

# NEHIMOTL "US"



November 2023

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

## tiskʷat Memorandum of Understanding sets out Cooperation and Collaboration with the Province of B.C. to Safeguard Future of Mill Site.

By Davis McKenzie

Tla'amin teachings speak to the power of twins.

Twins carry special gifts, are known to communicate without words, and often have the ability to foresee the future.

Identical twins Eliana and Yianoula Kamaretsos (Pielle) are only two months old but already have left their mark on Tla'amin history.

Their feet and hands painted with Tumuth, the twins witnessed the signing of a historic agreement with the Province of BC aimed to care for and reclaim the Tla'amin village site seven generations after it was taken from their ancestors.

Eliana and Yianoula were among 300 people gathered at tiskʷat on October 27th to celebrate the signing of new Memorandum of Understanding with Premier David Eby which sets out environmental protection, economic opportunity, and a path to Tla'amin ownership of tiskʷat.

The event began in a chilly predawn light when Johnny Louie and Drew Blaney lit a sacred fire to feed the ancestors who called Tla'amin's original village of tiskʷat home. Noreen Paul prepared the meal of traditional food that would be recognizable to the ancestors including smoked fish and herring eggs. She handed out cedar to the small group assembled.

"The fire opens the portal to the other side," said Blaney. He explains that we light the fire to invite the ancestors to be with us and watch the work. "They have been waiting a very long time for this day."

MLA Nicholas Simons was the emcee for the signing ceremony and Carmen Galligos and Noreen Paul covered him in a speaker blanket to protect him and help him carry out the work of the day.



Premier David Eby, Elder Elsie Paul, hegus John Hackett and Minister Murray Rankin look on as Executive Councillor Erik Blaney applies tumuth to Eliana Kamaretsos held by mom Nikole Pielle. Eliana and Yianoula Kamaretsos [held by dad Konstantinos Kamaretsos] make their mark in history as part of the MOU signing with dignitaries.

Drew Blaney led over 100 members of Tla'amin drum family in the honour song to welcome hegus John Hackett, Premier David Eby, Minister Murray Rankin and Tla'amin Executive Councilors and Legislators Losa Luaifoa, Brandon Peters, Erik Blaney, Gloria Francis, Lori Wilson, Larry Louie, Leonard Harry, and Dillon Johnson to the site.

Elsie Paul, the eldest member of Tla'amin Nation offered the opening prayer. Her voice breaking with emotion, she spoke first in ʔayʔajuθəm and later summarized in English. "I've offered prayer to the ancestors that they are here today with us, that they are happy that we are gathered here, on this precious piece of land where our ancestors once lived. We remember

them today and we ask them to guide the work that is going on in a good way."

ʔayʔajuθəm teacher Alisha Point then shared a poem titled "tiskʷat" written by local poet Joshua Degroot and based on Tla'amin oral testimony and traditional use studies. The 40-line poem was addressed to the big and fast river and recited in the only language that Tla'amin ancestors understood. A translation of the poem by Gail Blaney and Elsie Paul was circulated so that those in attendance could follow along in ʔayʔajuθəm or english.

tiskʷat

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## Tla'amin Governance House Updates

4779 Klahanie Road,  
qathet, BC  
V8A 0C4

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

**Governance House will be closed for Remembrance Day on Monday, November 13th**



### Message from Hegus John Hackett



#### ᑲᑲᑲᑲᑲᑲᑲᑲ

Our prayers have been answered here in ᑲᑲᑲᑲᑲᑲ, the rains finally came and the fish are making it home. I see the smokehouses are going and the kids are learning how to put the chum away for the winter. Imot.

It has been an exciting month for our Nation and I'm happy to share a few highlights with you.

#### **yᑲᑲᑲᑲᑲᑲᑲᑲ tᑲᑲᑲᑲᑲᑲ – (we are going to take care of tiskwat) MOU signing**

It was uplifting to witness the power and energy of Tla'amin pride on display from Elders, chi chuys and all Tla'amin citizens who came out to witness our community event and MOU signing at tiskwat on October 27th.

I want to thank our community for coming and for showing one another, the community at large, and the whole province how much we love tiskwat.

A big highlight of the event was to see our youngest members, identical twins Eliana and Yianoula Kamaretsos from the Pielle family, and our oldest member Elsie Paul witness the signing with the Premier. And imot papem to Alisha Point for sharing the beautiful ode to tiskwat in our ayajuthem language.



Leadership pauses for a photo after signing the MOU. Left to right: Tla'amin Executive Councilor Dillon Johnson, Tla'amin Executive Councilor Lori Wilson, hegus John Hackett, Premier David Eby, MLA Nicholas Simons, Tla'amin Executive Councilor Losa Luaifoa, Tla'amin Executive Councilor Erik Blaney and Minister of Indigenous Relations and Reconciliation Murray Rankin.

Finally, I want to recognize our Executive Council and Legislators for your contributions to achieve the tiskwat MOU, and a special thank you to Dillon Johnson for his hard work and support in this important fight.

We are planning for a community engagement meeting on tiskwat so we can answer questions and hear more from citizens about their ideas and hopes for tiskwat.

#### **Specific Claim at tiskwat**

It was a big month for our big river. You might have read that our Tla'amin specific claim at tiskwat was accepted for negotiation on October 13, 2023. Our Tla'amin government is putting together our negotiation team now and looking forward to a fast and fair negotiation with Canada.

#### **Taking Care of our Ancestors- Culture and Heritage Agreement**

Fog and wind prevented BC government officials from making it to Tla'amin this month to sign an

information sharing agreement regarding culture and heritage. The new agreement sets out how the treaty partners will share confidential information related to Heritage Conservation Act monitoring and enforcement.

Due to its importance, the signing ceremony moved online, and on October 10 Tla'amin achieved another first - This first agreement that enables BC to share private and confidential culture and heritage investigation information with a First Nation. I want to thank our culture and heritage technicians for being our boots on the ground to protect our ancestors imot.

This agreement moves us one step closer to a comprehensive heritage stewardship and enforcement agreement as envisioned under Tla'amin Treaty.

If you have questions about anything going on at the Nation remember you can email [heyhegus@tn-bc.ca](mailto:heyhegus@tn-bc.ca) and we will answer your question in one of our leadership chats.

## tiskʷat

(Continued from page 1)

**“For seven generations our story, our history, our connection to this place hasn’t changed. What has changed is the listener. We have willing partners walking beside us now. And for that I am grateful.”**

- hegus John Hackett

Following the poem Premier David Eby shared his commitment in bringing the strength of the entire BC government to enable collaboration on to tiskʷat. He then spoke of the history of wrongs at tiskʷat – wrongs that BC is working to right.

“The tiskʷat village site is clearly so central to the Tla’amin people,” said Eby, “And the injustice that was done when the village site was taken, when the river was damned, and when the salmon disappeared, and when others took the economic benefit from that leaving Tla’amin out, and for generations to try to grapple with that loss was profoundly wrong. And our goal here today, as the provincial government, is to pledge to work in partnership with Tla’amin First Nation to address that wrong.”

In his remarks, hegus John Hackett reminded the ceremony attendees that Tla’amin Nation has never given up on tiskʷat and that the only thing that has changed is the willingness of our treaty partners to hear and understand us.

“For seven generations our story, our history, our connection to this place hasn’t changed. What has changed is the listener. We have willing partners walking beside us now. And for that I am grateful.”

Following speeches by dignitaries, the MOU was signed by hegus Hackett and Premier Eby and witnessed by the youngest and eldest members of Tla’amin to symbolize the destructive legacy and the generational opportunity these two governments recognize at tiskʷat.

Drew Blaney and the drum family closed the event by leading Tla’amin kids in a newly composed Tla’amin honour song.

With the twins and the ancestors looking the Nation celebrated.

As the kids danced, the sounds of their feet on the earth mingling with the beat of the drum, the smoke of the sacred fire drifted in the air and for the first time in seven generations a sense of hope that tiskʷat was within reach.



Tla’amin drum family shares a welcome song. Premier David Eby and hegus John Hackett lead the procession of dignitaries onto the site at tiskʷat.



Alisha Point recites a poem titled tiskʷat to the over 300 guests assembled on our former village site. Elder Elsie Paul offered the opening prayer and MLA Nicholas Simons emceed the day.

### Four things to know about yix̣məštəm (yeekh-met-shtum) tiskʷat (we are going to take care of tiskwat) MOU

1. It has a two-year term and implicates eight ministries across the BC government.
2. The MOU includes provisions to safeguard the future of tiskwat through strong environmental stewardship and remediation of the former mill site
3. It aims to increase Tla’amin economic benefit from the site after being shut out for the last 150 years, and,
4. The MOU recognizes Tla’amin’s long term goal of site ownership.



Tla’amin Legislators Gloria Francis, Brandon Peters and Executive Councilor Lori Wilson following the signing of yix̣məštəm tiskʷat (We are going to take care of tiskwat)



Archaeologists and Cultural Heritage Technicians investigating a test pit in desolation sound. The team found an elk antler pendant thousands of years old.



Tla'amin's new information sharing agreement with B.C. recognizes and covers all of Tla'amin territory. Culture Heritage Technicians Scott Galligos (left) and Jason Francis (right) oversee work near Tla'amin's former village site *ʔahʔjumixw* (Ah joo miexw) now known as Willingdon Beach.

## Enforcement Agreement

(Continued from page 5)

This agreement also moves the Tla'amin and the Province of BC one step closer to a comprehensive heritage stewardship and enforcement agreement as envisioned under Tla'amin Treaty.

Minister of Forests Bruce Ralston signed the agreement on behalf of BC indicating their commitment to a new era of openness.

