



Salmon People and Baby Welcoming Highlights Opening Day of Fall General Assembly

Twins gather at the hatchery to honour the salmon and return the bones to the river.

By Steve Gallagher, Editor

On opening day of the fall General Assembly, Tla'amin members filled the Salish Centre for a social afternoon at the tradeshow, ʔayʔajuθəm bingo, a traditional feast, and a baby welcoming ceremony. Families were blessed with a traditional meal including smoked salmon prepared by Kevin Timothy leading up to the feast. Early to rise was Joan Williams to prepare the BBQ salmon by the fire at the hatchery. Compliments to these two knowledge keepers and all involved working in the kitchen.

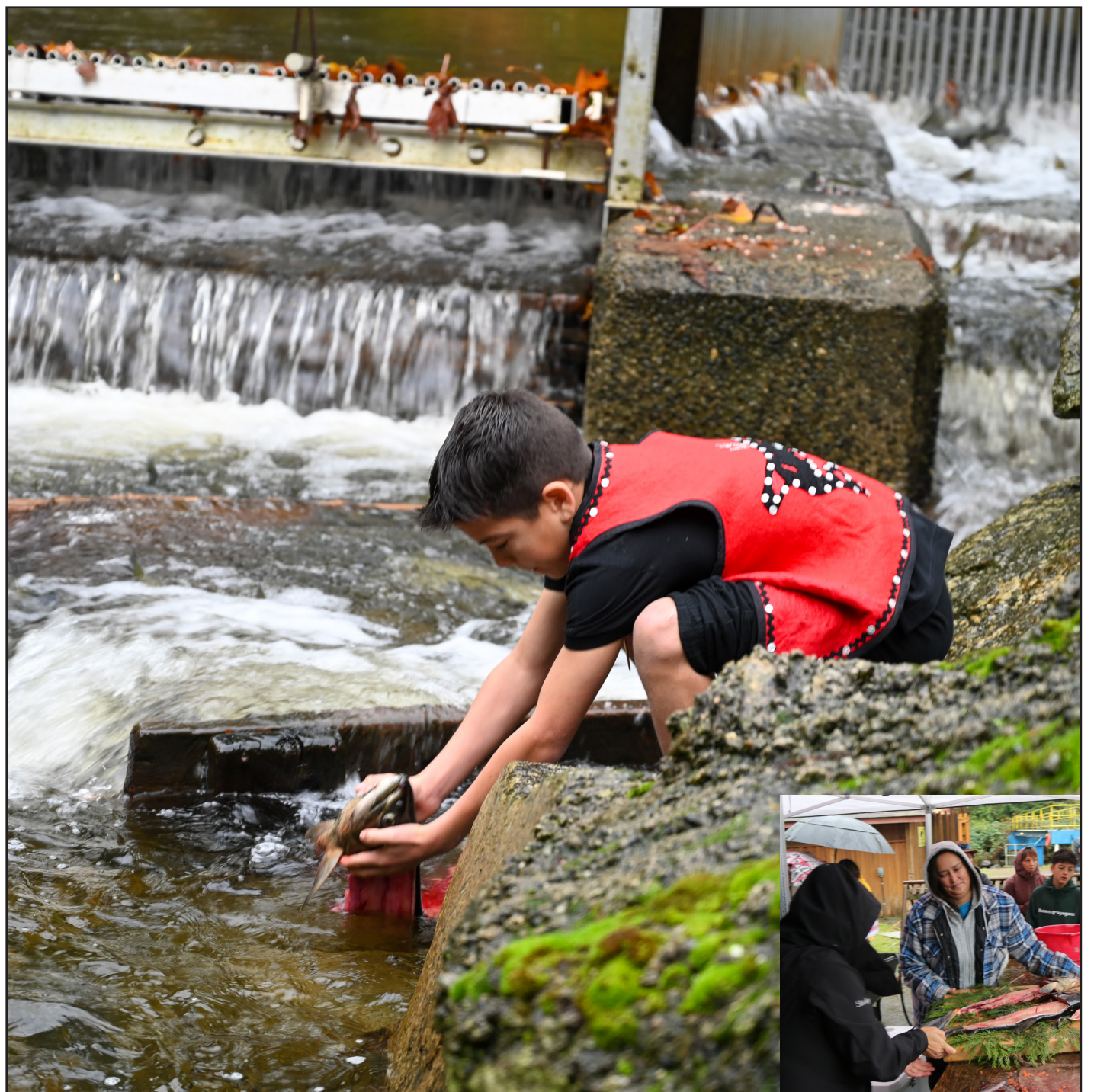
Earlier that afternoon, a special *salmon ceremony* was witnessed by elders and youth to acknowledge the salmon that return to our rivers year after year.

According to legend, twins are very special for Tla'amin people. In our culture, twins are descendants of the salmon people.

For this reason, it was very important for us to include all of the twins from our community. This was our first salmon ceremony in a very long time.

Cultural Coordinator Drew Blaney explained, "As a part of this ceremony, twins took two salmon from Tla'amin creek, one male and one female chum salmon. The chum salmon were walked up on a cedar board being carried by Alison Wilson and Shirley Louie, while twins Rowen and Riel Leblanc-Tom, Stanley and Lincoln Peters and Terri Galligos followed along."

