

NEHIMOTL "US"



AUGUST 2023

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

Sliammon Sounders Undefeated in U-10

Tla'amin Nation Sends Six Teams to 50th Golden Wings Tournament

By Craig G. Galligos

We decided to revive a team name that was very well known in the Native soccer circuit to honor all the past players and fans of the Sliammon Sounders. The original Sliammon Sounders were a force on the soccer field and won many tournaments so it was special to carry the name on, a Sliammon soccer tradition.

The u-10 Sliammon Sounders went to the 50th annual Campbell River Golden Wings Soccer Tournament on Canada Day weekend. Keeping with tradition we had blue and white jerseys. There were 15 teams in our category. Sounders first game was against Penelakut, we won this game and moved onto the second game vs WWK United the home team, we won 5 to 0. Which brought us to the last game of the day on Saturday. Sounders played a much tighter game and it was close but we won 2-0 against Cowichan Lightning.

This brought us to the semi finals Sunday morning where we once again had to face Cowichan Lightning where the winner would head to the finals. The Sounders played well and won 4-0. This brought us to the finals vs an age old rival that was going to make the game special. Sounders played Sechelt and we had a tough battle for the whole game, we won 1-0 with a goal by Cecil Hackett in the first half. We had many more chances but the Sechelt keeper played well and kept his team in the game until the final whistle.

Sliammon Sounders went undefeated the whole tournament. Brayden did not let one goal into our net the whole tournament! Special mention to Cecil Hackett who received an All-star, Mekwan Blaney received an All-star, and Brayden Messner was MVP of the tourney!



Coaches Craig and Cathy Galligos keep the original Sounders tradition alive sporting the team colors of blue and white

Other team members are: Chael Galligos, Leo Blaney, Destiny Galligos, Naveah Harry, Luca Peirano, Calyx and Marli Kernohan, Lynden Caldarone, Sydney Kosloski.

The whole team played awesome and we needed all our players to make this a success. Our fans were behind us all the way and cannot thank them enough! We also had a victory song led by Drew Blaney which was very special and powerful, thanks Drew. And thank you to all the parents, grand parents and family of course for supporting the kids and bringing them to the tourney. Can't wait for the next one!

It was awesome to see 6 Sliammon teams attend the Campbell River tournament. Tla'amin Braves (Men), Sliammon Vipers (Men), Tla'amin Football Club (U15), Tla'amin Thunder (U10),

Tla'amin Stars (Women), Sliammon Sounders (U10). It is awesome to see soccer continue in our blood. Braves and Stars both won consolation (3rd place).

Qamεs ʔεms tala Settlement Trust Notice of Annual General Meeting

August 12th

10 am to 12:30 pm

Salish Centre

Livestream Webinar for Tla'amin Registered Treaty Citizens (page 6)

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





Tla'amin Governance House Updates

4779 Klahanie Road,
qathet, BC
V8A 0C4

Phone: (604) 483-9646

Toll Free: 877-483-9646

BC DAY

Monday, August 7th

Governance House will be closed



Campfire Ban in effect

On behalf of my wife Margaret (Mugsi), myself, our children, grandchildren and great grandchildren, we thought it was time to extend our gratitude and appreciation to all who have assisted us since the loss of our home due to fire.

With the quick actions of our nephew Craig Galligos and his wife (our niece) Cathy "Kit Ian" Galligos, they saved my wife who has mobility and health issues, there are no words to best describe how grateful me and my family are. I was at work that morning of the fire, my wife called me, I was able to rush out and let our dog "Toby" from his outside pen, which he was found on the highway and brought to our sister-in-law, Doreen Galligos, and kept for safe keeping. Our cat "Peppy" who is 18 turning 19 years pretty soon, are pleased that he is still roaming the property, so we are fortunate that there was no loss of life, Peppy is being cared



for jointly by our nephew and niece (Craig and Cathy), and our daughter in law, Wendy Galligos and our son Steven Galligos, who live on either side of our property to ensure he has somewhere to sleep and is fed, which is a part of the donations received for them We don't want to miss any names of people and businesses that have made donations, or those who have extended kind words and expressions of well wishes, which has been overwhelming and has humbled us to see how many people have come out to help me, my wife and our pets.

Ryinn Harry Learns about Communications this Summer

Hi, my name is Ryinn Harry, I am born and raised in Tla'amin Nation. I moved out of the nation a Couple years ago I now live in town. I am 17 years old; I am going into grade 12 at Brooks secondary high school.

I have a summer job out here in the nation in the communications department, with Steve Gallagher, Editor of our Neh Motl. I have been learning and starting to see how Steve works on the Nehmotl.

My top goal after graduating high school is to go away to college and receive my Bachelor's degree for becoming a social worker. I never really knew what I wanted to do after I graduate, I never really thought about it until the last year of grade 10 when something popped into my brain about social work. I love working with youth, they do brighten up my days! I would love to help a family or youth out, try my best to accommodate their needs. I have had social workers in my life who try their best to make the right decision, tried to help the best they could! One other thing I would love and enjoy coming out here to the nation to take a position as a social worker, the nation members are all so welcoming, always have a smile on their faces.



Thichum Forest Products Hires Stewardship Forester



My name is John Stechyshyn and I have recently started with Thichum Forest Products as a Stewardship Forester. I am excited and grateful for the opportunity and look forward to working alongside the Tla'amin Nation and the Thichum team where I will be supporting forest stewardship initiatives in the ʔəms giʔe (traditional territory).

I have worked within the forestry sector for just over six years. Most recently, I worked as a wildfire risk specialist where I supported various governments, industries, and communities understand and manage wildfire risk.

I have also worked throughout central and northern Vancouver Island, the Sunshine Coast, and Haida Gwaii and managed various silviculture programs. In my spare time, I enjoy spending my time with my partner and our six-year-old chocolate lab and look forward to exploring all the many outdoor activities and opportunities this region has to offer.

Thank you,

Welcome Michelle as our Junior Executive Assistant

ʔimot tʔokw (Good afternoon)
It is my pleasure to extend a warm welcome to our newest team member, Michelle Bruce. Michelle has joined the administration team as Junior Executive Assistant, and I am so excited to have her on board!



Michelle brings with her a rich skill set and relevant experience which will assist in the enhancement our central service team that directly supports our leadership and executive staff. She will be working out of the Governance House, upstairs next to the executive offices.

Please help me to welcome Michelle to Tla'amin!



Building Pathways to Academic Success

*Gerry Brach,
MEd. '90 (Counselling Psychology)
Brooks Secondary School Counsellor
(Grades 11/12)*

Imagine the excitement of being immersed in a major Canadian university environment doing actual science lab research for one week! This is exactly what Raine Thrasher and Sydney Sheridan got to do from May 28th to June 9th. These two grade 11, Brooks Secondary students spent a week at the University of British Columbia doing hands-on science research.

