

NEHIMOTL "US"



AUGUST 2022

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

Grand Opening Ceremonies čičųy ʔaye & ayiš ʔaye

*By Carmen Galligos
Director of Public Works*

Thank you so much to our community who came to celebrate the completion of 2 new buildings in tišosəm. čičųy ʔaye (children's house) building is complete & will be ready for programming in September. This new childcare facility will house our 3-5 and preschool programs. ayiš ʔaye (cousin's house) is our new youth and recreation center. We are very grateful to the Provincial New Spaces Fund, FNHA, SGIG Gap, and Tla'amin Nation for contributing to these projects for us. Both buildings are amazing additions to our community and will make a huge impact on youth health and wellness.

It was a beautiful day in tišosəm. First we viewed the progress on our Salish Drive Housing Project, another exciting initiative being undertaken by our own Tla'amin staff. Approximately ten families will be moving into the side by side duplexes which will reduce the strain on the housing list. New homes have not been build in Tla'amin since 2008.

Next we made our way down to čičųy ʔaye, to tour the new childcare facility. We were blessed with songs and dancing by our children. Finally we ended the celebration at ayiš ʔaye where we shared some purposeful words, songs and dances, nourishments and laughs. It was a great day to celebrate what these projects mean to our community.

We were joined by community members from čųys to elders, leadership and staff, and special guests MLA Hon. Nicholas Simons and the Minister of Crown-Indigenous Relations Canada, Marc Miller. I want to raise my hands to everyone who helped make these ceremonies a success, and especially to our Elders for brushing and blessing the new spaces (Doreen Point, Randolph Timothy Sr., John Louie, Glynis Galligos, Elsie Paul).



Celebrations were held at the new childcare facility that provides much needed care space for our growing community

Public Works Team Now Installs Substantial Core Infrastructure for Water

Public Works team worked together to extend the watermain on Salish Drive. This extension will provide water to the new 10-units of housing. Our Tla'amin crew will also connect all 10 new homes to the new watermain and install a new fire hydrant. This work was accomplished by our own Tla'amin staff: Shawn Louie, Mike Williams, Mary Peters, Alexander Louie, William Adams, Kyren Adams, and our new summer student Eugene Souch. Our team was fortunate to receive mentorship

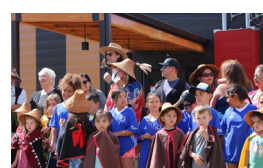
for this installation from our Circuit Rider Scott Jameson & his team. We are grateful for this learning experience, it's a great step towards our own crew being self-sufficient and excelling in new skills. There is a large program of infrastructure renewals ahead, so building our own capacity means we can keep all this important work within the community.

Director of Public Works

Stay hydrated this summer



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





Tla'amin Governance House Updates

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EXECUTIVE COUNCIL House Posts

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

Tla'amin Nation Leadership Endorses Joint Working Group Report Recommendations



I would like to give acknowledgment and express gratitude to Doreen Point, Doreen has gone over and above her role as elder representative. Doreen has given firsthand prospective sharing her experience surviving residential school and reminding everyone the rippling effects through the following generations. Her participation sets the tone and reminds everyone that the scars are real and ripple through multi generations.

July 19, 2022 –*tišosəm*, qathet Regional District – The Tla'amin Nation has wholeheartedly endorsed the 11 recommendations made by the Joint Working Group in its July 15 report. This report described truths, observations,

and calls to action following a six-month process of community conversation about the Tla'amin Nation's request to consider a new name for the City that reflects shared values and a commitment to reconciliation amongst residents.

The report revealed truths known and felt by Tla'amin Nation and its citizens – that public information and education has been woefully inadequate in building shared understanding of the history of this place and Indigenous peoples more broadly, and as a result many residents continue to express incorrect and harmful sentiments toward Tla'amin Nation, and its citizens. We are optimistic that through further dialogue and education, the relationship between Tla'amin Nation and the broader community will bring everyone together to a place of mutual understanding and respect.

Tla'amin Nation Executive Council looks forward to fully partnering with the City, in the spirit of the Community Accord, to fully implement all 11 recommendations.

Tla'amin Nation Government would like to thank Joint Working Group members, the Tla'amin Elder Advisor to the Joint Working Group, and the staff and consulting team for their work, and particularly thank all residents who participated in various ways in the community dialogue process over the past six months.

Community Visit to Tla'amin First Nation from Minister Marc Miller

Walking tour of buildings and community functions, included the following:

- Housing "Salish Drive 4-Units", constructed with federal Budget 2018 Gaps closing Funds
- Daycare facility, "Children's House [CDRC] Expansion" grand opening, constructed with BC provincial funding
- Youth Centre, "Cousin's House", constructed with BC provincial funding

Community Barbeque Lunch at Youth Building to end the walking infrastructure tour

Gratitude was expressed by our Nation for the Provincial and Federal Funding, emphasizing, and showcasing how we are implementing the funding with the new infrastructure.

čēčēhatanapešt (we honour you all),

Tla'amin Nation Government

Fire Hall Update

By Linzy Elliott, Tla'amin Fire Department

On July 1st Tla'amin Fire Department hosted a community engagement event focusing on harm reduction, education, and Naloxone training. We would like to thank all of the community members who stopped by to participate, say hi, share a meal, check out the kids corner and make this event so successful. Thank you to the elders who made them selves available, Doreen Point, and John Louie for doing the brushing and sharing your knowledge, creating a safe space for all whom attended. FNHA for the grant that allowed us to purchase door prizes and honorariums, Candace Galligos, Tla'amin Nation, and Cottage Creek Bakery for their donations for door prizes, Tla'amin Health and the harm reduction team for ordering our naloxone for training and giveaway, and TLAFD firefighters. Without your continued participation and support, events like this would not be possible. We hope to host more community engagement in the upcoming months. IF you have any questions or suggestions regarding community engagement, please email firehall@tlaaminfire.ca.

Training update:



July 6th and 7th Tla'amin Fire had 7 members take the S-100 Forest Protection, Basic Fire Suppression & Safety Training. Thank you to the BCWFS Crew for coming out to educate and do in-house training, providing our members with the steppingstones to help protect the territory of the Tla'amin Nation.

As of June 17th Tla'amin Fire Department has 3 members actively training toward Fire Officer levels. This will allow them to understand the responsibilities and liabilities as leaders within the fire service. The importance of a healthy fire house, leadership skills, public education, community outreach, HR, labour relations, risk management, understanding of fire codes, planning, enforcement and importance of bylaw, Incident & crew management, personnel management and approach to disciplinary actions.

qweyqwaystəm – Let's Talk

Possible Name Change Project for the City of 'Powell River'

The Joint Working Group name change initiative is wrapping up its first phase of the project. The team at Tla'amin Nation wanted to share a short update with you to remind you of how this work started and where we will go next with the name change initiative.

How did we get here?

In May 2021, Tla'amin Executive Council requested the City of Powell River consider a name change in light of the devastating legacy the actions of Israel Powell has had and continues to have on the Tla'amin people and Indigenous Peoples across Canada. In November 2021, the City and the Tla'amin Nation agreed to establish a Joint Working Group (JWG) to oversee a community conversation about the proposed name change and provide a report and recommendations to City Council and Tla'amin Executive Council. The JWG hired two consultants to carry out the community engagement work, which has been the main focus of the first phase of this project. The JWG was mandated to conclude its work by June 30, 2022.

What is the JWG?

The JWG was comprised of two members of the City Council (Cindy Elliot, Maggie Hathaway); two Tla'amin legislators (Brandon Peters and Erik Blaney); two community appointees of the City (Lyn Adamson, Stewart Alsgard); and two community appointees of the Tla'amin Nation (Harmony Johnson, Davis McKenzie). The Hagus of Tla'amin Nation (John Hackett) and the Mayor of Powell River (David Formosa) served as ex-officio members. The JWG was supported by staff from both the City (Russell Brewer) and Tla'amin Nation (Stefan Virtue, Emily White).

Why are we doing this?

The city is named after Dr. Israel Wood Powell, who served as the first Superintendent of Indian Affairs for the Province of British Columbia, a position he held until 1889. In this role, Powell pursued policies aimed at assimilating Indigenous Peoples into European society through the use of Indian Residential Schools and other discriminatory policies such as the ban of the potlatch and other traditional governance ceremonies. These policies have had lasting harmful effects on Tla'amin Nation and all Indigenous Peoples across Canada.

Where Is the Project at Now?

This phase of the project focussed on education and community engagement through several different events. We saw varying reactions to this work, both opposed and supportive of a name change. As a result of this work, pre-existing racism has come to the forefront in the region. We acknowledge and apologise that this work has created some hostility towards Tla'amin people, which has resulted in unsafe interactions both professionally and personally for many families and individuals in the community. However, we are seeing an increase of support for this project and for reconciliation work more broadly. We are hopeful that this momentum continues through this project, and other projects to come, and we are grateful for all of the support we have received



Tla'amin and the City of Powell River renew the Community Accord in the Summer of 2018 at Dwight Hall

from within and from outside of the community to continue to advocate for a name change.

The JWG and the Consultants released their reports on Friday, July 15th. These reports can be viewed at www.powellriver.ca/pnc. The JWG released a set of recommendations which are the following:

Recommendations:

1. That additional public education and community engagement activities be planned on issues of shared values, history, and reconciliation.
2. That engagement activities be targeted to under-reached demographics.
3. That future engagement on the name change be designed to maximize the safety of all participants.
4. That the City make reconciliation and relations with Tla'amin Nation a strategic priority.
5. That Tla'amin Nation develop a set of educational materials describing what they want their neighbours throughout the qathet region to know about them, and that the City include this information in training for City staff and leadership.
6. That the City, Tla'amin Nation, and qathet Regional District, through the community-to-community (C3) process, establish a Reconciliation Committee mandated and resourced to advance reconciliation throughout the City and Regional District.
7. That the City establish staff position(s) to support the implementation of recommendations in this report and maintain positive reciprocal relationships with the Tla'amin Nation and other Indigenous residents throughout qathet region.
8. That public information and engagement events for various ages, groups, and in a range of formats be undertaken to better understand racism and colonialism and

promote action to achieve racial equity.

