



## tiskwət Mortuary Poles Discovered in the Museum of Anthropology



The above photo was taken around 1910 at tiskwət. Standing left of the two mortuary poles is Joe Gallegos Senior and to the right is Aupel (Bill Charlie).

The Tla'amin Cultural Department received a grant to visit the Museum of Anthropology to view a set of masks (page 2) that were collected from Bliss Landing in 1926. No one could predict what they would ultimately discover.

On January 19th, Executive Council Dillon Johnson and Lori Wilson, along with Cultural Coordinator Drew Blaney and staff were finally able to travel to the museum and view these items in person.

What Tla'amin members did not expect was to piece together a part of history that had been a "mystery in the making" for over a century.

As invited guests to the museum, a brief stop at the entrance to the Indigenous collection was on the agenda with museum director Susan Rowley who gave a quick welcome.

During this brief stop, something caught the attention of Tla'amin Culture and Heritage Manager, Drew Blaney. Two poles were standing side by side, at the side entrance to the exhibit.



Inside the display case are the two tiskwət mortuary poles that have been on an incredible journey since being removed from tiskwət circa 1910-11. The poles were once reported to be in Stanley Park, rumored to take a spiritual bath in the Fraser River during a massive flood, made a pit stop in Chilliwack, performed at an 1969 exhibit in Montreal, and finally took shelter in the entrance of the Museum of Anthropology.

Front Row: Dillon Johnson, Lori Wilson, Brianne Louie, Drew Blaney, Museum Director Susan Rowley and Rhys Poole

"The poles were labelled as Sto:lo mortuary poles," Drew Blaney explained, "But deep down inside, we knew that we had seen these poles before."

As the group moved to the back of the museum to view the masks from Bliss Landing a text message from Drew's brother Erik with photos of the mortuary poles on the banks of tiskwət in 1910.

"We soon realized that these were in fact the same poles we had been searching decades for. There were no words to describe how our group felt in this moment" continued Drew.

"At the same time, museum staff were just as excited, as they too were never able to piece together the correct information regarding these poles. But in this moment, everything came together."

### What We Know So Far

The photograph at tiskwət was probably taken around the year 1911, when the dam was built along the river. The poles were most likely taken around this time, although we are unsure who exactly took the poles.

For the next few decades, more mystery surrounded the poles with several conflicting reports on where they originated from.

POLES (Continued on page 2)





## Tla'amin Governance House Updates

4779 Klahanie Road,  
qathet, BC  
V8A 0C4

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

## Family Day

Governance House will be closed on Monday, February 19th, 2024.

## Message from Hegus John Hackett



### ᑲᐱᑭᑦᑲᑦᑲᑦ

As we lean into the new year, our nation and sister nations have had too many jeh jeh's passing before, during, and after the holidays. I would like to express my deepest condolences to all the families

### ADM Jennifer Melles and ADM Matt Austin Visit to Tla'amin

ADM Jennier Melles and Matt Austin visited Tla'amin representing the province of British Columbia regarding Natural resources within Tla'amin Territory. On behalf of Tla'amin the Lands and Resource Staff as well as Tla'amin Intergovernmental Relations team were in attendance.

The purpose of the meeting was to update the province on many topics Such as Heritage Stewardship, Tiskwat, Additions to Tla'amin Lands, Mining, Groundwater Allocation, and Treaty Amendments. Tla'amin main objective is to capitalize on Prioritization & Opportuni-

ties efficiencies to get the most of our engagements in a timely manner. Through that discussion timelines become clearer.

### ADM Heather Mclean

Earlier that week we had a similar engagement with ADM Heather Mclean to discuss Tla'amin's specific Claim to Tiskwat and had discussion on Tla'amin Fiscal Finance agreement renewal to bring forward changes Tla'amin is wanting. Tla'amin expressed the need to finalize this work as soon as possible, especially in advance of the next Federal election.

### Community engagement

Through our communications department there is a shift in our approach to getting feedback from our community meetings. There is an opportunity for everyone in attendance to provide feedback, as well as receiving and viewing the results in real time. This is a powerful tool to use as we can reflect on community meetings and have the data to show and prove that a topic was supported or not supported. Reflecting on data from community input from community meetings will provide guidance to future planning. This new approach has been very well received by overall community members who attend in person or virtually at community meetings.



These two masks (human on the left, bear on the right) found in Bliss Landing in 1926 may have been the catalyst for the Motuary poles to find Tla'amin members at the Museum of Anthropology this past January and repatriate the poles back to our traditional territory of Tiskwat.

### POLES (Continued from page 1)

We know that the poles were moved to the lower mainland after leaving Tla'amin territory and were found in a shed in Stanley Park in 1925. The poles were photographed at this time and soon after found their way into the private collection of George Raley, who at the time was principal of the Coqualeetza Residential School in Chilliwack.

Other conflicting reports indicate that the poles had been found floating in the Fraser River near Sardis during a massive flood. This information is most likely untrue. The poles were then photographed in 1930 in Chilliwack, before being donated to the Museum of Anthropology in 1948.

In 1969, the poles travelled to Montreal for an exhibit called "The Man and His World",

before returning to Coast Salish territory. Since then, the poles have stood at the entrance to the Museum of Anthropology at the University of British Columbia.

### What Next?

During a visit to the Museum of Anthropology on January 19th, 2024, The Tla'amin Nation expressed the desire to have the poles returned home to Tla'amin territory.

The museum and nation will now begin the process of repatriating these poles, which will be housed in our new cultural centre upon their return. We are so grateful that the museum is working with the nation to make this happen. Stay tuned, there is more to come!

## Vancouver Urban Cultural Days

March 8th-10th  
(Location to be determined)

Join us for Vancouver Urban Cultural Days!

**Friday:** Language Recording and Drumming and Singing  
**Saturday:** Cedar Hat Weaving  
**Sunday:** Cedar Hat Weaving

Email Noreen Paul to RSVP  
noreen.paul@tn-bc.ca

# Once Upon a Time in Tla'amin

*Film students share their vision moving forward through the Indigenous lense of their journey through life*

Film students premiered their work at a gala screening at our Governance House on December 13th; the films were subsequently shown at the qathet Arts Centre. The Education Department has retained the film-making and digital media equipment that was acquired for this program, for ongoing use by the Culture & Language team.

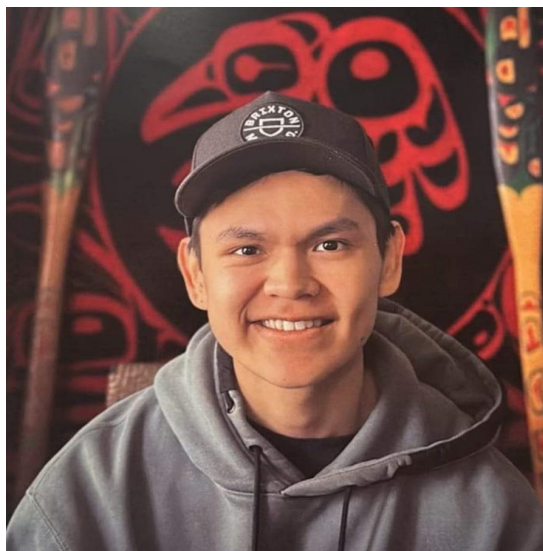
The work produced featured a wide variety of topics, including the Tla'amin creation story, teachings from elder John Louie about the river, teachings from elder Elsie Paul about the language, Tla'amin Nation's history of soccer excellence, local medicinal plants, Coast Salish formline art, students' own poetry, and more.

