

Disturbed Burial Sites at Willingdon Beach Triggers Burning Traditional Food

By Steve Gallagher
Neh Motl Editor

When a loved one goes on a spiritual journey, our community will gather to provide support and condolences, and provide a feast for the family with traditional songs. Burning is a very significant step to offer food, nourishing the spirits that have gone before us.

For our ancestors whose remains were disturbed at Willingdon Beach, this burning was long overdue. Burning has always been a part of our cultural practices to recognize and remember our families that have passed on. This is something we do for just do for our people.

John Louie acknowledged everyone that came out to witness this event. "It's my job to fulfill what people have in their minds. A lot of our people lived here and were buried here. We don't want to disrespect our people and mother earth. I offered tobacco as a way of recognizing that something was done wrong.

Burnings are sacred to our people and the cedar you are carrying is to protect you because our ancestors will be coming here to eat. You will turn your backs to be respectful while they eat. We do this to carry on what we were taught. When we do things, we do it right, so when we go forward together, people will understand through our prayers.

"This ceremony is for our ancestors who have left us with the guidance of the spirits. When archaeological sites are disturbed, we make it about us, and disrespect the ones that looked after our traditional territory."

--Elder John Louie--

Colleen Parsley of Aquilla Archaeology explained. "Human remains were identified here with the help of Jason Frances in 2018 while did an impact assessment for the City of Powell River. We continued to find archaeological evidence and found two grave features, There



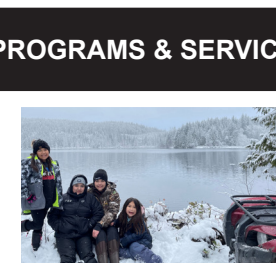
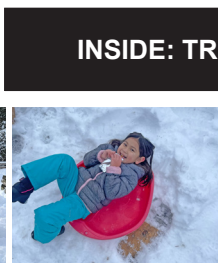
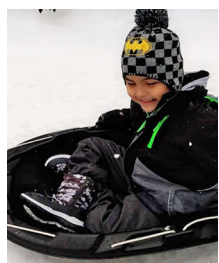
Elder John Louie raises traditional food up to our ancestors to invite them to a feast prepared by the woman.

was a rock structure built into the ground and a body was placed inside and then more rock to protect it. It's the equivalent of grave markers in a cemetery, and they become more eroded over time. It was no secret that these grave features had been found. There is story about a bus driver who was down here and found a human femur in 2009. It was kept a secret so the information would not get placed into the wrong hands, and to avoid further desecration. Fortunately this site was easy to protect. It's not one persons fault but is simply cultural ignorance.

There is a change in the mind-set of the qathet residents to change and adapt to Tla'amins culture and heritage, which is now as the forefront. We have just started and there is a lot of more work to be done for our sacred sites that have become less visible. We do everything in our power to do this work and get people to hear and really listen to the evidence to ensure that mind-sets change, so we can protect the culture and history that is in the ground. Culture and

heretage sites will continue to exist and thrive, as we move forward into the future, here in the qathet area."

Acting Lands Director Denise Smith is very passionate when we talk about protecting our sacred sites, "We are doing this burning here because we have ancestors that were buried here, whose their burial sites were disturbed. We do this to remember them and to feed our families. We have been here for ten thousand years and we have proof of that through middens and culturally modified trees. More work will be done in the future. Our food served here is traditional from our community to acknowledge that this is our people."





Tla'amin Governance House Updates

4779 Klahanie Road,
Powell River, BC
V8A 0C4

Phone: (604) 483-9646
Toll Free: 877-483-9646

THE GOVERNANCE HOUSE
IS CLOSED FOR:

Family Day

Monday February 21st



Message from Hegus John Hackett

Tla'amin Nation Sand and Gravel business purchase

Major announcement the Tla'amin Nation has acquired Select Sand and Gravel. The company currently provides more than 100,000 tonnes of sand and gravel a year to the qathet region construction industry and will be a cornerstone of Tla'amin Nation's 100-million-dollar infrastructure and housing strategy.

I would like to highlight that this acquisition took Teamwork,

Tla'amin Management Services board worked closely with the Nations Finance Janel, to build a case study and business plan to guide the decision making. Again, the Teamwork and collaboration of the TMS Board along with the finance staff did the heavy lifting to piece this agreement.

MEETING OBJECTIVES:

- Share ideas to support Indigenous employment and capacity building in Indigenous governments and the BC Public Service.
- Share information about the need to update the Tla'amin treaty

It is very exciting to see many of the projects developing around every corner in this community. I admit these last two years has been challenging on everyone world wide with global events and COVID, but what divides us apart brought us together closer as pull together.

Emote, Thank you
Hegus John Hackett

Thichum Log dump Operator

Job posting & interviews complete – **Kyle George has accepted the position**

- Duties include
- unloading logging trucks
- Weigh scale master certification
- Log inventory data entry into government system

B.C. Cabinet and First Nations Leaders' Gathering

January 17 2022 meeting with MIRR Minister Rankin

MEETING OBJECTIVES:

- Share concerns about Metis Nations BC's claims to rights and title in BC.
- Seek financial and political support for Name Change process.
- Seek support to update the Tla'amin treaty.

January 17 2022 meeting with FLNRO ADM Matt Austin

MEETING OBJECTIVES:

- Communicate concerns about lack of progress being made at heritage protection agreement table.
- 5. Share concern about land additions and land transfer processes.

January 17 2022 meeting with DM Lori Wanamaker



Katus Galligos

Tla'amin Nation Breaks Ground on 11-million-dollar Housing Complex

Tla'amin Nation has broken ground on a 24-unit housing block to provide dignified and affordable housing for elders and community members with unique needs.

This morning in a ceremony led by Elder John Louie and witnessed by Elders, leadership, staff and community members the future site of $\lambda\alpha\chi\lambda\alpha\chi\alpha\gamma$ $\gamma\alpha\gamma\epsilon$ (Elder's Place) was blessed. Tobacco was laid and the Nation asked for forgiveness for disturbing the ground and prayed for safety of the workers who would take construct the new housing complex. Elder Elsie Paul offered the prayer and Culture Manager Drew Blaney shared the song.

The 11-million-dollar $\lambda\alpha\chi\lambda\alpha\chi\alpha\gamma$ $\gamma\alpha\gamma\epsilon$ (Elder's Place) is designed for independent living and will have eight two-bedroom and sixteen one-bedroom units when it comes online in early 2023.

"Our citizens have asked us to prioritize safe and affordable housing, especially for those who need and deserve it the most," said Hegus John Hackett. "I would like to extend my gratitude to all who have made this possible, especially our Elders committee, CMHC and all our leadership past and present."

$\lambda\alpha\chi\lambda\alpha\chi\alpha\gamma$ $\gamma\alpha\gamma\epsilon$ will be funded with an \$8.8 million-dollar grant from the Canadian Mortgage and Housing Corporation (CMHC) Rapid Housing Initiative and \$2.2 million dollars from the Tla'amin government.

Other major partners in the project include Tla'amin health, Luma Development, Urban Arts Architecture and Converge Construction.

At least four of the new units will be fully wheelchair accessible with lowered counter tops and in suite lifts.






"Aging comfortably in the community has been a long-time vision of our Elders," said Housing and Public Works Housepost Dillon Johnson. "These 24 independent living units are only the

beginning, planning for the creation of assisted living accommodations is already under way."





If you have any questions about this project, please email publicworks@tn-bc.ca

WildSafeBC Cougar Tips

Cougars are one of three wild cat species in BC. Cougars primarily feed on deer but will also prey on small mammals. Free-ranging pets can be at risk. Cougars are elusive animals that are widely distributed in BC but tend to avoid urban areas. Attacks by cougars are rare but can be fatal, especially if young children are involved.

-  Keep cats and other pets indoors, especially at night.
-  Do not feed deer that can draw cougars into your community.
-  When hiking, carry bear spray that is readily accessible and be aware of your surroundings.

Cougar Encounters

-  Stop, stay calm, do not turn your back and do not run. Avoid bending down.
-  Pick up small children and pets. Look as large as possible. Maintain eye contact. Speak firmly. Prepare bear spray.
-  Back away slowly and seek shelter.
-  In the rare event of an attack, fight back and aim for the eyes and face. Discharge bear spray if you have it. Never play dead.



Lily, Ciera, Courteney and Lawna enjoy the snowy scenery at Sliammon Lake

2022 Update on Climate Change Food and Security Research Project in Tla'amin

Climate change is altering the availability of fish and heightening the risk of food insecurity in coastal seafood-dependent communities. Academic research partners and the First Nations Health Authority were successful in their submission for funding to the Canadian Institute of Health Research (CIHR) to collaborate with Tla'amin Nation, Nuxalk First Nation, Namgis First Nation, Skidegate Band Council. The academic research partners will provide research and technical support and provide the scientific rationale for their implementation based on the health implications of different adaptation strategies

Partners on this work include:

- Four First Nations: Tla'amin Nation, Nuxalk First Nation, Namgis First Nation, Skidegate Band Council
- Five academic research partners: University of Ottawa, University of Laval, University of Montreal, University of BC, Simon Fraser University
- First Nations Health Authority

We would like to acknowledge that we are moving into Phase II of this Project which includes but not limited to:

Dietary Surveys: Completing 100 Tla'amin members Household Surveys in the qathet Region. You will see in the Neh-Motl and on the Tla'amin Nations website a job posting for one or two community researchers to complete this task over a 3-month period. We are planning around the Covid-19 restrictions and will accommodate each household accordingly.

Steering Committee: There is an existing Steering Committee for this Project which includes all four coastal firstnations and 3 representatives per nation which include the Climate Change Coordinator, a Traditional Knowledge Holder and a Youth Representatives. We are awaiting responses to our invitation to sit on this steering committee to meet 4-6 times annually to ensure we are keeping our Tla'amin values and voices alive in this process.

Tla'amin Climate Change Advisory Committee: We are going to meet with all Tla'amin entities soon to become aware of what our Nation has been working on or have interest to work towards Climate Change and also food and security such as traditional teachings, harvesting, fishing and hunting to ensure we are working together. We hope to create a Tla'amin Climate Change Advisory Committee. This table will be a standing table as we take on more Climate Change initiatives soon.

Please feel free to contact myself April Treakle 604 -483-9646 ext #154 or april.treakle@tn-bc.ca at anytime if you have interests in learning more about this initiative.



Tla'amin Nation
ᑕᓐᓂᓐᓂᓐ ᓂᓐᓂᓐ

Job Description Community Researcher

Classification: Tla'amin Nation is seeking 1 or 2 community researchers to join our Lands and Resources team on a Short-term contract; for up to 140 hours to be completed during the months of March to June

Job Summary: Under the direction and supervision of the technical support team, the Community Researcher is a (NATION) member who is responsible for collection of household data in up to 50 households. Household level and individual (adult and child) is being gathered including: traditional food harvesting, consumption and preferences, concerns about traditional food and household affordability of food, the food and beverages eaten in the last 24 hours.

Remuneration: Daily remuneration is TBD. The project will reimburse mileage.

Responsibilities

- Contact community members to arrange interviews
- Conduct interviews (approximately 90 minutes long) in participants' homes or in an office set aside for this purpose as Covid-19 allows or via Zoom
- Keep track of which participants have been contacted, interviewed and given gift certificates to.
- Maintain regular contact with the community coordinator and project coordinator for reviews of the interviews and to discuss the work to date
- Assist in raising awareness about the project in the community
- Maintain security of questionnaires and project equipment.
- Maintain confidentiality of interview responses

Qualifications: The job requires people that are comfortable phoning and talking directly with people in the community that they may not know.