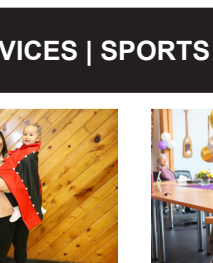
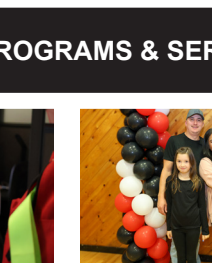
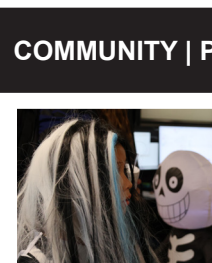
The salmon were fileted and the bones and guts were then brought back to



Twin brother Riel Leblanc-Tom places the fish bones back in the water. This part of the ceremony gives thanks to the chum salmon and asks the salmon to return year after year. (Inset) Allison Wilson and Shirley Louie prepare the cedar board to be carried to the river.

GENERAL ASSEMBLY
(Continued on page 5)

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Tla'amin Governance House Updates

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qathet, BC
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Message from Hegus John Hackett



I want to acknowledge the hard work that made the tradeshow a success. It was great to see everyone connecting and socializing.

Reflecting on the General Assembly there are areas Legislative Assembly and myself will be addressing, such as conduct.

It was uncomfortable for many people when lateral violence arose. Executive Council have debriefed and is reviewing the code of conduct for the General Assembly to ensure that we have the tools to intervene when incidents like this occur. We want to ensure that events like the General Assembly are family-friendly, and that Citizens and staff will not be exposed to lateral violence.

Tla'amin Election 2024

I want to express my gratitude to everyone that made it to vote

September 16th I'm feeling grateful for the team that you have elected.

For the first time that I can remember and maybe the first time in history- Tla'amin has elected **two Urban citizens**, Tanner timothy welcome to the legislature and Brandon Peters.

Urban Tla'amin's make up about half of all Tla'amin Citizens, and having leadership who understand the joys and struggles of city living - it makes our table whole; it makes our table more complete.

It's good to have some continuity at our table, welcome back Losa, Dillon, Erik, Gloria. This continuity matters to our government and allows us to hit the ground running.

Welcome aboard Callum and Brandon Louie. These two gentlemen bring youth and new energy to our Legislature. We are grateful that they have taken on

two of the biggest portfolios- lands and community services. I'd like to recognize Larry Louie, Leonard Harry, and Lori Wilson for their dedication and hard work.

I look forward to working alongside our elected leaders to serve the community. With teamwork, collaboration, and respecting one another I am confident that a lot will be accomplished.

In closing, I would like to acknowledge our long-standing employee Esther Williams for 46 and a half years of service, dedication and loyalty with our nation. We wish you a well-earned happy retirement.

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Greetings Tla'amin, I want to reflect on our General Assembly last October. Unfortunately not everyone was able to attend due to the weather. This General Assembly still had the largest attendance I have ever witnessed, where we had every seat set up on the gymnasium floor. We had Citizens travel from as far away as Atlanta, Georgia. Citizens joined our General Assembly from Meridian Idaho.

I want to acknowledge the long hours and dedication from our staff during the General Assembly. It was amazing.

I saw so many proud parents, grandparents, aunts, and uncles at the baby welcoming ceremony, which was followed up with an incredible traditional feast. Every seat that we have at the gym was set up. I believe that this was a largest attendance Tla'amin has ever had at a General Assembly.



L-R: Tanner Timothy, Erik Blaney, Brandon Louie, Gloria Francis, Brandon Peters, Bev Dixon, Dillon Johnson, Callum Galligos, Elsie Paul and hegus John Hackett

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

House Post Appointments

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.



Finance and Administration
Dillon Johnson

Public Works
Losa Luaifoa



Lands and Resources
Callum Galligos



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.

Hegus John Hackett 

Community Services
Brandon Louie



Role of Legislators

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

Natiwon’s budget and audit and supports treaty implementation efforts.



Legislator
Brandon Peters



Legislator
Tanner Timothy



Legislator
Gloria Francis



Legislator
Erik Blaney

Three Projects on Schedule for Completion in Spring and Summer of 2025

Public Works & Capital Infrastructure Department

Harwood Lane

In response to the Housing Shortage, we are working hard to develop more Housing Options for Tla'amin People. One of the options that Citizens have expressed interest in, is building their own home on serviced lots within Tla'amin Lands. In September, construction began on a new Subdivision off Harwood Drive in t̓išosəm. This project supplies new critical infrastructure to support Housing development and bring more families home to our Lands.

The new road is named Ahgykson Lane (ʔagayqsən λəmstən). A small step towards reclaiming our language & in relation to it connecting to Harwood Drive.

Through September and October, we completed a lot of grubbing and clearing. We burned some of these slash piles in the Gibsons Pit area & apologize for any inconvenience that the smoke & noise had on the community. We appreciate the neighbors' patience and understanding while this work happens nearby their existing homes, valuing the end purpose of the project to house more Tla'amin Families.

