeutic, because when my hands are busy my mind is calm."

In addition to his parents having a big influence in his life, Tyler mentions his wife Karina as someone who has been there to support him since he was 17 years old. "We have gone through half our lives together already and she has been a real inspiration to me." Through

his work he has had the benefit of learning from so many masters of their craft. Gail Blaney has mentored him in the culture and showed him how to harvest cedar bark, process and weave. He has watched how Ivan Rosypskyte teaches youth the traditional methods of carving and how John Louie has shown him many spiritual practices. For Tyler it doesn't feel like work when you have people like that around you.

His advice to youth is: "Show up to school, put in an effort and you will see the result." Through his work and his quiet, unassuming ways, Tyler is achieving his life goals of helping youth, his family and Nation.

By Gerry Brach, Brooks Secondary School Counsellor



Co-creating Student Support with Good Relations

It's been five years since Vancouver Island University first partnered with the Mastercard Foundation on an innovative program called the EleV Learning Partnership. Through the EleV Learning Partnership at VIU, many teachings have come forward from Indigenous learners, families, communities, and other learning partners related to healthy and balanced journeys through post-secondary and beyond.

EleV provides scholarships and wrap around supports for Indigenous youth through individual partnerships with over sixty communities on Vancouver Island and Nationally. EleV magnifies education resources of each community by alleviating waitlists, which are sometimes as long as two or three years. Now that EleV is in its fifth year at VIU, some of the ingredients that go into co-creating student support through good relations are becoming clear.

EleV principles undergird the work at VIU and guide us to magnify community education resources to direct education in line with economic and social aspirations through co-creation and collaboration and engaging youth voice, experience and expertise. Indigenous Education Navigators and Education Directors and/or Coordinators in communities animate these principles through lived experience by working together as partners who support learners with program exploration, applying to VIU, and getting enrolled in classes. Once students are enrolled, Navigators work with each community to listen to the youth and do whatever is needed to remove barriers through individual approaches. Navigators and community partners work to create enabling conditions for youth to journey into and through post-secondary feeling healthy, grounded, and excited about learning without having to leave culture and tradition behind. There is still more to learn and more work ahead to further remove barriers with Indigenous learners on their educational journey, but relationships between Indigenous Education Navigators and Education Coordinators in communities are an important step on the way to meeting [VIU's commitment to becoming a more inclusive and healthier place for work and study](#).

When the EleV program entered its third year, it became clear the availability of scholarships and relieved waitlists did not guarantee that more Indigenous learners journeyed successfully through post-secondary. While enrolment in the EleV program was strong, attrition rates were nearly as high as graduation rates. With the assistance of their Navigators and Education Coordinators, many students decided to pause their studies because they faced a myriad of complex life circumstances: deaths in the family, illness, housing shortages, poverty, high expectations from parents, and more. These supported withdrawals enabled students to take the time they needed to restore balance and return in good standing when they were ready without academic consequences or outstanding fees. Students continue to return to their studies through the EleV program, in many cases due to ongoing relationships and partnerships with communities, families, and learners who work together to co-create solutions that start with local cultures.

What does it mean to co-create student support?

It's important to recognize each community has its own unique cultures, languages, practices, and protocols and Navigators honour that these will inform

the work with each student from the community. Through trust and honest communication, ideas can be exchanged and built upon, and others can be included to widen the sphere of support for individual students. Universities are built on linear processes and timelines largely stemming from a colonial past. Until established colonial systems within universities can change to better fit Indigenous learners, Navigators and communities work together to employ decolonizing practices in ways that are led by the guiding philosophies of students' communities.

Navigators put decolonizing practices into action by meeting students where they are at and giving them the tools to persist when the inevitable challenges of student life arise. Decolonizing practices can take several forms and are unique to individual learners. Some of these practices might include using social media or text outside of business hours to talk through crises with students, their families, and/or Education Coordinators in communities.

"The time invested in building relationships has helped us to recognize where we can take the initiative on that co-creation role and be seen as adding capacity rather than intruding. We are now getting to a place where our roles are synergistic and there is that teamwork." Tasha Brooks, VIU Indigenous Education Navigator

Atypical day for an Indigenous Education Navigator might start with providing advocacy for a student who has experienced racism in the classroom. Later, they may travel out to a local community and co-create options with students needing different approaches by finding flexibility in policy or developing workshops. That evening, they may talk through a crisis with a student, answer questions from a student's family member, or circumvent colonial policies or processes with community partners on Facebook messenger or text. Navigators will also sometimes take students grocery shopping, provide support finding suitable accommodation and then help with the move.

Such practices go far beyond the norm of typical university 8am to 4pm services and supports, however, this is often what is required to facilitate authentic communication and connection with students who might feel embarrassed to reach out for help or share challenges impacting their ability to be present and grounded in their studies. Students informed us that once a single, trusted connection is found (a VIU employee, a fellow student, or cultural support outside of VIU), they then felt confident and comfortable to communicate their needs and to problem-solve with that person and find solutions enabling them to feel grounded, supported and ready to move forward with their studies.

"My educational journey at Vancouver Island University has been met with immense support from my Indigenous Education Navigator. Being an Indigenous student has given me the privilege of having endless opportunities for personal and professional growth with the help of advocacy. They've helped me find connections with my cultural identity while teaching me to cultivate my inner strength. EleV has given me more pathways to fulfilling my educational dreams." Janelle Minoza, Bachelor of Social Work

"I am beyond grateful for the opportunity to attend university. I have faced many challenges in life. Too many to list of course! Despite these hurdles I am going to persevere through each of them and complete university. To show other women that you

can overcome addiction and domestic violence, with support and dedication anything is possible. Dream big and don't let anyone dim your light again." Jennifer White, Bachelor of Child and Youth Care.