9. That ceremonial efforts be undertaken to reject all forms of racism and support healing and unification amongst all residents of qathet region.
10. That additional community engagement activities be planned on issues of shared values, history, and reconciliation as the basis for identifying options for a new name for the City.
11. That a referendum or assent voting process is one of many available tools to engage the public and gauge public opinion. It is not the appropriate tool to utilize right now. A possible assent voting process and topic should only be carefully considered after implementation of the recommendations of this report.

The Tla'amin Nation government endorsed these recommendations on Tuesday, July 19th.

What's Next?

Powell River City Council moved to receive the reports for review at their July 19th Committee of the Whole Meeting. They agreed to discuss this further at their next City Council Meeting, which is scheduled for Thursday August 18th. At this meeting they will have the opportunity to fully accept and endorse the report recommendations. At such time, Tla'amin Nation staff will be ready to discuss next steps with the City and their staff. Although nothing is certain, we are hopeful for a positive outcome at this next City Council Meeting. During the report review period over the summer months, Tla'amin Nation Government will continue to work with the provincial government to advocate for a name change and begin new processes to change official geographic place names throughout our traditional territory to reflect Tla'amin place names.

Updates on these projects will be shared as they come. In the meantime, the team welcomes any questions. For more information, please contact: Emily White, Intergovernmental, Policy, and Fiscal Analyst.

Emily.White@tn-bc.ca

Discovery of a 10,000 Year Old Archaeological Site at Teeshohsum

Colleen Parsley, MA
 Aquilla Archaeology LTD.
 colleen@aquilla.ca

A thrilling, once-in-a-lifetime discovery of a 10,000-year-old archaeological site was recently found in Teeshohsum. Archaeological sites of this antiquity are extraordinarily rare with only a few known in Western North America, and fewer still in British Columbia. This site is associated with ancient beach terraces and the post-glacial river (now Sliammon Creek) delta formed when sea levels were much higher following the last glaciation.

This site was found in early 2021 when we (Colleen Parsley and her team Aquilla Archaeology Ltd.) were commissioned by the Lands Department to complete an archaeological impact assessment of a proposed new sanitary alignment from the existing wastewater treatment plant on Waterfront and Sliammon Roads (Figure 1).

At the outset of this study, we expected our results would support previous findings that DISd-11 was a seasonally occupied late period (~1000 years) site tied to annual salmon runs and harvests. Former archeological studies found shell midden deposits parallel to the shoreline with abundant ground slate knives used for processing salmon (Parsley 2016; Springer et al. 2013). But the site was also discontinuous and historically disturbed (Parsley 2016). There has long been potential of also finding ancestral human remains as several Tla'amin citizens relayed stories of discovering ancient skeletal ancestral remains along Waterfront Road. However, previous studies have not found human remains.

intersection where our tests found increasing density of shell midden as the elevation increased (i.e., where the current homes are). We found numerous artifacts (78) consistent with late period cultural sites (ca. 1000 years) but no ancestral human remains were found. Where Sliammon Road begins to slope up towards HWY 101, we thought this shell midden site would decrease and eventually thin out to become non-existent. This is exactly what happened. Conventional archaeological practice under provincial permit however, requires us to demonstrate negative archaeological test results for at least 15 metres before we can definitively say we found an archaeological boundary. As we continued testing and were about to wrap up the fieldwork, something totally unexpected occurred.

Very weathered buried stone artifacts in undisturbed "sterile" looking glacial sands appeared. These sands are a deep orange colour without any shell or organics. Testing further up Sliammon Road, buried ancient paleo-beach terraces with lithic stone artifacts stylistically similar to the earliest occupational sites known in British Columbia (Figures 1-5) were uncovered. Early Period archaeological sites in Western North America that are more than 9,000 cal BP are found in Alaska at On Your Knees Cave (Dixon 2008), Stave Lake Watershed near Mission (McLaren 2017), on the Central Coast at Haida Gwaii (Fedje et al. 2008; McLaren and Smith 2008) and Namu (Carlson 1996), and the Fraser Canyon at Milliken (Carlson and Magne 2008; Mitchell and Pokytylo 2014), and Glenrose Cannery (Matson 2014). A few other undated sites with similar evidence include two undated Copeland Island sites in Tla'amin territory south of Desolation Sound (Parsley 2013), and another site in Tla'amin territory at Lang Bay (Chalmer 2013; Springer et al. 2013). But of these directly dated Early Period sites, only Teeshohsum, Milliken (not shown in Figure 1) and the Stave Lake Complex are older than 9,000 years. On the south coast of BC, Teeshohsum is the only site that is located on the shores of the Salish Sea. **Footnote** (There is data of similarly aged sites on Quadra Island (Fedje et al. 2018, 2021; Mackie et al. 2018).



Figure 2. Cobble Chopper DISd-11:127. Scale 10cm.

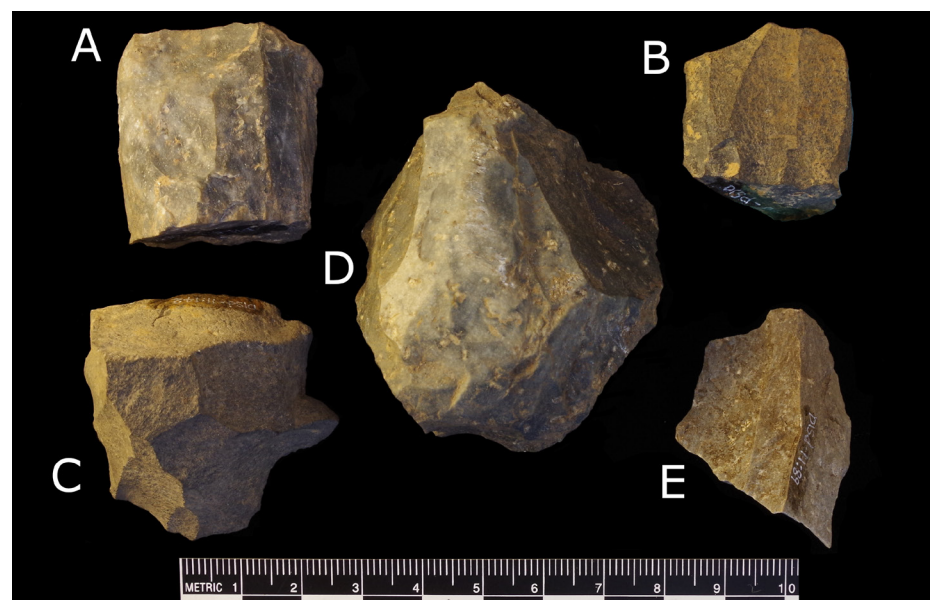


Figure 3. Cores A) DISd-11:294, B) DISd-11:152, C) DISd-11:142, D) DISd-11:92 & E). DISd-11:89. Scale 10cm.

Cultural knowledge often shared by Tla'amin Elders and residents recount how Tla'amin people were relocated here after the village of Teeskwat was forcibly taken by colonial settlers to build a dam and paper mill in 1910 at the mouth of Powell River (Osmond 2018; Paul et al. 2014). Previous studies at Teeshohsum have not encountered significantly deep nor dense archaeological shell midden to-date, which supports community knowledge that Teeskwat, not Teeshohsum, was a principal village of Tla'amin people.

Bearing all of this in mind, we commenced the largest and most comprehensive archaeological work to occur in Teeshohsum. We excavated sixty-five tests and two hand excavated 1 x 1 m units. Field results confirmed archaeological deposits were disturbed with only remnants of intact deposits with little shell and a moderate slate and bone artifact assemblage. Things started to change as we rounded the corner at the Sliammon Road



Figure 4. Quartz Artifacts A) DISd-11:225, B) DISd-11:265, C) DISd-11:279 & D). DISd-11: 296. Scale 5cm.

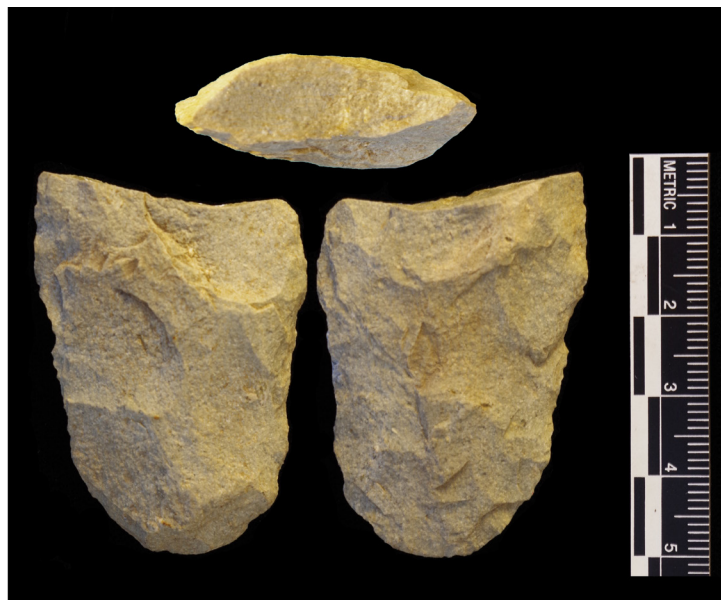


Figure 5. Broken biface (DISd-11:178). Scale 5cm.

As testing continued inland, we recovered 229 artifacts from tests. We suspected these to be around 9,000 years old due to their style and position in the glacial fluvial sands (old surface) located on ancient shoreline landforms. These ancient shorelines are located on top of glacial marine sands (old sea bottom) and within the ancient intertidal zones in between the beach terraces (Figure 6).