As scholarship recipients of the Verna J. Kirkness Education Foundation Program, these Powell River students joined with 37 other Indigenous, Inuit and Metis students from across Canada to participate in this inspiring, once-in-a-lifetime educational opportunity.

In addition to doing actual research taught by university faculty, students had the opportunity to stay in student residences on UBC's beautiful Vancouver campus. Through this experience, they came to realize that university is not a foreign environment, but an extension of their high-school learning and a place where they can feel a sense of belonging and support.

After spending time in Dr. Ying's laboratory at UBC, 17-year-old Raine discovered that he is now interested in learning more about quantum matter. "For me this was a once-in-a-lifetime experience. It was incredibly eye opening and inspiring to be able to work next to world renowned scientists who were working on state-of-the-art advances in quantum matter. Having all my expenses paid was wonderful and allowed me to focus on what I was learning in the lab. I would totally recommend this experience to other, Metis, Indigenous or Inuit students".

Raine was excited to experience university life by living in student dorms. He also enjoyed spending time with other like-minded students on campus. Before attending the Verna J. Kirkness Education Foundation Program he did not think that he would ever attend college or university. As a result of spending time on the U.B.C. campus, his vision has now been extended to explore the possibility of studying business at a university or college.

Sydney Sheridan, another grade 11 student from Brooks Secondary spent her week in a chemistry lab learning how to create nano particles and how to make them glow. "My mentor was Dr. Primrose who was very patient in the way he taught me scientific concepts that I never thought I could understand. We also learned how light is measured. "After spending a week at U.B.C., Sydney now realizes how important it is to learn from the people around her. "Before spending time in a research lab I never really enjoyed learning about science at school but now I see things from a different perspective." Sydney also feels very fortunate to have spent some private time with Verna J. Kirkness.

The purpose of the Verna J. Kirkness Education Foundation Program is to encourage student interest in post-secondary study, and to help students make a positive difference in their home community.

We are very fortunate to have this unparalleled opportunity to take our students from what they are learning in our high school classes and exposing them to fields of research in various universities across Canada.

Tla'amin Lands Update



Tla'amin Nation (Lands) has been actively participating in Climate Change and Food Security for First Nations (CCFS4N) a collaborative project with three other First Nations ('Namgis, Skidegate, Nuxalk), First Nations Health Authority and researchers at 5 Universities (uOttawa, uMontreal, uLaval, uBritish Columbia, Simon Fraser), funded by the Canadian Institute of Health Research (CIHR).

While fish and shellfish are essential elements to our Tla'amin lifeways, climate change is altering their availability, and increasing our risk of poor health and food insecurity. Building upon previous nutrition research that Tla'amin has participated in, such as the Food, Nutrition and Environment Study (www.fnfnes.ca), this research is improving our knowledge about the impacts of climate change on seafood harvest and food security and supporting our goal of developing an adaptation strategy that protects our rights and well-being.

We have wrapped up the household dietary surveys and graduate students are beginning analyses of dietary change and impacts on our health. CCFS4N is aiming to launch a retail food environment study this fall (September), that will examine the cost and nutritional implication of the diet substitutions we have been making as the amount of traditional food in our diet decreases.

From the information we gather through the household dietary surveys, local food prices, interviews, and climate change projections on the availability of fish stocks we can simulate and develop a healthy diet taking into consideration cost. The information from these diet simulations will support Tla'amin Nation to prepare for the future.

Next year, CCFS4N will be hosting community workshops to 1) share the results from the alternative climate-fishery scenarios and their consequences on FN diet quality and health and 2) facilitate the production of adaptation strategies using the developed socio-ecological models.

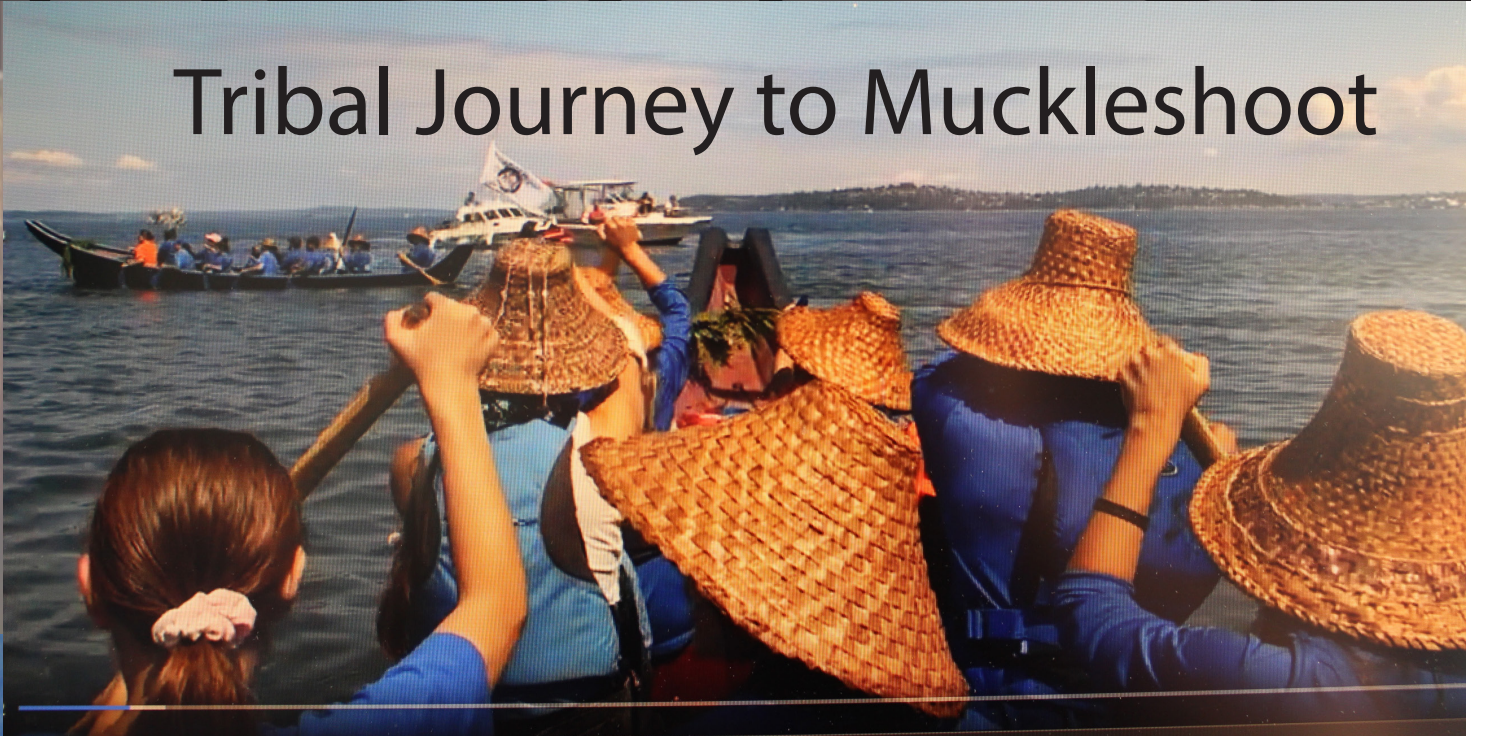
As this project winds down, Tla'amin Nation will be collaborating on a new project with researchers from CCFS4N (William Cheung, Laurie Chan and Terre Satterfield) that will extend the work being done through CCFS4N and support the Nation's seafood food security/sovereignty goals under climate change. The Project will contribute to supporting a community-based assistant and a graduate student.