The following skills are needed

- Attend training (To be determined)
- Self- motivated
- Good computer skills
- Basic math skills
- Good oral and written communication skills
- Can set and keep appointments
- Able to maintain confidentiality
- Accurate record-keeping
- Can keep documentation current, accurate and secure
- Can meet regularly by phone or in person with project support team [community coordinator, the Firelight group staff]
- Access to reliable transportation or ability to travel around the community is an important asset.
- Access to reliable communications i.e. phone, text or email.
- Maintain security of consent forms, questionnaires and project equipment (computer, food models).

CLOSING DATE: Open until filled

PLEASE APPLY BY:

E-mail cover letter & resume to: Jessie Peters, HR Manager at hr@tn-bc.ca citing "Community Researcher" in subject heading of your e-mail or drop-off/mail to Tla'amin Nation, 4779 Klahanie Rd, Powell River, BC, V8A 0C4 We thank all applicants for their interest, however only those shortlisted will be contacted

Tla'amin Nation Acquires Select Sand and Gravel

For Immediate Release
January 31, 2022

The Tla'amin Nation has acquired Select Sand and Gravel from Dan Stephens to support Tla'amin's economy and protect jobs in the whole region.

The company currently provides more than 100,000 tonnes of sand and gravel a year to the qathet region construction industry and will be a cornerstone of Tla'amin Nation's 100-million-dollar infrastructure and housing strategy.



"The Tla'amin Nation is laying the foundations of a bright and prosperous future for our members and the entire region," said Hegus John Hackett. "Owning the largest sand and gravel supplier on the Sunshine Coast will help control costs as we transform the Nation's housing stock and infrastructure over the next decade."



"I am very happy to see the Tla'amin Nation as the new owners of Select Sand & Gravel," said Dan Stephens, who established the company in 2009. "It is wonderful to see a local company take over our operations and continue to supply the Powell River area with a wide variety of quality sand and gravel products."

All current employees will be retained, and Mr. Stephens will remain with Select Sand & Gravel for several months to ensure a smooth transition for staff and existing clients.



Aubree gives Myles a sleigh ride

Tla'amin Fire Department Receives New Fire Hall

When it comes to the safety of our community, having a quick response time is critical. Being prepared and organized can make the difference between a search operation or a recovery situation. When you look back to when our firehall first went into operation, we have certainly climbed a mountain of challenges with only a small toolkit of resources to fight fire and enable a rescue operation. The Tla'amin Volunteer Fire Department hosted a small gathering on November 19th, to mark the official opening of the new Firehall.

The heated hall is equipped with washer and dryers and a shower to ensure their safety gear is in top shape for when a call for service arises.

BACKGROUND

- Construction began mid March 2021. Completed on August 23, 2021.
- Initio Contracting Ltd was the contractor. They were great to work with throughout the project.
- 850 square feet
- Executive Councilor Erik Blaney and Registered Professional Archaeologist Colleen Parsley helped us observe the site as it's next to the graveyard. The work was found to be more than 50m away from the closest archaeological exposure. Based on their recommendation we proceeded carefully with the work.
- Shawn Louie, Mike Williams & Mary Peters our Tla'amin civil crew helped us complete this project. They worked with Initio to connect the new building to infrastructure services and to demolish the old band office building & RCMP shed.
- The laundry and shower facilities were a much needed upgrade to the department. So that the fire fighters can safely decontaminate and take care of themselves after a call.

As our community continues to grow and develop, it's important that we support and invest in our safety as well. Big appreciation to TLA'FD for always keeping us safe.



Qames Tams Tala Settlement Trust

For all Trust related news and information, visit our website at:

<https://www.tlaamintrust.com>

Housing would like to provide you with a summary from our Q&A in last months housing maintenance webinar.

Q: Are housing forms available on the website?

A: Yes, housing application forms are located on the housing portion of the Tla'amin web page:

Tlaaminnation.com/housing

The waiting list works in chronological order and you can request to know your spot by contacting Housing@tn-bc.ca or 604-483-9646 Ext. 104

Q: When the annual inspection shows there is damage, and the tenant is not moving anytime soon, what is the status of the damage deposit?

A: The tenant will be given the opportunity to repair damages at their own cost prior to moving out. The damage deposit will continue to sit in trust until the tenant moves out. If there are damages identified after the tenant has moved out, the cost to repair these damages will be deducted from their deposit amount. If there is a remainder left of the deposit, it will be returned to them. If there are no damages to the unit, the tenant will receive the damage deposit back in full.

Q: Has the housing dept considered the new fire blankets rather than the extinguishers?

A: It is something we will consider going forward on top of the extinguishers we have already provided.

Q: Does your annual inspection include the yard?

A: Yes, our new inspection template does have a portion where the yard is taken into consideration.

Q: Is Tla'min Nation falling under the BC Tenancy laws and by laws?

A: No, we follow the Tla'amin Residential Tenancy Law which is available on the Tla'amin Nation webpage.

Q: Is basic house insurance still covered for all homes located here in the nation?

A: Yes, Tla'amin insures every home in the Nation including privately owned homes through the insurance company Hub International and private homeowners have the option to go with their own insurance company if they'd prefer, at their own cost. For any insurance questions, home owners can contact Hub International directly.

Q: Are CPs and private homes exempt from annual inspections and follow up?

A: Yes, as well as lease properties. Only our rental units will be annually inspected.

We would like to thank you for your input, questions, and participation.

A more detailed summary of the webinar will be in next month's Nehmotl once we have given all community members a second opportunity to join in and participate in the webinar. The second housing maintenance webinar will be a repeat of the first and will take place February 2nd, 2022, at 5:00 pm, as advertised on the door-to-door flyer and the Tla'amin Membership Facebook page.

Our website: Tlaaminnation.com/housing is a great resource for general information, as well as contact information.

Take care,
Tla'amin Housing Department
Housing@tn-bc.ca



NEW TLAAMIN MEMBERSHIP FACEBOOK GROUP

Please take note:

The Tla'amin Nation has created a private membership group on facebook for the purposes of sharing certain information that is designated for Tla'amin Nation community members only, for example the Executive Council live streams.

The public facebook page will also continue to function, but we request that all Tla'amin community members also join the private group so as not to miss out on any important internal communications.

Emote!

To join the group search facebook for Tla'amin Nation Membership or use this link:

<https://www.facebook.com/groups/tlaaminmembership>



Groundhog predicts six more weeks of winter



Tla'amin Nation
ᕿaʔamen Nation

CALL FOR ARTISTS!

We are seeking community artists to create a design for our new Fieldhouse (Youth Centre) windows. In the image below, you can see an example of where we will be placing the artwork. We would love to have our own Tla'amin touch on this project. Your artwork would be in the spotlight, right at the entrance of our community.



Please email carmen.galligos@tn-bc.ca with your traditional artwork and a short explanation of the meaning behind it. The winning artist will receive a stipend of \$1000. \$500 will be paid upon award, and the remaining \$500 will be paid upon final design, after working with our architect to make your artwork fit perfectly on the windows.

Deadline for designs to be submitted = February 14, 2022.

ʔimot



Employment Opportunity

Chief Financial Officer

The Tla'amin Nation is a modern, forward thinking, self-governing nation located on the beautiful upper Sunshine Coast (qathet Region).

Position Summary

Job Type: Full-time, permanent
 Reporting to: Chief Administrative Officer
 Department: Finance

The Chief Financial Officer provides overall leadership, direction and support for the overall management, recording and reporting of the financial affairs of the Tla'amin Nation. Advises the Chief Administrative Officer, Finance Committee and Executive Council on matters arising in financial management including budget, investment and treasury management and capital projects.

Key Responsibilities

Performs all duties and responsibilities in accordance with Tla'amin policies, standards, practices and procedures. Maintains confidentiality as required pertaining to members, clients, employees and general matters of the Nation.

- Accountable for providing strategic direction and leadership for accounting, tax, audit, financial planning and analysis, finance initiatives, and overarching financial functions.
- Responsible for treasury management, including the development of treasury program to facilitate cash management and forecasting, funding, and debt management.
- Develop and maintain data and financial models to support investment decisions and cost savings initiatives.
- Develop and recommend to the Finance Committee and Executive Council an annual operating plan and financial budget that supports the long-term strategy of the Nation.
- Report on the financial results and provide advice and guidance in the provision of effective financial services to the Finance Committee and Executive Council.
- Accountable for ensuring compliance with all financial obligations established by the laws.
- Accountable for designing and implementing appropriate processes to support the Nation in achieving the operational results expected by the Executive Council.
- Responsible for contributing to the safeguarding of assets by ensuring regular review and quality assurance of financial management and material management activities.
- Provide leadership to the finance team, focusing on continual performance improvement, change management, team development, coaching, and succession planning.
- Contribute to negotiating, managing, and closing all major financial agreements.
- Identifying and managing the Nation's liability and insurance requirements.
- Identifying, assessing, monitoring, and reporting on fraud and other financial risks.

(CONTINUED ON PAGE 10)



(CONTINUED FROM PAGE 9)

Employment Opportunity

Chief Financial Officer

Qualifications

- CPA or an advanced degree in business, finance, accounting, or an industry-appropriate field.
- Ten years of senior management experience working in and with Indigenous government.
- Extensive experience and knowledge in dealing with accounting systems, budgets, internal controls, business planning, and asset management.
- Advanced proficiency with accounting software and spreadsheet programs and applications.
- Strong communication skills, expressing information with consistency and clarity.
- Strong business acumen and strategic thinking.
- Facilitative leadership skills, coaching and developing your team and other staff and stakeholders.
- A strong passion for mentorship to establish the next generation of leadership.
- Acceptable Police Information Check.
- Valid B.C. Class 5 Driver's License and acceptable driver's abstract.
- Fully vaccinated against COVID-19.

Working Conditions

Work is performed primarily in an office environment. Occasional travel to attend meetings or training is required.

How to Apply

Please apply by sending your resume and cover letter by email to:

Jessie Peters, HR Manager at jobs@tn-bc.ca

Please note "Chief Financial Officer" in the subject heading of your e-mail

Drop-off/mail to Tla'amin Nation, 4779 Klahanie Rd, Powell River, BC, V8A 0C4

Closing Date: February 25, 2022

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

Speak Up **STOP**
BULLYING
Together

"Che che hah tahn nah pesht"



#Wearpink
February 23

TLA'AMIN NATION
4779 Klahanie Road
Tla'amin, BC
V8A 0C4
(604) 483-9646
tlaamination.com

TLA'AMIN NATION

FINAL LIST OF NOMINATIONS - BY-ELECTION

Notice is hereby given that the Tla'amin Nation held a nomination meeting on **17th January, 2022**, in accordance with the *Election Law (TNR 02/2016)* for the purpose of electing one (1) candidate to the Office of Legislator, for the balance of the current term, in a by-election to be held on the **2nd April, 2022**.

NOMINATIONS FOR THE OFFICE OF LEGISLATOR

CANDIDATES	NOMINATOR	SECONDER
HARRY, LEONARD	Lori Wilson	Tana Harry
TREAKLE, APRIL	Debra Wilson	Jason Francis

The above-listed nominees have been properly nominated and seconded for the office of Legislative Councillor for the Tla'amin Nation in accordance with the *Tla'amin Nation Election Law (04/2016)*, and have completed the candidacy requirements.

Two nominees withdrew their names before the deadline by communicating with the Electoral Officer.

Given under my hand in Victoria, B.C. this 24th day of January, 2022.