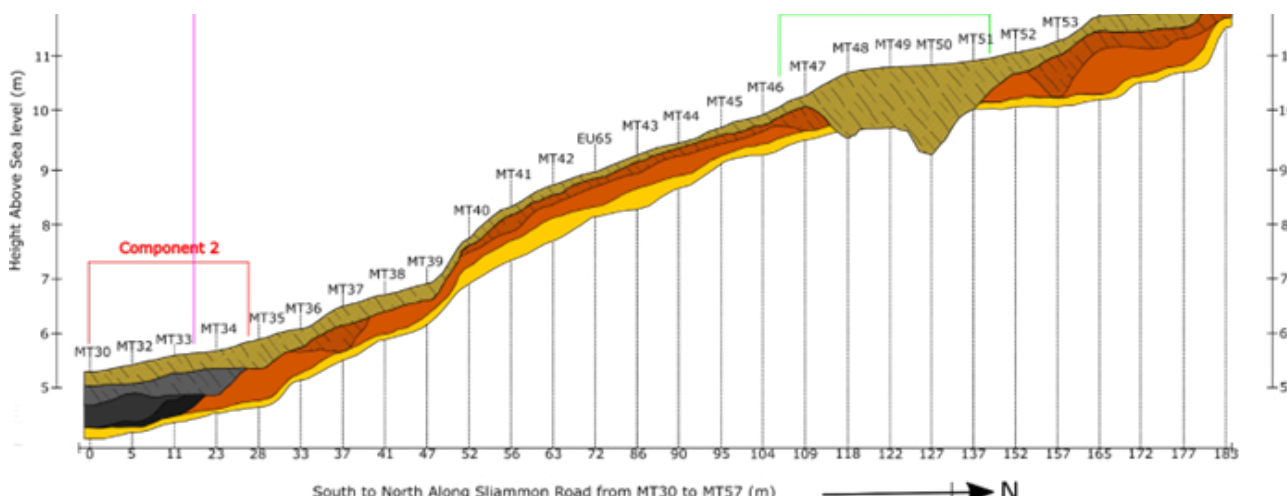


Figure 6. Profile schematic of excavation profiles along Sliammon Road showing paleo-beach terrace deposits. Elevations derived from LiDAR data.

Archaeological sites of this antiquity are notoriously difficult to radiocarbon date due to the lack of organic carbon and rarely have preserved bone found in these contexts. Luckily, we were able to recover a few small and extremely weathered bone fragments that could be sent as samples to obtain a radiocarbon date. Bone collagen required for radiometric measurements could not be found in the first sample sent for radiocarbon dating (BETA). A second bone sample was sent to a different lab and it was also reported that no collagen survived in the sample and it was not date-able (ARIZONA - AA). Finally, with only a few pieces of bone left, two of which are calcined (burnt), it was determined our last chance was to send a burnt bone sample to the University of Groningen in the Netherlands. Researchers at University Groningen developed a method for dating burnt bone that does not rely on surviving organic collagen but on thermally altered carbonate which is much more stable over time. Due to their backlog, it took the lab more than a year to study the sample. This last spring (2022) the results came back (GrM-28320) and it was well worth the wait. The burnt bone was successfully dated to 9,890 – 9,552 cal BP years proving that this archaeological component at Teeshohsum is one of the oldest in the province, and certainly on the south coast of the Salish Sea.

This 10,000-year-old archaeological site at Teeshohsum is an incredibly important discovery. The association of this site with the much larger post-glacial Sliammon River was likely a key reason why people were living here 10,000 years ago. The stone dacite and andesite stone artifacts show evidence of early stages of stone tool manufacturing and suggests that quarrying river cobble was a key activity here. These are preliminary findings and, while they are exceptional for a routine archaeological impact assessment, further targeted and detailed studies could help shed more light on the early people of Teeshohsum and the early people of the Northwest Coast. More archaeological work could help us to obtain additional and possibly older dates. We need to identify the western extent of the site. More work should investigate the plant and animal communities, and the environmental conditions which were clearly different and difficult to imagine. With so many questions needing answers, I hope there will be opportunities to conduct more studies in the future. Until then stay tuned for an update about the peer-reviewed journal article that is currently in preparation.

Acknowledgements:

Tla'amin Nation is largely to thank for strong protective archaeological policies by encouraging and supporting strong leadership to enforce them. Emote!
Sincere thanks to Steve Thompson who is credited with supervising documentation of this site and skillfully producing the elevation schematic (Figure 6) and photographs. We are very lucky to rely on Laura Termes osteological expertise who completed all the faunal identifications and analysis. We are grateful to Jennifer Kester, the GIS Manager at Tla'amin for obtaining and processing the LiDAR data for our use which was immensely helpful for this study. We also wish to thank our Tla'amin Nation archaeology team member Jason Francis, and machine operator James. Our sincere gratitude is extended to April Treacle who allowed us to hand excavate 1 x 1 m unit in her yard.

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CITIZENSHIP & MEMBERSHIP

The Citizenship Registrar is updating addresses from the Tla'amin Citizens. Have you moved lately? Changed your phone number or email address? Changed your surname?

To assist the process, we are hoping you can call or email Kylie Paul directly with any new updates regarding:

- Name
- Address
- Phone
- Email



Do you need a new harvest card or citizenship card?

Applications are available at the admin front desk area or can be sent to you via email.

I can work with you to create a citizenship card long distance and I can mail completed cards to our citizens who reside not in community.

Please remember to bring in your firearms license in with your application if you have it.

You must have a valid HARVESTING CARD for fishing this summer. Please contact me to renew.

REPORT YOUR CATCH ON THE HARVESTING APP!

New Baby

Please remember to register your little ones within the **first year**. I can help you process the registration for status and citizenship.

CITIZENSHIP@TN-BC.CA

MEMBERSHIP@TN-BC.CA

(604) 483-9646

EXTENSION: 122

All information received by the Tla'amin Government are subject to confidentiality and privacy protection. Data collected by the Tla'amin Government are meant only for the administration of internal programs.

Membership

Do you need a new status card?

-I can assist you with filling out the forms for the SCIS (Secure Certificate of Indian Status) card. This card is valid 5 years for children and 10 years for adults.

-The turnaround time for a card is estimated to be a little bit longer because of the covid pandemic. Current estimate of time for receiving a card back is 10-12 weeks.

-For adults (16+), you will need valid ID to be included with your application. The BC ID card, Service card, or Driver's license works best.

-For children (15 and under), parents ID is used.

-I can use an ipad app for photos for the new status cards in my office.

Please call or email to set up an appointment!

čěčhaθeč

School Supplies Allowance 2022



Message from Tla'amin Education

Tla'amin Nation will be processing \$125.00 for school supplies to each child who is registered on the Tla'amin list who are in grades K-12. The child must be registered for school and only grades kindergarten-12 is eligible. This includes who live on and off reserve.

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

- The first round of applications for the school supplies allowance will be accepted until Tuesday August 2nd, 2022, at NOON SHARP. Cheques/direct deposits will be issued on Friday August 5th.
- If you miss this deadline, second round of School Supplies Allowance applications will be accepted the following week.
- This will continue until September 9th, 2022

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

Contact: Louise Dominick- postsec@tn-bc.ca or 604-483-9646 ext. 125



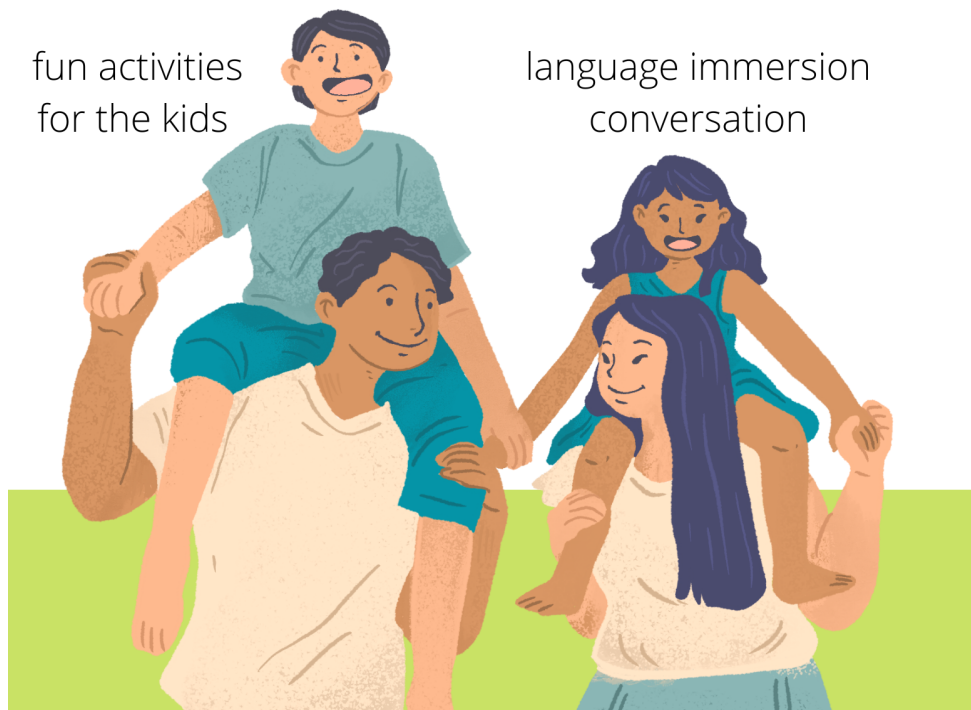
LANGUAGE FUN DAY

Join us in the gym on August 21
12:00 to 4:00

language learning/games fry bread tacos door prizes

fun activities for the kids

language immersion conversation



CLIMATE CHANGE & FOOD SOVEREIGNTY FOR NATIONS

Our Nation has entered into a research agreement with researchers at several institutions to:

1. see how food practices, our nutrition and health are changing since our participation in the First Nations Food Nutrition and Environment Study (2009)
2. better understand how climate change may impact our seafood access, and;
3. identify acceptable approaches to address these challenges.

A central part of the research includes dietary interviews in 100 houses with up to 2 individuals (1 adult (19 years or older) and 1 dependent (6-18).

Each participant is compensated for their time (expected to be 45-90 minutes) by a \$60.00 gift card.

In addition, each participant will be entered for one of three prizes.

This project grew out of a recognition that additional insight is needed to support seafood security / sovereignty, including climate adaptation planning.



First Nations Health Authority
Health through wellness



Université de Montréal



uOttawa

Tla'amin Nation Climate Change Dietary Food Survey has started.

You may have noticed these door hangers that are shown in the picture placed on your door. If received, please contact me April Treakle via email april.treakle@tn-bc.ca or call the Governance Building 604-483-9646 ext# 154 to book an appointment to complete the survey. There is a \$60.00 Gift Card for each survey conducted. Each household can only do one Adult Survey and one dependent Survey between the ages of 6 to 18. A max of 2 Surveys per house

PROGRAMS & SERVICES



SUMMER 2022
TLA'AMIN YOUTH CULTURAL CAMP
qayqayəm

AGES 13-17 | AUG. 15-19
AGES 5-11 WEEK 1 | AUG. 22-26
AGES 5-11 WEEK 2 | AUG. 29-SEPT 2
8:30AM-4:30PM

WEAVING, SWIMMING, CAMPING, FISHING
HIKING, STORYTELLING, SOCCER, CANOEING
BOATING, TEACHINGS, COOKING, SPIRITUAL
BATHING, DRUMMING, AND MORE!