The seven participants – Kobe Galligos (jehjeh Media), Baby Harry, Shaylene Gale (jehjeh Media), Allison Conibear (jehjeh Media), Brianne Louie (Tla'amin Nation Culture & Language team), Rhys Poole (Tla'amin Nation Culture & Language team), and David Allen Moon – all completed the program, having collaborated on the production of several short films.

**Tla'amin Department film program in ʔišosəm congratulates all our students**



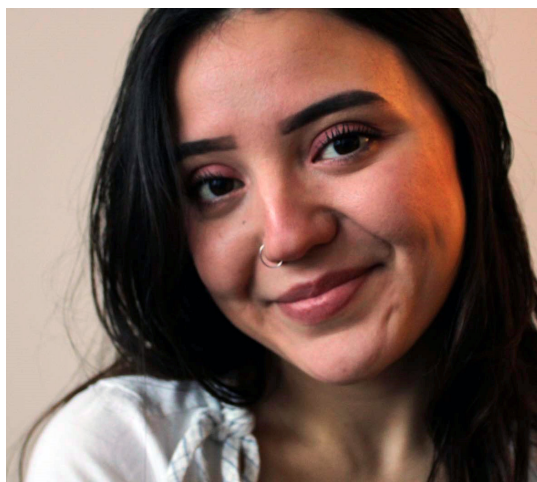
Qathet film students standing proud as they hold their certificates after the first premiere of the several short films that they all played a part collaborating in. [from left] Kobe Galligos, Allison Connibear, Brianne Louie, Rhys Poole, Shaylene Gale, Baby Harry and Director of Education Sophie Call. [Missing Dave Moon]. All of the students plan to continue with digital media production in one way or another.



## Kobe Galligos

Hi, my name is Kobe, I'm an Indigenous form-line artist working on strengthening my art and learning new mediums with which to express my artwork. I'm currently learning how to create my art digitally using design programs on my computer, as I would one day like to sell prints of my artwork. The film I created during the QFSC course was a short collage of photos and videos of me and my father's artwork. I also talk about why I love Indigenous art, as the video plays audio of my voice in the background.

The art style has a resonance unique to our culture and I love to talk about it with people. It was fun to record and talk about art over the course of filming for the class, and I had a super easy time talking about it for the interview portion of the film. I'm glad I got to share the film and all the art inside it and appreciate it if you enjoyed the film.



## Allison Conibear

Ahjetchwut, Allison Conibear utth nen. Tawutch choo tolq hega Lyackson. My name is Allison Conibear I come from Klahoose and Lyackson Nations. My parents are Rena and Frank Conibear. The opportunity to work with Qathet Film Collective in a 6-week intensive course, for me, came through jehjeh Media.

As a media-focused language organization, this was a great learning activity for the kind of work we'd like to do in the future. I chose to share my personal poetry for this class as a new way to explore how I would like it to be shared publicly. Previously I had only shared my writing through a self-published zine entitled *a little collection of poems*, and through social media.

yeXyeX (to remember easily) my main project with QFC, is about the timelessness of grief and the mixed emotions that are so naturally intertwined during these hard times of our life.

My second short film, *the way that we move*, is a quick love letter, a spray of visual perfume to spark nostalgia.

Getting to take this course meant connecting with other creatives in community and sparked inspiration of what work can be done to highlight our ayajuthum stories, culture, and ourselves as qaymix people.

**The film program as presented at the gala screening is available to view at**

**<https://vimeo.com/896791319?share=copy>  
(password: QFC).**

# Steps Closer to Completing Her Healing Journey

*Walking the traditional territory of her ancestors in church house brings her full circle*

*By Steve Gallagher, Neh Motl Editor  
Interview with Elder Doreen Point*

My name is Doreen Point. My traditional name is C (Elizabeth). My dad is Jimmy George Harry. I am the Granddaughter of Hereditary Chief George Harry from Hackett Sr. and Agnes Hackett (Bob).

Born in Redonda Bay, BC on January 23, 1946, Doreen remembers her dad working as a logger and her mom working in the fish cannery. It was there the Indian Agent found Doreen's brother Pete and both were forced to go to the Sechelt Indian Residential School (IRS). This is Elder Doreen's story.

”

***I remember being strapped and slapped many times, for speaking my language***

**Elder Doreen Point**

When I arrived at Sechelt Indian Residential School, I became known as #96. I was now forbidden to speak my language and paid in punishment if I did. The effects of attending the Indian Residential School are not a pleasant story. Residential School became a place of horror for me. My seven years at Residential School made me feel helpless with no hope in sight. I had very low self-esteem, self-worth, and self-confidence. This continued for seven endless years from January 1952 to 1959. I was only 5 years old, and just 3 weeks away from my 6<sup>th</sup> birthday. There were no birthday parties, no birthday song, no birthday cake, and no birthday present for us.

I was denied the right to have a normal childhood. Denied my home where I could be loved and cared for by mom and dad, my siblings, my extended family, and my



**Doreen's last day at Sechelt Indian Residential School with Sister Anna Gerard in June of 1959. Sister Gerard would change her name to Sister Elizabeth in honour of Doreen's middle name**

community. To this day I still grieve this as a huge loss.

I recall a lot of verbal abuse. We were always told again and again that we were dumb and stupid, and would never amount to anything. Almost all the nuns at the Residential School inflicted pain whether it be emotionally, mentally, or physically. Spiritual abuse was continuously tormented towards me and the other children. The nuns did not treat us like human beings and if we hurt ourselves, they ridiculed us and told us we were careless and clumsy.

**The nuns and the priests that should have protected and nurtured us, became the source of our pain and unhappiness. We were denied the right to any happiness.**

They made us feel ashamed of being First Nation children and we were taught to reject our

culture, our language and all our traditions. I remember being strapped and slapped many times for speaking my language.

The sexual abuse by the priests began shortly after I arrived at the Residential School.

By the time I was 6 years old I had been sexually abused by 2 priests.

**It was shortly after that one of the nuns started to take me to her room for extra help with my schoolwork. Sister Anna Gerard told the mother superior that I needed extra help. She helped me by stopping the sexual abuse by the priests.**

I moved here to Tla'Amin in 1963 and married my husband Alex, we have been married for 61 years. Together we had 7 children, we had 18 grandchildren and 9 great grandchildren.

It was shortly after we married that the nightmares of Indian Residential School

began. I started to drink to dim the nightmares, first it was a bottle of beer, then it was two and before I knew it the six pack was gone in one night.

Unable to deal with my traumatic experience of Indian Residential School so alcohol became my friend and sedative. I became a functioning alcoholic for over 25 years, which is a long time, I didn't like the person I had become plus I hated being sick all the time.

I was 13 years old when I left the Sechelt Indian Residential School, I didn't know who I was, I didn't know what I was supposed to do, I was so used to being told what to do. I went through my husband who stood by me, supported me, and loved me.

I always wanted God in my life, and I always prayed for HIM to help me, and he did.

On September 16, 1985, our first grandchild and granddaughter was born. Her name was Alisha Dorean Point, I met her for the first time when she was 8 days old. I immediately undressed her to make sure she had all her fingers and toes and fell in love with my granddaughter. She grabbed my finger and would not let go.

