

# NEH MOTL "US"



June 2024

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

## Spring General Assembly Welcomes Gonzales Family Home for Traditional Feast and Boat Tour of Grace Harbour

By Steve Gallagher,  
Neh Motl Editor

*I was fortunate to spend time with Rosa who shared in a brief interview some of her life experiences continually moving around in Seattle, and finally making her way full circle to Tla'amin for the very first time.*

"My name is Rosa Gonzales, and I was born and raised in Seattle.

My mother Ellen Mary Noel moved to Seattle when she was fourteen. Growing up in Sliammon she had many stories and she used to talk about home all the time.

I recall at the age of seven years old, my sister Angela Lopez and my brother Phillip Lopez and I were taken away by Child and Family Services.

My sibling and I were in foster care for about ten years where I was considered to be a problem child because I ran away a lot. Every time we got abused, I was not going to sit there and take it, I was a fighter.

Many times, I would pack up my sister and brother's belongings and we would be gone. Children and Family Services would find us every time because I would go straight to my godfather Joe, and they knew it.

It took close to ten years to find my mom again. She would talk to me about Sliammon, and the fire at my great grandmother's house. I didn't know her name as my mother would tell me just to call her čičye.

My mom used to say, "When the white people would come up and try to scoop up the boarding school kids, my great grandmother would hide all the kids in the woods, so they couldn't get them."

My aunts and uncles were all sent to boarding school right after my great grandmother died in that fire. My great grandmother, my great aunt,



Meet the Gonzales Family. Back Row (L-R) Sunny, Joaquin, Morena Front Row (L-R) Angelo, Rosa and Inez. Missing is the oldest son Nathan.

and a baby passed in that house fire.

Since I arrived in Tla'amin that is how everybody has identified myself and my ties to the community. "This is Mary Jane's granddaughter" people up here say.

Living in the States was difficult. We all lived in one building but in different apartments. We migrated around West Seattle and I didn't know anything else.

Sadly, I lost a lot of family in about ten years from addictions, alcohol, drugs, and suicide.

My youngest daughter's dad passed when she was six years old. It was really hard times because he raised my children. I got into drugs and alcohol and I ultimately lost my way for a while. I am proud to say that I will be 23 years clean and sober this August.

I am really excited for my family to be here in Tla'amin because this gives us a root that has always been ours. This is where my mother talked to me about years ago.

My kids only have me and it's important to feel like we have a home. We never had roots. We always floated around everywhere.

When I read in the Neh Motl the nation was going to provide financial assistance, that was the best news ever - for all of us.

My daughters told us when we were travelling up here that everything is evolving into high definition.

The skies were so clear and there was no smog around us. You could smell and take in the ocean. Our family loves it up here.

I was so excited to be on the boat tour leaving from Lund. Water is good medicine for me. The best part

was seeing the ancestral lands and the paintings on the rocks.

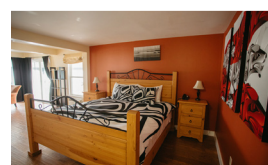
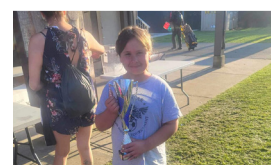
I want to tell the nation how grateful I am being helped home to meet family and friends. It just touches my heart to hear people talk about my mom and remembering Tony Noel. Learning about my family was certainly an adventure.

The best thing about being here in Tla'amin is having people come up to me and tell me I know your mom.

I hope to be home again at the next General Assembly with my family."

**Spring General Assembly Summary on Pages 11-18**

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## Tla'amin Governance House Updates

4779 Klahanie Road,  
qathet, BC V8A 0C4

**Phone:** (604) 483-9646

**Toll Free:** 877-483-9646

## Tla'amin Nation

### Healthy Living Dividend 2024

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**hegus**  
**John Hackett**

**ᑲᐱᑭᑦᑲᑦᑲᑦ**

### Spring Assembly

I want to take this opportunity to express my gratitude to the 221 Citizens and family members who attended the General Assembly and also to the amazing staff that worked very hard to support and serve them. Emote everyone!

The two-event was a success as our community gathered to learn about all the activities of our Nation Government. Administration, Health, and Tla'amin Management Services did a great job updating our Citizens and answering questions. The feedback and guidance we received will steer policy development and provides positive

direction for us to move forward as our Tla'amin Government.

The opportunity to have Tea with the elders I hold close to my heart and especially getting to meet Elders coming home for the first time. It was emotional hearing how grateful our jeh jeh were to meet their relatives and bring family home for the first time.

### Marine Protected Areas

On May 6th, I joined the Tla'amin Lands staff and Chief Doug Neasloss to talk about Kitasoo declaration of marine protected areas and their pilot project to take on ranger authorities from BC Parks.

The Kitasoo Nation, along with BC Parks, have launched a pilot program that designates 11 Indigenous guardians with the same legal authorities as park rangers within the parks and protected areas in their ancestral territories.

The Kitasoo Nation has declared its own Marine Protected Area along a critical and biodiverse portion of British Columbia's central coast.

Tla'amin is also pursuing this designation authority for our guardian watchmen over our Territory, as our resources

within our territory are changing at an alarming rate with global warming, industry, and the governments approach to stewardship.

**On May 13th** We held a "bal-lot" shredding ceremony demonstrating our original stance on the opinion poll brought forward by the Concern Citizens from the city. Tla'amin doesn't agree that our human rights should be put to a vote.

At the shredding ceremony I shared that this "opinion poll" is a targeted attack on Tla'amin and pivots away from the values of reconciliation. Tla'amin commits to navigating through this in a positive way and we used the shredded paper as carbon booster for our community garden. I want to thank everyone who joined us, your support is valued and much appreciated.

### MCFD signing ceremony

On May 23rd I was honoured to sign the **ᑲᐱᑭᑦᑲᑦᑲᑦ** agreement with MCFD. **ᑲᐱᑭᑦᑲᑦᑲᑦ** means to understand what someone is saying.

Our working relationship with MCFD has not historically been based on understanding. Given the power MCFD has in the lives of Tla'amin families, this lack of understanding has led to very real harms for our people.

This Agreement is an Interim Agreement that gives the Tla'amin administration more tools to help Tla'amin families involved in child welfare system. I see it as a very important step towards restoring right relations with Tla'amin families and one another.

I want to wish you all a happy and safe summer solstice and look forward to seeing you all at our Indigenous Peoples Day celebration on June 21, imot.



**Project Manager Brandon Bresden and Sherman Pallen look over one of the four house posts to honour and represent Tla'amin and the sister nations for the ᑲᐱᑭᑦᑲᑦᑲᑦ (Our House).**



**Rachael Sydenham expresses her opposition to the opinion poll**

## Through the tireless efforts of elder Betty Wilson, taqəš (tah-kesh) will be coming to Max Cameron theatre in September 2024.

**Cameron Fraser-Monroe** is a Tla'amin member and the son of Evan Adams, Gladys Fraser and Sheila Monroe, his paternal grandparents are Leslie and Mary Adams. At the age of three, Cameron began Ukrainian dancing, along with grass dancing and hoop dancing. As a student, at the age of 15, Cameron joined the Royal Winnipeg Ballet.

Cameron has since expanded his talents to choreography; he loves to bring storytelling to his work as the Associate Artist at Ballet Kelowna and the Choreographer in Residence at the Royal Winnipeg Ballet.

*"My piece taqəš (tah-kesh) has toured across Canada, sharing Elder Sue Pielle's story "Raven Returns the Water" through dance but bringing it home to the people and land where it has been passed down for generations, is an incredible opportunity."*



Cameron gracefully stops time in mid air as he demonstrates his athleticism by going airborne during a photo shoot in Comox.

Another huge accomplishment for Cameron was his choreography work in April 2024, for the Royal Winnipeg Ballet premiere of *T'əl: The Wild Man of the Woods*. The hour-long piece was narrated in Ayajuthem and English by Elder Elsie Paul.

*"This is the kind of story that's for everyone, but especially pays honour to something we never get to see or hear among the Eurocentric fairy tales we're used to at the ballet," Fraser-Monroe said, "Because I'm bringing forward a story that wasn't told to everyone as they're falling asleep at night, and*

*for which there is no official text, I have to often fulfill the role not only of creation, but also of education," he said.*

*"In my past works, that's meant me being the one that is speaking. But I thought I can't do nearly as good a job of passing down this story as the person who has spent her entire life maintaining it through hardship."*

*T'əl: The Wild Man of the Woods* unfortunately will not be on stage here in September, but certainly storytelling and the creative genius of Cameron will continue to be told through his choreography.

As a lead up to the September event, Cameron will be home in late June and early July and is very excited to work on language translation with Betty. A fundraising event including a silent auction will be held, and part of the evening will include a short solo performance by Cameron. Additional performers showcasing our local talent include Ace Harry on piano, Koosen Pielle, Garry Gonzales, and Ryan Pielle performing traditional songs, along with other surprise performances. Details are still being worked out for time and place of this fundraiser in late June, so keep tuned for updates on social media. It would be awesome to see Tla'amin members and families attend.

## Unofficial and divisive poll is not welcome in our Nation



On May 13th, qathet and Tla'amin residents express their displeasure to the unwelcomed opinion poll that arrived in their mailbox.

Tla'amin Citizens and members of the public were encouraged to drop by the Tla'amin Nation Governance House to participate in a name-change opinion poll "ballot" shredding ceremony. The Shredded "ballots" will serve as compost liners to support the Nation's new green program.

The poll was delivered by Canada Post to Nation members' mailboxes in early May. The poll was first circulated to city residents in February. The poll is not mandated by any official government body and raises serious concerns about privacy and personal information.

Hegus John Hackett expressed the Nation's position on this bogus poll.

"I'm sorry that our community members have to see this in their mailboxes and I feel this is a targeted attack on reconciliation," said Hegus

John Hackett, "Tla'amin Nation's position on opinion polls, official or unofficial, remains unchanged. How many ways do we have to say no?"

Hegus Hackett continued, "We've watched the shocking conduct of the "concerned citizens" at city hall, which includes shouting at and belittling members of city council and the public. There is nothing genuine about this group or this exercise aimed to sow division among residents and distract from the real work of reconciliation and relationship building that our communities are engaged in."

Tla'amin Nation members who receive these opinion polls in their mailbox are encouraged not to fill them out and instead are advised to drop them off at the Governance House.

# Tla'amin Nation reaches interim agreement with Ministry of Children and Family Development

*čičye (grandmothers) lead the way in redesign of Child and Family Services*

On May 23, Tla'amin Nation and Ministry of Children and Family Development (MCFD) signed the ʔajuθmɛt (ah-jooth-met) Interim Agreement.

The Agreement commits Tla'amin and MCFD to share information, and collaborate and cooperate, wherever a Tla'amin child is involved with Child and Family Services.

**The name of the agreement is ʔajuθmɛt (ah-jooth-met) which means “to understand what someone is saying”.**

At the signing ceremony Hagus John Hackett explained that Tla'amin's working relationship with MCFD has not historically been based on understanding and the name of the agreement is intentional. “In our Tla'amin world we sometimes name things not for what they are, but for what we wish them to be.”

**Agreement was a long time coming.**

The agreement was a long time coming and the negotiations were harder than they needed to be according to Ryan Pielle, Tla'amin Nation Child and Family Services Manager.

“

“Three years ago, Tla'amin wanted to update our local protocol agreement and we were sent down the rabbit hole,”

”

Ryan Pielle

**“We were bounced around from the provincial team to the local team and back again. I am happy and proud of the work we are doing but also know this is just the beginning.”**

Hagus Hackett noted that a major challenge to completing the agreement was a lack of understanding about the Tla'amin Treaty by its treaty partners at MCFD.



**Many hands make for light work. Team Tla'amin with MCFD representatives following the signing of ʔajuθmɛt agreement.** Front Row (l-r): kwukwəpə John Louie, Denise Devenny, Assistant Deputy Minister, Indigenous Engagement MCFD, Losa Luaifoa, Director of Community Services and Executive Councillor. Back Row (l-r) čičye Brenda Pielle, Executive Council member Lori Wilson, čičye Gladys Osawamick, čičye Sherry Bullock, Grace Lore, Minister of Child and Family Development, Hagus John Hackett, čičye Elsie Paul, Ryan Pielle, Child and Family Services Manager, čičye Evie Tom, Janet Newbury (Child and Family Services), Jasmine Menendez, Youth & Family Advocate and Health Director Marlane Paul .

“We saw officials trying to fit this agreement into MCFD's existing system rather than fully explore the possibilities of treaty relationship. At the table our team kept saying ‘we can do that under the treaty, you've already agreed to sharing that power’.”

Executive Director, Indigenous Agreements Penny Lloyd was apologetic on this front. “We have a lot of work to do in this regard, our commitment is to learn from this experience so that the process is smoother for the next treaty Nation seeking an agreement.”

**A made-in-Tla'amin Child and Family Services Program**

Pielle took the floor to commend the Nation's new Child and Family services team and to talk about how having an all-Tla'amin team has been critical to re-establishing trust with Tla'amin families.

**The čičye circle issued the following statement**

“Children are a gift from the creator, they are not ours to keep, they are for us to take care of the best we can. It is our responsibility to act with love in our heart for all children and to protect and teach them.

The forces of colonialism have temporarily interrupted our relations. A lot of our young ones don't know the teachings because they don't have čičyes- we are still responsible for them; someone has to show them.

To be a čičye means responsibility. The Tla'amin čičye circle is made up of community members with a focus on the children, the future generations of our community, and reawakening our traditional teachings for sake of the children.