SPACES ARE LIMITED
TO REGISTER EMAIL REC@TN-BC.CA
FOR MORE INFO VISIT FACEBOOK.COM/TLAAMINREC



YOUTH BIKE NIGHT

IYMBP

AUG 3
4pm-8pm
at the new youth building

Join us for a BBO & an evening of mountain biking 101 hosted by the Indigenous Youth Mountain Bike Program (IYMBP).
Please bring your own helmet
RSVP rec@tn-bc.ca

SUPPORT FROM
ORCA **TAWS**

MONDAYS
6PM-7:30PM

PICKLEBALL

TLA'AMIN SALISH CENTRE
4885 HIGHWAY 101

COME TRY THIS SIMPLE, FUN SPORT THAT IS GREAT FOR PEOPLE OF ALL AGES AND SKILL LEVELS AND FIND OUT WHAT THE CRAZE IS ALL ABOUT!

WEDNESDAYS
5:30PM-6:15PM
AT THE SALISH CENTRE

SUMMER STRONG
WITH TERRI CRAMB

No matter your fitness level, this 8-week class is designed with everyone in mind. What better way to start the summer off than by joining fitness leader, Terri Cramb, for this fun 45mins workout class for all levels and ages!

* this program is part of our 'Summer of Fun and Free' initiative and is free for all to participate.

WEDNESDAYS 5:30PM-6:15PM
AT THE SALISH CENTRE
COST IS FREE!

COMMUNITY RECREATION **AUGUST PROGRAMS** TO REGISTER EMAIL REC@TN-BC.CA FOLLOW FACEBOOK.COM/TLAAMINREC FOR MORE INFO

COMING SOON

SPIN CLASSES | YOGA | PRO-D DAY CAMPS | SWIMMING | ART CLASSES | STAY TUNED FOR INFO!



15 summer students doing their Standard First Aid course. All 15 students passed with flying colors



Tla'amin Thunder (U-10) came home with the bronze cup! A special thanks to Coaches Leonard Harry, Alexandria Souch and Jimmy Harry for getting our team prepped for this tournament.

Congratulations to Taliyah, Cecil and Tobin for ALL-STAR-SA huge shout out to Chris Orlinis at Valley Marine for sponsoring our team by purchasing our new shirts

On behalf of the Tla'amin Thunder Parents



Braves battled hard in the Campbell River tournament. It was exciting to watch such gifted and talented players. They played Kingcome twice and they were the games of the tournament to watch. Congratulations to Jerod Timothy and Joel Harry for all stars.



Campbell River Golden Wings Soccer Tournament

Why is the World Cup 2022 in November?

The 2022 World Cup is taking place in Qatar in the winter months rather than the usual summer ones, due to the heat. The tournament kicks off on Monday November 21 at the Al Thumama Stadium when Senegal take on the Netherlands in Group A, with England vs Iran being the second game of the tournament in Al Rayyan.

Canada draws Belgium in its opening match on Wednesday, November 23 at 2 pm ET/11 am PT.



2022 Vancouver Island Regional Soccer Tryouts Camp



The Indigenous Sport, Physical Activity and Recreation Council (I-SPARC) and Cowichan Tribes invites you to join our Vancouver Island Regional Soccer Tryouts Camp. Participants will have an opportunity to showcase their skills and talent with the goal of being advanced to the BC Indigenous Provincial Soccer Selection Camp and ultimately make Team BC and travel to the 2023 North American Indigenous Games.

WHO: Open to all Indigenous youth (First Nations, Inuit, Métis) between 12-18 years old (born between 2004-2010). Competition consists of both male and female teams for 15U (born 2007-2010) and 18U (born 2004-2006). **REGISTRATION IS NOW OPEN!**

WHEN: August 6 – 7, 2022 (Times TBC closer to the event). **Deadline is Tuesday, August 2nd, 2022.**

WHERE: Siem Lelum Gymnasium Fields at 5574 River Road in Duncan, BC.

COST: \$25 / player. You can pay online at registration OR use promocode SOCCER to pay in person at camp check-in.

Register [Here](#) OR Scan the QR Code:



For more information, please contact the Provincial Coordinator, Performance Sport Joel Harry at teambc@isparc.ca or 250-856-0850.

SECHELT W SCHOOL #72: 1952-1954

(PART 2)

(This story will be continued in the September edition of the Neh Motl)

By Dr. Jeanne Paul

I missed the smell of the traditional foods we would diligently prepare for all summer. At this school I do not remember what we ate or what kind of meals we ate. Lots of it I recognized from the large cans from the pantry. I remember this incident when everyone was served their ladle of mush, there were these boys, M.P. from Co-mox and M.H. from Church house would jump into this large pot and literally scoop with their bare hands what was left at the bottom of this pot. They were so small that they could almost fit into the pot. They were only 6 years old and obviously still very hungry. The rest of us would watch in amazement. I was embarrassed. There was no pride in oneself or any feelings of embarrassment, only the feeling of hunger. This happened over and over again. Brother Gerard, the supervisor would just laugh at them and allowed it to continue over and over again. Dining etiquette certainly was not taught to us. However, at 3:30 pm, after class we would get a snack, a jam sandwich. It was always welcome because between meals were so far apart and we were always hungry. "Lucky", we called those kids who would get a parcel from home with goodies to eat which usually was candies. I remember this one little girl G.J. always had a big parcel sent to her by her parents. Her father was a logger so he made more money than most of the villagers. She would hold a candy bar in each hand. I remember her as a pasty-faced, pudgy girl with an audible cough and a wheeze. Later I was to understand she was an asthmatic. She did not want to share her candies as younger girls would watch and follow her hoping to get a small piece of her candy. Survival of the fittest? If you had enough and did not share than you would have enough for yourself? We were just little kids and not sophisticated enough to figure this out that time. Survival of the fittest? It was sad. By this time my stomach had shrunk. I lost weight and getting thin. Not want to eat with Cod liver oil squirts and the un-recognizable food was not enticing to eat even though I was always hungry.

Mama, please come and get me!

If you climbed the stairs this would take you to the second floor. At the top of the stairs was Sister Elizabeth's room. Next to her room on the left was the Grade 8 class-room. Next to the class-room was the sewing room and where the younger children attended class. Not sure how they fitted in among the sewing machines. Maybe there was no class.

My first day in class was a total disappointment. Sister Mary Ange put all the Tla'amin kids, Leslie Adams, Evelyn Galligos and I to repeat Grade 7 again. Our Day School education from Grade 1-

VIII was presumed to be at a lower level, that our report cards from Tla'amin Day School did not mean anything to her. Needless to say, we were so disappointed. We could have stayed home a year.



I sat at the front at far left of the room seat #1 by the window. The window sill was too high so there really was not the distraction staring out the window. At least the room was bright. Mary Jane, my cousin sat behind me and Leslie sat about the 4th in this row. Evelyn was on the second row.

Sister Mary Ange was not a patient woman. She called us "you people", never called us by our names. She must have been in her mid to late 20's and was sent as a missionary nun to this school. It was called an "obedience", you are ordered to live at the place that is assigned to you by your Mother Provincial. This was blind obedience but non the less an order from God. Many years later she told me in confidence she had no education to teach but followed a manual from the Department of B.C. Education system. She taught from the seat of her black habit.

In spite of all this I did very well education wise. My cousin, Mary Jane and I shone out and had excellent report card grades. Leslie was brilliant in Maths. He could solve problems that none of us could figure out. Evelyn was not so fortunate. At the village Day School, she shone out as a born leader. Whatever she had a mind to do, we followed her. In Sechelt she was not doing so well. This one particular school day she came to class late. Sister Mary Ange began to berate her, asking her where she had been and why was she late. A shouting match ensued. Evelyn could speak her mind. Sister made her kneel in front of the class and continued to holler at her. By now Evelyn is seething in anger while still kneeling. Sister is becoming more and more exasperated.

She goes to her desk and pulls out a leather strap. I had never seen strapping before. I became very frightened because the teacher was out of control and Evelyn is still kneeling waiting for something to happen. The nun asks her

to stick both her hands out, palms up and she begins to hit her hands. Not sure how many hits she got. Finally, Evelyn begins to cry. Teacher has broken her spirit. Those of us watching also begin to cry. I began to cry. I hated what I had just witnessed and what this nun had done to Evelyn. I could not understand why someone who taught religious classes and wore this black outfit, who professed to love, obey and do God's work would do such a horrible thing to a child just because she was late. I became very frightened of these religious people who did not believe what they preached to us daily, the Catechism, the study of God as written for the Catholic religion.

We were taught the tenets of faith were: "love they neighbor as thy self; cleanliness is next to godliness and God was watching every move you make".

God would not be happy if you broke his rules. I became more fearful and swore to myself I had to be "good", so that God would not be mad at me and get the strap too. Evelyn went home that Christmas and never returned to school again. If the Indian Agent chased her to bring her back to school, they did not succeed because she left for good. I lost a good childhood friend when she did not come back. She went on with her life and got married and had a large family of her own. She finally was happy.

**To Be Continued in the
September Neh Motl**

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

Powell River General Hospital officially renamed to qathet General Hospital

Powell River General Hospital officially renamed to qathet General Hospital. AASharePrint25/07/2022

qathet Regional District, B.C. – Vancouver Coastal Health (VCH) in partnership with Tla'amin Nation, officially announced the renaming of Powell River General Hospital to qathet General Hospital. Tla'amin Nation and VCH leadership marked the occasion with a renaming ceremony on the grounds of the hospital today, which serves the qathet Regional District and surrounding rural communities.

"This is a welcome announcement and I appreciate the spirit and work of reconciliation behind it," said Nicholas Simons, MLA for Powell River Sunshine Coast. "We need to ensure health care is delivered in a culturally safe environment, and this includes taking steps to reflect the history of the place and the people who live there."

In 2021, the new name was proposed by Tla'amin government to VCH leadership as an alternative, culturally appropriate name for the acute care facility. The name Powell River is associated with a public official dating back to the 1800s who promoted policies that continue to cause harms to Indigenous peoples today.