Drew Shaw, Electoral Officer

For more information or assistance please contact:
Drew Shaw, Electoral Officer **Support at OneFeather**
 Email: support@onefeather.ca



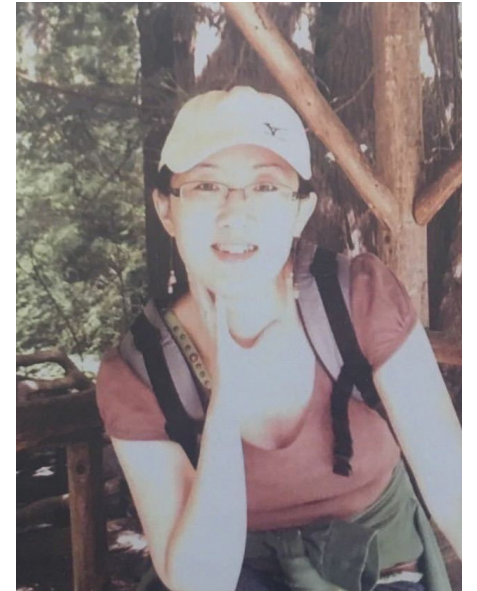
Office: 250-384-8200 Toll Free: 1855-923-3006 Fax: 250-384-5416
 209-852 Fort Street, Victoria, B.C., V8W 1H8
<https://www.onefeather.ca/nations/tlaamin>



Happy Belated 60th Birthday To My Niece Gail Faith Blaney

You bring our hearts joy. Granny Mables is smiling down on you for all that you do. I am a proud member of the Cheechlem Chi Chia canoe family because of you and your family. Your humbleness does not go unnoticed.


With Love Aunty Yvonne And Scott



Ivy Yang is our Project Accountant.

I am LIU YANG; my English name is Ivy and I will be working in the Finance Department as a project Accountant. I grew up and graduated in a university in China, with the major of Finance Management and worked as a finance accountant for 5 years until I immigrated to Canada to the lower mainland Vancouver. I have a younger brother and we were raised in a military family, married and we have a one son who is attending the University of Toronto. I am working towards to Canadian Payroll Certificate right now and we moved to Powell River in July this year and enjoy a peacefulness and friendly lifestyle here. I am grateful for the opportunity to contribute my accounting knowledge to finance department and look forward to connecting with all of you.

Julie Lilienskold is our Finance Manager. Here is a bit about Julie: I moved to Powell River from Alberta to join the Finance Team as the Finance Manager. I grew up on a farm north of Edmonton and then moved the Edmonton to pursue and education, obtaining by CPA, CMA designation and worked for various companies, then also got my real estate license and setup my own businesses. I love the outdoors, hiking, biking, paddle boarding, kayaking etc. and have one daughter, 2 stepdaughters and 6 step grandkids and one dog (who means the world to be) Lexi. She has been my companion now for 10 years and goes with me everywhere. I am a search and rescue volunteer and looking forward to joining the PRSAR group here. I look forward to meeting all of you and learning more about you and your family, the history and entire community.




**DO YOU IDENTIFY AS
INDIGENOUS AND HAVE
EXPERIENCE WITHIN THE
CRIMINAL JUSTICE
SYSTEM?**

qCJ has partnered with Tla'amin Nation on the Bridging the Boundaries project. We are looking for people to share their experiences to help inform research and identify barriers to justice in qathet. Your stories will help justice workers in qathet provide more responsive services.

Honorarium Provided.

For details, please call Siobhan at 604-414-4203
or email qcj@liftcommunityservices.org



Thriller EXILE With Adam Beach & Camille Sullivan

Filming in qathet Region

(Printed with permission from the PR Peak)

Exile, a dramatic film production, is currently in principal photography in the qathet region, making use of the topography and features the area has to offer.

Producer and director Jason James said Exile is a mystery/thriller about a guy named Ted Evans, who is being released from prison.

James said on the day Evans is being released, the father of a family Evans killed in a drunk driving incident tells him if he goes back to his family, he'll kill them, if he becomes friends with a waitress, he'll kill the waitress, if he gets a puppy dog, he'll kill the dog. The father tells Evans he has taken everything from him and that Evans will have to live in complete solitude, according to James.

"Ted, played by Adam Beach, decides to hide away, isolate himself and disappear from the world," said James. "It's the hardest thing he's ever had to do. He does it as a sacrifice because he believes that the threat is real.

James said he's been developing the story for three or four years with a Canadian writer named Mike Beaton.

"It was just a story that really spoke to me," said James.

Director discovers 'fresh' location

The filmmaker said he started to scout this movie around Vancouver, which is his home, and the production team was also scouting around the Squamish area. However, given the number of productions being shot in the Lower Mainland, James said he felt like everything had been done and that locations had become burned out.

"There was no sense of discovery," said James. "I had come to Powell River a few years ago to give a talk at the local film school. I had just thought about this place fitting the world of the movie, being a small town on the edge of wilderness. I wanted to discover new and fresh locations that haven't been seen in film or TV before."

Transportation has complicated production, according to James, but there is production value to shooting in this region. He said it's a tiny movie, but it feels like a big budget.

"You point a camera out the window and see this epic backdrop; it has been an amazing place to shoot," said James. "The City of Powell River has opened its arms and allowed us to block streets, and we're shooting in city hall as our police station set. They have been warm and welcoming in allowing us to do what we need to do."

"He's hiding in this cabin in the middle of the woods, but he comes into town, into Powell River, for supplies every once in a while, and he



Adam Beach toured our Governance House and tasted some of the finest bannock on the West Coast

gets picked up by the police for a small infraction on one visit to town. They realize he's a missing person, so they contact his wife, Sara [Camille Sullivan], who he left behind."

James said Sara comes up to see him and he "freaks out" because Evans believes the threat to her is real.

"She decides to leave him alone but tells the police to give him an envelope," said James. "In the envelope are all of these Christmas, Valentine's Day and birthday cards. He goes back to his cabin in the middle of nowhere."

What Evans doesn't know is Sara has put a tracking device in the package, so she discovers his location. James said Sara goes to the cabin and confronts Evans with information about the character he thinks is going to kill his family. Sara tries to prove it's not real but when she's at the cabin she starts to see some suspicious things, said James, so viewers can't be sure who to believe.

"The movie is really about love, sacrifice, family and perception," added James. "We oscillate between these two characters and their world views. It's kind of a beautiful, mysterious, heartbreaking film."

"We're shooting at city hall, we're shooting at the Cran Bar, Black Point Grocery, Skeeter Jacks and the junkyard next door," said James. "When you go location scouting and start to search and find what's out there, it starts to inform the story and the world you are going to be shooting in."

"The main location of the story is an old cabin in the woods that's on the water. We managed to find this beautiful old cabin up in Okeover Inlet that's owned by Powell River Sea Kayak. We shot seven or eight days there and we're now starting to get into all of our city stuff."

James said he would contemplate shooting here again if the story dictated it.

"It's a very special place," he added. "It has really great people, great resources and we are finding everything we need."

James figures the final production will be ready in time for the 2022 fall festival circuit.

"By the end of the summer, the movie will be done," said James, "and then we'll see where the premiere will be from there."

Principal photography for Exile ended on Saturday, November 20.





February 2022
Community Wellness
Program
Breakfast Program

The Breakfast Program is open daily from
7:30 am - 9:00 am, at Ahms Tahow School.

The Breakfast program will be **open** on the Assumption Pro-D Days:
Monday, February 17 & Tuesday, February 18.

Good Food Box

The February Good Food Box will be:

Tuesday, February 1st &
Tuesday, February 15th

Pick up times:

Tuesday: 2:00 - 6:00

Wednesday: 8:00 - 4:00

As of Thursday all extra items in the Good Food Box will be available at the
Salish Center on a first come first serve basis, we cannot provide deliveries or
hold items.

FOOD BANK BASKET

The Food Bank Basket will be delivered to homes on February 14, 2022.

We will be closed for the Statutory Holiday on Monday, February 21, 2022.

Happy Valentine's Day

If you have any questions during business hours, please call
Brandi Marriott at (604) 223 - 3442; or email brandi.marriott@tn-bc.ca.

Director of Finance of Tla'amin Management Services LP is leaving our organization.

Nanette began working with Tla'amin Management Services in August 2020 where she oversaw all the finances of Tla'amin Management Services, Lund Hotel, Thichum Forest Products, Pa'aje Shellfish Services, as well as many other duties requested of her. She was successful in introducing and maintaining better accounting practices for all our companies including producing much more accurate financial statements for our board of directors. These improvements allowed for transparency and consistent approval processes for payroll, accounts receivables and payables, budgets, and audit purposes.

Nanette is a dynamic individual and was a terrific and

supportive addition to our team. She also became a strong advocate for increased cancer awareness in our community and was instrumental in assisting with the Breast Cancer Awareness Virtual Event in October 2021 where she pounded the pavement canvassing local businesses to donate prizes for participants. She started a new business, Kompassion for Kups to help local women with breast care garments and prosthetic needs! We are forever grateful for her determination in raising funds and being such a positive advocate with the Tla'amin Health team.

Nanette will be taking all her strengths and leadership skills to her new position and the Board and staff of TMSLP wish her the very best in her new role. Our company is grateful and will miss her contributions to our team and the organization.

TMSLP Board of Directors and staff are confident moving forward and want to assure the community that we will continue to provide financial accountability and maintain transparency to the Tla'amin Nation moving forward.

Good luck Nanette and we hope your new job provides you with what you were looking for as a next career step! Che cheh Ha thech!



Media Contact: Bill Vernon
Title: President of the Board of Directors

For Immediate Release- January 14, 2022

POWELL RIVER MUSEUM MOVES FORWARD WITH NAME CHANGE PROCESS

On October 18, 2021, the Board of Directors of the **Powell River Historical Museum and Archives** (PRHMA) passed a motion to move forward with a name change. The Museum acknowledges the harms of the past and is committed to improving relationships in the spirit of reconciliation with First Nations. Adjusting the name of our local museum to be more inclusive would be a positive step in this process.

The readjustment will also reflect more accurately the broad geographic range that the Museum serves. This includes the traditional territory of the Tla'amin, shíshá'lh, Klahoose, Homalco, and K'ómoks First Nations, the City of Powell River and the qathet Regional District.

With support from local community partnerships and best practices developed by the Canadian Museums Association, the Powell River Museum is committed to ensuring the history of the region is told from all perspectives. A representative from Tla'amin Nation has been invited to be a member of the PRHMA Board of Directors and the Museum is committed to collaborating with all Indigenous peoples of the region.

The Province of British Columbia has established the legal process for changing a museum's name in British Columbia through the BC Registries. A vote by the Museum's membership is required by Special Resolution at an AGM or Special Meeting. Membership forms are available at the Museum or online.

Ideas about the name change process are welcome. Please submit written comments no later than February 15, 2022. All correspondence will be part of the public record.

Email: info@powellrivermuseum.ca

Mailing address:

Powell River Historical Museum and Archives Association
4790 Marine Avenue, P.O. Box 42
Powell River, B.C. V8A 4Z5



qathet Regional Emergency Preparedness

GET READY STAY READY

Create a network of support

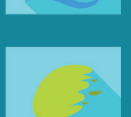
If you or someone you love lives with **diverse abilities**, consider their unique needs when emergency planning so both you and they can confidently respond during a disaster.

- Plan and share where you will keep your personal emergency plan and 'Grab & Go' supplies.
- Plan how you will communicate and check-in with one another before, during, or after an emergency.
- Plan for your transportation needs and important keys.
- Plan how you will evacuate with any assistive devices, such as lifts, wheelchairs or scooters, including batteries and chargers.
- Make copies of important documents including prescriptions, phone numbers, and insurance documents.
- Consider building a trusted support network of at least three people to assist you during an emergency.

More inclusive emergency planning and response information can be found at www.disabilityalliancebc.org

Don't wait until it's too late

Please contact emergency@qathet.ca for more information.



Health and Wellness

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

Itstartswithme

Tla'amin Health and Wellness Plan Embraces a New Focus

By Abby Francis



Tla'amin's new seven-year health and wellness plan will be renewed in May 2022 and it's different from the last three. This is the first health and wellness plan since Tla'amin became self-governing in 2016. The previous health and wellness plan

forward with health and wellness.

The plan considers Tla'amin's approach to health governance as part of the nation's overall journey towards implementing Tla'amin self-governance.

This is different from previous health plans because Tla'amin is no longer under the Indian-Act.

This means that the Tla'amin has much more control over decisions the Nation government wants to make.

