



Three New Race Canoes For Tla'amin People

By Drew Blaney
Culture and Heritage Coordinator

On Sunday, March 24th the Tla'amin Nation Cultural Department and Public Works delivered three cedar logs to the Capilano Longhouse in North Vancouver where master canoe builder Ray Natraoro will carve three new race canoes for the Tla'amin people.

Ray is from the Skwxwú7mesh (Squamish) Nation. He has had an instrumental role in revitalizing canoe carving across several Indigenous communities. **Ray started carving at a young age, he comes from a long line of artists and carvers. Canoe building can be traced back through five generations of his family. Ray is one of only a handful of carvers from the Northwest Coast with the skill and knowledge to carve traditional dugout canoes.**

Tla'amin has a long history of Coast Salish war canoes. Historically, these canoes were carved to evade raiding groups that travelled from the North. In the later years, our people used these canoes for racing and social events. Elders from Tla'amin, Klahoose and Homalco remember our nations coming together to race one another in each of our communities.

Elders also share stories passed down through generations of a visit by King George in 1939, where Tla'amin and other Coast Salish nations paddled to Vancouver to greet the king's ship. During this visit, a race was held in Burrard Inlet between all the nations that were represented, and legend states that the Tla'amin men in the King of the Sea race canoe came in 1st place.

The three canoes that will be carved will be smaller than the 11-person canoes like the King of the Sea and Sea King. There will be two single person canoes, and one double. In future years, we will add to our fleet of race canoes with the goal to add a 6-person and 11-person in the years to come.

Stay tuned for updates from the Tla'amin Nation on the Canoes!



Chief toma Tom Timothy and palachawtxw Frank Paul from Sechelt carving King of the Sea



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Tla'amin Governance House Updates

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qathet, BC V8A 0C4

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Race Canoes Will Be Here Soon



hegus
John Hackett

This month I was invited to attend the first Black History Celebration event within Tla'amin territory.

The organizers wanted to establish this event in a good way where the organizers felt the right thing to do is to give territorial recognition.

I was given the opportunity to speak at the event. After sharing a Prayer in ʔayʔaʔuθəm, I expressed our gratitude on behalf of Tla'amin, expressing how important it is to build relations within our territory, coming together and working together.

The event was full of music, food, and dance from the black culture. The event was very festive, the organizers reached out to me and expressed their appreciation. Next year in 2025 Black History celebration event the organizers want to involve more of Tla'amin drumming, singing, and culture.

Jagmeet Singh received a warm Tla'amin welcome from leadership, staff and members of the community when visit-

ing Tla'amin territory on March 4. He spent the afternoon in the community of tišosem and was accompanied by Member of Parliament Rachel Blaney. Tla'amin had the opportunity to engage and discuss areas of mutual interest including tiskʷat and changing the name of the city. Tla'amin gifted Singh with a beaded orange heart to express the Nation's appreciation for his leadership and advocacy on behalf of residential school survivors.

Following our meeting we took Mr. Singh for a tour of the Tla'amin community, visiting the child development centre, new Elders housing, and the youth centre. We really enjoyed our time with Jagmeet and our conversations about housing, economic reconciliation, and the importance of naming. Singh's visit marks the first time a federal party leader has visited the Tla'amin community of tišosem and the community left quite an impression on him.

On March 7th, Tla'amin welcomed youth between the ages of 13-20 to the Tla'amin Salish Centre for a one-day conference tackling topics like teen mental health, healthy relationships, and sex and consent.

Keynote speakers Ashley Callingbull-Rabbit and Arron Paquette shared their life stories including topics like growing up First Nations and overcoming mental health challenges to make life more manageable.

The conference was intended to help Tla'amin youth understand themselves, the choices available to them, and to meet the many helps and resources in the community.

The one-day event also included a workshop on residential school awareness aimed at the grandchildren and great-grandchildren of Tla'amin residential school survivors. In event evaluations, this workshop was the most highly rated by the youth.

On March 12th Executive Council met with Tla'amin Citizens on Zoom to talk with leadership about tiskwat and future directions. All of EC was present and we shared the feedback gathered so far from our community sessions with our elders, community, and all staff engagement sessions.

Our communications team did a great job taking the feedback from the 229 people who attended the first full round of engagement. The data collected was analyzed and summarized into themes which are impacting our plans for the site.

The last thing I'd like to share is a request to **please save the date May 2 and 3** for our next general assembly. Based on community feedback we are making the assembly longer, and mixing in more culture sharing, feasting and interactive workshop opportunities. So hold that date, more details to come.

Adam Gauthier to Receive Indspire Award

Our second 2024 Youth Laureate (First Nations) is Adam Gauthier, a TwoSpirit member of the Tla'amin Nation with ties to Saulteau First Nations and Métis heritage from Lac Ste. Anne, AB.

Rooted in intergenerational knowledge and immersed in teachings about traditional language, humility, listening, respect, and cultural competencies, Adam is making youth wellness his life's work.



Adam Gauthier
Youth Recipient

He completed Camosun College's Indigenous Family Support and Community, Family & Child Studies programs while simultaneously working with Indigenous families at numerous organizations.

One of Adam's major endeavours is the Wellness Project, an initiative that creates Wellness Kits for on-reserve and urban Indigenous children and youth across Vancouver Island. They were created by youth with support from Adam at the First Nations Health Authority (FNHA), where he was the Child & Youth Care Coordinator on the Mental Health & Wellness Team. The project was covered by media such as APTN, the Toronto Star, Yahoo! News, and others.

He has won numerous awards for his work and was also part of the under-19 soccer team which won gold at the North American Indigenous Games. Adam now works in the Child & Family Services Department at Songhees Nation as a Team Lead.

The Canadian Broadcast Corporation (Cbc) Brought Three Shows To The Qathet Region And Tla'amin Citizens Took Over The Airwaves, You Can Listen In To These Segments Here.

hegus

"The legacy of the name Powell River is very, very hurtful to our community because of the residential school system that was in place. A lot of our community members are survivors of residential school. They're still here. They were taken away 10 months out of the year, they remember hiding in the bushes when the Indian agent came. The legacy of Israel Powell. It's still hurtful today. A lot of trauma has come to the survivors out there, their children and grandchildren."



