



Local Tribal Journey Unites Sister Nations

tišosəm – Tla'amin Nation hosted a four-day mini-canoe journey called hošt taʔəčš təms gije (we are going to travel our territory) to reconnect Tla'amin, Klahoose and Homalco people to one another and to sacred places in the respective territories.

The journey saw 6 canoes from four Sister Nations take part in the four-day pull.

“Tribal journeys usually take us far down the coast” explained kespal (Drew Blaney), Tla'amin Culture and Heritage Manager “hošt taʔəčš təms gije is special because we paddled the paths of our ancestors, in the heart of our territory.”

hošt taʔəčš təms gije started Tuesday August 13 with Tla'amin pullers leaving ʔaʔamən. The canoes travelled ʔaʔamən – toq', toq' – ʔohp, before returning to tišosəm for a feast on August 16th.

Continued on page 4



Culture and Heritage manager kespal (Drew Blaney) passes the mic to Jared Tom to share in protocol, asking permission to come ashore.

Tla'amin General Election September 14th

The third post-treaty Tla'amin General Election will happen later this month sending Tla'amin's 775 plus eligible voters to the polls to elect the Nation's government.

This election includes three candidates for Office of hegus and twenty names vying for eight seats on the Tla'amin Legislative Assembly.

There are three ways that Tla'amin Citizens near and far can cast their ballot in the upcoming election - By mail-in ballot, online voting and at the polling station at the Salish Centre on September 14 from 8am-8pm.

Tla'amin Nation has enjoyed a relatively high voter turnout, with over 60% of eligible voters casting their ballots in the last two elections. 477 voters participated in the 2020 Tla'amin general election.

Ballots will be counted at the Salish Centre directly after the vote closes at 8 PM. Tla'amin Nation will livestream the event to the members only page so that the community can follow along. Preliminary results will be announced the night of September 14.

Cast your vote in one of three ways...

1

Vote by **mail-in ballot**

Check your mailbox and fill out your ballot. Your ballot must be received by OneFeather no later than September 14.



2

Vote **online** between Aug 31 – Sept 14

<https://www.onefeather.ca/nations/tlaamin/elections/24GE>



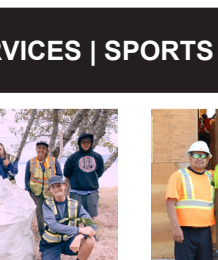
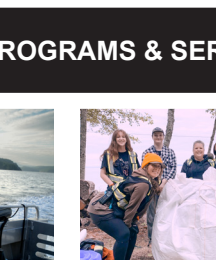
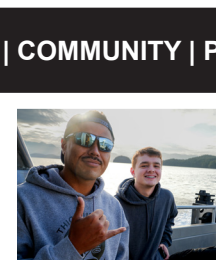
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Vote **in-person** at the Salish Centre

Polls are open September 14 from 8am-8pm.



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Tla'amin Governance

House Updates

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Tla'amin General Election

September 14 2024

Salish Centre

8:00 am- 8:00 pm



hegus

John
Hackett

Our Finance Committee received a presentation this month about Tla'amin's fiscal policy negotiations with Canada and BC. Both Canada and BC have agreed to a 10-year extension of the Fiscal Financing Agreement to 2034.

We are optimistic that this negotiation will result in additional Federal funding in the areas of Urban, Rural, Northern Housing Strategy and Indigenous Health, and Provincial funding for Lands and Resources. New Culture, Language & Heritage funding is looking less certain, but the Nation will continue to advocate.

Tla'amin is planning to go out to market for a new auditor for both the government and Tla'amin Management Services. Tla'amin is also exploring updating its finance systems in the next 18-to-30 months as the current finance system cannot keep pace with the growing demands of the organization. This may impact the fiscal year in which Tla'amin decides to change auditors as both changes require significant time and attention from the Finance team.

General Assembly October 18-20

The Fall General Assembly is set for October 18-20 here in tišosəm, at this Assembly we will be reviewing the Nation's 2023 audit and 2024 year-end numbers. We scheduled this one to happen over the weekend so that more Urban members could attend, and there will be a travel subsidy to help people come home. Please look out for more updates and online registration. I am told we will be having a smokehouse workshop and more on the land tours!

Home Ownership Opportunity

This month I was grateful to attend the ground blessing ceremony for Tla'amin's new subdivision called ʔagayqsen Lane. There are 11 private home ownership opportunities for our Citizens and three different lots sizes. Please read up on this opportunity and read our website to learn how to apply.

ʔajεčxwut,

As the mornings get colder and our minds turn to fall activities I want to take a moment to congratulate the winners of the Elk Draw. Happy hunting and please stay safe out there.

The Elders firewood program is also wrapping up ahead of schedule this year, if there are Elders in your family who have a wood stove and haven't received their load of wood don't hesitate to call the office.

Tribal Journeys

My hands are raised to our Tla'amin Canoe families for completing not one, but two journeys this year. It makes me feel very proud and hopeful to see our youth standing up and carrying on the protocol and relationships with our sister Nations and Nations all the way down the coast. ʔimot.

Collective Bargaining

Tla'amin met with new B.C. General Employees' Union (BCGEU) President

Paul Finch on July 30th, and it was Paul's first visit to the territory. Tla'amin and the BCGEU are currently working to finalize a collective agreement through a mediated process. I feel optimistic that bargaining will result in a fair deal for unionized workers and the Tla'amin Nation and look forward to the good work ahead and continuing to build upon our already excellent health service within our Nation.

The Nation's Financial Picture

Tla'amin has cut 1.3 million from its planned deficit already this year with more savings in the works. Higher returns on Tla'amin investments, and new funding streams have helped out in the first quarter of this fiscal year.

Hands raised to our staff who are working efficiently and creatively within their program areas to finds savings as well.

ʔagayqsɛn Lane Subdivision Road Building and Lot Preparation begins

Ground Blessing Ceremony was held Friday August 30th, 1:00 PM

By Davis McKenzie

Work began this week on the new ʔagayqsɛn Lane subdivision (formerly Harwood Dr.) that will include 14 lots, 11 for market housing and three for Nation-owned rental homes.

Each serviced building lot will cost about \$115,000 to construct and will be provided free of charge to Tla'amin citizens who can meet lot allocation criteria.

Through the project Tla'amin Nation will contribute over \$1.3 million worth of land and in-kind costs to Tla'amin Citizens to help them get started on their home ownership journey.

"This project is one I am really proud of" says hegus John Hackett. "Our citizens have been legislated out of private ownership opportunities for the last 150 years.