"We continue to deliver programs and services with core funding from governments, augmented by funding and health services from the health authorities. If there is an extraordinary health issue or health need, we can find ways to fund needs 'outside the box'. We are making decisions in the best interest of the client, striving always to meet the client where they are at," says Marlane.

The work to develop the new plan is being carried out by Qoqoq Consulting Ltd.

Qoqoq Consulting Ltd. is a consulting firm owned by Joe Gallagher, from the Tla'amin Nation, former CEO for the First Nations Health Authority (FNHA) and current vice president, Indigenous health & cultural safety for the Provincial health services authority.

Qoqoq Consulting responded to a request for proposals from Tla'amin Health in May of 2021. After a review process implemented by Tla'amin Health, Qoqoq Consulting was awarded the contract to develop the next seven year health and wellness plan.

The project team Qoqoq Consulting Ltd. has engaged to carry out the work to complete the plan includes a team of eight consultants, all with extensive experience in Indigenous health professionals and most from the Tla'amin Nation itself. "The health and wellness plan really focuses on the whole nation, so really it's the whole community working together," Joe says. "We are working to provide every Nation member an opportunity to have input on the health and wellness plan."

"The big focus is holistic health, meaning traditional medicine, spiritual baths, traditional connections to lands, language and culture," Marlane says. "The new plan is working with everyone in the Nation, we are working with every department, from lands to housing, and the new CNP (Comprehensive Nation Plan) to really help redraw this framework."

Joe explains the goal for the end of the plan is to provide information to the Nation so they can work together as one people, to create a better future.

"So far the plan is going pretty well. The community engagement portion is complete now, there has been lots of communication from the

was a strategic seven-year health plan 2012-2019, with an emphasis on primary care and existing programs and services. Development of that plan was led by the then Health Director, Dr. Raymond Obomsawin with help from Marlane Christensen, the current Health Director. "The last health plan included a chronology of key events leading to the implementation of health infrastructure, programs and services, as well as our journey to self-determination".

Over the past 25 years, the Tla'amin Health Center and CDRC were built, as many programs and services came on-line. "What we weren't able to focus as much in the past health plan, was holistic health and more traditional ways of healing. A good health and wellness plan is an overall guide to delivering programs and services in full recognition and respect of our history, culture and language as part of our health journey," says Marlane. "An enhanced Tla'amin cultural framework and lens on all programs and services is everything. A wellness plan for Tla'amin, by Tla'amin".

The new plan's focus is on holistic health and wellness including cultural knowledge, ranging from traditional plants and medicine, to sports. Tla'amin has a history steeped in soccer excellence. The pride of the old Braves continues to this day. These are elements that will help Tla'amin determine how the Nation moves

HEALTH PLAN (Continued on page 17)



Mattias and Makaela are all smiles as they sled down Sunset Park

HEALTH PLAN (Continued from page 16)

community, which is good, and the feedback we've been getting is great," says Joe.

Janet Newbury worked on community engagement for the Health and Wellness planning. She lives on Tla'amin traditional territory, but is not a Tla'amin person.

"I have heard people say that wellness includes all aspects of life, whether that be mental, physical, spiritual, even things like housing play into wellness," Janet says. "I think that there are a lot of colonial barriers around First Nation's wellness, I believe it is everyone's responsibility to help break past these."

Janet explains that this year community engagement has looked much different.

"During a global pandemic, it's tricky because we can't really do face-to-face meetings," Janet says. To work around this, a Tla'amin advisory group helped develop an engagement plan.

"The collaborative approach to engagement was very important," says Janet. "Many people helped with pop-up tables throughout all of November, putting brochures in the good food boxes, sending out surveys, and facilitating focus groups."

The focus groups were through zoom, with the exception of the Elders' session, which was a drop-in to allow for distancing and to avoid a crowd.

In addition to a number of focus groups that were built into the work day (the hatchery, the childcare center, the fire department, senior management, Brooks, Tla'amin Health, and Tla'amin Nation), there were others that were open for all Tla'amin citizens, regardless of where they live. These included focus groups for parents and caregivers, LGBTQ2 + community, disability advocates and self-advocates, off-lands members –as well as an 'all welcome' group and a sports and recreation group.

Janet explains that the pop-up tables provided opportunities for covid-safe face-to-face engagement. These were held at the hatchery, store, and health center for every week in November. "In every group we met with, we invited those participants to encourage their families, friends, and clients to get involved too," says Janet.

"By using surveys, social media, brochures, pop-up tables and zoom focus groups, we did our best to reach everyone. We provided gift cards for people who participated in focus groups on their own time, and had weekly draw prizes throughout November to really encourage the community to get involved," Janet says.

"I am actually super excited about this, because we can really determine how this plan works ourselves," Joe says. "To me, wellness is the whole idea of living your best life. It is one full of important things like balance, health, wellness, who I am and where I'm from, my Tla'amin identity, my connection as a father, and my connection to community."

"My hope is that people are able to see themselves reflected in this plan, and that this continues to develop, so that the developments people want to see happen, can happen," Janet says.

Project lead, Joe, agrees.

"I think that the last health plan was very good work. I believe that we can always strive to improve and make things better," says Joe. "By building off that good work that is already laid out for us, the team can figure out how we can move forward through that feedback we are getting from the community."

"We can understand what's important, what is wanted, what is good, and what can be improved on, which is a really great thing."

Tla'amin Elders Corner

ᑭᑭᑭᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭᑭᑭᑭ

Hello! How are you?

2022 will be for new beginnings and remembering old friends! Remember those loved ones, dear to our hearts, we have had to say good-bye to for now. We were blessed to have spent time with you; you will always be in our thoughts and hearts. Until we meet again, we will honor your memory by living a good life and we will continue to flourish.

The renovations have finally started at the Elders Lodge. We should be opening our doors for you to visit by spring. A notice will be going out to set a date for planting flowers around the perimeter of the building, please come and join us.

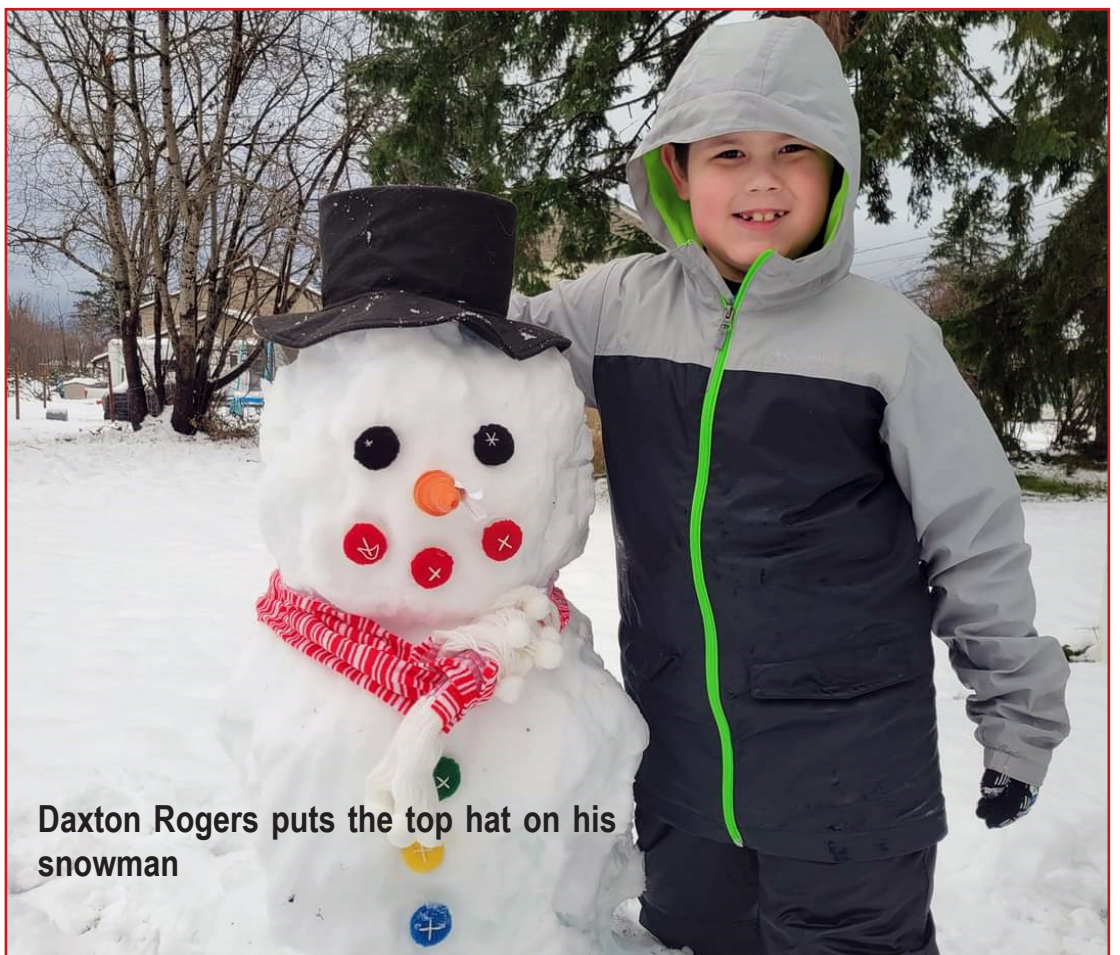
With covid still an ongoing concern, we are continuing to encourage you to enjoy the fresh air and walk when possible. It is a no cost, low impact activity. And the health benefits are many. Meet up with a couple of your family members and enjoy some quality time together.

Reminder, the dietician at Tla'amin Health is available for a one-on-one meeting to review your dietary needs and help you make good choices. Please call and ask for Kim, who can schedule a time for you to meet the dietician.

We continue to promote that you be cautious and continue to listen to the health alerts. Be Safe and enjoy!

Happy Valentines Day!

Doreen Hopkins – 604-483-3009 ext. 126
Monday to Friday (8:30a.m. to 4:30p.m.)



Daxton Rogers puts the top hat on his snowman

Gilda Morgan Joins Vancouver Coastal Health

By Abby Francis

Elder Glida Morgan, from Tla'amin Nation, moved to Vancouver to become a member of the brand new Vancouver Coastal Health (VCH) Indigenous maternal and family health care team.

The healthcare team is a part of VCH's Indigenous health team, announced in September, in effort of reconciling with the Indigenous peoples in the area VCH covers.

Elder Glida's role is being a part of the matriarchs and knowledge keepers advisory council. Her healthcare background includes many different certificates in family and community counseling, counseling for trauma, and training. "I'd need to make a list to remember all of my certificates," Elder Glida jokes.

Elder Glida has two daughters, and explains that she is very honored to have her role on the team.

"I work with mothers and babies, through a bunch of different organizations, I help provide support and advice to families and women, I also work in clinics and help out with baby ceremonies," Elder Glida says. "I think the work Marlane Christianson has done with Tla'amin Health is amazing, they have a lot of great programs there. I would love to see a doula created for Tla'amin."

With her own experiences in healthcare, not being fantastic, Elder Glida hopes the team is able to share the knowledge of Indigenous peoples, continue teaching racism in hospitals, and educate on who Indigenous peoples are. "I would really like to have cultural safety training happen for hospital staff, we are in a creating time, our young people are becoming doctors and nurses, we all know what has to be done, and we can do it," says Elder Glida.

The Indigenous women and family health care team's director is Miranda Kelly, who is from the Stó:lō and Soowahlie First Nation.

In 2009, Miranda moved to the Squamish First Nation, where she has raised her two daughters.

Miranda has undergrad degrees in biology and physiology from UVIC, an Indigenous health degree from UBC, and a masters in public health also from UBC, with additional experience from being a part of the Indigenous doula collective.

"I am excited about this new group, and it's focus on Indigenous women and health, this is a team that was really needed, as women and girls have shown to face disproportionate treatment



and discrimination in health care," Miranda says. "I am super honored to have my role. My hope is for the team to accomplish creating more space for women in this field. I also would like for this to leave a positive impact on women who are using these services."