"We graciously accept the new name, qathet General Hospital, proposed by Tla'amin Nation, and we are grateful for their partnership," said Vivian Eliopoulos, VCH president and CEO. "Vancouver Coastal Health is deeply committed to advancing Indigenous cultural safety, and this new name reflects our organizational commitment to provide Indigenous peoples with safe, quality and culturally appropriate care.

We would like to extend our immense gratitude to Tla'amin Nation, Elders and community members for their invaluable collaboration and partnership as we continue along our journey towards respectful and meaningful reconciliation."

Dillon Johnson, Executive Councillor, Community Services House Post, Tla'amin Nation said, "Tla'amin Nation commends the leadership that Vancouver Coastal Health has exhibited with changing the name of the local hospital. This name change is meaningful for our people as it addresses a barrier to culturally safe care, and it symbolizes a positive path forward. Through our collaboration on the name change and other recent initiatives, VCH is demonstrating how to advance reconciliation locally. We raise our hands to VCH in appreciation."

Leslie Bonshor, VCH's vice-president of Indigenous Health said, "Receiving this name is both a great honour and responsibility for our organization. It further solidifies our commitment to continue to work in partnership with Tla'amin Nation to ensure we earn and carry this name with respect."

VCH will commission a Tla'amin artist to design a new sign for the hospital, which the health authority intends to install at the hospital's



entrance later in the year.

VCH's Board Chair Dr. Penny Ballem said, "Our commitment to truth and reconciliation must be meaningfully addressed from leadership through to frontline staff. The stark findings from the In Plain Sight- Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care report are another reminder of the barriers Indigenous clients and patients may face while navigating the health care system. Renaming this hospital site is an important milestone as we work to ensure every health care facility operating in our region is a culturally safe space for Indigenous people seeking essential treatment and care."

Adrian Dix, Minister of Health said, "An impactful step forward in Indigenous reconciliation, qathet General Hospital is the first acute care site in the VCH region with an Indigenous name proposed by

a First Nations partner. It's also meaningful that the word qathet, from qat'əət, means 'working together, bringing together' in Ayajuthem, the language of Tla'amin Nation."

VCH is committed to delivering exceptional care for all 1.2 million people within the ancestral, traditional and unceded homelands of 14 First Nations. With more than 26,000 staff and medical staff, VCH is British Columbia's hub of health care innovation, research and academic excellence, providing specialized care to patients throughout the province.

We recognize that our places of work and Vancouver Coastal facilities lie on the traditional homelands of the fourteen First Nation communities of Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, Sechelt, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.

Tla'amin t'eyt contest builds kids confidence with our plant relatives

July 25, 2020

35 children and youth participated in the Tla'amin t'eyt (to look for something) contest aimed at building essential survival skills, pride, and connection to Tla'amin lands among Tla'amin children and youth.

All Tla'amin children between the ages of 6-18 were eligible and encouraged to participate. The initiative included three events between June 6 to July 21, 2022 and was sponsored by the Tla'amin Nation Lands and Resources department.

“Right now the Nation is building an Integrated Resource Management Plan which will have generational impacts,” said Denise Smith, Director of Lands and Resources “The t'eyt initiative is about walking alongside children and youth to understand what matters to them and to make sure we include their voice in our planning.”

Throughout the t'eyt (to look for something) contest Tla'amin children and youth learned to identify and harvest many common medicinal and food plants common to Tla'amin territory. The kids also learned about poisonous plants to stay away from. The challenge had three parts:

1. Learning to see what is all around you

t'eyt kicked off on June 6th, 2022 during the district wide pro-D day. Sherry Bullock and Brad Titian took 35 children and youth on a plant walk through the village. Participants were introduced to over 20 common plants around the village that are often hiding in plain sight.

Instructor Brad Titian sharing the medicinal benefits of comfrey on the June 6th plant walk. Photo Abby Francis.



At the final challenge on July 21 participants distinguish between common poisonous and safe plants in the territory. Photo Abby Francis.



Makaela Gallagher receives a special gift on the plant walk



Madison Harry aged 10 and Riel LeBlanc (Tom) aged 6 try guessing berries based on shape, smell and taste. Kids tried black caps, red caps, wild blackberries and salmon berries.

2. You go and find it! Photo scavenger hunt

Part two of the challenge was a photo scavenger hunt where kids were asked to independently find, and take pictures of 16 common, in-season plants around the village. This challenge reinforced the teachings of the plant walk to build the kids confidence identifying plants and their uses. 16 kids took between the ages of 5 and 15 took part, submitting a total of 168 photos.

Kids were also asked what their favourite place in territory is and why. Here are some of their answers:

1. "My favorite place in Tla'amin Territory is the Top River because we can walk there to swim when it is hot."
2. "My favorite place in Tla'amin Territory is the beach because you get to see the sea animals and I can dig in the sand and climb on the rocks"
3. "My favorite place in Tla'amin Territory is Harwood island, I like going the beach & fishing with my dad, mom and my sister."
4. "My favorite thing to do in Tla'amin territory is picking all the wild berries and eating them with my family."
5. "My favourite place in Tla'amin territory is Sliammon Lake because I like the colours of the water"
6. "My favorite place in Tla'amin Territory is the forest because it has animals and I care about the forest."
7. "My favorite place in Tla'amin Territory is home, cause that is where my family is and down where the river meets the ocean, cause that's where I see many different typed of birds."

3. Show us what you know- Amazing race

They finished in a final challenge held July 21 at the Salish Centre. A mini amazing race saw kids participating in 5 challenges including blindfolded berry testing, using your sense of sight and smell to identify plants, matching plants with their uses, identifying poisonous plants, and a mini scavenger hunt. A spaghetti dinner was served with su su tea and prizes were awarded.

Denise Smith speaking at the final event thanked the kids and parents for taking part. "When our kids know about the land, the plants, and the waters they want to protect it. There is a lot of opportunity coming for our young people to step into the roles that we hold today, if you are interested in our territory, if you love our territory, you can make a job of protecting it."

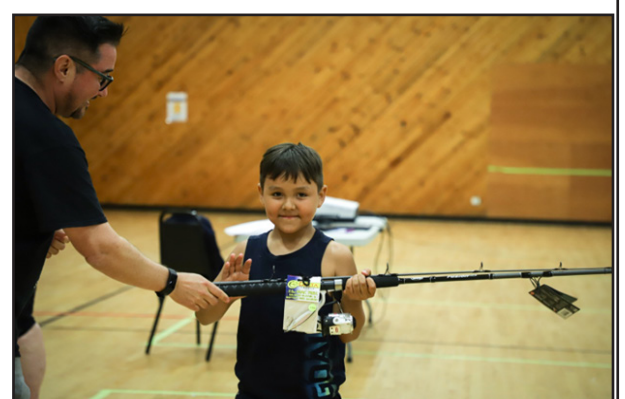
A.J. Deguillaume was the grand prize winner of a \$200 gift certificate towards a new bike. Only 10 years old, A.J. correctly identified all 16 items on the scavenger hunt list!



Scavenger hunt participant Kaleb Harry aged 8 can't wait to try out his new camping gear.



Maddox Titian aged 6 with his rod reel combo is ready for summer jigging.





Tla'amin health and Child & Youth Wellness are extremely proud and honoured to facilitate t̓wšəm təʔaw (to learn lifelong teachings)- A cultural retreat for families and students at the Outdoor Learning Center in Haywire bay. This successful event hosted 7 families and 6 students from July 10th to July 14th. Our vision of the program was to offer a rich cultural experience for the families and students involved. Our core values are gənax^wuθ (honesty) -- pit q^wayəgəns (humility) – tihəgən metəm (integrity) – ti:sx^w (respect).

The cultural activities are aimed to enhance a spiritual and personal growth through connections with Elders, the land, and peers that attended the retreat.

The activities include:

- Drum making
- Beading
- Mental health/cultural workshops
- Cedar headband making
- Elder's sharing traditional stories
- Drumming, singing, and dancing
- Spiritual baths

čəčəhaθəč - I thank you,
Alexandrea Souch ~ Thinxkya
Child & Youth Wellness
Tla'amin Health Services



INDIGENOUS PEOPLE IN TRADES TRAINING

Trades Discovery Program

Interested in the Trades but don't know where to start?

FUNDED TUITION FOR ELIGIBLE PARTICIPANTS

This fully funded Trades Discovery Program introduces theoretical and practical learning in the trade industry. This is an opportunity for hands-on trades sampling and specific safety certifications. Learn safe work practices, and receive direct knowledge to make an informed decision about your trade pathways. Indigenous cultural component included.

EXPLORE THE TRADES

Receive exposure/certification in some of the following industries:

- Auto Mechanics
- Carpentry
- Culinary Arts
- Electrical
- Hairdressing
- Plumbing
- Refrigeration and Air Conditioning Mechanic
- Welding

TRAINING MAY INCLUDE:

- Occupational First Aid
- Level 1- WHMIS
- Fall Protection
- Confined Space Entry
- Site tours
- FOODSAFE

WHEN:

12-week non-credit program
Tuesdays - Fridays (9 am - 3:30 pm)

Fall 2022 Nanaimo (Sept 17 - Dec 16)
Spring 2023 Cowichan (Dates TBA)

CREDENTIAL:

Trades Discovery Program

Students in this course will receive an introduction to the terminology and culture of the construction industry. The safe use of tools and equipment, and the proper use of personal protective equipment will be covered along with an overview of safety regulations.

Applicants must meet eligibility criteria to gain admission to the fully funded initiative.

HOW TO APPLY:

viu.ca/ippt

Amanda Aust | Program Coordinator
amanda.aust@viu.ca | (250) 748-4529 ext. 3705
Vancouver Island University | Cowichan Campus



"I am deeply sorry — sorry for the ways in which, regrettably, many Christians supported the colonizing mentality of the powers that oppressed the Indigenous peoples," Francis said in his native Spanish.

He addressed his comments to several thousand residential school survivors in a grass field encircled by a small grandstand on the first full day of a trip aimed at penitence for one of Canada's greatest tragedies: a school system that forcibly removed

Indigenous children from their parents and tried to assimilate them into Euro-Christian society — often brutally. Students were forbidden from speaking their native languages or practicing traditional customs; many were physically or sexually abused.