We love Tla'amin children and families unconditionally and believe that a connection to our lands and relatives are part of a thousands-year-old chain of inheritance and very important to keeping them well.

It has come time for us to be strong and firm about what we will, or will not, accept and as a self-governing Nation, we can see the light at the end of the tunnel. This agreement draws a new healthier boundary with government.

We are working on restoring trust, connection, and respect between one another and in our services because with those values we can do just about anything.

Mostly we need our children to know that they are special and important to us and that we will do whatever it takes to keep them safe and well.”

ʔajuθmɛt  
(Continued on page 5)



Minister of Children and Family Development Grace Lore and Hegus John Hackett sign the ʔajuθmɛt agreement on May 23, 2024. The Agreement commits Tla'amin and MCFD to share information, and collaborate and cooperate, wherever a Tla'amin child is involved with Child and Family Services.

**ʔajuθmɛt**  
(from page 4)

“There is an unspoken trust, our staff is 100% Tla'amin. We understand how our actions and decisions impact our jeh jeh so we work very carefully.” Pielle says that demand for services has grown exponentially as a result of this trust. “We recently had a community member share with us that ‘the Ministry has been in my life so long, but this is the first time that someone is listening to me.’

Newly appointed Minister of Children and Family Development Grace Lore made her first trip to Tla'amin territory to sign the agreement and was accompanied by senior officials from MCFD, local office staff and MLA Nicholas Simons.

Lore spent the morning hearing about the progress Tla'amin has made in three short years. Lore said “As Minister working in Victoria, I can be really far away from the people redesigning these services so it is meaningful to hear about the impact. This agreement is not a finish point, an end point, this is about relation-

ship, connection and hard work.”

Following the signing, Minister Lore spent the day in tišosem and took a tour of the community to learn about Tla'amin Nation programs and services. Lore talked with front-line Tla'amin staff to hear about the barriers and opportunities.

**The čičyɛ Circle**

The made-in-Tla'amin Child and Family Service reform process has been led by the Tla'amin čičyɛ (grandmother) circle, an advisory group made of Tla'amin čičyɛ and a few kʷukʷpə (grandfathers).

“Three years ago, we started the čičyɛ Circle”, Pielle notes “They have been the guiding light of the process. The circle keeps us humble and keeps us sane in the work that we do.”

The circle meets monthly and oversees the development of agreements, service model design and and cultural orientation to all Child and Family Services work.

“The čičyɛ Circle has provided guidance to everything we do”, said Commu-

nity Services Director Losa Luaifoa “We are grateful to each of the čičyɛ’s and the few kʷukʷpə for their continued guidance.”

**The Tla'amin way – a new service model**

The ʔajuθmɛt agreement’s authority flows from the Tla'amin’s inherent rights to care for its children and its treaty relationship with British Columbia.

Community Services Director, Losa Luaifoa signed the agreement on behalf of Tla'amin and said the agreement is very high priority for the community. Goal 10 of 25 of Tla'amin Nation’s Comprehensive Nation Plan is ‘take care of Tla'amin children’.

Luaifoa explained that due to legacy of negative experiences with the child welfare system, ‘how’ Tla'amin carries out the work is just as important as the work itself.

The Nation recently concluded two years of deep engagement, dialogue, and reflection on the “Tla'amin way” to care for our children and families resulted in – the Tla'amin Service Model.

“We heard from kids

in care, kids formerly in care, caregivers, and other interested community members about their experiences and hopes for the future,” explained Luaifoa “We listened carefully to the teachings offered by the čičyɛ Circle and continuously checked in with them.”

The new Tla'amin Service Model is modeled on ɣa:p, a baby basket and weaves the collected wisdom together into a framework that will guide Nation decision-making, planning, program design, and actions moving forward.

“Baby baskets are made with love and care to hold, comfort, and protect our most sacred responsibility: our youngest jɛjɛ,

Losa Luaifoa ”

Luaifoa says the new service model has potential to be used across all Tla'amin people serving programs.

**The ʔajuθmɛt (ah-jooth-met) Interim Agreement commits the Province of B.C. to work in a new way with Tla'amin Nation, specifically.**

- BC will recognize that identifying whether a child has ties to Tla'amin is something Tla'amin must be involved in.
- BC will actively consult and cooperate with Tla'amin from this day forward at every step of its work with Tla'amin children and families, living anywhere in the province.
- BC will recognize that this requires building functional working relationships between MCFD staff and Tla'amin and provide the resources necessary for this to happen in a good way.
- BC will ensure that all staff have the opportunity to participate in Tla'amin-specific cultural safety training that is developed by Tla'amin.
- BC will ensure its staff at every level will be oriented to their specific responsibilities as laid out the agreement, and that there are practical mechanisms in place for them to adhere to it and for you to enforce it.



Minister of Children and Family Development Grace Lore appreciates the place names t-shirt gifted by Executive Council at the signing.

# təm kʷaθ nan Documentary Film wins \$156k funding boost from TELUS

*Film documenting Tla'amin Nation request for city name change to be released June 2025*

Tla'amin Territory - In ᑲᑲᑲᑲᑲᑲᑲ, təm kʷaθ nan (*tum kwuth nun*) means "What is your name?" This is the question that a new documentary film being produced by the Tla'amin Nation asks of a region and its residents.

The film documents the Tla'amin Nation's request that the City of Powell River change its name.

The city is named after Israel Wood Powell who served as B.C.'s Superintendent of Indian Affairs for 17 years. Powell was instrumental in the establishment of Indian Residential Schools, the banning of the potlatch and the theft of Tla'amin territory (lot 450). In May 2021, Tla'amin Nation asked the city to remove the name Powell from the city.

təm kʷaθ nan has been in production since 2022 and hundreds of hours of interviews and footage have already been captured. Through insightful interviews, Tla'amin oral history, archival imagery, heated and moving community engagement events, and powerful footage of support for and against this request, a local story with national relevance will be told.

TELUS announced Tla'amin's \$156k grant as part of its latest tranche of TELUS Originals funding.

Cameron Zinger, Director TELUS Local Content and Executive in Charge of Production for TELUS originals said "TELUS is proud to support təm kʷaθ nan (Namesake) this important film undertaken by the Tla'amin Nation, which brings to life the importance of our shared history and names and language in understanding Tla'amin's territory. Truth telling is necessary to advancing Truth and Reconciliation and creating an inclusive future in this country, a commitment that is embedded in our organization and we look forward to the impactful storytelling that will unfold through this film."

The film is directed by Tla'amin citizens Eileen Francis and Dr. Evan Adams and produced by Tla'amin Nation.

"I didn't expect documenting this process to turn into a feature length documentary," said Director Eileen Francis. "But with the support of my Nation, allied filmmakers, and TELUS Originals I hope to provide a glimpse into the community I've grown up with. A community that deeply supports each other and a history that we all carry - both the good and bad. This documentary will enlighten those who grew up in this region to the 10,000 plus years of rich history that lay in this land."



Left to Right. Claudia Medina, Eileen Francis, Angela Kendall. Behind the scenes filming at VIU tiwšɛmawtxʷ.

Hegus John Hackett of Tla'amin Nation says that the TELUS funding will help the Nation to document this moment comprehensively and for perpetuity.

"təm kʷaθ nan will provide us a social and historical record during an unprecedented time of change in this region," said Hegus John Hackett. "This film is shaping up to be a real eye-opener and I suspect it will put our town and this issue on the map nationally and globally. Closer to home, this film provides an important legacy of resistance and resilience that future generations will be proud of."

təm kʷaθ nan will be released in June of 2025.

#### List of Key Creatives

- **ᑲᑲᑲᑲᑲᑲᑲ Eileen Francis, Producer/Co-Director**, is the filmmaker and IT Technician for the Tla'amin Nation, recording for future generations.
- **Dr. Tlesla Evan Adams, Producer/Co-Director/Narrator** is an Tla'amin citizen, actor, writer, director and medical doctor.
- **Peg Campbell, Producer/Writer/Story Editor** is a documentary and narrative filmmaker, whose work has received international acclaim.

- **Claudia Medina, Producer/Camera/Editor** makes films through her production company, EnMedia. She produces media with the goal of creating possibilities for reconnection in times of crisis.
- **Angela Kendall, Producer/Camera/Editor** brings extensive experience in television, documentary, and commercial media production. Her focus is on crafting socially impactful documentaries that inspire positive change in the world.
- **Davis McKenzie, Producer/Marketing**, is a Tla'amin citizen and Director of Communications for the Tla'amin Nation.
- **Emily White, Producer**, is Tla'amin's Treaty Implementation and Intergovernmental Relations Coordinator and is from Klahoose and Tla'amin Nations.



čičuy celebrate 100 days of immersion on May 28th

# qat<sup>o</sup>enxegəs is the theme for 2024 Indigenous Day Celebrations

*The public is invited to a family friendly celebration and ball hockey tournament at tišosem*

On June 21st, Tla'amin Nation will host an Indigenous Peoples Day celebration and ball hockey tournament at its waterfront park at tišosem. This year's theme is qat<sup>o</sup>enxegəs (qats-sun-wheegus), which means to unite or come together.

"The countdown is on to Indigenous Peoples Day, and Tla'amin looks forward to hosting a great celebration this year," said Hegus John Hackett. "In the spirit of our theme of qat<sup>o</sup>enxegəs we invite our community members and our neighbours from qathet to join us in celebrating who we are as Tla'amin people and to honor our history and present-day culture, language and teachings."

The celebration will happen June 21 from 3:30-8:00 PM and is open to the public. It will include a drum jam to share and teach Tla'amin songs, information booths, food vendors and activities for children.

The third annual Thichum Cup ball hockey tournament runs from June 21-23, with the children's mini cup (ages 5-13) on June 21 from 5-8 PM. The annual ball hockey tournament has a long and meaningful history in the community. Tla'amin citizen Sam Hackett organized the first memorial tournament in 2009 to honor Adam Louie and Lloyd Hackett, and the tournament was rekindled post-Covid with the help of Johnson Adams.

"Thichum Forestry is proud to host this annual event in the Tla'amin community and to pay respect to and carry on the tradition started so many years ago," said Adam Culos, General Manager of Thichum Forestry. "The qat<sup>o</sup>enxegəs (unite) theme of this year's tournament is perfect," Culos continued, "Now more than ever, our communities can use a good reason to get together and have fun, play some ball hockey, and enjoy some food."

### Get involved.

There are several ways to get involved in Indigenous Peoples Day this year.

1. Apply to be a vendor contact [kaycee.mitchell@tmslp.ca](mailto:kaycee.mitchell@tmslp.ca)
2. Register a team or player for the Thichum Cup contact Kaycee Mitchell [kaycee.mitchell@tmslp.ca](mailto:kaycee.mitchell@tmslp.ca)
3. Volunteer for the event contact: [Brianne.Louie@tn-bc.ca](mailto:Brianne.Louie@tn-bc.ca)

### Background

Indigenous Peoples Day is observed across Canada on June 21 and was established in 1996 to celebrate and recognize the cultures and contributions of First Nations, Inuit, and Métis peoples. It coincides with the summer solstice, a day of cultural significance for the Tla'amin Nation as it marks the transition from one season to the next. Indigenous Peoples Day marks the beginning of the busiest season, a time for gathering and working hard to prepare for fall and winter.

### qat<sup>o</sup>enxegəs

#### Indigenous Peoples Day at tišosem

**Location: 4829 Waterfront Rd, qathet, BC V8A 0B9**

**Time: 3:30 – 8:00 PM**

#### Activities

- Information Booths (learn about Tla'amin culture, language, and people)
- Participate in a Drum Jam and learn some Tla'amin songs
- Games and bouncer for children
- Enjoy a salmon and Bannock appetizer
- Visit art and food vendors

#### Schedule

- 3:30 PM- Opening
- Prayer
- Welcome song
- Leadership remarks
- 4:00 PM- Drum Jam
- 5:00 PM- 8:00 PM Children's hockey tournament, DJ's, vendors

#### Event reminders

- Parking is limited; please carpool if you can / park up by the firehall and walk down
- Bring your own chair, as seating is limited
- Bring Cash! Not all vendors can accept electronic payment



## 3<sup>rd</sup> Annual Thichum Cup Ball Hockey Tournament 2024

Thichum's vision is to provide a safe and active event to unite the qathet community. The name of this year's event is:

**qat<sup>o</sup>enxegəs – Unite**

We welcome adults and youth from Tla'amin, qathet and surrounding communities to participate.

	łołet (ADULT)	Čuy (YOUTH)
<b>Dates</b>	Saturday, June 22 & 23	Friday, June 21 (4PM-8PM)
<b>Ages</b>	15 years +	(2011-2013),(2014-2016),(2017 & under)
<b>Fees</b>	\$150.00 to secure your spot	Free
<b>Prize</b>	Championship swag & prize table	All participants receive a prize!
<b>Roster</b>	Maximum: 15	Brackets TBD
<b>Jerseys</b>	Donated by Sponsors	Donated by Sponsors
<b>Location</b>	Tla'amin Waterfront Courts	

**łołet Teams:** Register at [kaycee.mitchell@tmslp.ca](mailto:kaycee.mitchell@tmslp.ca) Team fee to be paid at registration.

**Čuy Players:** Parents, please email [kaycee.mitchell@tmslp.ca](mailto:kaycee.mitchell@tmslp.ca) with birth year, full name and if your Čuy has experience playing hockey. Free hotdog or hamburger & drink will be provided for all Čuy participants.

