

NEHMOTL "US"



MAY 2024

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

New Fishing Vessel Heading to Okeover

Project funding has been received for 2024-25 to purchase a boat, motor and all the safety equipment required for our shellfish activities. A gangway from the shore of Cannery Bay to the flupsy will be installed for easier access. Hats off to the hard-working beach crew particularly in the winter months when they work at night due to the tides.

Located in pristine and nutrient waters, Tla'amin Nation shellfish aquaculture also has close access to infrastructure. In the future, if we expand we are very close to domestic and international export markets.

Tla'amin Nation currently owns 68.4 hectares of tenures and an additional 75.5 hectares of map reserves for a total of an impressive 143.9 hectares for shellfish farming alone.

Tla'amin Nation has owned tenures in the Okeover and Theodosia area for over 45 years and the business arm, Tla'amin Management Services LP, re-entered the aquaculture business in 2018.

Its main operations under Pa'aje Shellfish LP, are in the Okeover area which contains an astonishing 12 acres- one of the biggest in the area.

Opportunities for the Tla'amin Nation include "ready to develop" intertidal and deep-water shellfish grow out sites, land for developing off-loading, processing and hatchery facilities, access to water and power and a local community with a young population to draw labor from.

Stay tuned for more updates in the next edition of the Neh Motl.

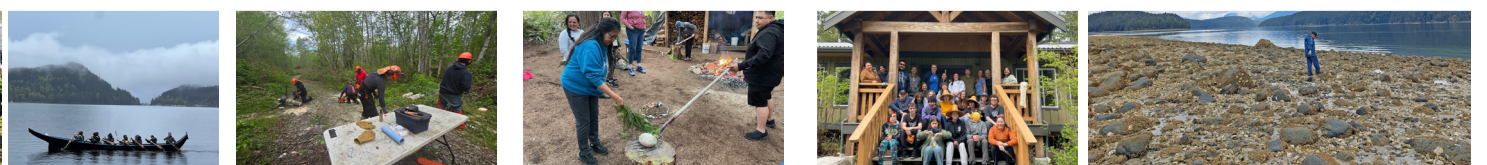


Oyster tenures are located in the heart of Okeover Inlet which is very close to Cannery Bay. For the past two years Pa'aje has donated oysters to the seafood distribution to Tla'amin Citizens and we plan on expanding our clam inventory.

L-R: Dean Louie, Allan Souch and Charles Harry enjoy a sunny day out on the waters aboard the *Lou Don* the nation just started renting December 2023.



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





Tla'amin Governance House Updates

4779 Klahanie Road,
qathet, BC V8A 0C4
Phone: (604) 483-9646
Toll Free: 877-483-9646

Governance House will be closed for the Victoria Day Weekend.

MONDAY, MAY 20TH



hegus
John Hackett

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April has brought beautiful spring weather to our beautiful territory and our community. It is great to see people outside enjoying this weather.

March 26th Tla'amin held a ceremony for ancestral remains. The Ceremony started with Ceremonial burning with food as an offering to our ancestors. In attendance there were community members, elders, and members from the city council. The ancestral remains were from our territory, Savory Island, Texada, and south of town. These remains were disturbed through development, so the right thing to do is to bring our ancestral remains back into our community ᑲᓂᓄᓂ as their final resting place.

A brief update on Tla'amin Management Services. There was appointment of two Operating Board members... A total of seven (7) applicants for the two board member seats. Dr. Kelsey Louie and Marlane Paul were the two successful candidates. Dr. Kelsey Louie and Marlane Paul both appointed for three (3) year term on the Ops Board.

Thursday March 28 ADM Gari-ma Dwivedi Visit to Tla'amin our objectives from Tla'amin establish a relationship with a new senior official at CIRNA, share information about Tla'amin's government and CNP, and Build allyship for a whole-

of-government federal support for a government-to-government MOU for tiskwat

We shared a bit of background, history, and our connection with Ti'skwat, elaborated on the dispossession of our village site of tiskwat and how site was developed without the consent of Tla'amin, and highlighted the environmental degradation of our village site and how this all ties into our Specific Claim.

We also gave a summary of our journey of self governance and how it provides for an enduring, rights-based, and respectful evolving partnership between the Nation, Canada and the Province of British Columbia highlighting the Importance of our relationships with federal and provincial governments to support advancement of our treaty and our goals.

We gave an overview of Tla'amin Comprehensive Nation Plan Some of our key goals include:

- Repossession of tiskwat
- Restoration of our proper role within our territory – as government partner, as economic driver, as steward of our territory
- Delivery of leading services for our people – including our work in running the largest health centre in the region and being the first in the delivery of critical harm reduction services, developing new facilities for our most precious citizens (children, youth, Elders)

ᑲᐱᓄᓂ Education Agreement – Oversight Committee Meeting

We started our meeting discussing attendance within the overall school district. Statistical data reflects that a concerning percentage of our children have missed days



Chainsaw Safety Course offered April 27th & 28th

photo by Rhys Poole

of school. This led into discussion of finding creative ways to engage with the parents to remedy this ongoing hurdle of attendance.

From our meeting I was pleased to see how closely the collaboration between our Tla'amin education team and School District 47. This collaboration is key to support and

uplift our students within their education journey.

Our meeting was very informative with updates on various programs such as GIJE high school program, our ᑲᐱᓄᓂ language immersion program, and implementation of our Tla'amin Education Agreement with School district 47.

Are you a Tla'amin citizen interested in learning how to build a dugout canoe?



Master carver Joe Martin will be working with our GIJE students for 3 weeks starting May 15th. If you are available during those weeks and would like the opportunity to learn from Joe, please connect with teacher Corey Gordon at corey.gordon@sd47.bc.ca or 604.578.8774

This is a learning opportunity -- not a paid position.

Download the ʔəms nəm app now and keep an eye out for the λοχλοχ (Oyster) Harvest and Preparation workshop videos – coming soon!

On April 24th, 2024, Tla'amin hosted a λοχλοχ (Oyster) Harvest and Preparation workshop taught by Sherry Bullock. The attendees were taught what to look for, how to harvest and shuck oysters, and how to prepare them over a fire. The day was also filled with stories from elders, fun, and laughter. This day was filmed so community members will be able to learn via the recently launched ʔəms nəm app.

There will be more traditional food harvest and prep workshops to come!



Tla'amin has secured an \$80,000 training grant from BC's Investment Agriculture Foundation (IAF). This provides funding for eight traditional food harvest workshops and eight traditional food preparation workshops over the next two years.

What traditional foods do you want to learn to harvest and prepare? Send your ideas to training@tn-bc.ca!