We have kept soil and trees on site that could be saved and re-used. This project will result in a total of 15 serviced lots, ready for construction of housing. We expect that 12 will be allocated to Citizens



Harwood Lane is the new subdivision in t̓išosəm to address the housing shortage. Citizens now have the opportunity to build their own homes on serviced lots

wishing to construct their own Private Homes on. The remaining lots will be used to construct Rental Housing on. This project will also result in improvements to the surrounding greenspaces and parks in the area, including Storm Water Management. The project schedule is due to complete in Spring 2025, when the lots will be handed over to Citizens to begin their construction projects.

ʔəms ʔayεʔəms ʔayε (Our House) is under construction since our Ground Blessing ceremony last November, and is expected to reach completion in June 2025. This project site includes the construction of our Cultural Center and Traditional Foods Processing Facility.

We are also planning to add a third building to this site that will be a home for the g̓jε Program & our Cultural Department's Carving Programs. All spaces will provide a safe, beautiful home for awakening our cultural ways of life and for intergenerational teachings. Dawn Construction is leading the work on this site & we are utilizing local & Tla'amin Labor & Trades as much as possible. Currently the crews are focused on completing the roofs, siding, and doors on both buildings so they are protected from the incoming Fall & Winter weather. Some Citizens toured the project site at our General Assembly & had a preview of the spaces, and we have also held a tour for Elders separately.

Complex Care Housing

Through September, we had an RFP released for the Design, construction, and delivery of four housing units for the Complex Care Housing program. This RFP has closed and the project was awarded to Arcwell Developments. Construction is expected to begin on Salish Drive for these units in November, and complete in March 2025. Complex Care Housing is a program between Tla'amin Nation, Tla'amin Health, and Vancouver Coastal Health.

Complex care housing works to address the needs of people who have significant mental health, addictions, or concurrent issues, as well as functional needs like acquired brain injuries that are often left to experience homelessness or at risk of eviction. This program provides an enhanced level of health, cultural and social supports to residents, for as long as they need it.

If you have more questions about this development, or the program itself, please reach out to either publicworks@tn-bc.ca or housing@tn-bc.ca.



g̓jε Program & our Cultural Department's Carving Programs will be added to this site behind ʔəms ʔayε (Our House) .

GENERAL ASSEMBLY
(Continued on page 5)

the river by the twins. Rowen and Riel placed the bones back in the water. This part of the ceremony gives thanks to the salmon and asks the salmon to return year after year.

The ceremony was finished with a twin song, and a cedar brushing of the twins led by Ann Paul. Moving forward, we will continue this ceremony every year, and hope to see more of our community out to witness.

Baby Welcoming Ceremony

Tla'amin Health has been welcoming babies since 2006 under the Prenatal Program. The Prenatal Program provides support for mothers through workshops and parenting sessions.

Donna Pallen has been instrumental in welcoming babies for many years. "In January, we start button blankets for the newborns. Moms are very creative when it comes to making the blankets for their babies. Covid put a halt to this event."

To make up for lost ground close to thirty babies born between 2019-2023 were introduced and celebrated at our fall General Assembly.

Ryan Pielle is the Manager for Children and Family Services and MC'd our welcoming event. "This is a great way for us to connect with the families and offer support" commented Ryan. "Families ties are so important and essential to how we interact, and these little ones were celebrated with their parents with the community behind them. This is very uplifting".

Joe Wilson, Rose Adams, Koosen and Gary were chosen to brushed off the participants. The families received gifts and the little ones names were introduced. Singing and drumming closed off a significant first day of the General Assembly.

Recently elected Legislator Brandon Louie is responsible for the Community Services House Post "The baby welcoming ceremony is a deeply cherished tradition in our community, celebrating new life and the bond each child has with our land, culture, and people. It's a time for us to come together to honor the newest members, embracing them with love, protection, and connection to their ancestors. **This ceremony holds a unique place in our hearts because it strengthens our sense of continuity, affirming that our language, values, and teachings will live on through each new generation. It's not just a welcome—it's a reaffirmation of who we are as a community and our commitment to each child's journey ahead.**"



2023 twins Ellie (with mom Nicole Pielle left), and Yanna Kamaretsos with cousin Taryn Thiele (right) were recognized at the baby welcoming ceremony. Born in 2021, Leo Kamaretsos is clinging to the gift bags.



Learning how to prepare a chum salmon for the fire pit Mattias Gallagher pays close attention as Joan Williams explains how to fillet and prepare the cedar.





Traditional Food Distribution was held in Tla'amin on October 15th

- Halibut
- Prawns
- Candied Salmon
- Herring
- Deer
- Elk
- Salmon



GIS Technician Mathew Zastre prepares traditional boxes at the Salish Centre as the line of vehicles in the background goes back to the highway.

We are updating our Land Use Plan!

What is the Land Use Plan (ʔəms giʔe Plan)?

Our ʔəms giʔe Plan will outline our Nation's vision for its lands. This will be the first update since becoming a self-governing Nation. Our community has changed a lot in the last 10 years, and so have our plans for the future.