Access to existing services means that development can happen sooner and with less cost than other building sites.

Community engagement with Tla'amin Citizens has been ongoing. Concerns that were raised early in the project about drainage wetlands planning and bird species monitoring, parks and greenspace, water capacity, amenities, and lighting have been addressed by project planners and engineers. The project was first conceived of in 2022 to expand home ownership opportunities for Tla'amin citizens.

Executive Councillor and Public Works Housepost Losa Luaifoa is enthusiastic about the project and the opportunity this presents for Tla'amin families.

"The ʔagayqsɛn Lane subdivision increases access to new, safe and affordable housing," Luaifoa said "We anticipate over 50 Tla'amin Citizens will be housed through this project and about three quarters of Citizens housed, will be living in a home that they own."

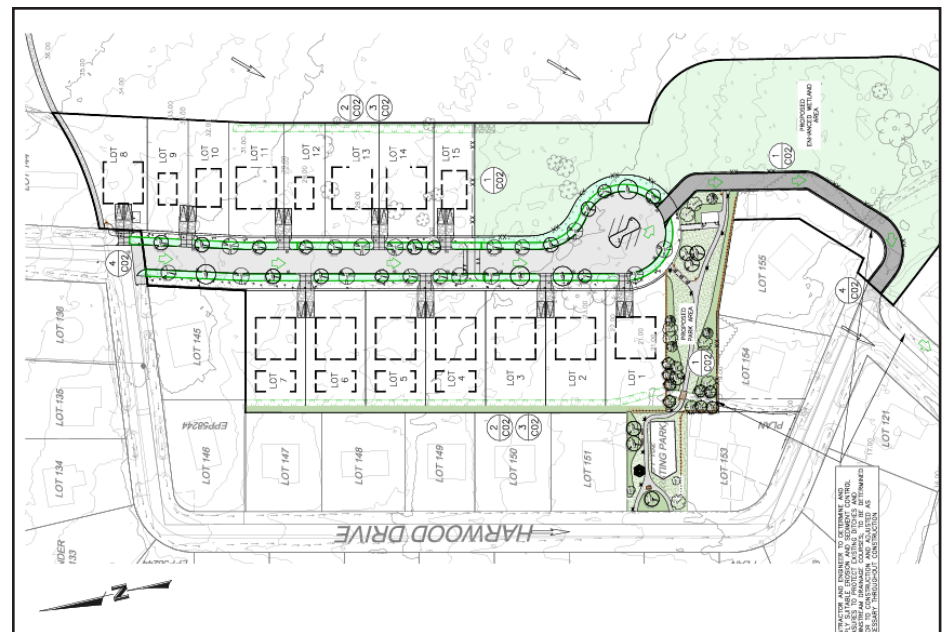
We know that home ownership is how families build stability, wealth and independence so we look forward to more projects like this in the future."

The subdivision is being built off Harwood Dr. and ends in a cul-de-sac with a service road accessible only by emergency vehicles.

The site was selected because it is close to water and sewer services.

Heavy machinery will be on site beginning in early September and road building and lot preparation will be ongoing from 7am to 6pm, six days a week until mid-November.

A ground blessing ceremony took place Friday August 30th at 1:00 PM to start the project in a good way.



The new ʔagayqsɛn Lane subdivision blueprint includes 14 lots for housing and 1 lot for boat and trailer storage.

ʔagayqsɛn Lane Subdivision Frequently Asked Questions

Can I apply for a Lot?

Yes. The policy/process to allocate building lots is in its final stages of approval. Now that site preparation is underway there are three things Tla'amin families can do to prepare themselves for this opportunity.

1. Citizens are asked to formally express interest in a ʔagayqsɛn Lane Subdivision lot by emailing denise.smith@tn-bc.ca. Be sure to include a copy of your Citizenship card. (Tla'amin Citizens who previously expressed interest in this subdivision are already on the list and can confirm their spot on the list with Lands if they're not sure.)
2. Consider your housing plan. The ʔagayqsɛn Lane Subdivision has three lot sizes you can apply for. 1) Larger lot, suitable for a home up to 3000 sqft and 2) medium-sized lot, suitable for a home up to 2000 sqft and 3) smaller lot, suitable for a home up to 1000 sqft.
3. Start the conversation with your bank about financing. To qualify for a building lot Citizens must be pre-approved for a mortgage. BMO offers an on-lands lending program (see attached information)

How many lots are available?

There are 14 lots total, and 11 lots are zoned for private ownership. 3 lots are reserved for Tla'amin Nation social/rental housing.

How big are the ʔagayqsɛn Lane Subdivision Lots?

There are three lot sizes of approximately 10,500 sqft, 8800 sqft, and 6500 sqft.

Are there any jobs available for Tla'amin citizens?

Yes, there are several opportunities for Tla'amin Citizens wanting to work on this project, please check the Tla'amin website to learn more.

Who can I contact to learn more?

- To apply for a lot please write Denise Smith denise.smith@tn-bc.ca
- For questions related to the project management, schedule, and design please write publicworks@tn-bc.ca
- For questions related to the BMO on-Lands mortgage program please write Sharon.wutke@bmo.com

Local Tribal Journey Unites Sister Nations

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Canoes did not travel to ƛaƛiaƛim as planned, the pull to ʔohp was a tough one as pullers battled the tides all day and the crews were tired.

Friendly competition among the six canoes was stoked by impromptu races that took place along the way. Rumour has it that the Tla'amin čičyε led by Noreen Paul and Gail Blaney won every race and were the canoe to beat.

The journey honoured community members Flavian Harry, Kyle Francis and Sammy Pielle. Pullers recognized these men in their home territories and the journey culminated with a memorial celebration and pole raising for the late Kyle Francis here in tišosəm. Kespal shares about the importance of memorial ceremonies and their place in the Tla'amin world.

"The memorial for Kyle was a special day for our families, we took back one of our ancient ceremonies of erecting a memorial or mortuary pole, something that hasn't been done in a very long time. It is important for us to end the four-year mourning period



Johnson Adams and Russ Benner on the Brave II, Canoes being welcomed at tišosəm, Jennifer and Jared Tom pause for a snap on the mini journey.



after somebody passes. Something that our ancestors used to do a long time ago. Personal belongings of that individual were stored away for that time, and in modern times photos of that person were put away. This allows our loved ones to travel to the spirit world and we are not holding them back during that time. It is important for us to take care of this sacred work."



Tla'amin Youth Clean Up ʔagayqsən

By Adriana Zastre, Youth Recreation Leader

On Friday August 23 Recreation's Youth Night's travelled to ʔagayqsən (Harwood Island) with Let's Talk Trash and Ocean Legacy to clean the beach.