Indigenous Education Navigators also recognize the community can often support learners in ways the university cannot. The decolonizing approaches taken by Navigators in their day-to-day work is contributing to students persisting in their studies, but that is only half of the equation. Community partners are integral to student success:

"Seeing the accomplishments of the community because of EleV has been amazing. I'd be lost without the Indigenous Education Navigator I work with. It's wonderful to have that working relationship to help support the students. Bringing in the Navigators to answer questions and talk about how can we support the students is invaluable. When we need something answered we can provide that support, for example I get a heads up from Navigators when a student isn't attending and then I can connect before anything happens or there are academic consequences." Louise Dominick, Education Coordinator, Tla'amin Nation

Where can co-creating student support go from here?

EleV increases access to post-secondary for Indigenous learners by alleviating community education waitlists primarily through deepening relationships and building strong partnerships between Indigenous Education Navigators at VIU and Indigenous communities. EleV support has enabled VIU to learn more about how to further strengthen partnerships with Indigenous communities, partly through co-creating student support. However, Indigenous Education Navigators and community partners cannot do the work alone. Through EleV learning it is clear Indigenous learners benefit from the "all my relations" approach involving families, peers, communities, land, language, VIU faculty and staff, Elders, Knowledge Keepers and more. Infusion of Indigenous ways of knowing, being, and doing make a difference for individual learners in conjunction with infusing health and wellness into curriculum design, teaching, and support services.

"Co-creation is listening and not rushing it – it takes time to build the trust to be vulnerable to together." Sherry Mattice, VIU Indigenous Education Navigator

Key Takeaways:

- The EleV match to community Post-Secondary Student Support Programs is key to building stronger partnerships with communities, which is a commitment in VIU's Strategic Plan. EleV creates enabling conditions for co-creating individualized student support by providing time and space for relationships to develop and deepen.
- The match magnifies community education resources by alleviating education waitlists.
- Indigenous Education and Employment Navigators ensure that student support is co-created with communities, guided by local protocols, practices and Knowledges ensuring support is student-centered and success focussed. Though there is no quantitative correlation between the number of graduated learners and the number of relationships with communities, there is mounting qualitative evidence that co-creating student support enables more learners to persevere through their studies.
- Co-creating student support has resulted in policy changes at VIU and continues to inspire conversation about what other policies and processes can be shifted to better fit the needs of Indigenous learners.

Message to members on Tla'amin Audit 2021

On behalf of the Tla'amin Finance committee, I want to thank the 30+ members who joined the virtual AGA on November 24th to review the audited financial statements and engage in questions and answers with leaders, auditors and the finance committee. Congratulations to our door prize winners Betty Wilson, Terri Galligos, Linzy Elliot, and Sabrina Wilson.

This article provides a brief overview of the presentation that was shared at the virtual AGM. On behalf of the Tla'amin Finance committee, I'm writing to share the 2020-2021 audited financial statements. The Tla'amin Legislature accepted the audit at a duly convened meeting on September 15, 2021. I encourage all members to review these statements closely and bring your questions to the finance committee or your elected leaders.

Three points that are important to know about the audit:

Tla'amin received yet another independent clean audit opinion. Overall, the Nation continues to get stronger financially both in terms of management of financial controls and financial outcomes.

While this is a consolidated audit, each Tla'amin entity/business independently conducts an audit and then reports its bottom line to the Nation. This means that accountability for performance of those entities remains with their board members.

When comparing the 2020 audit to the 2021 audit it's important to remember that our revenue was larger last year because it included a one-time 22-million-dollar Klahanie specific claim.

2020-2021 Financial Highlights

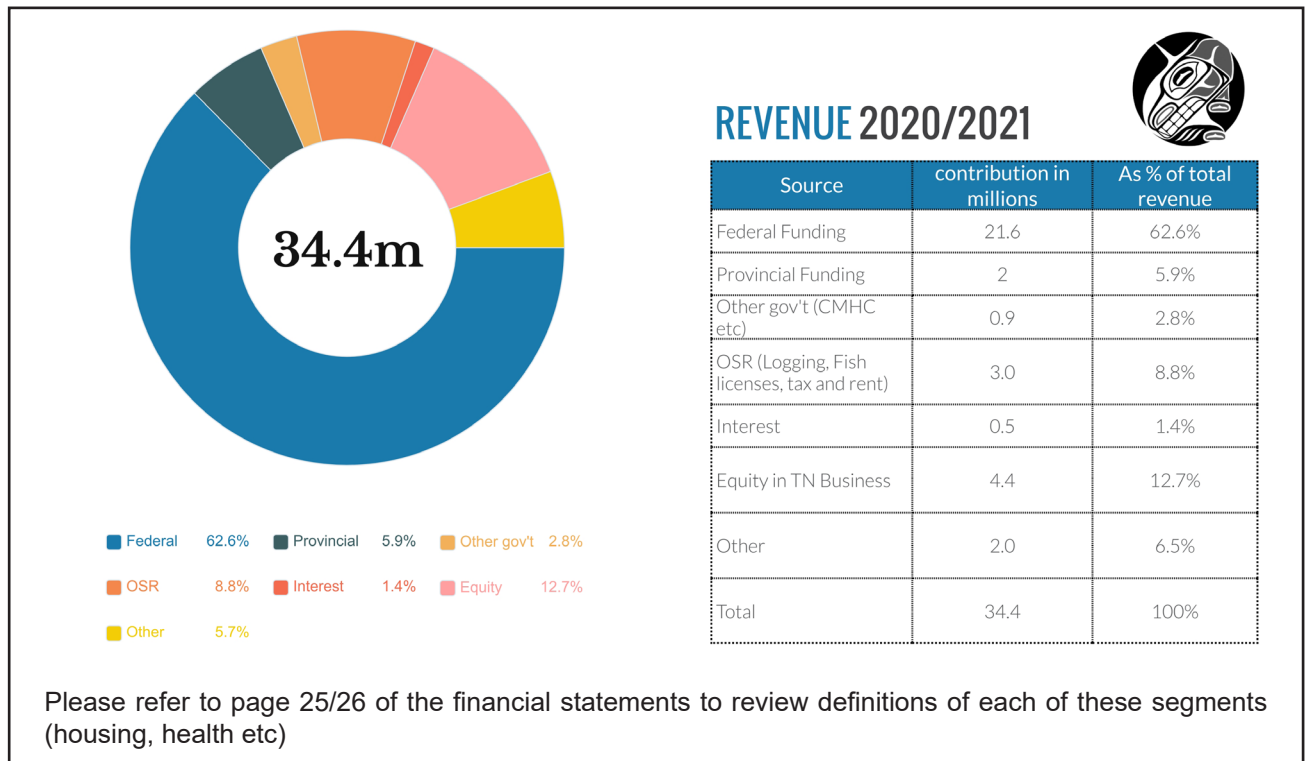
In 2021 the Nation's total revenue was \$34.4m and expenses were \$22.6m. Much of the new revenue last year was proposal driven and attached to specific construction projects that will happen over multiple years. These funds are part of our "restricted surplus" which basically means money that is already spoken for, for housing, infrastructure, or program spending.