**I believe a miracle happened at that moment; I could actually feel the alcohol craving leave my body. I did not experience any alcohol cravings. I have been alcohol free for over 38 years now and smoke free since 1990.**

It was in the early 1970's that I went back to school and got my grade 12, through a GED program given by Malaspina College. I worked as a teacher's aid at James Thomson for 8 years and 5 years for School District #47.

Alex and I moved to Vancouver in 1986 and it is while we were there that we became foster parents. We fostered for 27 years. I was one of 6 women who founded the Federation of Aboriginal Foster Parents. I was their Treasurer for 20 years. In 1994 – 1995 I went back to school at the Vancouver Native Education Centre to learn the computer and I won an Achievement Award for the Administration. I did my practicum at Social Planning and Research Council (SPARC) and was hired. I worked there for 5 years. I am Elder IN Residence in Verna Francis justice Program for about 14 years now.

I have been involved with the First Nations Health Authority Harm Reduction, it was here that I started to say opening and closing prayers.

I learned to speak our language from my mom and dad and my gran Theresa and my grandfather Johnny Hackett Sr. I believe our language is important to every one of us, it is our identity, it is who we are.

I feel very proud when I hear our songs being sung by Tla'amin children and non native children in ourdaycare, while learning and following direction in our language.

At present I am employed by our Tla'Amin Education department as a Language Support/ Elder in Residence. In other words, I have gone back to my old job working with Children. I am very proud to be doing this again.



**Residential School Survivor Elder Iesptit was gifted her survival blanket in 2022, in recognition for her courage, strength, and resilience starting at the young age of six years old.**

As you have read my story it is filled with broken pieces, terrible and ugly truths. It is also filled with a major comeback. It has put peace in my heart and a grace that saved my life.

**It is my future goal to go back to Church House and walk on the traditional territory that my Ancestors walked on ... then my healing journey will be complete. My life will finally come full circle.**

**ALL MY RELATIONS**

# Snow Day

Aubree, Olivia and Miles waste no time when the schools were closed on January 17th, and head to the hatchery for some slip and sliding tobogganing amusement.





# Tla'amin Nation- Call for Artists

**FROM:** Tla'amin Public Works Department

**DATE:** January 11, 2024

**RE:** ʔəms ʔayə- "Our House" Cultural Center.

On behalf of the Tla'amin Nation, we are looking for interested artists (Carvers, painters, and digital artists) for contributions to various areas of the construction of our new ʔəms ʔayə or "Our House" Project.

**Art will include:**

- painted murals
- carved entry poles
- carved doors, and various other carvings
- and other various carvings.
- digital visuals



All interested artists please submit photos with examples of their artwork and a summary of their experience and interest to [Publicworks@tn-bc.ca](mailto:Publicworks@tn-bc.ca)

## Arnold Courtney Retires from Public Safety



Happy New Year everyone!!

I wanted to take this opportunity to let everyone know that as of the 18th December, I have officially retired from the Tla'amin Nation Public Safety Department after serving our community for the past 4 1/2 years. Working for the Nation has been a tremendous honour, and a wonderful and memorable experience.

It was a job I took very seriously, every day, putting forth the same devotion and commitment I did during my 30 year policing career, as well as years in the Canadian military. I have never been wired for anything less.

Thank-you all for embracing me not only as one of the Nations Enforcement Officers, but also as your friend, family and neighbour. I wish all of you and your loved ones the very best in 2024.

Emote!! Arnie Courtney

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 )

**For Public Works & Housing Related Emergencies call 604-578-0447**

**Animal control & Public Safety please 604-413-7102**

*School Attendance Matters!* A<sup>+</sup>

**Chronic absenteeism is generally defined as missing ten percent or more of a school year, including excused and unexcused absences – which results in approximately 18 days a year, or about two days every month.**

FNESC Raising Attendance Rates of First Nation Students in BC. 2020  
Tla'amin Education Department

# Community Members Join the Lands & Advisory Team

We are currently scheduled to meet quarterly each year. We had our first introductory meeting in December and look forward to our next meeting in March. There is still room for community members to join if they are interested in learning more, please contact April Treakle 604-483-9646 ext#154 or email [april.treakle@tn-bc.ca](mailto:april.treakle@tn-bc.ca)

## Cathy Galligos

Hello Tla'amin Community! I am happy to be joining the Lands Advisory Committee this year to provide any guidance and feedback on any of the significant lands projects the lands and resources department will be working on. **Our lands and natural resources (forest, water, fisheries, aquaculture, wildlife, plants, and the whole ecosystem) are an important part of our culture and who we are as Tla'amin people.**



As everything is connected, we need to protect the territory as a whole and manage the resources in a sustainable way as we have outlined in our laws and according to our Ta'ow. We are not only here for our lifetime, and we are not only planning and managing our lands and natural resources for our lifetime, but for the life of our people forever. My parents are the late Peter August and Violet August, and I grew up here in T'ishosum. I love getting out on the land and the ocean with my husband and 3 kids, Cedar, Hunter and Chael. Being out in nature is true medicine in itself. I look forward to participating on this committee and assisting wherever I can.

Cheh cheh ha thech.

## Craig Galligos

I am happy to sit of the Lands and Resources Advisory Group. I have a keen interest on lands and its natural resources which I can assist the Nation in moving forward with our Lands department.



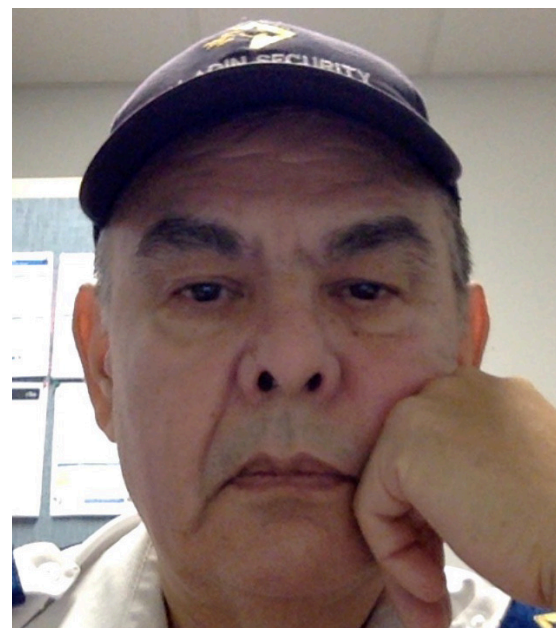
**I know our territory well by utilizing our lands and sea which makes me feel like this is important to contribute to protecting our lands for our people to use an exercise our right to hunt, fish and utilize our lands in a traditional way.** Tla'amin Nation is fortunate to have lots of lands that are still intact, and we have to protect these lands so we can use them and also for future generations to learn the ways of our people and pass the traditions down.

I have worked in the natural resources sector all my life so I feel I can bring some value to this group and assist in positive for all of Tla'amin Nation. I currently work for Tseil Waututh Nation in their forestry and fisheries department.

I am also learning the language which important as our language is connected to the land and show we are from this area. Cathy and I want to show our children to respect the land and to harvest in a sustainable manner and keep our traditions alive. This is important work and by being on this advisory group reminds me to respect our lands and be good stewards as we move forward. Emote.