The Land Use Plan will cover:

- tišosəm Village Area
- Treaty Settlement Lands
- Future Acquisition Lands
- The Broader Tla'amin Territory

What is our approach?

This plan will be created with the help of all our Nation members. In the first round of engagement, we will focus on the tišosəm Village Area. We want to know what your needs are for:

- Housing
- Daily Needs
- Transportation

What is the timeline?

The project will run from August 2024 to October 2026. We are currently in the 'Getting Started' phase, where we are focusing on background research and starting engagement activities.



Get involved! Join the Lands & Resources Advisory Group

Get paid \$100 to attend a monthly meeting and make a difference by sharing your input and directly shaping the future of Tla'amin lands!

We are looking for:

- 2 Elder Representatives
- 2 Youth Representatives (Ages 16-30)
- 2 On-Lands Representatives
- 2 Off-Lands Representatives

Apply Before November 22nd, 2024! Send an expression of interest email to Lands Manager, April Treakle at april.treakle@tn-bc.ca

For more information about the Land Use Plan please contact: Marie-Gabrielle at marie-gabrielle.bechard@tn-bc.ca

Recreation Updates

Field Use

With the arrival of fall and its accompanying rainfall, it's important to consider the care and maintenance of our brand-new TIŠOSƏM field. For the latest updates on field conditions, please check the Tla'amin Community Recreation and Tla'amin Nation Members Facebook pages.

If you are a sports team wishing to book the field for practice, please email bookings@tn-bc.

Field Lighting - Being Diligent

As we transition into the cooler and darker months, please remember that the track & field remains open and available for use. 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. Lights are available between 6:00 am – 10:00 pm

Facebook Page and staying up to date

Our Fall programs are up and running, please be aware that changes can happen unexpectedly. While we will 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. If you are looking for specific information, please refer to our Fall Program Guide. Lastly, if you prefer to speak with one of our rec staff directly, please email us at rec@tn-bc.ca

Hockey Skills Development Program

Join our Hockey Skills Development program designed for ALL LEVELS to help players enhance their skills and elevate their game. The program runs on Sunday's until December 1st, from 4:00 to 5:00 PM at the Recreation Complex. Brock Sawyer has come onboard as our Head Coach, supported by coaches Brandon Louie and Adam Culos, along with opportunities for junior coaches to assist.

To register or to help with the program, please contact rec@tn-bc.ca.



CONTEST TIME!

CREATE YOUR XPLOR RECREATION ACCOUNT TO ACCESS ONLINE REGISTRATION!

ON NOVEMBER 5TH GO TO: tlaamin.perfectmind.com CLICK ON "SIGN-UP"

- Input all your details including your email address and click "submit".
- Next go to your email and sign in with the link and temporary password emailed to you.
- Once in, you will then be asked to create a new personal password.
- Lastly, check out some of the Winter 2025 Recreation programs & services!

Rules:
You must have an account created by 9:00 am on the day of the DRAW!



3 CHANCES TO WIN A FITBIT!

PLUS A CHANCE FOR STAFF TO WIN TOO!

PRIZES:

- Draw Date - Week 1: Nov. 8: Fitbit
- Draw Date - Week 2: Nov. 15: Fitbit
- STAFF Draw Date - Week 3: Nov. 22: Fitbit**
- Draw Date - Week 4: Nov. 29: Fitbit

For Information

Phone : 1-877-505-5139
ore email rec@tn-bc.ca



ČEČEGATŠTƏM ʔƏMS ČIČUY
'HELPING TO SUPPORT OUR KIDS'

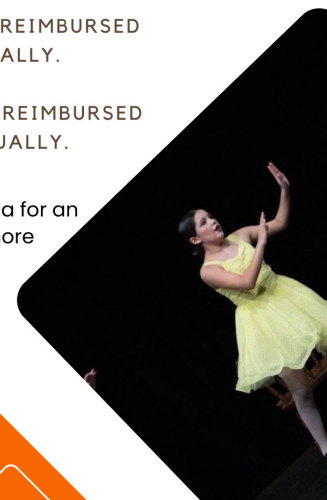
RECREATION REIMBURSEMENT PROGRAM

Providing financial assistance to Tla'amin čičuy' from birth to 18 years old for participation in recreational programs outside of Tla'amin's Community Recreation programs.

AGES 0 TO 6 YEARS WILL BE REIMBURSED UP TO \$300CAD ANNUALLY.

AGES 7 TO 18 YEARS WILL BE REIMBURSED UP TO \$1,000CAD ANNUALLY.

Email recfunding@tn-bc.ca for an application form or more information.



Apply TODAY!

Canoe Journey Craft Nights

Join us at the Culture Portable to work on regalia and gifts for the 2025 Paddle to Elwa

October 25
November 8
December 6 & 20
4-7pm

At the Cultural Portable

Help make gifts for our giveaways including woven pendants, salves, sewn bags etc. or work on your regalia.



Contact sosan.blaney@tn-bc.ca for more information



TLA'AMIN COMMUNITY CRAFTS

4pm-7pm Thursday nights
October 24 - December 19, 2024
No craft night December 12, 2024
At the Cultural Portable

Bring your own projects or start something new! Beading, regalia making, sewing and weaving!