In mid-August, Dr. Tiff-Annie Kenny (University of Laval) and graduate student Ramneek Cheema (University of Ottawa, picture below) will be spending time in Tla'amin Nation to prepare for the launch of the retail survey. If you have any questions, reach out to me April Linton april.treakle@tn-bc.ca or 604-483-9646 ext #154

Tribal Journey to Muckleshoot



Tribal Journey to Muckleshoot





Our Money Is Put Away Safely

Qamεs ʔəms tala Settlement Trust

Notice of Annual General Meeting

When: August 12th, 2023 @ 10 am to 12:30 pm
Where: Salish Centre and Via Livestream Webinar
Who: Tla'amin Registered Treaty Citizens

Come out and be informed on the status of the Qamεs ʔəms tala Settlement Trust

Breakfast begins at 9 am.
Meeting begins at 10 am.

Registration link: <https://tlaamination.com/trustagm>

You will receive a zoom invite via email once your citizenship status is confirmed.

Review of Trust Operations will include:

- Report from Cyndi Egan – Guardian for the Trust
- Financial status of the Trust for the fiscal year ending December 31st, 2022. Presenters PBI and Dixon Mitchell presenters.
- Financial Audit results 2022 – Grant Thornton Auditors
- Economic Development Fund application process
- Q&A Session

Prize Draws Throughout the Session
We hope to see you there!

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



Betty Wilson gathers cedar roots on Canada Day

Four Tides Hospice Society unveils new name and logo

Major fundraising campaign for regional hospice house next big project for society

POWELL RIVER – Powell River Hospice Society is now Four Tides Hospice Society, and the newly rebranded charity is gearing up for a major fundraising campaign to raise enough capital to build a dedicated hospice facility in the qathet region.

"We're thrilled to unveil our new, community-designed logo and officially transition to our new name," said Cathy Fisher, president of Four Tides Hospice Society. "We feel that this change was needed to position us for the future and to more clearly align with our long-term objectives of providing compassionate end-of-life and grief support to everyone in the region."

The society passed a motion for a new name on November 28, 2022, and then ran a logo design contest in March 2023. The winning design by Moira Kelly, chosen from 17 community entries, represents the ebb and flow of life, as well as centring the care the society's volunteers provide for those at end of life and those grieving after the death of a loved one. Moira is a grade 11 student in SD47's Partners in Education (PIE) distributed learning school.

Hospice is heart-based work, so it is no surprise that Moira included a heart in her logo design. "We chose our new name to reflect the imagery of our beautiful coast, the rhythm of life, ebb and flow, and coastal tidelines, so we wanted a logo which reflected that imagery", said Malerie Meeker, vice president of the society. Moira decided on a blue/green colour theme, which she felt worked very well with the wave motif. She wanted her design to be calming as well as to capture the coastal vibe, and Four Tides Hospice Society believes she really hit the mark.

"While reconciliation with Tla'amin Nation was the impetus behind this name-change process, we realized that our new name needed to welcome everyone from Lund to Saltery Bay and Texada Island and to reflect the work we do," said Meeker. "We aim to be fully inclusive, and want everyone accessing our services to feel safe and comfortable."

Four Tides Hospice Society provides many end-of-life and grief support services, including volunteer visits, caregiver support meetings, grief groups, and individual grief support, all free of charge to anyone in our region. The society is also in the process of reaching an agreement with Vancouver Coastal Health on a dedicated hospice facility in qathet so that those at the end of their life can spend their remaining days under medical supervision but not in a hospital setting.

"Hospice House is very much needed in our community," said Leslie Emory, the society's interim executive director. "Our community will raise the funds to build the facility, and VCH will staff and run it as an extension of their mandate here in qathet. It means a big fundraising campaign over the next three to five years, but we're ready to put in the work to make this goal a reality." Hospice care has been shown to have a significant positive impact for those passing away, as well as for their family and loved ones.

"Hospice House has been our long-term goal since the society was founded, and we're happy to finally be close to an MOU with Vancouver Coastal Health so that we can start dedicated fundraising," said Fisher. "It is another, albeit very large, aspect of the end-of-life and grief services we offer to the everyone in the community."

For more information about Four Tides Hospice Society and their programming, visit their website at www.fourtideshospice.org or find them on Facebook at [@fourtideshospicesociety](https://www.facebook.com/fourtideshospicesociety). For more information, contact: Cathy Fisher, President, Four Tides Hospice Society: (604) 413-0806 (cellular)



Elders Corner

Tla'amin Elders Coordinator
 Doreen Hopkins
 604-483-3009 ext.126

**A warm hello to the Tla'amin Elders.
 Summer weather is here!**

Tla'amin Elders outdoor luncheons

Date: August 15th, 2023 (Tuesday)
 Time: 10:00 a.m. to 2:00 p.m.
 Location: A gazebo at waterfront

****wear comfortable walking shoes or water shoes to walk on the beach shores**

Date: August 29th, 2023 (Tuesday)
 Time: 12:00 noon to 3:00 pm
 Location: Willington Beach

****Wear comfortable walking shoes
 Need a ride: shuttle departs from Tla'amin Health at 11:15 a.m.

Returns at 2:15 p.m. and 3:15 p.m.
 Please call me to book your ride.

To ensure we have lunch for everyone, please call to confirm if you are joining us for lunch.

čičyε Circle meeting

(June 29th, 2023)

Present: Chair: Ryan Pielle. Members: Elsie Paul, Doreen Point, Alex Point, Sherry Bull-ock, Evie Tom, Pauline Paul, Sally Dominick, Lynn, Galligos, Brenda Pielle, Rose Adams. Support: Janet Newbury

Opening reflection/prayer and Check-ins

- This is a time to slow down and pay attention to what is going on around us

čɛpθəŋ House:

- The House was brushed this month. The burning will take place once the fire ban has ended.
- There is a community fundraiser happening now to make the house comfortable and welcoming
- Some young Tla'amin people will be staying at čɛpθəŋ House with their caregivers while visiting Tla'amin territory for the first time this summer
- The caregiver recruitment event was a success: Some people have taken pre-screening packages
- There is interest among people who have an extra room in their house of becoming off-site čɛpθ. What are the opportunities? What are the concerns?