## Alexander Hugenschmidt

Hi, I would like to introduce myself my name is Alexander Hugenschmidt, I have been living in the qathet area most of my life, I became a status Indian in 1987, I'm a bill C31 status native with Tla'amin Nation as my home, no place like home ☺ I was appointed as a member of the Tla'amin Trust, keeping your money safe, this was pleasure to be part of the development or learning curve of the Tla'amin Trust, this was for



a six-year period, time flies. I also sat on the health board for a year term. It was to my liking that when the word went out to assist Tla'amin Nation as a member of the Lands and Resources Advisory Group that Jumped at it. It is to my pleasure to assist, when possible, with the Lands and Resources Advisory Group to partake in the administration of advice of our Lands and Resources.

**These Lands and Resources must be kept in pristine conditions or with care and proper management become pristine land and resources for generations to come.**

Emote

## Nailah King-Hopkins kwəṭṭṭ nan, həkʷ ʔišosəm ʔatṭ tawa is on the path to language revitalization

I am a Tla'amin Citizen, born in the village and raised between here and the states. I am the eldest granddaughter of Doreen Hopkins, and eldest daughter of Candace Hopkins. I have recently moved back into community after completing my Bachelor of Education through NITEP at UBC, in 2023. Through NITEP I learned how to base classroom teaching and curriculum in Indigenous Knowledge and pedagogies. This experience has transformed how I view education, and has taught me how to make learning more meaningful and impactful for our čičuy.



I am very excited to be working as a licensed teacher and a language instructor apprentice on the ʔayʔajuθəm immersion team in the qaymıxʷ qenəmšt program. In this role I contribute to developing curriculum for the immersion program, creating resources for teaching and classroom use, as well as aiding teaching and spending time in the classroom with the čičuy. **It has been surreal watching our younger members of the community become confident ʔayʔajuθəm speakers, and hold such pride in our culture. I am incredibly grateful to be apart of a phenomenal, determined team that has worked so hard to make this happen.**

We are seeing the hard work of all of the language speakers that have come before us, come to fruition. This beautiful program has been another stone on the path to language revitalization that has been laid by many others, and will continue to progress forward as our community and new speakers walk hand in hand, laying more stones together. ʔukʷs xaʔanən təms čičuy, all of our children are precious. čēčəhaθēč

## A Staff Profile of Brad Adams

By Gerry Brach,  
Brooks Secondary School  
Counsellor

Brad is a proud member of the Tla'amin Nation. He was educated in the qathet region except for his grade 11 year, which he completed in Victoria.

While growing up, Brad excelled at both soccer and baseball. His earliest memories of kicking a soccer ball are at age seven. He continued to play the beautiful game until he was in his early 40's. *"For me playing soccer was a good social activity that also provided a lot of exercise. Baseball was the same, as it was both social and a good source of exercise."*

From an early age his father Les and mother Janie always talked to him about the importance of family, including celebrating different family events. When growing up, Brad's culture was not that relevant to him. However, after graduating from high school in 1992 that changed. His awareness and appreciation of his heritage became more important to him. Over time Brad has become more culturally aware of who he is and of his ancestral roots.

*"My father taught me how to live off the land by showing me how to hunt, harvest clams and clean fish. Over time, I started to learn our language and follow our tah ow or*



*teachings."*

Today Brad continues to do his best in passing on his culture to his students and family. In addition to his father, Brad would also like to acknowledge the many elders, who have helped him in discovering his culture.

Outside of school, Brad enjoys going for walks at the waterfront beach in Tla'amin. He also spends a lot of time cheering for his favorite hockey team, the Montreal Canadiens. His all time favorite Hab is Carey Price. *"As long as I can remember I have cheered for Montreal. I like their traditions and history which I can relate to our own cultural practices of working hard."*

For the last 28 years Brad has worked for the Tla'amin Nation in supporting students in different educational settings. He started helping at Chi Chuy Pre-School and has also worked at James Thomson and J.C. Hill before

recently moving to Brooks Secondary. This year at Brooks, Brad works as a Cultural Support Worker. *"I like being there for the students in a helping role. It brings me great joy when I see them start to blossom and do well."*

A highlight of his career is being able to keep learning new things about his culture.

Brad's personal motto is: Respect others, listen, work and play hard and cheer for Montreal.

We are all cheering the good work that Brad does in supporting Indigenous students in our school district. Brad is dedicated to empowering and assisting Indigenous students on their educational paths. His unique background and experiences make him not only a valuable advocate but also a bridge between cultural heritage and academic success for the students he serves.

Now he rides two to three times a week on the Penticton trails in Westview and on the Mount Mahoney trails. *"As a person with ADHD, I find mountain biking to be stimulating. When I'm in the flow state, there is no room to think about anything else."*

In his final year of high school Greydan enjoys the social aspect of attending school. His favorite subject this year is Law 12 with Mr. Rae. *"I like studying Law as there isn't just one right way to do something. Mr. Rae is always present and very involved in everything we do in class. I am looking forward to the mock trial coming up."*

At school Greydan plays volleyball for the Brooks Boys Senior Team. He has played school volleyball since Grade 9. *"I like the team aspect of being on a volleyball team as I have a lot of friends who play. I also like having to be able to think on my feet while playing."*

Greydan would like to acknowledge his father, Jordan for his incredible support with all his athletic activities. *"It was always fun to have my dad with me for a lot of my sports."*

In the future, Greydan plans to attend Thompson Rivers University in Kamloops where he hopes to obtain an undergraduate degree. Depending on his undergraduate marks and his LSAT results, Greydan would like to attend UBC Law School. Eventually he hopes to realize his dream career of being a criminal lawyer somewhere in B.C. *"I would like to study law as a career." Laughingly he recalls his mom, Cindy's words: "You like to argue so why don't you get paid to argue?" Besides enjoying verbal sparring, Greydan adds, "I also like the details in law that can either make or brake a case."*

Greydan got out of his comfort zone last year when he attended the B.C High School Mountain Biking Provincials in Castlegar. *"It was a long 17 hour road-trip, but it was a great experience as the mountain in Castlegar was beautiful. This was my first provincial competition, so I was pleased with my performance."*

Greydan's advice to younger students is: *"Don't stress about school as it is not as hard as you think. Everything gets presented in a great way."*

## Are We Out of Excuses?

By Steve Gallagher  
Neh Motl Editor

It's never too late to re calibrate your New Year's resolutions for 2024, if they are not working for you.

Odds are in favor to break a routine if you reward yourself. Attach a visual on the fridge door to keep motivated. If you commit and set your mind to it, it's a complete game changer!

Yes, I am referring to that nasty nicotine habit that has been in control of you, every day. If you are serious about quitting smoking or vaping, there is addictions support at Tla'amin Health. After a week your taste buds and sense of smell will level up. Your life changing choices are just a phone call away. (604-483-3009)

If getting your body in motion is on your list then grab a 2024 Winter Recreation Program Guide at the **ᑕᑭᑭᑭᑭ ᑕᑭᑭᑭ**. Within walking distance, activities for age groups awaits you. You may flex those "Buns of Steel" you were searching for in no time. A great start for Healthy Heart month.

A new outdoor track and basketball court will keep you within close radius whether walking or jogging. Nearby Hiking trails provides mother nature's seasonal offerings. All you need is to **ᑕᑭᑭᑭ**. A weight room awaits in the Salish Centre with your free membership pass. (1-877-505-5139)

If you are getting tired just thinking about it, there are a couple of options that will stimulate your creativity to unleash your kaymixw.

Craft nights start 4:00-6:30 pm every Tuesday at the Cultural Building with Sosan Blaney. Bring your own project or start something new. Awaken your connection to your proud traditional skill sets.