Our grant includes \$500 per workshop for instructor fees. Priority will be given to Tla'amin people for both instructor hiring and workshop participation. Workshops are coordinated by the Tla'amin Nation Lands & Resources, Public Works, and Education Departments.

Do you have traditional food harvest and/or preparation skills to share? Email training@tn-bc.ca if you are interested in teaching a traditional food harvest and/or preparation workshop.



Thichum Forestry

Thichum manages the community forest logging operations on both an annual sustainable cut level and a 5 year planning cycle called cut control.

Operational Update

We are on track and ahead of schedule in our 2024 community forest harvesting plan. We will be completing the last 2 blocks over the next few weeks and then will take a pause over the summer. We currently have 2 small blocks scheduled for the fall. Harvesting this year has taken place around Inland Lake, Mount Mahony, and the back end of Haslam Lake. Firewood permits will be available this fall from recently harvest blocks. Road building is scheduled for this spring and fall to facilitate 2025 harvest. Road building will occur in the Bunsters chart above the four way stop on Southview road (where it turns into Theo Br01 FSR) and near Lost Lake.



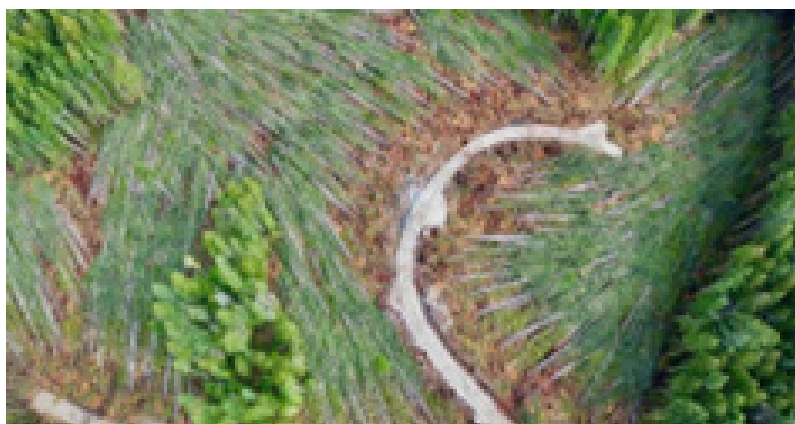
Back (L-R) Frizzle, Edmund Paul, John Noble, Sam Hackett Front (L-R) George Johnson, Rennie John, Dave Dominick, Chuck Pielle

occurred at this time. Future planning and assessments are underway for the next set of blocks in other parts of treaty settlement land. Hydrologic assessments are planned this year for the Haslam and Lang creek watersheds, Tla'amin creek watershed, Okeover water-

Planned operations can be seen at www.Thichum.com/maps and feel free to reach out to thichum@tmslp.ca for more information.

Training Opportunity

Thichum is proud to offer a training opportunity through its logging partnership company Tla'amin Lake Contracting (TLC)! TLC is offering a Professional Log Truck Driver Training Program, this minimum 10 week course will teach the successful candidate fundamental driving skills. If the successful candidate completes the training in good standing, they will be offered a full-time driving job with TLC. This initiative will be funded mainly by TLC with some assistance from the Ministry of Post-Secondary Education and Future Skills. The estimated total cost of this training program is \$75,000. Look for the posting on the Nation's website and job board.



Planning is underway for the next set of Treaty Settlement Land harvesting. The last cut block from the 2022 harvest year was finished early in 2023 in the edgehill area. This block was targeted for forest health due to the hemlock looper infestation that

shed, and the hillside above Okeover inlet. These hydrologic assessments will guide future forestry plans in these areas and are part of a new holistic planning initiative to assess the landscape at a broader level.

FORESTRY TERM

AAC – ANNUAL ALLOWABLE CUT

AAC is the amount of forest allowed to be harvested on an annual basis from a specified area of land. The AAC is tracked on a 5 year basis call a cut control period.

The current AAC for the Tla'amin Community Forest is 81,900 cubic meters per year. Our 5 year cut control period started in 2022 and ends in 2026.

We harvested 65,173 m³ in 2022 as we carried over volume from the previous cut control period.

Our goal is to have a positive balance at the end of Cut Control period.

Our planning team uses this metrics as one of the many parameters to help determine the harvesting plan each year!

Tla'amin Community Recreation

Tla'amin Bike Night

On April 4th, Tla'amin Bike Night offered an exciting evening dedicated to bike skills, accompanied by a BBQ and a screening of "Dirt Relations," a compelling documentary exploring the profound links between mountain biking, reconciliation, and healing intergenerational trauma. The event, held in collaboration with qRCA, Mahony Co., and the Indigenous Youth Mountain Bike Program, was a resounding success. Around 35 čičuy, alongside their supportive parents and guardians, participated enthusiastically in the park.

During the event, čičuy honed essential bike skills such as balance, coordination, hand signals, bike checks, braking techniques, and proper body positioning. Youth volunteers from Tla'amin Youth Nights and Coast Mountain Academy took charge of the BBQ, serving up delicious hamburgers and hot dogs to replenish the energy of the active participants.

The popularity of mountain biking is on the rise among ʔəms čičuy, aligning with one of Tla'amin Recreation's objectives to foster its growth within the community. Plans are underway to organize a 4-week youth program catering to ages 7 to 13. Additionally, if there's sufficient interest, an adult program could be on the horizon.

If you or your čičuy are keen on joining the 4-week Mountain Bike program this Spring/Summer, please reach out to rec@tn-bc.ca to ex-

press your interest. Once we confirm the program dates and gauge ample interest, Tla'amin Recreation will get in touch with you for registration details.

Photo credit to Myles Arbor of qRCA.



5V5 Champions League

Tla'amin Nation Community Recreation is partnering with Hope and Health to run a 6-week Champions League that is community based. With over 30 registered participants forming 8 teams, the league offers an inclusive 5v5 program tailored to two age groups: Juniors aged 6-12 and Seniors aged 12 and above. Weekly practices take place on Tuesdays, with Junior sessions from 5:15 to 6:15 pm and Senior sessions from 6:30 to 7:30 pm, providing opportunities for participants to enhance their soccer skills through structured drills.

Additionally, weekly games are scheduled on Thursdays during the same time slots. Each week revolves around a theme such as Goal setting, and Respect which is incorporated into the lesson plan by the coaches. Community members are warmly encouraged to come out and cheer on the čičuy during practices and games to make for a fun evening!

Photo credit to Mandy Brown School's Out Program

The Schools Out Program sponsored by United Way is a place where every afternoon becomes an adventure for the čičuy. Designed as a haven for young minds, this program offers a place for kids to hang out with friends after school. From enjoying nutritious snacks to engaging in exciting crafts as well as indoor and outdoor games, there's never a dull moment.