Cost of government and administration increased by 1.3m.

In 2020-2021, for the Nation's non-unionized employees, Tla'amin implemented a living wage of \$20 per hour minimum and made

some overdue salary adjustments too. These measures were reviewed by the finance committee and are meant to attract and retain the best talent in our Nation. The biggest cost increase came from filling positions that had long been vacant on our Nation's organizational

projects that you now see happening throughout the community. Projects underway include firetruck storage, new cemetery, field house and Child Development Resource Centres feasibility, and Elders Centre proposal. In housing 18 renovations were completed last fiscal year and



chart, these include positions like public works, guardians, policy and HR.

Covid impacts to budgeting and spending

Tla'amin distributed extra funds to help families during Covid bringing our total member distributions to \$1.5m in 2021. Safety requirements and social distancing meant that some departmental work including in-person services, workshops, and community engagement were underspent. Tla'amin holds some cash in investments which bounced back this year as the economy started to recover.

Infrastructure and Housing

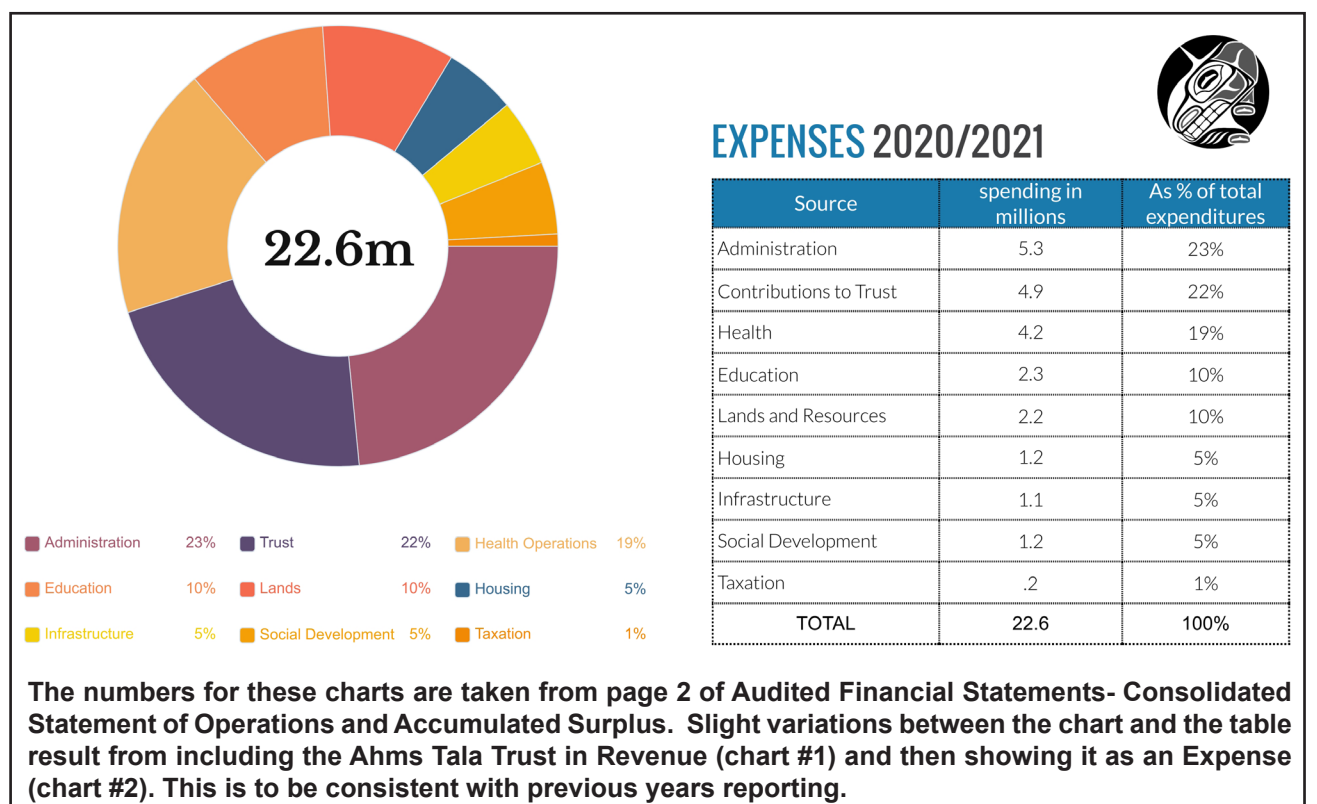
In total the Nation brought in \$7.5 million last year in proposal driven revenue for infrastructure

11 were in progress at the end of fiscal year. To date 149 out of 230 Homes in the Nation have received a certified inspection.

Finance Team

Completing the audit this year provided some unique challenges. The Nation welcomed our new Chief Financial Officer Janel Silvey right as the process was starting and she undertook a crash course on Tla'amin accounts, balances, contracts, and vendors. Having continuity with the auditor firm KPMG helped us in this regard because they were very familiar with the accounts. We raise our hands in thanks to the Finance department for the great team effort to get our audit done on time and in good order. Thank you Jolene, Esther, Pam, Tori and Janel.

