



## What If Lithics, Quartzite And Mircroblades Could Talk?

*Unwritten legacy to our homeland's, artifacts whisper through our backyards to tell a never ending story. Here are some interesting discoveries over the past summer by Tla'amin Cultural and Heritage Technicians.*

*By Steve Gallagher  
Neh Motl Editor*

Imagine over 10,000 years ago surviving mother nature's wrath for destruction, while seeking shelter from predators and other tribes from across the uncharted waters.

Next morning, the skies have parted, and the ocean waters have flattened. It's time to put some food by the fire. Appetites begin to surge.

You grab your weapons of choice and head off on a hunt that could last for several moons, in exchange for wild game and fish for the food cache that you made with your late father several years earlier.

Now it's your turn to test your teachings as a young man by exercising your hunting and survival skills to provide protein for the aging elders, matriaches and growing children in the families.

This could be one of many opening stories that belongs to the arrowhead found by Culture and Heritage Technicians Brad Titian and Alexis Rublets during a dig on the waterfront this summer.

Brad Titian has been working as a Cultural and Heritage Technician for three years. "I was only on a dig for 3 days but my co worker Alexis Rublets put in all the hard for a couple of weeks. I found some flakes and then a core which is used to make other tools. You could hear a particular sound when you have a lithic in your screen."



Archaeology (Continued on page 5)

Holding a piece of history in his hand alongside Alexis Rublets (left) Brad Titian can only imagine our ancestors who once held this projectile arrowhead in their hands and the many stories shared to shape our history on our waterfront.

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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

**Governance House will be closed:**

**Happy  
Thanksgiving  
October 14th**

# Joint Statement on Truth and Reconciliation

*A Commitment to Working Together*



Over 1000 supporters head down Marine Avenue to Willingdon Beach after an orange flag raising ceremony

September 30, 2024

The City of Powell River, qathet Regional District, and Tla'amin Nation are committed to working together to build a future based on truth, respect, and understanding.

On September 30, we reflect on the legacy of residential schools, honouring the survivors, their families, and the children who never made it home. It is our shared responsibility to uphold their dignity and ensure their experiences are never forgotten.

Wearing orange on this day holds deep meaning. The Orange Shirt Day movement began with Phyllis Webstad, who was stripped of her bright new orange shirt on her first day at residential school, a symbol of the way the system tried to

erase the identity, culture, and individuality of First Nation children. By wearing orange, we recognize the enduring impact of residential schools and stand in solidarity with survivors.

Together, we acknowledge the very real harms caused by residential schools. Truth and Reconciliation Commissioner Murray Sinclair said that, "Education is what got us into this mess, and education will get us out." The truth is clear, and we must not deny it. We must face our shared history with courage, and compassion.

We recognize that we share this land and responsibilities to this community. Truth and reconciliation is not just about the past; it is about how we go about creating a strong, united community for tomorrow. To do

this, we must continue listening, learning, and standing together.

The Truth and Reconciliation Commission called on all levels of government to play their part. As three governments working together, we will honor the survivors and those we have lost by accepting the truth and continuing the important work of reconciliation, today and for generations to come.



These four drummers have become role models for our community

## Baby Welcoming Ceremony will kick off the 2024 Fall General Assembly.

Tla'amin will host a Baby Welcoming Ceremony for all Tla'amin babies born in 2018, 2019, 2020, 2021, 2022, 2023 at the Fall General Assembly. The ceremony will be the central work during the Friday October 18th Assembly Feast happening from 5:30-8:30 PM.

Hegus John Hackett says he is excited to meet all the new Tla'amin's from near and far.

"We are blessed in a small community to watch and be a part of our kids' lives right from birth, creating a strong support network for them wherever their lives take them. This ceremony is an important part of creating that initial connection between our families and the new Tla'amin's."

The ceremony includes a brushing for caregivers and children and standing up each family and new baby in front of the community, providing a certificate, gift and keepsake.

"There is a lot of catch up to do," said Health Promotions Coordinator Dawna Pallen who usually hosts these ceremonies annually.

"Covid put a stop to it, and we never really got back on track. It's important that each new baby get their introduction to the community and a proper welcoming, so I hope that we get a great turnout."

Pallen encourages families to come out and make a simple button blanket for their children. Regalia making will happen every Wednesday during prenatal class from 11am-2pm.

*(continued on page 3)*

# Getting Ready for the Fall General Assembly

## Message from Hegus John Hackett



**ʔajsc̓xwut** – I want to start by sending my condolences to the Williams and Galligos Family for the loss of Belinda and Barb.

I also want to recognize the community for taking the time to exercise their voting rights through the various voting methods made available and would like to take this opportunity to congratulate the newly elected Legislative Council I look forward working with all of you.

Registration opened in September for the 2024 Fall General Assembly which will feature a smokehouse and BBQ fish workshop, welcoming babies' ceremony, leadership

swearing in, health fair and trade show, and 21 workshops including cultural and on the land experiences.

These assemblies are important. We have two per year that are required by Tla'amin Law. At the upcoming assembly Tla'amin citizens will receive the audit and share their priorities for the 2026 budget.

Tla'amin moved the assembly to a weekend to allow more urban citizens and citizens who work in town to participate.

### Here are six features of the upcoming Assembly

**1. t̓enəmšt̓əm (we will BBQ Fish) workshop:** Pre-event BBQ Fish and Smokehouse workshop. Hosts Kevin Timothy and Joan Williams will teach citizens how to cut and hang fish for a traditional BBQ and for the smokehouse. Learn how the fish are cut for different preparations, what wood to use, how to make and keep the fire.

**2. Tradeshow and Health fair Friday:** The tradeshow held Friday afternoon during early registration will include a mini-health fair with blood pressure, hemoglobin tests and cancer screening consults and vaccine clinic. Program and service staff from across Nation operations will be set up to answer citizen questions.

**Friday: 3. Friday Night Feast and Baby Welcoming Ceremony:** The assembly will kick off Friday night with a traditional feast, baby welcoming ceremony and culture sharing and social time. This will give citizens the chance to reconnect and celebrate before delving into the business on October 19th.

**4. Lessening our Environmental Footprint:** Citizens will be provided a cutlery kit and tumbler to reduce landfill impacts.

**5. Provincial Election:** The Provincial Election is Saturday October 19, 2024, a voting station will be set up at cousin's house in the outdoor area. Saturday's agenda ends at 4:30 so Citizens have time to vote.

**6. Subsidy Increase:** A modest increase to the travel subsidy for families means that the available subsidy is now \$300 for individuals and \$600 for families travelling home with children.

Please don't wait, you can check out the agenda, learn more and register here: <https://www.tlaamination.com/fall2024/>

I look forward to seeing you all at the General Assembly, travel safe, ?imot.

*(Continued from page 2)*

Ryan Pielle, Child and Family Services Manager will host the event and is honoured to welcome Tla'amin babies and children to our community. He says

"As adults, our most sacred responsibility is to take care of the children within our families and communities. This responsibility starts with welcoming them in and I'm excited to be able to help do this."

If your family lives off-lands and does not have access to regalia making supplies, please call Dawna Pallen at (778) 657-5919 or email Dawna.Pallen@tn-bc.ca and the Nation can help out.

Families are asked to RSVP for the ceremony to Dawna.Pallen@tn-bc.ca before September 27.

**PHOTO:** Olivia Louie and Baby Buffalo share a smile at the Spring General Assembly.



## General Assembly Stay and Save Rates at Historic Lund Hotel October 17-21, 2024

Lund Hotel offers discounts for Fall General Assembly Delegates.