The crew picked up all kinds of debris at the ƛagixw (Harwood Island spit) including plastic, rope, styrofoam, lighters, flip flops, tires, and they even found a coconut. After cleaning the beach, youth sorted the garbage from recycling placing it into a super-sack.

Tla'amin youth member Liz Williams volunteered in the beach clean up and said. "I discovered how easy it is to pick up garbage instead of walking by it, and what a difference it makes to how beautiful our lands can be. Tonnes of plastic that could have ended up in the recycle bins have now washed up on our shorelines"

Youth Nights is a weekly drop-in program happening at ʔayištən ʔaye (Cousin's House) every Thursday and Friday from 5pm-9pm where youth aged 13-18 engage in recreation, land-based activities, art, healthy foods, community events and initiatives like this.



Tla'amin youth and youth workers, Let's Talk Trash and Ocean Legacy collaborated on an ʔagayqsən beach clean up. The team hauled a huge bag of trash off the island and learned a lot along the way. [L-R] Jess, Hannah, Jimmy, Christine, Liz, Oceane, Dustin, and Adriana.

Tla'amin to build four self-contained suites for Citizens with complex needs

Local Complex Care Housing Project to address homelessness in Tla'amin

By Davis Mckenzie

At the height of the Covid pandemic the urgent need for more safe and affordable housing to address homelessness and those suffering with complex mental health issues became clear.

In 2021 Tla'amin secured six trailers through the Provincial Reaching Home Fund to fulfill an immediate need for emergency housing but it's not enough. Tla'amin Nation needs to add more Housing units of all types – from Emergency, Transitional, Supportive, Social Rental, to Private Ownership. The Complex Care Housing program targets one of our needs and is a positive step forward to safe & healthy homes for all who need them.

Tla'amin has successfully accessed a new stream of funding called Complex Care Housing, a provincial program funded by the Government of BC.

Complex Care housing supports individuals with significant mental health, addiction, or concurrent challenges, and other functional needs who are at risk of homelessness. More specifically here in Tla'amin, for the provision of safe and healthy homes and support services for people with overlapping mental-health and substance-use challenges, and traumatic and acquired brain injury.

“A warm secure place where you can lock your door is key to mental health and well-being” said hegus John Hackett. “I welcome the addition of these four units to our current housing stock and believe they will help Tla'amin Citizens find much needed safety and stability.”

The Complex Care housing program offers enhanced health, cultural, and social supports tailored to individual needs, including primary care, mental health and addictions care, social and cultural supports, peer programming, and assistance with daily living. Tla'amin Health recently hired Laura Brandsma as the Indigenous Cultural Support Worker specifically funded through our involvement in the Complex Care Housing Project to work with our family members that desperately need these specialized supports.

The qathet region's Complex Care Housing program was established in 2021 and is a three-way partnership between Vancouver Coastal Health, Tla'amin Nation and Lift Community Services. The current Request for Proposal (RFP) is intending to develop four self-contained units to house Tla'amin citizens who are participating in the qathet CCH program.

The four units are expected to be substantially complete by March 2025 and will be located

“This housing project will offer personalized care to those in our community who need it most. I’m grateful that our community continues to be a national leader in evidence-based programs to help those struggling with substance use and mental health challenges. Through this project and the recent 24-unit Elder’s and Accessible complex we are starting to fill some important housing gaps that our community has been facing for years.”

- Executive Councillor Dillon Johnson

in the village of Ti'shosum. The location will be close to services so that the tenants are well supported with Health, Housing, and Social Services nearby.

Contact housing@tn-bc.ca to learn more about the Complex Care Housing program

Apple and Stinging Nettle Harvest Success

Traditional skills class attracts learners of all ages.

On Saturday, August 24th a dozen members took advantage of the harvesting opportunity over at Ahgykson. The landing craft and the crew boat skippered by Gerry Galligos and Paul Stonehouse left the Lund dock at 9:00 am and returned by 6:00 pm.

Brad Titian and Brandi Marriot led the group by navigating through some game trails and old roads to find the big and small apple orchard where crab apples and sweet and sour green apples reside in abundance. Plums were also abundant in offering another favorite treat from the orchard.

Brandi and Brad then the led the group to stinging nettles which weren't too far off from the orchards. The trick is obviously not to get stung and pick them safely to avoid a serious itching burning sensation that could have serious implications. Stinging nettles were on the menu as they provide a smart and healthy choice to treat and remedy a range of ailments.

Fun Fact: On the way over to Harwood Islands both boats were escorted by white-headed porpoises on their way over to Ahgykson to provide direction, guidance and confidence in a good way.



Above: Fair waters and a porpoise escort made for a good commute. Below: Jr. Harvester Shane Louie scores some sweet plums to add to his harvest.

Chad Galligos is road ready after 10-week logging truck program

By Adam Culos, General Manager, Thichum Forestry

Drawn to the allure of the timber industry, Chad Galligos seized the opportunity to follow his passion on becoming a professional driver. The vision for this opportunity started in 2022 when a business partner, A&A Trading, reached out to Thichum Forest Products to see if there were any potential career opportunities or programs that they could assist in. Adam Culos (GM, Tla'amin Timber and Thichum Forest Products) suggested a log truck training opportunity would be beneficial to the community.

Chad's pathway started when he applied and was selected for a community posting for Class 1 Driver Training through the MELT program. This training was funded by A&A Trading, North Vancouver Island Aboriginal Training Society (NVIATS) and Thichum Forest Products. During the summer of 2023, Chad completed eight weeks of training, culminating in his successful exam on October 31st, 2023 for his Class 1.



Chad gets a visit from daughters Oakley and Delaney at work.

change, driving progress and prosperity in the community. It is more than just a training opportunity; it's a ripple effect on the community at large. We are proud that Chad has chosen to pursue a meaningful career in the timber industry and look forward to his journey of success!

Chad is nearing the mid mark of his 10-week Driver Training program, thank you to our TLC Operations Crew for their training and mentorship throughout the program, without your efforts and commitment this would not be possible. We are grateful for the managers in their leadership, who brought together industry experts to identify the skills, knowledge and attributes required in the log hauling profession, and all those who have made this a successful initiative that supports Nation Building, one of our key commitments. čėčəhatanapešt ninije taθ paʔem – We thank (honor) you for your work.