Davis McKenzie



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

Message from Tla'amin Health Director

On behalf of Tla'amin Health, I would like to extend my deep condolences to the Pielle, Adams, Louie and Francis families for your losses. At health we also recognize the many losses that our community has experienced over the last 18 months. During our recent conversations with members about our 7 year health plan, grief and help addressing grief have been identified as a community priority. This is a conversation that we will move to action in 2022.

An early action is that Health is extending an invitation to the whole community to Sosohot and brush with us on December 23 at 10:00 AM down the waterfront by the gazebo. Our traditional wellness team will be on hand to offer brushing as well. Refreshments will be available, and a fire will be kept.

Over this holiday break (noon, Dec 23 to January 4) health will continue to deliver essential services. The majority of our health team will be taking a well-earned

break to rest and recharge. We would also like to ask people to please take care of self and each other during this time.

**Please note that there is particularly toxic drug supply in the qathet region, and encourage our members to please not use alone.

Wishing you all a safe, healthy and restful holiday with your loved ones.

čëčəhaθëč - I thank you,

Marlane Christensen, MA
 Tla'amin Health Director

Tla'amin Elders Corner

Doreen Hopkins – 604-483-6738

Elders' Complex activities for 2022 - Come and join us!

Chair yoga winter session will resume January 7th, 2022 -10:30 a.m.

January 2022, there will also be an extra challenge, standing yoga on Mondays from 12:00 to 12:45. This includes getting on/off the floor. You can use a chair for added support if needed.

seniors' wellness class – days/times will follow. If interested, please give me a call.

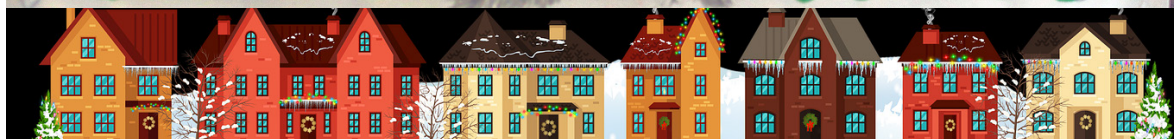
The Complex hot tub/swim/sauna are available to community members from Wednesday through Saturday.

2022 – Will be a year of reflection and changes

Let's start the year by taking some valuable time for our own personal wellness. Give Kim a call to schedule an appointment with the dietician, Lianne at Tla'amin Health.

Liane and you will review your personal dietary needs and together make suggestions or decisions that work for you.

We can work individually on a year long activity / weight loss plan and come together at the end of the 2022 to share our success stories.



Dental clinics

We have spaces for the dates in January which are Friday January 16th and 21st, 2022.

Merry Christmas and warm wishes in 2022

Contact: Cathy Paul
 778-657-5924 or 604-483-3009 ext. 119

Sports and Recreation Inspires Health and Wellness Plan

“Soccer was a life-saver for me, because of residential schools,” says Tla’amin elder John Louie.

“In the schools we were never told, ‘I love you’ or acknowledged or any stuff like that, so I played sports. I was a really fast runner and good at soccer,” says John. When he came home from school, he said that soccer was a very popular sport in Tla’amin, and he wanted to play it.

John says that throughout his life he had played on several different soccer teams.

He played for both Brooks and Max Cameron School teams as well as being a part of Tla’amin’s Braves soccer team and many others.

“The Braves team is what created other soccer teams for our Nation.

“You had to be really good

to get on it, I was a fast runner so I had been a part of the Braves,” says John. After the Braves, he says that there were about four other men’s soccer teams and about 2 women’s soccer teams. “The Braves did lots of travelling for tournaments and we even played against semi-pro teams like UBC, New Westminster Blues, Washington teams, and many more.”

“The Braves were a small team, but we were a very good team. We carried a lot of pride.”

The Braves had even travelled to the BC Championships. John explains that one year they had won a game 11-4. “Over the years our team became quite good friends with the semi-pro teams because they learned that we were actually good at the game, and they were nicer to play against,” says John. He also explains that there was always a lot of team spirit, they’d always be practising by running. “Even from when I was in Residential schools, I was always running,” John says.

“Most of the Tla’amin soccer players were loggers, so after work we’d go down to our field in front of the church and we’d only change our shoes. We’d play soccer until dark, then we’d all go running before going home. Some would run to Scuttle bay, others would run to Sliammon Lake.

“The field was full of holes and puddles so that helped us learn how to control the ball,” says John. “Coaches on teams were also great, they’d tell us which side of the

field to play on, things like that.

“When we’d have a tournament somewhere, we’d go logging, and we’d sell that wood to folks or the mill, that money is what we used for accommodations for when we travelled to tournaments.”

The Braves team played against First Nations teams and Non-First Nations soccer teams in BC. John explains that between First Nations, there was a rivalry. “When we were playing non-First Nations teams, we experienced a bit of racism and



the players would be more rough in-game, but the fans were always more vocal.”

“One game we played against the New Westminster Blues and the players were kind of making fun of us, they called us kids and played a bit rough. Their coach had warned them not to take us as a joke, but they didn’t listen,” says John.

“An elder told our team not to listen to them, or respond to any of their comments, we were there to play soccer, and that’s what we did.”

“We ended up winning 4-1, proving them wrong. Their coach was saying things like ‘I warned you guys!’ We let them score a point too because we felt bad,” John laughs. “After the game we shook their hands. What that teaching moment from the elder was that you should always be good to people, even when playing the game.”

John says that the semi-pro teams and the Braves had much nicer games after they knew that the Braves team was good.

The soccer players from the Braves team would often use the river or the lake. John said that at one point there had been a swimming pool above the bridge in Tla’amin as well. “Everyone had their own ways of preparing for a game or tournament.”

John explains that the Braves team had about 31 different trophies they had won from over the team’s years. “I wish that the youth we have now would participate in soccer, it is a great sport,” he says.