"I want to highlight that we've been getting a lot of support with the name change. There's been 43 businesses and entities that have changed their names because of the history that we shared, how powerful the history of this and the legacy, 43 different businesses and entities, change their names and there's more letters that are coming in, wanting to go down that path as well."

qaymıx^wqenəmšt (ayajuthum immersion) program

Featuring Koosen Gonzalez (Pielle) and Karina Peters



"Traditionally, my people are very intergenerational. And we're kind of reinstating that teaching in our community by having our elders with our Chi Chuy, with our children. And that provides healing for both generations. So important. Healing, especially in terms of reclaiming our language together."



We did an elder's orientation before this [immersion] program started. A couple of the elders shared with us that they were these children's age when the language was stolen and that really stuck with us. This is a program that everyone wants to see be successful. So, everyone is giving it their all, nobody's arguing about anything because time is so important. And everyone's just feeling so good about it." - Koosen Gonzalez (Pielle)

"The language and culture are inextricably intertwined, so you can't have language without culture, and you can't have culture without language? So, a lot of the program, we share and do a lot of both. And we look for every opportunity to provide our Chi Chuy with those land-based learnings and teachings and we of course do a lot of singing. This program has been a lifelong dream for our Tla'amin people and it will continue to grow." - Karina Peters

Ochele - Betty Wilson



"This is the first time I've ever done this (live interview) so I was a little apprehensive, so when I walked in and looked around and saw the young people with the (Tla'amin placename) tee-shirts I was like (whew) to see the young people who are interested, and to me that is a real step forward, you are our future."

When you are willing to listen, willing to learn. Because when you choose this community to live in, all of our (Tla'amin) history prior to yours, it becomes one, it is with you, you are part of this community, there was history and language and placenames, prior to the arrival.

It's just that whole word- qathet and getting use to qathet means two people working together or some people working together on something, or it can mean two people in relationship of some kind, you still need to work at it. You make my heart feel good seeing you here. You are here to learn so that we can exchange information about how to be a better and stronger community."



Indigenous Film

Eileen Francis and Kymo Van Oers

Eileen on filmmaking...

"Back in high school there was a class, and I took it, and I loved it and went on to Capilano University." Eileen said she is attracted to filmmaking because it's about storytelling "Storytelling and offering a different perspective on things. Exploring Tla'amin history, I don't think our history has ever been shown."



Executive Council Passes Made in Tla'amin Funeral Policy

Policy aimed at upholding Tla'amin Ta-ow and ensuring service continuity.

By Davis McKenzie

When a Tla'amin loved one passes onto to the other side, the family, community, and Tla'amin administration work together to ensure safe passage of our loved one and to uplift the grieving family.

Over the last fifty years, and for many reasons, some of the responsibilities around death and dying that were once held by Tla'amin families have shifted to the Tla'amin administration. Yet, the Nation hasn't paused to host a community conversation about these shifting responsibilities, and how to best uphold our ta-ow in today's world.

Last fall, Tla'amin Executive Council passed a motion to engage the community and create a policy for funeral support and office closures that respects and upholds both Tla'amin teachings and provision of essential services.

Executive Council Member and Community Services Director Losa Luaifoa is very involved in supporting families who have lost a loved one. She works closely with Tla'amin families both on and off lands and says that while each family has slightly different needs, our teachings and principles are the same- love, care, and respect. Translating these principles into policy is the hard part.

The community engagement process happened in three parts: 1) a review of past community feedback, 2) focus groups and a survey at the Tla'amin General Assembly, and 3) sharing of the draft report and an invitation for further comment.

"Just as we walk carefully when we lose a loved one, it was important for us to walk carefully in the engagement and policy process," said Luaifoa. "That's why we ended up slowing down a bit. After our initial engagement we went back out to the community with the *Connecting our Past to our Present summary of engagement* report and created another opportunity for community to share their guidance with us."

On Wednesday March 20th, Executive Council adopted a series of changes recommended through the community engagement process, mainly.

- to increase the amount of direct financial support to the grieving family,
- to clarify the roles and responsibilities of

the family, community, and Nation through the publication of a handbook for grieving families, and

- to keep Tla'amin offices open for quiet and respectful work on funeral days and to require staff to now "opt-in" for attending.

On the last point, Community Services House post Dillon Johnson said the change to office closures reflects the voice of Tla'amin people.

"The large majority of Tla'amin citizens said office closures needed to be revisited since our workplace and ways of helping have changed so much. We offer so many essential services now and closures can have negative impacts on our families that rely on those services."

Johnson continued "The Nation and its entities have over 200 full-time, part-time and casual staff. A one-day office closure costs the Nation in \$38,000 in wages, annually this results in \$400,000-\$500,000 in costs."

Here is what some Tla'amin Citizens had to say about office closures.

"Need to respect our Tla'amin value of everyone helping out, for some people, helping out means going to the family and cooking, preparing the pamphlet etc, for others it means staying at work and keeping the lights on and the services running. Funeral days are not vacation days."

"Staff, elected leadership, management, especially those who are community members, should be focused on what their obligations are to the family experiencing the loss, instead of what they should be receiving. Those related to (including close friendships/non-biological relations) the deceased should get the time off paid, as it has always been. Staff who are attending services should get the time off paid as it has always been. Staff who wish to work at the funeral service (serving tea, helping with food, etc) should get the time off paid as it has always been. Staff who don't fit into those categories should continue to be in office. Our teachings do say to slow down and stay/still and quiet. There are always quieter/slower things to do. Big meetings/events could be cancelled but workers continue to work. Answer emails, catch up on reports, deep clean or reorganize your space. Construction crews can take things slow. Focus on one project. But taking the day off does mean culture. Hard work is culture."

Tla'amin thanks the Elders and other Tla'amin Citizens who took time to provide their voice through this process. These policy changes are effective immediately. Citizens are invited to read *Connecting our Past to our Present summary of engagement* report here <https://www.tlaaminnation.com/funeralpolicy/>

Changes resulting from engagement, and formally adopted by Tla'amin Executive Council are as follows:

- **Update the guaranteed amount** from \$1000 to a \$1500 contribution for the family of the deceased to be paid directly to the funeral home and additional needs-based funding which can be applied for:
 - Clothing for the deceased– up to \$200
 - Travel & Accommodation for immediate family- \$300 per person
 - Food at service- \$500
- **Confirm in-kind supports offered by the Nation include:**
 - Provision of a funeral plot for Tla'amin Citizens
 - Maintenance and care for cemetery
 - Street closures and honour guard
 - Access to Salish Centre (and set up with chairs tables etc)
 - Access to the kitchen and dishes and coffee, tea, cream, sugar, napkins, water
 - Notifying the community via Facebook and door to door flyer delivery
 - Providing a template for pamphlet development
 - Access to health and social supports
- **Tla'amin offices will now remain open, and work can happen quietly and respectfully.**

Those Tla'amin workers who wish to attend the funeral "opt-in" by notifying their manager, otherwise the expectation is that staff are at work. Use of honour system and no limitation on Funeral Days.