Some materials and supplies available for use by community members.

Contact sosan.blaney@tn-bc.ca for more information





COMMUNITY IMMERSION LUNCH

CONNECT, LEARN, AND LISTEN TOGETHER!

Tla'amin members and staff only! Come join us in listening and speaking ʔayʔajʉθəm. Listen to elders conversations, engage in them and listen to stories from long ago. This is a full community immersion and we want to encourage more speaking and listening of our language. Lunch provided.



11:30AM - 1:00 PM



Governance Building

DATES:

FRIDAY, NOVEMBER 15, 2024

FRIDAY, NOVEMBER 29, 2024

FRIDAY, DECEMBER 6, 2024

2025 DATES TBA

ANY QUESTIONS CONTACT:

DREW.BLANEY@TN-BC.CA
OR
BRIANNE.LOUIE@TN-BC.CA

NOW ACCEPTING
Craft Fair Tables

Do you want a table at the
Xmas Craft Fair?
10 a.m. - 2 p.m.
Dec. 7th, Saturday
Salish Centre

For Bookings
PH 604 483-9447



Introducing Dustin Preiss

My name is Dustin Preiss and I am a member of the Tla'amin Nation. I was born in Powell River, and lived in town for most of my life, along with some years spent in the Lower Mainland. My mother passed away in 2008 and she was of mixed Indigenous and Ukrainian ancestry. We have ties to Tla'amin Nation and I am still learning about my family tree. I enjoy art and will be sharing some of my work in the Nehmotl newspaper.

This first drawing that I would like to share is of a crow admiring a snail on a tree. I think the crow is thinking about how the snail has a cool and calm approach to life – always taking his time and moving slowly. Maybe the crow thinks he could try slowing down a bit and being like the snail. I like to look at nature and see what I can learn from it for my own life.

Thank you for the opportunity to share my art in this way. I hope you enjoy this drawing.

WILDERNESS FIRST RESPONDER TRAINING



- Part 1: January 20-24, 2025 (40 hours)
- Part 2: February 10-13, 2025 (40 hours, includes an overnight outdoor scenario)

All Indigenous people living in the qathet region are eligible for this free training, as are Tla'amin Nation and TMS staff with managers' approval.

Thanks to Indigenous Tourism BC for funding this training.

Wilderness First Responder (WFR) encompasses a range of training components, including First Responder, Wilderness First Aid, CPR, BLS with AED, and Standard First Aid. With this comprehensive training, you will acquire the advanced first aid and CPR skills necessary to effectively respond to emergencies in remote or wilderness settings. In addition to learning life-saving techniques, participants will also gain the knowledge and expertise to provide urgent evacuation and extended care for five or more days, until organized health care can be accessed.

SIGN UP NOW: training@tn-bc.ca / 250.858.2739



Cassa Courtney

Masters of Science in
Occupational Therapy

University of Alberta

**Tla'amin Nation would
like to acknowledge and
congratulate another post
secondary graduate !!**

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."

čičyε Circle Teachings



Tla'amin Elders Elsie Paul and Bev Dixon brush Hegus and Legislators with cedar boughs at the General Assembly.

Tla'amin Elders Corner

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

Tla'amin Elder schedule, head count needed - please call if joining us for lunch,

November 5th, 2024

Elders Luncheon
 Location: Tla'amin Health Building
 Time: 11:00 to 1:00 p.m.

November 8th, 2024

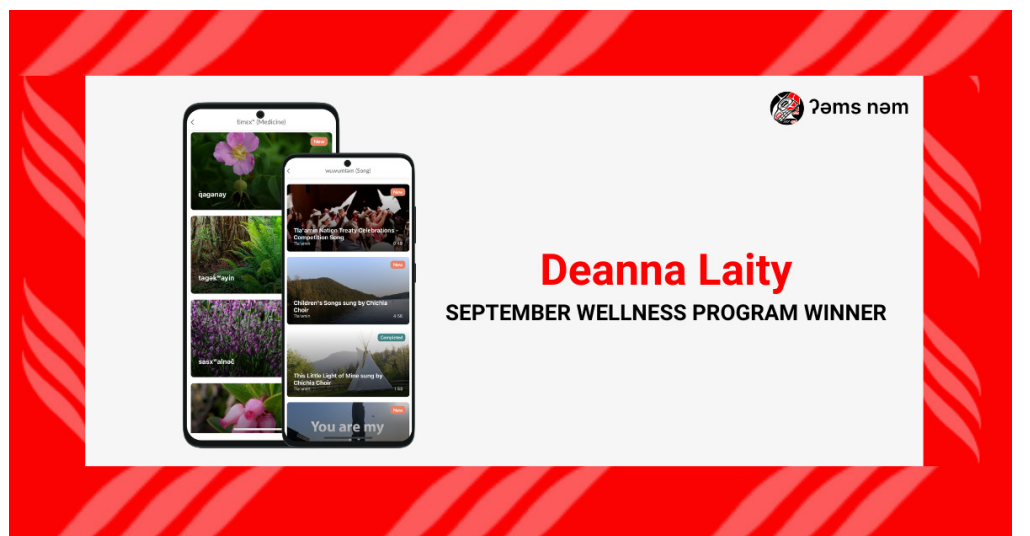
Texada Indigenous Veterans Day – Full Day
 Ferry Depart at 8:30 a.m. and return at 5:30 p.m.
 Contact: Doreen Hopkins by November 1st, 2024, if interested.