But that's not all; here, every child has the opportunity to learn valuable skills and help within activities. čičuy 10+ can sign up to lend a hand with serving after school snacks in the kitchen, fostering independence and responsibility. There are also opportunities for creativity to flourish through captivating crafts and art projects.

The After School Program is more than just a hangout spot, it is where lasting friendships blossom and meaningful connections are forged, creating memories to cherish for a lifetime. Welcome to a place where

fun knows no bounds, and possibilities are endless!

Grant applications for both a Tla'amin School's Out Summer program and Tla'amin School's Out Afterschool Program for the next school year have been submitted with the hopes for continued funding for this valuable community recreation program.



Story to Song 2024

Open Learning Centre hosts collective memories for Grade 8 & 9 Students



By: Amira Abouelalla, qathet School District čepθ (auntie)

We created songs and so much more. Together, we created bonds & relationships, we created community & reciprocity, and we created memories. Indigenous students in grades 8 & 9 from schools in the qathet Region attended the annual Story to Song event at the Outdoor Learning Center. The event was hosted by the Indigenous Education family from the district and the Nation. Everyone came together from Wednesday, April 24th to Friday, April 26th to facilitate this gathering grounded and rooted in the teachings and wisdom of Tla'amin qaymıx^w, Tla'amin gıje, and Indigenous guests from across the land. In addition to Coast Salish knowledge keepers, there were Cree, Métis, Ojibway, Sechelt, Comox, and Ucluelet Nations represented. The days were full, as were the spirits of the staff and students. The mornings began with sohoθot teachings and ended with campfires, a sweat lodge, snacks, stories, and songs. We feasted, fished, harvested, and canoed. We participated in and learned about various arts, like Coast Salish design, cedar weaving, wool weaving, beading, poetry, dancing, and poetry which I was honoured to share. We shared, listened, and reflected together. Through cultural teachings and experiences, the group worked together to compose several new songs.



One of our greatest teachers was being able to listen and to pause. Some songs came to fruition sitting in a quiet part of the forest. Some had beginnings in one's mind and heart as a feeling or a thought. Sometimes the song took on a spirit of its own, teaching us its voice and its sound. The drums were there every step of the way, as were Drew Blaney and Mike Luaifoa to guide the song creation process. In the end, many songs were created and many voices and drumbeats, and rattles carried these songs into our collective memories.

All of this took time. Held by the land, we spent mornings, afternoons, and evenings together, sometimes around a fire, but always in a circle, learning with an intergenerational group of knowledge keepers, elders, and aunties and uncles who graciously shared their gifts and their stories. Relationships and genuine connection take time. This is the Indigenous way.

čēčhatənapčšt. We raise our hands to everyone who participated, to everyone at the OLC, and to everyone who opened their hearts and their spaces to us. On behalf of the students, I would like to express sincere gratitude to Drew Blaney (song composition), Gail Blaney (created

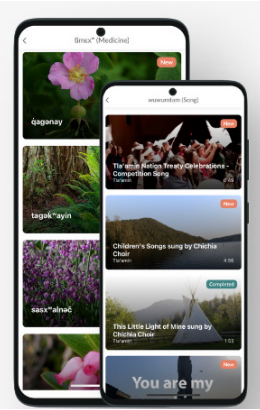
event in 2010, language, weaving, culture), Sosan Blaney (cedar hat weaving), Sophie Call (Tla'amin education director), Heather Doherty (chaperone, beading), Corey Gordon & the GIJE students (fishing), Marianne Huijsmann (linguistics), Jessica Johnson (coordination/medicinal plants/beading), John Louie (sweat lodge, sohoθot, cultural teachings), Mike Luaifoa (song composition, chaperone), Pat Luaifoa (cedar harvest/rose making), Brandi Marriott (directed art), Dion Marriott (chaperone/canoe skipper), Frankie McWade (chaperone), Cindy Mitchell (wool weaving), Tyler Peters (chaperone), Caitlynn Smith (traditional foods), Tarra Tipton

(beading), Gert Touchie (traditional foods), Angela Young (facilitator/shell rattles).

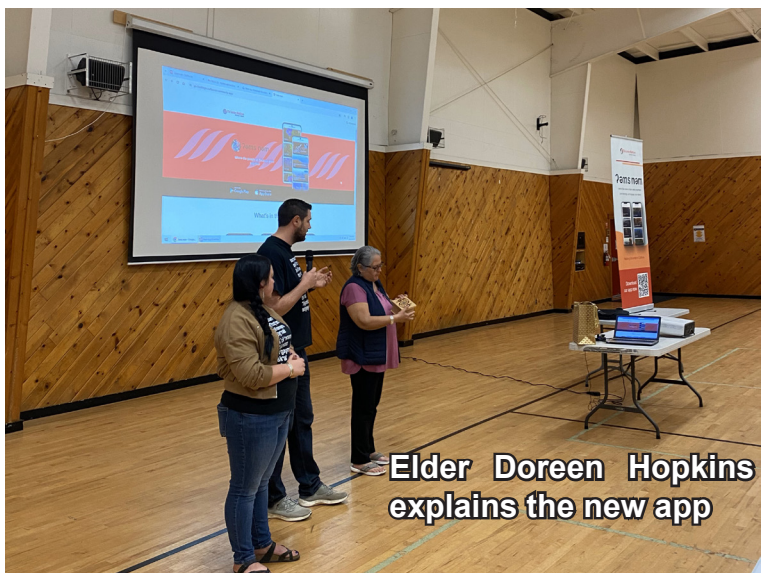


Tla'amin's cultural healing app ʔəms nəm now Available

A few weeks ago, we gathered as a community to celebrate the launch of Tla'amin's cultural healing app - ʔəms nəm. We celebrated this momentous occasion over a delicious meal, catered by Gail Blaney at the Salish Centre. The evening began with an opening prayer from Floyd George, who called on our ancestors to share in this milestone with us.



Translating to "The Way We Are" in English, ʔəms nəm embodies our commitment to preserving and sharing the rich traditions and teachings of the Tla'amin First Nation. The app serves as a digital gathering space, offering opportunities for inner healing, cultural connection, and strengthened relationships across our community.



Elder Doreen Hopkins explains the new app

Have you ever wanted to be an **EDUCATION ASSISTANT** or **COMMUNITY SUPPORT WORKER**?

COMING SOON

Or maybe you've thought of becoming a teacher and already have some university credits

This September, these VIU programs will be offered in the community!



Information sessions will be held in May. Dates to be determined.

STAY TUNED FOR MORE INFORMATION! CONTACT SOPHIE WITH ANY QUESTIONS...