**Food vendors on site for the entire weekend & 50/50 draws will be done as a fundraiser for Tla'amin Soccer FC!**



Big shout out and thank you to all our sponsors: Aero Services, Clark Wilson, Dawn Construction, InSitu, Jepsen Mobile Booming & Bundling, Modern Windows, Pete's Plumbing, Piddolla Creek Contracting, PR Equipment Rentals, Relay Rentals, River City Mini Excavating, Sitka Mechanical Ltd, Tla'amin Lake Contracting, Thunder Bay Tugs Ltd & WINMAR!!!

## Lund Hotel is Officially Open on June 1st

The Lund Hotel is in the process to be opened. The booking website integrated with Expedia was finalized today, such as people from everywhere can book rooms and enjoy the stay at the hotel. There is still a lot to be done before we are officially open **June the 1<sup>st</sup>**. After this date, Hotel will be opened 24/7 for our guests. We anticipate having the Pub open 5 days per week, Thursday to Monday. The idea is to have the summer long weekends covered to maximize sales. Store will be opened every day. Summer hours are 7:30 am – 9:00 pm.

**The Hotel manager:** Laurel Beaton.

**Housekeeper:** Janelle Mine

**Front Desk/Housekeeper:** Molly Smith

**Maintenance person:** Chris Knoblauch



## Desolation Sound Archaeology Project Underway Once More For 2024

By Territorial Stewardship Department

Damage of Tla'amin cultural property and our ancestral resting places by tourists has been an ongoing problem in Desolation Sound over the years through both ignorance and deliberate destruction. Pollution from the high number of boaters and illegal shellfish farms have wreaked havoc on the natural habitats of our food sources.

From May 27th to June 21, Tla'amin Culture and Heritage Technicians are hosting Colleen Parsley from Aquilla Archaeology and a team of archaeologists to carry out work in Desolation Sound Marine Park. Its part of a multi-year project funded by the Destination Development Fund that will inventory and map culturally sensitive archaeological sites for Tla'amin and BC Parks.

Lands and Resources Director Denise Smith has been advocating for protection and enforcement of our sacred sites over the years.

“

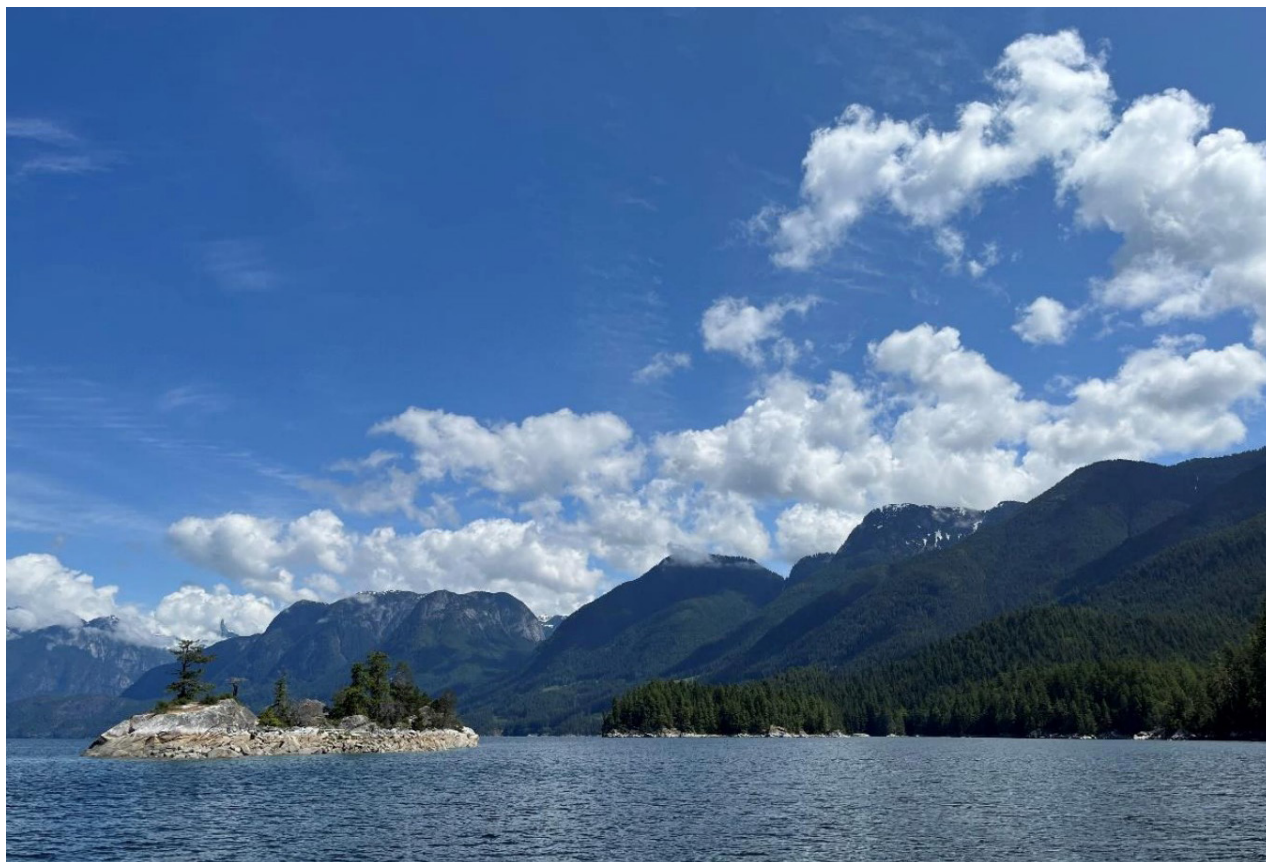
*Doing this important work now and establishing our stewardship of Desolation Sound will give the Nation the ability to care for the land, protect our culture, and ensure the ocean is kept healthy and productive for generations to come. It is essential to honour our Ancestors, protect our people, and manage the land and water we all know and love.*

”

Smith continued. This project will shed significant light on the way our people lived on the land over the past several thousand years. Last year alone documented unexpected and exciting results,



**Elk Bone Pendant: One of the rare and exciting artifacts found during last year's study.**  
Photo: Scott Galligos.



**Desolation Sound, location of a multi-year archaeological study being conducted by Aquilla Archaeology with the Tla'amin Nation.** Photo, Colleen Parsley.

and this year will bring even more meaningful findings to connect Tla'amin members with our Ancestors.

The study has increased the number of recorded archaeological sites in the Park by 68% in just a few short weeks, indicating that there is much more waiting for rediscovery. Some of the most interesting finds include new pictographs (rock art), mortuary features (burial), intertidal features (canoe skids, fish traps, and clam gardens), multiple CMTs (Culturally Modified Trees), and village sites. Many artifacts have also been discovered, including stone tools, projectile points, and a beautiful elk bone pendant.

Also of interest, several of the village sites offered defensive features. Sheer rock bluffs at one site would have made the village undetectable to intruders. Flea Village, the location of which was confirmed through the project, was noted in

historical records as early as 1798. At that time, it was said that they had at least 300 people living there, and was a well constructed, fortified site.

In 2009, wooden fish traps were found near Flea Village that have been dated to as old as the 1400s. This is a high priority site given the rich historic description of constructed fortifications, so this year advanced scientific methods will be applied to studying this village (including LiDAR, and 3D scanning). This will enable archaeologists to get a clearer picture of what the village looked like in the past, and allow the Tla'amin Nation to protect and preserve the site from destruction by visitors, or potential looters.

If you have any questions about the Desolation Sound Archaeology Project, please contact our Territorial Stewardship Department at [referrals@tn-bc.ca](mailto:referrals@tn-bc.ca).



**Culture and Heritage Technician Scott Galligos screens soil looking for archaeological artifacts.**  
Photo: Connie Graham.

### 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](mailto: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**

# Public Works Update

By Carmen Galligos, Director



## Our House – Cultural Center & Traditional Foods Processing Facility

ʔəms ʔaye (Our House) construction project is progressing on schedule. Site underground utilities have been installed (sewer and water).

We now have all building footprints excavated and have begun footing and foundation formwork for the cultural center. We will have first concrete pour for the cultural center on May 30th.

Our goal is to begin framing walls in Our House by June 25th and once completed, move right into framing our Traditional Foods Processing Facility. Site civil works are ongoing, with site roads and parking lots underway. Lots of local contractors and trades people have already been employed on this project, with Tla'amin Nation's Construction Services team also providing labourers and carpenters.

Installation of the House Post logs and roof will occur mid July 2024. We have Master Carver Gordon Dick from the Tsheshaht Nation working with the Tla'amin Nation's Carving team of Sherman Pallen and Hoss Timothy on the four House Post's panels. The theme is to honour and represent Tla'amin and each Sister Nation through the artwork on each House Post. If you are interested in being a part of this project, or have questions & comments related to this project, feel free to email [publicworks@tn-bc.ca](mailto:publicworks@tn-bc.ca) or our Project Manager [brandon.bresden@tn-bc.ca](mailto:brandon.bresden@tn-bc.ca)



## Harwood Dr. Subdivision:

The Harwood Subdivision project is almost ready to release for tender. We are finalizing the detailed design and expect to release the Request for Proposals at the end of May. Citizens that are interested in constructing a home on a lot in this new subdivision can submit a letter of interest to [Denise.Smith@tn-bc.ca](mailto:Denise.Smith@tn-bc.ca), or for more information about the construction project, can email [publicworks@tn-bc.ca](mailto:publicworks@tn-bc.ca)

## Mugsi & Hoss' Scuttle Bay Home Re-Build

After the devastating fire in Scuttle Bay, our Tla'amin Nation Construction Services team has been progressing through the Insurance Re-Build project.



Having our own Tla'amin carpenters and plumbers work on this project builds the capacity of our community members to learn the process of residential construction. It also means a lot that our own community members are helping to take care of our elders. Using internal resources also brings costs down significantly compared to outsourcing to external contractors.

Throughout the month of May we were able to complete the exterior work of the home, and in June we will work on the interior finishes. The anticipated completion date for this project is the end of July. We thank our Construction Services team for their hard work and dedication to this project.



## Cabin Bookings

Summer is almost here! Here is some helpful information for booking our Nation cabins at ʔagayqsen (Harwood Island) & toqʔanən (Theodosia). You may book either of these cabins by emailing [bookings@tn-bc.ca](mailto:bookings@tn-bc.ca) with your preferred dates. Any Citizen utilizing these cabins must follow the following guidelines:

- Use of the cabin and property is at your own risk.
- Ensure all garbage and recycling is taken with you at the end of your booking. There is no garbage or recycling pick up available, you must pack out what you pack in. Failure to do so could result in losing future booking privileges.
- There is no smoking of any type (tobacco, vaping, cannabis, etc..) allowed inside the cabin. Please dispose of butts responsibly, do not litter or cause a fire risk.
- Please leave the cabin in the best condition/as clean as possible following your booking. This will help keep the cabin ready to use for the next group.
- Booking durations must be 3 nights or less. Extensions to the bookings can be granted if there are no other requests following your booking.
- **Please be sure to follow the current Fire Bans and Restrictions. All fires must be left cold to the touch once extinguished. Failure to do so could result in fines and will disqualify you from booking in the future.**
- Please report any damage, mess, or maintenance concerns to [publicworks@tn-bc.ca](mailto:publicworks@tn-bc.ca) or 604 483 6976 (text or call).



# Puyallup Tribe To Host Youth Paddle

## Canoe Journeys 2024!

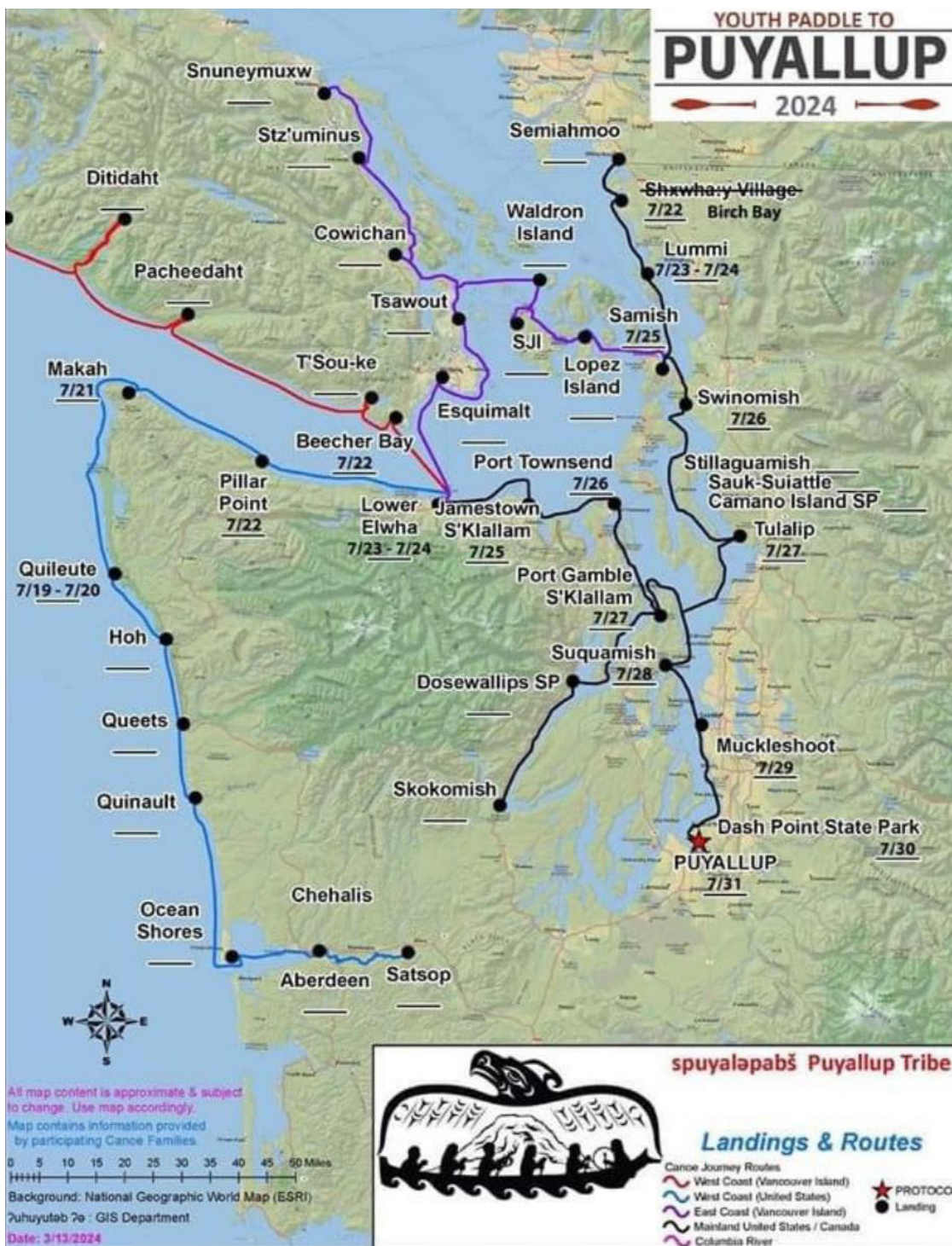
It is time to prepare for another summer on the water, paddling the ancestral highways of our people. This year, the Puyallup tribe has stepped up to host a youth paddle. The Tla'amin canoe families have decided to send one canoe as part of this journey. The Tla'amin canoe will depart from Lummi on July 24<sup>th</sup> and land in Puyallup on July 31<sup>st</sup>.