Thichum and our business partners are committed to the long-term vision (210 years) of the forest industry and the importance it brings to the Tla'amin Nation, industry and

qathet region. We recognize Tla'amin Nations stewardship of the ʔəms giʔe (traditional territory) and the invaluable ʔəms taʔow (teachings) and knowledge they bring to the forestry industry. By employing Tla'amin Na-



Chad Galligos & Calvin Giesbrecht, TLC Operations Supervisor

tion individuals on Tla'amin Nation lands, the program not only creates job opportunities but also promotes economic self-sufficiency and cultural preservation within the territory.

This innovative 10-week program aimed to address the growing demand for skilled logging truck drivers while empowering individuals and, providing them with the on-the-job skills training and support they need to succeed to become safe and professional Logging Truck Drivers here in the qathet region.

Next, with help of Tla'amin Nation's Skills and Training Coordinator Emma Morgan-Thorp, Tla'amin Lake Contracting (a Thichum business partnership) was able to provide a posting for an internally developed Log Truck Driver Program. Chad applied and was the successful applicant for the training.

This initiative, born out of a shared commitment to empowerment and community development, will create an opportunity for Chad to embark on his career with Tla'amin Lake Contracting, as he successfully graduates from the program. These employment opportunities help to become agents of

Tla'amin Executive Councillor Lori Wilson will pursue PHD in Forestry

After 10 years of service as Elected Official, Wilson pursues another long-held dream



By Davis McKenzie

Lori Wilson has roots in both Tla'amin and Homalco. Her parents are Connie (Francis) and Don Wilson. Her dad's parents were the late Nora (Galligos) and Charlie Wilson and her mom's parents were the late Elsie (Pallen) and Charlie Francis from Homalco. Lori was blessed with sibling twins Allison and Trisha. She has two children Monica and Tyrell and two granddaughters Kayda and Kora.

Ms. Wilson's background is in forestry, and she works as a Registered Professional Forester (RFP). She went back to post-secondary school at the age of 29 when she says she realized that "you can't live very well without a post-secondary education."

She studied Natural Resources and achieved a Diploma but said it was a steep learning curve to get into memorization mode. She explains that in Diploma and Bachelor degree programs it's mostly memorizing vocabulary & concepts coupled with reading homework & writing essays. So if you can commit to memorizing, reading, writing and 100% class attendance then Diplomas and Bachelors are a piece of cake."

Wilson now holds a Master of Science in forest resource management. She said graduate studies are where things got really interesting because she was able to pick her own study subject and research objectives.

"I studied one-on-one with a lead professor and then I also had a committee with my lead professor and two other professors. I didn't have to take courses and memorize a bunch of stuff and regurgitate it on exam questions to pass. In my Masters research I studied a subject of interest to me which was of course First Nations forestry in BC."

Following graduation in 2013 Lori moved back home with her son. Fast forward 11 years and Lori said that she felt inspired to go back to school for her PHD in wood processing (manufacturing timber). A field with very few women PHD candidates, and even fewer First Nations candidates. Wilson explains why she is making the leap "I want to work with First Nations in wood processing because historically First Nations have never owned this many forest licences across Canada therefore First Nations have never had this much control over the timber inventory and that inspires me! What do we want to do with our timber?"

For her Doctoral degree research, she says she will broaden the scope to First Nations across Canada whereas in her Masters research she was focused solely on First Nations Forestry in BC.

Being the planner she is, Wilson got in touch with a friend who was also pursuing their doctorate degree. She says she learned there are 8 steps to achieving her dream.

1. Select a lead professor and professor committee members;
2. Develop her research objectives and have them approved by her committee;
3. Committee will develop a reading list appropriate to her subject area and research objectives;
4. Study the reading list, become a subject matter expert and write a literature review;
5. Develop her research proposal;
6. Take a comprehensive exam on the literature review and research proposal;
7. Carry out research, conduct analysis and develop recommendation; and
8. Complete a final exam and thesis submission.

Lori says that it was important to her to find out what she was getting herself into. "As long as I know what is expected from me then I can just focus on achieving one phase at a time."

The PHD program is a four-year program and Wilson will continue working part-time to stay afloat financially.

These plans represent a big life change for Lori who explains that this is why she won't be running in the upcoming Tla'amin election. She has enjoyed public life and closes with a few words to the community.

"Thank you to my family and friends who supported me and allowed me to be at the leadership table for 10 years. We have a great group of nominees and I wish all the candidates good luck. Elections are the most important event in our community because this is when our people have their say on who they want to represent them at our highest table. Every vote counts and it's going to be an exciting election."

Election Appeals Resolved

The 2024 election has invoked one of the lesser-known features of the Tla'amin government, the Tla'amin Review and Appeal Panel.

The Review and Appeal Panel plays an important role in the governance of the Tla'amin Nation. It is an independent body tasked with reviewing decisions of the Tla'amin government, its entities, agencies, and hired service providers.

The Panel chair is Peter D. Larlee, and Standing Members are Brooke Vagelatos, and Melanie Vivier. Joel Harry is a panel alternate.

The Review and Appeal Panel held oral hearings on Monday, August 19, 2024 to consider the appeals requested by Brandi Marriott, Brandon Peters, and Alexandra Souch (the Applicants) of the decisions of Jordan Loose, Elections Officer (the Re-

spondent) not to certify the Applicants as candidates in the Tla'amin Nation September 14, 2024 election.

The Panel has rendered its decisions, and all three appeals were allowed, meaning the appellants are certified as candidates for the 2024 Tla'amin election.

New Sport and Rec Reimbursement Program to Help Tla'amin Kids Thrive

Tla'amin children and youth living on, and off-lands aged 0-18 years are eligible for subsidy.

On August 14th, 2024, Tla'amin Executive Council unanimously passed the čëčëgatštëm ʔəms čičuy (ch'eh-ch'eh-gat-shtum uhms chee-chooy) — 'helping to support our kids' Recreation Reimbursement Program Policy. The Policy provides financial assistance for Tla'amin children and youth aged 0 to 18 years of age to participate in sports and recreation activities.

“With rising cost of living parents are faced with tough choices,” said Hegus John Hackett. “Sports and recreation activities teach us important life lessons like teamwork, discipline, respect, and hard work. This program will remove one of the financial barriers to building the next generation of strong and self-determined Tla'amin citizens.”

The policy was first tabled for public feedback at the spring Tla'amin General Assembly on May 2, 2024, and was amended based on community feedback.

Executive Councillor and Community Services House post Dillon Johnson said “We heard loud and clear at the General Assembly that this program must apply equally to all Tla'amin citizens, so we amended it to make urban citizens eligible. This policy provides for equal, fair, and transparent funding of kid's sport in our community.”