**ᑕᑭᑭᑭᑭᑭ** classes are every Wednesday night from 5:00 to 7:00 PM with Alisha Point at the Cultural Portable. Meals and monthly door prizes are provided for our members/citizens. You are always **ᑕᑭᑭᑭᑭᑭ**.

Google the First Voices website where thousands of Tla'amin words and phrases are at your finger tips. A treasure chest of traditional knowledge shared by our elders, past and present. Get ready to **ᑕᑭᑭᑭᑭ**. It's fun too. Go to the website and search **ᑕᑭᑭᑭᑭ** to find our what you are getting ready to do.

Whatever direction our compass points, there are no excuses if you seek recreation or a tool to carve out your traditional culture and language. There are no wrong choices as support for all our health and wellness goals are within reach. You got this!

FUN FACT: I challenge you to google "First Voices" and search the words above in **bold**.

Congratulations you just made a connection!

**Greydan takes a moment to reel in his opportunities as a young man with options and his dream career in front of him.**



# New Hires at Tla'amin Nation

## Cathy Lindenthaler HR Advisor, Tla'amin Health

I am honored to have the opportunity to work as HR Advisor for the Tla'amin Health and the Nation.



I grew up in Richmond where I completed my university education and worked for about 8 years as a Student Advisor with Vancouver Vocational Institute. My husband and I decided to make a big change and we moved to the beautiful gathet region about 30 years ago to pursue a new and exciting business venture. We spent the first few years living north of town in Penrose Bay, eventually moving closer to town to raise our two boys Ty and Mark. It was not long after we arrived in town, I started my new work chapter with Vancouver Island University and from there to Catalyst Paper. I started my career with Catalyst as the Safety and Training coordinator then moved into Human Resources where I worked for past 15 years. I am very excited to join the HR team and help support all the good work going on at Tla'amin Health and the Nation.

## Spencer Braak Senior IT Technician

**Projects:** Python Inventory Management Database, IT Documentation and System image scripting.



Hi, my name is Spencer, I was born in Powell River and raised on Texada for the early years of my life, and moved over here for school when I was 12. I graduated from Brooks in 2021 and started studying IT and programming right after leaving school. I also enjoy going to the gym, cooking, and creating media projects.. I am very excited to continue my IT journey here and hope to meet many of you!

## Graysen Wadsworth Senior Financial Analyst

Hi I'm Graysen. I grew up in Surrey, BC and went to Kwantlen University College for a BBA in accounting. I earned my CPA designation in 2020. I spent most of the last 10 years working at EWOS/Cargill Aquaculture Nutrition with various roles in project accounting, financial accounting, and FP&A. Most recently I was working with the leadership team on forecasting and explaining results to management. In my free time I enjoy cooking and going for drives.



I am joining the finance team as a senior financial analyst and will be focused on housing, capital projects, asset management, and infrastructure, working with the Public Works team. One of my first actions will be finalizing next year's budget in these areas and then tracking progress towards that for the team. I will also be responsible for the financial support to any funding reporting we do in these areas. A goal of mine is to find insight in our financials to drive insight, support decisions, and tell the story of the work we are doing.

## Erica Cawley Recreation Worker

I am proud to be working for Tla'amin as a casual recreational worker. I will be assisting in the organizing, and planning in the delivery of daily and monthly youth activities. I look forward to providing a fun and safe experience in a variety of games and activities while getting to know your families. We have a great selection of activities leading up to spring.

Born in the qathet region, I grew up thriving in the outdoors and appreciating the small-town life.



After graduating from Brooks in 2013 I pursued a BA in Environmental Geography at Simon Fraser University while working my summers back home as a sea kayak guide. Since finishing my degree in 2018 I developed a passion for youth outdoor recreation programming, and I

## Patricia Paterson Education & Employment Counsellor



I would like to extend my warmest thank you to the Nation for my recent appointment as the Education and Employment Counsellor. I Am excited and honored to be given this opportunity.

With over 15 years of dedicated service in the Employment/Educational Trades field, my knowledge, and past contributions in organizations throughout Qathet, Victoria, and Vancouver will help me to assist you with your Education and Employment needs. I have had varied roles within employment and trades programs and I am committed to assisting all in achieving your education and employment goals.

My decision to relocate back to the Qathet region after raising my children here for 20 years made me realize the deep connection and appreciation for the serene environment.

As the Education and Employment Counsellor, my primary role is to provide comprehensive access to education and employment opportunities. I am dedicated to being a valuable assistant to community members and to access the best resources and opportunities available for you.

I encourage all of you to take advantage of my knowledge and commitment to assist you in all matters related to employment and education. Whether you have questions, require assistance, or need guidance, you can reach out to me directly via phone or email.

[Patricia.paterson@tn-bc.ca](mailto:Patricia.paterson@tn-bc.ca)

I am excited to continue growing that passion working for the Nation. In my spare time I enjoys rock climbing, skiing, sea kayaking and mountain biking.

## HEART HEALTH



Take Control

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



## Recreation Leader - Youth

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: Part-time Temporary  
Hours of Work: 20 hours a week. Monday – Sunday, varied hours including evenings & weekends

Department: Community Services

- Prepare and lead our Youth Drop-in and individual programs for youth
- Build & maintain effective relationships with youth and other community contacts
- Assist Recreation Coordinator with scheduling indoor and outdoor supervised activities
- Assist in the development of a Youth Council for youth to participate in Tla'amin First Nation Government to raise awareness of issues affecting TFN Youth

### Qualifications

#### Training, Education, Experience:

- Completion of a two-year Community Recreation or Education program from a recognized post-secondary school.

- 1-2 years' experience in working with youth and children in recreation, arts, and culture programming
- Desired, knowledge and/or education in Indigenous culture and worldviews as it is applied to Child and Youth Development e.g. Education, Family and Child Services, Early Childhood Education, Social Services and Health

### How to Apply

Please apply by uploading your resume and cover letter to:

<https://tlaaminfirst.bamboohr.com/careers/123>

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

**Closing Date:** Open until filled.

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

## Policy & Engagement Analyst

Policy & Intergovernmental Relations · Powell River, British Columbia

### Position Summary

Job Type: Full-time, permanent  
Hours of Work: 8:30 – 4:30 Monday to Friday  
Reporting to: Director of Policy and Intergovernmental Relations  
Department: Intergovernmental Relations

The Policy & Engagement Analyst supports treaty implementation and self-governance through research, analysis, drafting, data management and cross-department intergovernmental engagement support with other governments and organizations. Supporting a dynamic group of Directors and Managers, you are an analytical thinker who is eager to learn and wants to contribute to a strong, stable and growing First Nation government.