Both Elder Glida and Miranda explain that everyone on their team is either a mother or aunt, which helps guide the

way they work. "I believe it is very important to focus as children are being born. Having healthcare support as babies are born creates a positive healthcare environment right from the beginning," Miranda says.

Elder Glida agrees.

"Supporting pregnant women, along the way and babies is so important. I hope that the recommendations and calls to action are taken on by the government, and that our team can help provide safe access care to Indigenous women and girls," Elder Glida says.

Both women explain that they would like to make sure every baby gets a baby ceremony when they are born, because as they both said, "birth is really a beautiful thing."

The Indigenous health team had been created by VCH because in November of 2020, a report called "In Plain Sight" was released by the BC Government.

Provincial Health Minister Adrian Dix, assigned the In Plain Sight investigation report to Mary Ellen Turpel-Lafund, a lawyer and Canada's first representative of children and youth in the BC Legislature from 2006-2016.

This study investigated the rumored 'Price is Right' game played at a BC Hospital, where employees would estimate the amount of alcohol in Indigenous patients' blood levels, who had arrived in ER intoxicated. The report found that three different hospitals and two health authorities had been playing this "game".

The report also showed a study on Indigenous peoples experience in BC Hospitals, surveying around 9,000 individuals, in the end of this, the report gave 24 recommendations for steps to improve Indigenous peoples healthcare experiences.

A year later, the report was reviewed, and found that out of these 24 recommendations, seven had been completed.

The Indigenous Health team works to ensure these recommendations are completed by the Province.

The focus is to accomplish the recommendations laid out in the study, with a

Stats from the report:

27% of Indigenous peoples felt like their medical needs were taken seriously.

59% of Non-Indigenous felt like their medical needs were taken seriously.

35% of Indigenous peoples always received medication when needed or requested.

58% of Non-Indigenous peoples always received medication when needed or requested.

42% of Indigenous peoples were regularly discharged without proper healthcare support.

20% of Non-Indigenous peoples were regularly discharged without proper healthcare support.

66.9% of Indigenous peoples experienced discrimination because of their ancestry.

4.7% of Non-Indigenous peoples experienced discrimination because of their ancestry.

Infant mortality rates (death per 1,000 live births)

Indigenous: 5.8 Non-Indigenous: 3.4

59% of Indigenous women had 9 or more antenatal visits.

75.5% of Non-Indigenous women had 9 or more antenatal visits.

15.2% of Indigenous women had a preterm birth. 7.5% of Non-Indigenous women had a preterm birth.

32% of Indigenous peoples would not make a complaint because they wouldn't have been taken seriously.

17% of Non-Indigenous peoples would not make a complaint because they wouldn't have been taken seriously.

team consisting fully of First Nations, Metis, Indigenous Allies, and Inuit.

Elder Glida and Miranda's Indigenous maternal and family health care team work around recommendation 16, which is to ensure that the Province responds to the Missing Indigenous Women and Girls Calls for Justice, as well as making sure Indigenous women's needs are properly met in the healthcare sector.

TLA'AMIN



HEALTH

COVID-19 Vaccines 1st, 2nd, 3rd, Booster Doses

(Booster dose is due 6-8 months after 2nd dose and anyone 18 years or older)

If you identify as Indigenous and/or reside at Tla'amin or on Tla'amin lands or work at Tla'amin, you are welcome to receive the COVID vaccine at Tla'amin Health

AND

Children 5-11 years – COVID-19 Vaccine

Anyone 5-11 years old who identify as Indigenous and/or reside at Tla'amin or on Tla'amin lands are welcome to receive the COVID vaccine at Tla'amin Health

Dates at Tla'amin Health Centre:

Thursday Feb. 10, 2022: 2:00-3:00pm (Whole Community)

Thursday Feb. 17, 2022: 1:00-3:00pm (Whole Community)

Thursday Mar. 3, 2022: 1:00-3:00pm (Whole Community)

Please book an appointment one of the following ways:

1. Book appointment(s) online: www.tlaaminhealth.janeapp.com
2. Call Health at 604.483.3009 xtn: 109 or text 604-223-0110 (Jessica Hackett) to set up an appointment.

Facemask required (medical mask will be provided)

Please bring BC Personal Health Card





PUBLIC HEALTH UPDATE COVID-19

- Omicron -most commonly detected variant in B.C.
- Omicron spreads more easily between people than previous variants.
- You can spread Omicron to others even if you have been vaccinated, especially when you have symptoms.
- People who have had COVID-19 can get sick again from new variants.
- Getting vaccinated is important even if you have already had COVID-19.



STAY HOME if you have ANY of the following Symptoms of COVID-19 include new or worsening:

- | | |
|-----------------------------------|------------------------|
| - <u>Fever</u> or chills | - Cough |
| - Loss of sense of smell or taste | - Difficulty breathing |
| - Sore throat | - Loss of appetite |
| - Runny nose | - Sneezing |
| - Extreme fatigue or tiredness | - Headache |
| - Body aches | - Nausea or vomiting |
| - Diarrhea | |



What to do if you have symptoms – Take the COVID-19 Self Assessment Tool

<https://bc.thrive.health/covid19/en>

Managing your Symptoms



- Drink plenty of fluids
- Rest
- Hot shower to ease cough or sore throat
- Fever: can use acetaminophen (Tylenol) or ibuprofen (Advil)
- If your symptoms worsen, or if you do not improve after 5-6 days, call your family doctor, 8-1-1 or the walk-in clinic.



Go to the Emergency department or call 911 if you:

- Find it hard to breathe - Have chest pain - **Can't drink anything** - Feel confused



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.



Keegan Charlie goes for the gold

COVID-19

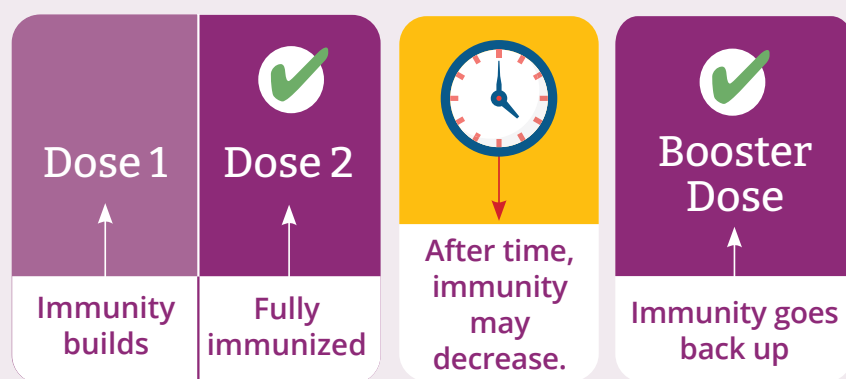
Vaccine boosters & 3rd doses



While booster doses and 3rd doses for COVID-19 may seem similar, they actually have very different purposes.

Booster dose

A booster dose is given as immunity may decrease over time. A booster dose helps you maintain and lengthen your protection against COVID-19.



For people who received the Janssen vaccine, only 1 dose is needed to be fully immunized.

Who is a booster dose for?

Everyone 18 years of age and older will be invited to get a booster dose of the COVID-19 vaccine, 6 months after their 2nd dose.

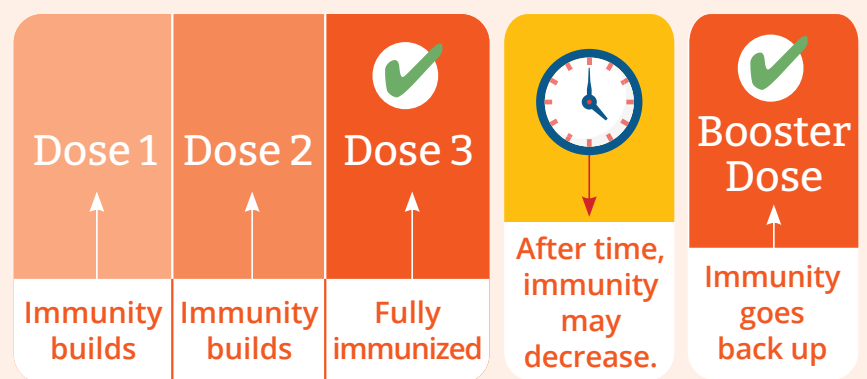


Which vaccine is recommended for a booster dose?

- You will be given an mRNA vaccine, either **Moderna or Pfizer**.
- There is no need for your booster to be the same brand as your previous vaccines.
- Getting an mRNA vaccine booster is highly effective and safe, even if you received AstraZeneca or Janssen vaccine for a previous dose.

3rd dose

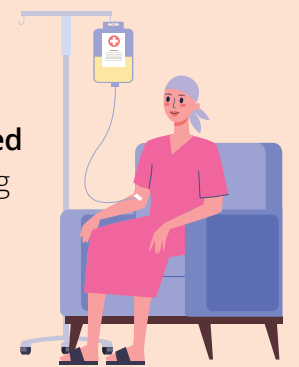
Some people, like people with compromised immune systems, need 3 doses to achieve the level of protection that most people get with 2 doses.



For people with compromised immune systems who received the Janssen vaccine, 2 doses are needed to be fully immunized.

Who is a 3rd dose for?

A 3rd dose is recommended for people with **moderate to severely compromised immune systems** such as those receiving dialysis or active cancer treatment. See the full list on the [BCCDC website](#) or speak to a medical care provider.



Which vaccine is recommended for a 3rd dose?

- The **Moderna** vaccine is recommended for a 3rd dose as it helps develop a slightly stronger immune response in people with compromised immune systems.
- If Moderna is not available, the Pfizer vaccine also provides an effective increase in immunity.
- There is no need for your 3rd dose to be the same brand as your previous vaccines.

What you need to know

You will be notified when you are eligible for your booster or 3rd dose. Make sure you are registered in the **Get Vaccinated** system online or by calling **1-833-838-2323**.

Your invitation to get vaccinated will say whether you are getting a booster or 3rd dose.

- It is important to get all the recommended doses, including booster doses, to have the best protection against COVID-19, especially severe disease.
- At this time, there is no requirement to get a booster or 3rd dose to be considered fully vaccinated for the **B.C. Vaccine Card**.

To learn more, visit:

gov.bc.ca/gov/content/covid-19/vaccine/booster

bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine

Or call **8-1-1**.



First Nations Health Authority
Health through wellness

Keep Your Guard Up Against Omicron

The World Health Organization has warned against describing the symptoms of the COVID-19 pandemic's highly infectious Omicron variant as being "mild," saying the variant is killing people around the world.

Simply put, COVID-19, regardless of the variant, is not a mild illness like the common cold.

Omicron is still dangerous to human health and passes more easily to others than previous variants, even among people who have had both doses of a COVID-19 vaccine.

The problem is one of numbers. Even if patients with Omicron report milder symptoms than other variants of COVID-19, the variant causes so many more cases that it greatly increases the likelihood some people will require medical care.

Some of these cases can develop into severe illness requiring hospitalization, with potential for health complications that can lead to death.

Omicron is still a massive disruption to everybody's lives, even those indirectly impacted by it. These disruptions put lives at risk and have an impact on everyone, even those who have never had COVID-19.

With more people calling in sick there are increased work absences—including essential workers and health care staff—extended school closures; cancelled surgeries, backlogs of medical procedures, and other waitlists.



People who have completed their primary series of COVID-19 vaccines (two doses of the mRNA vaccines) are better protected from severe illness and hospitalization than those who are unvaccinated. Booster doses further improve protection.

Continued vigilance against COVID-19 by following all recommended public health measures is crucial for slowing the spread of Omicron and containing and ending the pandemic:

- **Get vaccinated** with your primary series and your booster dose when it is offered to you.
- **Vaccinate your kids** (all children aged five years and older are eligible).
- Stay home if you're feeling sick (even if feeling mildly ill).
- Reduce your number of contacts
- **Follow testing guidelines** (not everyone needs to be tested right now).
- Wash your hands.
- Wear a mask in public spaces.
- Maintain a physical distance with other people.