“Archaeological sites are home to Tla'amin Nation's history and ancestors, places of tradition and culture and need to be respected and protected,” said Ralston “Opening up information sharing avenues creates a more dynamic process around the protection of archaeological sites. This agreement is the first of its kind in the province and a big thank you goes out to Tla'amin Nation for the work that went into this historic agreement.”

The new agreement involves sharing information and relevant details associated with inspections and investigations under the HCA within Tla'amin territory. As such, it includes provisions which account for privacy and the protection of personal information.

Importantly, the agreement provides a new set of tools for the treaty partners to look carefully at the Tla'amin heritage values

including the tiskwat mill site and dam infrastructure.

The Province is currently undertaking the Heritage Conservation Transformation Project, which seeks to transform the HCA to provide for alignment with the

United Nations Declaration on the Rights of Indigenous Peoples. Going forward, the Treaty partners will be able to update the agreement if changes are needed as a result of the HCA Transformation Project.

## Harmful Toxins found at Okeover Inlet

***Please do not Harvest from those areas until further notice.***

We have been notified that there is a harmful plankton species that produces toxins responsible for Paralytic Shellfish Poisoning and Diarrhetic Shellfish Poisoning. Both were tested at harmful levels. Please refrain from harvesting or eating any shellfish in this area as they can be harmful to your health if ingested.

If you have harvested anything from Okeover in the last couple of days, we are asking you to not eat, give away or sell these shellfish to anyone. They must be safely discarded back to the beach below the tideline.

What is Paralytic Shellfish Poisoning?

- Paralytic shellfish toxins are a group of natural toxins that sometimes accumulate in bivalve shellfish that include oysters, clams, scallops, mussels, and cockles.
- Non-bivalve shellfish, such as whelks, can also accumulate toxins. These toxins can cause PSP if consumed.
- The toxins can't be destroyed by cooking.
- Symptoms of PSP include tingling and numbness of the lips, tongue, hands and feet, and difficulty swallowing.
- In severe situations, this can proceed to difficulty walking, muscle paralysis, respiratory paralysis, and death in as quickly as 12 hours.

Any questions or concerns please contact April Treakle Lands Manager.  
Email: [april.treakle@tn-bc.ca](mailto:april.treakle@tn-bc.ca) or 604-483-9646 extension #154

# Tla'amin and B.C. Sign Agreement to Share Information on Heritage Conservation Act Enforcement

By Davis McKenzie

*payečepot yiyxmet kwums taʔow* (we will always take care of the teachings of our ancestors) is the name of a new agreement which enables BC and Tla'amin to share confidential information related to Heritage Conservation Act monitoring and enforcement.

The agreement covers all of Tla'amin traditional territory and not just Treaty Settlement Lands and is the first of its kind in the province.

Signed on October 11, 2023, *payečepot yiyxmet kwums taʔow* tackles what Lands and Resources Housepost Erik Blaney says has been a key barrier for protecting our ancestors and cultural property – a one way flow of information.

“For many years, it has been a one-way street,” said Blaney “Our Tla'amin guardians, boots on the ground, would report archeological violations to the branch and that information would go into the void. Nothing would happen or we'd learn after the fact that a decision had been made with regards to our sacred sites.”

Blaney points to šεʔaystən (Emmonds beach) as a perfect example of the broken system that this agreement is meant to fix.

“šεʔaystən is very important to us. We provided traditional use information, arch maps, and other data to branch but there was no reciprocity or communication back from government about what was happening there. We'd learn after the fact that an enforcement officer had come unannounced to the territory.”

This agreement will change that dynamic and create a more reciprocal relationship according to hegus John Hackett.

“We aim to protect and preserve our ancestors' remains and our sacred sites,” said Tla'amin hegus John Hackett. “This agreement will allow information sharing



hegus John Hackett signs the *payečepot yiyxmet kwums taʔow* agreement which sets out how BC and Tla'amin will share confidential information related to Heritage Conservation Act's monitoring and enforcement.

and collaboration so that we may carry out this sacred responsibility and also shine a light on those rare bad actors who disrespect them.”

There are over 632 known registered archeological sites in Tla'amin ʔəms giʔε (territory), many in coastal remote locations. Monitoring these sites effectively has been a challenge.

Scott Galligos is a CHT and says that “as he enters the winter of his life” it is a perfect and rewarding job. Galligos feels this work on the land is an important part of his healing journey and he is humbled and full of gratitude to be part of the team who is taking care of our ancestors.

Tla'amin CHT's responded to 348 requests last year alone.

**“For many years, it has been a one-way street,” said Blaney “Our Tla'amin guardians, boots on the ground, would report archeological violations to the branch and that information would go into the void. Nothing would happen or we'd learn after the fact that a decision had been made with regards to our sacred sites.”**

Tla'amin Nation is building a team of Culture and Heritage Technicians (CHTs) to act as archeological monitors. CHT's responded to 348 Tla'amin requests last year alone. CHT's report compliance issues to the Compliance & Enforcement Branch who are responsible for enforcement.

“Our people's footprint is everywhere; It's an honour to be called to care for these sites.” In his day-to-day work Galligos emphasizes that re-educating the public is mission critical. “Sharing information is key to bringing all walks of life together and bringing greater respect to our ancestors resting grounds, cultural sites and Tla'amin way of life.”

**Enforcement Agreement**  
(Continued on page 4)

# Tla'amin Citizenship Cards now accepted as Secondary ID

Effective October 1, 2023, Tla'amin Citizenship cards may be presented as an acceptable form of secondary identification at Service BC Centres and ICBC.

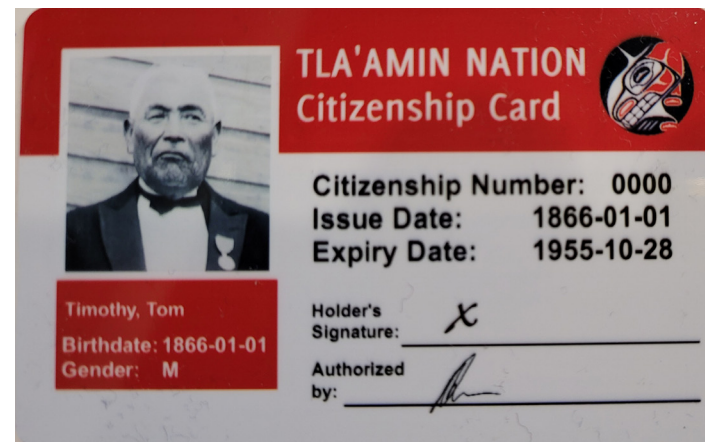
This means that Tla'amin has completed the necessary reviews, and our card meets the criteria for secondary identification.

Community Services Director Losa Luaifofo says that this is an important step in Tla'amin's

self-determination journey because it puts our ID on par with that of other governments.

"The process to qualify is very rigorous," said Luaifofo, "this means our in-house identity management system meets or beats provincial standards."

To make an appointment to get your Tla'amin Citizenship card please contact Kylie Paul at the governance house. [Kylie.Paul@tn-bc.ca](mailto:Kylie.Paul@tn-bc.ca)



## An Overview of Citizenship Law Amendments

The Citizenship Law's 2nd and 3rd reading were passed at a Legislative Assembly & Special Executive Council Meeting on October 4. Citizenship was put on hold May 21, 2021. There are currently 95 applications in the queue

The Citizenship Committee will start to meet in November to start processing the current applications.

Changes to the law: Created Criteria for Conditional Members, Applicants become Conditional members for 3 years, unless their parents were enrolled in the treaty by effective date: April 5, 2016.

### The criteria for conditional enrolment:

If that individual or in the case of a child, one of their parents has established, or has demonstrated a clear and genuine intention to establish a continuing Tla'amin community connection and

- (a) is of Tla'amin ancestry; or
- (b) was adopted as a child under the laws recognized in Canada or Tla'amin Law by an individual who is of Tla'amin ancestry— have 3 years before they can apply for full citizenship.

### Determining Ancestry

An individual who is of Homalco, Klahoose or K'omoks ancestry and transferred to become a member of the Sliammon Indian Band on or before July 10 2012, and did not subsequently transfer to another First Nation is deemed to be on Tla'amin Ancestry.

### Exceptions to conditional enrolment

- (a) An individual including an individual who was adopted as a child, whose parents are both Tla'amin Citizens;
- (b) An individual who is of Tla'amin ancestry and was registered as a member of the Sliammon Indian Band on the day prior to the Effective Date; or
- (c) A child, including an adopted child with one parent who
  - Is a Tla'amin Citizen;
  - Is of Tla'amin ancestry; and
  - Either
    - Was registered as a member of the Sliammon Indian Band on the day prior to the Effective Date; or
    - Has established a continuing Tla'amin community connection.

## Do you want to replace your secure status card to remove the ineligibility for your sales/transaction tax exemption statement?

If your Indigenous government has amended their self-governing agreement to reinstate the section 87 of the Indian Act tax exemption for eligible beneficiaries, you can apply to remove the statement on the back of your Secure Certificate of Indian Status (SCIS) by submitting a complete application.



### How to replace your secure status card



Read the instructions and complete the application form. Select "Changes to personal information" on the application form.



Submit your complete application by mail or in person at your Indigenous government office, an Indigenous Services Canada regional office or a trusted source.



Did you know that you can download the SCIS Photo App to submit your photos free of charge?



For more information on how to apply, scan the QR code using your mobile device or visit [canada.ca/indian-status-card](https://canada.ca/indian-status-card).

Do you have more questions? Contact Public enquiries by phone at 1-800-567-9604 or by email at [infopubs@sac-isc.gc.ca](mailto:infopubs@sac-isc.gc.ca).