November 19th, 2024

Elders Luncheon
 Location: Tla'amin Health Building
 Time: 11:00 to 1:00 p.m.
 Guest Speaker: Byron Harry and Paul Bondoc BC Wild-land Service

November 15th, 2024, November 29th, 2024, and December 6th, 2024

Drew Blaney, Language Class (No English)
 Location: Tla'amin Nation
 Time: 11:30 to 1:00 p.m. (lunch provided)



As a token of our dedication, Deanna has won a cedar hat! Thank you to everyone who participated in this month's program.



Dental Appointments

November 5, 8, 15, 29

Message from the SAS Program at qathet SAFE and Consent

“Everyone deserves to live free from the fear of sexual assault and to live in communities that support their safety.” - Ending Violence Association of BC.

The Sexual Assault Support (SAS) program is a free and confidential service for survivors of



Gillian Reyes
SAS Coordinator

any age, any gender and sexual orientation who have experienced a sexual assault. The SAS program is a program of the non-profit qathet SAFE, located above the public library at 6975 Alberni Street.

Gillian Reyes is the SAS Coordinator for qathet SAFE. *“We can provide emotional support for survivors, options for reporting, and suggest referrals to other community agencies,”* commented Gillian. Resource navigation plays a key role with getting medical attention while empowering the survivor to find their own unique version of healing. *“The survivor’s voice and needs are at the forefront of our support service,”* concluded Gillian.

At the end of October 2024, Gillian will have been in the SAS role for one full year. She is honoured and very grateful to do this work and to have met all the survivors that are now her formidable teachers. It is an honour for Gillian to walk alongside survivors in their pursuit of healing. She raises her hands with thanks to all the survivors she has met through the SAS Program for their bravery, courage and incredible strength as they move forward in this world.

In writing this piece, it is important to bring up the topic of *“Consent”*. The lack of consent is what leads to sexual assaults, thus the importance of outlining what is consent:

From the resource, Planned Parenthood: Consent consists of five characteristics:



- It’s freely given
- Reversible
- Informed
- Enthusiastic
- Specific.

Everyone is clear and informed about what they consenting to. No one should feel pressured into consenting, or feel bad or guilty about saying no. Everyone is honest about the situation regarding topics like birth control, STIs or the status of the relationship. Consenting to one activity or sexual encounter now isn’t consent to all future encounters.

The only way to know if you have consent is to ask every time, and then listen to the answer.

To all the survivors that are curious about support, or for any questions from community members about healthy relationships, consent or sexual assaults, please call 604-414-8125 or email sassprogram@telus.net to reach Gillian. To all the survivors reading this, your voice matters and you are not alone.

təʔaw teachings from TOSUM Ltd



Why is Mental Wellness and Physical Health so important?

Empowered women empower women, and I find immense satisfaction in my profession, which allows me to guide everyone in achieving their fitness goals. The past few months have been exceptionally productive, working with my athlete clients in the gym and online, and I am delighted with their progress. I possess a deep understanding of my field with a decade of experience in natural bodybuilding competitions, strength and conditioning, coupled with knowledge acquired from multiple coaches and my diploma from Northern Alberta Institute of Technology. Feel free to check out my website, www.tosumstrong.com, to get started today. My monthly payment for a personalized workout programming is \$105 a month. You can add the monthly nutrition online package for \$105. These programs are tailored to your body composition, level of fitness, goals, and making you feel valued and understood. We can work together online through an app, as I offer weekly check-ins, videos and unlimited messaging if you have any questions.

Today, let’s discuss who you surround yourself with. It has been shared that you are the average of the top five people you choose to surround yourself with, which dictates your lifestyle, which is why hav-

ing good people in your life is essential. Make sure they are positive, supportive people who want you to succeed. Who are in line with your own values. Are they helping others around them? How do they treat other people, especially the waiter or waitress? Are they honest, kind and driven? Do they want to give back to their communities? Do they have goals? Are they a growth or fixed mindset? Are they open to new opportunities? How do they talk about others? How do they make you feel every time you are around them? May this allow you to think about who you spend most of your time with and do what is best for you. Yet most importantly, to pay attention and be in the moment.

Let’s get a smidge deeper into the mental wellness aspect. Mental wellness is super important and so is physical health, they go hand in hand. Physical health helps decrease mental wellness issues; how? Our bodies are meant to move, not sit at a desk, watch shows, and drive all day. It is important to get 8000-10,000 steps in daily. If you are looking to improve your mental wellness, I have collaborated with Canada’s first all-Indigenous owned and operated counselling service, Noojimo Health! Noojimo has qualified Indigenous counsellors who are available virtually to support your mental wellness goals no matter where you are situated on Turtle Island! If you wish to learn more information, their website is www.noojimohealth.ca.