Tribal journeys are events that were held by the Sister Nations up until COVID-19 hit in 2020

These events allowed First Nations communities to canoe across the coast together. Tla’amin Nation member Leslie Louie explains that the abundance of community spirit during these events is always positive.

“I know that so many people had wanted to be there with us, but they had other responsibilities,” Les says. “A lot of family and friends would travel down to the final gathering place to meet us to help cheer us on.

“Sometimes families would come join us on the weekend. It was also nice to be able to connect with old friends and to make new ones too.”

Tribal journeys were more than just canoeing, all sorts of cultural practises would take place too. It was more than a learning experience, it helped bring people together and connect.

“I learned a lot from the way our hosts welcomed us ashore, and how the canoe family encouraged everyone to participate in introductions, giving and receiving.”

“Teaching the youth and allowing time everyday for talking circles that were encouraging and supportive; but we were also able to use this time to communicate with each other if someone was tired or feeling a little homesick,” says Les.

Spiritual, emotional, mental and physical wellness were all acknowledged and we worked together, even though some days were tougher than others but we got through it, because of the connections and common teachings that we value. Preparing for tribal journeys was a group effort.

Les explains that before going, a lot of fundraising would be done.

“There was also a lot of commitment made to participate in culture nights. Everyone shares their stories and experiences, what to pack or not! We also participated in canoe protocols and water safety training as well,” says Les.

Tribal journeys impacted Les and her co-workers’ work-lives too.

“It gave us a chance to connect with the older youth,” says Les. “The older youth are often working or are away for sports so it can be tricky to connect during the summer. It was a wonderful opportunity to work together.”

Les explains that she and her co-workers were supported by Tla’amin Nation as youth workers to participate from start to finish.

“We worked a lot on the creation of gifts to give away and continued to work on these when we were on land. Lots of learning was happening all around beading, language, storytelling and laughter was always present.”

If someone fell ill or had been hurt during the tribal journeys, Les says that there were both traditional and western medicines to help with healing.

“One of the canoe family members, (Tla’amin culture manager Drew Blaney) would take that opportunity to share with us what our ancestors used to use,” says Les. “I think that the river and the ocean also have their own spiritual healing powers that are unique to everyone. Just being out in nature, on the land, on the water. It is a part of who we are, our cultural identity and connects us with all things living and wonderful.”

Tla'amin Health and Wellness Plan



#TlaaminWellness2021

ʔajεčxʷst (How are you?)

Throughout November, we heard from Tla'amin people (ʔəʔamen qaymexʷ) of various ages, genders, abilities, and locations. We heard that a strong cultural foundation is needed for wellness planning. Rebuilding connections with the land (guļε), teachings (taʔaw), language (ʔayʔajuθəm), ceremony, each other, and our identity is vital for Tla'amin health and wellness. So is cultural safety, health equity, and security in housing and food.

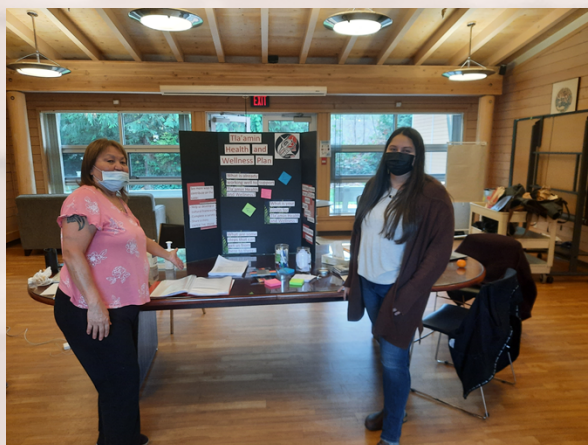
Wellness is supported in many different ways: traditional food harvesting, soccer, tribal journeys, and sharing stories. We have witnessed how Tla'amin people are continuously finding creative ways to carry teachings and wisdom forward for the wellness of future generations.

We have heard thoughtful, critical, and forward-looking suggestions during this phase of the project. In the coming months, all feedback will be reviewed, and a draft Wellness Plan for the Tla'amin Nation will be developed.

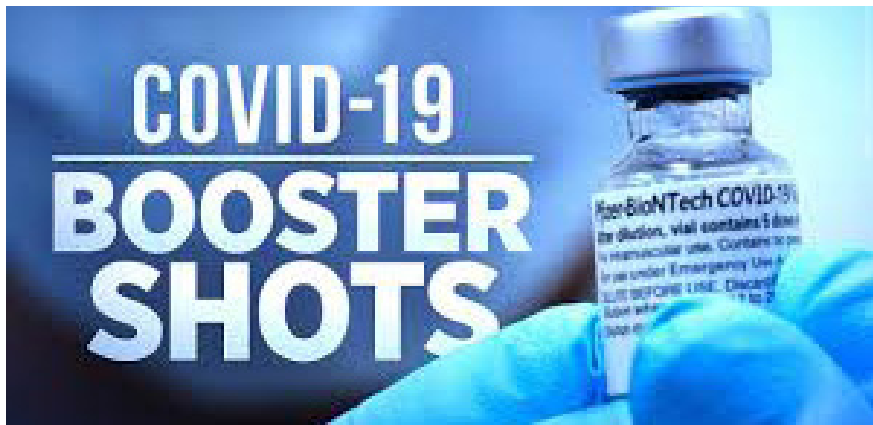
- What is already happening to enhance community wellness?**
- A Tla'amin Patient Navigator position at the hospital (soon)
 - A Field House
 - CDRC expansion
 - Home renovations to support health, safety, and aging in place
 - Registered Psych Nurse (substance use specialization)
 - Child and Family Services Reform Coordinator (soon)
 - Language learning
 - Access to traditional foods
 - Supported access to firewood (soon)
 - Cultural programming
- ... And more

Please stay tuned for a new 7-year Tla'amin Health and Wellness Plan in Spring 2022. For more information, email: wellness@tn-bc.ca or call 604-483-3009

"When you help people, you are a healer. Wellness was an everyday thing for our people." - community member



ʔimot - Thank you for participating!