Culture Update

By Drew Blaney, Cultural and Heritage Coordinator

Canoe Journey 2024 Meeting

Summer is just around the corner, which means it is time to prepare for the canoe journey! Please come out to the Cultural Portable on Monday, April 8th at 5:00 to discuss the planning for any canoe journeys we might participate in this summer.

Community Language Class

Community Language Classes will resume after Spring Break on April 3rd and are open for everyone who wants to attend! Classes take place at the Cultural Portable Building.

Vancouver Urban Cultural Days

The Tla'amin Cultural Department hosted our second annual Urban Cultural Days in Vancouver early March. We are so happy to be able to bring some of our cultural programming to our urban membership.

To begin our weekend, we were delighted to have elder Jeanne Paul join us to record stories and language for our First Voices website followed by a cultural gathering filled with song and dance and a chance to sit together for a meal.



The rest of the weekend was dedicated to cedar hat weaving which was taught by Sosan and Gail Blaney. 10 urban Tla'amin members got to weave cedar hats during this workshop. We look forward to bringing this back to our urban membership next year, with the possibility of also bringing this to our Vancouver Island members if there is interest.

Firewood Notice

Reminder that you are required to have a valid firewood permit in order to get firewood.

Dead and down only. SALE IS NOT PERMITTED.

If your permit has expired, please see front desk at the government house to renew your permit.

Permits are only valid on Tla'amin Lands.

Permits are only available to Tla'amin citizens, band members and residents (Klahanie and Southview residents).

If you are looking to purchase firewood – contact Thicum Forest Products.



Students carve out future bow and arrows in preparation for target shooting and safety lessons

A local knowledge keeper, Jamie Macdonald, was brought in to support the instructor Corey Gordon teaching this skill/process.

In bow making, the students learn many key skills from identifying species of wood, harvesting the correct wood, carving, pound testing the bow/string, and creating arrows.

Additionally, they learn hunting skills with the arrows and participate in target shooting, safety lessons on the range and in the bush, and is followed by gaining traditional knowledge of harvesting grouse with the use of bow and arrow.

The GIJE (Guided Indigenized Journey to Excellence) Academy is a land-based, experiential, and culturally immersive program.

It honours Indigenous knowledge and ways of being and doing to provide students with a safe, holistic, and identity affirming education while offering credits towards their graduation. This is achieved through engaging and relevant learning opportunities. The course provides a strengths based approach with exposure to broad experiences while creating space for individual student gifts, interests, and mastery as a way to build students sense of belonging, identity, and success.

Visit the website:
sd47@bc.ca



Archery Program

APR. 9 - 30TH, 2024

ᑕayıştən ᑕaye | Cousin's House

Ages 11 - 15 yrs. 4:30 - 5:15 pm
Ages 16 yr. & older 5:30 - 6:30 pm

Register by

Emailing rec@tn-bc.ca or by calling ᑕayıştən ᑕaye | Cousin's House at 1-877-505-5139



Expanded Tla'amin General Assembly calls ʔəms ʔεʔε home

Executive Council establishes travel subsidy to help Citizens come home.

Tla'amin Nation's Spring General Assembly is scheduled for May 2 & 3, 2024 and will include business and reporting, cultural and social activities, and a traditional feast and social dance. Registration for the assembly will launch April 5, 2024.

Hegus John Hackett said that the idea for an expanded assembly came from feedback received at the last assembly. "Citizens wanted more time together as Tla'amin people, and not just focused on business."

The Spring Assembly will take place in the Tla'amin community of tišosəm (tishosum), and a travel subsidy is being offered to off-lands Citizens who would like to make the trip home.

The 2024 Assembly will include up to 20 different workshops and experiences for Tla'amin Citizens including an on the land song sharing experience, cooking classes, walk-thru health check-ups, and the chance to shape a new housing policy. The evening of May 2 will feature a nohom (feast) where Tla'amin will celebrate Treaty Day with traditional foods and culture sharing.

Hegus John Hackett adds "With this Assembly we are taking a whole Nation approach so that Citizens can have their questions answered in one place, over two days. This unified approach to engagement is based on our value of one-heart, one-mind, one-Nation. Tla'amin Management Services, Health and all departments of the Nation will be present, and we invite our Citizens to please plan to join us for two days of business, culture, and fun."

Pre-registration is required and will launch on the Tla'amin website Friday April 5. Registering in advance will allow Citizens to choose workshops ahead of time and indicate a need for travel subsidy and childcare.

By law, Tla'amin is required to hold two general assemblies per year, the Fall Assembly is scheduled for November 7 & 8, 2024.

Questions about the General Assembly can be directed to registration@tn-bc.ca please save the dates of May 2 & 3 and plan to visit www.tlaaminnation.com to register on April 5, 2024.



In 2019 members of the Tla'amin Nation were welcomed at the Tla'amin Day Celebration with a feast and cultural activities

In collaboration with the qRCA, the Indigenous Youth Mountain Bike Program & Mahony Bike Co.

Tla'amin Community Recreation presents

BIKE NIGHT & A SPECIAL SCREENING OF

Trailblazing Stories of Healing and Unity

DIRT RELATIONS

Food & Drinks Provided

Apr. 4, 2024 | 5:00 PM to 8:00 PM
ʔayıştən ʔaye | Cousin's House

MTN. BIKE SKILLS & FUN 5:00 - 6:30 PM
FILM SCREENING 6:30 - 8:00 PM

ALL AGES WELCOME
Please bring own mtn. bike & helmet.

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)

Scuttle Bay Home Welcomes Support From VIU's Carpentry Apprentices Program

In 2023, a devastating house fire engulfed the home of Tla'amin Elder's Randy Timothy Senior and his significant life long partner, Mugsy. Fortunately, no one was seriously hurt in the fire but the loss of personal belongings is priceless.