### Key Responsibilities

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

- Provides research and engagement coordination support to department managers and directors
- Reviews internal and external proposals to identify potential implications to the Nation's legal, policy, data management and intergovernmental frameworks
- Assists in the planning and development of laws, regulations, policies and processes in collaboration with other departments
- Researches best practices in other governments and analyzes existing Tla'amin laws, regulations, policies and processes
- Advances Tla'amin's intergovernmental priorities by supporting the Nation's engagements and negotiations with Canada, British Columbia, other First Nation governments, and local municipal governments
- Supports Tla'amin community data management, including tracking indicators and assessing Nation performance in meeting policy and program objectives

### Qualifications

- Undergraduate degree in political science, public policy, economics, First Nations studies or a related field and related work experience.
- An equivalent combination of experience and education may be considered
- Experience in research, analysis, writing and policy development
- Ability to respond to changing priorities and tight deadlines
- Excellent written and interpersonal communication skills, with strong abilities in writing succinct briefing materials
- Intermediate level computer skills and proficient in working with project management and spreadsheet software
- Ethical, accountable and diplomatic
- Knowledge and experience working with First Nations communities and governments is an asset
- Working knowledge of the functions of the Tla'amin Nation, the federal, provincial, municipal governments is an asset
- Acceptable Police Information Check (PIC)
- Class 5 Drivers License and acceptable BC Driver's Abstract

### How to Apply

Please apply by uploading your resume and cover letter to: <https://tlaaminfirst.bamboohr.com/careers/122>

Or

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

**Closing Date:** Open until filled

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

## TLA'AMIN MANAGEMENT SERVICES JOB OPPORTUNITIES

**Tla'amin Resorts & Accommodations Inc. (Lund Hotel) will be reopening in Spring 2024, and will be seeking qualified applicants for the following positions:**

- Cashier/Store Clerks
- Managers (Store)
- Servers (Restaurant/Pub)
- Managers (Restaurant/Pub)
- Cooks, Prep cooks
- Dishwashers
- anitorial
- Caretaker/Handyperson
- Front Desk Clerk (Hotel)
- Housekeeping (Hotel)

**Pa'aje Shellfish Services LP will be seeking boat operators. Tla'amin Management Services is currently seeking a CFO.**

If you are interested in applying for any of these positions, you may wish to make an appointment with Tla'amin Nation's Education and Employment Counsellor, PJ Paterson, by emailing [patricia.paterson@tn-bc.ca](mailto:patricia.paterson@tn-bc.ca)

PJ can connect you with funded training opportunities to improve your application. She can also help you develop your resume and cover letter. Get in touch with PJ today!

# 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**

**paʔašt qaymix<sup>w</sup> - We are all one people – we are all connected.**

By Marlane Paul, Community Health Director

ʔajščx<sup>w</sup>ut. I wanted to share some of my thoughts and experience as the community Health Director of what has transpired over the past few years.

Tla'amin Nation and Tla'amin Health displayed an unwavering commitment to its members to find the best response to Covid, the Toxic Drug Crisis and Climate Change. In the past year, we have all experienced a jump in the cost of living and a marked increase in fuel and food costs in what has evolved to an economic crisis impacting lower income families the most.

Throughout this time of unprecedented challenges impacting health, social, emotional, and financial well-being, Tla'amin Nation, and Tla'amin Health worked together to create short and long-term supports in response to these crises.

I want to take a moment to thank everyone that works for the Nation, and to our partner organizations, for an unwavering commitment with respect to the effective response we delivered on all fronts. We did respond collectively, **and we did it well because we are paʔašt qaymix<sup>w</sup>.**

Not only did we address a series of unimaginable events, but we also thrived as a Nation. New housing or housing enhancements with respect to health and safety,

and the great expansion of youth and recreation programs and services including our Child Development Resource Center, have all had a positive impact on the health and wellness of our people – of all ages.

Tla'amin Health has had the honour of holding the responsibility of the Children and Families Services (CFS) Reform. A CFS team has been building over the past 1.5 years that are not only supporting our kids in care wherever that may be, but also doing that good work right here at home to support families, and our littles, that need our care. This important work will continue to grow in 2024.

Central to the new seven-year Health and Wellness Plan is *connection* and we accomplish this in so many ways.

Connecting people to health care in three core areas: (1) primary clinical care, including footcare and dental care; (2) harm reduction, and (3) traditional wellness including group services for all ages. These programs have supported and improved the health and wellbeing of many individuals and families.

Tla'amin Health is an incredibly busy and diverse health center. In fact, it is the largest of six health clinics in the qathet Region, employing more than 50 BCGEU employees and casual staff, plus a handful of non-union staff.



Executive Councillor Dillon Johnson speaks about the importance of connectivity amongst our nation while our čičuy prepares to dance in their regalia for the elders at the grand opening of our Elders House in June of 2023.

Tla'amin Health is accredited facility which means that we were audited and achieved the highest level of service excellence through Accreditation Canada which is - *Accreditation with Commendation*. Hands raised to the entire staff at Tla'amin Health who all got into the canoe and pulled hard together to achieve this recognition.

To be accredited with commendation means that we are recognized in the region, the province, and the country for the good work that we do. Always striving to do better. Always striving for excellence. Congratulations to our health teams here at Tla'amin, and a huge thank you to the Tla'amin Nation departments that health works so closely with.

Looking to 2024, we will be opening a new clinical space behind health in the Tuxemay

Building which includes office for the two Nurse Practitioners, and three new exam rooms. Our Medical Office Assistant who books your appointments will also be housed in this newly renovated space. A greatly needed expansion project for Tla'amin Health and all the clients that we serve.

Special thanks to our leadership table at the nation who have consistently nurtured collaboration across the nation and across all departments; with our treaty partners (Provincial and Federal governments), health authorities and partners like Lift Community Services. We are well positioned going into 2024 to continue to meet the needs our Tla'amin members, and the Indigenous population in the qathet region.

All the best in the New Year!

čēčhaθēč - I thank you,

# łayšetštəm ʔəms čičuy Working Group meeting

28th November, 2023

**Present: Chair:** Ryan Pielle. **Members:** Emily White, Brooklyn Neuman, Jasmin Menendez, Christine Parsons, Adam Gauthier, Randolph Timothy, Janet Newbury

**Opening/check-ins**

**Team update:**

- Jasmin Menendez and Alex Souch have joined the team, and new positions will be posted soon
- A CFS referral form and consent form have been created
- We continue updating the CFS page on the Tla'amin Nation website
- We continue seeking funding and partnerships that will enhance our capacity
- We hope to have the ʔajuθmət interim agreement and related funding finalized soon
- Recreation team is undergoing staffing changes

**Tla'amin System of Care:**

- The conceptual framework was revised based on feedback from last meeting (and others who have reviewed)
- Discussion involved how this can strengthen our role with other governments, as well as internal/interdepartmental collaboration.

**System of Care companion handbook:**

- It's a good idea. It is important not to summarize, but provide opportunities for reflection. A Tla'amin way of teaching is story-based, and engaging with this should take time.

**Action items:**

- Janet to connect with Cindy, Sophie, and Christine to strategize about Jordan's Principle renovation funding requests
- Technical team to continue refining System of Care and Companion Handbook, based on feedback



**Next meeting: Friday, January 26, 2024 @ 9:30am**

# čičye Circle meeting notes

27th November, 2023

**Present: Chair:** Ryan Pielle. **Members:** Elsie Paul, Pauline Paul, Sally Dominick, John Louie, Jerry Francis, Sherry Bullock, Brenda Pielle, Evie Tom, Rose Adams, Lynn Galigos. **Support:** Janet Newbury, Jasmin Menendez



**Opening prayer and check-ins**

Tla'amin Child and Family Services (CFS) team update:

- Jasmin Menendez and Alex Souch have joined the team, and new positions will be posted soon
- A CFS referral form and consent form have been created
- We continue updating the CFS page on the Tla'amin Nation website and sharing in neh motl, to make our work accessible and transparent
- We hope to have a community event in the new year
- We continue seeking funding and partnerships that will enhance our capacity, and collaborating interdepartmentally
- ʔajuθmət interim agreement update:
- We hope to have the agreement and related funding finalized soon

**Tla'amin System of Care:**

- The conceptual framework was revised based on feedback from last meeting (and others who have reviewed). Members are in favour of the direction this is moving in, and the idea that this can inform work beyond CFS.
- Confirmed placement and purpose of toyqetən (hoop over the basket) for visual representation of the framework
- Reviewed draft visuals, discussed, and made recommendations

**Check out and wrap up**

**Action item:**

- Create a simple poster to be shared in neh motl to outline what the CFS team does and how to reach them.