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# Legislative Assembly Passes Amendments to Property Taxation and Citizenship Laws

By Steve Gallagher

On October 4, 2023, a Special Legislative Assembly passed two ORDERS OF THE LEGISLATIVE ASSEMBLY including the second reading of the Tla'amin Citizenship and Enrolment Law, and the Property Tax law.

The Neh Motl connected with Tla'amin government services to find out more about these new laws and what they mean for Tla'amin people.

We learned that the **The Legislative Assembly Rules and Procedures Policy States:** Each bill must receive three separate readings, two of which may occur on the same sitting day unless a majority of Legislators object.

Following the Legislative Rules and Procedures Policy, the purpose of the second reading was to adopt the meeting minutes from the first Legislative Assembly, go through a second reading before the Legislative Assembly, have a discussion on the amendments of the Bill, and pass an ORDER OF THE LEGISLATIVE ASSEMBLY.

If a majority of Legislators object to holding two reading on the same day respecting a particular Bill before the Legislative Assembly, that Bill will have three separate reading held on separate sitting days.

The Legislative Assembly Rules and Procedures Policy also States that "Each bill must receive three separate readings, two of which may occur on the same sitting day unless a majority of Legislators object.

If a majority of Legislators object to holding two reading on the same day respecting a particular Bill before the Legislative Assembly, that Bill will have three separate reading held on separate sitting days."

With no objections from the Legislature, the third reading of both bills were presented and passed.



*Council chambers at Tla'amin Governance House. At an October 4th, 2023 Special Legislative Assembly, Tla'amin leadership unanimously passed the second and third reading of the Tla'amin Property Taxation and Citizenship Laws.*

## An Overview of Property Taxation Law Amendments

The purpose of the Property Taxation Law amendment is to ensure that Tla'amin's property tax exemptions for citizens continue and are expanded to all Tla'amin members and to all treaty lands.

The underlying principle reflected in these amendments is that Tla'amin's government should have full control of property taxation on treaty lands, and that Tla'amin should be able to tax non-members differently than Tla'amin Citizens and Tla'amin members (status Indians who are affiliated with Tla'amin, but who are not Tla'amin Citizens under treaty).

### Next steps

Now that Tla'amin's Property Taxation Law is amended, Tla'amin has the ability to implement a differential property tax policy for members and non-members .

There is currently no direction to change Tla'amin's existing property tax policy. The legislative change was made to enable Tla'amin to make changes in future tax years.

Any future changes to property tax policy will be directed by Tla'amin Executive Council in alignment with the economic and community development objectives in Tla'amin's qat<sup>9</sup> ?æms k<sup>w</sup>un ah mæn (Comprehensive Nation Plan).

### Property Taxation Law Background

On the Treaty Effective Date in 2016, Tla'amin could only apply property tax to non-members

through a Real Property Tax Coordination Agreement with BC and in compliance with the provincial Treaty First Nations Taxation Act.

This required Tla'amin to follow municipal tax rates. Also, BC policy required Tla'amin to tax Tla'amin Citizens the same way it was taxing non-members.

In 2028, Tla'amin Nation's government would have been forced to start taxing Tla'amin Citizens living on former Reserve lands. But this requirement changed last May when Tla'amin amended its treaty to extend the Section 87 Indian Act tax exemptions in perpetuity. That was a historic and positive change for Tla'amin government and Tla'amin people.

That change was the result of a lot of hard work and pressure from Tla'amin Nation and other treaty First Nations. This hard work also resulted in BC changing its property tax policy so that BC now recognizes that Treaty First Nations can tax non-members while exempting Tla'amin Citizens and members from property taxation on all treaty lands and not only former Reserve lands.

This is known as "differential tax treatment."

These important policy changes required amendments to Tla'amin's Property Taxation Law so that Tla'amin members and Citizens can benefit from the expanded property tax exemptions on all Treaty lands.

Visit [www.tlaaminnation.com](http://www.tlaaminnation.com) to review the new laws.



# When Sliammon Lake Can't Feed our Creek



Fish stocks are impacted since the damn was decommissioned leaving fish entering the river at a disadvantage

By Steve Gallagher  
Neh Motl Editor

Sliammon Lake Water is an important and valuable resource for Tla'amin residents and our neighbors in the northern qathet region. Our homes and office buildings have access to clean drinking water that filters through the Water Treatment Plant to ensure that it is safe to consume.

But when Sliammon Creek is not getting enough water from Sliammon Lake this usually means there are reoccurring water problems upriver.

Tla'amin Hatchery crew work hard to sustain our river system every year. When Sliammon Creek has extreme dry conditions due to the lack of rainwater the fish and habitat in Sliammon become at risk.

According to Tla'amin Hatchery Fisheries Manager Lee George, the purpose of the Sliammon Lake Dam was to store enough water to sustain the pinks and wintering coho that return to the mouth of the river so that the necessary habitat which is the foundation for a healthy and productive fishery, would be healthy. When Sliammon Creek isn't providing the enough water the fish and spawning habitat starts to experience a population collapse.

Since the decommissioning of the dam, Tla'amin fish numbers have been on the decline. Year after year now the fish are fighting to get up into river but there's not enough water.

Now Tla'amin is increasingly reliant on Mother Nature to provide rainwater to the watershed, so the fish can make it in.

This is proving insufficient and last year, there wasn't enough water, so the Chinook just never showed up.

According to George "They would usually enter the river with the chum. The sea lions out there are opportunists and start eating all the fish, even as we speak. Sea lions are having a huge effect on the returns that are coming in. So how do we deal with all the different challenges?"

One idea is to get our Sliammon dam back in operation for the purposes of restructuring and storing water to create a strong habitat for the fish, but most importantly storing water for domestic use.

George continued "In five years, by 2028-29 we're going to be looking at real serious issues. We need to be thinking about where we are traditionally and culturally, and where our fish comes from. Right now, we're in a tough situation."

Climate change has been impacting rivers and watersheds in several ways that have, in turn, impacted Tla'amin Nation and territorial biodiversity.

The impact of droughts, elevated temperatures and shifting of seasons, which puts pressure on the rain and water availability for water systems. In the qathet region, the populations of salmon has

been particularly impacted by these changes, and the Nation in participating in projects aimed to mitigate some of these impacts.

One of these projects is the assessment of salmon reintroduction to Unwin Lake that was conducted in 2020 and the development of a Watershed Protection Plan in 2021, which integrates all the water-related policies from other Tla'amin Laws into a single, water-focused document with a complete and data collection and analysis on the Theodosia, Okeover Creek and Tla'amin rivers and watersheds.

Additionally, the Nation has started a research project called Solving the Sustainability Challenges at the Food-Climate-Biodiversity Nexus or Solving-FCB, in cooperation with the University of British Columbia and the University of Victoria. This project aims to identify and develop the desirable futures that the Nation envisions of Food-Climate-Biodiversity (which are all heavily dependent on the local water systems). The project aligns with the Comprehensive Nation Plan and provides opportunities for Tla'amin students from UBC and UVic to add a research project experience to their degree.

For any additional information on any aspect discussed here, you can contact me at: nicole.meier@tn-bc.ca

## Food on the Table!

By Nicole Meir Alegre  
Traditional Ecological Knowledge  
Coordinator

With every climate change discussion that has been taken forward, a term related to our nutrition keeps reappearing constantly in the newspapers, in articles, and in the television: Food security. Though we might have become accustomed to hearing this word while having the news on in the background and taking care of our daily chores or on the local radio while driving to the supermarket, taking a step back to understand and internalize what this word means to each of us is an exercise worth doing for the planning of the future of our families, community and beyond. After all, while food security is central to our daily life, what we perceive as being "food secure" can vary for each of us.



Food security, which can be defined as "the ability of people to have physical, social and economic access to sufficient and nutritious food that meets their dietary needs and food preferences for a healthy life at all times", is increasingly deteriorating for a great number of peoples and communities around the world. As in the rest of the world, Canada is suffering from the pressures of a changing climate,

**FOOD ON THE TABLE**  
(CONTINUED ON PAGE 9)



## Nicole Meier Alegre, joins the nine g̱ę - Lands & Resources Department

I arrived to the Qathet region after finishing my MSc. at McGill University, originally coming for a short period of time to be in a beautiful place and to apply for as many jobs as possible to find my new home. After a few months, I fell in love with your breath-taking lands, waters, and biodiversity; have been incredibly excited about the amazing work that your Nation has been doing; and have been crossing my fingers and toes to be able to work with your Nation.

I now work for your Nation as Traditional Ecological Knowledge (TEK) Coordinator. What that position means is that I am here to help transcribe, save, and protect the incredible Knowledge passed on through generations

about the animals, lands and waters that you have protected through times immemorial. My goals are to help create and coordinate new projects dedicated to increase Nation-wide food security, plan for climate change safety and mitigation, support your language and Teachings' dispersal, and design empowerment strategies for your Nation's youth, Leaders, Harvesters and Land Guardians with Traditional Knowledge and western science. I aim to assist in showing how rich and essential your Nation's Traditional Knowledge is to direct internationally impactful projects and decision-making, and to support the involvement and full leadership of Indigenous Peoples in world-shaping plans and strategies.

Hi everyone!

I'm very excited to have the chance to meet you all with time, and for now just wanted to tell you a bit about myself.

I'm originally from Panama in Central America and Switzerland, and my second last name "Alegre" means "Happy" in Spanish, which describes me pretty well. In the past, I have worked in projects for the empowerment of Indigenous peoples in Panama in the realms of youth capacitation, climate mitigation, and carbon sequestration. I have also worked in the Yukon Territories for an Indigenous-led research project dedicated to identifying and showing the needs and value of Indigenous Land Guardians across Canada. This experience allowed me to work with some amazing Knowledge Holders, Elders, and Leaders across BC, the Yukon Territories, the NWT, and Labrador.