If you would like to sign up to be a part of this journey, please contact Drew Blaney ([drew.blaney@tn-bc.ca](mailto:drew.blaney@tn-bc.ca)) or ([brianne.louie@tn-bc.ca](mailto:brianne.louie@tn-bc.ca)) in the Cultural Department. Please indicate if you would like to be puller or land crew.

## Local Journey

There will be a local journey taking place in Tla'amin, Klahoose and Homalco territory in August. The dates are August 13<sup>th</sup> – 16<sup>th</sup>. Canoes will depart from Church House and make their way to Tla'amin with a stopover in Squirrel Cove. All are welcome to attend this small local journey!

Contact Brianne Louie ([brianne.louie@tn-bc.ca](mailto:brianne.louie@tn-bc.ca))



## LOCAL CANOE JOURNEY 2024



### August 13th - 16th

- August 13th: Church House
- August 14th: Church House to Klahoose
- August 15th: Klahoose
- August 16th: Klahoose to Tla'amin

Pullers Needed!

**More Information:**  
[drew.blaney@tn-bc.ca](mailto:drew.blaney@tn-bc.ca)  
[brianne.louie@tn-bc.ca](mailto:brianne.louie@tn-bc.ca)



Tla'amin canoes prepare for the 2003 journey to Muckleshoot



This month's program features Tla'amin's Chi Chui and their journey of immersing themselves in ʔayʔajuθəm through song, counting, and storytelling.

It highlights the importance of preserving our linguistic heritage and creating cultural connection among our youth.



ʔəms nəm app

June 10th, 2024

### June's prize

Complete all 10 days of teachings by June 30th to be entered to win a prize package from Jeh Jeh Media.

Learn more

Download the app



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

# 2024 Spring General Assembly Summary Report

## Executive Summary

*On May 2nd & 3rd the Tla'amin Nation held its Spring General Assembly. General Assemblies are a legal requirement of the Tla'amin Constitution and provide the opportunity for Tla'amin Citizens to meaningfully engage with their government and administration.*



The 2024 Spring Assembly was themed “Calling our Jeh Jeh’s Home” and included a travel subsidy for Tla’amin citizens to come home. 32 Travel subsidies were issued enabling 43 off-lands citizens to participate.



Tia Francis and Elizabeth Williams enjoy a croissant

### General Assembly by the numbers highlights:

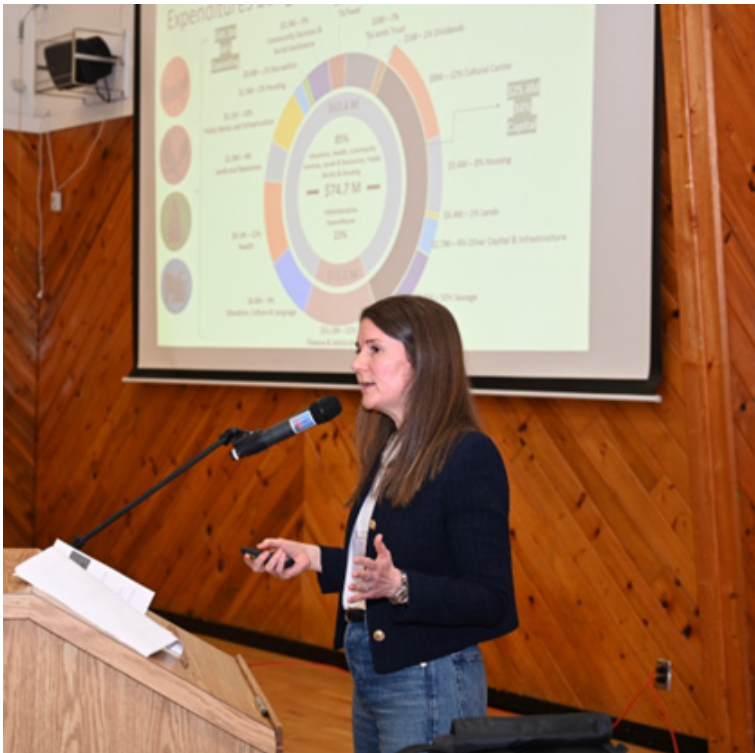
221 Citizens, spouses are caregivers of Tla’amin children attended the assembly which featured:

- 25 workshops were held throughout the community
- 1,250 meals prepared and served
- 15 new citizenship applications, and 11 status cards were processed
- 2 games of ʔayʔajuθəm Bingo
- 1 ʔayʔajuθəm concert from Tla’amin children
- 1 Traditional seafood feast
- 1 čičyε circle honouring
- 1 Dance party and balloon drop to celebrate the 8th anniversary of treaty



Making cedar headbands was one of the favorite cultural activities at the Spring General Assembly

# Budget 2025 – Presented by Janel Silvey, Chief Financial Officer



Chief Financial Officer Janel Silvey presents the FY 2025 budget May 2, 2024.

Tla'amin Nation's 2025 budget was unanimously approved by the Tla'amin legislature on March 27, 2024, and presented to Citizens on day 1 of the Assembly, May 2, 2024.

The \$74.7m budget will fund actions laid out in the Nation's 2025 operational plan which flows from the Comprehensive Nation Plan.

The budget includes \$25.4m in capital investments critical to addressing historic infrastructure gap, and includes a new cultural centre, sewage project, and housing developments. The budget includes a planned deficit of \$8.6 million. A planned deficit happens when spending outpaces revenues for a current fiscal year and the government draws from its savings to meet the current year needs. At this point, operating at a planned deficit is only for the current fiscal year. Senior Management is

actively pursuing new funding opportunities to reduce the 2025 planned deficit.

In previous years, Tla'amin received Indigenous Community Support funds known as COVID funding. These funds have been distributed to the Community through dividends and COVID related supplies.



Archaeological Discoveries



Joe Wilson shares some traditional knowledge with Bob Blaney at the Elders Tea



Hegus John Hackett and Tla'amin citizen Marnie Hanson



L-R: Sosan Blaney, Carly August and Ashley George are all smiles during the cedar weaving class.



Seventh inning stretch for the participants before heading out to the next workshop



Elder Doreen Point and her granddaughter Alisha share a special moment as the General Assembly



Child and Family Services Manager Ryan Pielle is flanked by (left) čičyε circle member Rose Adams, and (right) čičyε circle members Pauline Paul, Brenda Pielle, Elsie Paul and Evie Tom are honoured during the traditional seafood feast at the General Assembly May 2, 2024.

## Creating a Sports Fees and Travel Policy



Community Services Director Losa Luaifoa answers questions during the Q and A portion of the presentation while Recreation Manager Christine Parsons looks on.

**Presenters:** Community Services Director Losa Luaifoa and Recreation Manager Christine Parsons.

Community members were also asked “How would you define recreation in terms of Tla’amin traditional ways of being and what ʔayʔaj ʔuθəm words would come to mind.”

### PARTICIPANT FEEDBACK

- How will off-lands youth be supported if current eligibility is restricted to qathet residents?
- Recreation includes not only sports but also culture and traditional activities.
- When parents pay for classes the incentive to enforce attendance increases.
- Parents should play an important role in supporting their children financially when considering funding eligibility and attendance for programs.
- Restricting access through eligibility requirements may result in a feeling of hopelessness for teenagers with fewer opportunities.
- As children grow into teenagers, they need to realize the value of financial support and have the tools necessary to explore fundraising opportunities.
- Charging a small fee per class may be a barrier to families with limited resources.
- Could fees be subtracted from an individual healthy living dividend?
- The proposed subsidy is not enough for most expensive sports.
- Suggestion to boost fees subsidy to \$500 each for children under 5 years old. Where does the money come from?

### Goal 12 in the 2023-2028 Comprehensive Nation Plan is to promote community-led sport and recreation programming as a core aspect of Tla’amin identity.

Sports and recreation responsibility is part of the Community Services cεčεgatawł House Post.

čēčēgatštəm ʔəms čičuy| ‘helping to support our kids’ program Tla’amin Nation is dedicated to fostering the growth of youth in sports and recreation. Tla’amin Nation is in the process of developing an equitable funding program that will reimburse registration fees for youth, newborn – 18 years of age, participating in sport & recreation programs in the qathet region.

The goal of this engagement session was to gather input from Tla’amin citizens regarding funding requirements, eligibility criteria, and guidelines to shape this program.

### Summary Of Fees And Travel Policy Presentation

Tla’amin recreation explained their commitment to youth sports and recreation by enhancing skill development, personal growth, and mastery. There were three main discussion points

1) Funding options for Tla’amin citizens residing in the qathet region to assist with the development of an equitable funding program that will reimburse registration fees for ʔəms čičuy new-born – 18 years of age for sport and recreation programs. As a starting point the recreation department suggested annual registration fees

- Up to \$300 per year for children under 5
- Up to \$1000 per year for children 5-18

2) Moving to a user-pay system for recreation programs. Currently all programs offered through Tla’amin Recreation are FREE. Meeting participants were asked how much of a nominal fee (small fee) would you be willing to pay for a Tla’amin Recreation Program?

1. \$5/class
2. \$8/class
3. \$10/class

3) Youth Travel Assistance Program (YTAP). Travel fees can be applied for through the Youth Travel Assistance Program (YTAP). Includes \$100 gas card & \$75 ferry card 3 times/year. Application can be submitted to Director of Community Services

# Housing and Lands Transfer Policy



Director of Public Works, Capital & Infrastructure Carmen Galligos. Galligos lead two Housing and Lands Transfer Policy workshops on May 2, 2024.

**Goal 20 of the 2023-2028 Comprehensive Nation Plan is to enhance the viability and sustainability of Tla’amin housing stock.**

Housing responsibility is part of the ʔayisaθot Public Works, Capital & Infrastructure Housepost

The purpose of these workshops was to interact with the lands and housing team to talk about land and home ownership and provide input into the new housing policy.

**Presenters:** Public Works, Capital & Infrastructure Director Carmen Galligos & Housing Director Stuart Clark

**SUMMARY OF PRESENTATION**

Tla’amin Nation is creating a new Housing and Land Transfer Policy and is seeking advice and input from Tla’amin citizens to make sure it re-

flects Tla’amin values and principles. Before Treaty, Certificates of Possession (CPs) were the only option for home ownership. 20 CPs were transitioned to fee simple ownership at Effective Date. Treaty promised better pathways to home ownership for voters, and TN intends to honour that promise. At present a moratorium is in place while Tla’amin Nation develops policy so that transfers happen in a legal and fair manner. Housing is now split from Public Works to ensure it has the time, funding, and attention necessary to address the issue.

**Housing Department Goals for this year:**

1. Develop the Community Housing Service Plan (CHSP)
2. Finalize housing policy.
3. Finalize home and land transfer policy.
4. Grow capacity of Housing Team to improve

services and advance progress.

**Housing Policy will address:**

1. Rental housing management.
2. Housing Administration.
3. Community Housing Service Planning.
4. Private Homes.
5. Emergency Housing.

**PARTICIPANT DISCUSSION**

Q: What is the timeline associated with lifting the transfer moratorium?

Internal goal is to have the Home and Lands Transfer Policy (HLTP) drafted and approved by Christmas. Legal reviews will ensure alignment with external and internal laws. Could be a year before the moratorium is lifted.

Q: How will families be supported financially, e.g., lawyer fees, during the process?

First transfer from the Nation to Citizen, legal fees will be covered by TN, and subsequent transfers will be the responsibility of homeowners (open to community feedback).

Q: How will co-ownership of homes with non-Citizens or non-Indigenous partners work?

Non-citizens cannot own land on their own, but they can co-own and be added on as a joint tenant in the title certificate—allowing them to reside in the home and on the land for as long as they live, but not pass on ownership.

Q: Are Harwood lots allocated already?

Not yet—submit a letter of interest to Lands to be added to the list.

Q: Will there be more subdivisions established in the future?

Future subdivisions may expand River Road to connect to Klahanie.