Discussion:

- Photo album and family tree in advance can be helpful for those visiting for the first time
- Honoring caregivers is an important part of supporting Tla'amin children and youth
- MCFD's environment of care assessment is helpful starting place

Change in pathway to jurisdiction:

- Explored pathways for alternative transition to exercising jurisdiction

Discussion:

- Exercise caution, consider how to end agreements on Tla'amin terms

Honouring staff:

- Plans are under way

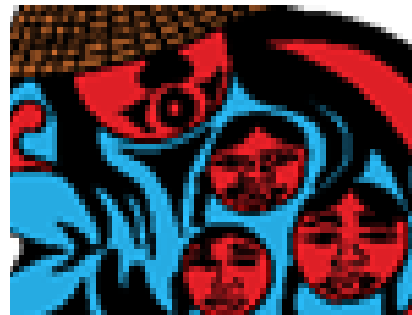
Action item:

- čičyε Circle members to review and provide feedback on environment of care assessment for discussion at next meeting
- Ryan to connect with Community Designates from other Nations pursuing similar transitional state re: jurisdiction pathway
- Ryan to finalize a date and details for staff celebration and let everyone know
- Ryan will seek a final version of the čičyε Circle video for next meeting

Next meeting: 30 August, 2023

This month's čičyε circle teaching

This month's čičyε circle teaching. "I started with Murray and Nancy Mitchell. They were some of the first that I know from Tla'amin to go on Tribal Journeys. Our first journey was in Squamish in 2001 – I did two journeys with them,



one with Nanaimo, and several with čičtəm čičyε. I only missed one Tribal Journey in 12 or 14 years, and that was the year I was diagnosed with cancer. But that might have been what helped me with the healing when I went back – being on the water.

The protocol is seen and learned: When we get there, we're on the canoe and our spokesperson would say I'm hungry, I'm tired, can we come ashore? So that's when we get welcomed in to their territory by the host Nation. That's one protocol; there are different ones. And there are a lot of teachings I learned on Tribal Journeys:

Respect for all the different Nations, all their songs. Respect for their community and what they're doing. Listening is another teaching. When we're in the gymnasium or the longhouse, we're taught to be quiet when someone is speaking. You're representing your Nation.

Patience is a great big one. When you're in the water you have to be patient. Sometimes there's rough weather – I've been in currents and humongous waves. You're so tired, and when you come to shore you're hungry, and you're sitting there patiently waiting to be called in. Also communication, teamwork, and rhythm – working together on the canoe teaches that.

Strength. A lot of people aren't in great shape when they start, but then you get out there, you get a feel for it, and get better. Nobody's perfect when they start, but by the time you're done with the journey you'll be so strong: There's no lily-dipping! Your arms and your mind will be so strong.

Culture and identity is a big one learned on these journeys. Coming home from my first journey, I could still hear the drumming and singing in my head. I loved it. There's no TV or internet, just camping, water, paddling, getting to know people. And then there's youth - I'm just astonished at who they are. I see a youth speak in the language, and I'm so proud of them. It's overwhelming. You become proud of who you are.

I find the čičyε Circle makes you stop and think about these things: identity, respect, patience. Because you have to be very patient for a lot of things that are going on within your family. Teach your kids respect. You've got to respect everybody's going through something in their own life.



Tee Kloo'kwen'nas (Big Heart), Evie Tom
čičyε Circle member

łayšetštəm ʔəms čičuy Working Group meeting

(June 27th, 2023)

Present: Ryan Pielle, Emily White, Adam Gauthier, Cindy Mitchell, Janet Newbury

Introductions and check-ins

Shift in approach:

- Discussion re: shift in approach to pathway to jurisdiction, based on knowledge exchange with Mary Teegee (of Carrier Sekani Family Services).

Funding: Opportunity + request:

- Discussed an opportunity to get retro-active and future funding for post-majority support services

Needs assessment: Input request:

- Discussed considerations to include in needs assessment (based on template provided by Institute of Fiscal Studies and Democracy)

Reminder: Pathfinders visit

- Community event @ 1:30 pm June 27 (Salish Center)

- Individual appointments with investigators all day June 28 (Tla'amin Health)

Action items:

- Working group members can submit program descriptions and budgets for past and future programs that fit eligibility for post-majority **supports funding**
- **Working group members can submit additional considerations for inclusion in needs assessment**

Next meeting: Tuesday, July 25 @ 9am





**TLA'AMIN
NATION**

\$125 School Supply Allowance

Applications Due September 30th, 2023




BACK TO SCHOOL

\$125 School Supply Allowance

If you are the parent or guardian of a Tla'amin child in Kindergarten to Grade 12 this upcoming school year, you can access \$125 towards your child's needed school supplies by picking-up a form at reception at the Gov House, Ahms Tah Ow, or the Education Office. Please fill out the form completely and sign it and return it to either Louise Dominick postsec@tn-bc.ca or Noreen Paul noreen.paul@tn-bc.ca from now until Sept. 30th.


A secondary Tla'amin Dept. of Education consent form will also need to be filled-out at the same time in order to access this funding.

čėčəhaθeč to the NehMotl for providing us with space to showcase the fun we've had this school year!



Peaceful, inclusive classrooms • Partnering with ła?amın

Preschool to Grade 9

ASSUMPTION Catholic School  assumptionpr.ca
604-485-9894



Youngest Canoe Family member adonis cooling off



To Register for Counselling Services complete the registration form available at ʔayłštən ʔaye (Cousins House)

To contact Heather directly to register for services or book an appointment call/text 604-414-6558 info@gritandgrowththerapeutics.com

Grit & Growth Therapeutic Solutions Ltd.

Couselling - Available this Summer at ʔayłštən ʔaye

Drop-in and by appointment counselling services at (Cousins House) for families can include:

- 1:1 Counselling services and support for Children and Youth up to age 24
- 1:1 Counselling services and support for Children and Youth through school referral
- 1:1 Counselling services to staff members and educators in community who are in roles supporting Children and Youth, including psychoeducation, skills, tools, crisis response and debriefing
- Counselling support and services to Children, Youth and families in crisis, including but not limited to grief and loss, tragedy, family breakdown (in community) and intergenerational trauma.

qathet Pride Week

August 11th

Flag raising at City Hall Time TBA

August 12th

12 to 4 pm; Everyone welcome, all ages; Larry Gouthro Park; PRIDE IN THE PARK, Drag Queen Conni Smudge will be present. Vendors and live musicians.