604.414.3252 | sophie.call@tn-bc.ca



Good Food Box

Take what you need when you are in need

History: The GFB was originally made possible through Social Development program funds and was provided to clients for free. Others were able to order and purchase a GFB for \$20. The amount of GFBs was about 50 in total monthly.

In 2020, additional funding was secured under Community Wellness funds and the GFB expanded and offered to clients of the following programs – Prenatal, Social Assistance, Home Community Care, and elders.

During the COVID-19 pandemic, the program once again was expanded with the increase of COVID funding and the GFB was offered to all community citizens/members and was also delivered door to door to minimize contact.

Looking forward: The GFB continues to be offered to those citizens/members that reside in Tishosum and is available for pick up from the Salish Centre monthly. The intent is to continue to maintain this service for families to have that extra support from time to time when needed. It is important to note that it is one bag per family unit in a household. At times, there can be extra items available, and we ask that everyone take only what they need.

The quantity of bags has increased a couple of times and we want to be able to provide this support without the need to implement an application process based on income. Help us continue with a system that is working, that is benefitting hundreds of households by being mindful and taking what you need, when you are in need.



Coming Soon
Work in & for your community

Tla'amin students 15-30 yrs. old

Tla'amin's Summer Student Employment Program

DETAILS COMING THIS MONTH | WATCH FOR INFORMATION ON THE NATION'S WEBSITE AND FB PAGE

When the unexpected occurs.... Who you going to call?

- Each agency is available to the Tla'amin community in a different capacity.
- We are here to help you get to know your resources.

PUBLIC SAFETY

604-413-7102

Public Safety is the community level resource contact for enforcing Tla'amin regulations and laws which include:

- Domestic animals on the loose
- Unauthorized woodcutting
- Unauthorized use of Tla'amin lands resources
- Tla'amin health and safety concerns
- Vandalism of Tla'amin lands
- Public education



RCMP

Non-Emergency Line: 604-485-6255

Emergency: 911

RCMP is the community contact for enforcing Federal and Provincial Criminal Code offences. Tla'amin Nation is part of the Indigenous Policing Services program which includes the dedication of an officer to the Nation specifically for the purpose of enhancing policing services. Here is a list of offences the RCMP would be called for:

- Assault • Theft
- Controlled substances • Vandalism
- Public intoxication

CONSERVATION OFFICER

1-877- 952-7277

Conservation Officers protect and enforce the Wildlife Act and the environment which include:

- Human, wildlife conflicts
- Injured wildlife
- Environmental habitat conservation measures

FIRE DEPARTMENT

Non-Emergency 604-483-2444

Emergency 911

The Tla'amin Fire Department is the community contact for Emergency services which include:

- Fires
- Rescue
- Motor vehicle accidents
- Medical emergencies in conjunction with British Columbia Ambulance Service



New Speed Limit in Effect Between Klahanie Drive to Harwood Drive

Tla'amin Nation appreciates Ministry of Transportation and Infrastructure's work in extending the 30km/hr speed limit zone to include the entire village of ti'shosum. Along this stretch of Highway 101 there are homes, our Elders & Chephten Lodges, our Salish Center, Recycling Depot, and trail entrances. We have also just constructed a new Xex-ehnek Cemetery in this area, which will bring a lot more vehicle and foot traffic through during ceremonies. The speed zone extension will help keep community members safe in this area. We appreciate all drivers for respecting the new limits and keeping our community members safe by slowing down.

BEFORE YOU DIG

Remember, under Tla'amin Culture and Heritage Law, your cultural rights and responsibilities include protecting archaeological sites.

This is the season we all want to work on our gardens, clear brush, or build fences. Before you do anything that alters the ground, contact the Lands and Resources department (referrals@tn-bc.ca) for monitoring of work at **no cost** to Nation members.



Ground altering activities include

- -digging any holes
- -fence posts
- -blackberry brush removal
- -putting in a new garden spot
- -brush or tree removal of any sort
- if you don't know, contact us to find out

**REFERRALS@TN-BC.CA
OR (604)483-9646**

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

Tla'amin Elders Corner

Doreen Hopkins, Elders Coordinator 604-483-3009 ext:126.

May 4th, 2024

Hike for Hospice at Willingdon Beach
 Time: 10:00 a.m. to 1:00 pm.

May 5th, 2024

MMIW (Missing Murdered Indigenous Women)
 Depart at 1:15 from townsite through parking lot onto 2nd beach trail to Willingdon beach.
 Walking distance is approximately 40minutes.
 Vehicles may drive straight to Willingdon beach.
 Ceremony at Willingdon beach starts at 3:00 p.m.

Elders luncheon dates

May 7th, 2023 (Tuesday)

Guest: Poverty Law Advocacy Program / Vivian Ladner

May 14th, 2024 (Tuesday)

Location: Tlamin Health
 Time: 10:30 to 1:30 p.m.

Contact Doreen Hopkins if you wish to be a guest speaker.

Reminder, put your lawn chair /umbrella in vehicle for outdoor events.

DENTAL SCHEDULE

- May 2rd - Dr . Machin
- May 14th – Dr. Gosnell
- May 16th – Dr. Machin
- May 28th – Dr. Gosnell
- May 30th – Dr. Machin



čičye Circle 25 March, 2024

Present: Chair Ryan Pielle.

Members: Pauline Paul, Rose Adams, Sally Dominick, Lynn Galligos, Sherry Bullock, Brenda Pielle, Gladys Osawamick, Evie Tom, Doreen Point, Alex Point. CFS Team: Alexandra Souch, Lisa Williams, Trista Tom. Support: Janet Newbury

Opening prayer and check-ins

Tla'amin Child and Family Services (CFS) updates



- The CFS Team has grown and a directory of services has been shared widely
- ʔaj̓uθm̓et interim agreement is ready to be signed by MCFD and Tla'amin Nation
- In-community programming is going to start this year for families
- Caregiver recruitment event is coming up
- Traditional adoption ceremony is coming up
- Discussion
- There are two spaces available for new čičye Circle membership. Please contact Ryan Peille if you are interested: ryan.pielle@tn-bc.ca
- There are many people in need of support during times of grief. Discussed the use of cedar as a medicine and other forms of support in a time of loss

Actions

- Lisa will follow up re: information about available grief supports
- Janet will draft teaching based on today's discussion to share back with the group for review
- Lisa will bring binders to next meeting

Carry forward

- Review membership process at next meeting
- Review draft teaching for neh motl at next meeting

Next meeting: Monday, 22 April, 2024

Starting today, April 30th, masks at Tla'amin Health will be optional.

When you visit the health center, please check your personal health before you enter the clinic. Please put a mask on if that is your comfort zone or if you feel unwell – especially if you are coughing or sneezing. Coughing and sneezing are often attributed to allergies at this time of the year. With many respiratory illnesses still in play, we ask that you wear a mask if you are exhibiting symptoms.