COVID-19

Instructions for close contacts

BC Centre for Disease Control
Provincial Health Services Authority

You have been identified as a close contact

You may have been exposed to COVID-19. You need to self-monitor and may also need to self-isolate and/or get tested.

Self-monitoring

Monitor for symptoms of COVID-19 listed below for 10 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days.

If you develop symptoms of COVID-19 listed below, please use the [Self-assessment Tool](#) to see if you should get tested for COVID-19.

- Fever or chills
- Sore throat
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have no symptoms of COVID-19, you do not need to be tested for COVID-19.

Testing and results

If you need to get tested, find the nearest testing location: healthlinkbc.ca/covid19test

Self-isolation

Fully vaccinated or had COVID-19 in the last 90 days:

You are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you do not have any symptoms. **However, do not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems, or over the age of 70 years) for 10 days after you were last exposed to COVID-19.**

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

Not fully vaccinated and did not have COVID-19 in the last 90 days:

You need to **self-isolate for 10 days** from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. Self-isolation means keeping away from others to help stop the spread of COVID-19. Visit the [BCCDC website](#) to learn more about how to self-isolate. **In addition to the 10 days of self-isolation, you should not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems or over the age of 70 years) for 14 days after you were last exposed to COVID-19.**

More details on risk factors for severe disease are available on the [BCCDC website](#).

COVID-19

What to do after your COVID-19 test



BC Centre for Disease Control
Provincial Health Services Authority

Your test result will help you know how long you need to self-isolate.



If your test is positive, scan the QR code or go to bccdc.ca/ifyouhavecovid for next steps.

Get your test result

Text results.bccdc.ca

Online gov.bc.ca/healthgateway or go to your health region website.

Phone 1-833-707-2792
Call for results even if you do not have a personal health number (PHN).

Urgent care

Go to an urgent care clinic or emergency department if you:

- have difficulty breathing
- have chest pain
- can't drink anything
- feel very sick
- feel confused

If you have questions about COVID-19 symptoms, call 8-1-1 or your healthcare provider.

Returning from travel outside of Canada

You must follow the Government of Canada's border measures and vaccination, testing, and quarantine requirements.

For more information, visit travel.gc.ca/travel-covid

How long to self-isolate

If you test negative

Stay home until your symptoms improve and you feel well enough to return to regular activities.

If you test positive

Fully vaccinated people and people younger than 18 years: self-isolate for at least 5 days from the first day you had symptoms, and until your symptoms have improved and you no longer have a fever, if you had one.

Avoid higher risk settings, such as long term care facilities and gatherings.

People aged 18 years and older who are not fully vaccinated: self-isolate for at least 10 days from the first day you had symptoms, and until your symptoms have improved and you no longer have a fever, if you had one.

If symptoms have not improved after the 5 or 10 days, continue to self-isolate until your fever is gone and you feel better.

Fully vaccinated means: you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).



Tla'amin Nation Executive Council Minutes

September 1, 2021
ZOOM MEETING

Attendance: Hegus Hackett, Dillon Johnson, Erik Blaney, Losa Luaifoa, Lori Wilson, Gloria Francis

Resource: Rod Allan, Judith King

Action Items:

1. CAO/EA to create a resolution to approve the BC Hydro SOP Reimbursement Agreement.

Hegus Hackett called the meeting to order at 9:06 am.

Opening Prayer by Lori Wilson.

A. APPROVAL OF AGENDA:

1. Motion to adopt the agenda with the addition of the following items:

- Add: September 30th National Recognition Day discussion (Cllr. L. Luaifoa)
- Delete: Item D. 17 Marine Plan presentation – Tabled (Cllr. L. Luaifoa)

Moved by Councillor D. Johnson
Seconded by Councillor E. Blaney
CARRIED

2. Disclosure of Conflict of Interest: No conflicts were declared.

B. MINUTES

Motion to adopt the August 4 Executive Council (EC) meeting minutes.

Moved by Councillor E. Blaney
Seconded by Councillor L. Luaifoa
CARRIED

C. PRESENTATIONS:

1) Powell River Paper Excellence (PE)

Krista Cuddy, Lana Wilhelm and Jason Lennox were in attendance to provide a presentation regarding a potential name change of PE.

The following comments were noted:

- The group acknowledged that there is a big gap in building relationships with Indigenous communities. Lana looks forward to building bridges and pledges to respect and acknowledge the rights of indigenous people, with special homage to MMIW and the Reconciliation Commission. PE would like to explore the opportunity to be inclusive and equitable.
- PE's upcoming focus is on Indigenous trades which will include bursaries and they anticipate this goal will take years to build out properly.
- PE is committed to being better neighbours and they propose to reach this goal through Tla'amin Nation and Paper Excellence building out a regular set of meetings between the two entities. They aim to build better lines of communication to stay accountable and anticipate that some cultural training with the guidance of Tla'amin Nation Executive Council.

- To begin the project, they would like to

change names through visible signage to better reflect historical perspectives. Jason acknowledges that Tees'kwat existed well before the mill operations and Paper Excellence wishes to honour this fact.

- Councillor D. Johnson thanked them for coming forward and it has been 100 years since the mill operations began. He supports a joint committee working group to tie action to today's discussion. He asks for support from PE for the broader Powell River community who have misgivings with name changes. What may be meaningful would be to allow Tla'amin Nation access to the mill to research and perform archaeological digs at the mill site. A big part of reconciliation is economic reconciliation and this could be achieved by pursuing opportunities to enter into an agreement to pursue joint works and training initiatives.

- Some macro-level considerations, such as #92 of the TRC is 100% on the radar. Lana Wilhelm is thankful for Executive Council taking a step forward to Paper Excellence and having these conversations. She asks the Council propose next steps around a name change for the mill so that Paper Excellence can start the process.

- Councillor L. Wilson is interested in water quality testing or environmental initiatives at the mill site.

- Councillor E. Blaney mentioned bringing sockeye back to the river and more urgently organizing a burning for all ancestors that rest there. Councillor Blaney mentioned a comprehensive list of suggestions he submitted to Paper Excellence for consideration.

- Councillor L. Luaifoa and Hegus Hackett thanked the presenters.

D. NEW BUSINESS:

1. Administration & Finance

i) EC Resolution # 28 – 2021 re: Calling of Special Legislative Assembly for September 15 to review the audited financial statements for 2020-2021.

Motion to approve the EC Resolution #28-2021.

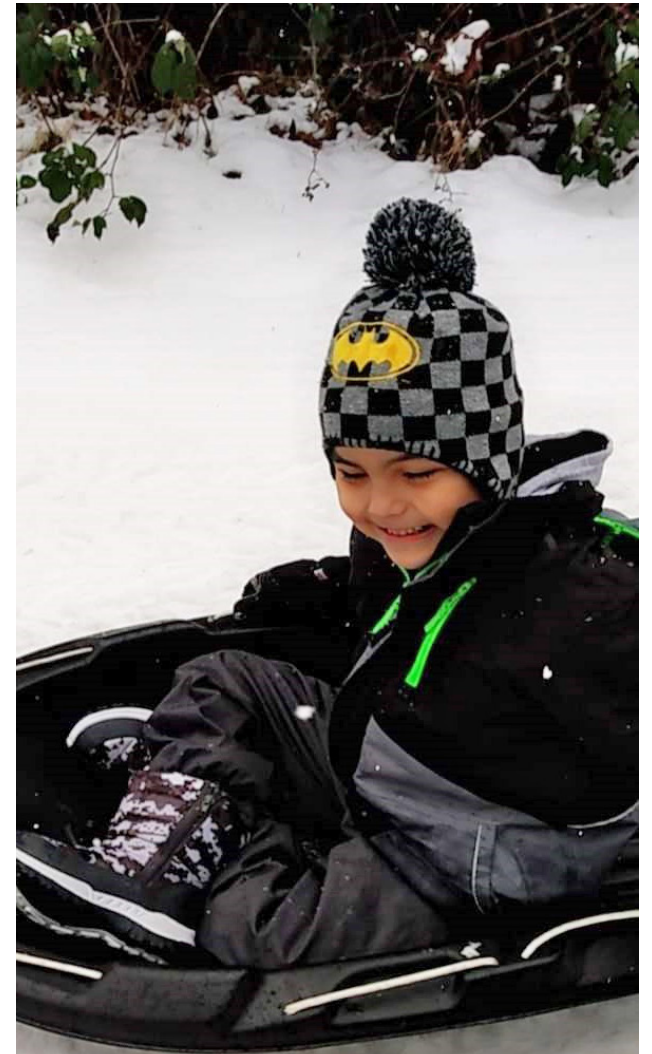
Moved by Councillor L. Luaifoa
Seconded by Councillor E. Blaney
CARRIED

ii. Software License Request for GIS department

Jennifer Kester provided an update on the different uses this opportunity provides for software. Jennifer asked the community about their needs going into the future and based on feedback, decided a three-year license would be useful. As Tla'amin Nation has moved to a small government model, a majority of existing licenses can be used in a more efficient manner. The funding for this initiative will result in a minor increase.

EC, by consensus, supports the purchase of the Software License for the GIS Department.

iii. Elected Official Remuneration



Brennin Kellar loving his sled on Christmas

The Chief Administrative Officer, R. Allan, noted that leadership salaries have not increase in 5 years and a review has been completed. Based on the salary grid of annual amounts recommends fair percentage increases. Proposed numbers are based on other First Nation leadership salaries for the current period. Tla'amin Nation leadership salaries have not increased in five years (since Effective Date). Legislators' salaries show a greater increase as Legislators will participate in more future Council meetings.

- Wage increases are based across the line on a percentage of the original amounts. It was noted that this work should have been done before the new Council was elected. In 2018, the Finance Committee recommended the salary issue be addressed.

- Cllr. E. Blaney explained the federal funding in place which allows for the increase to salaries.

- It was noted that salary rates in general, are still at a lower rate and increases are necessary to attract employees.

- Cllr. L. Wilson mentioned since effective date, Tla'amin Nation has created 20 new positions and measures are needed to address the gaps in the work of the Nation. ie. increase to the salary grid and increase minimum wage helps to address this gap.

MINUTES (Continued on page 26)

MINUTES (Continued from page 25)

- It was noted that additional wording in the EC Order should include approval of increases in the regulation.

Motion to approve EC Order to approve changes to the Dual Roles and Elected Official Remuneration Regulation.

Moved by Councillor L. Luaifoa
Seconded by Councillor D. Johnson
CARRIED

Action: EC Order be drafted to approve the Dual Roles and Elected Official Remuneration Regulation.

2. Community Services

September 30 – Nation Day of Truth and Reconciliation

Cllr. L. Luaifoa shared details of the planned ceremony for September 30, the first Nation Day of Truth and Reconciliation. Drew Blaney, Culture and Heritage Manager has planned a ceremony to honour survivors of Residential School.

Nation offices will be closed and staff will help organize and carry out tasks of the day. The event will take place at the waterfront gazebo.

EC supports the planned activities for September 30.

3. Economic Development

i. BC Hydro Standing Offer Program (SOP) Certainty Agreement

CAO R. Allan requested EC approval to endorse the BC Hydro SOP Certainty Agreement as is, with no other claims of reimbursement except the amount the Nation invested into the program - \$284,110.

Motion to endorse the Certainty Agreement between BC Hydro, the Province of BC, Tla'amin Management Services and Tla'amin Nation, thus accepting reimbursement of \$284,110.

Moved by Councillor D. Johnson
Seconded by Councillor L. Luaifoa
CARRIED

Action: CAO/EA to create a resolution to approve the BC Hydro SOP Certainty Agreement.

ii. Purchase of Crew Boat from Thichum Forest Products.