COVID-19 Booster Vaccine

(Due 6-8 months after 2nd dose, therefore if you were vaccinated June 1-16 with your 2nd dose you may book now)

A booster dose is an additional shot that helps you stay protected against COVID-19. When you get a booster dose, you're helping protect you and the people around you.

Anyone 18 years or older who identify as Indigenous and/or reside at Tla'amin or on Tla'amin lands or works at Tla'amin, are welcome to receive the COVID vaccine booster at Tla'amin Health

1. Book your own appointment online at: tlaaminhealth.janeapp.com
2. Call health at 604.483.3009 and we can set up an appointment.
3. Family Champion or Lead: A family member gathers names of those in your family who want to be vaccinated. Your lead can either book family appointments online or call Tla'Amin Health to book.

Facemask required

Please bring BC Personal Health Card



Merry Christmas
& Happy New Year

*Happy Holidays from the team at
Tla'amin Management Services,
Thichum Forest Products, Tla'amin
Resorts & Accommodations and
Pa'aje Shellfish Services.*

*May you and your family have a very
merry holiday season and happy New
Year.*

Do you have Questions about COVID-19 Vaccine for children 5-11yrs?

Frequently Asked Questions:

1. Who is eligible to get the vaccine?

Children between 5 and 11 years old. If your child is 4 years old, you will not be able to get them vaccinated until after their 5th birthday.

2. How many doses are there?

The primary series is 2 doses that are spaced 8 weeks apart.

3. Who can provide consent for children to get vaccinated?

Parents/guardians, (including foster parents and prospective adoptive parents) and other custodial caregivers (a grandparent who is raising the child).

4. Is the COVID-19 vaccine different for children?

Currently, only the Pfizer vaccine is available for use in children aged 5-11. This is the same as the Pfizer vaccine adults and older children get but in a smaller dose. The dose is not based on the size or weight of the child, but by age.

Some children may get different doses in their series depending on their age.

For example, an 11-year-old that has their 12th birthday in early 2022 would get a child dose for their first vaccine and an adult dose for their second vaccine.

5. My child is scared of needles and is very anxious, what can I do?

There are simple breathing techniques that young children can learn that help them to keep calm. Have young children practice breathing exercises by asking them to breathe like they are blowing bubbles or blowing out candles. Anxiety Canada has more information on how to practice this.

A team from BC Children's Hospital has developed a game that helps children practice belly breathing which is able to help children manage anxiety and their response to pain.

If your child has a history of fainting at the sight of needles you can practice this tension technique to reduce the chance of this happening.

6. What are the side effects of the COVID-19 vaccine?

Side effects are part of the body's natural response to a vaccine. Some people have no side effects, while others may have some type of side effect.

- Common side effects: pain, redness, itchiness and swelling at the injection site
- General symptoms: fatigue, headache, muscle pain, joint pain, chills, and fever.
- No serious side effects were detected in the clinical trials for children in this age group.

Canada's vaccine safety monitoring system helps detect any possible rare side effects that didn't appear in the clinical trials. When millions of people receive a vaccine, rare side effects may be detected. Ongoing vaccine safety monitoring is essential for the detection of and timely response to vaccine safety concerns.

More info available at <https://immunizebc.ca/COVID-19-vaccines-FAQ-5-to-11>

Sliammon is an outstanding active athletic community

By J.A. Lundie, *Native Voice*, 1949

Three miles northwest of Powell River is the village of Sliammon, a reservation of the active and energetic Sliammon group. The members of this tribe are well known and popular in Powell River, where their prowess in various branches of athletic activities won them widespread recognition.

The Sliammon team captained by Alec Louie, has for the past two years defeated all opposition in the Powell River area. Last year they won the league championship as well as cup-tie honors, and they look like repeating this year. Many of these players would be an acquisition to the best squads in Vancouver. Alec Louie for many years has been considered as the leading centre half in the Powell River district, and several first class teams in Vancouver have angled for his services. On this team too, are three members of the famous Gallegos family. The veteran Pete Gallegos, whose bullet-like drives have won the respect and



On behalf of the RCMP we would like to wish everyone a very safe and happy holiday.

“Joe as a catcher, was unequalled on the North Shore, and he was one of the heaviest batters in the league. Willie Gallegos, with proper coaching, might well have been a big league prospect.”

admiration of visiting teams, is still an active member of the team. His two nephews, Willie and Ernie, are following in the family footsteps. Other members of the team include Jack and Willie Timothy, Charlie Peters, Tony and Dempsey Noel, Stan Harry, Joe and Willie Dave, Charlie Wilson, Albert August, Willie and Henry Bob.

Other soccer greats of former days include John “Smokey” Johnston, Sammy Williams, Paddy Tom and Alec Gallegos.

In baseball, too, Sliammon has an enviable reputation. Outstanding in the history of the reservation are two “greats,” the late Joe and Willie Gallegos. Joe Gallegos was one of the greatest soccer full backs ever developed in the Powell River area, and the equal of anyone now playing in Vancouver. The two brothers Joe and Willie, were a spectacular baseball battery. After smothering all the opposition in the Powell River area, they played for many years with the Squamish Indians in the play-off series, and Willie’s strikeout feats and magnificent pitching are still among Andy Paul’s most nostalgic memories. Joe as a catcher, was unequalled on the North Shore, and he was one of the heaviest batters in the league. Willie Gallegos, with proper coaching, might well have been a big league prospect.

In track and field events, the lads from Sliammon have on many occasions carried off honors in track events in Powell River. Today Ernie Gallegos and Jack Timothy could probably give any of Vancouver’s fastest sprinters a hard-run.

The athletic achievements of this small but tightly knit community have been truly amazing. Year after year they have turned out soccer and baseball teams that have thrilled Powell River crowds. Out at Sliammon, visitors may see groups of youngsters from 7 and 8 years old and up kicking a football around or playing baseball. They are a credit to their race and from present indications will continue to maintain their place in the Powell River sport spotlight for many years to come.