7 to 10 pm; Everyone welcome, all ages; Drag Show at Townsite Brewery patio. Admission by donation.

August 13th

11 to 1pm; Free Pancake breakfast at The Old Courthouse. Closed event for the queer community. Donations will be gratefully accepted for PRIDE.

3.30 pm to 5 pm; Everyone welcome. Drag Bingo. Magpies Restaurant.

August 14th

12 to 3pm; Everyone welcome. Powell River Public Library; Drag Story Time with Conni Smudge (Drag Queen) followed by an open microphone.

5pm to 8pm; Everyone welcome. Shinglemill dinner and Drag Show. Customers pay for dinner and drinks. Dinner reservations are encouraged. Admission by donation.

August 15th

6 to 9pm at High Tide Games, D&D One-shot. Everyone welcome, but especially youth. Admission is free.

August 16th

5.30 to 8pm, Cranberry Picnic. Closed event for the queer community and allies. everyone must pre-register. To register please go to qathetPRIDE.ca



Conni Smudge has been over a quarter century in the making. She has performed on some of the most unlikely stages. From the Biker Bars of Nanaimo B.C. to the Grand Theatres of Europe.

- People are intended to bring their own picnic food and eat on the grass or outdoor tables, it's not a potluck.
- We'll have the buttons and button maker available.
- We'll have a selection of LGBT+++ books for people to look at.

August 17th, 7pm to 9pm

The Patricia theatre PRIDE night at The Patricia Theatre featuring cult classic musical

HEDWIG and the ANGRY INCH

Doors at 7

Film at 8:30

\$20 event ticket includes admission, one specialty beverage (townsite brewery, wine, kombucha) and artisan cupcake...

Tickets available in advance on Eventbrite or Patricia Theatre box office or at the door.

\$10 general admission for film only

Prizes for best wigs and costumes.

Other goodies and surprises await.

All ages event.

Film rated 14A, running time 1hr. 30 min.

Hilarious and heartbreaking, HEDWIG AND THE ANGRY INCH is a beautifully original story

that sees its central character—a gender non-conforming/punk rock drag performing/stardom seeking “internationally ignored” songstress Hedwig as a fully realized human deserving of the love they seek.

HEDWIG was a reinvention of the rock musical—created and performed by queers—with a timeless cool soundtrack and the revolutionary power of an unlikely love story.

August 18th

qathet PRIDE will have a table at the Blackberry Festival

New Driver Theory Training Classes

August 23-24, 2023
 Wednesday 9am-3pm
 Thursday 9am-3pm
 Lunch Provided
 Location: Ahms Tah Ow

REGISTER NOW!
 CONTACT TARRA TIPTON
 tarra.tipton@tn-bc.ca

Everyday Tasks are Educational?

Setting the Table

What do children learn from setting the table?
Executive Functioning Skills: prioritization, use their working memory, organization, time management, focus, flexible thinking (what is needed for us to eat this meal), problem solving, and more! (I am positive that a book could be written on this!)

Further Skills Learned: Respect and a sense of pride. Supports family meals and togetherness. Fosters a sense of belonging and contribution.

Setting the Table:
 Have your child figure out how many people need to have a setting. How many placemats, forks, spoons, knives, napkins, bowls, etc. will be needed. Let them try to figure it out. Support them by offering questions to prompt their thinking such as, "how many people are eating lunch today?" or "what needs to go on the table first?" If they need visual prompts set one place and they can copy.

Folding Laundry

What do children learn from folding?
Executive Functioning Skills: organization, time management, flexible thinking (sorting), use their working memory (eg. who does this shirt belong to?), task initiation and completion, and so much more!

Gross Motor Skills: folding laundry requires the use of their large muscles such as their core muscles, arm muscles, and leg muscles.

Fine Motor Skills: folding laundry requires the use of their smaller muscles such as their hand and finger muscles.

**all gross and fine motor muscles are required to learn how to use scissors, to hold a spoon or pencil, and learn how to write.*

Further Skills: folding laundry also supports language development, object identification, sorting and categorizing (shape, size, color, etc.), and counting.

Tips: Start small and simple. For example, start with just face clothes, then move onto folding just one person's clothes, or just t-shirts, etc. Keep it positive and fun! Play music, talk, and offer encouragement. Next steps with loads of learning is putting it all away!

tl'amin Education Department

Let's Talk Trash.ca

WHAT IS WASTE?



Ingalisa

Tai

Abby

PLANTS TO THE RESCUE

The flurry of summer activities can leave trips to the store more sporadic. When it comes to skin troubles, you only need to step into a garden or walk along a trail to find the packaging-free cure for what is troubling you.

This is the time of year that bees and wasps are most active, and sometimes can mean getting stung. In the cracks along your sidewalk you can often find a great anti-itch remedy. Plantain is found in abundance once you have the eyes to see it. In a pinch you can mash up a few leaves with your teeth and place it directly on an insect bite to help draw out the itch.

Folks seem to have a love hate relationship with the ever present dandelion. Fighting it off a lawn takes a lot of energy and herbicides that upset nature's balance. Instead, you can add it to a backyard compost bin or adding the unsprayed leaves to a garden salad. Dandelion sap has also been used for centuries to address warts and lighten age spots.

Perhaps surprisingly, mint is more than a refreshing tea. It also holds anti-inflammatory properties that lend themselves to soothing acne flare ups and even scarring. Some herbalists grind up the leaves, add a little water and lemon and apply the mix to the skin for 15 minutes before rinsing off with cool water.

Comfrey sends its roots down deep, bringing to the surface many nutrients otherwise harder to access. Herbalists have long practised applying comfrey on a sprain and even to a broken bone that is properly set. Powerfully capable of knitting the body back together, use of comfrey is generally safe but as with all herbs we should do our research to discover any potential contra-indications of use. While there are comfrey salves, ointments and creams available, a simple poultice applied directly to the skin is a good place to begin experiencing this plant's potency. This amounts to mashing up the plant and placing it directly, or indirectly (in a loosely woven cloth) on the skin.

Hot weather and salt water can do damage to your hair, but we don't need to look further than an herb garden for replenishing. Rosemary is in many hair care products for good reason. Shiny hair, dandruff prevention and hair growth are just some of the benefits of applying a rosemary rinse or oil infusion to the scalp.

If you have ever planted lemon balm, you likely have an abundance of it that you might not know how to use it. Often enjoyed as a calming tea, those suffering with cold sores can also experience relief using this herb. Apply cotton balls soaked in a cooled lemon balm tea for soothing.

To learn more about how to harvest and process nature's medicine cabinet, connect with local herbalists, naturopaths, and aryuvedic practitioners. Creating basic infusions, extractions, salves and lotions may be



qathet
REGIONAL DISTRICT



BRITISH COLUMBIA
FireSmart

FREE FIRESMART ASSESSMENTS

\$1000 Rebates are available for working towards increasing your home's wildfire resilience.