With the support of the Carpentry Apprenticeship program at VIU'S tiwšɛmawtxw Campus and Tla'amin Construction, the difficult thought of rebuilding became a reality, providing some comfort for the homeowners.

"We have been trying to coordinate a job site project for a few years", said Instuctor Jonathon Bratseth of the Carpentry Apprenticeship program at the tiwšɛmawtxw Campus. "The relationship between the Tla'amin Nation and tiwšɛmawtxw is of the highest importance to VIU. What a pleasure to be able to put our hands to the task of strengthening that relationship and supporting Nation members with our new skills."

Working on a job site provides a true to life experience for students where they gain necessary skills. The students also gain valuable cultural and traditional knowledge working with Tla'amin Nation archeological team during the excavation phase.

Craig Galligos is the Construction Services Manager for our nation. "The next phases of work involved our nation crews working to get the floor slab in the home, and seal up the building once the windows and doors are installed at the end of the month."

The subcontractors (plumbers, HVAC, Electrical) will be starting their work in early-mid April once the interior walls have been framed.

Tla'amin Construction Services is very excited about the partnership with VIU- tiwšɛmawtxw and looks forward to working together on future projects. This case was a win-win situation.

Archaeology Work Findings:

Scotty Galligos shared about the rich history of the location. The setting is also particularly beautiful and students saw many humpback whales and orcas

- Tla'amin Culture and Heritage Technicians (CHTs) and In Situ Archaeology from Powell River were able to monitor work and test for archaeological materials.
- CHT monitoring or pre-work surveys are at no cost to TN members or Klahanie leaseholders. Please enter your projects in Tla'amin Connect online at tlaaminconnect.com. If you have any questions, please contact the Territorial Stewardship Department at referrals@tn-bc.com or call Referrals Assistant Sandra Harry at (778) 762-3032.



VIU Carpentry Apprenticeship Program worked on the framing in February of 2024 before installing the roof in front of an amazing view at Scuttle Bay



- Several lithic (stone) artifacts were found, including a basalt projectile point (arrow or spear head) found by CHT Scott Galligos. In Situ is putting together a catalogue of everything found and they will be stored at the new Culture Center when it opens.

New Job Listing on

<https://tlaaminfirst.bamboohr.com>

Grounds Maintenance Worker

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

Position Summary

Job status: Full Time Permanent
 Job title: Grounds Maintenance Worker
 Hours of Work: 7:00 am to 3:00 Monday - Friday
 Work site: Health Building and CDRC Building
 Date Posted: March 20, 2024
 Close Date: April 3, 2024 by 4:30 pm
 Salary: \$20.60 hr
 Reports to: Health Director or Designate

Reference: #2024-03-20-GMW

Internal / External Posting

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

The successful applicant will be required to work in accordance with the BCGEU Collective Agreement as well as the applicable policies and procedures of Tla'amin Health and Tla'amin Nation. The successful applicant will be in good physical health. This position is open to applicants of all genders.

How to Apply

Please reply by sending you resume accompanied with a cover letter, by April 3, 2024 no later than 4:30 to:

<https://tlaaminfirst.bamboohr.com/careers/134>

OR

Mail or drop off in person to:
 Attention: Human Resources
 Tla'amin Health
 4895 Salish Drive
 Powell River, BC
 V8A 0B6

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

Maintenance Worker

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

Position Summary

Job Status: Casual
 Job Title: Maintenance Worker
 Hours of Work: 7:00 am to 3:00 pm Monday - Friday
 Worksite: Health Building and CDRC Building
 Date Posted: March 20, 2024
 Date Closed: April 3, 2024 by 4:30 pm
 Salary: \$24.35 hr
 Reports to: Health Director or Designate

Reference #: #2024-03-20-MWC

Internal/External Posting

Performs preventative maintenance; maintenance and repair duties or projects for the building, grounds, equipment (lawn, kitchen, fire safety, furniture) and related systems (heating, ventilation, air conditioning, plumbing, electrical, irrigation) for the Health Administration building and the Child Development & Resource Centre through a routine seasonal schedule.

The successful applicant will be required to work in accordance with the BCGEU Collective Agreement as well as the applicable policies and procedures of Tla'amin Health and Tla'amin Nation. The successful applicant will be in good physical health. This position is open to applicants of all genders.

How to Apply

Please reply by sending your resume accompanied with a cover letter, by April 3, 2024, no later than 4:30 pm to:

<https://tlaaminfirst.bamboohr.com/careers/135>

OR

Mail or drop off in person to:
 Attention: Human Resources Department
 Tla'amin Health
 4895 Salish Drive
 Powell River, BC
 V8A 0B6

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

Long Serving Trustee Retires

On behalf of the Trustees of the Qaməs ʔəms tala Settlement Trust, the Trustees and Guardian would like to take this opportunity to express a sincere thank-you to our longest serving Trustee, Kristi Thiele.

After 10 years of service Kristi is stepping down to spend more time with her young family.

In Kristi's own words:

"It's been an honor and a privilege to work with the Trust. Working side by side with my fellow Trustees has been humbling and fulfilling. I am grateful for the friendships built of belly laughs, some workflow frustrations, fund growth and overall progress that has happened over the years. It has been one of my greatest pleasures to work with the Economic Development grants, as I have seen some of our people succeed in their career and entrepreneurship goals.

I have dedicated the last 10 years to this endeavor, and I am stepping back from this role with a light heart. I believe the Trustees will continue the work on a good and healthy path."



Kristi's contributions to the Trust leave a positive legacy. Involved since the very beginning, Kristi volunteered as a citizen member of the community working group that drafted the Deed which is the legal document that determines all Trust operations.

She has served as Treasurer to the Trust since it's inception in April of 2016 and was a key member of the team who grew and matured the policy, processes, and investment strategies around the Trust. Incoming Treasurer Ann Paul said "čəčəhaθəšt – we thank you Kristi, your input, dedication, and presence on the Trust Board will be missed. We wish you well."



KARATE

**TRY-IT DAY
APR. 7**

**6-WEEK PROGRAM
APR. 14- MAY 26**

**6-8 yrs. - 1:00 - 1:30 pm
9-12 yrs. - 1:45 - 2:15 pm**

LOCATION: SALISH CENTRE

Email rec@tn-bc.ca or call ʔayištən ʔaye Cousin's House at 1-877-505-5139 to register!