**A small group of off-lands citizens listen to Cultural Coordinator Drew Blaney perform at Sliammon Lake on the second day of the General Assembly**



Approximately 1,250 meals were prepared during the General Assembly

HOUSING & LAND TRANSFER Q&A

Continued

Q: What considerations are being made around rent-to-own opportunities? Will we consider multigenerational housing to make use of a piece of land, where a whole family could live on the same lot and take care of each other?

Considered under financial criteria for home transfer; but a separate program would be good to consider for Housing Policy as an optional financial arrangement. Multigenerational housing is also a good suggestion.

Q: Will there be consideration of condominiums to support home ownership for first-time homebuyers?

Yes, that's a great idea!

Q: How does the home maintenance program work? Will there be choice in materials used with input from the tenants?

Self-funding renovations, with some financial support on occasion through ISC; but beyond major renovations, regular wear and tear will be covered by the maintenance program.

Voluntary contributions form a reserve fund managed by the Nation, who donates labour of carpenters, plumbers, etc. so that only materials need to be paid for—with options to choose from.

Q: Will there be housing built on former reserve lands?



Alisha Point teaches ᑲᑭᑲᑦ to a group of participants eager to pick up a few phrases or words

Yes, and considering development throughout all TSL.

Tla'amin needs to advocate for allocations before groundwater licenses are given out to non-Indigenous applicants.

Q: How will folks on Social Assistance be able to own and maintain their home?

Housing Restoration Program serves all homes, Nation-owned or private, to engage a housing

inspector generate a list of health and safety issues to be addressed.

Once outstanding issues are addressed, then there will be a defined threshold after which the responsibility becomes the owner's responsibility, for units not owned by the Nation.

Q: Can Housing support finishing those basements to maximize existing space in housing stock?

Unfinished basements will not likely be completed through the course of this work.

Q: Will homes or lands be able to be sold from one member to another? Will there be a standard process?

Current focus is transferring from the Nation to Citizens, a future need will address the transactions between Citizens. Still working to understand the legal and regulatory framework around those transfers.

Q: Will there be specific policy/process/procedures to address homes that are barely safe to live in, at no fault to the current owners and residents?

Will be covered by Housing Restoration Program which addresses big safety items not resulting from regular wear and tear. Timeline is impacted by restricted funding. Each health and safety report can be \$1.5-2k but it is the responsibility

of the Nation to address those issues.

Q: Will there be consideration around moving tenants between housing, e.g., a single tenant out of a big house which could house a family of five?

Housing Policy – criteria for allocation are one bedroom per person. Tricky to end a person's tenancy because their children moved away. However, the Elders' Lodge has generated some movement within the village between houses.

Q: Is the Housing Committee comprised of people in the community?

Advisory committee is to be formed, but a decision-making panel would be important to consider as well.

Q: What is the result of the historical project to verify CP properties, and encumbrances on property?

That research will inform current policy development.



Alice Louie and Evie Tom are dispensing some good medicine through laughter during the plenary session in the morning.



Evan and Michelle exchanged a few laughs over a couple of days

## Doc Talk with Kelsey Louie and Evan Adams

Goal 11 in the 2023-2028 Comprehensive Nation Plan is to weave wholistic health and wellness into all of our work by implementing the Tla'amin Nations Health & Wellness Plan.

Tla'amin Wellness and Harm Reduction responsibility is part of the Community Services c̓əc̓əgatawł House Post.

The purpose of Dr.'s Kelsey Louie and Evan Adams presentation was to share information and answer questions about Tla'amin wellness and harm reduction.

### SUMMARY OF PRESENTATION

Presenters spoke of how talking about mental health and substance use can be difficult. The panel shared some public health data and it's impacts as it relates to Indigenous health and wellness in BC.

Discussed legislative, policy, and practice responses such as decriminalization, prescribed safer supply, and drug checking as part of a continuum of care in

response to substance use. Taking care of one another is an important thing, which we all do and can do. Explored harm reduction as part of 'the story of us' today, and the variety of ways that can look. Unconditional love is part of this conversation.

### PARTICIPANT FEEDBACK

Q: What do I do when a family member who struggles with addiction refuses help?

If they continue to know you are there for them, it means it's possible for you to help them when they're ready. Keep them as close as you can. This may just be a check in, or keeping lines of communication open so they are as safe as possible.

Q: What support can our underage youth access? How can we support them better – especially if support is not available in their own home?

Youth will experiment in a variety of ways, including substances. Not enabling or condoning but creating safety and surrounding them with love. Let them



Evan Adams opens addresses the complications of health and wellness in the community with Kelsey Louie

know they can reach out to you at anytime. Check in with them periodically.

Youth want someone who can talk to young people about substance use. The most powerful is when youth speak to other youth. Equip them with information so they can support each other. Speak with them, listen to them – try to avoid speaking down to youth.

We need to hear from them about what kind of help they need or want. Create a non-

judgemental safe space for them to talk openly. Reducing stigma is important to avoid using it in secret. This is different from normalizing or encouraging. The good news is young people can change.

Q: Our people were healthy and hardworking before contact. How can we undo so much damage around protecting our young people and supporting our parents to guide their children?

Culture is good medicine and saves lives. We are extremely proud to witness our community members re-awakening our culture and language.

Other protective factors identified in other first nation communities are language teachers and activities for youth. Seeing our čičuy sign language in ʔayʔajuθəm reminded us of our teachers when we were growing up. These values are protective factors.

Our teachers forged the way to allow us to get our education and learn. And there are people taking care of our people from within the community: first responders, sports teams, and government. Culture does save lives.

When people have meaning, purpose, value, and connections to our ways, it will slowly phase out the hard things and bring in increasingly more for us to be proud of. We can sit and listen and learn from others and draw from all of it, to build up our people.

Why do people drink?

When people get traumatized, they choose alcohol as one way to cope. But there are other positive ways we can choose to cope like exercise, being on the land, and doing the things you love.

Are we becoming more westernized?

Maybe, but our generations are getting better. Each generation's lives are better than the residential school era. I hope we all see the relationship significantly improve between trauma and how we cope with it.

Let's not forget just how joyful it is to be well! The joy of healing – not just the work of healing – is also part of a wellness journey. We can call it gratitude.



Serious bingo players go kaymixw for the chance to take home some tahla at the General Assembly

# Tla'amin Management (TMS) & Thichum Forestry Citizens Update



Braden Smith, CEO of Tla'amin Management Services provides an overview and financial update on the Tla'amin group of companies.

Braden Smith provided an overview of TMS as the economic development arm of Tla'amin Nation (TN). Smith noted that official financial statements will be presented at the Annual General Meeting after auditing is complete, this summer. Smith brings to TMS his experience as a professional urban planner for the past twenty years, and four years of service as Chief Administrative Officer (CAO) at Tsawwassen Nation.

Since 2016, TMS transitioned from Sliammon Development Services, and is working towards meeting its requirements and compliance expectations by building capacity in staffing and resources. In addition to an annual plan, financial statements, TMS looks forward to providing quarterly reports to the community. As an economic arm of TN, TMS exists separately from the government; and its Holdings Board is appointed by the Economic Development Committee, a standing committee accountable to Executive Council. The Operating Board is appointed to the Holdings Board, and the CEO reports to both boards.

Now that a foundational capacity is established at the



traditional cedar head band

governance house, focused investing in TMS will support increased revenue opportunities for Tla'amin Nation. Diversified business investments will build a healthy economic arm for the Nation. The reopening of the Lund Resort will contribute to that strong business plan.

Select Sand and Gravel (SSG) was purchased in 2022 as part of TN's Housing and Infrastructure Plan. SSG supplies sand and

gravel throughout the qathet region as the largest supplier on the Sunshine Coast. This business entity reported nearly \$500,000 in profit last year, and they project an increase for sand and gravel given the projects planned for the region. Investments will be made in infrastructure, equipment, and mine permit expansions to be ready to provide for regional needs to come. At this time, the company employs two TN citizens; one as a heavy equipment operator and the other works in administration.

Pa'aje Shellfish continues to build capacity, continuing ownership of numerous tenures for over 45 years of operation around toḵw'nač (Okeover Inlet) and Theodosia. For the past two years, Pa'aje Shellfish donates clams and oysters to the food distribution program facilitated by TN and will continue to do so in the coming year. The area is abundant, and they are looking to attract new harvesters. Currently, Pa'aje employs four individuals, two of which are TN citizens.



Adam Culos, General Manager of Thichum Forestry provides an update.

Thichum Forestry, under the general management of Adam Culos, manage businesses based on a "quadruple bottom line" ensuring social, environmental, economic, and cultural issues are equally considered when making decisions. Thichum manages about 22,000 hectares of forest, and the annual allowable cut is around 130,000 cubic meters. The majority of employees (13) are Tla'amin Nation citizens, including presenters Kaycee Mitchell, who works in administration and Scott Francis who supervises the operations crew. Even with a lower cut this year, Thichum received around \$12 million in profit. A long-term vision is measured by looking seven generations (210 years) into the future. While the current log market is in a downturn, there is an abundance of opportunity to invest in relationships and seek more tenures to be managed sustainably. More aspects of the business are now managed in-house, adding value to existing resources.

## PARTICIPANT FEEDBACK

Q: Having heard about the presence of sea urchin in Okeover and its impact on other important food entities, are there plans to include sea urchin in harvesting plans?

Has not been considered, but TMS are hiring consultants to look at expanding to other entities, and Braden will make sure sea urchin are also considered.

Q: How can Youth get information about fisheries and other lands-based education opportunities to work professionally at TMS?

TMS works with Education Team to define future needs and to identify potential talent in the community to develop. The Education team will have resources to share with Youth.

Q: Will the old Stockpile market be able to reopen for commercial services?

Yes, that is being considered.



Participants took home a piece of the sacred cedar tree in the form of a head band instruction led by Sosan Blaney



# General Assembly Evaluation

Evaluation forms completed by Citizens who attended the Assembly revealed:

- 100% of Citizens felt comfortable and safe at the General Assembly.
- 100% of Citizens learned something at the General Assembly.
- 100% of Citizens said it was worthwhile to attend the General Assembly
- 100% of Citizens said staff were helpful and felt treated well.

**Citizens submitted 110 comments through evaluation forms and a few common themes emerged:**

- Citizens shared that they experienced culture, connection and Tla'amin pride at the two-day event
- Good mix of business and fun.
- Ayajuthem only activities were a highlight (kids concert and bingo)
- Appreciation for the Tla'amin Management Services presentation - getting to know the Tla'amin businesses.
- Workshop approach was well-received, people appreciated choice
- More workshops, cultural activities (and additional day) requested for next time
- Feedback on meeting content-start from the beginning (don't take for granted prior cultural/business knowledge)
- Additional helpful logistical advice was provided on transportation etc.

**My biggest take-away from the Assembly was:**

- "Better understanding of the nation's governance"
- "See and hearing all the devel-



**April 5th Tla'amin Treaty Day celebration was on pause until the Spring General Assembly traditional feast with all our citizens arriving home**

- "Comments in person by the people"
- "Do the hard work to make it all happen :) Seeing our territory and people becoming stronger Business growing in self-governance"
- "Leadership is taking their obligation to keep community informed very seriously."
- "I felt right at home.... Learned so much and met so many amazing people!!!"
- "I think the all-around experience of being here. Glad I came. I think the Tala Trust taught me a lot."
- "Community. It's nice to have a positive gathering for our people."
- "Being immersed in the culture was amazing."

**The best part of the Assembly was:**

- "Having the financial support. Connection, familial ties, knowing who I am and where I come from, babies to elders energy,

- not feeling squeechy when asking for help <3."
- "Chi chuys singing, lots of variety of options of breakout sessions"
- "The large quantity of information in regard to the funding aspect"
- "All of it! Sense of community"
- "Having a lot of choices for workshops. Visiting and meeting with returning members."
- "The walk with ancestors workshop - seeing the artifacts and the talk that was given. And having Lunch/Dinner - meals with everyone. It was great to be home for happy times :)"
- "I really enjoyed the food and winning bingo. The walk with Drew Blaney and learning the history and songs in nature."

**Feedback for next time:**

- "Hotel or restaurant suggestions for members travelling from out of town. A map of the nation buildings sent ahead of time so people living off reserve know

- what to expect."
- "Have more flexible time and involve student(s) prepare for "adulthood"
- "Pen/paper for notes. Maybe a doodle mural for participants to color throughout the 2 days and evening. Shuttle to and from sites for those with mobility issues."
- "More of field trips ie Lund Resort, Okeover. Health Component"
- "Breakout sessions could be longer for better engagement"
- "shuttle bus to pick us from ferry in groups for those traveling by bus "
- "Hold space for more culture and out on the land experiences."
- "Maybe as an idea more challenges that are fun like the bingo. Like a soccer challenge. Or more challenge/games that include our language like the bingo for prizes."

**Next General Assembly is October 18-20, 2024**

# 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**

## ʔayıştən ʔaye Highlights



### BANNOCK BALL FESTIVAL

Bannock Ball Festival happened on May 3, 2024, at The ʔayıştən ʔaye (Cousin's House). Youth nights put on a youth led community event with free Bannock by Patsy, (pictured above) Live DJ Tala Mike, and local vendors We were pleased to host Jeh Jeh Media, Just Fries, Youth CAT, Alice's Fresh pasta, and Ruby's Treasure all while a continuous intergenerational soccer game played with spring and music in the air! Heartfelt gratitude to all who attended and contributed to the success of the event!

For those missing any belongings, the lost and found at ʔayıştən ʔaye (Cousin's House) is brimming with unclaimed items, please come take a look.