- Standard double before taxes \$150.00 after taxes \$169.50
- Standard King before taxes \$186.00 after taxes \$210.18
- Superior King before taxes \$250.00 after taxes \$282.50

Book directly with Hotel Manager Laurel Beaton  
Cell # 604-414-0474 | Email [laurel.beaton@tmslp.ca](mailto:laurel.beaton@tmslp.ca)



# Aquatic Ecosystems Restoration Fund (AERF) Project update

By Sachi Ouchie  
Senior Fisheries Manager

Since April 2023, Tla'amin Nation has been leading a restoration project at Unwin Creek, located in Desolation Sound Marine Park. This \$1.7 million project, funded by the Aquatic Ecosystems Restoration Fund (AERF).

The goal of the project was to restore fish passage at Unwin Creek to support the re-establishment of salmon populations to the watershed. This work was done in partnership with Fisheries and Oceans Canada (DFO), BC Parks, and Klahoose First Nation.

After one year of assessment work, the project at Unwin Creek was determined not feasible at this time due to increased cost on construction activities, and the remaining uncertainty on salmon returns to the system. However, a restoration design has been completed and could be constructed in the future if desired.

The AERF has been pivoted to the toq<sup>w</sup>anan (Theodosia River) watershed. In partnership with DFO and BC, our goal is to restore fish passage and spawning habitat for łox<sup>w</sup>ay (chum salmon). The work will build off the deep knowledge and connection łəʔamin qayemux<sup>w</sup> (Tla'amin people) have to toq<sup>w</sup>anan and the many years of research that has been undertaken in the watershed. Over the next 3 years, we will assess fish habitat and develop restoration options, collaboratively decide on a restoration option, construct restoration, and monitor its effectiveness.

For more information, please contact Sachi Ouchi ([sachi.ouchi@tn-bc.ca](mailto:sachi.ouchi@tn-bc.ca))



Simon George conducting eDNA monitoring which provides information about what lives in the waters below

## Chanterelle and lobster mushrooms harvest

On Sunday, September 22<sup>nd</sup>, Brad Titian and twelve workshop participants headed into the forest to search for chanterelle and lobster mushrooms. It was a rainy day, but everyone had a fantastic time and learned a lot about wild mushroom identification.



Dillon, Brad, Rielle and Remi forage for mushrooms

## Lands and Resources Update

By Denise Smith, Director

**Our hatchery like to gently remind our citizens that you are required to report your data if you are in possession of a Harvest Card. This is mandatory and very important.**

We look at the data to determine if our citizens are able to harvest what they are looking for or need (ie. Fish, crab, prawns, clams, etc). This also includes deer, birds, mushrooms, plants, seaweed, etc.

We do advocate on your behalf when we hear that we are not able to get what we need. Example – we heard that people were having a hard time getting crab around Ahgykson (Harwoo) so we have been discussing this with DFO.

We have raised concern about the number of people out on the beaches and have been participating in beach surveys to assess the clams on the beaches.

If you have a harvest card, please submit your data on the Harvest app. If you need help getting the app on your phone or computer, please contact Leonard Harry at the hatchery (604-483-4111) and we can help you.

### Food Fish Distribution

We are in the early phases of planning for a distribution – we are hoping to do in early November. We will do like we did last year – Vancouver, Victoria and mid-Island. Once we have confirmed a date, we will notify you as soon as we can. We will also be doing a distribution here in our community.

Stay tuned for updates soon.

## Archaeology (Continued from page 1)

There it was, it just popped up in the screen, I yelled "whaaaa" as I got excited as it's my first projectile I have found. Holding a piece of history in my hands is an unexplainable feeling. To know I am holding something that was once held by our ancestors. The hard work makes it worth while. I hope that this can excite some of our youth to follow in this important work. They won't be disappointed."

**By Rachael Sydenham, Referrals Coordinator**

This summer was busy with a lot of projects, from monitoring heavy equipment to excavations and screening soil after emergency repairs. We found a wide variety of archaeological materials, lots of faunal remains (animal and fish bones), lithics (stone tools), and some Ancestral remains.

When we talk about lithics (stone), we are often talking about flakes, hammer stones, or cores. They might not seem that important to most people, but to archaeologists it can tell a story about how Ancestors created the tools that helped them in their daily lives. Most of the time, these tools are made from common stone found nearby, like basalt or dacite, but this summer we found many obsidian flakes. Obsidian is interesting because it's not from the area, previous sites have identified obsidian from volcanoes as far away as Cochrane Bay in Oregon or Anahim Peak in the interior of BC. This indicates that Tla'amin Ancestors had a trade network, and they traded for these materials that came from a great distance.



**Rare quartzite make beautiful tools of high value**

Another material that is local but is quite rare is quartzite. These make beautiful tools that would have had high value. Just like people today, people in the past were excited by items that were rare or unusual. We have seen quartzite projective points in other sites, but this summer we found an unusual, notched tool that was carefully made, but its purpose is unknown.



**Makaela Gallagher (right) worked with Alexis Rublets, Culture and Heritage Technician sifts for signs of archaeological evidence and is already excited to be there next year to continue her discoveries.**

Suggestions are always welcome, feel free to email us at Referrals to let us know what you think!



**Microblades used for skinning small animals**

Other unusual finds for this area are microblades. We recently found a broken microblade which gives you an idea of how small they are. These would have most likely been used to skin small animals such as martens or remove delicate bird skins that tear with larger tools.

Although flakes can tell us a lot about how stone tools are made or how Tla'amin Ancestors used trade networks to bring valuable materials to work with, ultimately everybody who works in this business hopes to find a fully formed tool, such as a projectile point (arrowhead).

It takes hours and hours for someone with a high level of skill to make something so beautiful. Just imagine that long ago an Ancestor lost it only for a Nation member to find it this summer.

That's what is exciting about this work we do, connecting to the past and knowing that people have walked this land for centuries, leaving evidence for us to find and bring them back to life through these connections.

The fall and winter season are already ramping up to be busy with lots of work in Nation developments as well as industry and City work in the qathet region. As always, if you want to do any ground disturbing activities on your property, please reach out to us in Referrals, you never know, your property might the hot spot where we find something exciting to share with the community.



**Notched quartzite Tool is a rare discovery**

# Tla'amin Nation advances plan for 30 homes at original village site of tiskwət

*Affordable rental housing for Indigenous families, people with disabilities, women with children, and youth.*

On September 10th, Tla'amin shared the news that it had been selected to move forward with a housing proposal at its former village of tiskwət.

“Tla'amin is returning home to our original village of tiskwət” said Hegus John Hackett. “I’m flooded by emotion because for the first time in 150 years, our people, the decedents of those forcibly removed from tiskwət, will once again be reconnected and caring for our original village site.”

Located at 5903 Arbutus Ave, 30 affordable rental homes are planned for Tla'amin families and other Indigenous people living in the qathet region and are anticipated to be made up of two- and three-bedroom units.

The tiskwət housing project is Tla'amin Nation’s first major housing development located outside of the main community of tšosəm. Tla'amin Nation regained over 8300 hectares of its territory through the modern treaty process.

The new development is widely supported by the broader community and received letters of support from Powell River Mayor and Council, the Powell River Chamber of Commerce, qathet Regional District, and other partners all who share our enthusiasm and commitment to this project’s purpose.