**Tla'amin Citizens attending UBC or UVic**  
**Join our Research Team to Meet the Nation's Goals for Food Security following the Tla'amin Comprehensive Nation Plan!**

Deadline to submit expression of interest is **December 4<sup>th</sup>, 2023**



Tla'amin Nation is a partner on an international research project called Solving FCB (*Solving Sustainability Challenges at the Food-Climate-Biodiversity Nexus*). The project is doing a deep dive with Tla'amin citizens on food security, biodiversity, climate change and the implementation of Tla'amin rights through the modern-day treaty.

We have funded opportunities for students looking to incorporate this project into their Degree as:

- Undergraduate Honours Thesis Project
- Research Apprenticeship Project
- Research Fellowship for Tla'amin Citizens wanting to work on the project for their MA, MSc or PhD

For more information, please contact:  
**Nicole Meier (Tla'amin Nation)** [nicole.meier@tn-bc.ca](mailto:nicole.meier@tn-bc.ca)  
 or **William Cheung (UBC)** [w.cheung@oceans.ubc.ca](mailto:w.cheung@oceans.ubc.ca)  
 or **Brian Thom (UVic)** [bthom@uvic.ca](mailto:bthom@uvic.ca)

### FOOD ON THE TABLE (CONTINUED FROM PAGE 8)

the shifting of the seasons, and the decrease of animal and plant species that are important for our health. Current discussions directed to finding better and more sustainable ways to plan for our future have started to coincide in recognizing the crucial importance of producing fresh foods locally and taking care of our biodiversity.

What food security means for the people of the Tla'amin Nation is a key aspect we need to define together in order to plan for the future we want for the Nation's generations to come. Along the years, the Tla'amin Nation has been developing several projects dedicated to better understand what the Tla'amin people need to be "food secure", that is, to ensure that each Tla'amin Citizen can feel and continue feeling in the future that they are able to access sufficient nutritious food for a healthy life.

Because the Tla'amin people have always been protectors and stewards of the lands and waters, and have harvested from hunting, fishing, and gathering using ancestral teachings, what Tla'amin people consider a healthy diet and lifestyle continues to be sustained by these ancestral practices and being on the land.

This puts local traditional food species and traditional harvesting practices in the center of defining "food security" for the Nation. As a result, having these discussions as Tla'amin people can dictate how we will continue to take care of our health and the health of our lands and waters. An important part of the food security of the Nation is attached to traditional foods.

For this reason, the Nation has developed and continues to create projects and program directed to protect and support the populations and sustainable harvesting practices of salmon, shellfish, marine mammals, birds, elk, berries and medicinal plants, which are at risk of being replaced by expensive and poorer quality store-bought foods which are in turn related to diseases such as diabetes, heart disease and cancer.


## SURVEY SAYS

Canada-wide study conducted in 2019 (FNFNES) reported that the average daily intake of traditional food across First Nations was 61 grams (¼ cup), with 48% of the people feeling food insecure, and 47% of the people surveyed said that they would run out of traditional food before they could replenish their supplies (First Nations Food, Nutrition and Environment Study, 2019).



Meal Provided Monthly Door Prizes

## COMMUNITY LANGUAGE CLASS



Do you want to learn how to write in the orthography writing system, and learn our language while doing so? Come join our Wednesday night language classes with Alisha Point!

### WEDNESDAY EVENINGS

5:00pm-7:00pm

At Cultural Portable (Beside Ahms Tah Ow )

Lorraine Wilson Memorial Fund

*Congratulations*  
to this year's successful recipient

**Layla George**

I would also like to take this opportunity to once again thank Karen Staniforth, Trish Scouler, Joyce Joe, Eli and Brittany Wilson for their time and consideration in choosing this year's successful bursary applicant

I would also like to thank all of the other applicants that submitted their wonderful letters and wish you all the best in your studies and nothing but success in your future endeavors

## B. C. Indians Want To Buy Plane For Their War Effort

VANCOUVER (CP) — British Columbia Indians want to buy a Spitfire fighting plane as their share in the war effort, according to F. J. C. Ball, Indian agent for the province, who has returned here from a coastal survey. Mr. Ball said that contributions are being received at his office from Indians throughout the province who are boosting the fund.

"I talked with old Chief Tom at Sliammon and Billy Mitchell at Klahoose on the West Coast," said Mr. Ball. "They asked me how much it would cost to buy a plane and did not seem to a bit dismayed when I told them \$25,000. They pointed out that if every Indian in B. C. contributed a dollar they could soon raise the necessary sum."

Printed in the Nanaimo Daily News, September 27, 1940



### SUMMARY OF RCMP CALLS FOR SERVICE FOR SEPTEMBER/OCTOBER 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
SEPT 01	EAGLE DR	Police responded to a report of a theft at a residence.
SEPT 02	HARWOOD DR	Police responded to a report of an assault. Police spoke to all parties involved, but were unable to confirm if an assault took place. All parties were separated for the night.
SEPT 02	TLA'AMIN CRT	Police responded to a report of a suspicious occurrence. Police attended and could not locate any suspicious activity.
SEPT 03	HOMALCO RD	Police responded to a disturbance at a residence.
SEPT 05	EAGLE DR	Police responded to a report of threats being made.
SEPT 08	HWY 101	Police responded to a disturbance at a residence.
SEPT 09	HARWOOD DR	Police responded to a report of a noisy party. Police attended and found everything was quiet.
SEPT 13	WATERFRONT RD	Police responded to a report of a disturbance at a residence. Police attended and spoke to everyone involved and determined that no offence had taken place.
SEPT 15	HWY 101	Police responded to a commercial alarm. It was determined to be false.
SEPT 18	EAGLE DR	Police received a report of a possible impaired driver. Police made patrols for the vehicle, but were unable to locate it.
SEPT 18	HWY 101	Police responded to a report of a group of suspicious people who were possibly going to cause property damage. Police attended and made extensive patrols, but they were gone on arrival.
SEPT 21	TLA'AMIN CRT	Police responded to a report of suspicious people outside a residence. Police attended, but were unable to locate them.
SEPT 23	WATERFRONT RD	Police responded to a report of an assault. Police attended and arrested an individual for assault. They were released and will appear in court at a later date.
SEPT 23	TLA'AMIN CRT	Police responded to a report of a suspicious occurrence.
SEPT 24	HARWOOD DR	Police responded to a report of an assault. Police attended and arrested an individual. They were released on scene and will appear in court at a later date.
SEPT 24	HWY 101	Police responded to a report of an erratic driver. Patrols were made, but the vehicle was not located.
SEPT 26	SALISH DR	Police responded to an alarm at Tla'amin Health. Police attended and found the building was insecure. Police checked the building and found people inside who had accidentally set off the alarm.
SEPT 27	HWY 101	Police responded to a threats complaint.
SEPT 30	RIVER RD	Police received a report of lost property.
OCT 01	TLA'AMIN CRT	Police received a report of suspicious people outside a residence. Police attended, but could not locate them.
OCT 05	EAGLE DR	Police responded to a report of an assault. An investigation was completed and it was determined there was not enough evidence to lay charges.
OCT 05	HWY 101	Police responded to a report of a vehicle being driven unsafely. Patrols were made, but the vehicle was not located.
OCT 06	WATERFRONT RD	Police responded to a report of an assault. Police talked to all parties involved and neither of them wanted to pursue charges.
OCT 08	HARWOOD DR	Police responded to a mischief complaint.



Sundays:  
November 5th, 12th and 26th  
3:00 @ Tla'amin Salish Centre

## TLA'AMIN CULTURE NIGHTS

Tla'amin Culture Nights are for all Tla'amin Community Members, and Tla'amin Canoe Family Members.


### Service Canada – Ready to Help

1-877-631-2657

If you do not have internet access, or require help accessing Service Canada's benefits and services, please call the number above to speak with someone from Service Canada.

Phone lines are open from 8:00 am to 4:00 pm local time, Monday-Friday.

- Employment Insurance (EI)
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Social Insurance Number (SIN)
- General passport enquiries, and more



Service Canada

# What's in a name? A lot actually. SD47 drops "Powell" in act of reconciliation.

*Switch to qathet School District better reflection of culture and diversity of student population and geography*

By Davis McKenzie

This month the neh motl got a sneak peek at the qathet school district's newly minted strategic plan which sets out an ambitious change agenda designed to make school safer and more meaningful for Tla'amin kids.

The plan stands on six pillars including one titled gūna?x'uθs that is dedicated to truth and reconciliation.

On September 25, 2023, the Powell River Board of Education dropped "Powell" and adopted the name 'qathet' for the school district. qathet means working together and the move to change the name provides an early sign of the changes to come.

In a press release about the name change, the district cited Israel Powell's harmful legacy as superintendent of Indian Affairs as a reason behind the need to make this switch.

Dale Lawson, Chair of the board of trustees for the District said "We know that changing our name is but one step in our reconciliation efforts and our commitment to advancing the implementation of the UN Declaration of the Rights of Indigenous People, but it is an important one and we are grateful to the Tla'amin Nation for working with us on this endeavour."

Hegus John Hackett welcomed the change and remarked how powerful it was to witness. "An education system that was once used to strip our identity, language and culture is adopting our ayajuthem language for its new name. The school district name change makes our region's education system safer and more hospitable for Tla'amin kids and all Indigenous students."

It should be noted that the district choosing to announce the name change on the eve of Truth and Reconciliation Day was no accident.