Our Money Is Put Away Safely

Qaməs ʔəms tala Settlement Trust

Notice of Annual General Meeting

When: Saturday, June 8, 2024 - 10 am to 12:30 pm

Where: Salish Centre and Via Livestream Webinar

Who: Tla'amin Registered Treaty Citizens

Breakfast offered beginning at 9 am.

Meeting begins at 10 am.

Come to be informed on the status of your Settlement Trust
Registration link: <https://tlaamination.com/trustagm>

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

Review of Trust Operations will include:

- Report from Cyndi Egan – Guardian for the Trust
- Financial status of the Trust for the fiscal year ending Dec 31st, 2023.

PBI and Dixon Mitchell presenting.

- Financial Audit results 2023 – Grant Thornton Auditors
- Economic Development Fund application process
 - Q&A Session

Prize Draws Throughout the Session

We hope to see you there!

WE ARE HIRING!

Log Loader Operator

Give a damn. Get it done. Be real.



Tla'amin Lake Contracting

A MERAKI AND THICHUM PARTNERSHIP

Send resume to tlaaminlake@merakiresources.com

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

Igniting the Spirit Youth Gathering

On March 7th, approximately 50 youth gathered and participated at the Igniting the Spirit Youth Gathering that was sponsored by Community Services.

Drew Blaney provided a song for the youths while Elsie Paul began with an opening prayer. "Take a moment to think about your own lives and make the nation proud of who you are," said Elsie.

"It's really great to see a lot of our youth together in one room to listen to some important messages from our key note speakers while making room for workshops this afternoon." said hegus John Hackett. I hope you all leave here today with some good messages to help you move forward."

The conference was intended to help Tla'amin youth understand themselves, the choices available to them, and to meet the many helps and resources in the community.

Keynote speakers Ashley Callingbull shared these words for the youth

"It's just about putting yourself out there and stepping out of your comfort zone. See what you're learning to love and appreciate yourself, because that's what gives you culture and your strength. Surround yourself with people that want to see you rise because you want to be with people who want to see the best version of you five years."

In the afternoon 3 breakout workshops were held regarding healthy relationships, healthy pathways, and residential school awareness.

Later in the evening dinner music, and dance provided by DJ Tala Mike



Keynote Speaker Ashley Callingbull shares a few stories about being bullied at her first elementary school



Kohen Louie and Tobin LeBlanc U11A proudly showing off the Tla'amin flag at the Osoyoos Tournament. Kohen scored 110 goals this season!



Ace Harry and Takaya share a song during the youth conference

təʔaw

teachings from TOSUM Ltd



ʔi tʰokʷ - Good day!

My name is Charlene Muskego. Currently I reside on Treaty Six Territory in Edmonton. I am passionate about the ʔajəw – physically fit body. I find being active helps niḡəčxʷ kʷ χaxgiḡ - training to be a healer in mind, body and spirit.

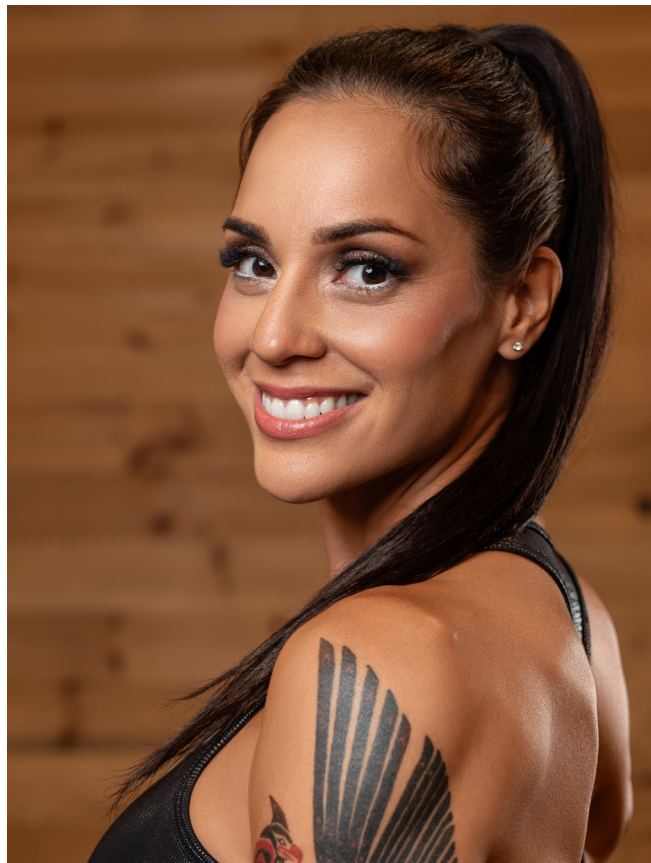
I received my diploma in 2023 as a Personal Fitness Trainer through Northern Alberta Institute of Technology. I am the owner of ʔasəm (strong) TOSUM Ltd established in July 2023. The core values of TOSUM Ltd, is the medicine wheel teachings.

Knowing in my heart, my own late mom's path was one of my hardest lessons learned in life. "You can't help someone if they don't want to be helped." I always felt there was more out there in the world for me.

I moved to Alberta when I was 17 turning 18 years old. Making sure my sisters were safe before leaving, keeping in contact over the phone, social media and visiting a couple times over the years.

The gym has always helped me release emotions of grief, keeping me strong and balanced, as it was my passion when I was a child. If I take care of myself, then I can take better care of my children. The Institute of Child Psychology is an amazing website and free for parents as well to check out.

With 10 years of experience of training in the gym with heavy weights and being a World Natural Bodybuilding (WNBF) Bikini Pro, placing top 5 in the World in 2021, on my late mother's birthday; I have developed a deep understanding of the industry.



I am a Personal Fitness Trainer and an Online Coach, and if you would like more information, please feel free to contact me at tosumstrong.com

hoyot niḡe toχnəxʷ θ yiγχmeθot. – "It is up to you to make healthy choices. I can only share what I have learned but it is up you if you choose to do it."

3 tips to get started today to make healthier choices!

1) Mindset – Starting from Within - From "Written as I Remember it", by Elsie Paul.