Funding provided under the čëčëgatštëm ʔəms čičuy program is for sport and recreation registration fees. The program operates on a first-come, first-served basis until the budget is exhausted. Secondary costs such as uniform, costumes, travel or equipment are the participant's responsibility.

Under the policy, the maximum annual allowances for reimbursement are \$300 CAD for children 0 to 6 years and \$1,000 CAD for children 7-18 years old.



Recreation leader Christine Parsons (left) and Community Services Director Losa Luaifoa (right) tabled the first draft of the čëčëgatštëm ʔəms čičuy policy during the Spring Assembly.

čëčëgatštëm ʔəms čičuy is aligned with Goal's 10 and 12 of the Comprehensive Nation Plan to take care of Tla'amin čičuy, and it fulfills a commitment to develop and implement comprehensive recreation supports.

Community Services Director Losa Luaifoa said that while Tla'amin has always supported the sports and recreation endeavors of youth, this policy formalizes that decision making and makes it clear to all Tla'amin citizens

what is available. “I want to thank all involved who helped make this happen. Tla'amin has always excelled in sport and recreation and this program will ensure that ʔəms čičuy can continue this proud legacy.”

Please visit the website to download the application form and read the policy.

<https://www.tlaamination.com/tlaamin-launches.../>

NIFA Tour Mixes Soccer and Culture

Several Tla'amin youth qualified to participate in NIFA's 2024 Soccer trip to Europe which saw the kids testing their skills competing in friendly matches against the local German and Austrian teams.

Tla'amin Youth representing the Nation included Silas Hacket, Denny and Marlina Hanson, Alexander Sutcliffe, Hunter and Chale Galligos, Tia and Stacey Francis, and Teegan Dominick.

The trip included a mix of soccer and culture over the course of 10 days, as players also got to visit and experience the historic cities and towns of Munich and Fussen in Germany, Salzburg, Villach, Klagenfurt, and Althofen in Austria, and Udine and Venice in Italy.



Tla'amin Forest Resource Plan defines sustainable forest management in ʔəms giɛ



By Davis McKenzie
On August 14th, Tla'amin Nation approved a comprehensive Forest Resource Plan (Plan) that outlines forest management objectives across ʔəms giɛ (Tla'amin Territory). Developed over two years with input from Tla'amin hunters, harvesters, cultural practitioners, and staff, the Plan marks an important shift for the Nation.

“This Plan puts us back in the driver’s seat and restores Tla’amin values and voice across our territory,” said Hegus John Hackett. “With this Plan, Tla’amin Nation has effectively outlined a 300-year strategy to protect the quality of life for Tla’amin people, our neighboring communities, and our plant and animal relations.”

“I’m encouraged to see Tla’amin put our culture and cultural resources as a priority in how we manage the land. We need to work together so that the resources will be there for the future generations. We must protect what we have rather than diminish it.” - Tla’amin Elder Ochele (Betty Wilson)

Rooted in Tla'amin taʔow (Teachings), the Plan emphasizes sustainable land management practices that honor the land. It protects core Tla'amin cultural values, supports ecosystem integrity, and enhances environmental health by maintaining biodiversity and abundance across the ʔəms giɛ.

Covering over 200,000 hectares of forest land, both within and outside Tla'amin Treaty Settlement Lands, the Plan exceeds federal and provincial standards for conservation networks, stream protection, and old-growth management.

Tla'amin Lands Director Denise Smith noted that the Plan was first initiated in 2021 when Tla'amin youth protested the logging of old-growth forests in Tla'amin territory. “Three years ago, our youth spoke out about our Tla'amin right and responsibility to care for this place and preserve a healthy future for their children. Since then, we've used the tools of a self-governing Nation to influence what happens beyond the borders of our Treaty Settlement Lands. I am proud of

this thoughtful, long-term plan to care for our territory.”

Tla'amin Nation worked in collaboration with major forest tenure holders in Tla'amin Territory to develop this plan.

The comprehensive Forest Resource Plan outlines a 300-year strategy to protect all of Tla'amin Territory, not just TSL.

Visit www.tlaaminnation.com/forest-resource-plan to read the Plan, view maps, and review detailed schedules.



Elk Draw Winners Rejoice

On August Eight Nation members were drawn from a pool of 39 qualified hunters. The lucky winners include

- Cathy Galligos
- Bryne Romanyshyn
- Frankie McWade
- Byron Harry
- Mike Williams
- Pat Galligos
- Stephanie Brady
- Trisha Wilson

If you did not win the draw and you are interested in hunting with the Nation Hunters for Food Security, please contact April Treakle april.treakle@tn-bc.ca or 604-483-9646 ext#154



WorkBC Employment Services

WAGE SUBSIDY PROGRAM

RECEIVE UP TO 75% OF EMPLOYEE WAGES TO HIRE AND TRAIN ELIGIBLE JOB SEEKERS



Are you hiring?

Our Wage Subsidy Program could be the support you need to find the right candidate! Contact WorkBC Powell River to learn more.

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

604-485-7958
#103-4511 Marine Ave
Powell River, BC



Tech Talk with Spencer
A monthly column on all things technology and safety

Are you Smarter than Artificial Intelligence?

By Spencer Braak

Information Technology

On May 11th, 1997, chess computer “Deep Blue” defeated then world champion Garry Kasparov in a tournament regulated game of chess. This marked an important milestone, artificial intelligence beating the best human in a field ruled by humans.

Back to the future, “Artificial Intelligence” (AI) is a blanket term that covers all cases of a computer performing a seemingly “intelligent” action. The spellcheck on your computer is one example where options are provided to replace misspelled words and correct grammatical errors. Like it or not, AI and services like Chat-GPT are here to stay. Here are some interesting facts and tips to address some of your concerns around AI.

AI Disruption in the Classroom and Workplace

This past year you may have heard stories of students using it to write essays for them, or to cheat on tests. While this was the “wild west” for schools for a few months, teachers have now caught on to their students leading to a shift in the management of homework assignments.

Many computer programmers have been fearful of AI replacing their jobs. However, AI is seeing itself become a tool and not a replacement. The invention of autopilot did not replace the pilot. The ox plow did not replace the farmer. Excel did not replace the accountant. It just changed how they do their job. AI may replace some jobs such as a customer service representative but we will not see many industries disappear overnight.

Tips for working with AI

AI is a useful tool. But it is important to know how to use it effectively, and the pitfalls. AI is prone to what people call “hallucinations” where the AI begins to lie, and act as if it is the truth. So, the content the AI gives you should not

be taken as fact. It is also important to know that AI has biases so it will often take those biases and run with them.