It is up to all of us to protect those most vulnerable, especially in a health care setting.

PROGRAMS & SERVICES

Hands raised to the following youth who were acknowledged at the PRMH awards ceremony held at the Evergreen Theatre on April 18, 2024:



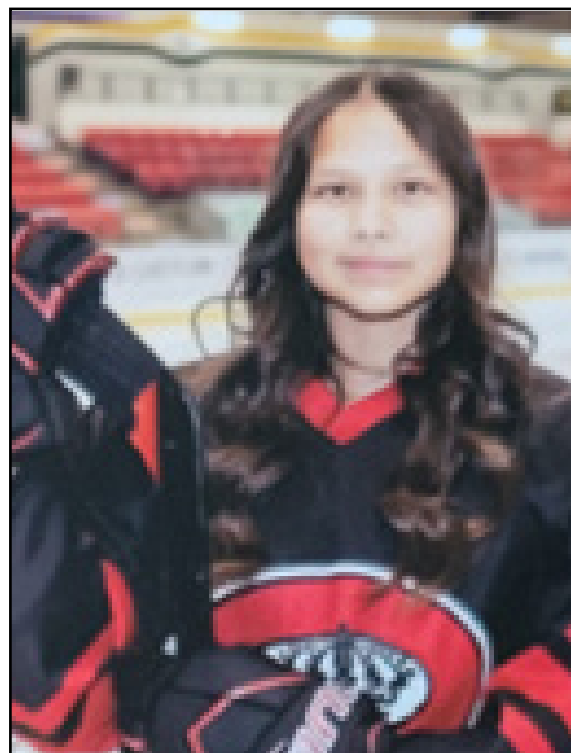
Cecil Hackett
Most Sportsmanlike



Seni
Most Improved



Trinidi Williams
Most Improved



Tia Francis
Most Improved



Kohen Louie
Player of the Year



Easter Weekend Soccer
Kilgatzie U7 Champs
Tegan , Mateau & Wiley



təʔaw

teachings from TOSUM Ltd

Experience the ease and comfort of this full-body dumbbell workout that you can effortlessly do at home!

****If you experience any discomfort while exercising, please do not continue. You should always consult a qualified practitioner or physician before using dietary, exercise, or health advice from anyone. I urge you to seek medical or professional advice before beginning if needed. I respect the safety and well-being of visitors; therefore, I do not provide any diagnosis or medical advice.****

Ten minutes on the treadmill or walking outside to warm up.

Followed by Dynamic Stretching:

- Arm circles front and back (small and big),
- Look side to side, move your head up and down,
- The world's greatest stretch (great for hips and spine)
- dcat-cow (great for spine)

1. Thruster - total body (squat movement)
2. Dumbbell Rows - back (pull movement)
3. Reverse DB Lunges - (legs)
4. Romanian Dumbbell Deadlift - (hinge movement)
5. March with Dumbbell hold - (abs, core, bracing)
6. Dumbbell bicep curls - (arms)
7. Overhead Tricep extensions - (arms)
8. Dumbbell chest press - upper body (push movement)
9. Wood Chop - Obliques, lats, deltoids (twist movement)

15-20 repetitions for each exercise, rest 20-30 seconds (if needed only). Repeat the circuit 2-3. Rest for 2 minutes rest when completed each round. The tempo should be focused, slow/moderate, and controlled. If you need more advance, add heavier weight and another circuit round.

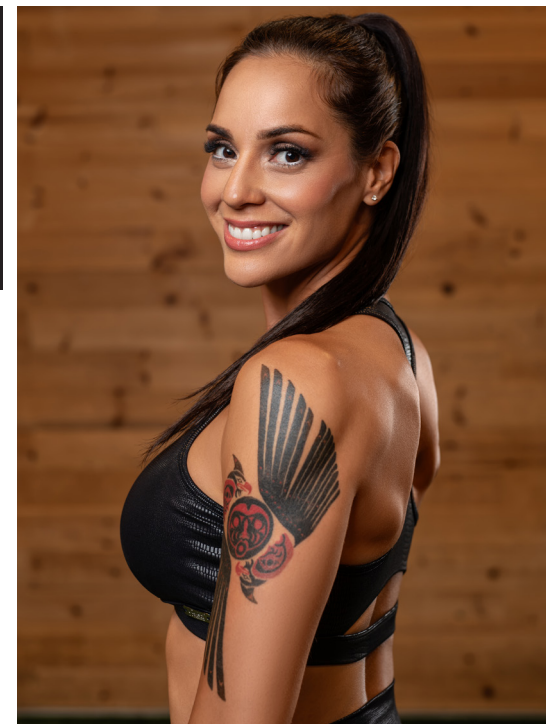
Stretching each body part for 30 seconds, holding.

By engaging in this workout and using weights, you're not just building strength and endurance. You're also nurturing your body and mind. It's about becoming fit from within. When we take better care of ourselves, we inspire others to do the same, bringing out our best selves in a full circle.

Now that we are physically doing something this month, what are we working on for nutrition? Let's focus on more water, especially when waking up first thing in the morning. More protein is excellent for recovery after a workout—an example of a healthy snack I enjoy eating.

1. ½ cup or 1 cup of plain Greek yogurt or dry cottage cheese
2. 1 cup of blueberries
3. Sprinkled with 1 tbsp of Qia Superfood

Next, we will work on what we are mentally doing for ourselves to learn and improve self-development-wise. There are a ton of ways to do this. One of my favourite things to do is to write in my planner weekly, which was inspired by Living Full Circle. It has your goals, gratitude list, daily habit tracker, and tasks. I enjoy reading books, and a great author from whom I enjoy learning is John Maxwell.



Charlene Muskego
Fitness Instructor

The last topic I want to share is what we do spiritually for ourselves. It could be playing with your children, taking daily walks outside, engaging in the community with others, or taking time for ourselves to self-reflect and relax, such as taking a hot Epsom salt bath with a good book. I encourage you to limit your social media use, pay attention to what you are watching, and feel how it makes you feel. This is another topic we can discuss at a later time.

To recap, try this workout if you want 1-2 a week and take a walk for the 3rd day. That is a total of 3x a week you are working out. Try this delicious, easy-to-go snack recipe if you wish. And take the time to self-reflect and appreciate what we have by writing our gratitude list and creating goals.