Keep an eye on updates posted regularly on the "Tla'amin Community Recreation" Facebook page, where we share program details and updates.

### 5V5 WRAP UP

The 5V5 Tla'amin Nation Champions League wrap-up session occurred on Thursday, May 16, featuring pizza, cupcakes, and medal awards. The Tla'amin Nation Community Recreation, in partnership with Hope and Health, recently concluded a 6-week Champions League, engaging over 30 participants across 8 teams. Tailored for two age groups, ju-

niors (6-12) and seniors (12+), the program offers inclusive soccer sessions on Tuesdays and games on Thursdays, focusing on skill development and themed lessons like goal setting and respect. The community's enthusiastic support and encouragement for our young players during practices and games created a lively atmosphere that was truly heartwarming to see.

### SCHOOL'S OUT AFTER SCHOOL PROGRAM WINDING DOWN

The School's Out after school program will be running until Thursday June 27th. Assumption has 12 noon early dismissal on Wednesday June 26th and programming will be provided for them. SD47 has 12 noon early dismissal Thursday June 27th and full-day programming will be provided for Assumption and JT when they get out of school.

**There will be NO programming or School's Out on Friday June 28th.**

Please be sure to clean out your čuy's cubby and check the lost & found for missing items!

Also please note there will be **NO programming July 2 - 5**, as staff will take that designated time for needed summer staff training, and preparation. Summer Camp will run from July 8th – August 23rd. There will also be **NO programming August 26 - 30** to allow summer cleanup, organization, and preparation for September School's Out After School Program start up.



Alexander Reid has been working on his culinary skills perfecting his fry bread at ʔayıştən ʔaye Photo Credit: Mandy Brown



These youth have been developing their soccer skills for six weeks at the 5vs5 soccer challenge at the spring recreation program.



## SUMMER PROGRAM GUIDE

The Tla'amin Community Recreation Summer Program Guide will go **LIVE on JUNE 3, 2024.**

Program registrations excluding **Summer Day Camp** will open **June 4**

Those wishing to register for Summer Day Camp can do so:

- **June 17** for weeks 1 & 2 (JULY 8 – 12 & JULY 15 – 18)
- **July 2** for weeks 3 & 4 (JULY 22 – 26 & JULY 29 - AUGUST 2)
- **July 16** for weeks 5 & 6 (AUGUST 6 – 9 & AUGUST 12 - 16)
- **July 29** for week 7 (AUGUST 19 – 23)

Email [rec@tn-bc.ca](mailto:rec@tn-bc.ca) to register for programs.

## Dave, Annie and Danny Dominick Memorial

Saturday July 13th  
4 pm to 7pm  
Dinner at 6

### Community Invitation

Please come and join us at the Salish Centre

For more info contact: Emily August Dorothy Louie  
Margaret Rossi or Louise Dominick

## Where There's a Legal Will There is a Way

**When you make a legal will you determine how your treasures are shared with your family.**

Your property, debts and liabilities become less of a burden for your loved ones and are fully understood by your Executor.

If you or someone your immediate family passes away there are many things to worry about when it comes to making important decisions such as funeral arrangement and your remains.

### Why have a will

- Provides clarity to the surviving and family of your wishes
- Avoids conflicts during an emotional and difficult time
- Ensures dependents are provided for
- Ensures property in value stays within the family.

### What happens with no will

- Someone else will handle your estate.
- Someone else who sets the rules may not consider your families and friends.
- The process for handling the affairs of the estate may be drawn out and lead to conflict.
- There are many considerations when it comes to your possessions.

Regardless of whose laws are making decisions for our families, when someone passes away, having a legal will ensures that you honor your traditional past and carry out your wishes that are significant in value.

Losa Luaifoa is the Director of Community Services wants to encourage members and citizens to get informed. "I am thankful that Community Services, in collaboration with other departments, are able to offer workshops re Wills & Estates.

**"It is so important to ensure your wishes are carried out by your loved ones but also to take care of your loved ones by being prepared,"** continued Losa.

Creating a Will can be sensitive work but its work that needs to get done. Staff are present and available alongside our legal team to help navigate through this work together.

Citizens 60+ have been prioritized this round of workshops but moving forward, we intend to continue offering these sessions to all our citizens in the late summer.

Contact Losa Luaifoa for more information: 778-762-3716

## The use of taxəmay (cedar) and water as medicines in a time of loss

*The following teaching weaves together words that were shared by čičyε Circle members in conversation:*

This month is a good month for a teaching related to grieving and letting go.

We tend to forget how powerful the cedar is. We've talked to people who've experienced losses, and asked them if they've used the cedar branch. Having it over the door where you're coming and going. Some people think that the cedar is only used for the funeral: have it on the table and around the casket. But it is a medicine for afterwards too.

Our mothers talked about using the cedar branches after the service. They said: You brush the people that are hurting, and then you can put the cedar up in the branch of a tree. The wind comes and blows your pain away. The rain comes and washes your pain away and brings it back to Mother Earth.

Or you could take it to the river and the river washes it downstream. People don't realize the power and the strength of the river, if you go there and cleanse yourself. The water that comes down will never be the same water again. It's always new. Traditional teachings often involve water. This is something that is easy to access. When you release tears, you can wash your face with cold water. It shocks you back into reality. And also, the pain will be washed away down the drain.

After a loved one has passed, it is a good time to reflect on how the teachings they shared have prepared us for when they are gone, so we will know how to take care of ourselves. It's not easy losing a parent but if you're taught the tools, you

know what to do. There are so many teachings around grief and loss.

We need to approach cedar with tender care, not to be careless about it. Take care of yourself before you go get that cedar, early in the morning. And then, take care of that cedar after you've used it. Don't just throw it out. Be thankful for the use of the cedar – say a prayer and bring it back or take it to the river. It's really important. Let's do it the way our ancestors have always done it.

Brushing the house is also really important. When you open the door you always go to the right. And do it gently. You have to give them permission to go. It's a really difficult time, when you lose a loved one. You need to learn the practice in order to take care of your own spirit, to let you move on with life after loss. It is not easy when you're losing someone in your family, so having support from someone who is not a family member is important and helpful.

There are seasonal teachings that keep us strong all the time, too. Let's balance it. We can think of the children in our lives when the paʔaje comes out. Start showing them two different kinds of paʔaje. When the fish are in the river, take the children out. Talk about the fish, the seagulls. We can do that every year. We all have stories on paʔaje. You can bring in little things like that, and there's a story to go with it.

All of that is healing. Just a walk can be healing. Go in the trail and let all those branches brush away all your hurt. That's healing in itself just being in the woods. We can keep it very simple in the beginning: The cedar and the water.

### čičyε Circle 22 April 2024

**Present:** Elsie Paul, Pauline Paul, Evie Tom, John Louie, Jerry Francis, Brenda Pielle, Lynn Galligos, Sally Dominick, Sherry Bullock. CFS staff: Lisa Williams, Alex Souch. Support: Janet Newbury.

Welcome and check-ins

#### ʔajuθmεt Interim Agreement:

- Ceremony with MCFD on Tla'amin territory on May 23
- čičyε statement to community is being prepared

#### General Assembly:

- The čičyε Circle will be honoured on May 2, 2024
- Registration forms can be submitted online or by hand

#### Draft teaching review:

- Discussion on and revision of teaching for newsletter

#### Carry forward to next meeting:

- čičyε circle membership process review

**Next meeting:** Wednesday May 29, 2024

# Congratulations Grad Class of 2024



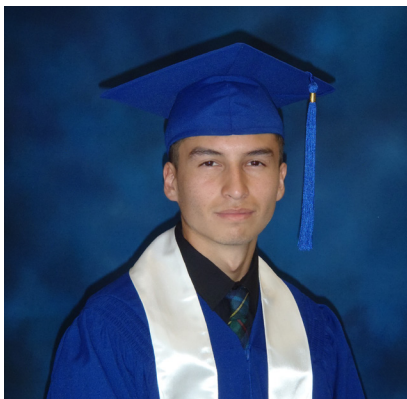
**Yakira Harry**



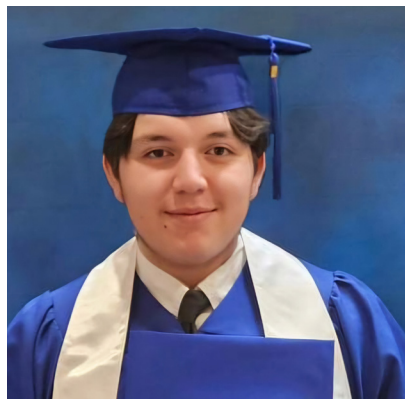
**Ryinn Harry**



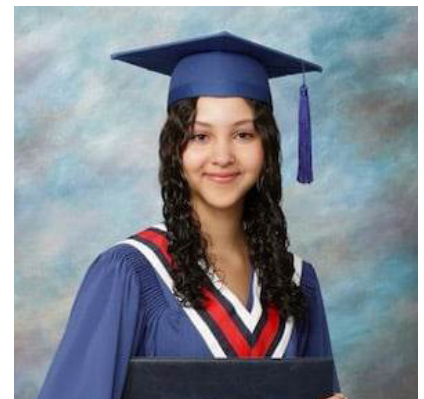
**Russel Benner**



**Kiryn Cole**



**Malachi Galligos**



**Keyonna Rossi**



**Julien Gustafson**



**Greydan Mitchell**



**Alexander Reid**

**Missing Photos:**

Makayla Boyd Gustafson, Leslie Dominic, Memphis Dominic, Hannah Harry, Oscar Santamaria, Preston Sherwood Anderson, Preston Sherwood, Julia Wesley, and Robert Wilson

**END OF THE SCHOOL YEAR**  
*Celebration of Success*

Special honours for students entering Kindergarten, Brooks High School, and for our Grade 12 & Post Secondary graduates

**Wednesday, June 26th, 5-7 pm**  
**at Willingdon Beach**  
**Family BBQ and presentations**

Types of Open Fire

**CATEGORY 1**  
Campfires

A "category 1 campfire" means an open fire that both:

- burns material in one pile no larger than 0.5 metre in height and 0.5 metre in width, and
- is lit, fuelled or used
  - by any person for a recreational purpose, or
  - by a First Nation for a ceremonial purpose.



**Our Money Is Put Away Safely**

Qames ʔams 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!

**LIFT COMMUNITY SERVICES**

**40th Anniversary Fair**

40 years! Join us for a day of free family fun and get to know our programs!

**Saturday, June 15th**  
11:00 am - 2:00 pm  
Willingdon Beach

**Food, music, games, giveaways, bouncy castle, and community resources!**

This is a free event open to all. Everyone welcome!

**Do you want to help build equity and hope in the qathet Region?**

Lift Community Services is looking for individuals to join its volunteer Board of Directors.

We're looking for folks who share our values, are interested in challenging colonial mindsets, and can help support our organizational vision and mission.

Learn more and apply by June 21st at [go.liftcommunityservices.org/board](http://go.liftcommunityservices.org/board)



[www.liftcommunityservices.org](http://www.liftcommunityservices.org)

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

## Recreation Workers

### Position Summary

**Number of Workers:** Temporary Full-Time Summer positions available  
**Hours of Work:** Shift range is between 8 am-5 pm, Mon-Fri. between July 2 – Aug. 30.  
**Reporting to:** Recreation Manager  
**Department:** Community Services – Recreation  
**Wage:** \$22.39 per hour

The Tla'amin Community Recreation Department is seeking Recreation Workers to help lead a variety of recreation programs and activities, while ensuring the safety and well-being of participants. If you are passionate about working with people to help enhance the quality of life for your entire community through arts, fitness, and community programming, then a career in recreation is for you. This position will focus on our youth summer camp program for school age čičuy (children) 5-12 years of age.

### Key Responsibilities

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

<https://tlaaminfirst.bamboohr.com/careers/149>

## Land Use Planner

**Job Type:** Full-time, temporary until May 30, 2025  
**Hours of Work:** 8:30 – 4:30 Monday to Friday  
**Reporting to:** Director of Lands  
**Department:** Lands  
**Closing Date:** Open Until Filled

A temporary full-time position is available for an experienced community and land use planner to join the Lands and Resources team at Tla'amin Nation.

The position will support the assessment of current community completeness, analysis and identification of strengths, opportunities, and challenges, identification of potential actions that align with Tla'amin Nation's tams kʷənəmən (our vision) Comprehensive Nation Plan goals that support creating more complete communities, and preparation of an implementation plan.

Activities include a review of community context and identified community goals that support complete communities, data collection and compilation that supports the measurement of relevant indicators, spatial analysis of the four lenses, an assessment of the strengths, opportunities, and challenges to becoming more complete, and identification of potential actions.

<https://tlaaminfirst.bamboohr.com/careers/147>

## Housing Manager

**Job Type:** Full-time, permanent  
**Hours of Work:** 8:30 – 4:30 Monday to Friday  
**Reporting to:** Director of Housing  
**Department:** Housing

The Housing Manager is responsible for managing all aspects of the Tla'amin Nation's housing operations, ensuring effective administration and implementation of policies and practices. This dynamic role requires a manager who can handle daily management tasks decisively while supporting the Director of Housing in strategic planning and long-term objectives. The Housing Manager also plays a crucial role in community engagement, enhancing relationships within the community through proactive communication and support.

<https://tlaaminfirst.bamboohr.com/careers/144>

DEADLINE TO APPLY: JUNE 14TH

## SUMMER STUDENTS NEEDED

**If you want to earn some money while working for your community...**

If you are committed to being on time every day and ready to do your best...