**DENTAL CARE AT
HEALTH**

**Friday
August 26th.**

Contact: Cathy Paul
(604) 483-3009
cathy.paul@tn-bc.ca

Memorandum

Date: July 7th, 2022

To: Powell River General Hospital staff & physicians

From: Rebecca Withers, Manager, Rural & Remote Staff and Programs, Indigenous Health

Caitlin Lament, Manager, Acute Services, Powell River General Hospital

Re: New Indigenous Patient Navigator, Powell River General Hospital



We are pleased to announce that Jessica Hackett has accepted the position of Indigenous Patient Navigator for the Powell River General Hospital, effective July 18th. This position is based on the traditional territory of the Tla'amin Nation and is a joint initiative between Indigenous Health, VCH Operations leaders, and the Tla'amin Nation Health department. We would like to thank our partners for their support in planning for and hiring of this position.

Jessica was born in Vancouver but raised in Tla'amin Territory, Sunshine Coast, Powell River. Her mother Caroline is from Tla'amin Nation and her father Moses Woods is from Tahltan First Nation, so Jessica was raised from two nations with very distinct protocols and practices. Jessica is very honoured to take on the role of Indigenous Patient Navigator. She brings 16 years of experience in the care aide sector of health and has hands-on experience with variety of clients ranging from mental health to clients with mobility challenges. As an Indigenous Patient Navigator, Jessica will be in a supportive role to patients, families, and staff to facilitate access to culturally safe health care through Tla'amin protocols, culture, traditions & medicine. Please welcome me in congratulating Jessica as she begins this new role with the Indigenous Health Team within VCH.

WHAT IS AN INDIGENOUS PATIENT NAVIGATOR (IPN)?

Indigenous Patient Navigators (IPNs) provide direct patient and family support, including facilitating access to Elders, traditional ceremonies, and traditional healing practices, as well as support and education to healthcare team members caring for Indigenous patients. Indigenous Patient Navigators have been in place for many years at Lions Gate Hospital and Vancouver General Hospital. In the summer of 2021, a rural & remote Indigenous Patient Navigator program was launched with IPNs added at the Bella Bella and Bella Coola hospitals. Once Jessica has completed her orientation and is ready to accept referrals, information will go out to all hospital staff regarding the process to access Indigenous Patient Navigator support at the hospital. To learn more about the rural & remote Indigenous Patient Navigator program, staff are encouraged to connect with Rebecca Withers, Manager for Rural & Remote Programs with Indigenous Health at Rebecca.withers@vch.ca or 604 414 3759.



Tla'amin Health and Vancouver Coastal Health Sign Memorandum of Understanding on July 25th

COVID-19 Vaccine Approved by Health Canada for Children Aged 0-5

Better protection from COVID-19 for infants and young children will soon be coming to BC following Health Canada's approval of SpikeVax, Moderna's COVID-19 vaccine.

Children between the ages of six months and five years can now get the vaccine, which uses a smaller dosage of the same mRNA vaccine already used for youth and adults. Young children need a smaller dose of the vaccine to get the same protection from COVID-19.



"First Nations parents are anxious to protect their young children from COVID-19 and will be happy to hear this news," said FNHA Chief Medical Officer Dr. Shannon McDonald. "FNHA is ready and able to provide vaccines to this group as soon as it is available."

As with all vaccines and medications, the Public Health Agency of Canada will monitor the safety of the vaccine and has required the manufacturer to provide all updates in data on its safety and effectiveness. No safety issues have been identified to date, and hundreds of thousands of doses of this vaccine have been administered in other jurisdictions, such as the United States.

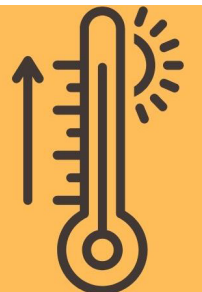
An estimated 210,000 children across BC are in the age range eligible to receive this vaccine. For those parents living in community (on reserve) contact your Community Health Nurse to schedule your appointment. For children and families living away-from-home (off reserve), parents are encouraged to register their children through the Get Vaccinated BC registration system to get vaccinated in a health authority clinic.

The vaccine is highly recommended for all ages, but it is particularly important to get the vaccine for young children now that it is available. Young children were the last age group to be eligible for vaccine, leaving many parents worried about their kids in the meantime. While most children have more mild illness, thousands been hospitalized for COVID-19 since the start of the pandemic in early 2020.

Children who have tested positive for COVID-19 or display symptoms of the virus should still get vaccinated. They can get the vaccine eight weeks after their symptoms started or they tested positive for COVID-19.

BEAT THE HEAT

How to prepare for extreme heat



WHAT IS EXTREME HEAT?

An Extreme Heat Emergency is when daytime and nighttime temperatures get hotter every day and are well above seasonal norms. Extreme heat is dangerous for the health and wellbeing of our communities.

It's important to make a plan and prepare your home for the heat. Tla'amin Nation will also open cool centres when a heat warning is forecasted.

WHO IS MOST AT RISK?



elders 65+



infants, young children & expecting mothers



people who work outdoors



people with preexisting health conditions

MAKE A PLAN

- If you live alone, pick someone to check in on you when temperatures rise and to help with cooling measures in your home.
- Identify the closest cooling centre to your home.
- Identify the coolest room in the house and focus on keeping that room cool by closing blinds & have a fan or other cooling system in place.

PREPARE YOUR HOME

- Have fans available to help move cooler air indoors during the late evening and early morning hours
- Install thermal curtains or window coverings to block sunlight
- Install a window air conditioner in at least one room
- Keep digital thermometers available to accurately measure indoor temperatures (31 degrees or higher is dangerous for vulnerable people)



TLA'AMIN COOLING CENTRES

Salish Centre
Governance House (office hours only)

Stay up to date on cooling centre operating hours by visiting the Tla'amin Facebook page

PROGRAMS & SERVICES



Kids & Youth Summer Programming in T'ishosum

August 2022

Ongoing Summer Programs:

- Summer Fun Program – Current Waitlist
- CDRC Summer Program – Currently Full
- Family Hike Fridays – rec@tn-bc.ca to register

Mountain Biking Demo Night & BBQ:

August 4

Where? At the new Field House

When? 5 – 8 pm

Who? Kids & Youth (5 to 18 years) & families

How? Register at rec@tn-bc.ca

* By Indigenous Youth Mountain Bike Program

Hope & Soccer Camp: August 5 – 7

When? 9:30 am – 4 pm

Where? Meet at new Field House

Who? Kids & Youth aged 5 to 18 years

How? Register with Shirley or Alex

Contacts: Shirley.louie@tn-bc.ca

Alexandrea.souch@tn-bc.ca

Culture Camps: 8:30 am - 4:00 pm

Where/When? At the new Field House, 8:30-4:30

Aug. 15-19 Youth 13- 18 yrs.

Aug. 22-26 Kids 5 -12 yrs. (Group 1)

Aug. 29-Sept. 2 Kids 5 -12 yrs. (Group 2)

For information & to register: rec@tn-bc.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Mountain Bike Demo Night & BBQ	4	5 Hope & Soccer Camp 	6 Hope & Soccer Camp
7 Hope & Soccer Camp 	8	9	10	11	12 Family Hike	13
Summer Fun Program						
14	15	16	17	18	19 Family Hike	20
Senior Culture Camp						
Summer Fun Program						
21	22	23	24	25	26 Family Hike	27
Junior Culture Camp						
Summer Fun Program						
28	29	30	31	1	2	
Junior Culture Camp						

Harwood Cabin Booking

Our cabin on Ahgykson is available to our community members to book once per summer unless available for second booking. Booking will be a max of 5 days. And you must book at least one week in advance. We do not provide transportation to or from Ahgykson.

Please carry out what you carry in and leave cabin in state when you arrived to be respectful of the next member booking.

To book the Harwood cabin please contact Serena Barnes at 604-483-9646 extension 120 or e-mail serena.barnes@tn-bc.ca



Cultural Department Update

The Tla'amin Nation Cultural Department is once again seeking instructors for cultural classes starting in September. We are seeking the following:

- Drum Making
- Cedar Bark Weaving
- Cedar Root Weaving
- Carving
- Drumming & Singing

If you are interested in offering classes through the cultural department, please contact Drew Blaney to express your interest by emailing drew.blaney@tn-bc.ca or calling (604)-483-9646 ext. 123

Totem Pole Update:

In April, we blessed two logs to be carved in to two poles for our Tla'amin waterfront. For 7 weeks, the carvers worked tirelessly in these poles. We are now ready to stand these poles during a ceremony soon. We are just waiting on the steal beams to be placed before we can commit to a date for the raising. We will keep you all updated when a date is confirmed!

Hide Tanning Workshop

We would like to thank Mara Cur from Fern and Roe Hide Tanning for coming to Tla'amin to teach the skill of tanning hides. A group of Tla'amin people have learned this great skill and are now prepared to teach others within the community. We would like to thank First Peoples Cultural Council for funding this workshop.



Tla'amin Welcomes New Employees

Hello, my name is Arlene Harry, am a Tla'amin member, and have just been hired as the Land Transfer Records Clerk. My family moved and transferred here in the mid 1960's, from a Homalco First Nation village site North of Lund, called Church House. I am very thankful my parents made the decision to move here, as I think Tla'amin is such a beautiful place. I think this area from Lund to Saltery Bay is the hidden gem of the Salish Sea, it's so beautiful.

It's been a while since I worked for the Nation and am very thankful for this opportunity. Previously I worked for the Nation as the GIS Technician for our treaty process. My term was from 1996-2011, fulfilling all the mapping requirements to help settle our treaty, and helped with numerous other projects, so I am very happy to be back helping in the Lands Dept., and look forward to being a part of the team to help us move forward.

*All My Relations,
Arlene*

Sabrina Wilson (she/they) is grateful to be the Records, Document and Data Clerk for the łaʔamɪn (Tla'amin) Nation. Sabrina's paternal family is from łaʔamɪn Nation, and her maternal family are from the Tseshah and Ahousah territories.