EC discussed purchase of the Crew Boat in entirety from Thichum. The vessel will require a name once owned by the Nation.

Moved by Councillor E. Blaney
Seconded by Councillor D. Johnson
CARRIED

4. Public Works

EC Resolution #26-2021 re: ISC Housing Support Program. EC is requested to endorse a resolution to approve a funding application for \$23,260 and also to commit to the Nation funding \$5,940 to support the project total of \$29,300.

Motion to approve EC Resolution #26-2021.

Moved by Councillor E. Blaney
Seconded by Councillor L. Luaifoa
CARRIED



Rosalie and Ruby are up to the snowman's bellybutton

E. HOUSE POST REPORTS:

1. Lands & Resources - Councillor L. Wilson reported the following:

- At the beginning of August, Stefan Virtue, Intergovernmental and Fiscal Manager met with the Lands Department about a needs assessment document.
- IIMP had an internal staff meeting to share information.
- Musqueam ordered sockeye from Albion Fishery (they fish out of Alaska). Discussion began on ordering fish in the future. Does Tla'amin want to follow their example for the 2022 season. It was suggested that a sustainability plan for future community fish needs is advisable. It was mentioned that the Nation could use their own prawn boats. Essentially, the plan is to look at all fish options - not just sockeye. Development a fishery plan in winter for review in March 2022.
- A special roundtable meeting in August was planned then cancelled. The target audience was Elders and Staff. Steve Gallagher was tasked with videoing the event. It may be rescheduled.
- Referrals Coordinator and GIS Tech Jennifer Kester met. The portal system was launched. The main function results in anyone who emails the Nation receives an email back with a link to the portal.

L&R Calendar of upcoming events are as follows:

September 14 – Forest Landscape Planning FLP meeting

September 15 - IRMP meeting

September 16 - Theodosia Shared Decision- making meeting happens at 10am – 12 noon.

September 17 - Treaty Implementation Working Group meeting (to discuss referrals with FNLRO and the referral portal system)

September 20 - Internal meeting for Archeological Site Protocol and a Leadership chat

September 22 - Joint Fisheries Committee meeting with BC and the Tla'amin Nation

September 27 – Delegated Authorities meeting to review TIU options

- There was a special wild fires meeting hosted by Indigenous Services Canada.

It was noted that Tla'amin needs to explore the expenditure needs document. Murray Browne has added comments to the work detail and Executive Council should take a look at his comments. Executive Council should get back to Stefan. Theodosia shared decision-making, co-management and code jurisdiction should be included. TN is the only group that has gotten this far with the Branch.

2. Finance – Councillor E. Blaney

- Councillor E. Blaney has been fire-fighting in the interior. He would like to present the lessons he learned in fighting fires and his experience with the Lytton fire.
- Paper Excellence is doing a presentation on the reconciliation plan and how they operate in the territory.
- Hands raised to Finance Staff on their dedicated work with completing the Healthy Living Dividend initiative. It was a learning curve and we can improve on the action plan for next year's HLD. One initiative could be to compare net revenues to the actual dividend.
- The Nation could benefit from a heritage site destruction development strategy which strengthens the policy on heritage and sacred site destruction.
- There are changes coming in many areas and Tla'amin should be engaging with our community members and the larger qathet community.

3. Community Services – Tabled.

4. Public Works - Councillor D. Johnson reported the following:

- People were surprised to see the new work beginning at the soccer field for the CDRC project and the field house. Staff organized a ground breaking ceremony.
- The 2021 Housing budget was discussed. There is an allocation from the Indigenous Housing and Infrastructure Group for total funding of \$2.9 million for allocation to the treaty groups. Councillor D. Johnson estimates funding for new housing is in the works. Accessible housing is also in the planning stage. This housing will provide meaningful changes for Elders and the more vulnerable members of the community.
- An archaeology meeting is coming up. Minister Rankin will be consulted and Council should try to set some time aside to talk about the IRMP work. The plan is to meet on September 14th in the morning for IRMP discussions and a week earlier a meeting should be convened on September 7th in the afternoon to prepare for meeting Minister Rankin.
- Upcoming meeting: September 8 with Minister Osbourne - UBCM meeting.

F. HEGUS REPORT: Hegus advised he has not been well; therefore, a report is not available at this time.

G. OTHER BUSINESS:

1. EC is requested to read the initial Engagement Letter from White Mantle Heli-Sports, is to be read at Executive Council's convenience.

2. Christmas Dinner dates are scheduled for Victoria is December 10 and Vancouver is December 11, 2021. Staff dinner and community dinner dates to be confirmed.

Tla'amin Nation Executive Council Minutes

October 20, 2021
ZOOM MEETING

Attendance: Hegus Hackett, Dillon Johnson, Erik Blaney, Losa Luaifoa, Lori Wilson, Larry Louie, Gloria Francis

Resource: Rod Allan

Action Items:

1. Cllr. L. Luaifoa to report to EC on the current number of vaccinated citizens/members.
2. Rod Allan, CAO to set up meeting with the legal firm to review the fish farm case invoices.

Hegus Hackett called the meeting to order at 9:06 am.

Opening Prayer by Councillor Lori Wilson.

A. APPROVAL OF AGENDA:

1. Motion to adopt the agenda with the following changes:

- Add:

Discovery Fish Farm Invoices
COVID Measures
Seekers Medic Agreement
Health Copier/Printer Approval

- Delete:

Harm Reduction Presentation at 11 am.

Moved by Councillor L. Luaifoa
Seconded by Councillor E. Blaney
CARRIED

2. Disclosure of Conflict of Interest: No conflicts were declared.

MINUTES:

Motion to adopt the September 15 Executive Council (EC) meeting minutes – Tabled.

B. PRESENTATIONS:

1. 2022 Regional FireSmart Program

Ryan Thoms, Manager of Emergency Services, qathet Regional District, addressed EC to seek endorsement of a UCCM funding application re: 2022 Regional FireSmart program.

Motion to approve EC Resolution #36-2021 re: 2022 Regional FireSmart funding application to UBCM.

Moved by Councillor E. Blaney
Seconded by Councillor L. Luaifoa
CARRIED

2. Name Change: Powell River Division of Family Practice

Dr. May, addressed EC with a request for permission for the use of the name “qathet” to replace “Powell River” within the organization’s name.

Dr. May acknowledged the existence of racism in the health care system creating a need to build better relationships between leaders in the system and indigenous communities.

EC thanked Dr. May for his comments and for the impetus to rename the organization excluding “Powell River”, a problematic name to the people of Tla'amin.

The request will be raised with the Culture Manager and an official response will be provided officially to Dr. May.

3. Health and Wellness Plan

Janet Newbury, Consultant, and Marlane Christensen, Health Director, provided an overview on the current work conducted for the development of the Health and Wellness Plan. The following was highlighted:

- Community engagement commenced September and will continue through to December.
- A cultural framework is to be developed based on answer to the following questions:

a) How do we, as Tla'amin people, view Health & Wellness?

b) What are the elements of our vision for our Health & Wellness?

c) How will Tla'amin people take control of our own health and wellness? A self-determined, community-based, Nation-based approach?

C. NEW BUSINESS:

1. Administration & Finance

- i. Contribution Agreement No. 2122-BC-00021 Amendment 6 for \$163,211.34

EC is requested to approve Amendment 6 for the following:

- \$103,975 for Sewer project (continue design work)
- \$23,260 for Housing Capacity Funding
- \$35,976.34 for COVID funding

Motion to approve receipt of \$163,211.34 through Contribution Agreement No. 2122-BC-0021 Amendment 6.

Moved by Councillor L. Luaifoa
Seconded by Councillor E. Blaney
CARRIED

ii. Administration and Finance Policy Amendment re: Procurement

Chief Administrative Officer (CAO), Rod Allan, is seeking approval for the following amendments to the Administration and Finance Policy:

EC, by consensus, supports the amendments to the Administration and Finance policy, section 4.0.

iii. Administration and Finance Policy Amendment re: Temporary Staff

CAO R. Allan, is seeking approval on an amendment to the Administration and Finance Policy regarding the eligibility of benefits for temporary staff (employed one year or greater).



Cllr. E. Blaney inquired about the eligibility for benefits for firefighters. The CAO advised that firefighters are categorized differently due to the nature of the job and are exempt from this policy amendment.

EC, by consensus, supports the amendment to the Administration and Finance Policy regarding temporary staff and benefits coverage.

iv. Remuneration of Elected Officials Regulation Amendment

CAO, R. Allan is seeking EC approval on an amendment to the Remuneration of Elected Officials Regulation for the following:

- Under 5.2 – Dual Roles and Key Considerations for Legislators is currently based on the assumption that Legislators attend meetings 20 days per year. The amendment to the regulation will be: “and EC will be attended a further 20 days per year which totals 40 meetings for the year”.

- Page 3, sections 6,7 and 8 list the pay scale amounts for elected officials that was agreed to.

- Based on the assumption that the Legislators of TN will attend meetings approximately 40 days per year.

Motion to approve the proposed amendments to the regulation.

MINUTES (Continued on page 28)

MINUTES (Continued from page 27)

**Moved by Councillor D. Johnson
Seconded by Councillor L. Wilson
CARRIED**

v. Housing and Infrastructure Gaps Action Plan

Councillor D. Johnson provided an update on the Housing and Infrastructure Gaps Closing funding and is seeking EC approval of the Action Plan for infrastructure projects. The Action Plan should enable Tla'amin access to funding in the amount of \$7.5 million.

Motion to approve the Action Plan.

**Moved by Councillor L. Luaifoa
Seconded by Councillor E. Blaney
CARRIED**

vi. Fish Farm Case Invoices

CAO, R. Allan is seeking approval on invoices regarding the judicial review to appeal fish farms by Discovery Island nations. The judicial review was done in collaboration with Homalco and the total cost owed by Tla'amin is \$250k.

EC requested a presentation from the legal team.

ACTION: Rod Allan, CAO to set up meeting with the legal firm to review the fish farm case invoices.

vii. COVID Measures

CAO, R. Allan provided the following comments:

- BC is relaxing COVID measures to allow events to happen and it has been questioned why the Nation's regulations are getting stricter.
- Cllr. L. Luaifoa noted that the Nation regulations will be reviewed in January, 2022 and requested EC consider the current number of eligible attendees (vaccinated) for funerals be increased from 50 to 100.
- Cllr. E Blaney suggested weekly or bi-weekly meetings to assist EC with making policy decisions.

ACTION: Cllr. L. Luaifoa to report to EC on the current number of vaccinated citizens/members.



Myles

2. Housing

Emergency Housing Units Approval

The CAO is seeking approval for the purchase of three emergency housing units from Arbutus RV. The quote is the same as the three previous units purchased. All six units will have been purchased with funding from Reaching Home ESDC.

EC, by consensus, approves the purchase of three additional emergency housing units from Arbutus RV.

3. Public Works

Lodge Window Replacement Approval

The CAO is seeking approval for the window replacement at the lodges (Elders and Healing). Two quotes were provided from PR Glass and Modern Windows. Funding from Reaching Homes will be utilized for the window replacements.

EC, by consensus, approves the quote from PR Glass to replace the windows at the lodges.

Community Stop Signs

EC is requested to provide feedback on whether community stop signs should be in English or Tla'amin language and English.

EC, by consensus, agrees it is important for the community stop signs to be bilingual.

D. OTHER BUSINESS:

Sports Hall of Fame Advisory Committee

The City of Powell River has extended an invitation for a Tla'amin Elected Official to be part of the Sports Hall of Fame Advisory Committee.

Larry Louie accepted appointment to the Sports Hall of Fame Advisory Committee.