**So many different positions available!**

You could work outside, with kids, at the Gov House, in Lund, at the hatchery, and more!



Youth must be 15-30 yrs. old, currently be in school and returning to school in September to qualify for this opportunity.

For more information and to apply, visit <https://www.tlaaminnation.com/home-page/jobs-bamboo/>

## Summer Guardian Watchmen Program



L-R: Andrew, Cody and Paul will be our eyes and ears on the beaches this summer

### Hello, my name is Cody Harry.

I am your new Gaurdian Watchmen with a passion for our Nation and protecting our lands, archeological sites, and making sure our laws and regulations for harvesting, hunting, gathering are enforced. I have my SVOP ticket, my level 3 first aid and my expertise lies in my boating experience for years of clam digging and being out on the water. I also have over 10 years of working in the bush with forestry.

I am excited to meet new people, learn new things, and contribute my skills and knowledge to make a positive impact. I am a hard working, team player, creative thinker, problem solver who is always eager

to take on new challenges and grow personally and professionally. I look forward to connecting with you and exploring opportunities for collaboration and growth.

**Hello everyone, my name is Paul Stonehouse and I am one of two new Guardian Watchman for the Tla'Amin Nation.**

I am honoured and grateful to be a part of the team for the Lands Department at the Governance House. I have spent the last 30+ years working in all phases of Forestry including an extensive role in supervising roles and safety coordination. I also have operated different boats for the last 40+ years. I have a passion for the water and the outdoors in general.

I am proud and diligent in my role as your Guardian in patrolling, monitoring, maintaining and protecting the Tla'amin Nations archaeological, ancestral and cultural sites, as well as protecting all of your territory from poaching and illegal fishing.

I look forward to becoming a part of your community and learning more about your culture and traditional ways.

## Report Your Catch With The Harvest App.

The 2024 fishing season is just around the corner and the nne giĵe (Lands & Resources) Housepost is asking you to help us better understand Tla'amin Nation citizens' use of resources throughout ʔəms giĵe (Tla'amin traditional territory). Reporting your catch with the Harvest App is an easy way to share important information about the health and availability of traditional foods including fish, shellfish, wild game, and plants. It is also a requirement of having a Harvest Card. Your information will help Tla'amin Lands & Resources advocate for citizen rights, restore and improve access to traditional foods, and promote stewardship of resources throughout the territory.

Tla'amin fisheries staff will be out on the water to check in with harvesters this season, and we also want to remind you to **bring the head of all hatchery chinook and coho, as well as a scale sample of all wild chinook, to the Tla'amin Hatchery for wire tag recovery and DNA testing. Scale sampling for wild and hatchery coho DNA testing will also be beginning in September.**

Reporting your harvest data will also enter you in the draw for weekly prizes. To report your harvest, visit [www.tlaaminnation.com/harvest](http://www.tlaaminnation.com/harvest), or click the Harvest App link from the Tla'amin Nation home page at [www.tlaaminnation.com](http://www.tlaaminnation.com).

For more information, contact Leonard Harry, Legislator and Fishery Technician, at (604) 483-4111.



2024

## PRIDE MONTH EVENTS

<b>JUNE 3</b> 10 AM	<b>FLAG RAISING</b> City Hall, 6910 Duncan St Join us in celebrating the beginning of Pride Month with raising the Pride flag at City Hall.	<b>JUNE 22</b> 1-5 PM	<b>ART NIGHT</b> Powell River Academy of Music, 7280 Kemano St Make some art with friends and family at the Academy of Music.
<b>JUNE 4</b> 6-9 PM	<b>DRAG SHOW WITH CONNI SMUDGE</b> The Shinglemill, 6233 Powell Pl Enjoy dinner and a show with the unstoppable Conni Smudge performing! Admission by donation, with dinner and drinks available for purchase.	<b>JUNE 24</b> 5-8 PM	<b>FRIED WITH PRIDE!</b> Supercharger Pizza, 4701 Marine Ave Enjoy a fried chicken and champagne special at Supercharger Pizza.
<b>JUNE 8</b> 10 AM	<b>PANCAKE BREAKFAST</b> Edie Rae's Cafe, 6243 Walnut St Free pancake breakfast at Edie Rae's Cafe for 2SLGBTQIA+ community members.	<b>JUNE 29</b> 1-4 PM 6-8 PM	<b>GENDER BENDER CLOTHING SWAP &amp; FASHION SHOW</b> Powell River Academy of Music, 7280 Kemano St Want to switch up your look or express yourself in a new way? Come to our clothing swap and then show off your new look at the fashion show! <b>Clothing Swap/Try On: 1 - 4 PM</b> <b>Fashion Show: 6 - 8 PM</b>
<b>JUNE 13</b> 6-7 PM	<b>TRIVIA NIGHT</b> Townsite Brewing, 5824 Ash Ave 19+ Event, doors open at 6 PM, and Trivia begins at 7 PM.	<b>JULY 6</b> 12 PM	<b>DRAG QUEEN STORY TIME</b> Willingdon Beach Rotary Pavilion, 4845 Marine Ave Story time with Conni Smudge.
<b>JUNE 15</b> 10 AM	<b>COFFEE MEET UP &amp; WALK</b> River City Coffee, 4871 Joyce Ave Meet up with other 2SLGBTQIA+ community members to have coffee and stroll down to Willingdon Beach.	<b>JULY 6</b> 2 PM	<b>PRIDE PARADE</b> The parade starts at the intersection of Marine Ave & Duncan St, and ends at Willingdon Beach.
<b>JUNE 15</b> 4-7 PM	<b>FREE BOWLING</b> Strikers Bar & Grill, 4478 Marine Ave Free bowling for all ages! Food and drink available for purchase.	<b>JULY 6</b> 3:30 - 11 PM	<b>PRIDE IN THE PARK</b> Willingdon Beach, 4845 Marine Ave Featuring various vendors, bands, activities for all ages, and speakers including Hegus John Hackett and MLA Nicholas Simons.
<b>JUNE 19</b> 6:30-8:30 PM	<b>TRANS qATHET PUBLIC EDUCATION EVENT</b> qathet art centre, 6975 Alberni St Suite 215 Located above the Powell River Public Library, this event is open to the public, all are welcome.		

## Spring 2024 COVID-19 Immunization Campaign

**Drop-In Clinics - Mondays 2:00-3:30 pm until June 30, 2024 at Tla'amin Health**

The following individuals who are at increased risk of severe illness from COVID-19 may receive an additional dose of XBB.1.5 COVID-19 vaccine:

- Adults 65 years of age and older
- Indigenous adults 55 years and older
- Adult residents of long-term care homes and assisted living facilities (including those awaiting placement)
- Individuals 6 months of age and older who have been diagnosed as clinically extremely vulnerable (CEV 1 or CEV 2 condition)
- Individuals with zero doses of XBB.1.5 COVID-19 vaccine

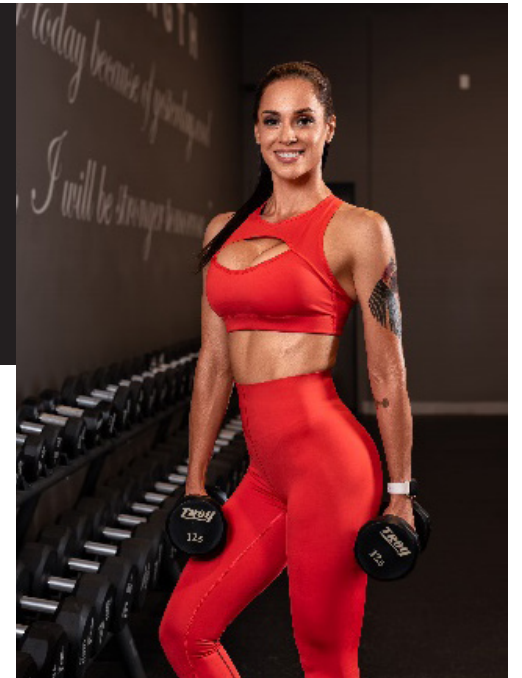
Anyone who feels they would benefit from an additional dose of the XBB.1.5 COVID-19 vaccine can request a spring dose by dropping into Tla'amin health clinic Mondays, or contacting the call centre at 1-833-838-2323 to book an appointment with a pharmacy or public health COVID-19 clinic where vaccine is available.

Interval: • Recommended at: 6 months from last dose • Minimum Interval: 3 months from last dose

**Questions? Call Sheila at 604-483-3009 ext 115**

tə?aw

teachings from TOSUM Ltd



**Charlene Muskego**  
Fitness Expert

## How goal setting can improve performance

My first two articles introduced myself and explained how I can help with your health and fitness journey. Article 2 shared a workout program plus a healthy snack of mine. Let's discuss setting goals and why they can be significant and influential this month.

When I started my fitness journey in 2013, after having my two daughters, I wanted to get back into shape. I have always been active and loved playing sports. I decided to run, skip, and add situps to my workouts. Then my friend came over, and I hadn't seen her in a while. She lost a lot of weight, so I bought some exercise DVDs later. Knowing how to use weights would help. I didn't know much about weightlifting or anything. All I knew was that I wanted the same progress as my friend. At the time, she hired a personal trainer, and it wasn't within my budget to hire one for me. My goal then was to lose weight and get stronger. I used those exercise DVDs and lost the baby weight on my own. I was referred to my first online coach in 2014 by a friend of a friend. I started at Spa Lady with the daycare they provided while I worked out. My Coach was a WNBF natural figure competitor, and I wanted the same thing. I had no idea about the competing world or the process. Still, she taught me about mindset/nutrition/exercises and how much I enjoyed competing by taking 1st place and overall at my first competition with IDFA.

I had no idea this passion for the fitness world would lead me to where I am today and with whom I am, sitting here typing and sharing this with you all. I am so grateful that I could pinch myself sometimes to wonder if it's all so real. The main point about this is how one goal led to another, which led to another. Let me help you start with what worked for me and what I was taught in college. It could help you as well.

**Have you ever heard of SMART Goal setting? SMART is an acronym for Specific, measurable, achievable, relevant and time. Understanding SMART Goals:**

**Specific** stands for the particular goal of what you are trying to achieve and do here. Ask what you want to achieve, how you want to achieve it, why it is essential, and where this will happen. Yet, most importantly, create a plan by writing out your goal and taking action on how to get to this goal. My example was, "I wanted to compete naturally in bodybuilding next year in the fall." Natural bodybuilding means we are tested for enhancements and steroids. Through urine and lie detector testing. **Measurable:** Keep a reasonable time frame on your goal and set a date. Think about how you will know that this goal is accomplished. Ask yourself how you can and how much you will have to do. You can use Living Full Circle to check in with yourself and help keep you accountable and focused on your goal. My example is, "I will hire my coach and follow their fitness and

nutrition program for the year so I will compete on November 26th, 2015."

**Achievable:** Is this goal going to be achievable within this certain time frame? My example is, "Will a year give me enough time to learn and practice with my coach before going on stage?"

**Relevant:** Is this goal realistic for your lifestyle and values or priorities? Is this something you truly want to do? Does it have a strong meaning to you? Commit, but see the steps you need to take daily. Can you make these daily commitments to yourself? Can you take accountability for doing it every day? My example is, "I have to work out at the gym 4-5 times a week with my coach, and I need to eat whole foods and make healthier eating choices. Can I commit to this daily to reach my goal to step on stage next year?"

**Time frame:** Setting this time frame will help you finish the goal. Helping you to remain focused, disciplined and driven. Plus, there is the bonus of wanting to create another goal after reaping the rewards of how proud you feel after completing it. If a specific goal didn't work, reassess what went wrong and how to improve this round. Do you need someone to help you stay accountable until this becomes a habit for yourself? They say it takes 21 days for anything to form a strong habit. Have patience with yourself and keep going. My example is, "I will go on stage by next year and compete for my first time by hiring my

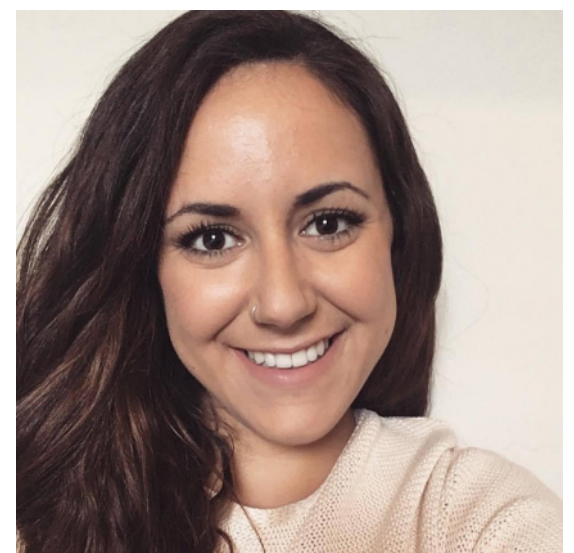
coach. I am following their program with fitness and nutrition because I want to prove that I can do anything I set my mind to. So when my children look back on their childhood, they will see that it's possible because their mom did it by chasing her dreams and goals of becoming the World Champion one day."

The reason for using SMART Goals is to help you create a deep meaning to why you want this goal. To ponder on the steps of how you will be able to do it, what hasn't worked in the past, and what can work this time around, see if you can find someone to help guide you to your goal if needed to hold you accountable. It shares clarity and focus. Commitment and motivation to keep going and keep trying. To help you track and stay accountable. It allows the opportunity to grow and get to know yourself on another level, which leads to self-development—continuous learning and evolving to improve every day. Whether pursuing personal or professional ambitions, embracing SMART Goals is an excellent way to get started for success and fulfillment.