Energy efficient multifamily units are a cornerstone of Tla'amin’s housing strategy and a model for further densification of housing in the region. The blueprint for the project is inspired by the recently completed 24-unit Elders and assisted-needs housing complex located in tšosəm. Extensive community engagement by the Tla'amin resulted in apartment style living that feels like home to Tla'amin Citizens. Working with this design as a starting point allows Tla'amin to save on time and budget.

Executive Councillor for Public Works and Capital Infrastructure Losa Luaifoa says, “We weren’t meant to be crowded into one small corner of Tla'amin territory. This new and affordable rental housing on transportation routes will significantly improve the daily lives of our Citizens and other residents, offering easier access to work, schools, healthcare, and recreational activities.”

Tla'amin have partnered with Lu'ma Development Management and Urban Arts Architectures to develop the project plan. More details will be shared once project details are finalized.



**5903 Arbutus Ave is the site for the 30 home project.**

## QUOTES

*“Tla'amin people are returning home to tiskwət. I want to sincerely thank everyone who has got us to this point: Our Ancestors who cared for this Land since time immemorial, our Development Planning team for helping us with the Proposal, and to BC Housing for recognizing the meaning this project will have for our Nation’s healing. This is a huge step forward for our people to live outside of our old Reserve boundaries & reconcile with our neighbors. I’m so proud and joyful to see this project move forward.”*

**Carmen Galligos, Director of Public Works and Capital Infrastructure**

*“This project not only promises to alleviate the housing shortage but also marks a significant step in honoring the ancestral ties of the Tla'amin people to their former village site. The City is willing to collaborate closely with Tla'amin Nation through the formal development processes and will actively engage in discussions regarding the necessary servicing agreements required for project realization.”*

**Mayor Ron Woznow, City of Powell River**

*“We celebrate the return of the Tla'amin people to their ancestral site as a great homecoming and recognize the positive ripple effects this project will have on local businesses through increased foot traffic and economic activity. We are confident in the Tla'amin Nation’s ability to execute this project with great respect and sensitivity to the cultural and historical significance of the site, ensuring benefits for all parties involved.”*

**Dave Formosa, Chair, Powell River Chamber of Commerce**

**“Tla'amin is returning home to our original village of tiskwət” said Hegus John Hackett. “I’m flooded by emotion because for the first time in 150 years, our people, the decedents of those forcibly removed from tiskwət, will once again be reconnected and caring for our original village site.”**

# Work begins on the new ʔagayqsən Lane subdivision

*(formerly Harwood Dr.) that will include 14 lots, 11 for market housing and three for Nation-owned rental homes.*

The subdivision will be built off Harwood Dr. and end 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. Access to existing services means that development can happen sooner and with less cost than other building sites.

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. 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."

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.

Executive Councillor and Public Works Housepost Losa Luaifoa is enthusiastic about the project and the opportunity this presents for Tla'amin families. "The ʔagayqsən Lane subdivision increases access to new, safe and affordable housing," Luaifoa continues "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."

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



Elder yaxʷum John Louie explains the importance of brushing and cleansing to the assembled witnesses.

## What You Need to Know if you are Interested in securing a lot

### 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 ʔagayqsən Lane Subdivision Lots?

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

### 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.

Citizens are asked to formally express interest in a ʔagayqsən Lane Subdivision lot by emailing [denise.smith@tn-bc.ca](mailto: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.)

Consider your housing plan. The ʔagayqsən 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.

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)

### 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 visit our website to check out the jobs available with our civil engineering partner Leighton Contracting.

- Labourer Job Posting
- Landscape Maintenance posting
- Water truck-Rock truck

### Who can I contact to learn more?

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

# New Hires in Housing and Tla'amin Forest Products

## Housing Administrative Assistant, Tla'amin Housing

Lisa Wilson



Lisa Wilson joined the Tla'amin Housing team on August 6th as the Housing Administrative Assistant. She brings a diverse background to her role, including experience in archaeology, First Nations Studies, technology (with expertise in web development and GIS), hospitality management, accounting, and farming. Lisa is responsible for overseeing general housing correspondence, department finance and reporting, managing tenancy agreements, filing and records, and providing administrative support for special projects and meetings. Having grown up in Tla'amin, Lisa returned home with her son after many years away. Her connection to the land and community is reflected in her passion for gardening and plant medicine. In her spare time, she enjoys paddle boarding, hiking, painting, sewing, and exploring the rich landscapes of the Tla'amin territory. Lisa's warm demeanor and extensive skill set make her a valuable asset to the team, and we are excited about the contributions she will bring to our work.

## Thichum Forest Products is excited to welcome Jerod Timothy and Justin Sweet to the 'Thichum family'.



Both Justin and Jerod reside in the community and will work with the Thichum field team led by supervisor Scott Francis. They will gain experience in a variety of job experience including; vegetation management, fire abatement activities, flagging and general forestry activities.

Justin has years of valuable experience in forestry operations working for both Tla'amin and Klahoose while Jerod is new to the forestry field - his youthfulness and willingness to learn are considered a valuable asset.

Thichum is proud to provide meaningful jobs. Currently, Thichum has a workforce of 18 staff, with 15 being Tla'amin Citizens. Thichum's vision and goal is to support the growth of the community by providing jobs at all levels which develop personal growth and provide consistent and meaningful work to staff.

We wish both Justin and Jerod a safe, productive and enjoyable pathway into the forest industry.

## Adam Culos, General Manager, Thichum Forest Products

## Housing Manager, Tla'amin Housing

Stan Knight



Stan Knight joined Tla'amin Housing as the Housing Manager on September 3rd. He is a proud member of the Opaskwayak Cree Nation from Northern Manitoba and brings a wealth of knowledge and experience from a lifetime of dedicated work in First Nations housing.

Growing up in First Nations housing himself, Stan has committed his career to improving the quality of homes in First Nations communities. His diverse professional background includes roles as an RCMP member stationed in Northern Manitoba and Nunavut, a building supply manager, project manager, insurance claims adjuster, certified commercial and residential inspector, and First Nations Housing Manager, serving communities across Manitoba. Throughout his career, Stan has been driven by the challenges of poor housing conditions, often stemming from predatory contractors, substandard materials, limited funding, and capacity issues. He remains deeply committed to making a lasting impact on these issues and improving the quality of homes in First Nations communities.

Stan has been married to his wife Cindy for 36 years, and together they have two daughters, Emileigh and Madison, as well as two adopted children, Nathaniel and Jenevieve. Cindy and Emileigh both work as nurses, and Nathaniel, Madison, and Jenevieve are in their final years of schooling, with hopes of entering the nursing profession as well.

We are excited to have Stan on board, and his passion, dedication, and extensive experience will undoubtedly make a positive impact on the work we do in housing.

## Elders Firewood Distribution is a wrap!

The Tla'amin Elders Firewood Distribution was completed ahead of schedule this year. In total 79 cords of wood, valued at \$27,650 were donated and delivered by Thichum Forest Products to Tla'amin Elders.

A big thank you to the Public Works crew for chipping in and stacking the wood for Elders who needed help.

An expanded Firewood Program has helped transition Tla'amin guys from part-time to full time employment this year.

A 50% citizen discount is still available for Tla'amin Citizens and those caregiving Tla'amin Citizens.

To order your wood at \$175 for a cord email [firewood@tmslp.ca](mailto:firewood@tmslp.ca)



**PHOTO:** Adam Culos (left) and Kaycee Mitchell (middle) present the donation of 79 cords of Elder Firewood to John Hackett (right), General Manager of Thichum Forest Products.