Lawson says "Our commitment to Indigenous education in schools and our efforts towards decolonization and Indigenization run all year; however, this week, as we shine a light on the history and legacy of the colonial system, we can now connect the learning to the name change decision as a concrete example of action for

**"The burden of healing from his [Israel Powell's] harmful legacies too often falls on Tla'amin people alone. Removing the name Powell from institutions and organizations is a powerful and healing step that gives our Nation hope."** - hegus John Hackett

students and also open dialogue around harmful naming practices."

According to Jessica Johnson, Principal of Indigenous Education, most students in the district were



*Principal of Indigenous Education Jessica Johnson leads educators and staff in a Blanket Exercise to build understanding about shared history as Indigenous and non-Indigenous peoples in Canada.*

supportive and relatively unfazed by the change. "Children have this innate sense of justice and care and are saying of course this is the

line of organizations to remove the name Powell from their operating name or mailing address. In total Tla'amin has counted 39 institutions, agencies, organizations and events that have removed Powell from their name since the Nation issued this simple request to the community last year.

Hegus Hackett says that Israel Powell's decisions continue to impact Tla'amin people to this day. "The burden of healing from his harmful legacies too often falls on Tla'amin people alone. Removing the name Powell from institutions and organizations is a powerful and healing step that gives our Nation hope."

He sees the district name change as especially important because it sends a message to Tla'amin kids that the adults in this region won't stand by and uphold Powell's harmful legacy in its schools.

While its only one of many big changes to come from the qathet School District, the effects are already being felt by the student body.

Makaela Gallagher is a Tla'amin citizen and grade 9 student at Brooks Secondary School. She welcomes the change and says that "The name change means that the School Board is recognizing the negative effects that Powell had on native people, it shows that the Board support the whole reconciliation movement."

right thing to do." Johnson says that a deep and important aspect of the name change is about adults who continue to be impacted by the legacies of colonialism and for those went through an education system that was less than welcoming to Indigenous ways and perspectives. "Our hope is that this change signals how serious and committed we are to supporting human rights and that we will work tirelessly, together, to support the success, culturally and personally, of each student in qathet School District."

The School District is the latest in a long



*The Indigenous Education Family is dedicated to making schools safer and more relevant for Tla'amin students. Back L-R: Shaniah Hillis, Angela Young, Noreen Paul, Jessica Johnson, Melvin Mitchell, John Louie, Tyler Peters, Karina Peters, Brad Adams, Shawn James Front Row L-R: Sophie Call, Cindy Mitchell, Tarra Tipton, Amira Abouelalla. Not pictured: Frankie McWade, Brandi Marriott, Heather Doherty, Corey Gordon, Alyssa Stapleton, Louise Dominick, Nailah King-Hopkins, Koosen Pielle & Alyssa Louie.*

# When We Support Harm Reduction, We Tell Our Relatives That We Want Them To Live Another Day

## Made-in-Tla'amin ʔajumet harm reduction program turns three

By Davis McKenzie

ʔajumet means a beautiful, safe place to go. It is also the name of a unique Tla'amin led harm reduction program that is catching provincial attention.

Housed in the renewed clubhouse by the soccer field, the ʔajumet harm reduction circle offers cultural programming, food, safe use supplies, drug checking services, health care referrals and more.

The program was born during Tla'amin's COVID shelter in place order in September 2020. At the time, Tla'amin partnered with LIFT community services to bring harm reduction supplies and services to the community so that members could stay safe at home.

The late Kevin Blaney was also a big part of ʔajumet's creation. K.B. advocated tirelessly for better services for Tla'amin people who used substances recognizing that mainstream interventions in the toxic drug poisoning crisis were largely ineffective for First Nations.

The made-in-Tla'amin ʔajumet program has grown exponentially over the last three years. It is home to the first drug checking FTIR spectrometer and drug checking service to be located on First Nation community lands.

**“When a person walks through that door, you can see the heaviness in their heart. So, to be able to come to a place where they will not be judged, or called down, where they can sit across the table from someone who has been in their position and share a meal, you know it's so important and it builds trust.”** -Delana George, Peer worker (PWLE)

Since the ʔajumet program's establishment, the number of accidental poisonings (overdoses) in the region and their severity has gone down. The drug checking program may have a lot to do with that. Since its inception in April 2023 there has not been one toxic poisoning fatality in the qathet region.

### What is a FTIR spectrometer?

Fourier-transform infrared (FTIR) spectrometers can identify up to six substances in a drug sample. Examples include heroin, cocaine, methamphetamine, MDMA, fentanyl, benzodiazepines and various cutting agents. FTIR spectroscopy works by shining infrared light at a sample and measuring how that light is absorbed. Drugs and cutting agents have unique absorption patterns that are then identifiable by a trained technician.

[Source Fraser Health & BC Centre on Substance Use]



October (05 2023) at St. Paul's hospital, the BC Centre for Substance Use (BCCSU) Drug Checking symposium. Left to right- Tla'amin Harm Reduction Coordinator, Courtney Harrop, LIFT Community Development Manager, Kathryn Colby and Tla'amin Health Director Marlane Paul.

This is critical because the qathet region remains one of the community's most impacted by toxic drug poisoning outside of the downtown east side.

Health Director Marlane Paul says that the ʔajumet program couldn't have happened without leadership support. The donation of the clubhouse to the program was a turning point. "Having a dedicated space where people who

is a grounding aspect of the work and opens up new possibilities for collaboration and inclusion of people who uses substances in all we do."

The program's philosophy is simple. Listening to people who use substances to design caring and community led programming that reduces the harm from toxic drugs.

The ʔajumet harm reduction circle employs four Persons With Lived or Living Experience (PWLE's) who do community outreach with Tla'amin members who use substances including alcohol.

**Harm Reducation**  
(Continued on page 13)

use substances feel safe and welcome is a cornerstone of this program. It's a self-determined space. The clients of the program decide what its used for and are responsible for its care."

According to Paul many members who have been hesitant to come to the Tla'amin health building are accessing a range of health and social services through ʔajumet and she say that ownership over the space has been a contributing factor to the increased service utilization.

Courtney Harrop is the Tla'amin Nation harm reduction coordinator. Harrop brings over 15 years' experience in harm reduction work to the role. She says ʔajumet is different than mainstream harm reduction services. "It is community based, indigenous led, and incorporates Tla'amin language, culture and ways of being into all aspects of our programming and services," says Harrop. "The relationship building and trust that develops with the people we support



Strong Medicine Poster created collaboratively with peer support team and JehJeh Media (1 of 7 posters)

# It is working. Zero Lives Lost in qathet region from Toxic Drugs since April 2023

## Harm Reduction

(Continued from page 12)

PWLLE's providing peer supports create an ongoing caring human and cultural connection, safer use supplies, and a range of other help including food support, connection to health services, and program design and development.

in their position and share a meal, you know it's so important and it builds trust."

George says the PWLLE role is important in breaking down trust barriers between members and service providers and keeping lines of communication open. She says once that wall has come PWLLE's are able to offer life-saving services. The PWLLE team is contacted at all hours for safe use supplies kit, naloxone kits, and even to broach family reconnection.

**"Having a dedicated space where people who use substances feel safe and welcome is a cornerstone of this program. It's a self-determined space. The clients of the program decide what its used for and are responsible for its care."**

-Marlane Paul, Health Director

Delana George works as a PWLLE and says that while her job is different every day the bottom line is looking after a person's whole being.

"When a person walks through that door, you can see the heaviness in their heart. So, to be able to come to a place where they will not be judged, or called down, where they can sit across the table from someone who has been

She says that while there is a long way to go yet, the program is having positive impact.

"The doors are open and people we work with are feeling loved and cared for. When people are treated with respect, their gifts can come out and we all deserve that."

**In 2016 death by toxic drug poisoning surpassed all other forms of death by unnatural causes in British Columbia including motor vehicle accident and suicide.**

**The dramatic increase in deaths by toxic drug poisoning in BC was officially declared a public health state of emergency on April 14, 2016.**

**Since the declaration of a state of emergency over 21,000 British Columbians have lost their lives to toxic drugs.**

**Harm reduction services, like those run out of ʔajumət, are proven to save lives and reduce harm to people who use substances and the broader community.**

## Reconciling the Residential School Problem

### *Intergenerational čičuys Can Still Suffer in Silence*



By Steve Gallagher  
Neh Motl Editor

On September 30th First Nations and supporters marched in a "Sea of Orange" to express their displeasure to the tens of thousands of Indigenous children, that never returned home from the residential schools era.

Adding insult to injury, the federal governments "1969 white paper policy" orchestrated by Prime Minister Pierre Trudeau and Minister of Indian Affairs, Jean Chretien was engaged in full throttle.

The Paper was seen as a quick fix to remedy to the "Indian Problem". In the end, it was a failed effort by the federal government to wash their hands of their fiduciary obligation to First Nation's people whose population was on the rise.

Here in the qathet region, our local School Board recently announced they adopted the "qathet School District" name change while reiterating that their commitment to Indigenous education in schools, and their efforts towards decolonization and Indigenization, will run all year long.

According to the Board of Education, removing the name Powell from the District's name is significant; he was the first superintendent of Indian Affairs in British Columbia who

reigned for 17 years and represents a colonial structure that oppressed and harmed First Nations people in countless ways.

The Board Chair also stated that changing their name is but one step in their reconciliation efforts and that they are grateful to the Tla'amin Nation for working with them on this endeavour."

As our čičuys graduate to elementary school or Brooks Secondary there can be an awkward moments meeting new friends for the first time. Meeting a new teacher especially may become overwhelming while exploring their interests in the classroom - let alone the experiences of peer pressures for all ages.

Listen carefully to the drum in their hearts and discover there is a story to be told. "Every Child Matters" 365 days a year and not just for one day.

Collectively, parents, principals, educators, and support workers share the responsibility to not only talk to our students, but most importantly listen, and support the little things that matter the most.