I like to imagine the AI chatbots as a little brother that is a “know-it-all.” He reads a variety of books and tries to memorize them but gets things wrong sometimes. Would you trust a little brother with tax-related laws that could put you in prison if you fail to comply? Probably not. Would you ask him “10 ideas for a kid’s birthday?”. Sure, he might know. Use AI as someone who suggests ideas, not a fact book.

How to keep your information safe

Imagine all the content that you have created and posted to all your friends on social media. Whether it’s a Facebook post or a comment on Instagram, data has been collected and used for training AI. Social media companies have not had to either disclose, or let you opt-out of using your data to train AI. Now, this is changing.

Companies are now being forced to disclose how they use your data and allow you to opt-out. Common platforms that you might want to opt-out of are Facebook, Instagram, Adobe Creative cloud suite & Acrobat, Windows / Microsoft, and Google. Look into the privacy policy of these applications and platforms to see how they affect you & your data.

For more information about artificial intelligence scan the code.



DO YOU HAVE AN OLD CELLPHONE THAT’S JUST GATHERING DUST?

DONATE YOUR OLD PHONE TO TLA’AMIN HEALTH AND WE WILL SHARE IT WITH A JEH JEH IN NEED.

HERE’S WHAT WE NEED!

- Screens must be in good condition
- All identifying information must be removed (stickers, names etc)
- **MOST IMPORTANTLY:** Phones must be wiped of all your personal information. That means they must be reset to factory settings. Please see information ---> about how to wipe your phone.

HERE’S HOW TO RESET YOUR PHONE

Apple/iphone
Settings > general > Transfer or Reset Iphone > Erase all content and settings

Android phone
Settings > General Management > Reset > (last option in list) Factory data reset

CELLPHONES PROVIDE CONNECTION AND SAFETY.



Please drop off your phones with Crystal Thomas – Case Manager/Navigator at Tla’amin Health Mondays or Tuesdays. Call 604 208 3782 for more info.

Tla’amin Nation does not accept liability for phones that are recycled through this program.



ʔəms nəm

Cedar Harvesting

John Louie shares about the medicinal and spiritual health benefits of cedar, and the tradition of brushing off.

He emphasizes the importance of connecting with the trees and explores the many uses of cedar.



📍 ʔəms nəm app

📅 Sept 9th, 2024

September's prize

View all of this month’s teachings by September 30th to be entered to win a cedar hat.



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

ʔəms ʔayε build is on schedule and budget



Crew from Durfeld Log and Timber pictured here with Gary Gonzalez (far left) and Brandon Bresden (far right). Photo was taken right before hoisting one of the 13,000 lb roof purlins into place during the log install at the Our House site. To date this is the largest (length and weight) log that Durfeld Log and Timber has installed in any of its hundreds of custom builds over the years.

The install took place over the course of two days with a combined team of Tla'amin Nation Public works personnel, Durfeld Log and Timber, Dawn Construction and RKM Cranes (out of Chemainus)

Fly through ʔəms ʔayε

On February 20, 2024, Tla'amin Nation blessed the ground so that construction could begin on ʔəms ʔayε (uhms aya) Cultural Centre and Traditional Foods Processing facility.

Since then, our teams have been working hard to make this a reality and the project is progressing on schedule and on budget.

ʔəms ʔayε (Our House) Cultural Centre will include a 2000 square foot feast hall and cultural gathering space which will accommodate up to 350 guests and be used for sharing songs, dances, ceremony, and feasting. It'll also feature a small museum to house Tla'amin cultural treasures and a state-of-the-art language lab.

Take a virtual tour of ʔəms ʔayε



A new Traditional Food Processing Facility located adjacent to ʔəms ʔayε (Our House) provides a home base for Elders, knowledge keepers and harvesters, to share wisdom about procuring and preparing foods from Tla'amin lands and waterways.

ʔəms ʔayε will play a vital role in the promotion of Tla'amin language, culture, food security, and well-being and is scheduled to open June 2025.

BEFORE YOU DIG

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

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



Ground altering activities include

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

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

Marie-Gabrielle Bechard joins Tla'amin as Land Use Planner



ʔəječxʷət Tla'amin, My name is Marie-Gabrielle, and I am very excited to step into the Land Use Planner role for the Nation. I am məmətəʔ with French ancestry, and I have had the privilege of living in beautiful ʔišosəm for the past year. I feel very fortunate to live in this community and now get to support planning efforts to update the Nation's Land Use Plan.

I have a Master's in Community and Regional Planning from the University of British Columbia, specializing in Indigenous Community Planning (ICP). I also have a Bachelor's in Resource and Environmental Management from Simon Fraser University. Over the past six years, I've worked with non-profits, governments, and consultants, focusing on community planning, youth leadership, environmental resource management, social justice advocacy, and sustainable food systems.

It is humbling to see how Tla'amin has been planning for its lands and waters since time immemorial. As we move to update the Land Use Plan, strong community involvement and leadership will be necessary to shape this new plan. Please feel free to connect and share any ideas and feedback about the Land Use Plan update with me at marie-gabrielle.bechard@tn-bc.ca.



Tla'amin Harvest App puts eyes on the territory.

The Tla'amin Harvest App is an important tool that helps Lands and Fisheries staff understand Tla'amin citizens level of access to traditional foods by recording harvests of fish, shellfish, game, and plants. It helps identify trends in key species, supports increased protections for species in decline, supports access to traditional foods for all Tla'amin citizens, and helps with the reporting of catch numbers as a requirement of having a harvest card.

The Harvest App can be accessed through the Tla'amin website at www.tla'aminnation.com and click 'Harvest App' in the menu bar. Then it will ask you a series of questions about what you have harvested. The other option is creating as a shortcut to websites as an "app" on your smartphone or tablet.

If you need help downloading as an app, please contact Leonard Harry at leonard.harry@tn-bc.ca

When you report your data, your name will be entered into the draw for weekly prizes!

We are starting a new series – Stories from Tla'amin Harvest App – that highlights Tla'amin harvesters and their traditional food knowledge, unique experiences, observations of change, and much more.

Stay tuned and look for the first story in the next edition of the Neh Mot!

Indian Boarding Homes Class Action Lawsuit

The Indian Boarding Homes Program was an educational program created by the Government of Canada, which placed children from First Nations communities and Inuit villages in other communities (usually non-Indigenous) to stay in private family homes for the purpose of attending school.

harm as a result of their participation in the Indian Boarding Homes Program. Through the litigation, plaintiffs sought compensation, recognition, and justice for their experiences and harms suffered.

The claims process will open on Wednesday August 21, 2024.