## Executive Council Selected at First Sitting of Tla'amin Legislative Assembly

Tla'amin hegus and lawmakers met on October 2nd, 2024, for the inaugural meeting of the 2024-2028 Tla'amin Legislature. All elected officials attended in person and swore the Gunn-a-wooth (oath of office). All Legislators met the requirement to complete and submit conflict of interest declarations.

The swearing in ceremony opened with a prayer from Elsie Paul, the Tla'amin celebration song by Drew Blaney, and was livestreamed and recorded.

Business completed during the first legislative session included the selection of Executive Councillors and house post appointments. According to Tla'amin law, Executive Council is comprised of Tla'amin hegus and four Legislators.

House post appointments for the 2024-2028 term are as follows:

1. Finance and Administration -Dillon Johnson
2. Community Services – Brandon Louie
3. Lands and Resources – Callum Galligos
4. Public Works – Losa Luaifoa
5. Community Economic Development  
Hegus John Hackett

House posts, like cabinet ministers, hold broad responsibilities for their service areas including overseeing the development and evaluation of Tla'amin laws, policies, and programs. They serve as spokespeople, attend committee meetings, and actively participate report and represent their house post at the Legislative Assembly, Executive Council, and Tla'amin General Assembly.

Legislators not assigned to Executive Council may introduce legislation, contribute to the development, discussion, and enactment of Tla'amin laws and policies, provide essential oversight and representation for Tla'amin members, advocating for citizen needs. The Tla'amin Legislature reviews and approves the Nation's budget and audit and supports treaty implementation efforts.

Hegus John Hackett said "Today we held our first Legislative Assembly. I am honoured and excited to serve the Tla'amin community alongside our newly elected Legislative Assembly and Executive Council. We have a very diverse team that bring a wide variety of education and experience to our governance table. I'm looking forward to working with this team to keep moving our Nation forward."

In other business, Hegus John Hackett and Dillon Johnson were appointed to the Tla'amin Finance committee. A number of community-serving board and committee appointments including the Economic Development Committee, Citizenship Committee, and Review and Appeal Panel are coming up for renewal and Tla'amin citizens are encouraged to apply.

The first sitting of the Legislative assembly was delayed due to recount. Tla'amin Nation received its final election results on September 23, 2024. The next meeting of the Legislative Assembly is expected to be December 11, 2024. The first meeting of the Executive Council is expected to be October 16, 2024.



Tla'amin Nation Legislative Assembly on October 2, 2024.

From left: Legislators Brandon Louie, Erik Blaney, Callum Galligos, Dillon Johnson, Losa Luaifoa, Tanner Timothy, Gloria Francis, hegus John Hackett and Brandon Peters.

## Recreation Staff Update

### Speeding / Crosswalk - Use Caution

We would like to remind everyone to exercise caution in the Tla'amin Community, particularly in the 30 km/h zone in front of Cousin's House. With the increase in summer tourist traffic, we have observed instances of speeding in this central area. Please remind your children to be vigilant when near the crosswalk, use the crosswalk button, and always look both ways before crossing the road. Your attention to these safety measures is crucial in keeping the community safe.

### Field Use

With the arrival of fall and its accompanying rainfall, it's important to consider the care and maintenance of our brand-new TİSOSƏM field. For the latest updates on field conditions, please check the Tla'amin Community Recreation and Tla'amin Nation Members Facebook pages. Please note that the field opening time is from 7:00am-10:00pm.

If you are a sports team wishing to book the field for practice, please email [bookings@tn-bc](mailto:bookings@tn-bc).

### Field Lighting

As we transition into the cooler and darker months, please remember that the field remains open and available for use between 7:00am-10:00pm. The field is equipped with lighting, we rec staff kindly ask that you use it responsibly. Once turned on, the lights will stay on for a set time of 2 hours. To activate them, locate the small panel box situated between the change rooms and the mechanical room at the back of ʔayıştən ʔaye | Cousin's House. Inside the box, you will find a green button to turn on the lights.

### Facebook Page and staying up to date

As our programs begin, please be aware that changes can happen unexpectedly. While we do send emails to participants, we encourage you to follow our "Tla'amin Community Recreation" Facebook page for the latest updates. We regularly post reminders and important information about program changes to keep everyone informed

### Youth Nights!

Youth Night's happen every Thursday and Friday night from 5pm-9pm. Hosting youth aged 13-18 and friends to explore wellness through sport, craft, events, leadership, peer connection, land-based activities and more.

Meet at ʔayıştən ʔaye (Cousins House) in the ɔʔaykʷ (Eagle) Room at 5pm. Snacks are provided.

### Run Club

Run Club runs on Wednesdays at 4:45pm rain or shine!

Participants meet at the track, where, during the stretching period, the group collectively determines the route. The group stays together throughout the run to ensure a cohesive and supportive experience for all members utilizing communication, pick ups, and active recovery methods. We finish the program with a group circle stretch.

### Pumpkin Carving Community Event

Get creative with your family at the Salish Centre during our pumpkin carving event! Enjoy an evening of fun, including dinner and dessert. Perfect for all ages. **Pre-registration is required for this event.** This event is happening on Friday, October 25th from 5:00-8:00pm at the Salish Centre.

To register please email [rec@tn-bc.ca](mailto:rec@tn-bc.ca)

### New Online Registration System Coming Nov. 5

Tla'amin Nation is excited to announce the launch of its new Tla'amin Perfectmind Recreation Software that will allow clients self-serve access to programs and services that meet their recreational needs, while making registration simpler.

Starting **November 5** Tla'amin Nation members & Leaseholders will be invited to create an account that will provide access to many recreation & education programs and services offered in Tİsəsəm and register for any Winter 2025 programs of interest. Each week between Nov. 5 - 29 those who have created an account will be entered into a draw to win a Fitbit. Set up your account early to have 4 chances to WIN! Watch the Nation & Community Recreation Facebook pages for updated information and the link to online registration. For more information about Tla'amin Perfectmind, please email [rec@tn-bc.ca](mailto:rec@tn-bc.ca).

Check our monthly program schedule on the Recreation Facebook page or email [rec@tn-bc.ca](mailto:rec@tn-bc.ca) to find out more.

## Why a Citizenship Card

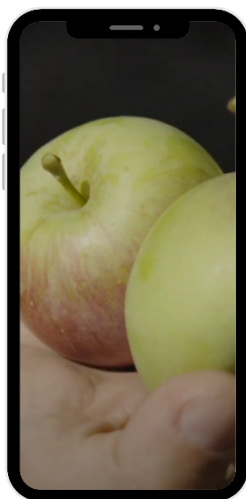
Citizenship Identification is secondary ID at all ICBC's and BC Services. The ID's are printed in office and take a few days – Harvesting rights on the back side of the card lists Plant gathering, intertidal Bivalves and Fish and aquatic plants. To harvest wildlife, migratory birds and bow hunt you need your firearms licence submitted with application.

### ʔəms nəm

#### Harvesting Nettle & Preserving Apples

Tla'amin nation members share their wisdom on harvesting nettle and preserving apples, passing on their teachings of where to gather, and the benefits of nettle.

The program also explores the cultural connection of these practices within the Tla'amin community.



ʔəms nəm app

October 14th, 2024

#### September's prize

View all of this month's teachings by October 31st to be entered to win a fruit dehydrator.