WHAT'S A FIRESMART ASSESSMENT?

- We walk around the exterior of your home and yard and identify vulnerabilities to wildfire.
- You are provided a list of recommendations that can improve your property's wildfire resilience.
- You can choose to do improvements from that list and either get paid to do it yourself or hire someone and get a 50% rebate on costs.

For details contact;

Marc at 604-414-7839 or firesmart.qrd@gmail.com

easier than you first imagined. When time doesn't allow you to create these yourself, health stores often have a good selection to choose from along with knowledgeable staff to guide you.

There is a deep satisfaction at being able to manage your family's basic health issues with low-to-no packaging, locally-sourced, chemical-free plants. How spectacular is it that plants in our backyard are here to assist us.

Let's Talk Trash is contracted by the qathet Regional District to deliver its waste reduction education program. Contact them with your waste-related questions and inspirations at info@LetsTalkTrash.ca. Learn more at LetsTalkTrash.ca

Tla'amin Nation Executive Council Minutes

June 7, 2023
ZOOM MEETING

Attendance: Hegus John S. Hackett, Dillon Johnson, Erik Blaney, Losa Luaifoa, Leonard Harry, Gloria Francis, Brandon Peters
Regrets: Lori Wilson, Larry Louie

Resource: Richard Gage, Tana Harry
Guests: Henderson Grade 3-4 Class, Denise Smith, Carmen Galligos, Grace Adams, Connie Graham

Hegus Hackett called the meeting to order at 9:02 am and provided the Opening Prayer.

A. APPROVAL OF AGENDA:

Motion to approve the June 7, 2023, Executive Council Meeting Agenda as presented.

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

B. MINUTES:

Motion to approve April 5, 2023, Executive Council Meeting Minutes as presented.

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

Motion to approve May 17, 2023, Executive Council Meeting Minutes as presented.

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

C. PRESENTATIONS:

1. Personalized Territorial Acknowledgement (Henderson Grade 3-4 Class)

Henderson Grade 3-4 class appeared before EC to present a personalized territorial acknowledgement that was created by the students using their own words:

“We are grateful to live in tiskwat on Tla'amin territory.

We work, play, explore, live, exercise, relax and experience the world around us.

In this place, we see the ocean, lakes, forests, and a variety of plants and animals.

We enjoy the sunsets and sunrises over the mountains and ocean.

We value the view from the mountains and over the ocean.

This land provides food, water, and shelter for us.

We also cherish the wisdom that the elders share with us.”

- Henderson School 2023, Grade 3-4 class

Hegus John Hackett thanked the students and supporting teachers for their heartwarming and uplifting land acknowledgment and offered song. Leadership looks forward to sharing this land acknowledgment with the broader community.

2. Unwin Lake Restoration Project (Denise Smith, Director of Lands and Resources)

Denise appeared before EC to provide an update on the Unwin Lake Restoration Project. The following was noted:



- The Lands and Resources Director and management recommend that Ecofish be directly awarded the contract, \$810,676.03 over the next 4 fiscal years (23/24 – 26/27), to complete the technical activities associated with the Project, as outlined in their Scope of Works.
- Ecofish has the experience and knowledge of the area and has worked on similar salmon restoration projects. In addition, their rates are comparable to other similar environmental consulting companies.

Motion to award Ecofish Research Ltd. in the amount of \$810,676.03 for the Unwin Lake Restoration Project and to authorize signing of the Master Services Agreement.

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

3. Elders & Accessible Housing Project Rental Rates (Carmen Galligos, Director of Public Works)

Carmen appeared before EC to provide an update on our λαχλαχαγ ?aye (24-units of Elders & Accessible Housing) project rental subsidies and seek approval for rental rates. The following was noted:

- Housing will be funding operational costs for this building such as:
 - Staffing – 20 hours per week Building Maintenance Worker, 20 hours per week Janitor, and 40 hours per week Housing Tenant Outreach Worker.
 - Utilities, insurance, maintenance, replacement reserve, etc.
 - Approximately \$225,000 per year, for at least 5 years (they have said through email multi-year and not confirmed the exact length of funding yet)
 - Pending final agreement with BC Housing (being drafted still by their legal agreements team).
- Due to limited income of the applicants and the current norm of charging all elders in Tla'amin \$150/

month rent on any unit, Public Works is recommending setting the rate for housing units in λαχλαχαγ ?aye to \$150 per month for elders, and \$350 per month for tenants under 60 years old.

• The BC Housing subsidy will get us down to charging \$375 per month for a 1-bedroom and \$570 for a two-bedroom.

• Tla'amin Nation would be subsidizing \$225 per month for 1-bedrooms, and \$420 per month for two-bedrooms (if all tenants are over 60 years old, this would be \$83,520 for the year that the Nation would cover in rental subsidy for the elders for the year, to break even on operational and responsible asset management on this building).

• We were about \$1M under budget on this project for allocated construction funding. We could spend this over the next two years to offset this rental subsidy while we strategize rental rates community-wide through the CHSP.

• It was noted that this was not a budgeted item and will need to be brought forward in the next budgeting exercise.

Motion to approve setting the rental rates for housing units in λαχλαχαγ ?aye to \$150 per month for elders, and \$350 per month for tenants under 60 years old.

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

Motion to approve subsidizing the rental units in the amount of \$83,520.00 as presented.

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

4. Pa'aje Shellfish Enterprises Inc. application for an amendment to the Aquaculture Management Plan for Cannery Bay water site (Grace Adams, A/CEO of Tla'amin Management Services)

Grace appeared before EC to seek support for Pa'aje Shellfish Enterprises Inc. in its application for an amendment to the Aquaculture Management Plan

for Cannery Bay water site. The following was noted:

- Pa'aje Enterprises Inc. manages Tla'amin Nations aquaculture lease located at Cannery Bay water site and is applying for an amendment to the management plan submitted in 2013.

- The 2023 amendment is to expand the growth of oyster seed by purchasing a second flupsy and using floating pouches and longlines. Included in the amendment application is an update to removing the oyster plant as an active nursery and Japanese and Pacific Scallops are no longer grown.

Motion to approve EC Resolution 15-2023 to authorize Tla'amin Management Services LP Lands and Natural Resource Manager to make the application on behalf of Tla'amin Nation.

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

5. Contract for Desolation Sound Archaeology Project (Connie Graham, Territorial Stewardship Manager)

Connie appeared before EC to obtain approval for a direct award contract to Project co-developer Colleen Parsley of Aquilla Archaeology in the amount of \$338,400. The following was noted:

- Funding was applied for and received from the BC Destination Development Fund to cover the costs of the project, the bulk of which is the archaeological field work required to update and register sites in the park.