The consequences of children suffering in silence is a hard lesson to pay for those that could have made a difference. Our approach to Truth and Reconciliation can either say "It wasn't us" or "It's about us", it's that simple. Let's all be champions for our future generations memorable educational journey!

**Tla'amin Nation  
Executive Council Meeting Minutes  
Via In-Person/Zoom  
October 4, 2023**

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

**Regrets:** Gloria Francis

**Resource:** Richard Gage, Michelle Bruce

**Guests:** Nancy Morgan, Stefan Virtue, Emily White, Brandon Bresden, Sean McKinnon

Hegus Hackett listed the presenters from the agenda and introduced Brandon Bresden as the first presenter at 11:10 am.

**A. PRESENTATIONS:**

**1. REDIP Funding (Brandon Bresden)**

Brandon appeared before the EC to request passing of the resolution to request funding from REDIP to build the Traditional Food Facility. The following was noted:

- Waiting for design drawings
- The overall cost will be \$2,000,000.00.
- This grant will complete the funding for the entire project.
- There is currently no budget for operating and maintenance costs.
- Richard Gage stated there is a projected operating and maintenance budget due to the expected growth of the Nation.
- Hegus Hackett read the resolution presented on screen.

Motion to approve Resolution #21/2023. Construction of the Traditional Foods Processing Facility and support seeking REDIP funding.

**Moved by D. Johnson**

**Seconded by E. Blaney  
CARRIED**

**2. Taxamay Nurse Practitioners Renovation (Sean McKinnon)**

Sean appeared before the EC to receive approval to award Converge Construction the contract to renovate Taxamay.

- Converge Construction is the lowest bid.
- Construction to start as soon as possible and projected completion is early February 2024.

Motion to award the contract to Converge Construction the contract to complete the Taxamay Nurse Practitioners Renovation.

**Moved by L. Wilson  
Seconded by L. Luaifoa  
CARRIED**

## Looking for Harvesters and Gatherers to Join our Team



**As a member of our dynamic Lands and Resources Advisory Group, you will provide advice and feedback on valuable projects we are working on.**

**We will meet once every three months and you will be compensated for time.**

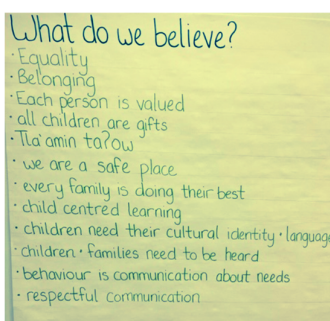
- Tla'amin Territory Forest Resource Plan
- Tla'amin Marine Plan
- Adapting to Climate Change

**Please reach out to April Treakle (604) 483-9646 ext. 154 or [april.treakle@tn-bc.ca](mailto:april.treakle@tn-bc.ca) if you are interested.**

**qa'tetštams  
pa'p'em**



This year, the Nation's early childhood education team is taking time on Wednesday afternoons to dive into important professional learning together and develop a fresh vision for quality early learning programming, with approaches and activities that support that vision. Our weekly time together as a team is also an opportunity for us learn to integrate more ʔayʔajuθəm and cultural programming into everything we do.

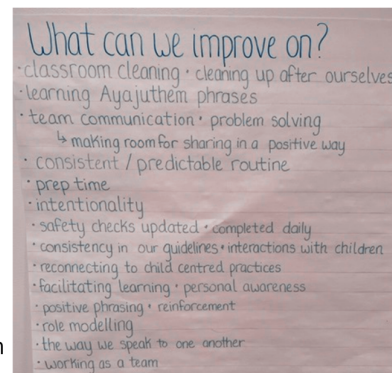


So far this year we've been able to use this precious staff time to do some team building activities such as the True Colours Personality Inventory, focus on meeting all our chi chuy's needs through our Supported Child Development programming, dive into the shared wisdom of the Chi Chia Circle about caring for children, and learn about brain development and building resilient brains. In coming weeks and months, a number of guests will share their expertise with the team – from building emotional intelligence in kids to anxiety management, from guiding and redirecting behaviours to creating awesome land-based programming, to teaching cultural practices and centering classroom activities on the interests and curiosity of our chi chuy.

We know having the programs closed on Wednesday afternoons isn't ideal for parents and caregivers. We are very grateful for this time to spend together. We are



committing to see it improve the work we do and the care we offer the community's children and families.



## Meet Christine Parsons Recreation Manager



Christine has been working in the recreation field for 30 years. She started as a recreation instructor teaching programs to young children. After her post-secondary education, she worked as a Program Coordinator & Recreation Supervisor. Christine has worked for the YMCA, many municipalities and most recently in the outdoor recreation & tourism sector. As a recreation professional, Christine is passionate about strengthening communities' wellbeing and providing opportunities for all to recreate. She is excited to work with the Nation to help create recreation services that reflect the traditional values and practices of the Tla'amin First Nations.

Christine grew up in the traditional, ancestral and unceded territory of the kwikwəłəm First Nations (Port Coquitlam) with her parents, older brother, and younger sister. Her mother grew up in Powell River and her father is from Barbados. In her spare time Christine enjoys hiking with her family, running and paddleboarding on the ocean.



My name is Shaniah Hillis and I look forward to working for Tla'amin as the Recreation Youth Coordinator. I am here to support youth with any recreation needs. I look forward to advocating and hosting different activities in the community. Stay tuned for what is to come.

## November Schools Out Program 2003

Highlights November 14th Assumption Pro D Day

Mondays: Free Play and Art Games (except Nov. 13th, closed)

Tuesdays: Art Activities

Wednesdays: Wellness

Thursdays: Cultural Activities

Fridays: Art, Games and Sports

### Planning to start your own business?



If you haven't started your business yet, WorkBC can provide entrepreneurial skills coaching to make your business idea come to life. Contact us today to learn more about the program and eligibility!

#103-4511 Marine Ave

WorkBC Powell River

604-485-7958

workbcpowellriver

## TLA'AMIN COMMUNITY RECREATION ʔayıştən ʔaye | Cousin's House

### SCHOOL'S OUT AFTER-SCHOOL PROGRAM

In partnership with the United Way of BC we are offering our School's Out after-school program here in Tla'amin Nation at ʔayıştən ʔaye | Cousin's House. The program runs Monday – Friday between the hours of 3:00 pm – 4:45 pm. Each day we offer a variety of activities including, games, sports, arts & crafts, fitness, cultural games, baking & more for the chuy's to choose to participate in. On average, we see 38 chuy's participating in the program daily. The program also offers activities on both SD.47 & Assumption Pro-D Days and Winter & Spring Breaks.



### School's Out November activity highlights:

- Dance with Laszlo Tamasik Dance Academy @ ʔayıştən ʔaye | Cousin's House
- Sphero BOLT technology kit with the Powell River Public Library @ ʔayıştən ʔaye | Cousin's House

### ONGOING DROP-IN PROGRAMS:



### PROGRAM REGISTRATION PROCESS

General programs will be offered each season. Some programs offered each season will ask you to register due to limited spots available. Please follow the steps below to register:

#### STEP 1:

DROP BY to ʔayıştən ʔaye | Cousin's House in person and speak to Recreation Assistant, Jimmy Harry. OR CALL ʔayıştən ʔaye | Cousin's House at 1-877-505-5139. OR EMAIL [rec@tn-bc.ca](mailto:rec@tn-bc.ca) with the program name, participant name, contact info and which session you are interested in.

#### STEP 2:

Once registered and on the class list, you will receive an email confirmation with paperwork to be completed. Paperwork can be emailed back to us or brought to the first day of the program. If you are registering for multiple general programs, paperwork can be used for all, but please be sure that you have completed Step 1 for all interested programs and that the names of the programs are listed on your paperwork. General Program Registration & Waiver Forms - completed each season we offer new programming. (Can add all general programs onto the one form / person) School's Out – Afterschool Program, Pro-D, Winter & Spring Camp Forms – completed each school year (Sept – June) but must register into each program as registration opens. Summer Camp Forms – completed in July and valid until Aug. 31. PAR-Q Forms – completed for fitness programs & weight room memberships ONLY. Valid for 1 year or sooner if your health situation changes.

#### STEP 3:

Enjoy the program!



### GENERAL DROP-IN PROGRAMS PROCESS

#### Step 1:

## New Job Listing on <https://tlaaminfirst.bamboohr.com>



### *Boat Operator and Lands Support (Casual)*

Tla'amin Nation Lands and Resources Team are seeking an individual to work with our team on some of our ongoing projects that require experienced boat guide operators. Knowledge of the Tla'amin Territory is a must including Desolation Sound, Unwin Lake, Theodosia and more.

#### **Key Responsibilities**

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

- Safely operates a 12-passenger crew boat, 8-passenger landing craft, & 6-passenger duckworth boat
- Maintains boating certification and documentation by producing daily and monthly log/reports
- Maintains vessel cleanliness and operational maintenance
- Leads and participates in regular safety briefing and drills
- Maintains awareness of surroundings and practices cautionary judgement while stewarding the area-
- Updates and provides data as required via ARC GIS applications
- Is familiar with our local area and always aware of current and predicted weather conditions
- Maintains a friendly professional demeanor when dealing with stakeholders and clients/boat passengers.
- Provides rescue and first aid attention when required.
- In keeping with safety protocols and procedures, produces accident/incident/injury reports when necessary.
- Other related duties as assigned such as stewarding the land with our Guardian Watchmen and our Lands Officer and more.