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

## Tla'amin Elders Corner

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

*Tla'amin Elders, you are welcome to join us for lunch.*

**October 8<sup>th</sup>, (Tuesday)**

Guest Speaker: Nicole Meier  
Coordinator of Traditional Ecological Knowledge

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

Location: Tla'amin Health

**October 20<sup>th</sup>, (Sunday)**

Elders Tea w/ Legislators  
Fall General Assembly

**Registration Required**

Registration online at  
<https://www.tlaamination.com/fall2024/>

Call Kaylei Blaney at 604-413-6917 to register by phone

Time: 12:00 noon

Location: Salish Center

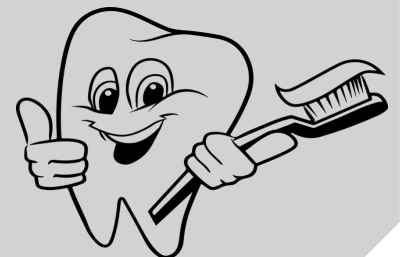
**October 29<sup>th</sup>, (Tuesday)**

Guest Speaker: OPEN

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

Location: Tla'amin Health

**No dental clinics in the month of October. Service to resume in November**



Honour Your Strength: Our diabetes wellness journey is an eight-part education workshop series, designed to be an introduction to living well with diabetes. We are holding a pilot of the first 4 sessions this Fall at Tla'amin Health. This was created for community health teams to deliver in a group setting for people living with diabetes and their support network, with content focused on type 2 diabetes.

### Space is limited

Please contact Sheila Paquette at Health to register:  
sheila.paquette@tn-bc.ca or call health.  
604-483-3009 ext 115

**Session 1: Coming Together**  
Tuesday October 22nd from 12-3 pm  
Tla'amin Health

**Lunch will be served.**

#### Objectives:

- To nurture connection within the group, ensuring that people are welcomed and have a safe space to share who they are and their experiences living with diabetes;
- To hear from each participant any hopes for the series;
- To support sharing strengths and challenges that people experience and
- To share an overview of the series, what people can expect, materials, timing etc.

**HONOUR YOUR STRENGTH**  
Our diabetes wellness journey



# 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."

## čičye Circle Teachings

čičye Circle Teaching

**Feeding our Ancestors**  
 Elsie Paul



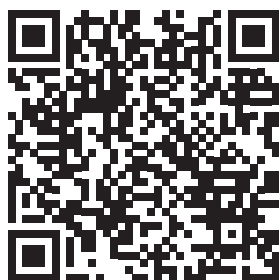
do your own meditation then. "For each of you," I tell them, "turn away. Don't be staring at the fire." Everybody turns away. And silence. No chattering. No chit-chatting. This time is very personal. And you think about all that you want to change in your life. What would you like to see change in your life? What would you like to fix in your life? It's a self-analysis. Where you've got some kind of pain or hurt or maybe you've got an illness or an ailment you want to – need help. And wherever you need help in your life!

You asked the spirits that you're feeding, the ancestors, to be there for you, to give you the strength

you need, or the direction you need to go. So when you're facing away from the fire, then you're meditating. Taking that time for yourself, for your own wellness. And when that's all done and the food has burned – you give it time to do that. And another reason why you turn away, too, from the fire, is that when you feed people, like if you feed people around this table, you know, and as a host you're not gonna stand there and watch people eat or stare at them eat. That's very rude. So you just put the food on the fire, you turn away, and you allow them to have their feast. So that's the other reason why you turn away.

You delegate someone from the other side, from the spirit world. You ask your grandmother or some Elder, or your late spouse: "You will look after this food. You make sure everybody gets some. So they'll have a feast on the other side." Making sure everybody gets some. And again, stressing the fact that there are people on the other side that may have been greedy in life, so therefore could be greedy on the other side.

And they will take more than their share when other people don't get any, so that carries over to the other side.



Go to full story by scanning the qcode

ALERT – it's #TeachingsTuesday and this week's teachings comes from Tla'amin čičye qaʔaxstales Elsie Paul who shares about caring for the ancestors who care for us. čēēhaθēč Elsie for this teaching, ʔimot

"In the fall time I do it for my grandparents, because I know they loved the chum salmon that come up the river and every part of that chum salmon, the fish heads and the fish eggs and the smoked salmon and the t'ən, you know, that's barbecued fish, the t'ən. So I do it for them, thinking of my grandparents and all the other Elders, 'cause that was their favourite food, these things I'm preparing. So when I'm preparing the food on the table, I'm making sure it's all in your thoughts: 'Grandmother, you will look after this. This is for you. And I know this was your favourite.'

And I have done it from time to time. Especially on our anniversary, or the anniversary of his death, around May, or somewhere close to June or Father's Day or something like that. Or I will do it in November for my grandparents too, 'cause the fish are coming up the river and we have an abundance of the fish that go up there. And I will do a feast for my ancestors. And I have called my grandchildren around that and – now that they're grown up and they can witness that – and they really believe in it. They really believe in it. And they really respect it, which I'm so thankful for. They don't treat it lightly. They really get something out of it, and they really appreciate it. Which I'm really proud of them for that. Yeah. It's a good feeling.

Once you're done, you just feel really light. And around that time when we're around the fire, do the burning, we put the food out there. And then everyone turns away. You

čičye Circle Teaching

**Living Intergenerationally**

**Brenda Pielle**



"My name is Brenda Pielle. I was born and raised in Victoria BC and my ancestry is British. I was fortunate to marry into the family of t'apwūt (Thupwuut), the late Susan Pielle. Through my marriage I gained a daughter Jodie, son Troy, and later a son in law Steve and grandchildren Makaela and Mattias. All are members of Tla'amin Nation. My late husband Wayne was a member of the Klahoose First Nation as are the boys we had together: Tyler and Russell. I am honored to be participating in the čičye circle which supports Tla'amin Nation in the direction of developing child welfare practices that will belong to the community.

When I think of families and traditional teachings, I am reminded of a conversation I had with my late mother-in-law who spoke of the benefits of living intergenerationally. Before European contact when families lived together, there was a lot of built in support for parents, and many opportunities for children and youth to learn from their grandparents. I can relate my memory of Sue's comments to when my children were six and nine and my father lived in our home. I asked my boys to put their toys away and get ready for a bath. They continued playing. Then their grandfather said, "excuse me, boys, I just heard your mother ask you to do something... you better get to it." They quickly jumped up and got ready for the tub. The way they responded to that grandparent voice was a big help to me. I noticed this when I used the traditional language, too. I only knew a few phrases but just as my boys responded quickly to their grandfather's voice, they also did to their ancestral language. I could say "let's go sit down" and they might linger. If I said, "kwaga hošt kw'anačim (kwagahosht quanichim)", they came to the table.

When I was taking courses on child development, I was impressed with how much ancient indigenous cultural teachings held knowledge that was just recently being discovered by psychologists in the modern world. For example, that the brain development of a baby is improved so much by the amount a baby is held, touched, and made to feel safe, secure, and loved. First Nations people have been wearing their babies for all time: having ways to have the baby wrapped right onto the mother's body so that hands could be free for other jobs. Keeping our children and youth close to us by talking with them every day, teaching them who their relatives are, and showing them how to work with food and various materials, are cultural ways that keep that feeling of security and love going for all the growing up years.

I have so much respect for these teachings, and I encourage you to keep them going: welcoming support from grandparents, using traditional language with our kids, and holding, carrying, cuddling, connecting with, and teaching our young ones as often as possible.



## Living Seasonally Sherry Bullock

this week's teachings comes from Tla'amin čičye Sherry Bullock who shares about the wisdom and power of living seasonally. čēčēhaθēč Sherry for this teaching, ʔimot

"It's the end of Fall, turning into Winter. What comes to my mind is living seasonally, like we used to: in sync with the seasons and with nature.