The ʔaʔəmen people used to wake up before sunrise and go into a nearby river, and then, as the sun rose, breathe out, blowing air out hard towards the sun several times. When doing so, one's hands are held to each side of the mouth, and then in one motion, the arms are stretched out forward as if throwing one's breath toward the sun. This ritual has been practised with the belief that it would get rid of illness or maintain health, both physically and spiritually. You can take a shower in the morning and finishing it off with cold water. There are a ton of benefits for your body. Meditation for just 5 minutes by focusing on our breathing and slowing down the mind by keeping us grounded. I love yoga as well!

2) Commitment of starting small – taking the time to begin. Starting off with 30 minutes of walking or jogging outside each day. Try parking further from the grocery store or try taking the stairs over the elevator. If you need more help planning your goals and time to get active. I love using "Living Full Circle" by Jenene Wooldridge inspired by Medicine Wheel teachings. It's a 52-week undated planner.

3) Limiting sugar intake. Less sugary drinks, including alcohol and to drink more water. I usually wake up to drinking 500ml – 1L of water with freshly squeezed lemon in the mornings before my coffee. This is a great way to start your day as well. Drinking 2 - 4L a day is a great goal. So many great benefits from all these tips. I hope you find this helpful if you choose to begin on your journey of getting healthier.

Check out next month Neh Motl where I will sharing Fitness tips for a healthier lifestyle.

TLA'AMIN
5V5 CHAMPIONS LEAGUE

STARTS APR 2, 2024

REGISTER BY MAR 25

JUNIOR CHAMPIONS AGES 6-12

SENIOR CHAMPIONS 12+

TLA'AMIN NATION

REGISTER NOW

TLA'AMIN NATION'S CHAMPIONS LEAGUE

Join our Champions League program for:

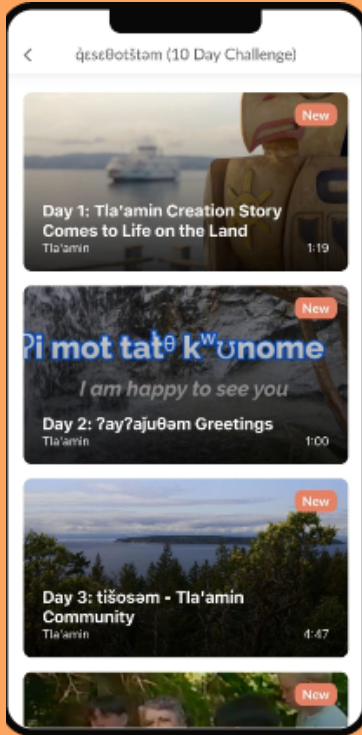
- A six week community based league with a tournament finish.
- Weekly practices and games with snacks and pizza.
- Practice on Tuesdays, Games on Thursdays. Juniors 5:00 PM-6:00PM, Seniors 6:15PM-7:15 PM.
- Fun competitions with prizes and trophies.
- "Champions for Life" holistic development - as a team & individually mentored by amazing community coaches!

CONTACT: REC@TN-BC.CA



Come celebrate the launch of our custom-branded wellness and cultural connection app!

Enjoy a local meal, enter our giveaway, and so much more!



- Salish Centre**
- April 18th, 2024**
- 5:00 PM - Doors open**
6:00 PM - Dinner is served

About the app

ʔəms nəm is a confidential and safe place to connect with traditional teachings, learn from elders, and up-lift the Tla'amin ways of being.

Learn more



Need help? Have questions? Call or text: 613-888-7986, or email: hello@checkingin.co

Tla'amin Elders Corner

Coordinator: Doreen Hopkins
Tla'amin Health – 604-483-3009
Tla'amin Elders is 60 years of age and up.

Guest Speaker: Montana, Checkin Video Presentation

Date: April 18th, 2024 (Thursday)
 Location: Gym
 Time: 5:00 p.m. to 7:30 p.m.
 Dinner included.

Honoring our Elders Conference

Date: April 20th, 2024 (Saturday)
 Location: Gym
 Time: 9:00 a.m. to 7:00 p.m.

Our thoughts and prayers go out to those who have experienced a loss within their families/ friends over the last year. With the weather warming up, stop by and visit family and friends. Take the time to sit out while the sun is shining and enjoy the fresh air with your Jeh Jeh's.



2024







April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		 Orca Bus at CDRC 10-12	Speech and Language Early Dismissal @ 2:00			
7	8	9	10	11	12	13
		 ECD Craft group @ CDRC 9:30-12:00	Speech and Language Occupational Therapy (OT) Early Dismissal @ 2:00	 National Pet Day		
14	15	16	17	18	19	20
		 Orca Bus at CDRC 10-12	Early Dismissal @ 2:00	 čičoy Fluoride Varnish Application Drop in		
21	22	23	24	25	26	27
	 HAPPY Earth DAY		Speech and Language Occupational Therapy (OT) Early Dismissal @ 2:00			
28	29	30				
		Kindergarten Health & Wellness Fair @ Salish Center Orca Bus at CDRC 10-12				



CHILD AND FAMILY SERVICES

CONTACT US AT FAMILYSERVICES@TN-BC.CA OR (604) 413-7053
WE WILL CONNECT YOU WITH THE RIGHT TEAM MEMBER FOR SUPPORT

WHO WE ARE	WHAT WE DO
 Ryan Pielle CFS Manager	Oversees all child and family services. Is the Nation representative for child protection matters.
 Lisa Williams CFS Administrative Assistant	The primary contact for general inquiries related to Tla'amin child and family services. Also provides administrative support to the team.
 Jasmin Menendez Youth and Family Advocate	Supports and advocates for Tla'amin families and youth, ensuring their voice is heard in the different services and/or systems they are experiencing.
 Trista Tom čepθen House Coordinator	Coordinates stays, related services and programming at čepθen House, which is where Tla'amin families can get respite or other group supports.
 Alexandria Souch Family Civil Mediator	Facilitates meetings for families and agencies to ensure decision making and planning is fair to all parties involved, especially the children.
 čičye Circle	Provides guidance about the structure of services, and direction on long-term reform of services. Is not involved with case-related work.