Check out next month Neh Motl where I will be sharing Fitness Tips for a healthier lifestyle. Please feel free to reach out to me with any questions! My website is tosumstrong.com



Story to Song 2024
Open Learning Centre

"Rooted in teachings and wisdom"

PROGRAMS & SERVICES



SUMMARY OF RCMP CALLS FOR SERVICE FOR MARCH/APRIL 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
MAR 10	KLAHANIE RD	Police responded to an alarm at the Tla'amin Governance House. The building was checked, but it was determined to be false.
MAR 12	RIVER RD	Police responded to a report of a breach of conditions. An investigation was completed, but the breach complaint was unfounded.
MAR 12	HWY 101	Police responded to a threats complaint. An investigation was completed, but there was not enough evidence to forward charges to crown counsel.
MAR 13	SALISH DR	Police and Tla'amin Public Safety responded to a report that a child that had been bit by a dog.
MAR 13	SALISH DR	Police responded to an alarm at the CDRC. Once on scene, it was determined that the alarm was false.
MAR 16	HARWOOD DR	Police responded to report of a vehicle collision that occurred the previous night.
MAR 24	WATERFRONT RD	Police responded to a found property complaint. Police located the owner of the property and returned it.
MAR 26	SALISH DR	Police responded to a panic alarm at the Tla'amin Health Building. Police attended and determined the alarm was false.
MAR 28	WATERFRONT RD	Police responded to a report of loud music coming from a group of vehicles. Police attended and spoke to the owners and asked them to keep the music down.
MAR 28	HARWOOD DR	Police received an assistance request from Nanaimo RCMP to serve court documents.
MAR 31	SLIAMMON RD	Police responded to a report of a possible impaired driver. Extensive patrols made, but the vehicle was not located.
MAR 31	EAGLE DR	Police responded to a disturbance at a residence. As a result, a female was arrested for breach of peace and was released without charge when she was sober.
APR 01	SALISH DR	Police responded to a mischief complaint at a residence.
APR 01	HARWOOD DR	Police responded to a report of an abandoned 911. After investigation, police determined that the phone had been picked up by accident, and when the owner called looking for it, the wrong button was pushed. The phone was returned to the owner.
APR 01	RIVER RD	Police received a request for assistance from BC Ambulance Service. While en route, they advised they no longer needed help.
APR 01	RIVER RD	Police responded to a report of a dog that had been barking all day. When police spoke to the complainant they advised that the barking had since stopped. This was reported to Tla'amin Public Safety as well for further follow up.
APR 02	HARWOOD DR	Police responded to a report of a disturbance at a residence. Police attended and found that two people had been arguing inside. One person was given a ride to another location to prevent any further problems.
APR 03	HARWOOD DR	Police responded to a request for a wellbeing check. Police conducted the check and determined there was no concerns.
APR 04	HARWOOD DR	Police responded to a disturbance at a residence. Once on scene, police spoke to all parties involved and determined no offence had taken place.
APR 04	HWY 101	Police responded to a report of a suspicious occurrence.
APR 05	HARWOOD DR	Police responded to a theft complaint.
APR 09	SALISH DR	Police received a request for a check wellbeing. Police made contact with the person and determined that they were okay.
APR 09	HARWOOD DR	Police responded to a disturbance. As a result of the investigation one person was arrested and is facing assault charges.
APR 10	HOMALCO RD	Police responded to a report of a theft at a residence. Police spoke the complainant who refused to provide any further details. As a result, police were unable to investigate further.

Lifting the families of MMIWG2S Memorial Walk

Kos'tschw neh qway – Bringing Light

Sunday May 5, 2024

Start in tisk^wat – Townsite

Be there 12:45 - Walk starts at 1:15 to Willingdon Beach

Individuals can follow by car or meet at Willingdon Beach

3:00 – 4:30 Candle Light Kol-Neh'qwayi' – Coast Salish Cultural Ceremony



May 5th marks Red Dress Day also known as the National Day for Awareness of Missing and Murdered Indigenous Women, Girls and Two Spirit People.

In partnership with Tla'amin Nation, qathet SAFE is helping to raise awareness of those who have experienced violence and/or loss through tragic death or have missing family members. We ask everyone to be mindful and to come together in solidarity to pay homage to families impacted.

What are Cryptocurrency Scams?

By Spencer Braak
Information Technology

Cryptocurrencies are always in the news, whether it be a new all-time high for bitcoin, or a cryptocurrency that is named after a dog, and is worth more than the Danish Krone. But they can also be used for nefarious purposes, and scammers know this! We'll take a look at some of the common scams and how to spot and avoid them.



Get Rich Quick!

This is probably the most common scam you'll see regarding cryptocurrencies, and in particular, bitcoin. These come in many different forms, usually from some "cryptocurrency guru" who claims they can double your money in a few days. These scams prey on a lack of knowledge, and exploit the "appeal to possibility" fallacy, where the victim is swayed by the possibility of a positive outcome, rather than the probability of the positive outcome. Think about it, if a scammer could double their money, why do they need yours? Why would they share with you?

These "investments" will usually begin with the victim sending some money, as little as 25\$, and the scammer will show their money growing in their account, urging them to deposit more into it. In reality, your money is gone, and you will not be able to take your money out at any time.

Rug Pull Scams

This type of scam is like the "Get Rich Quick!" scheme but offers you to "invest" in a cryptocurrency that they have made. Now, this cryptocurrency may be valid, tradeable, and seemingly worth something at the beginning. However, they can "pull the rug" at any time. Taking all of the money that people have spent on these coins, leaving the investors with nothing. These are tough to spot, since you are relying on the trustworthiness of random people. Generally, stay away from new, volatile, or potentially dubious coins. If you are planning to invest in crypto, choose a well-known, reputable coin.

AI Celebrity Investment Scam

These scams are seen very often on platforms such as Facebook and YouTube. It will be a video that contains a deepfake of a celebrity (often Elon Musk) urging you to invest in cryptocurrency, or a company, using cryptocurrency. There are promises of earning lots of money. Often, many of these videos are created, tailored to different regions, and the fake Elon Musk will spout phrases like "Canadian residents don't have to work again, they can earn 5,000\$ a day on my site!", which can draw people in. The video of the celebrity talking will likely not line up with their lips, which can be a dead giveaway of the scam. This can also occur if a celebrity's social media account is hacked, the hacker will make posts and stories from the legitimate account urging people to send them money or enter a bogus giveaway. Always be aware of these possibilities.