Winter is a time for us to regroup and nurture. I think we naturally gain a bit of weight, we start feeling cozy and squirrel away a little bit. It's time to slow down and not be so busy. And we sleep longer - that's why the sun goes down, I tell my grandchildren. It's really good for us.

This is when you can spend more time with each other, too – spending time with the kids and the family. Regroup, take care of yourself, spend more time with each other, and build your connections stronger again. Do some more resting and more nutritious eating. The change with each season is exciting and enjoyable.

I just love the seasons, especially working with plants. We can eat seasonally, too. Everything grows at a certain time of year when our body needs it. When Winter is over, we're ready for Spring and everything is new and fresh, like the fresh greens at that time of year. And then, everything that comes through the Summer has a purpose. When I make a cream, it takes me all year to make it because there's a different plant ready at different times of year.

The bottom line is just connection. Mother Earth has all the spirits of all the animals and plants; it's all there to take care of us. When we work against them, we're working against our own bodies. And when we live connected, everything flows. It's less stress. Stress causes sickness too.

So back to this time of year: it should be a time for letting go of stress and getting more of the love emotion by connecting with everybody. It's about love and family. We snuggle more, we play together more, and we eat soup together. And we get that sense of connection."



## Feelings are Normal Gladys Osawamick

This week's teachings comes from Tla'amin čičye Gladys Osawamick who shares about importance of opening up and letting feelings come. čēčēhaθēč Gladys for this teaching, ʔimot

"Incorporating spiritual talking circles and brushings into our family units would be very beneficial, especially with September coming and our very young children going to school.

September can be very triggering for parents with intergenerational trauma, or grandparents who are residential school survivors. Check in with your family, and ask them: how are you feeling? A lot of times our children push things down, as parents and grandparents do. Stuffing feelings can happen in a variety of different ways, for example: with food, alcohol, drugs, or another addiction of some sort.

Introduce the spiritual talking circle by letting all know this is a check in with how we are doing. There may be discomforting feelings and that's OK. Feelings are normal. The more we have the talking circle the more comfortable we will be sharing as a family. If there are tears, there is a teaching: washing your face and saying a prayer as you do this helps you get back to the present moment.

A lot of the teachings I received are from Elders from when I worked at the treatment center in Nanaimo. The teachings are similar to ours here, but there are differences too. I was gifted an eagle fan which is a very powerful tool for spiritual brushing. It is similar to the cedar branch which is another spiritual tool. I use both.

My husband and I just did a brushing with my grandsons a couple of weeks ago. As parents and čičye we can do that. It helps our grandsons to continue doing well in their lives ...

Another taʔow (Tla'amin teaching) is the water, spiritual bathing. In our teachings you go to the water and brush yourself with cedar branches early in the morning - whether it be the beach or the lake or the river. Brush yourself off and then you let the cedar branch go, so whatever you are letting or wanting to let go, the cedar branch and water take care of it for you. A lot of parents and grandparents think they can't do their own cedar brushing. You can. You can brush your own child, your own grandchild. You can ask your daughter or son or grandchildren to join you in the living room on a Sunday. My late Elder friend used to do that with our grandson. She gave and left him a lot of teachings."

čičye Circle Teaching

Helping and Sharing

Pauline Paul



As the crickets begin their evening song our thoughts turn to fall and to chum and smokehouse season.

This week's teachings comes from Tla'amin čičye Pauline Paul who shares about the intergenerational values of helping and sharing.

čēčēhaθēč Pauline for sharing this teaching, ʔimot

"November is usually the month that my mother-in-law does smoked fish; that's her love. She loves to do smoked fish and barbeque fish by the fire. She smokes it in brine; it's got that special touch to it.

We all help right from the start – washing it and brining it, hanging it the next day. Taking the bones out of the fish with tweezers - my mother-in-law used to use her teeth. My daughters help with washing and dumping the water. There's always something to do around that time. Before you hang the fish, you soak your cedar sticks in water for a day or two so it's not dry. And you gather green or brown ferns and use that wipe the fish down because they're very slimy. The young ones just love to handle the fish; they think it's out of this world. Gathering and piling the wood for the fire, usually alder. My mother-in-law keeps the cedar sticks you hang the fish with from year to year and just replaces them as needed. And the fire can't be too hot, it has to be a certain temperature.

The hard work, it's well worth it to have the young ones experience the kind of work you have to do. It gets the family together and passes the teachings down to them. It's always nice to sit by the fire and watch the fish cook – and have a great lunch after. We have it with boiled potatoes, and bacon grease of course! You can't have smoked fish without bacon grease. The fish itself is cut very thin for the smokehouse. The extra meat that's there, they call it neckties. It's the best snack! The female fish have eggs; we save that and use it when we make fish soup. That was always a staple for the older people.

She always says when you're finished doing the fish, the guts and everything has to go down to the beach, right at the water line. We were always told you have to bring it back where it came from. There's not too many smokehouses around now, but they have a big community one up at the hatchery. I went fishing with my dad when I was younger. My oldest daughter was just starting to walk, and I had her up there too. That was quite the experience, something I'll never forget. It's nice to reminisce about those old days, and pass it on. Keep it alive.

I try to instill sharing in my grandkids whenever we do something, like picking berries. We always share with the Elders that can't get out and do it for themselves. When we distribute, my grandkids bring it to the door and hand it over. It's nice to see them carry that on. It's always been that way, long ago. Fish, deer meat, clams – you always share what you have. It's a good feeling."

čičye Circle Teaching

Taking Care of our Energy

q<sup>w</sup>oq<sup>w</sup>?asoqt  
Rose Adams



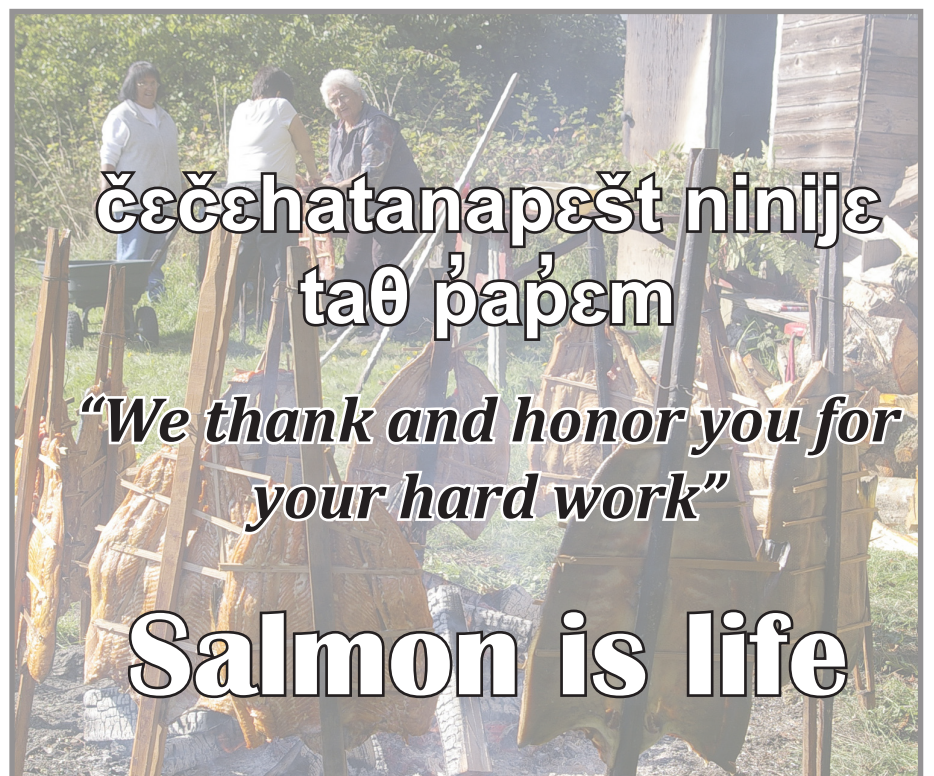
Taking Care of our energy, our words and our thoughts comes from Tla'amin čičye Rose Adams. čēčēhaθēč Rose for this reminder this morning, ʔimot

Rose says "Everything has energy; everybody has energy. We need to take care of each other's energy and our own.