IF YOU NEED TO REACH THE MANAGER DIRECTLY, PLEASE CONTACT
RYAN.PIELLE@TN-BC.CA OR 604-414-4280

Your Favorite Chicken Potpie (from scratch)



Ingredients

- 2 cups diced peeled potatoes
- 1-3/4 cups sliced carrots
- 1 cup butter, cubed
- 2/3 cup chopped onion
- 1 cup all-purpose flour
- 1-3/4 teaspoons salt
- 1 teaspoon dried thyme
- 3/4 teaspoon pepper
- 3 cups chicken broth
- 1-1/2 cups whole milk
- 4 cups cubed cooked chicken
- 1 cup frozen peas
- 1 cup frozen corn
- 4 sheets refrigerated pie crust or homemade Classic Butter Pie Pastry

Directions

Step 1: Cook the vegetables

Preheat the oven to 425° F. Place potatoes and carrots in a large saucepan, then add water to cover the vegetables. Bring to a boil. Reduce the heat and cook, covered, for 8 to 10 minutes or until crisp-tender. Then drain.

Step 2: Make the filling

In a large skillet, heat butter over medium-high heat. Add the onion; cook and stir until tender. Stir in flour and seasonings until blended. Gradually stir in broth and milk.

Bring to a boil, stirring constantly. Keep stirring until the mixture has thickened—it will take about 2 minutes. Stir in the chicken, peas, corn and potato mixture. Then, remove the skillet from the heat.

Step 3: Assemble the potpie

Unroll a pie crust into each of two 9-inch pie plates; trim so it's even with the rims. Add half of the chicken mixture to each pie plate. Unroll remaining crusts and place over filling. Trim, seal and flute edges. Cut slits in tops.

Step 4: Bake

Bake 35 to 40 minutes or until crust is lightly browned. Let stand 15 minutes before cutting.




Good Luck
to the Tla'amin Soccer Teams that are headed to Victoria for the Easter Weekend tournament!

Executive Council Minutes

February 7th, 2024

Via In-Person / Zoom

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

Regrets: None

Resources: Richard Gage, Michelle Bruce, Tana Harry

Guests: Davis McKenzie, Connie Graham

Hegus Hackett called the meeting to order at 9:01 am and provided the Opening Prayer.

A. Disclosure of conflict of interest:
No conflicts were declared.

B. Minutes:

Motion to approve minutes from January 10, 2024.

C. PRESENTATIONS:

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

1. Community Feedback on Funeral Policy (Davis McKenzie, Dir. of Communications)

Cllr. Losa Luaifoa reviewed the Funeral Policy presentation from the January 7th meeting. Davis McKenzie reported the following:

- A web page was created to collect feedback.
- The report presented to EC on January 7th was posted on the web page.
- A Facebook album with some strong comments was created and linked back to the web page.
- The 11 surveys were received during this extended period and were focused on the closures.
 - o The total responses were 17 members through 2 focus groups.
 - o 41 completed surveys with 199 comments.
 - o 79% of respondents felt the funeral policy needed to change. In particular to the office closure.
- Legislators should have confidence to move into the policy development phase with the features outlined in the previous report plus a few more considerations outlined in the briefing note.
- The next steps would be to pass the report and briefing note onto the policy team to put it into an organizational policy.
- This policy would then come back to the Executive Council for approval.
- The policy would then be communicated to the community and a family support guide developed.

L. Wilson requested that the number of days staff request for funeral leave be tracked.

R. Gage commented that the Nation staff are very honourable, but that it shouldn't be difficult to track requests for time off through HR.

D. Johnson opened a discussion on using equipment at the new cemetery.

R. Gage commented that the fill in the new cemetery is backfill from deep excavation from a project in town. The consistency will vary across the site.

Motion to accept briefing notes presented by Davis McKenzie.

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

2. Cranberry Wildfire Risk Reduction Project (Connie Graham, Territorial Stewardship Manager)

- The program was designed to reduce wildfire risk and improve fire responder safety.
- This area is dense 2nd generation growth.
- Thinning to remove ladder fuel and ground cover to reduce the risk of wildfire intensity and spread.
- The proposed treatments would not adversely impact ecological communities including the Western Painted Turtle habitat.
- Petroglyph in this area is modern in origin.
- No removal of merchantable timber or a large impact on property values.
- Sunshine Coast Natural District wants to award the project to Thichum – an economic benefit.
- Erik noted that a windfall in 20101 & 2017 caused windthrow. There may be merchantable timber.

D. NEW BUSINESS:

1. Community Services

i. SCT Stage Race, 5 day running race event (Cllr. D. Johnson)

- Request for Tla'amin Nation to support the Sunshine Coast Trail 5 day run.
- Organizers will waive entry fees for Nation members.
- Focus on advocacy/awareness of forest land use.
- Rachael and Dane Sherstad are presenting the race.
- Presentations and information will be part of the race.

Erik Blaney noted: Sliammon Lake needs some bush clearing and work to open the campsite.

Also, safe road access for emergency vehicles.

Action Item: Richard Gage requested contact information for Rachael and Dane. He will be the point person and will report back to the Executive Council.

2. Treaty Implementation

i. ABCMTN Society Members at Large – Resolution Approval (Richard Gage, CAO)
R. Gage deferred to T. Harry to review the Resolution.

Motion to approve Executive Council Resolution #02/2024 to support the Appointment of Alliance of BC Modern Treaty Nations Society Members at Large.

Hegus John Hackett is appointed as Alliance of BC Modern Treaty Nations Society Member at Large on behalf of the Tla'amin Nation Government

Councillor Lori Wilson is appointed as Alternate Alliance of BC Modern Treaty Nations Society Member at Large on behalf of the Tla'amin Nation Government.

Moved by Councillor Losa Luaifoa Seconded by Councillor Dillon Johnson
CARRIED

E. HOUSE POST REPORTS

1. Lands & Resources – Erik Blaney reported the following:

- On January 24th ADM Jennifer Melles and ADM Matt Austin visited the Nation. This is what was discussed:
 - o Heritage site destruction at Emmonds Beach and within the BC Parks boundaries. Guardians have been investigating the destruction. The way forward is an MOU with Parks on how we expect them to operate to protect our cultural heritage values within the Parks.
 - o Theodosia is under threat with climate change. The dam is impacting salmon habitat. Climate change is impacting water flows and severe drought.
 - o IPCA models to designate the Theodosia Valley as an indigenous conservation area. There is likely to be an emergency situation with the chum this year.
 - o Private logging practices in the Theodosia Valley have had severe impact on the lower 5km of the spawning channels. The private forestry logging pact is under review.