- Colleen Parsley of Aquilla Archaeology provided expertise to the project plan and funding proposal development and offered to complete the work under her existing Multi-Assessment Permit for added efficiency in cost and timelines.

- A funding request of \$500,000 was made and approved by the BC Destination Development Fund; these funds have been received by the Nation and allocated to Lands and Resources.

- Colleen Parsley's participation in the proposal development and access to required permits were essential to the success of this funding application because a key requirement for approval was that projects be "shovel ready".

- Status updates will be provided with the invoices and can be made available at EC's request.

Motion to award Aquilla Archaeology in the amount of \$338,400.00 for the Desolation Sounds Archaeology Project and to authorize signing of the Contract of Service as presented.

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

6. TCID 388 – BCTS Proposed Timber Sale License TA0524 in Theodosia (Connie Graham, Territorial Stewardship Manager)

Connie appeared before EC to seek direction on whether or not to support a proposed BCTS TSL in the Theodosia Watershed based on assessments completed to date.

- Staff propose the following two options:

1. If EC deems the assessed level of risk (i.e. low-to-moderate) acceptable, staff propose providing conditional support for the TSL dependent on BCTS agreeing to a monitoring plan during and post-harvest involving the Tla'amin Guardians to ensure that mitigation measures are properly implemented.

2. If EC deems the level of risk unacceptable, staff propose asking BCTS to defer this TSL until the Theo-

dosia SDM agreement is in place and additional land use planning analysis is completed, including a watershed risk assessment for the full Theodosia Watershed that considers cumulative impacts. (i.e. oppose the TSL at this time and proceed with the planned hold on all resource applications in Theodosia as an interim measure to land use planning)

- In consideration of TN staff's hesitation to support this proposal and the accumulative effects of risks, leadership is recommending option 2 to defer the TSL until the Theodosia SDM agreement is in place and additional land use planning analysis is completed.

D. NEW BUSINESS:

1. Administration and Finance

- i. ISC Amending Agreement #28

- 2023/24 Basic Needs – Inflation Relief Funding \$75,600.00

Motion to approve ISC Amending Agreement 2122-BC-000028 in the amount of \$75,600.00 as presented.

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

2. Emergency Services

- i. UBCM Funding Application Approval (Richard Gage, CAO)

- Extreme Temperature events are becoming more and more common within our community. It is widely acknowledged that significant pre-planning is required to manage these situations effectively. Our communities require support with risk assessment and planning, as well as assistance with adapting to climate related risk.

- Tla'amin Nation Emergency Management hopes to ensure that we work together with qathet Regional District & Vancouver Coastal Health to plan ahead for heat events, thereby minimising death and serious injury during extreme temperature incidents.

- UBCM joint application funding may provide up to \$90,000 for the purpose of heat planning and related resources.

Motion to approve EC Resolution 14-2023 to support the funding application for Extreme Temperature Risk Mapping, Assessment and Planning.

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

HOUSE POST REPORTS

Lands and Resources

- Unwin Lake work is underway with the technical crew.

- The archeology project has kicked off and a media release was sent out to community this week.

- Attended a Tla'amin Territory Forest meeting last week to start talking about the Cultural Cedar and Spruce Technical Guidelines for our harvesters in the territory and to take ownership over our resources.

- Attended a forestry talk with Adam Culos to discuss sustainable forestry practices with Grade 6 Edgehill students.

Finance

- Tabled.

Community Services

- Tabled.

Public Works

- Installation of mailboxes and reflective addresses has started for every driveway in the village and will continue into June.

- Planning for another signage project that will include stop, yield, slow, and speed limit markers, and streetlights on darker areas of Salish Drive.

- In June we will be scoping a roads improvement project which will include a safe turnaround for fire-trucks on the end of River Road.

- At the request of our elders, we completed road upgrades to the new cemetery and re-rerouted the Sunshine Coast trail to have a wider buffer between the trail and our cemetery.

- Staff are in discussion with ISC to get further renovation funding for the Nation.

- Annual tenancy inspections are underway and as a part of this process tenancy agreements are being updated.

- Process mapping across all departments is ongoing.

- Outreach and coordination for applications for new Elders and Accessibility Building is underway.

- Air conditioning units will be installed at Health, CDRC, Healing and Elders Lodges, Education and Public Safety Building, and the two Education portables.

- Harwood and Theodosia cabin repairs will begin in June.

- Planning for construction of cabin on Cortez Island as well as construction of washrooms at the water-front park.

- Cousin's House mini pitch is complete.

Hegus' Report

- Attended June 1st Grand Opening of the new Elders and Accessibility Building. This building has 16 single units and 8 two-bedroom units. Acknowledgements to the Public Works team for managing this project completion within timelines and under budget.

- June 21st is Indigenous Day and we will be celebrating Tla'amin Nations 7th anniversary for Treaty.

- June 23rd the TN Hatchery will be celebrating 45 years of operation with a community open house and barbeque.

- Provided opening comments at the James Thompson May Day Celebration. Go Hawks, Go!

- The weather is getting hotter, please keep an eye on fire hazard restrictions and remember to stay cool and hydrated while you are out enjoying our beautiful territory!

C. ADJOURNMENT

Motion to adjourn meeting at 10:28 am.

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



PROGRAMS & SERVICES

IT Senior Technician

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

Hours of Work: 8:30 – 4:30 Monday to Friday

Reporting to: Information Systems Manager

Department: Information Technology (IT)

Closing Date: Open Until Filled



The IT Senior Technician (ITST) acts as a technical support, reporting to the Information Systems Manager. The IT Senior Technician maintains and supports Tla'amin Nation's computer systems and networks and provides support to staff experiencing IT difficulties as well as supporting the organization.

Key Responsibilities

- Performs all duties and responsibilities in accordance with Tla'amin Nation policies, standards, practices and procedures as directed by the Information Systems Manager. Maintains confidentiality as required pertaining to members, clients, employees and general matters of the Nation.
- Provides first point of contact for technical support requests and responds in a timely manner
- Provides technical support to staff, organization and events where required
- Installs and configures computer hardware, software, networks/Wi-Fi, and peripherals
- Troubleshoots hardware and software issues
- Repairs and replaces hardware and equipment as necessary
- Monitors and maintains computer systems and networks
- Organizes upgrades and maintenance minimizing interruptions to staff
- Sets up offices and workstations with computers and peripherals
- Creates and sets up accounts for new employees
- Maintains records/logs
- Provides instruction and develops training sessions/materials for various software or hardware deployments

- Live Streams Legislature meetings and public events
- Acts as a relief to Info Systems Manager when unavailable
- Supports development and growth within the Nation to increase capacity in the community.