Make sure that you're aware of what's going on around you. It's a judgement call whether you engage with that energy or not. If I didn't think I was in the right energy for something, I would step away and take care of myself. In order to be responsible and to get myself in the right energy, I would have to do self-care; look after myself with integrity.

Self-care would involve taking care of the body, and the mind as well. It would also mean taking care of the words that you say, taking care of your thoughts. Yes, even your thoughts come into play. And when you're caring for children, all of these things come into play, even before the child is born. Definitely when the child arrives, you would have to take care of your thoughts and your actions. And even more so when you're a grandparent.

We need to be very aware of where we are at in life and make the best call for the children because they're innocent and they don't necessarily have the words to speak up for themselves. Children don't necessarily have the words to use to be able to say: you're not giving me 100%. So, we have to do it for them. We should always be at our best when we are speaking up for them, because it's the children that will pay the highest price if we aren't. We need to be more aware of our own energy and the energy of anybody else we're with. Taking care of energy, taking care of self is crucial."



# Food Harvesting teachings by the čičyε Circle

The čičyε circle is a group of čejtən (grandparents come together to oversee and contribute to the Tla'amin Child & Family Services reform. During these gatherings, special taʔow (teachings) are often discussed which are recorded by staff to be shared with community. The name čičyε Circle is to honour the role that grandmothers have played in the lives and structure of our families since the beginning of time. However, the čičyε Circle welcomes all grandparents of Tla'amin children and includes several kʷukʷpatən (grandfathers).

On August 26, 2024, the čičyε Circle discussed childhood experiences of harvesting food. Conversation included how they did it, what they learned, and what they'd like others to know.

## Memories of harvesting many foods

The Circle remembers catching, cutting, and smoking fish in the Fall. This was a long, and often intense, process with a lot of responsibility. "I used to go out on my grandfather's boat: set the net, pull the net, come back in and clean the net. Sit on the beach, clean it, put it back in the boat." There was other seafood as well. ʔagət (herring) could be collected out at ʔekʷanəm (Scuttle Bay). ʔoxʔox (oysters) could be cooked over an open fire. kʷuʔəm kʷum (cod eggs) and seagull eggs were also a good food to harvest. And at other times of year, there were ʔayuxʷ (berries) that were collected, ʔelqay (bbq deer meat), and ʔaples (apples). "When we couldn't get fish, you'd eat what's in season." Harvesting different foods also provided opportunities to spend time on different parts of the territory: toxʷnəč (Okeover Inlet), ʔapukʷəm (Forbes Bay), toqʷanən (Theodosia), ʔagayqsen (Harwood Island), and qayeqʷən (Savary Island). "We were always doing something for the season."

It was hard work but at the same time, everybody had fun. čepθtən (aunties/uncles), and other ʔεʔaʔε (relatives) were always there. The young children were also included by giving them the jobs like returning the kʷaxmən (fish guts) to the ocean, below the tide line. As they got older, they started to learn to cut fish. There were many jobs connected with this work, and it involved the whole family.

## What was learned

Harvesting food was about so much more than just getting food on the table. The process also included space for family to work together, build cohesiveness, and pass on teachings that related to all aspects of life. In addition to all the fun that was had, food harvesting was how many of the Circle members came to know several important teachings:



Elsie Paul shares her knowledge of barbecuing fish by an open fire pit with family members

## ʔukʷtəm ti:stəm (everything is respected)

"We used everything." This is tied to the teaching respect all living things. Circle members told us, "Those teachings are important to keep in mind when you go out to harvest. You give thanks to the Creator, to the salmon family. They gave up their life. Even digging up a clam. The first clam you get, you blow on it and acknowledge that it's a living thing. You thank the clam family and apologize. Thank them for allowing me to take some so I can survive. Appreciation for every living thing from our waters and territory." This teaching extends to all things – not just what we are harvesting. "Take care of the net and the tools we need. Wash out the canoe. Really take care of everything. Not just appreciation for the food, but appreciation for the gifts." When we take care of the world around us, the world will take care of us in return.

## Patience

Preparing ʔaʔyεʔ (preserved food) takes a lot of time, care, and hard work. As young children, Circle members learned the lesson of patience. One tool for patience is to find ways to turn this work into a good time by talking and joking while doing the various tasks. "It was a fun thing, because we'd all be sitting around the table." Keeping a positive state of mind is important because our mood, thoughts, and energy are all put into the food which is then consumed by other people. We only want people, including ourselves, to take in good thoughts and intentions when eating.

## Θoč tεwšim (I am going to learn)

Learning is an ongoing process through life. Even elders are still learning. Sometimes important lessons came from ninayew (making a mistake/error). "I started to learn how to hang fish. My mom said, 'It's your turn this year to hang fish in the smoke house.' They just watched and let me make mistakes. When I hung the second one, I got slime on me from the first one because I hung it too close to the door. So they didn't say 'You were wrong,' they said, 'What would you do next time?' We learned by example."

## gaʔεtčxʷ pəʔəm (work hard at what you do)

A teaching that comes up again and again in our stories is xʷačxʷ ʔomatuxʷ (don't be lazy). By watching their parents and other adults work hard, children learn to pəpəm (work) and take care of each other. "We were taught how to take care of our younger ones: bathing them, changing their pants, washing their diapers, hanging it up, helping Mom." The work ethic learned during food harvesting encourages hard work throughout all aspects of life.

## hoʔoθot (to get ready/prepare)

Finding ways to lighten the load also means planning. "My mom [was] always telling me, 'Have everything prepared... have your net ready, everything ready that you'll need before you start the activity. Have wood ready for smoking the fish.'" Planning well for a full day can make all the difference.

"When the tide was really low, you'd go down the reef and get butter clams. We'd go up to pick berries and hunt. There are four swamps in the middle of Harwood, we'd pick medicines up there. When you went out you didn't just do one thing." Planning was often a year long process, such as preparing the wood for fish in springtime which would be used in the fall. Be mindful and thoughtful of how your actions, or inaction, is going to affect the rest of the day and the world around you.

## ʔaθatawʔ (to share with one another)

And then, once successful, the next important lesson is to share. "It wasn't just for you. When they went out gathering, it wasn't just for themselves. Everybody would share." Being a part of community brings many privileges and opportunities. It also brings many responsibilities. payεčepʔot yiyeməwʔ (you always take care of each other). Thank you, čičyε Circle, for passing along some of your knowledge about food harvesting.





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

## How to not get your Facebook hacked

By Spencer Braak

It is becoming increasingly common for people to get their Facebook accounts hacked. We'll go over a few common attacks and tricks that people are using. Make sure to scan the QR code at the bottom of this article to see how to enable 2fa for your Facebook account, this is one of the best ways to protect your account.