**Next meeting: 25 January 2023 @11:30 am**

## Tla'amin Community Craft Night

Bring your own projects or start something new! Beading, regalia making, sewing and weaving!

Some materials and supplies available for use by community members.

**Tuesdays 4pm-6:30pm**

At the Culture Portable

January 9th - March 12th, 2024

For more information: [Sosan.blaney@tn-bc.ca](mailto:Sosan.blaney@tn-bc.ca)







**CALLING ALL YOUTH  
12 YEARS & OLDER!**

**BABYSITTERS  
TRAINING**

**Feb. 16 from 9:00 am - 5:00 pm**  
ʔayčštan ʔaye | Cousin's House

**REGISTER TODAY!**  
email [rec@tn-bc.ca](mailto:rec@tn-bc.ca)



**SUMMARY OF RCMP CALLS FOR SERVICE FOR DECEMBER 2023/JANUARY 2024**

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
DEC 15	HOMALCO RD	Police responded to an abandoned 911 call at a residence. Police attended, and determined that there were no problems there.
DEC 15	HOMALCO RD	Police responded to a report of a theft at a residence. Police spoke to all parties involved and determined that it was a civil matter and no theft had taken place.
DEC 18	HOMALCO RD	Police responded to a report of an assault at a residence. After a thorough investigation, police could not find any evidence the assault took place.
DEC 21	WATERFRONT RD	Police responded to a report of a theft of vehicle.
DEC 22	BEACHRD	Police responded to a report of a suspicious person knocking on doors. Police attended and made patrols, but were unable to locate the person.
DEC 22	HOMALCO RD	Police responded to a disturbance at a residence. Police attended and located a suspect outside the residence intoxicated. The individual was arrested for causing a disturbance and released the next day without charge when he was sober.
DEC 23	SALISH DR	Police assisted BC Ambulance Service with a call.
DEC 24	WATERFRONT RD	Police responded to a report of a loud party. Police attended, but the party had stopped and people had left.
DEC 25	KLAHANIE DR	Police responded to a report of a possible impaired driver. Police attended and made patrols, but were unable to locate the vehicle.
DEC 26	WATERFRONT RD	Police responded to a disturbance at a residence. Police spoke to everyone there, and no one was willing to provide any information. One person was asked to leave and provided a ride to their house.
DEC 26	WATERFRONT RD	Police responded to an abandoned 911 call from a residence. Police attended and found that everything was okay.
DEC 28	HARWOOD DR	Police responded to a threats complaint at a residence. Police attended, but nobody there would speak to police. The parties were split up for the evening to prevent further problems.
JAN 05	SALISH DR	Police responded to a report of a possible impaired driver. Police spoke to the driver at his residence, but he was sober.
JAN 14	SLIAMMON RD	Police responded to a request for assistance to look for a person who suffers from dementia. The person was located before police arrived on scene.
JAN 14	HOMALCO RD	Police responded to a report of a theft from a residence.
JAN 15	WATERFRONT RD	Police responded to a report of an online fraud.
JAN 16	WATERFRONT RD	Police assisted with a Coroners Act investigation.
JAN 17	EAGLE DR	Police responded to a request for a well being check. Police attended and made extensive patrols, but were unable to locate the individual. The next day, police located the individual and confirmed they were okay.
JAN 18	RIVER RD	Police responded to an abandoned 911 call. Police attended and determined it was accidental.
JAN 18	EAGLE DR	Police responded to a mischief complaint at a residence. Police investigated, and as a result an individual was arrested.
JAN 18	HOMALCO RD	Police responded to a disturbance at a residence.

**Tla'amin Elders Corner**

**Coordinator: Doreen Hopkins**

**Office hours : Monday to Friday**

**8:30 a.m. to 4:30 p.m.**

**Ph # 604-483-3009**

As we begin 2024 , we would like to close out 2023 year by reporting on the Tla'amin Elders, two successful fund-raising events in 2023.

On **December 8<sup>th</sup>, 2023**, The Tla'amin Elder's fundraised for "**Four Tides Hospice**" by putting on a luncheon at the gym. On the menu was "Garden Fresh Pasta at \$20.00 a plate. Total amount raised was \$820.00.

On **December 12<sup>th</sup>, 2023** ,The Tla'amin Elder's drew the winner for the **50/50 Fundraiser**. Ticket sales for the 50/50 draw totaled \$1,648.00. Thank you to everyone who purchased a ticket. The lucky winner was Elsie Paul, she took home \$824.00. The remaining balance of \$824.00 will go to one lucky graduate in June. Our top salesperson was once again, Phil George. In appreciation of Phil's continuous support in helping our elders fundraise, he was gifted with a beautiful, braided rug made by Denise Smith.

The Tla'amin Elders program received a cash donation of \$150.00 from the Louie family. Thank you for the exceedingly kind donation. We in turn, utilized that donation and had two draws at \$75.00 each and the happy recipients were:

- First winner:** Virginia Jones,
- Second Winner:** Gloria Galligos.

Finally, I would like to give a big shout out to those who helped with the "**Elders Holiday Luncheon**" you made it possible! **Thank you!**

**Elders 2024 Luncheon dates:**

**Date: January 23<sup>rd</sup>, February 6<sup>th</sup>, and February 20<sup>th</sup>,**

**Time: 10:00 a.m. to 2:00 p.m.**

**Location: Tla'amin Health**

**Heart Month** - February 2024– Lets make changes to our lifestyle to fight against heart disease. We can do this by making minor changes, for example: be more active. Take a look at the Tla'amin Community recreation program and join a program. Powell River, complex has a lot to offer, check out their program schedules. So many options to choose from. Let us step it up and get active. Include a healthier food choice that includes vegetables and fruit. Easy right! See you at one of the recreation programs or out for a daily walk.

Reminder to Tla'amin Elders, please give me a phone call or drop by for a visit and discuss any interests you might have for 2024. It is time for us once again to decide on the programs/topics. You will find our luncheon schedule in the Nehmotl; look for the "**Elders Corner**". We will list dates, time, and location for the Luncheons. You are always welcome to join us. See you in 2024!

*Mark your Calendars!*

**Good Food Box 2024**

- January 16
- February 20
- March 19
- April 16
- May 21
- June 18
- July 16
- August 20
- September 17
- October 15
- November 19
- December 17

**Inquiries?**  
**Please call**  
**(604) 413-6869**

# Are you a Victim of Facebook Impersonation?

8.8 billion dollars have been lost to fraud in 2022, and specifically, imposter scams make up a whopping 30% of that. This is how you can identify and avoid imposter scams.

## What is an imposter scam?

An imposter scam is when someone pretends to be someone who they aren't for a few reasons, usually to extort money, gift cards, or sometimes personal information. Imposter scams are becoming common on Facebook.

## How can I spot imposter accounts? What do they usually look like?

Imposter accounts can look just like regular Facebook accounts, (they may even look like friends you know) but there are a few things that may be off about it. When getting a new friend request ask yourself:

## Does this person already have a Facebook account and were you already friends?

- Are there not many posts on their account?
- Does their page have 'real-looking' activity?
- Do they have friends?
- Does their account look new?