Qualifications

- Completion of a Post-Secondary Degree in IT or other technical field, with 3-5 years experience working in IT field. An equivalent combination of education and experience may also be considered
- Acceptable Police Information Check
- Valid B.C. Driver's License
- Acceptable driver's abstract

Knowledge, Skills, Abilities

- Experience troubleshooting hardware and software issues
- Strong knowledge of Windows operating system and Windows Server environments
- Experience deploying and troubleshooting computer networks and network devices
- Broad understanding of various aspects of computer and network security
- Familiarity with various backup solutions
- Experience cabling (running Cat5e cables) an asset
- Experience with cloud platforms (Microsoft365, AWS) an asset
- Good interpersonal communication skills, good writing skills and an ability to simplify technical support jargon for end users
- Experience with Zendesk an asset

Working Conditions

Work is performed in a variety of office and community settings. Evening and weekend work may be required for live streaming of public events. Occasional travel to attend meetings or training is required.

How to Apply

Please apply online by uploading your resume and cover letter by email to: <https://tlaaminfirst.bamboohr.com/careers/99>

OR

Drop-off/mail Attention: Human Resources Department, Tla'amin Nation, 4779 Klahanie Rd, Powell River, BC, V8A 0C4

ΛΟΟΩWIIY (SUMMER)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01 WEEKLY DROP IN FOR PARENT & TOT GROUP BEGINNERS YOGA FOR MOMS	02	03	04	05
06	07 STAT HOLIDAY CLOSED	08 WEEKLY DROP IN FOR PARENT & TOT GROUP • BEGINNERS YOGA FOR MOMS 	09	10	11 CHRIS SLP	12
13	14	15 PARENT & TOT GROUP *BEGINNERS YOGA FOR MOMS 	16 ALYSSA SLP	17	18	19
20	21	22 FOR PARENT & TOT GROUP *BEGINNERS YOGA FOR MOMS 	23	24 ORCA BUS @ CDRC TIME: 10:00- 11:00 	25 CHRIS SLP	26
27	28	29 PARENT & TOT GROUP	30 ALYSSA SLP	31 JAMES THOMSON ELEMENTARY KINDERGARTEN ORIENTATION TIME: 9:00-10:00 	01	02

AUGUST

CHILD DEVELOPMENT RESOURCE CENTER
&
ČIČUY ʔAYE
CHILDREN HOUSE
CALENDAR



Congratulations Nailah King Hopkins

"I have officially completed my Bachelor of Education! Thank you for all of the support from friends, family, and community. You all made my experience so worthwhile."

Jonathan Fraser-Monroe has been selected by Team BC

Tla'amin boys at North American Indigenous Games (NAIG). Joel Harry Provincial Coordinator (left), oversees high performance programming including the BC Indigenous Provincial Championships, and Athlete Development Camps and the Team BC programs. Adam is a super fan and supporting his jeh jeh although both him and Joel won gold in soccer at the Cowichan Games in 2008.w



Jonathan is the son of Evan Adams and Gladys and Sheila Fraser Monroe. He is currently attending University of New Brunswick entering his second year of engineering. He is a member of the varsity volleyball team so his days are filled with classes, studying, training and playing.

"My passion for volleyball comes from team chemistry and fighting tooth and nail with those around me to achieve a common goal." Jonathan is Team Captain of U19 Volleyball. He chose number 5 as it was his papa's number in soccer!



Tla'amin Nation has an athlete representing in Halifax this week at the North American Indigenous Games. Jonathan Fraser-Monroe has been selected by Team BC to play U19 Volleyball. His university schedule in Saint John, New Brunswick prevented him from making the usual try outs in BC. He is a starting player for the UNBSJ Seawolves and he earned a place on the team with his university season game video.

These are Fraser-Monroe's first games as he wasn't aware of this sport opportunity until after the 2017 games held in Toronto. He was selected to play basketball in 2020 and until the pandemic postponed the event until 2023. That excitement did lead him to encourage other youth to try out this time round. He hopes more Tla'amin youth will learn about the games and prepare to try out for the next games in 2026. Fraser-Monroe is also honoured to be captain of this team.



Jonathan is Team Captain of U19 Volleyball. He chose number 5 as it was his papa's number in soccer!



SUMMARY OF RCMP CALLS FOR SERVICE FOR JUNE/JULY 2023

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



Powell River RCMP Non-Emergency (604)485-6255		In Case of Emergency Call 911
JUN 22	EAGLE DR	Police stopped a vehicle after it was seen being driven by an unlicensed driver. The driver was stopped and issued a driving prohibition. The vehicle was also impounded for 7 days.
JUN 25	HWY 101	Police responded to a report of a possible impaired driver on the highway. Police located the vehicle and a breath sample was taken from the driver. The sample registered a "0" on the approved screening device.
JUN 25	HWY 101	Police responded to an alarm at the Tla'amin Development Corporation. Police checked the building with the property representative and found the alarm to be false.
JUN 30	WATERFRONT RD	Police assisted with a Mental Health Act complaint.
JUN 30	HARWOOD DR	Police investigated a possible breach of undertaking complaint. After speaking with everyone involved, police were unable to substantiate a breach complaint.
JUL 01	SALISH DR	Police assisted Tla'amin Enforcement with a report of a stolen motorcycle.
JUL 02	HOMALCO RD	Police assisted with a check wellbeing complaint. Police attended and found there was no problems.
JUL 06	TLA'AMIN CRT	Police assisted with a Mental Health Act complaint.
JUL 08	RIVER RD	Police responded to a report of an intoxicated person in a backyard. Police attended and arrested the individual for mischief. They were held until they sobered up, and released without charge.
JUL 08	EAGLE DR	Police responded to an assault complaint. Both people involved were arrested and released shortly after to attend court.
JUL 12	TLA'AMIN CRT	Police responded to an assault complaint. An investigation was completed, but police were unable to substantiate that an offence took place.
JUL 15	WATERFRONT RD	Police responded to an assault complaint. Police attended and spoke to all parties involved. An arrest was made and the individual was released shortly after. This matter is still under investigation.
JUL 18	RIVER RD	Police responded to a report of a traffic complaint.

Francis Gilbert Francis "Tahl"



Sunrise: April 14, 1948
Sunset: July 25, 2023

Miss Me, But Let Me Go

When I come to the end of the day, and the sun has set for me.

I want no rites in a gloom-filled room.

Why cry for a soul set free?

Miss me a little, but not too long, and not with your head bowed low.

*Remember the love we once shared ...
Miss me, but let me go.*

For this is a journey we all must take, and each must go alone.

It's all part of the maker's plan, a step on the road to home.

When you are lonely and sick at heart, go to the friends we know.

And bury your sorrows in doing good deeds ... Miss me, but let me go.

FOOD SAFE

The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

To register contact
Tarra Tipton
tarra.tipton@tn-bc.ca

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