Read more or apply at <https://tlaaminfirst.bamboohr.com/careers/116>



### *Building & Grounds Maintenance*

(Closes November 10th)

#### **Position Summary**

Job Status: Casual on Call  
Job Title: Building & Grounds Maintenance Worker  
Hours of Work: 7 am – 3 pm Monday - Friday  
Worksite: Health Building and CDRC Building  
Date Posted: October 25, 2023  
Date Closed: November 10th, 2023  
Time Closed: 4:30 pm  
Salary: \$24.35 per hour  
Reports to: Health Director or designate  
Reference #: 11-10-2023-BGMW  
Internal/External Posting

Carry out minor repairs and maintenance for the buildings, vehicles, grounds, equipment (lawn, kitchen, fire safety, furniture for the Health Administration building and the Child Development & Resource Centre.

#### **Key Responsibilities**

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

#### **1. Operates and transports with a motor vehicle to carry out job related duties**

- Within WCB standards, moves and lifts related equipment, furniture and supplies
- Organizes recycling drop offs

#### **2. Arranges for and monitors major repair and maintenance work**

- Reports deficiencies, unsafe or faulty equipment to Manager
- Uses hand and powered tools to remove dirt, leaves, water, and other refuse
- Performs minor gardening tasks such as mowing and trimming lawn, weeding and watering
- Checks and monitors lighting system outside
- Prepares, paints and recovers interior and exterior buildings and other surfaces

#### **3. Maintains accurate records of daily tasks and routine performed and TCHS work related Forms**

Read more or apply at <https://tlaaminfirst.bamboohr.com/careers/115>

# 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**



(FNHA). He currently acts as Deputy Chief Medical Officer, where he champions the improvement of overall public health and wellness of First Nations communities in B.C. and advocates for the transformation of health care systems in service of culturally safe care. As part of this new role, Dr. Adams will keep the FNHA apprised of the school's development efforts and progress. "I am delighted that Dr. Adams has joined SFU Medical School in an acting capacity to embed First Nations, Inuit and Metis perspectives on health and wellness, as well as hardwire cultural safety and humility, into the curriculum," says Dr. Nel Wieman, Chief Medical Officer at the FNHA.

Announcing an acting associate dean, Indigenous health and senior advisor for the SFU Medical School September 27, 2023

As we build the SFU Medical School's interim leadership team, Dr. Dilson Etcheverry Rassier and Dr. David Priceare delighted to announce—particularly as we near National Day for Truth and Reconciliation—the appointment of Dr. Evan Adams to the role of acting associate dean Indigenous health and senior advisor to the Provost and VP Academic as of Monday, September 25, 2023. Dr. Adams served on the Admissions and Learner Experience Working Group, providing input to the SFU Medical School's business case, and is a visiting professor in the Faculty of Health Sciences.

Dr. Adams received his MD from the University of Calgary Cumming School of Medicine and his Masters of Public Health from Johns Hopkins Bloomberg School of Public Health in Baltimore, Maryland. He undertook the Aboriginal Family Medicine residency training program at St. Paul's Hospital and is a past president of the Indigenous Physicians Association of Canada.

A proud community member of Coast Salish Tla'amin Nation, Dr. Adams is a past Chief Medical Officer of the First Nations Health Authority

"During his time at the FNHA, Dr. Adams has been a major contributor to transforming health care for First Nations in B.C. We now look forward to working alongside him and SFU Medical School to shape a new generation of primary care physicians," says Richard Jock, the FNHA's Chief Executive Officer.

Over the past two decades, Dr. Adams has held influential public health positions nationally and in B.C., including Deputy Chief Medical Officer, First Nations & Inuit Health Branch Headquarters with Indigenous Services Canada and Deputy Provincial Health Officer for Aboriginal Health with the B.C. Ministry of Health. During his time in these roles, he has worked in close partnership with government and provided independent direction on Indigenous health concerns while continuing to pursue his research interests, which lie at the intersections of environment, land, community and holistic wellness. His knowledge, experience and insights are welcomed as the SFU Medical School works to embed Indigenous knowledge systems within its foundations.

Please join us in congratulating Dr. Adams on his new role with the SFU Medical School.



**Taliyah Souch featured as the Kid Captain at the Whitecaps game on September 30th. Such an honour and unforgettable experience for this young rising star.**

Whitecaps FC are honoured to have Taliyah Souch from Hope and Health representing Tla'amin and 'Namgis First Nations as Kid Captain for Saturday's match against D.C. United.

Hope and health selected Taliyah Souch for the whitecaps kids captain, Taliyah is representing Tla'amin and Namgis First Nations. She is recognized for her strong leadership on and off the pitch. She is a role model to her peers by embracing her culture and excelling in athletics. This summer Taliyah attended the canoe journey and paddled on a 12-man canoe from her hometown Qathet throughout the Sunshine Coast and finishing off at the final

destination Muckleshoot USA. A two-week journey!!

On the pitch Taliyah is a smart, calm, technical player with great vision and understanding of the beautiful game. Her dedication and hard work led to many outstanding achievements and awards; with player of the game in The Dominican Republic selected to play with NIFA, and receiving several All Stars, MVP's playing in First Nations Tournaments in BC. Taliyah has made little ripples throughout the High-Performance League, Villa rep team, and Tla'amin Thunder team!

**Four Tides Hospice Society**  
 in collaboration with  
**Tla'amin Health**  
**Grief Support Group**  
 Wednesdays 5:30pm-7:30  
 Oct 11 - Nov 22  
 At the Education Trailer  
 A nurturing space for adults who are  
 grieving the death of a loved one to  
 come together for support & fellowship

To register contact sally.louie@tn-bc.ca or call 604 483 3009

**Free Admission for Complex Users**  
**swimming, skating, and exercise room**  
**Sunday through Saturday**  
**Please sign and register all names of your group**

## čičyε Circle Meeting 25 September 2023

**Present:** Chair: Ryan Pielle. Members: Evie Thom, Brenda Pielle, Elsie Paul, Doreen Point, Pauline Paul, Sherry Bullock, John Louie, Jerry Francis, Lynn Galligos. Guests: Dillon Johnson, Emily White, Sabrina Wilson.

Welcome and check-ins

**Discussion:**

- Discussed ʔayaʃuθəm names for the Treaty, and made a collective recommendation
- Finalized review of the čičyε workshop #2 summary of learning
- CFS departmental updates: three new positions are now posted

**Next meeting:** 26 October 2023 @ 11:30 am

## Tla'amin Elders Corner

Doreen Hopkins – 604-483-3009

### łaxłaxay mahcyıtən (Elders Lunch)

November 7th and 14th 2023  
Location: Tla'amin Health  
Time: 11:00 a.m. to 1:30 p.m.

### xənətəs ʔəmta'ukwt

(Gifting of patchwork quilts to residential survivors)  
November 9th, 2023  
Location: Gym  
Time: 4:00 p.m. to 8:00 p.m.

### Elders Holiday Luncheon – bring your holiday spirit!

December 12th, 2023  
Location: Gym  
Time: 11:00 a.m. to 4:00 p.m.  
Bring your spouses.  
**Guests:** Assumption School Children Choir

Elders, it is that time of year again to plan for next year. Please join us for lunch to share your ideas. If unable to attend a luncheon, drop off your suggestions, marked Attention: Doreen Hopkins at Tla'amin Health reception.  
Cheh eht Thum Kwa'no meh

## Tla'amin Elders 50/50 Fundraiser

\$2.00 per ticket or 3 for \$5.00

50 Percent to winner and 50 Percent to one lucky Tla'amin Graduating Student

When: Draw to be held on December 12th, 2023, at Elders Holiday luncheon

Location: Gym - Time: 11:00a.m. to 3:00 p.m.

Please, support the Elders fundraiser by purchasing a 50/50.

**Ticket Sales are being sold by: Phil George and Margaret Rossi**

**LOCALLY homemade**  
“Ragu” meat sauce, salad  
and garlic bread.

Cost per plate: \$20.00

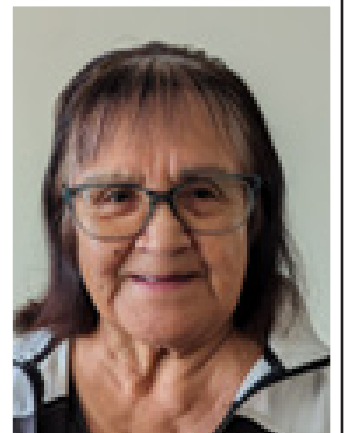
Location: Tla'amin Gym  
Date: December 8th, 2023  
Time: 11:30a.m. to 2:00 p.m.  
Chef: Pierantonio Culos  
Assisted by: Claudia Medina

All proceeds go to “Four Tides Hospice Society.”



## This month's čičyε circle teaching

“November is usually the month that my mother-in-law does smoked fish; that's her love. She loves to do smoked fish and barbecue fish by the fire. She smokes it in brine; it's got that special touch to it.



Pauline Paul

This month's čičyε circle member

We all help right from the start – washing it and brining it, hanging it the next day. Taking the bones out of the fish with tweezers - my mother-in-law used to use her teeth. My daughters help with washing and dumping the water. There's always something to do around that time. Before you hang the fish, you soak your cedar sticks in water for a day or two so it's not dry. And you gather green or brown ferns and use that wipe the fish down because they're very slimy. The young ones just love to handle the fish; they think it's out of this world. Gathering and piling the wood for the fire, usually alder. My mother-in-law keeps the cedar sticks you hang the fish with from year to year and just replaces them as needed. And the fire can't be too hot, it has to be a certain temperature.

The hard work, it's well worth it to have the young ones experience the kind of work you have to do. It gets the family together and passes the teachings down to them. It's always nice to sit by the fire and watch the fish cook – and have a great lunch after. We have it with boiled potatoes, and bacon grease of course! You can't have smoked fish without bacon grease. The fish itself is cut very thin for the smokehouse. The extra meat that's there, they call it neckties. It's the best snack! The female fish have eggs; we save that and use it when we make fish soup. That was always a staple for the older people.