This settlement is in response to two legal actions (Quebec and Federal Court cases) filed on behalf of children who suffered harassment, abuse, loss of language and culture, and other

Contact: Verna Francis for more information. 604 | 483 | 9646 | ext. 113

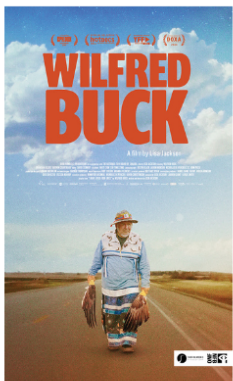
Tla'amin Nation controls all the data reported using the Harvest App. Under treaty, Tla'amin fisheries staff are required to share some harvest data with DFO, this includes anonymous information about the number of salmon, groundfish, crab, prawn and shellfish harvested by Tla'amin citizens. The use of the Harvest App is also an effort of data sovereignty – Tla'amin data, stays with Tla'amin.



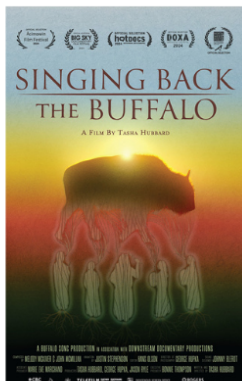
qathet film society presents
3 Ears Indigenous Film Festival
 from September 27 to October 1, 2024
Admission by donation



For more information, scan the QR code!



Wilfred Buck
 Friday Sept. 27
 7 pm
 Written & Directed by Lisa Jackson
 1hr 36 min | Documentary
 English, Cree
 Released 2024



Singing Back the Buffalo
 Saturday Sept. 28
 7 pm
 Directed by Tasha Hubbard
 1hr 39 min | Documentary
 English
 Released 2024



Aitamaako'tamisskapi Natosi: Before the Sun
 Sunday Sept. 29
 1:30 pm
 Directed by Banchi Hanuse
 1 hr 29 min | Documentary
 English, Blackfoot
 Released 2023



Café Daughter
 Sunday Sept. 29
 7 pm
 Directed by Shelley Niro
 1 hr 37 min | Drama
 English
 Released 2023



The Great Salish Heist
 Monday Sept. 30
 7 pm
 Directed by Darrell Dennis
 1 hr 35 min | Comedy
 English
 Released 2024



Sugarcane
 Tuesday Oct. 1
 7 pm
 Directed By Julian Brave NoiseCat and Emily Kassie
 1 hr 47 min | Documentary
 English,
 Secwepemctsin
 Released 2024

Tla'amin Dental Clinic Schedule for September- No Dental in October

Dr.'s Machin and Gosnell will be in clinic six times this month and are booking appointments now. Be sure to book now since both Dr.'s are off for the month of October.

Now Booking

- September 6 - Dr. Machin
- September 10 - Dr. Gosnell
- September 12 - Dr. Machin
- September 17 - Dr. Gosnell
- September 24 - Dr. Gosnell
- September 27 - Dr. Machin

Click the QR Code to read about First Nations Dental Benefits provided by Pacific Blue Cross.



Even the youngest patients feel safe and comfortable at the Tla'amin Dental Clinic, Jordan McKenzie says his favourite part is getting a new toothbrush.

For all new and returning clients, to book an appointment please contact health reception at 604.483.3009.

Tla'amin Elders Corner

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

Date: September 17th, 2024

Event: Elders Luncheon

Location: Tla'amin Health Building

Time: 11:00 a.m. to 1:00 p.m.

Guest Speaker: Sherman Pallen

Date: September 24th, 2024

Event: Elders Luncheon

Location: Tla'amin Health Building

Time: 11:00 a.m. to 1:00 p.m.

Guest Speaker: TBD

Tla'amin Elders please join us for lunch in September. To ensure we have plenty of lunch, please confirm if attending.

SMART Recovery in Tla'amin

Starting September 3rd!

When: Tuesdays 6:00-7:30pm

**Meetings will be held at the Tla'amin Health Center until further notice!
4895 Salish Drive**

for more information contact:
courtney.harrop@tn-bc.ca or brittany.vivier@tn-bc.ca



Wood Smoke Rebate Program Returns

Tla'amin homeowners can change up their heating source to access great rebates

Even though the warmth of summer is finally arriving, now is actually a great time to think about wood stoves. Summer is the perfect time to replace an outdated wood stove with a more efficient, cleaner burning model. You may even be thinking about adding a heat pump to cool your summer down while keeping you toasty in the colder months. If you're up for a renovation project, here are some more details to get you burning cleaner while saving money with rebates.

The Community Wood Smoke Reduction Program rebates have returned. Formerly known as the Wood Stove Exchange Program, it provides rebates to eligible residents who remove a non-EPA (older, less efficient) wood-burning appliance used for home heating and replace it with something less polluting. The program is funded through the BC Lung Foundation and qathet Regional District to reduce particulate matter in the atmosphere and improve air quality. The rebate amount depends on what you are replacing your non-EPA wood stove with.

pump to your home without removing an existing EPA certified stove (\$3,000). You can also apply for a \$300 rebate for simply removing and then destroying a non-EPA wood stove without replacing it. Learn more or apply today through the qathet Regional District website.

Note that the stove being replaced must have been used as the main heat source for the home, the old stove must be destroyed, not reused somewhere else. If you are replacing the old wood burning appliance with a new wood burning one, the new appliance and chimney system must be certified by a Wood Energy Technical Training (WETT) technician.

Burning Smart Tips

There is nothing quite like wood heat in the winter. Unfortunately, many stoves are outdated and badly pollute the community's air and often even the air in your home. Even if you have an efficient wood stove, you still need to make sure your wood is cured. Drying wood out over the summer is a

Environmental Protection Agency (EPA) certified stoves avoid wasting wood, and the wood particles in dirty smoke, by giving a second or even third burn opportunity. As a result, EPA stoves are up to 70 per cent less smokey than non-EPA stoves. As of May 2020, EPA stoves were only allowed to produce 2 grams of soot per hour. Compare that to the 42 grams that some wood stoves made in the 70s and 80s produce. It's no surprise that the rebate for replacing your old EPA stove is funded by the BC Lung Foundation.

To avoid smoking out your neighbours whenever you're lighting a fire, you can check the region's venting index to see how the wind and weather systems will allow for smoke to blow up and away from the community. Certain

weather conditions keep smoke closer to the ground and can make your neighbourhood smokey and the air unhealthy.