Keep Yourself Safe

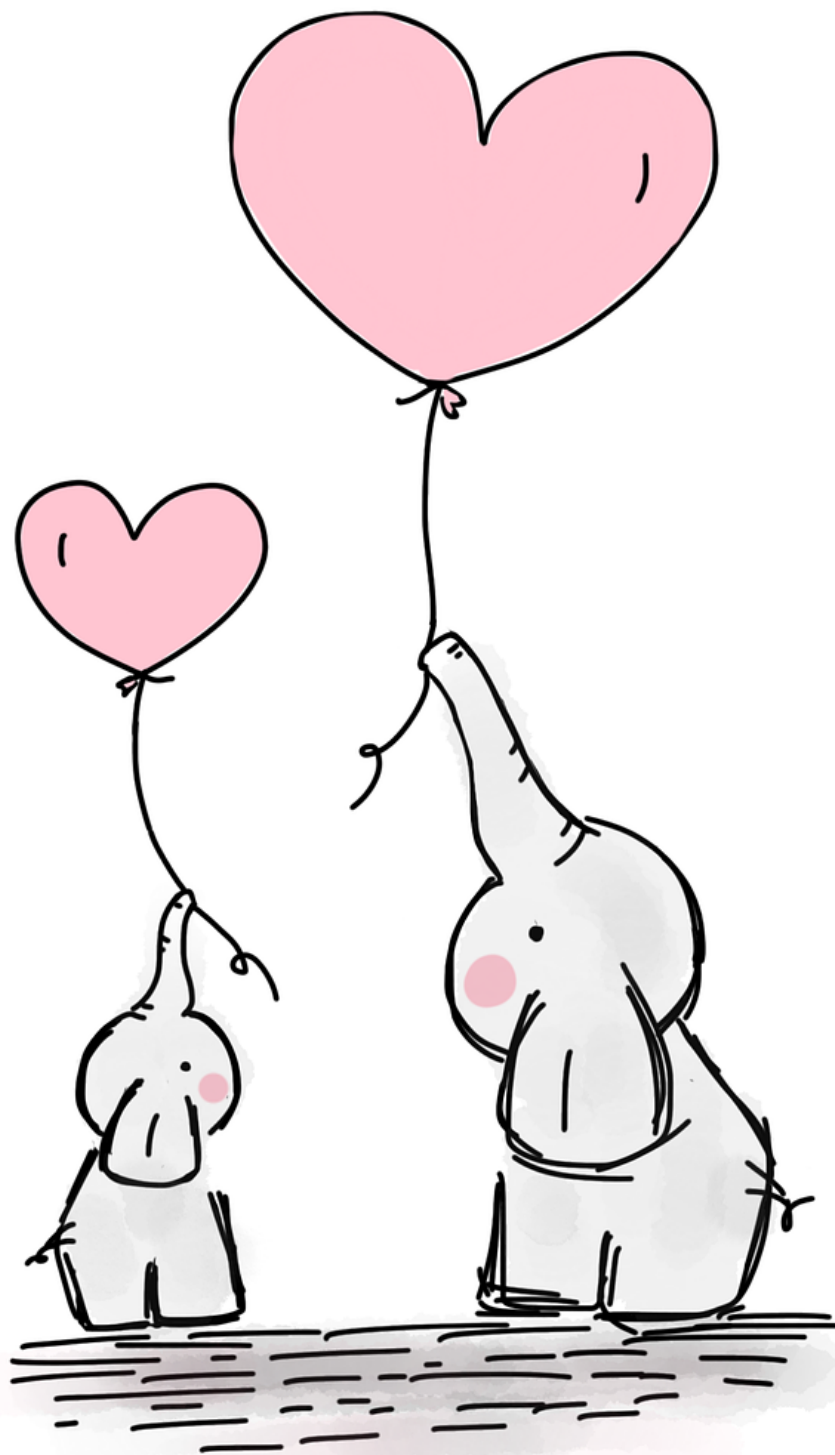
Remember, if you don't know it, don't invest in it. Cryptocurrency scams can be entirely evaded if you do not purchase crypto. No one can double your money, or else they would be the world's first trillionaire. Elon Musk is not giving you free money. Be wary of random messages on social platforms. Blocking and reporting these accounts is one of the best ways to keep yourself safe.

Keep Others Safe

Inform people around you of the possibility of these scams. Ensure that no older people are engaging with these scams, as they are often the targets of these scammers. If you hear someone mention cryptocurrencies in some "easy money" context, inform them of the possibility of a scam. It can be hard to talk people out of things like this, since the promises made by the scammer can be very enticing.

Happy Mother's Day

Sunday May 12th



New Hires for Tla'amin Nation

Stuart Clark to join Tla'amin Nation as Director of Housing

Former LIFT Executive Director brings proven track record in capital projects and housing development and management.

**For Immediate Release:
February 14, 2024**

Tla'amin Nation extends a warm welcome to Stuart Clark, who has been named the Director of Housing and joins the government's executive leadership team April 3, 2024.

Clark brings over a decade of experience in senior executive roles, overseeing comprehensive housing planning, program development, and community support initiatives. He also worked collaboratively with the Nation over the last seven years on many housing and health initiatives as Executive Director at LIFT Community Services.

"In recent years, we have made significant progress in housing our citizens, yet there is so much more we need to do to close the housing gap," said Hegus

John Hackett. "Stuart's culturally safe working style, knowledge of this region, and deep commitment to capacity development make him a perfect fit for our Nation."

Tla'amin Nation supports over 270 units of housing, 154 of which are designated social housing in the main community at tišosem. The Nation has plans to expand its housing stock into the city and to develop a full spectrum of housing from supportive, emergency shelter, social rental, complex care, long-term care, and private market.

Losa Luaifoa is the Executive Councillor holding the housing portfolio for Tla'amin Nation. "Stuart Clark is a well-known and respected local executive with a reputation for shepherding challenging files across multiple jurisdictions," said Luaifoa, "The First Nations housing landscape remains a complex and nuanced environment, and Stu's experience can only propel our Nation's self-determined housing vision."

Clark will work closely with fellow Director and Tla'amin

Nation Citizen Carmen Galligos, who serves as Director of Public Works and Capital Infrastructure, to address historic and chronic housing and infrastructure shortages as outlined in Goals 20, 21, and 22 in the Nation's comprehensive plan.

On his new position, Clark offered, "I am profoundly honored and incredibly excited to embark on this new journey with the Tla'amin Nation as the Director of Housing. Joining the executive leadership team is not just a professional milestone for me, but a deeply personal commitment to contribute to the Nation's vision and hard work in housing and community development. I look forward to building on the strong foundations laid by the Nation and my predecessors, and working hand in hand with the community, my colleagues, and the leadership to create sustainable, culturally safe housing solutions that honor and support the Tla'amin Nation's self-determined and thriving future."

Tla'amin Nation welcomes Russell Brewer as Chief Administrative Officer (CAO)

Following a competitive process Russell Brewer has been appointed CAO of Tla'amin Nation.

Mr. Brewer has served as Tla'amin Nation's Chief Operating Officer since October 2023 overseeing a large portfolio including public works, lands and resources, the fire department, emergency management, education, health, and community services.