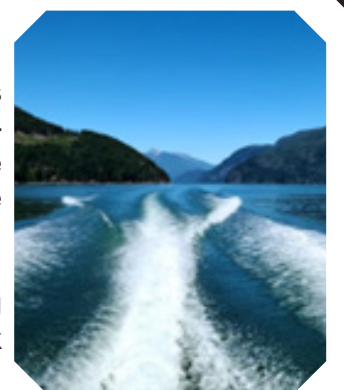
She comes to this role from 6+ years of cashier/retail experience. Sabrina recently completed an Introduction to Computer Programming and Technology Program and an Introduction to Social Media Marketing and technology Program and has a deep passion for technology and Data.

Sabrina strives to bring mindfulness and accuracy to this position and pledges to honor confidentiality in this role.



Tla'amin Boat Tours

As you are all aware, we have been offering Boat Tours for families in our community. We are doing this to provide an opportunity for our people to see and experience our land and resources in our territory, to learn about the environment, and simply to share a good experience.



We have done a number of boat tours with the following families of: Sally Louie; Gail Blaney; Clayton Thom; Frank Wilson & Lori Benner; Norma George

If you are interested in a Family Boat Tour, please leave your name and number at the front desk. We will be conducting the tours until the end of August. One tour per family, which is done by draw. We will try to accommodate as many families as we can. The tours are sponsored by the Tla'amin Nation. Thank you,

*Kwy em tomolx (Denise Smith)
Director of Lands and Natural Resources*

Tla'amin Management Services LP Call for interest; Join us on this exciting journey

BOARD MEMBER

Our Vision

To be leaders in sustainable business in the region

Our Mission

To create responsible and profitable business enterprises

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

Existing businesses include:

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



Tla'amin Management Services LP

4885-B Highway 101,
Powell River, B.C., V8A 0B6

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

Email: info@tlaaminbusiness.com

Tla'amin Management Services LP (TMSLP), is currently seeking interest from professional individuals to actively participate as Operating Board members.

RESPONSIBILITIES

The key governance functions of the Boards include:

1. Approve Tla'amin Management Services LP strategic vision
2. Prepare a multi-year Business Development plan
3. Approve and monitor the Group of Businesses financial/operational plans;
4. Set and maintain organization and operational performance goals for TMSLP;
5. Provide for an objective evaluation of the performance of Directors;
6. Monitor the effectiveness of the TMSLP's governance practices; and
7. Provide evaluation of the Senior Manager.

EXPERIENCE PROFILES

TMSLP Board members require a broad range of skills and experience. The competencies sought include:

- Degree or Designation with extensive experience in any of the following areas: Business/Finance/Human Resources/Capital Planning/Forestry/Tourism & Hospitality;
- Experience in strategic planning, financial planning and community development;
- Demonstrated board experience is an asset;
- A high degree of satisfactory cultural competency and knowledge of First Nations communities
- Need to complete a criminal record check; and

Applicants will be shortlisted for additional discussions with final nomination by the TMSLP Holdings Board. The ultimate selection of Board members will be conducted collectively to ensure that the Board as a whole reflects a broad range of skills and experience.

The following will not be considered for appointment as a TMSLP Director:

1. An existing TMSLP Staff member
2. An existing service provider/vendor to TMSLP or the Nation
3. Individuals currently proposing or negotiating a partnership with TMSLP or the Nation
4. Individuals with personal or financial relationships to a current partner or vendor to TMSLP or the Nation
5. An elected official of Tla'amin Government, City of Powell River or qathet Regional District

Please submit the following for consideration:

1. A cover letter that explains why you would be a good candidate
2. Your resume

Should you require further information, please contact:

Elaine Tom at 604.483.7777 or
email: elaine.tom@tmslp.ca

DEADLINE FOR SUBMISSIONS: August 8th, 2022 at 4:00 pm

Let's Talk Trash.ca

WHAT IS WASTE?



Ingalisa

Tai

Abby

A person can not live on cherries alone – or can they? This is the time of year that West Coasters could seriously start considering becoming fruitarians. Salmon berries are being replaced by huckleberries and early blackberries along trails and alleyways. Cherries are being dropped off by the bucket load on doorsteps, and plums and apples are weighing heavy on limbs.

What are we to do with this, at times overwhelming, abundance? If canning and making jam seems out of reach, there are simple methods for preserving summer fruitfulness. Flash freezing berries and de-pitted cherries on cookie sheets and then pouring them into freezer bags will keep them ready for smoothies, crumbles and even wine making plans in the fall. The trick is to freeze right after picking so that they last up to 6 months. Vacuum sealed bags can more than double storage time.

Now might be a great time to invest in a freezer if you don't already have one. You could also ask friends and family who might be willing to share a chest freezer in their basement. Local exchange forums on social media and community bulletin boards often have second hand freezers up for grabs, or you could invest in a newer energy efficient appliance for long term savings on your hydro. If your freezer is already full, you could spend a hot afternoon enjoying the cool reward of going through it to find what food has been freezer burned and ready for composting.

Dehydrators are also a great investment. Simple dehydrators can even be fashioned easily by those who enjoy tinkering in their shed. Dehydrating fruit into nourishing snacks like fruit leather and crisp

chips is a great way to ensure the quality of the fruit you consume. Berries and fruit are vulnerable to pests often because of their thin skin and commercial growers may rely on pesticides and herbicides to grow their crop. To avoid these, you can harvest from nature, front yards, and chemical free orchards and U-pick farms.

Local fruit comes with a lighter footprint, having such a short distance from tree or bush to plate or palate. We can also avoid much of the plastic karma involved in industrially grown food when we wild harvest, grow ourselves, or support local farmers.

Not all of us have an orchard in our back yard, but we often know someone who does. A single plum tree can produce over a hundred pounds of fruit in a good year, so we often need help managing nature's bountiful summer gifts. Picking before flies or bears take an interest can be stressful for homeowners, and many are happy to collaborate with neighbours in the picking and sharing of the harvest. Many communities have local food co-operatives that facilitate fruit tree gleaning by volunteers who share the pick with the owner and local charities. In the qathet Regional District, sign up to have your tree harvested or to volunteer pick through Skookum-Food.ca.

Fruit straight off the bush, tree and vine is an incredible treat. Enjoy this season of crumbles, smoothies, and colourful berries topping fresh greens.

Let's Talk Trash is the qathet Regional District's waste reduction education program. Contact them at LetsTalkTrashTeam@gmail.com



Eat the Rainbow this summer

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

Fruitful Daze



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

Work BC Powell River

qATHET PRIDE WEEK AUGUST 8-14

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

10:00AM 12PM-2PM 3:30PM 5PM-9PM 5PM-9PM 12PM-4PM

*Flag raising
at City hall*

*Trans
qathet
Community
Sensitivity
Workshop
at Carlson
Club.*

***TRANSPORTATION
PROVIDED***

*Patricia
Theatre
presents
"Wildhood"
a film about
a Two Spirit
Mi'kmaw
boy.*

***TRANSPORTATION
PROVIDED***

*DJ at the
Wildwood
Public House*

*Drag
Performance
at the
Shinglemill
Restaurant.*

*Pride
Festical in
the Park.
Booths, live
music and
more. At
Larry
Guthro Park.*

**if requiring transportation for
Tuesday or Wednesday's event,
please email rec@tn-bc.ca**

**for full event details
visit qathetpride.ca**

Tla'amin Nation celebrates the LGBTQIA2S+ community during qathet Pride Week, August 8th – 14th, 2022.

We remain committed to building a safe and welcoming community for all LGBTQIA2S+ peoples, friends, and neighbours to live as their most authentic selves throughout our diverse traditional territories.

šɛʔgat štam tamjɛ

“We will lift up our 2 spirited people”

Tla'amin Nation LGBTQIA2S+ Engagement Survey Link

<https://tlaaminrecreation.surveysparrow.com/s/Tlaamin-Nation-LGBTQIA2S-Engagement-Survey/tt-5e9618>

Open fire prohibition scheduled for Coastal Fire Centre

For Immediate Release
Ministry of Forests
July 13, 2022

PARKSVILLE – Effective at noon Pacific Daylight Time on Friday, July 15, 2022, most open burning activities will be prohibited throughout the Coastal Fire Centre's jurisdiction. This prohibition is being enacted to help reduce wildfire risk and protect public safety.

Category 2 and Category 3 open fires will be prohibited throughout the Coastal Fire Centre's jurisdiction, including Haida Gwaii. This prohibition will be in place until October 28, 2022, or until the order is rescinded.

A map of the affected areas is available online: <http://ow.ly/8ktb30snWOQ>

This prohibition applies to all public and private land, unless specified otherwise (e.g., in a local government by-law). People are asked to check with local government authorities for any other restrictions before lighting any fire.

Specifically, this prohibition refers to the following activities:

"category 2 open fire" which means an open fire, other than a campfire, that

1. burns material in one pile not exceeding 2 m in height and 3 m in width,
2. burns material concurrently in 2 piles each not exceeding 2 m in height and 3 m in width, or
3. burns stubble or grass over an area that does not exceed 0.2 ha.

"category 3 open fire" which means an open fire that burns

1. material concurrently in 3 or more piles each not exceeding 2 m in height and 3 m in width,
2. material in one or more piles each exceeding 2 m in height or 3 m in width,
3. one or more windrows, or
4. stubble or grass over an area exceeding 0.2 ha.

Also prohibited are the activities listed below (Wildfire Act, Section 12):

- Fireworks;
- Sky Lanterns;
- Binary Exploding Targets;
- Burn Barrels or Burn Cages of any size or description; and,
- Air Curtain Burners.

This prohibition does not apply to campfires that are a half-metre high by a half-metre wide or smaller, or to cooking stoves that use gas, propane or briquettes. A poster explaining the different categories of open burning is available online: openburningregs_2022update.pdf

Anyone lighting a campfire must maintain a fireguard by removing flammable debris from around the campfire area and have a hand tool or at least eight litres of water available nearby to properly extinguish the fire.

Canada's new approach to Indigenous tax policy

From: Crown-Indigenous Relations and Northern Affairs Canada

Statement

Ottawa, Ontario (July 22, 2022) — The Minister of Crown-Indigenous Relations, Marc Miller, issued the following statement today:

"Today, as a result of extensive engagement with Indigenous partners, and after carefully considering and assessing its existing federal tax policy approach, Canada will change its approach to the phasing out of section 87 of the Indian Act as a requirement in Canada's Modern Treaties.