If you harvest your own firewood, you know how much work it is. What if you needed a third less wood next winter? EPA stoves are more efficient than old wood stoves and need 30% less firewood to produce the same amount of heat. Much like planting seeds for a harvest months down the road, planning for an energy efficient winter starts now.

Questions?

Contact the qathet Regional District at 604-485-2260 or administration@qathet.ca. Visit the [qathet Regional District website](#) to learn more about the Wood Stove Exchange Program.

2024 Rebate Amounts for First Nation residents living within Tla'amin Nation Lands

Exchange Types	Rebate Amount
Wood to electric insert	\$400
Non-EPA wood stove to certified wood stove	\$1,200
Wood stove to pellet stove	\$2,000
Wood stove to heat pump	\$3,000
Decommission: removal & destruction of non-EPA wood stove	\$300

Qualified First Nation residents living within Tla'amin Nation Lands can apply to receive \$1,200 for replacing an inefficient (non-EPA) wood stove with a newer, cleaner burning wood stove. Rebates are also available for replacing a non-EPA wood stove with a pellet stove (\$2,000) or an electric insert (\$400).

There are two additional rebates, including one for adding a heat

great way to do this. Measuring wood moisture content with an inexpensive tool called a moisture meter is another handy tip. Contact the qathet Regional District to receive a free moisture meter.

Wondering if your fire is burning 'smart'? You can look at your chimney after your fire has been going for a while and there shouldn't be any smoke visible. Smoke is actually un-burned fuel and it is highly polluting.

Tla'amin...Are You Ready for the 2024 Fall General Assembly?



October 18-20 in tišosəm

- Travel Subsidy for Urban/Off-lands Citizens
- Registration Launches September 9 at 4:00 PM
- On the land experiences, business and culture workshops
- Feast and Culture Sharing October 18
- Financial Reporting
- Leadership Swearing in Ceremony

Follow the members-only Facebook page and website for details





təʔaw

teachings from TOSUM Ltd

λasəmsxʷut kʷaθ qʷayεgən

You be strong-minded.



A lot of confusion happens with our nutrition while weight training, the more energy you put into lifting weights, the more proper recovery you will need, and the healthier options in food is vital for recovery. Yet it is eating the correct amount of food according to your goals and being strategic about your meals. In the gym we are tearing the muscles apart, and are being repaired during sleep, and this is where you grow strong through your recovery process, based on how much water you drink and your nutrition habits.

Suppose you are under-eating one day and then binging the next, then under-eating the next day if it is a continuous cycle this will be on your body, which adds more stress, and you won't get the goals you set for faster. You won't be able to build muscle properly and most importantly, feel good. Many people think I eat very little, when it's been the complete opposite over my fitness career. Also, keep in mind I am in a different chapter of my fitness journey and it takes time. This is also good news if you love food as much as I do! I highly recommend checking out the Canada Food Guide to help you get started on a balanced plate for your meals.

What are macronutrients, how much should I be eating and what does each one do?
Carbohydrates, aka carbs = glycogen, will help your brain and muscles and are your preferred fuel source—healthy amounts of dietary fibre such as fruits, whole grains and vegetables (aids digestion). Carbohydrates are absorbed faster than the other two macronutrients: 1g = 4 calories 3-5g per kg of body weight.

Protein is important to spread throughout the day. It is essential to grow, repair, and maintain body tissues such as muscle, skin, organs, bones, and blood.

Protein is also essential in the immune system as antibodies against bacteria and viruses. 1g = 4 calories, 1.5-2.5g per kg of body weight.

Fats help protein and carbohydrates be used efficiently within your body. Remainder of calories, estimate 25-30% of your calories. 1g = 9 calories. It helps us feel full by slowing down digestion and controlling hunger. 0.8-1g per kg of body weight.

Using a TDEE Calculator, you can predict your maintenance calories. You want to focus on eating well-balanced meals with all the macronutrients each time. I suggest using MyFitnessPal to help create a habit of tracking your foods. It does cost a monthly or yearly fee to use their premium to help track your macronutrients. I highly suggest not using the macronutrients that the app suggests, and please contact a dietician if you need further help or need a particular diet plan. I am a Personal Fitness Trainer from Northern Alberta Institute of Technology with my diploma and I have taken my nutrition course in school and with NASM along with my ten years of experience training in the gym and being a Natural Bikini Pro Bodybuilder. Again, check the Canada Food Guide to learn more about food. I offer nutrition macronutrient distribution and help with meal ideas. I also use my app and Myfitnesspal to teach you how to do this.

Your meals should be well balanced with all three—especially a good meal before working out, and a delicious protein smoothie afterward is my recommendation. Again, check out the Canada food guide to also help educate yourself. I have shared my own favourite protein smoothie post-shake.

Char's Super Shake

- 1 banana
- 1 cup of spinach
- 1 almond milk
- ½ cup of plain Greek yogurt 0%
- 1 scoop of whey protein powder
- Add some water if needed.

“Remember...Results happen over time and not overnight. Work hard, stay consistent, and be patient.” Imot (thank you) for taking the time for me to help you along your fitness journey, whether you take my advice or not. I am happy to help and share with you and my Jeh Jeh.

Yours in health, Charlene Muskego. See you next month!



Tla'amin super pullers Noreen Paul and Gail Blaney were undefeated in the hošt taʔəčš təms gje mini-journey. # čičyεpower

On Site: The Neh Motl caught up with some of the guys at the new ʔəms ʔays cultural centre



Shawn Louie

Shawn Louie works with the Public Works and is helping move the logs inside the new building. "I look forward to seeing this project all come together. It has certainly been busy here."

Braeyden Louie

Braeyden is a labour worker and is excited to see the progress in action. "It's really cool working here for the nation learning new skills."

Steve Galligos

Is a site safety officer and a first aid attendant. "We are utilizing Tla'amin nation equipment and keeping things local as well. We do have qualified people in these trades but most of them are red sealed and have full-time jobs elsewhere."

Troy Williams

Has been working here for a couple of months as a laborer cleaning up the job site and helping our where he is needed. "It's really beautiful to be part of our culture and this is a big step for us."

Gary Gonzalez

Gary is from the Squamish nation and has two daughters from Tla'amin and has been working for several months and "feels honored to be part of it and adding to his toolbox of skills."

New Graduate Alert!



Congratulations Mariah Gaebel.

Mariah completed her Health Care Assistant to Practical Nursing Bridging Program at Vancouver Island University, graduating in August 2024.



August 7-14 Taliyah Souch & Tobin LeBlanc were selected to play with Tzeachten FC in the Hawaii International Youth Cup. Teams across the USA, Europe, and Asia travelled to participate in this event. Way to go kids!