When you care for yourself, it falls into other categories of your lives and other peoples lives, like a small ripple in the water and how that one drop begins to grow causing a ripple effect. hoyot nige toxnex^w θ yiyxmeθot. – “It is up to you to make healthy choices. I can only share what I have learned, but it is up to you if you choose to do it.” May I help you, as the reader, notice and become aware of how you live each day and help you live healthier.

May this enlighten you to self-reflect, pay attention to your energy, and feel good at the end of each day. Yet to also seek help if you need it.

?Imote (thank you), for taking the time to read this. I look forward to seeing you next month!

Charlene Muskego is a member of the Tla’amin Nation. Her late mother is Elsie Wilson, and her late sister is Kristina Wilson. She owns Tosum Ltd, and is a Certified Personal Trainer. Also, offering online training and group classes.



Family workouts is a great way to maintain a healthy connection

Mother's Instincts Inspires Poem for Residential School Survivors

By Steve Gallagher, Editor

There are far too many horrific experiences of the impacts of residential schools shared across Canada that hits home in every first nation community. The high volume of unmarked graves has proven to be the catalyst for why our children never returned home to their loved ones in their communities.

However, pockets of first nation children were extremely fortunate and somehow escaped the emotional trauma of feeling lost and isolated year after year, by the federal government. How could this happen when you look around you and see your neighbors escorted onto a bus once the summer is over?

Numerous parents, often residential school survivors themselves, would keep their children away from the influences of their language, culture, and quite often their peers on the reserve. What did they know that we didn't? Whatever it was, we just didn't know as young children.

This was the case and inspiration for the poem, "We just didn't know" written by Tla'amin member Patricia Noonan Bryan who has been living in Maple Ridge with her husband Ross Bryan for 35 years.

"We Just Didn't Know" was created when I realized the reason my mother chose to keep us children from knowing about our First Nations heritage was to protect us from residential schools and prejudice," recalled Patricia.

I dedicate my poem to all those who have gone through or are going through this difficult experience.



Patricia Noonan Bryan

The poem came into fruition earlier this year and shared by the author whose prayer is to provide support and comfort to all those who share a similar memory. Truth and Reconciliation events have also helped her regain her cultural identity lost during those years as a child and learn the truth about who she is.

Today, Patricia feels proud of her mother for protecting her young children from the residential schools. In the end we are all survivors one way or another, and that is sad.

Patricia's maternal grandmother was Lena Piccinato (nee Galligos) and her parents were Elsie (nee Courtney) and Jerry Blaihut. In addition, Patricia has one brother and one sister, a daughter, three grandchildren and one granddaughter-in-law, and son-in-law.

We Just Didn't Know

by Patricia Noonan Bryan

I realized something with a pang in my heart
As I wondered why Mom made the choice to depart
From her First Nations family and memories she had
To keeping it secret because it was sad
What could happen to children who were chosen to go
To places of horror and heartbreak untold.

So she raised us children without knowing the way
Reminding us always what we should never say
When asked of our origin, our birthright, our heart
To follow her way and choose to depart
From truth that could hurt and cause us great pain
And let all that go, let things stay the same.

And now she is gone and we are trying to find
What's missing in us, what was left far behind
Her children, grandchildren, their children too
All searching now for what is our truth
With yearning and loss deep within our souls
There was always something missing.
We just didn't know.



PROGRAMS & SERVICES



Four Tides Hospice Society

Tla'amin Health & Four Tides Hospice Society

Grief Support Group

Wednesdays, Oct. 2 - Nov. 6, 5 - 7:30 pm at the Education Trailer

The Grief Support Group is a nurturing space for adults who are grieving the death of a loved one to come together for support & fellowship. The series is offered over six weeks and creating opportunity for reflection, exploration of the stages of grief and sharing of information and tools to support participants through the grieving process. At the beginning of each gathering a light dinner will be provided offering a chance to relax and connect. Facilitated by Sally Louie (Tla'amin Nation), Sarah Bacon & Erika Espinosa (two volunteers from Four Tides Hospice Society).

To register contact sally.louie@tn-bc.ca
or call 604-4833009

www.fourtideshospice.org 4675 Ontario Ave, Unit C, Powell River



Replacing your old wood stove?

Check your eligibility for a rebate!



Receive up to \$3,000 rebate:

- when replacing your old wood stove with a healthier heating appliance (electric stove, pellet stove, EPA certified stove, heat pump)
- OR, by adding a heat pump to a home that has an existing EPA/CSA approved wood stove

	Rebate	First Nation Rebate
Decommissioning	\$300	\$300
Wood to EPA Wood	\$600	\$1,200
Wood to Pellet	\$1,000	\$2,000
Wood to Heat Pump	\$1,500	\$3,000
Wood to Electric	\$400	\$400

Questions? Jason Kouwenhoven
Manager of Environmental Services 604 485-2260
JKouwenhoven@qathet.ca



šɛʔgat “lifting spirits”

Do you want to learn more about our traditional practices from our Elders?
 Would you like to make your own regalia, drum, and compose a song?
 Help stop gender-based violence in our community?