Since becoming minister, I have heard very clearly from across the country that the discontinuance of section 87 of the Indian Act and the removal of the federal tax exemption on First Nations' reserve lands is a significant disincentive to advancing self-government, a divisive issue within communities that have recently signed Modern Treaty arrangements, and a material barrier to entering into Modern Treaties.

The tax exemption will be available for continuation on Indigenous governments' former reserves and on other First Nations reserves in Canada for prospective and existing Modern Treaty beneficiaries who are registered pursuant to the Indian Act.

Tax exemptions for First Nations property situated on reserves have existed since before Confederation to protect reserve property. These changes bring an end to the era of First Nations community members having to trade their exemption from non-Indigenous government taxation in order to advance self-determination.

Indigenous governments will continue to have the choice to maintain existing tax arrange-

ments or take up direct tax powers on their own timeline, consistent with the commitment to advance the priority of Indigenous communities to reclaim jurisdiction over tax matters and be consistent with the principle of self-determination.

This new policy will also apply to scenarios where lands that were formerly First Nations reserves cease to be "reserve land," as part of reconciliation agreements (e.g., Recognition of Indigenous Rights and Self-Determination agreements). Together, these changes help remove obstacles for communities choosing to pursue self-determination, tax policy and control over their lands, in their way out from under the Indian Act.

We know more work is needed, and we will work closely with interested communities to implement this change in prospective draft agreements and modify existing Modern Treaties. In the coming weeks, the government will contact prospective and existing Modern Treaty groups to begin working with interested parties on implementing this new approach. The government has also begun collaborating with provincial and territorial counterparts to support their analysis on the provincial/territorial approach to addressing the section 87 tax exemption in trilateral agreements."

Quick facts

During the latest round of engagement with Indigenous partners, which concluded in November 2021, First Nations feedback coalesced around two main points: Modern Treaty beneficiaries who are registered pursuant to the Indian Act should not have to exchange a tax exemption for their Modern Treaty rights; and Indigenous governments should not be compelled to exercise their tax jurisdiction on an arbitrary timeline.

The Coastal Fire Centre covers all the area west of the height of land on the Coast Mountain Range from the U.S.-Canada border at Manning Park, including Tweedsmuir South Provincial Park in the north, the Sunshine Coast, the Lower Mainland, Vancouver Island, the Gulf Islands and Haida Gwaii.

Anyone found in contravention of an open fire prohibition may be issued a violation ticket for \$1,150, required to pay an administrative penalty of up to \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all fire-fighting and associated costs.

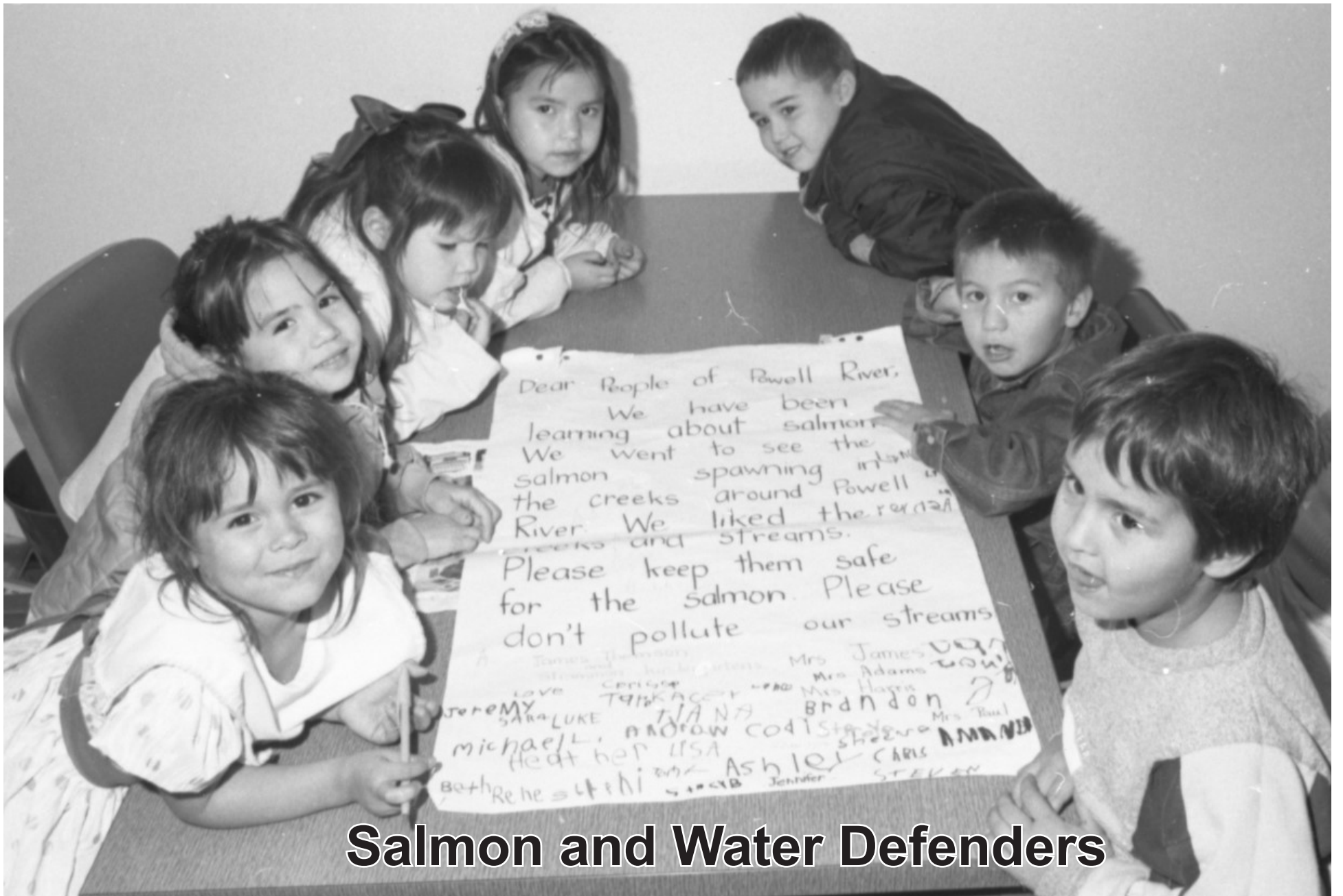
To report a wildfire, unattended campfire or open fire violation, call 1 800 663-5555 toll-free or *5555 on a cell phone. For the latest information on current wildfire activity, burning restrictions, road closures and air quality advisories, go to: <http://www.bcwildfire.ca>

Learn More:

Follow the latest wildfire news:

- on the free BC Wildfire Service public mobile app, available for Apple (iOS) and Android devices
- on Twitter: <https://twitter.com/BCGovFireInfo>
- on Facebook: <http://facebook.com/BC-ForestFireInfo>

Contact:
Fire Information Officer
BC Wildfire Service
Coastal Fire Centre
250-951-4209



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DETAILS
 Course:
 Introduction
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 Tla'amin Elders

DAY AND TIME
 Two 2-day Sessions
 to Choose From!
 9am - 12pm
 1. Aug. 25 & Sept. 1
 2. Sept. 8 & Sept. 15



Funded in part by the
 Government of Canada's
 New Horizons for Seniors Program





The hatchery would like to thank all the guys for turning in the fish tails and all the hatchery fish, which is the head and tail, length and species male or female, we are now waiting for more fish data so people can enter the next draw, thanks and emote.

Prize winners: Simon George, Paul August, Chad Galligos, Lee George, Arnie Courtney, Leonard Harry



Youth take to the trails above the highway bridge to observe traditional plants



Godfrey Paul passed away suddenly in Vancouver on June 29th, 2022.

If I could Take this time to send condolences to all the elders of the community the elders of the Paul family his only daughter Vanessa Schuyler & Vincent Pezze his grandchildren Lilly Jesse and Vincent his brothers Cheow tun Joe Jr & Ramona , Mah sheil Mark , Sha pa tes Chris and his sisters Chee tla thokt Virginia (Ginger) Chenny Cyndi & Sherman, Cheelth Patricia & Frank. Kookoa is reunited with his mother and father Che'lthea Agnes and che ga gee miwx Joe Paul, and brothers, Kenny, Jeff, Davey, & Brandon.

Condolences to

The Addams Family
The Charlie Family
The Timothy Family

Also condolences to

Sechelt Nation
Klahoose Nation
Homelco Nation
Squamish Nation
And the Streets of Vancouver
All along the coast of Vancouver Island

In 2019 my father had come to visit us and while he was here, we were grateful enough to be taught cultural and traditional customs such as basic tla' Amin words, and the meaning of how important water is for healing and prayers and the teachings behind cedar for protecting and cleansing.

He loved playing soccer and going fishing, and loved listening to music of all genres, dancing and especially loved karaoke.

Dad had met a lot of people in his life time and was very memorable to everyone, and we send out our condolences to everyone that he has come across and got to know him.

Vincent Pezze

*You can shed tears that he is gone,
or you can smile because he has lived.
You can close your eyes and pray that he'll come back,
or you can open your eyes and see all he's left.
Your heart can be empty because you can't see him,
or you can be full of the love you shared.
You can turn your back on tomorrow and live yesterday,
or you can be happy for tomorrow because of yesterday.
You can remember him only that he is gone,
or you can cherish his memory and let it live on.
You can cry and close your mind,
be empty and turn your back.
Or you can do what he'd want:
smile, open your eyes, love and go on.*

PROGRAMS & SERVICES



Happy 12th
Birthday
Handsome Mattias
August 8th



Happy 14th
Anniversary
"Mrs. G."
August 16th



Happy 22nd
Birthday Jacob
August 28th



Classic British Fish & Chips

For the Fish:

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

For the Chips:

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

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

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

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

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

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

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

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

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

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

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

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

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

Tips

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

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

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

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

Why Is Simmering the Potatoes Important?

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

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

Why Do Fish and Chips Get Soggy?

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

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

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Tla'amin Healing Room

(1st & 3rd Thursday of month)

Time: 6:30 -8:30 pm

Location: Youth Portable by Ahms Tow

This is a time for sharing stories, homemade treats, and receiving prayer support...

Your prayers maybe for sickness, health, financial, family related, broken relationships, work related....

This is all private & confidential with the prayer team members.

čekεhaθεč – I thank (honour) you

Bill & Hazel Richman, & Stan & Sandra Harry