- Joint fish committee discussion about re-listing the Theodosia summer-run Chum. The Sakinaw red listing may impact our right to harvest Sockeye off Texada. There may be a limit on Sockeye harvest which will impact our fishermen fishing off Texada.
- Lois Lake fish farms are having significant impacts on our territory. They are closing. The first piece of property will be listed this week. We are working with the province to look at the impacts that this has had on the lake. And discussing how to move forward with impact studies.
- Old growth cedars in the Bear Tooth slated to be cut by Western Forest Products. The action of the Nations to ban old growth logging within the territory stopped that block from being cut. We are working with WFP to have the bands removed from the trees to allow them to grow. This area is not slated to be logged.
- The hatchery is receiving \$250,000 worth of upgrades including new roofs.
- The hatcher is struggling with high water flows due to climate change and the recent atmospheric river.

2. Finance – Lori Wilson reported the following:

- Visited the MOA to view the mortuary poles that will take up to a year to return to the Nation.
- Attended the community tiskwat meetings Vancouver and Victoria.
- Next finance quarterly meeting is March 13th. Community representatives Cindy Egan and Cathy Galligos will attend.
- The 2021 audit was presented by KPMG to TMS operating board and TMS Holdings board.

Brandon Peters asked what will happen with the mortuary poles when they are returned to the Nation. L. Wilson suggested that they will ultimately be placed in the new cultural centre once it is completed.

3. Community Services – Dillon Johnson reported the following:

- Health is in the process of collective bargaining with Health and the union.
- The Taxamy building is nearly complete. There is a delay due to supply chain issues.
- Funding has been secured for Tiny Homes for complex care through BCH.
- Occupational therapist starts February 8th and will first focus on the čičuy with cognitive and physical challenges.
- Child and Family Services are working on the service model. A handbook of services is being developed to provide to the community.
- The Provincial Ministry and the Alliance of Modern Treaty Nations are developing a new funding framework for Children and Family Services.

- The Tla'amin Education Agreement (TEA) is the oversight committee. Updates to the post-secondary policy will allow for shorter term training.
- Planning is taking place for next year's language immersion for growth and future delivery.
- Some community members taking prerequisite courses in preparation for the in-community delivery of a teacher education program which starts in September. This is in partnership with VIU and the Tribal Council.
- There will be a museum space at the new Cultural Centre for the mortuary poles.
- The citizenship committee is meeting with appointed Elders. They will be reviewing applications.
- The new recreation coordinator is Sydni Stonehouse. She went to school for recreation management.
- March 16th is Tla'amin night at the King's hockey game.

4. Public Works – Losa Luaifoa reported the following:

- Carmin Galligos and I participated in a transportation study with the qRD to address the gaps with BC Transit to better service our residents. 80 people responded to a survey for feedback on this issue.
- The design package for the sewer conveyance project has been completed and submitted to ISC (Indigenous Services Canada) for their technical review.
- The Harwood subdivision design will be complete, and a tender package will be ready for the end of this month.
- The Our House & Traditional Foods building (The Cultural Centre) the tender for this project is complete and will be awarded to the successful bidders this week.
- Thank you to Branden Bresden for getting the project to this stage.
- We will be planning the ground blessing ceremony for when this project starts and will make sure all the community is invited.
- Construction has begun on the insurance rebuild of (name of person) in Scuttle Bay. The Nation partnered with VIU's carpentry program to help us with the framing of the house.
- The washroom project at the waterfront has started. The existing structure is being torn down. The new washroom will be ready in Spring.
- Drainage work has begun along the back of the track and the ditch that runs past Do-reen's house. There is pooling of water near the soccer field. We are replacing the culvert and winding the driveway that leads to ʔajumət, the harm reduction centre to make it safer.
- The master drainage plan RFP is being released this month. Immediate drainage repairs are being planned.
- Winmar and the Nation's construction teams

are working on 12 house renovations currently. We are prioritizing the next 12-16 homes for renovations next fiscal.

- Home and Land transfer policy work is a priority. Carmin Gallagos and Ashley George Are working hard to get a draft policy to council as soon as possible.
- Staff are seeking alternative locations and a schedule extension for the organics processing facility for compost.
- Staff are also planning for a solid waste management plan. This will address how we implement how we are recycling and composting into our current garbage collection process.
- MOTI has approved the extension of the 30km zone on the highway to extend past Governance House.

E. HEGUS' REPORT

- Hegus John Hackett thanked Richard Gage for his four years of dedication and service.
- COO Russell Brewer will hold the position of interim CAO starting March 31st.
- The public statement released on Monday (February 5th) regarding the mockery of our place name change has received a lot of attention.
 - o The town's name is a constant reminder of the abuses inflicted on indigenous children for more than a century.
 - o Tla'amin's intention is to move forward.
 - o It is essential to build relations and trust with our neighbouring communities.
 - o A lot of positive comments have been received from our neighbouring allies.
- ADM Jennifer Melles and Matt Austin visited Tla'amin representing the province of British Columbia. Topics discussed were Heritage Stewardship, tiskwat, additions to Tla'amin lands, mining, groundwater allocation and Treaty amendments.
- ADM Heather Mclean visited to discuss Tla'amin's specific claim to tiskwat and Tla'amin Fiscal Finance agreement renewal.
- Hegus acknowledged the hard work of all our staff behind the meetings. Specifically recognizing the support of our Intergovernmental team, IT and Communications staff.

ADJOURNMENT

Motion to adjourn the meeting at 10:21am.

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

ANNOUNCEMENTS

SPRING JOB FAIR

May 9th, 2PM-4PM

ARC Community Event Centre

7055 Alberni Street



Employers reserve a table today!

Call: 604.485.7958 or email: rob@liftcommunityservices.org

WorkBC
Employment Services

Canada

BRITISH COLUMBIA

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

With appreciation and in solidarity on the anniversary of the Tla'amin Treaty.

We are proud to work alongside you.

We raise our hands to you.

LIFT COMMUNITY SERVICES



Welcome to the world, precious girl

Announcing the arrival of
Logan Katherine Parr

Born February 26th, 2024 at qathet General Hospital to proud parents, Brittany Vivier and Landon Parr.



Tla'amin Men in King of the Sea, 1950's

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