One of the feature games of the soccer season in Powell River is the annual Sliammon vs. Churchhouse soccer game in which representatives from these two teams compete for the Indian Soccer Championship of the Coast. Thus far, Sliammon has carried off major honors.



SUMMARY OF RCMP CALLS FOR SERVICE FOR OCTOBER/NOVEMBER 2021

This summary of police calls for service is intended to advise community members of what is occurring in the community and to encourage community members to report all suspicious activities.



	Powell River RCMP Non-Emergency (604)485-6255	In Case of Emergency Call 911
OCT 26	KLAHANIE DR	Police received a request to check on the wellbeing of an individual who had not been in contact with family for some time. Police attended, and spoke to the individual, who advised they were okay.
OCT 30	HARWOOD DR	Police responded to a disturbance at a residence. Police attended, but one of the people had already left. It was determined no offence had taken place.
OCT 31	RIVER RD	Police received a report of a disturbance. Police attended and spoke to all parties involved.
OCT 31	RIVER RD	Police responded to a report of a loud party with fireworks. Police attended, but everything was shut down by the time they arrived.
NOV 01	HWY 101	Police responded to an alarm at a business. The alarm was determined to be false.
NOV 02	HWY 101	Police responded to an alarm at a business. The alarm was determined to be false.
NOV 02	WATERFRONT RD	Police received a report of a possible breach of conditions. Police investigated the matter and determined there was insufficient evidence to prove a breach took place.
NOV 03	HWY 101	Police responded to an alarm at a business. The alarm was determined to be false.
NOV 03	EAGLE DR	Police received a request to check on the wellbeing of an individual. Police attended and determined they were okay.
NOV 04	SLIAMMON RD	Police responded to a mischief complaint from Canada Post. One of the mail slots at the community mailbox had been damaged.
NOV 05	KLAHANIE RD	Police responded to an alarm at Tla'amin Governance house. The alarm was determined to be false.
NOV 16	KLAHANIE DR	Police responded to a report of an unlicensed driver. Patrols made to locate the driver, but police were unable to do so.
NOV 18	SALISH DR	Police responded to a possible break and enter at the Salish Centre. Police attended and determined that the individual had permission to be inside.
NOV 19	HOMALCO RD	Police responded to a disturbance at a residence. Police spoke to all parties involved and determined no offence had taken place.
NOV 21	HARWOOD DR	Police responded to a report of a possible impaired driver. Police located the vehicle and determined that the driver was not impaired.



(Top left to right) Jimmy Peters, Jack Timothy, Alf, Alec Louie, Willy Bob, Albert August, Johnny Bob, Johnny Johnson

(Bottom left to right) Benny Peters, Stan Harry, Joe Paul, Dempsey Harry, Tony Harry, Pete Galligos, Ernie Galligos



mɛli kɪsmɪs Tla'amin



Merry Christmas & Happy New Year from
the Tla'amin Cultural Department!



Emily White (She/Her) is from Klahoose and Tla'amin Nations. She recently accepted the position of Policy and Fiscal Analyst with Tla'amin Nation. She is also a Councillor for Klahoose First Nation, and keeps herself busy doing beadwork in her spare time. Emily holds an undergraduate degree in Indigenous Studies and Applied Ethics from the University of Victoria, and is excited to apply her education and experience to this new role with Tla'amin Nation.

The Cultural Program is seeking individuals that would be interested in leading cultural classes or workshops starting in January. Workshops include, but are not limited to:

- Carving
- Cedar Weaving
- Wool Weaving
- Regalia Making
- Drum Making



If you are interested in being a cultural teacher, or leading one of these workshops or have other workshop ideas, please email Drew Blaney at drew.blaney@tn-bc.ca or by calling (604)-483-9646 ext. 123.

Winter Words in ʔayʔajuməm

ʔišnomot tumiš – Santa

kʷut gi aʔaxʷ - Look, it's snowing!

ʔagəms kʷ sotič – Winter Moon

ʔeʔeʔəm ga čimčim kʷ ʔasqič – Put warmer clothing on, it is cold outside!

Lemon Christmas Cookies



Ingredient Checklist

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 3/4 cups granulated sugar
- 1/4 cup packed light-brown sugar
- 1 tablespoon finely grated lemon zest, plus 1 tablespoon fresh lemon juice
- 1 cup unsalted butter, (2 sticks), softened
- 2 large eggs
- Sanding sugar, for sprinkling

Directions

Step 1

Preheat oven to 350 degrees. Sift flour, baking soda, and salt into a bowl; set aside.

Step 2

Put sugars and lemon zest in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium speed 30 seconds. Add butter; mix until pale and fluffy, about 1 minute. Mix in eggs, 1 at a time, and then the lemon juice. Reduce speed; gradually add flour mixture, and mix until just combined.

Step 3

Scoop dough using a 2-inch ice cream scoop; space cookies 2 inches apart on parchment-lined baking sheets. Flatten cookies slightly with a spatula. Sprinkle tops with sanding sugar, then lightly brush with a wet pastry brush; sprinkle with more sanding sugar.

Step 4

Bake cookies until golden, about 15 minutes. Let cool on sheets on wire racks for 5 minutes. Transfer cookies to racks using a spatula; let cool completely. Cookies can be stored in an airtight container at room temperature up to 3 days.



Tabatha Berggren (she/her) is honoured to be the new Legal, Policy, and Data Manager for ʔaʔamun Nation. Her paternal family are British settlers, and maternal family are Métis, with family script lines Bellehumeur, Bélanger, and St. Germaine.

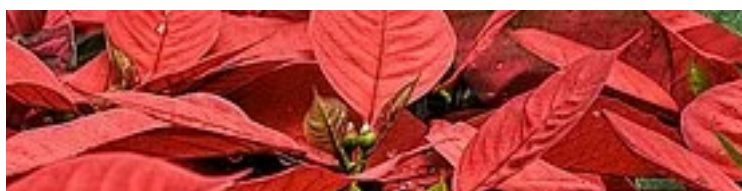
She was raised on the traditional territories of the kʷikʷəʔəm First Nation, moving to the ʔaʔamun territory with her husband and children in 2016.