Hegus John Hackett says selection from within provides much needed stability and continuity for Tla'amin operations. "We are excited that Russell has stepped forward to take on more responsibility, he has proven himself a caring and capable leader and is well suited for our Tla'amin environment. On behalf of Tla'amin legislators I warmly welcome Russell to this new role."

Mr. Brewer brings over a decade of senior leadership experience in a government context. As CAO, he adds Human Resources, Communica-

tions, IT and Intergovernmental Relations to his already expansive portfolio.

Brewer said "I am grateful to continue serving the Nation in this new role. I am also thrilled to be working with such diligent and dedicated staff at Tla'amin Nation."

A former school district trustee, municipal director at the regional district, two-term city councillor and CAO for the city Russell is an experienced administrator and public servant. Prior to joining the Nation, he served as the Chief Public Affairs Officer at the Métis Nation BC.

Russell is also an avid mountain biker, community builder and volunteer. He serves as the current co-chair of qathet Division of Family Practice.

Please share a very warm welcome to Cathy Galligos who will be (re)joining the Nation administration and IGR team as the Manager of Treaty Implementation and Negotiations.

Her role will support departments with all aspects of treaty implementation and agreement negotiation with Tla'amin's treaty partners.

Cathy brings over fifteen years of progressive experience in the land and resources management sector including deep and specialized knowledgeable about Tla'amin territory.

She was a vital team player during Tla'amin's journey to self-government, including supporting treaty negotiations and the development of land and resource laws and regulations.

Cathy most recently served as Director of Indigenous Forest Certification for the Ottawa-based Sustainable Forestry Initiative, and she holds a Bachelor of Business Administration with a major in Accounting and a Bachelor of Law with a major in Natural Resources and Aboriginal Law.

Cathy was born and raised in tišosəm, enjoys being on the land, engaging in traditional practice and spending time with her family.

Youth Recreation Leader

Welcome Adriana Zastre to the Recreation department as our new Youth Recreation Leader starting on Thursday March 28th! We are thrilled to have Adriana join our team.

Her experience working with youth and community programs will be a great asset to the Nation. Adriana will be responsible for our new Youth Nights program taking place at Cousin's House on Thursday and Friday evenings for youth 13-18 years of age. Our goal is to ensure that youth have a safe, supportive place to spend evenings engaged in a variety of fun activities while connecting to Tla'amin culture and learning life & leadership skills. Adriana skills & abilities will enhance what we are trying to achieve.



Adriana is passionate about creating vibrant and healthy community programs through empowerment, active engagement, and collaboration.



The greatest comfort during our sorrow was the expressions of sympathy conveyed to us in many ways

**We deeply appreciate your thoughtfulness
čėċħaθėċ - thank you**

Karen, Kim and Aaron

Celebration of Life

Stubberfields Funeral Home

Father Patrick Tepoorten

Betty Wilson

Patricia Luaifoa

Duane Hanson for songs/hymns

Pallbearers and Honorary pallbearers

Verna Francis coordinating the Celebration of Life, organizing meals, ongoing support to the family

Drew Blaney - coordinating the cultural component and also Master of Ceremonies

Erik Blaney – Eulogy

Ta’Kaiya Blaney – Cultural sharing

Sosan Blaney- picking up the Pendleton blanket, creating the slideshow, arm bands and paddles

Gail Blaney - making the armbands, paddles and help with vest

Joanne Williams - creating the salmon/eagle vest

Shanna and Elaine – pamphlet

Mary Courtney - flower arrangements

Tla’amin Nation - ongoing support, gym set up and clean up, lunch preparation and coordination

- Losa Luaifoa, Leslie-Ann Louie, Alexandra Souch, Colleen Wilson, June Wilson, Lawry Dingwall, Alice Louie

Tla’amin Fire Department – escort through the community

Meal preparations and food donations

Jessica Darbyshire and family, Stephanie, Darbyshire and family, Gladys, Evie, Janessa and the Tom family, Arnie and Mary Courtney, Pam Louie, Doreen Point, Delaney Blaney, Dana Gustafson, Shirley Louie, Pauline Paul, Doreen Hopkins and Tla’amin Elders

Fundraising

Jessica Darbyshire and Losa Luaifoa

Donations

Thank you to all who donated funds towards the Celebration of Life
Special thank you to all who provided support and care

- Tla’amin Health Society – Home Care Aids
- Powell River General Hospital staff
- Willingdon Creek Village Staff
- Compassionate Care - A special thank you to Sara Banks for your kind support

We apologize if there is anyone we missed

Salmon Carving

We wanted to share information about the salmon carving displayed at the Celebration of Life. The carving was made by a good friend of Gerald’s named Brian Bob of the Snawnav’as Coast Salish Nation. The carving is made of yellow cedar and abalone shells. Gerald was passionate about fishing and enjoyed sharing seafood with his family. He recently chose the carving and left it with us as a symbol of his memory.



Exciting Opportunity !



Professional Logging Truck Driver Training Program

Tla'amin Lake Contracting
A MERAKI AND THICHUM PARTNERSHIP

This course is for Tla'amin Citizens and will teach the fundamental driving skills, with the potential to be hired if the successful candidate meets TLC career program requirements

Wage: \$26-\$38
Hours: Mon-Fri
Location: qathet Region

For more information contact
tlaaminlake@merakiresources.com

Our Money Is Put Away Safely



Qaməs ʔəms tala Settlement Trust Notice of Annual General Meeting

When: Saturday, June 8th, 2024, from 10 am to 12:30 pm
Where: Salish Centre and Via Livestream Webinar
Who: Tla'amin Registered Treaty Citizens

Join Us for Breakfast:

Ready at 9:30 am. Meeting begins at 10 am.

Come to be informed on the status of the Qaməs ʔəms tala Settlement Trust

Registration link: <https://tlaaminnation.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 Thorton Auditors
- Economic Development Fund application process
- Q&A Session

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



You and your family are welcome to join us!

FREE DAYTIME MOVIE FOR EVERYONE: MY NEIGHBOUR, TOTORO

Movie summary: When two girls move to the country to be near their ailing mother, they have adventures with the wondrous forest spirits who live nearby.

MAY 11, 2024 @ 1:30PM

DOORS OPEN 12:30PM TICKETS AVAILABLE AT THE DOOR
RATED G - 1 HR 26 MIN, ANIMATION, COMEDY, & FAMILY
FREE POPCORN AND JUICE BOXES PROVIDED
ENGLISH DUBBED AND SUBTITLED

If your child or someone in your family finds it difficult to attend movie theaters, this event is for you! We will keep the volume down and lights dim. You are welcome to move around, make sounds, and bring anything that makes you comfortable such as: ear muffs, comfort objects, cushions or blankets for your seat, or food from home.