She always says when you're finished doing the fish, the guts and everything has to go down to the beach, right at the water line. We were always told you have to bring it back where it came from. There's not too many smokehouses around now, but they have a big community one up at the hatchery.

I went fishing with my dad when I was younger. My oldest daughter was just starting to walk, and I had her up there too. That was quite the experience, something I'll never forget. It's nice to reminisce about those old days, and pass it on. Keep it alive.

I try to instill sharing in my grandkids whenever we do something, like picking berries. We always share with the Elders that can't get out and do it for themselves. When we distribute, my grandkids bring it to the door and hand it over. It's nice to see them carry that on. It's always been that way, long ago. Fish, deer meat, clams – you always share what you have. It's a good feeling.”



# Let's Talk Trash.ca

WHAT IS WASTE?



Ingalisa

Tai

Abby

## Wet Coast: Mold Prevention

On sunny fall days, it's easy to walk along seaside forgetting all the challenges of living on the wet coast. Moldy car seats, expanding wooden doors, and damp papers in the basement are common problems where humidity is high. The same conditions that make this a paradise for mushrooms are responsible for the ideal conditions to grow mold and to damage furniture and other items in storage. It can be tempting to run to the store for a quick solution and end up with a cheap plastic fix. Before you do that, consider these earth loving solutions to helping your family breath a mold-free sigh of relief.

If you are experiencing a lot of humidity in your car, take advantage of the next sunny day by rolling down your windows to get air flowing. Removing any damp towels, pillows or other

items that absorb water will help speed the drying along. Next, get the fan blowing with the a/c on, if you have it. If you need to get the help of a dehumidifier, maybe a friend has one you can borrow so you don't have to invest in one for just a few uses.

Single pane windows in homes sweat a lot when temperatures outside are cooler than inside. Dirt tends to attract water, so clean windows are less likely to get damp. That said, double insulating your windows may be the only reliable solution. If replacing windows is a possibility, there are CleanBC rebates for creating more energy efficient homes in this way. The old frames being removed can be saved for a greenhouse project down the road.

Instead of replacing single pane windows, you can also create reusable seasonal frames that you put up over your windows each year. This takes a bit of measuring, some heat shrink plastic, bits of wood and a hairdryer, but is well worth the time in the end. You'll finally be able to see out your windows for one, and your indoor air quality will benefit from not having a mold factory on the window sills.

Campers and trailers are great fun in the warmer months, but need extra care and attention when the weather turns chilly. Keeping them dry in the winter can be a challenge. Tak-

ing out mattresses and seat cushions when they are not in use gives water less places to hide. Using moisture absorbing beads is a popular choice. These often contain calcium chloride which wicks water out of the air and into a collection tray or container. As with many household cleaners, desiccants (materials that remove water their surrounding environments) often come in single use plastic packaging. Using them is sometimes the necessary trade-off as they can prevent damage to your home on wheels.

Another potential solution to moisture issues may seem odd at first - Himalayn salt lamps and candle holders. Anyone who has left these in a damp room has no doubt found a puddle of water underneath them. Salt removes moisture from the air naturally. If you use these to remove moisture from the air, just make sure to remove any wiring from a salt lamp first and to place a bowl underneath it to collect the water.

A great reuse trick is to keep any of the silica gel packs you receive in food or other products you purchase. They are designed to remove water from the air as well and are perfect to use in storage bins with books and important papers.

Kitty litter is another great hack for drying things out. Place in an old pair of tights and tossed in a damp environment, they can absorb a fair bit of water.

Damp air doesn't have to dampen your spirit or your belongings. Instead, look for ways to keep your belongings dry to extend your enjoyment of them.

Let's Talk Trash is contracted by the qathet Regional District to deliver its waste reduction education program. Contact them with your questions [info@LetsTalkTrash.ca](mailto:info@LetsTalkTrash.ca). Learn more at [LetsTalkTrash.ca](http://LetsTalkTrash.ca)



Opening puck drop at the Home Opener of the Kings game with Erik Blaney, Drew Blaney, Guest NHL Player Glen Anderson from the Edmonton Oilers.

FIRST PEOPLES' CULTURAL COUNCIL

# Holiday Card Contest

INDIGENOUS ARTISTS IN B.C. AGES 5-12

Top 4 finalists will receive a \$150 gift card and have their artwork featured on a FPCC Holiday Card!

Deadline: November 17, 2023

Learn more at [fpcc.ca/holidaycardcontest](http://fpcc.ca/holidaycardcontest)

Questions? Email Kaitlyn at [kaitlyn@fpcc.ca](mailto:kaitlyn@fpcc.ca)

# tisk<sup>w</sup>ət

tuwa ʔak<sup>w</sup>s ʔoxoʔ ʔəms yiqaš tin tisk<sup>w</sup>ət  
 ninijə k<sup>w</sup>ums ʔəʔtən  
 niigi ʔax<sup>w</sup> tuwas k<sup>w</sup>ums ʔəʔtəns

From a long time ago, you have nurtured us tisk<sup>w</sup>ət  
 You have fed us  
 You have sustained us

tisk<sup>w</sup>ət

tisk<sup>w</sup>ət

tawa ʔek<sup>w</sup>s ʔoxoʔ niigi ʔeʔəʔəx<sup>w</sup> ʔok<sup>w</sup> titačumix<sup>w</sup>  
 tə qeʔečt  
 tə x<sup>w</sup>əʔay  
 tə qeʔəθ  
 tə k<sup>w</sup>ak<sup>w</sup>ax  
 niigi k<sup>w</sup>onet ʔok<sup>w</sup> titačumix ʔəms tawasx<sup>w</sup> k<sup>w</sup>ums ʔəʔtən

You have always taken care of the animals  
 The elk  
 The mountain goat  
 The deer  
 The ducks  
 You look after the animals and they in turn feed us

tisk<sup>w</sup>ət

tisk<sup>w</sup>ət

niigi ʔa yiχmetoməʔ  
 niigi ʔəms ʔimex<sup>w</sup>  
 niigi χanatoməʔ k<sup>w</sup>ums ʔasəm  
 niigi ʔəms sosohoθot  
 tawa k<sup>w</sup> čeʔet ʔi ʔeʔana čičuy ʔi q<sup>w</sup>olśm ʔasəm  
 niigi čečegat təms wawiwlos  
 ʔi q<sup>w</sup>olsəm ʔasəm tumiš  
 nəmga ʔəms tistomə

You took care of us  
 You are our medicine  
 You made us strong  
 You provided spiritual cleansing for us  
 You have given our newborn babies strength  
 You have helped our young boys  
 Turn into strong men  
 Therefore, we have the utmost respect for you

tisk<sup>w</sup>ət

tisk<sup>w</sup>ət

nəʔ təθ ʔa kex<sup>w</sup>ask<sup>w</sup>ut k<sup>w</sup> memək<sup>w</sup>maq<sup>w</sup>ayu  
 həʔ ʔax<sup>w</sup>nam ʔos  
 tawak<sup>w</sup>s ʔoxoʔ ʔax<sup>w</sup> k<sup>w</sup>ok<sup>w</sup>ts ʔenx<sup>w</sup> ʔa niigi  
 həhew qaxənx<sup>w</sup>mot tisk<sup>w</sup>ət  
 tuwaga ʔi q<sup>w</sup>olčət ʔasəm qaymich<sup>w</sup>

Our ancestors were laid to rest on your shores  
 That is the way it used to be  
 For endless years, the salmon have come up your river  
 You were bountiful tisk<sup>w</sup>ət  
 Therefore, our people became strong

ʔi ti taqot<sup>ə</sup>et<sup>ə</sup>əm  
 ʔi namot sq<sup>w</sup>ols χaxpiy ʔeʔju ʔenx<sup>w</sup>

They damned the river  
 Still, the fish are coming back to you

ti taqot<sup>ə</sup>et<sup>ə</sup>əm tisk<sup>w</sup>ət maʔawšt k<sup>w</sup> ʔahmot q<sup>w</sup>ayigən  
 ʔok<sup>w</sup>təm ʔaxaw  
 ʔax genom k<sup>w</sup>ums mēma k<sup>w</sup> maʔq<sup>w</sup>aye  
 ʔi ti hihimex<sup>w</sup> ʔeʔiʔaye

When you were dammed, we were hit with sorrow  
 Everything was destroyed  
 Our ancestors' burial sites were destroyed  
 And they built cabins there

tisk<sup>w</sup>ət

tisk<sup>w</sup>ət

ʔaʔaθošt k<sup>w</sup>ums qaq<sup>w</sup>umsχ<sup>w</sup> taqhoθeʔet  
 qajisθot ʔaʔaθot  
 χaʔnoməšt tisk<sup>w</sup>ət  
 niigi χaxnatoməʔ ʔa ʔiq<sup>w</sup>ayigən θo təms tiqix<sup>w</sup>aʔ  
 niigi tisk<sup>w</sup>ət ʔa χaxnatoməʔ ʔa ʔasəm q<sup>w</sup>ayigən  
 tuwa ʔak<sup>w</sup>s ʔoxoʔ  
 həga ʔəms ʔaʔaθot k<sup>w</sup>um χaʔjux<sup>w</sup> tisk<sup>w</sup>ət  
 χaʔnoməšt tisk<sup>w</sup>ət

We tried to stop them  
 We are still trying  
 We love you tisk<sup>w</sup>ət  
 You are what gave us and our children happiness and joy  
 You tisk<sup>w</sup>ət have given us strength  
 Since the beginning of time  
 And that is why we are trying to get you back tisk<sup>w</sup>ət  
 We love you tisk<sup>w</sup>ət