## Welcome Laura Brandsma to Tla'amin Health as our new Indigenous Cultural Support Worker

Laura started with us this past Tuesday April 30<sup>th</sup>, and we are very pleased to have her join our team! Laura has a Bachelors of Sociology with a minor in Indigenous Studies, as well she has years of experience working with people facing homelessness, housing insecurity, harm reduction, most recently working as a Youth Case Worker for Miskanawah Community Services Association in Calgary.

As the Indigenous Cultural Support Worker, Laura is now part of interdisciplinary team that provide a variety of day-to-day cultural, emotional, and social supports to Indigenous clients experiencing homelessness or housing insecurity. Walks alongside clients in their self-identified and self-determination goals of culture, connection/reconnection and community integration; while advocating for access, rights and Cultural safety as needed.



# Marine Mammal Guidelines

## Mandatory

- Vessels must stay 400m away from nənqəm (killer whales) in coastal waters between Campbell River and Ucluelet
- Vessels must be 200m away from all other qʷənɛs (whales), kʷunot (porpoises) and qʷəšim (dolphin) when in resting position or with calf
- Do not approach a marine mammal to feed, interact, entice it to move from its immediate vicinity.

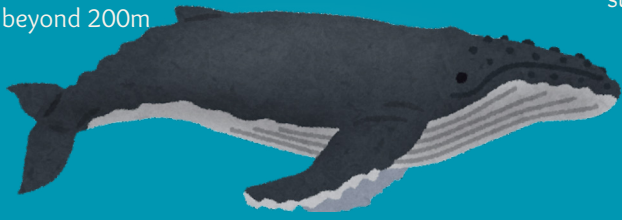


## Did you know?

Noise from drones can disturb marine mammals. If viewing marine mammals from air using a drone remember to maintain a 1000ft minimum altitude within a 0.5 nautical mile, and avoid flight maneuvers that may stress or alter animal behaviour.

## Voluntary

- **See a blow, go slow:** speed should not be more than 7 knots when within 200-400m of the qʷənɛs (whale)
- Do not approach large qʷənɛs (whales) within 200m
- If a qʷənɛs (whale) surfaces within 200m of the vessel, place engine in neutral (ideally turn off) until the whales are beyond 200m



## Report your sighting!

If you would like to submit a sighting consider the Ocean Wise Sightings Network (app or online form).

If you manage to snap a photo of the underside of the tail (fluke) you can submit your image to the Marine Education Research Society for identification and research: <http://mersociety.org/>

If you experience or witness a collision, entanglement, or disturbance: DFO Incident Reporting Line at 1-800-465-4336 or VHF Channel 16 (it is law that entanglement and collisions must be reported). If possible, without getting closer than 200m get photos to show injury/entanglement and allow the whale to be identified (dorsal fin or tail)



## Human Resources Staff Discuss Employment Opportunities

Jessie Peters and Cathy Lindenthaler from the HR Team recently attended a Job Fair hosted by WorkBC.

Job Fairs are a great opportunity for employers to make connections with a wide range of job candidates from new graduates to seasoned workers.

We enjoyed our one-on-one conversations and answering questions about the diverse careers at Tla'amin Nation.



We have Master Carver Gordon Dick from the Tsheshaht Nation working with the Tla'amin Nation's Carving team of Sherman Pallen and Hoss Timothy on the four House Post's panels. Theme is to honour and represent Tla'amin and each Sister Nation through the artwork on each House Post.



### SUMMARY OF RCMP CALLS FOR SERVICE FOR APRIL/MAY 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
APR 22	SALISH DR	Police responded to a report of suspicious people near the CDRC. Police attended, but could not locate anyone.
APR 23	SALISH DR	Police assisted another RCMP detachment in serving documents.
APR 23	WATERFRONT RD	Police received a report of a vehicle taken without consent. The vehicle was located by the owner a short distance away.
APR 25	HARWOOD DR	Police responded to a threats complaint at a residence. This matter is still under investigation.
APR 29	HARWOOD DR	Police responded to a report of a vehicle collision.
APR 29	HWY 101	Police responded to a report of a disturbance at a residence. While en route police were notified that there were no further problems at the residence.
MAY 02	HWY 101	Police responded to a disturbance at a residence. Police responded and spoke to all parties involved. No offence committed and everything had calmed down by the time police left.
MAY 03	KLAHANIE DR	Police responded to an abandoned 911 call. While en route, police were advised that this was a medical call and police attendance was not required.
MAY 04	BEACH RD	Police received a report of a lost license plate from a boat trailer.
MAY 07	HWY 101	Police received a request for a wellbeing check. Police attended and spoke to the individual. Police determined there was no safety concerns at the time.
MAY 09	RIVER RD	While making patrols, police located an intoxicated male walking on the road. The male was given a ride home for his own safety.
MAY 09	SALISH DR	Police responded to a report of a theft from a residence. An item had been borrowed and not returned. At the request of the owner, police called and requested to have the item returned.
MAY 10	HOMALCO RD	Police received a request for a wellbeing check. Police located the person and determined that there were no concerns for their safety.
MAY 17	HWY 101	Police responded to a report of a possible impaired driver. The driver was located and showed signs of impairment. A breath sample was obtained which registered a "fail". The driver was issued a 90 driving prohibition and the vehicle was impounded for 30 days.
MAY 17	HWY 101	Police responded to a report of fraud. Police investigated and determined it was a misunderstanding. The money was paid and no charges were forwarded.
MAY 17	SALISH DR	Police assisted another RCMP detachment in serving documents.
MAY 19	HWY 101	Police responded to a request for assistance with a suspicious occurrence.
MAY 19	SALISH DR	Police responded to a threats and mischief complaint. As a result of the investigation, one person was arrested and released with a later court date.
MAY 20	WATERFRONT RD	Police responded to a disturbance at a residence. As a result of the investigation, one person was arrested for mischief and released without charge when they had sobered up.

# Foreign Lover Romance Scams

By Spencer Braak  
Information Technology



Foreign lover scams are one of the most devastating scams. They often pull tens of thousands of dollars from victims. They largely target older people, who could be wealthy, unsatisfied with their current marital status, and unknowledgeable of scams. If someone you know has been a target of these scams, it can be extremely difficult to bring them back to reality.

### How it Begins

A large portion (40%) of successful romance scams began on social media. They are masters in making you like them. They will “become” your perfect lover. Whatever shows you love? They love. Your favorite book? Their favorite book. The only problem is that you will never see them. They may pose as an attractive person they found on the internet, by using their pictures, or using AI generated images. This stage may last for several months, or even years. The payoff for these scams averages 4,400usd per victim.

### How to Identify Them

Romance scams can sometimes be hard to notice, because quite often, people have friendships and romantic relationships online, and at a first glance, romance scams are not too different. You’ll be able to identify them quickly when your “lover” begins begging for money or urging you to invest in something. Always be wary of people you do not personally know, in real life, that are asking for money. If you send money to someone you don’t know, you will never see that money again.

### Why is it Convincing?

Victims can spend hours, even days talking with these scammers, so they may develop a special relationship. And when they have put all this time in, and likely fell in love, the scammer will suggest that if you send them money for a plane ticket, you can see them. The nature of this relationship may also need them to keep quiet about it. Perhaps it is a husband keeping his “online lover” a secret from his wife, so a second opinion on the situation is usually rare.

The victim could also fall into the sunk cost fallacy. They will think things like “They would never do that to me, we’ve talked so much.” or “We have spent so much time talking, they aren’t a scammer”. They convince themselves that because they have invested so much time and effort, it is not a scam, regardless of how much evidence you present to them.

### How to Help Others

Romance scams are by far the hardest to help people escape. The intimate relationship that the victim “has” with the scammer, in many cases, will triumph the relationship that you have with the victim. Especially if you are in a romantic relationship with the victim, they may see your actions as “interfering” or “jealousy”. You can try to show them stories of people falling for romance scams or interviews with people who have been scammed. Point out the similarities in the scams online, and the story the scammer has been fabricating.

Always engage in these conversations from a neutral standpoint. Avoid blaming language such as “You aren’t paying attention” or “How did you not notice?”. You need to eliminate shame from the conversation, a shameful conversation will only cause the victim to reclude further, worsening the problem. You need to begin with sympathy and understanding. “I’m worried about your relationship with this person”, “This doesn’t seem right to me.”

# Tla'amin Thunder Watch



U10 Thunder FC won 1st place at the Cowichan Youth Tournament on Mother's Day weekend.



All Stars: Rowan LeBlanc & Seni Mocevakaca (right)

All Stars: Taliyah Souch & Rowan LeBlanc (left)

Best Defense: Tobin LeBlanc

U10 won 2nd at the Musqueam and UBC Youth Tournament on May 18-19.

U12 also participated and placed 2nd.



Desi proudly hangs onto the first place trophy in Musqueam.



Sasha Galligos played in the world cup team in early May (picture above, second from the left). She will play for the Thunderettes U-18 in the Alert Bay June Sports. Good Luck!

Desi has been victorious playing against the Tla'amin Thunder in Musqueam at the youth tournament in May. The picture on the left is Desi holding the first place trophy.

## Happy Fathers Day Sunday, June 16th



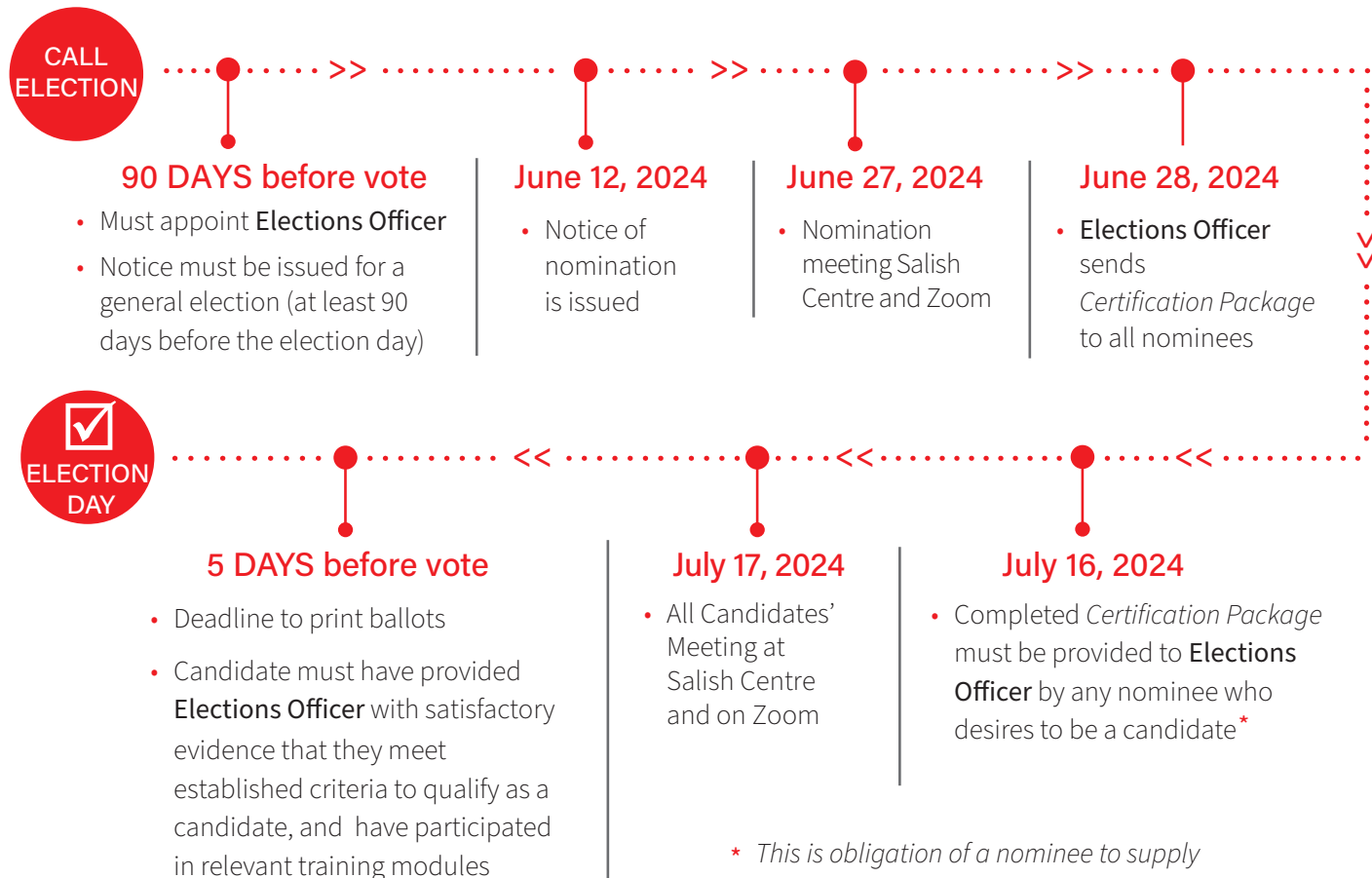
# NOTICE OF ELECTION

The Tla'amin General Election is **September 14th, 2024**.  
 Voters will elect one hegus and eight Legislators.  
 OneFeather is the electoral officer and service provider.

## Election Timeline

The following chart summarizes the Tla'amin Nation general election timeline under Tla'amin law, regulations and policy. Voting will take place via mail-in, electronic-voting or at an in-person poll at tišosem.

### COUNTDOWN TO NEXT ELECTION



For more information about the elections timeline and process, please consult the *Tla'amin Nation Election Law (Election Law)* and the regulations and policies under the *Election Law*.

<https://www.tlaaminnation.com/home-page/laws-regulations-and-policies/>