### “Never Send a code to prove its you” Trick

This is a common scam, typically pulled when you are either selling or buying something off of Facebook. Someone will contact you, willing to do business with you, but they will want you to “Prove it is you, and not a bot”, or something along those lines. They want you to repeat a code in their chat that is going to your phone / email.

What is really happening in this exchange is that they are trying to log into your account. They click the “forgot password” option, which when clicked, will send some code to your phone or email. If you do give them this code, they will be able to log into your account and change your password! Locking you out of your account. What you should do: Stop engaging with them, block them and report them. They do not want to do business with you, they just want to take over your account.

### Fake Facebook Login Page

This style of attack is decreasingly common, but still around. Someone may send you a link to a website that looks just like Facebook but isn't Facebook. The site's address may look like: facebook.scam.com, faceb00k.com, facebook.zh. **Always make sure it is the real Facebook site, better yet, don't click on any links from strangers.**

If you do happen to fall for this attack, you will be asked to sign in, to view the content (usually the attacker baits you into viewing something shocking, like “Donald Trump dead at 78!”). If you sign in, the attacker will have access to your credentials, they will sign into your account and change your credentials.

Additional note: Someone who doesn't know much about security, as mentioned in this article, probably does not have the technical skills to scan a qr code lazy, and only use one password for everything, this can cause big problems if this attack is used.



## Fall intake for the Qaməs ʔəms tala Settlement Trust open October 7-18, 2024

**\$368,364.00 was distributed to four successful Tla'amin recipients during the Spring 2024 intake.**

Tla'amin citizens who are interested in starting or expanding their businesses are encouraged to apply to the fall intake of the Qaməs ʔəms tala Settlement Trust opening October 7 and closing October 18 at 5pm.

The Economic Development Fund was established through the Qaməs ʔəms tala Settlement Trust Deed for the sole purpose of helping Tla'amin citizens starting a new business or growing and enhancing an existing business.

\$368,364.00 was distributed to four successful Tla'amin recipients during the Spring 2024 intake. In 2023, a total of



\$207,748.00 was disbursed to one successful Tla'amin recipient.

New versions of the Handbook, Business Application, and Verification Letter of Good Standing for October 2024 are located on the Qaməs ʔəms tala Settlement Trust website.

Please visit [www.tlaamintrust.com/grants](http://www.tlaamintrust.com/grants) to download the information to get started.

Jessie Peters, Education and Employment Counsellor Tla'amin Nation, is available to assist with your business plans and applications to the Trust. You may contact her at: [jessie.peters@tn-bc.ca](mailto:jessie.peters@tn-bc.ca)

Please follow the

instructions in the Handbook closely to assist you in completing your application correctly.

If you have any questions about the applications process, please reach out to Trustee April Treakle at [trustee1@tlaamintrust.com](mailto:trustee1@tlaamintrust.com)

### About the Trust

The Qaməs ʔəms tala Settlement Trust was established under the Tla'amin Treaty (Final Agreement) for the benefit of Tla'amin citizens and is currently valued at \$55 million. The Trust is governed by a trust deed and managed by a Guardian and Trustees. Trustees are Ann Paul, April Treakle, Jasmin Menendez, and Kayla Peters.

## Baby Welcoming Ceremony 2024

### Regalia & Button blanket making



You are invited to come and work on a button blanket for your children at the Baby Welcoming Ceremony. Craft materials, childcare and light snacks will be provided

**September 25th until October 17th**

Wednesdays 11:00am-2:00pm, CDRC  
Thursdays 2:30pm-6:30pm, CDRC

October 5th & October 6th  
10:00am-4:00pm- Salish Centre

Contact [cdrc@tn-bc.ca](mailto:cdrc@tn-bc.ca) or [brandy.francis@tn-bc.ca](mailto:brandy.francis@tn-bc.ca) for more information





**Barbara Galligos**

**Sunrise:** July 29, 1960

**Spiritual Journey:** September 21, 2024

"Today and always, may loving memories bring you peace, comfort and strength"



**Fruit Tree Relocations:  
Message from Public Works**

Our Cultural Center & Traditional Foods Processing Facility project site will include food security gardening in the landscape plan.

If you have fruit trees in your yard that you'd like removed, please reach out to us at [publicworks@tn-bc.ca](mailto:publicworks@tn-bc.ca) and we can arrange transplanting them from your yard.



**čičye's Cinnamon Apple Cake**

**INGREDIENTS**

- 3 cups Robin Hood Original All Purpose Flour
- 1 3/4 cups granulated sugar
- 1 tbsp baking powder
- 1/4 tsp salt
- 4 eggs
- 1 cup Vegetable or Canola Oil
- 1/3 cup apple or orange juice
- 2 tsp vanilla extract
- Filling**
- 4 large apples, peeled, thinly sliced
- 1/3 cup granulated sugar
- 2 tsp ground cinnamon
- icing sugar, optional

**DIRECTIONS:**

- Preheat oven to 350°F (180°C). Grease and flour a 10" (4L) tube pan.
- **Cake:** Combine first four dry ingredients in small bowl. Beat eggs, oil, juice and vanilla in large bowl. Add dry ingredients, beating until smooth (batter will be stiff).
- **Filling:** Toss apple slices with sugar and cinnamon.
- **Assembly:** Spread 1/3 of batter in prepared pan. Cover with half of apples. Repeat layers. Spread remaining 1/3 batter on top.
- Bake in centre of 350°F (180°C) oven for 70 to 75 minutes, or until cake tester inserted in centre of cake comes out clean. Cool 20 minutes in pan, then remove to rack and cool completely. If desired, dust with icing sugar before serving.

**phrase of the day**

čěčwuq<sup>w</sup>omayč

(stomach growling from hunger)



**Belinda Shannon Williams**

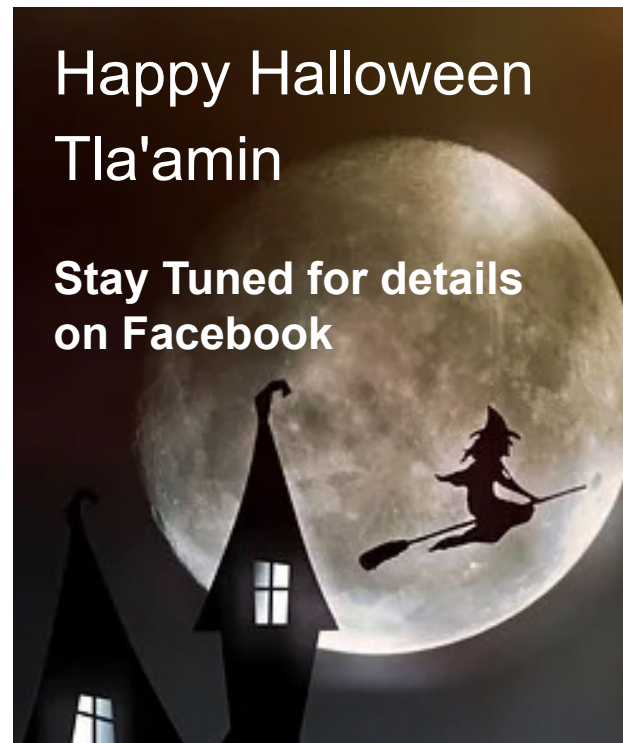
**Sunrise:** January 22, 1978

**Spiritual Journey:** September 18, 2024

**"When you lose someone you love  
You gain an angel you know"**

**Happy Halloween  
Tla'amin**

**Stay Tuned for details  
on Facebook**



**Happy 23rd Birthday Riley**