Another tell-tail may be their language and grammar. Many scammers are not native English speakers, and their dialect will differ from ours, beware of 'Sir' or 'Madam' to greet you, 'kindly' as an adjective to describe how you will do something, and their demeanor will appear friendly and helpful.

## How do they scam me?

They may try and add you as a friend, or privately message you, or sometimes bait you to message them from one of their posts, and then they may use a whole arsenal of tactics to try and get you to send them money. They may manufacture a crisis, tell you they need help, or that someone you know is in danger, or that there is something wrong with your Facebook account, and only they can help you. Scammers will almost always prey on your emotions to get you to make irrational decisions. They may also send links, or attachments, do not click on untrusted links or downloads. They can seriously harm your computer and potentially compromise your accounts. No company, personal or legal entity will ever need you to send them gift card codes.

You can protect all of your accounts with multi-factor authentication.

## How can I prevent being a victim?

Step one, Ignore them. Do not respond to unexpected friend requests or unusual private messages. If you are fairly certain it is a scam account report the account to Facebook – if you

hover over the user's name or click on the name to view their profile you will see some dots ... to the right, here you can "find support or report" the account (you can then report the account and choose reason "pretending to be someone" or similar). Facebook will then take the appropriate actions to investigate and remove the account.

Step 2: If you accepted their friend request by mistake, go to your friends list, find their profile, hit the dots beside them ... and choose "block profile". If you are engaging with someone who you may believe to be a scammer, or impersonator, try to contact the person they are impersonating by other means, you can ask if it is really them. Occasionally, scammers can message you from a trusted account if they hack it. So if someone is asking for money, or a strange request, verify who you are talking to.

## How can I prevent being a target?

Ideally, you'll never see a scam, and there are things you can do to make life much harder for scammers and impersonators. Scammers can try to replicate your profile based on what information is publicly available (for example if your friends list is public), and then try to add your friends. You can stop this by making your friends list, and the "people, pages and lists you follow" private, and limiting who can see your posts to friends only. You may also be a target if a scammer sees that you may have an excess of wealth. So, beware of posting to the public that you just bought a new truck or other displays of wealth. It's worth knowing that scammers from less wealthy countries could easily make a month's wage from a single successful scam. Always question who is sending you a message / friend request, and why?

## To best protect yourself on Facebook, you should:

- Make your profile private to non-friends
- This will make it so potential scammers have a much harder time contacting you.
- Enable multi-factor authentication for Facebook

This will make it very difficult for attackers to gain access to your account. Make sure to not share the multi-factor codes with anyone. At the end of this article, there is a step-by-step process for enabling it.

## What do I do if someone impersonates my account?

Don't panic, post a message onto your Facebook account to warn people not to accept any friend requests from you as it is a fake account, and ask people to report the account to Facebook.

You can also search for the imposter account and report it to Facebook as well. Facebook will investigate and remove the account but it may take a day or two.

## So, Remember:

Don't interact with potential scammers, warn friends and family about imposters if you spot any, if it is too good to be true, it is, nobody needs money paid out in gift cards, always be careful clicking on links or attachments, and enable multi-factor authentication on all your accounts.




Follow this QR code to learn how to enable Two-factor authentication



Be a good neighbor and citizen of Tla'amin Nation and pick up after your Animals.

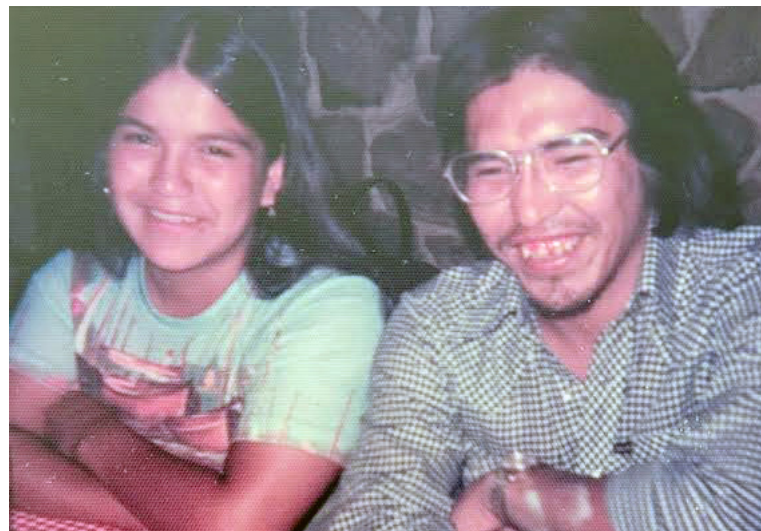
Also, keep your pets on leashes and do not let them run at large in the community.

Animal related questions?  
Feel free to reach out to  
Brandon Harry @ 604-208-4640

## YOUTH DROP-IN BASKETBALL

MONDAYS, JAN. 8 - MAR. 11  
5:30 6:45 PM  
LOCATION: SALISH CENTRE



### For my husband Hoss

*when I think back  
to our early days  
I think of the way  
our lives were then  
the way they are now  
and all of the things  
that happened  
since we first started out*

*I think of laughter  
and conversations  
we have shared  
I think a family stuff  
tough times  
and everyday frustrations  
we've somehow gotten through  
and have the good news  
happy moments  
and milestone days  
we've celebrated  
along the way*

*and even though  
it's hard for me to believe  
how far we've come  
it's even harder  
for me to put into words  
just how much it's meant  
to have you by my side through it all  
happy birthday, love you*

### Mugsy





**Sundays - Starting  
Feb 11th**

**4:00 pm -  
5:00 pm**

**Healthy Snacks | Jerseys Provided**  
Powell River Recreation Complex  
**Ages 8-14 | Bring Your Own Gear**

### Call Out For Catering



The Tla'amin Education Department is seeking catering services for various events.

- Copy of valid food safe certificate required
- Please indicate the maximum size of group you are willing to cater for.
- Please indicate if you can prepare food in your own kitchen or require access to a kitchen.

*\*Please note that catering includes cleaning kitchen area after the event.*

Submit your Resume including contact information and valid Food Safe Certificate to :  
Noreen Paul @ 604.413.7100 or email noreen.paul@tn-bc.ca  
or Drop Off in-person at:  
Tla'amin Education office at 6690 Slammon Road  
(across Amstahow)



### Want a Faster Tax Refund?

### Mia's Income Tax Preparation

4950 Waterfront Road  
Phone (604) 483-4437

Basic Tax Preparation \$60  
Senior Basic Rate \$55

T4, T4A, T5007  
Efile to get a Faster Refund

### Available for Pickup

# CEDAR ROOT WEAVING WITH BETTY WILSON



PARTICIPANTS WILL LEARN HOW TO  
WEAVE TRADITIONAL ROOT BASKETS DURING THIS COURSE!

CONTACT DREW BLANEY TO REGISTER! SPACE IS LIMITED TO  
10 SEATS

[DREW.BLANEY@TN-BC.CA](mailto:DREW.BLANEY@TN-BC.CA)

604-483-9646 EXT. 123

FEBRUARY 16TH-18TH

FRIDAY: 4-6

SATURDAY: 10-4

SUNDAY: TBD

LOCATED AT THE CULTURAL PORTABLE  
LUNCH IS PROVIDED