Lawna



Aubree

Powell River & Region Transition House Society
(With support of Hehewšun)

Scheduling a walk-in honour of

**MISSING AND MURDERED INDIGENOUS WOMEN, GIRLS, MEN AND
TWO SPIRITED**

**This day will coincide with the annual Women's Memorial March
Held in Vancouver the same day**



Feb 14th/2022

**11:15am at Powell River Complex Trail
(Parking at back)**

**Please Note: Registration will go by your first name in
the alphabet!**

(For appointed time to start trail walk see below by alphabetical order)

- **First Name Letters A-D** text Cyndi 604 223 6965
- **First Name Letters E-I** text or call Caitlin 604 928 0363
- **First Name Letters J-O** text or call Jeremy 1(306)715 7110
- **First Name Letters P-Z** text or call Phil 604 223 1280

To ensure social distancing, the first walk will start at 11:15am staggered starts every 5 min, last walk ending at 1:00pm

We are following COVID 19 protocol, and asking you to walk in pairs, wear a mask and **NO** gathering allowed.

Wear a **red t-shirt** or something **red** in support of this event!

CEREMONY AT WILLINGDON BEACH 1:45 – 3:00pm

MMIWG FILM AT PATRICIA THEATER – 3:30pm

Theater will be at half capacity, masks and vaccine passports required.

Tla'amin Wellness Beginner Winter Walking Group

Join us for a winter walk 2x/week for 6 weeks
Beginner Level - Rain or shine
Tuesdays and Thursdays - Feb. 22-March 31, 2022
1:00pm at Tla'amin Church



****Pre and Post Participation Questionnaire****
****You will be provided use of fitness tracker to count steps and exercise progress****

Pre-register with Dawna Pallen by Feb. 18/22
604-483-7444 or dawna.pallen@tn-bc.ca

Stop feeding seagulls



It's causing hordes of them hanging out, waiting to be fed. Then they swarm roofs and crap all over them. This decays roofs even faster than the weather does. Seagull's and crows will still be around but by feeding them daily, it has encouraged too many of them.

Impacted by the Catalyst Paper tis'kwat Mill curtailment ?



We are here to support you in your job search

WorkBC
Employment Services

WorkBC Powell River #103-4511 Marine Ave
Powell River, BC V8A 2K5

Canada

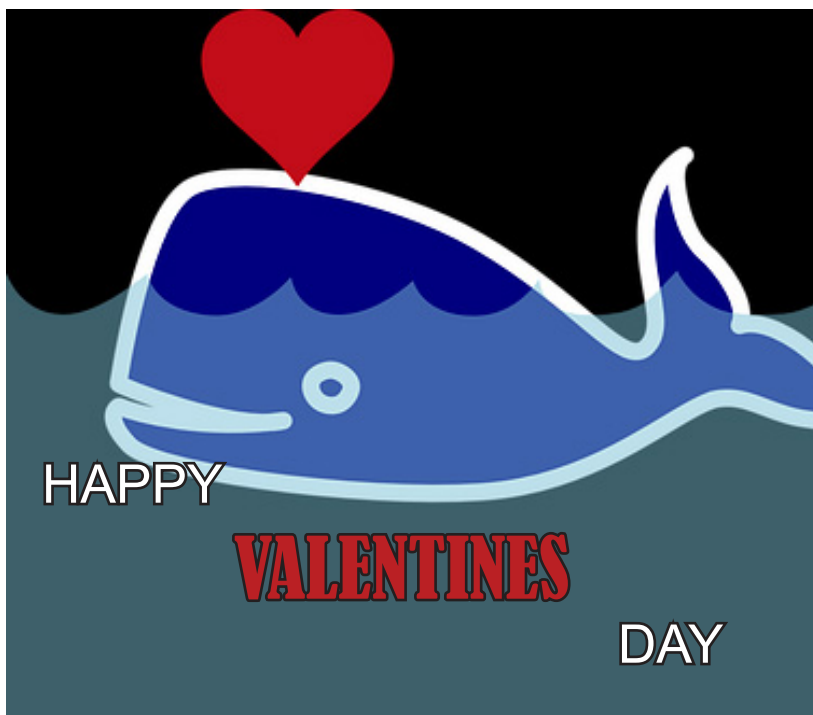


This program is funded by the Government of Canada
and the Province of British Columbia.

604-485-7958

workbcpowellriver

Work BC Powell River



Let's Talk Trash.ca

WHAT IS WASTE?



Milk & Milk Alternatives: 10 cent deposits

Starting February 1st you could have a little more change in your pocket after visiting the bottle depot on Duncan Street. Milk and milk alternatives are being added to the deposit system, so whether you're vegan or not, your recycling habits might change.

The good news is that you don't actually need to change a thing. That is, if you are already rinsing your containers and then replacing the caps. If you're not, consider the staff at depot dealing with moldy milk residue weeks after you're done with it, and you might take that extra moment to clean your containers.

Milk containers and their plant based alternatives can still go in curbside bins as well as to Recycle BC depots (like the depot in Tla'amin). If you're interested in getting your 10 cent deposit back, however, you will need to take them to the Sunset Coast Bottle Depot (7127 Duncan) with all your other deposit beverage containers.

Before you get too excited and bring everything in the milk category to the bottle depot, know that not all dairy and non-dairy alternatives are part of this new deposit program. Buttermilk, whipping cream, meal replacement drinks like Boost, drinkable yogurt like Yop, infant formula, coffee creamers, kefir, and other coffee additives and not included. An easier way to remember the limited list of what is accepted, is to think of it as simply ready-to-drink milk (of all fat percentages) and ready-to-drink almond, coconut, oat, soy, and cashew mylk. Other dairy and dairy alternative containers, like those in the list above (whipping cream, yogurt, etc) should continue to go in your regular recycling.

When will the new program start? First, there will be a 10 cent charge added to this new category for purchases made as of February 1st. You can also start returning these beverage containers on February 1st as long as their 'best before date' is February 1st or later.

As always, donating your deposit beverage containers to depot staff, kids doing a bottle drive, or anyone interested in making the trip to the bottle depot is still a possibility.

This newly expanded program means that they could end up with an even bigger smile when you hand over your collection.

What you may not know is that the bottle depot recently started a drop off program. It's seemingly too good to be true, and yet it has come to town. The new Return-It Express program at the Duncan location allows customers to drop off their deposit beverage containers (in a clear garbage bag) without having to sort it themselves. Staff then sorts your beverage containers for you and you receive your refunds via e-transfer or mailed cheque. It's best to set up an account online by visiting Return-It.ca/express/. You can then opt to have stickers mailed to you for an incredibly easeful drop off.

Did you know that the Duncan ReturnIt bottle depot also hosts a recycling program for electronics? This is the go-to place for unfixable DVD players, outdated printer, cracked monitors, and even old CDs in their cases. To find out the full list of what they accept, visit RecycleMyElectronics.ca/bc.

Winter might just be the best time to clean out your garage or basement, and that is more than likely where you're storing your recycling. Starting off the year by clearing out your collected recyclables is a great way to warm up to an even deeper spring clean.

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

Milk and plant-based beverages are now part of the deposit system!



The recycling regulation has some exemptions including infant formula, meal replacements, concentrates, and products like whipping cream and drinkable yogurt. Containers exempt from the regulation won't carry a deposit. "Ready-to-drink" milk and plant-based beverages with a best before date prior to February 1, 2022, are exempt from the deposit system. No deposit was paid and therefore no deposit will be refunded.

Starting February 1st, a 10¢ deposit will be charged on "ready-to-drink" milk and plant-based beverages like oat, soy, and almond and the 10¢ deposit will be refunded when you return the empty containers for recycling.

Simply rinse out the containers, put the caps on or push the straws in, then take them to your nearest Return-It site.

Learn more:



return-it.ca/milk2022



ANNOUNCEMENTS



Lunar New Year 2022: What does the holiday and the Year of the Tiger represent?

The Lunar New Year is an international holiday celebrated in many Asian countries but not all. People may know the holiday as Chinese New Year,

The Year of the Ox brought vaccines to a global pandemic and many hope the Lunar New Year will bring healing and joy with the Year of the Tiger. This year is the Year of the Tiger, the first since 2010.

“The tiger is commonly associated with something like bravery, courage and strength. The tiger can also be viewed as an uplifting animal that can give people hope, especially with COVID-19.

As people celebrate the Year of the Tiger, they'll also be eating dishes that have great cultural significance. They'll be launching prosperity toss salads for good luck, or giving away oranges and displaying them around the house. Chinese families will gather to make dumplings as an act of togetherness.

CHINESE DUMPLINGS

Ingredients

Dumpling skins

1 cup (150 g) plain flour
110 ml freshly boiled water

To make the dumpling skins, place the flour in a medium mixing bowl. Make a well at the centre and pour in the boiling water. Using chopsticks or a fork, stir until you get a crumbly mixture. Once the dough is cool enough to handle, tip the mixture onto a clean bench top and knead for about 5 minutes or until you have a smooth, firm-ish ball of dough, adding more water or flour along the way if necessary. Cover with cling wrap and rest for 10 minutes.

Spicy dipping sauce

¼ cup (60 ml) light soy sauce
2 tbsp Chinkiang vinegar
½ tsp sugar
2-3 tsp Chinese chilli oil
1 tbsp finely shredded ginger
2 tsp finely chopped garlic

To make the spicy dipping sauce, mix all the ingredients together and set aside.

Filling

½ tsp salt
200 g finely shredded Chinese cabbage
280 g pork mince
1 tbsp finely chopped ginger
⅓ cup spring onions or Chinese chives, chopped
⅓ tsp ground white pepper
¼ cup (60 ml) chicken stock or water
1½ tbsp light soy sauce
1 tbsp shaoxing rice wine
1 tbsp vegetable oil
1 tbsp sesame oil

To make the filling, mix the salt with the cabbage and allow to sit for 15 minutes to draw out the excess water. Rinse the cabbage before squeezing well to remove as much liquid as possible. In a medium mixing bowl, combine cabbage with the remaining filling ingredients and mix until combined.

To make the dumplings, sprinkle the dough with some plain flour and roll into 2-3 cylinders, 3 cm in diameter. Cut into 2 cm-thick discs and flatten with the palm of your hand then cover them with an overturned bowl to keep them moist.

With a dumpling rolling pin, roll inwards only (to maintain an even circle) from the outer edge of each disc to the centre. Roll the skins until they are 1 mm thick. Stuff a teaspoon of the filling into the centre of each wrapper, fold and seal. Pleat only 1 side of the dumpling - this will pull the dumpling into a traditional crescent shape. If this sounds too difficult, pinching to seal the seam well is the basic goal.

To cook the dumplings, bring a large pot of salted water to the boil. Lower as many dumplings as you wish into the water and wait for them to float. Cook for a further 10 seconds before scooping the dumplings out with a slotted spoon and transferring them to a well-oiled tray or plate. For a crispy finish, pan-fry the boiled dumplings with some oil in a large non-stick frypan over medium heat until the bottoms are golden brown. Serve immediately, crispy bottoms facing upwards. Serve with the spicy dipping sauce.



BELATED WISHES FOR MRS. GAIL BLANEY (NEE GALLIGOS)

With highest respects, we wish our eldest sister a well-deserved retirement (June 2021) as a one of a kind teacher. How remarkable it has been to witness how you have honored those around you with both your cultural and scholarly skillsets. Many years of teaching mainstream curriculum and acting as language advocate is indeed a legacy to be remembered.

As you celebrated going into your new decade in January, we held you up in high regard. May your new decade bring you an abundance of whatever your heart wishes. During these unprecedented times, may you celebrate you and your loved ones, with heartfelt, fun-filled memories. May these memories be the medicine that sustains your heart to continue being the self-less, leading-by-example Matriarch that you are.

**We love you,
Twin Bro (Daryl and Gloria Galligos) and I
& your nieces and nephews!**

Mia's Income Tax Preparation

4950 Waterfront Road
Phone (604) 483-4437

WANT A FASTER REFUND?

EFILE SERVICE

Basic tax preparation \$50

Senior \$45

Student basic rate \$40

T4, T4a, T5007

Available for Pickup