Self healing?

Well, this program may be for you!

šɛʔgat “lifting spirits” Project is Inclusive to all First Nations women in the Qathet area.

In collaboration with the Stopping the Violence Program, Cyndi Pallen and Tla’amin Family Support Service, Sally Louie along with our Elders; the Šɛʔgat project will provide valuable teachings using Tla’amin led healing supports such as land-based teachings, experimental learning, and traditional practices. These practices will help strengthen participants’ sense of belonging, self-esteem and šɛʔgat (lifting spirits).

Project outline:

- Safety - Grandmother’s/Elder’s teachings
- Resilience and language - Traditional Practices, Spiritual Baths, and language
- Strength making - Song composition, regalia and drum making.
- Celebration - Giving Voice through Song

If you are interested in participating, please call Sally @ 604.483-3009 for more information or fill out registration and return as there is limited space. Dates TBA.



Minister's Advisory Council on Aboriginal Women



SUMMARY OF RCMP CALLS FOR SERVICE FOR SEPTEMBER/OCTOBER 2024

This summary of police calls for service is intended to advise community members of what is occurring in the community and to encourage community members to report all suspicious activities.



Powell River RCMP Non-Emergency (604)485-6255		In Case of Emergency Call 911
SEP 19	TLA'AMIN CRT	Police responded to a family disturbance at a residence. Both parties were spoken to and told not to have contact. No offence was committed.
SEP 20	HWY 101	Police responded to a burglary alarm at a residence. Police attended and determined it was accidentally triggered.
SEP 20	EAGLE DR	While investigating another matter, police received information in regards to a breach. An individual was arrested and is currently facing charges for the breach.
SEP 23	WATERFRONT RD	Police responded to a report of a fight at a residence.
SEP 24	HARWOOD DR	Police responded to a report of a possible breach of conditions. Police investigated and determined there was not enough evidence for a breach charge.
SEP 25	HWY 101	Police responded to a report of a suspicious person walking in circles by the highway. Before Police could attend, the complainant called back and advised police were not required as the person was picking up garbage.
SEP 27	HOMALCO RD	Police responded to an abandoned 911 call. Police attended and spoke to everyone involved, but it had been sorted out. No criminal offence had been committed and everything had calmed down when police got there.
OCT 01	HWY 101	Police assisted with a Mental Health Act investigation.
OCT 05	HARWOOD DR	Police responded to a disturbance at a residence. Police attended and spoke to all parties involved. No offence had been committed, so they were separated for the evening to prevent further problems.
OCT 10	HOMALCO RD	Police responded to a family disturbance at a residence. Police attended, but everyone was split up by the time they arrived. Police made patrols to locate the suspect, but were unable to do so.
OCT 10	HOMALCO RD	Police received a request for assistance to retrieve a cell phone from a residence.
OCT 10	WATERFRONT RD	Police responded to a report of an assault. Police attended and conducted an investigation. As a result, 2 people were charged with assault. They will be appearing court at a later date.
OCT 11	HWY 101	Police received a report of an erratic driver on the highway. The caller provided license plate information, but reported the incident for information only and had not personally seen the vehicle driving erratically.
OCT 11	HWY 101	Police responded to a report of an erratic driver on the highway. Police made patrols in the area but were unable to locate the suspect vehicle.
OCT 13	HOMALCO RD	Police received a report that a vehicle had tried to run over a person. Police attended and conducted an investigation, but did not have enough evidence to proceed further. If anyone has any information on this incident, they can contact the Powell River RCMP at 604-485-6255.
OCT 15	HWY 101	Police responded to a report of an attempted break and enter at a business. The suspect did not make entry to the business or cause any damage.
OCT 17	RIVER RD	Police responded to a report of someone calling for help. Police attended and made extensive patrols in the area and conducted neighbourhood inquiries, but the person was not located.
OCT 19	WATERFRONT RD	Police responded to a report of a possible impaired driver. Police made patrols, but were unable to locate the suspect vehicle.
OCT 21	BEACH RD	Police responded to a report of an unwanted person. Police attended and determined that person had a warrant. They were arrested and brought before a judge.
OCT 22	HWY 101	Police received a report of a stolen bicycle. The bicycle was recovered by the owner.
OCT 22	EAGLE DR	Police received a report of a disturbance at a residence.



Fall COVID-19/Flu Vaccine Clinics

November 13: 2-7 pm

Tla’amin Salish Centre (the Gym)

Please contact Tla’amin Health for more information 604 483-3009

1. Book your own appointment online at: tlaaminhealth.janeapp.com
2. Call health at 604.483.3009 and we can set up an appointment.
3. Family Champion or Lead: A family member gathers names of those in your family who want to be vaccinated. Your lead can either book family appointments online or call Tla'amin Health to book.

Fall COVID-19/ Flu Vaccine Campaign online booking is now available:

<https://tlaaminhealth.janeapp.com/>

Congratulations on your retirement Esther

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46.5
Years of Service



Esther and her accounting team with IT, HR, and Verna