She comes to this role from her most recent position as Indigenous Justice Liaison with qathet Community Justice. She strives to navigate colonial spaces with a decolonial approach to research and policy writing while amplifying the cultural traditions of oral history and storytelling.

She is grateful for this opportunity to support the growth of the ʔaʔamun Nation.



Happy Holidays' From Kylie Paul
(Citizenship Registrar) and Family



Let's Talk Trash.ca

WHAT IS WASTE?



Ingalisa

Tai

Abby



'Green' Holiday Gifts



The gifting season is upon us. Storefronts are getting into the spirit and reminding us in no uncertain terms, that Santa is on his way. If you partake in exchanging presents with family and friends, a popular new trend is the gifting of experiences rather than things. This often comes with the bonus of not having to do much wrapping. It's also a great way to keep yourself off mother nature's naughty list.

Inspire loved ones to indulge in personal wellness by gifting a day on a ski hill, a back country snowshoe, a visit to a massage therapist or Naturopath, or a swim pass at the recreation complex. The new year is a time when we are ready to start diving into new healthy habits, so these types of gifts are timely. Some can be offered as an experience to share with your loved one, rather than sending them on their own to explore. How about a cup of locally harvested tea and a chat before the gifted wellness appointment or the offer to go swimming together?

Speaking of together, sharing our skills and knowledge with each other is a meaningful present. More than ever, we are thinking about how to reduce our costs by doing things

ourselves. The challenge can be that we don't know how. Tasks that might be simple to some, feel nearly impossible to others. Maybe this is the year you gift your time by doing an oil change, fixing a broken zipper, framing in a window, or teaching someone how to safely identify and process medicinal plants.

Think about gifting a unique experience that your friend might not think of having on their own. Maybe a ride on horseback in the winter snow could be a fun idea that's outside of their box. Or how about a cooking or dance class? You just might spark a new interest, or at the very least add some spice to their usual routine.

Share the gift of music in the form voice lessons or a guitar rental. These are indulgences you might not think to offer to yourself but are often well received by others. If investing time into music skills isn't realistic because of childcare challenges, that could be part of your gift. Offering to provide or source a babysitter could make the gift much more possible to enjoy sooner than later.

If you're stuck on buying some 'thing' rather than an experience, there are many Zero Waste options. Though there are fewer craft fairs this year there are still some online as well as the Town Centre Mall's Soapy Dragon pop up local crafter's shop. These are filled with gifts made by locals and often even with local, natural materials. It's such a satisfying feeling to support your community and the earth while loving up family and friends. Another option for a low waste gift could be to take that special someone on a thrift or con-



signment store shopping spree. Make an afternoon of it and you will end up going home with pre-loved goods that still have smiles to give.

A classically fun way to reduce the time, stress and waste of the gifting season is to pull one person's name to get a special gift for rather than getting many little gifts for everyone. This can come in many forms – one is for extended family members to randomly be given someone's name to shop for. You can set a price limit on to ensure similar exchange or even get creative and ask that all gifts be hand made or locally sourced.

We love gifts that are offered with thought. What better present than one that is also thoughtful to the planet? That's the type of gift that keeps giving for generations to come.

Blessed holidays from Let's Talk Trash!

Let's Talk Trash is the qathet Regional District's waste reduction program. Find more tips in their Holiday Green Guide at LetsTalkTrash.ca

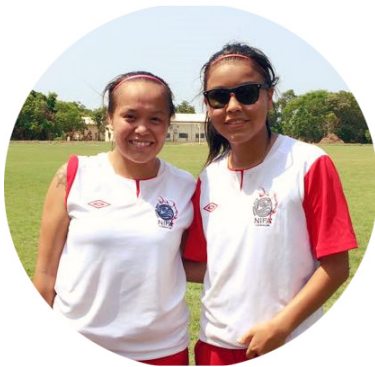


ANNOUNCEMENTS



The Women's Nifa Team Welcomed Into The Soccer Hall Of Fame Of BC

Brandy Francis and Brittany Harry were two players who represented the Tla'amin Nation. The tenth "Team of Distinction" in the Hall of Fame is the NIFA Women's Indigenous Team Canada 2015 who became the champions at the inaugural 2014 World Indigenous Games. With nine of the 17 players from First Nation communities across BC, the team won gold medals in the Final against the host Brazilian team.

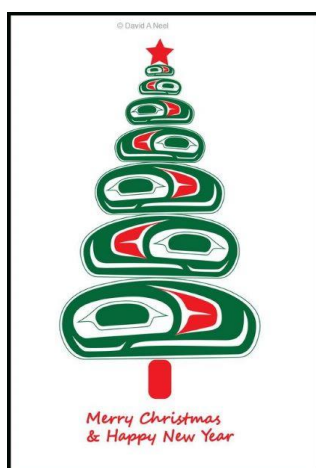


Happy Holidays from The Training and Development Department! Please be safe and enjoy your Holidays

Trisha Wilson 604-483-9646 Ext 110



Please reach out for your training needs, funding can be sourced by North Vancouver Island Aboriginal Training Society (NVIATS) 250-286-3455



The Stock Pile Market for Christmas

- Gift items – clothing, jewelry, books, art, bath and body, foodware, winterwear 25% off
- Jack Daniel's Gift Packs – 33% off
- Bottled Wines – buy one, get another half off

Market Hours:

8 AM – 6 PM Monday through Friday

10 AM – 6 PM Saturday

Closed Sunday

Fuel dock hours are 8 AM – 4 PM Monday through Friday, 10 AM – 4 PM Saturday, and closed Sunday.

We are closed on Saturday, December 25th for Christmas and Friday, December 31st and Saturday, January 1st for New Years.

