



Tla'amin Governance House Updates

4779 Klahanie Road,
qathet, BC
V8A 0C4

Phone: (604) 483-9646
Toll Free: 877-483-9646

Family Day

Governance House will be closed on Monday, February 17th, 2024.

Message from Hegus



John Hackett

ᑕᑦᓴᑦᓴᑦᓴᑦᓴᑦ

Tiskwat Reacquisition & Nation-to-Nation Discussions

In January Tla'amin held members meetings about the reacquisition of 120 acres of our former village site, Tiskwat. We engaged our people through community sessions, starting with Elders and youth. So far, we've had strong participation—44 Elders joined us for lunch, and 23 youth attended the dinner session. Our final engagement on January 28 had 83 Citizens attend. These meetings were well attended and are a first step toward reclaiming our land after 146 years.

Many important questions were raised in these discussions including:

- What has been negotiated?
- What will it cost?
- What are the environmental liabilities?
- How does this impact our Aboriginal rights?

This is a critical time. The negotiation team has 60 days to gather feedback before Executive Council makes its decision.

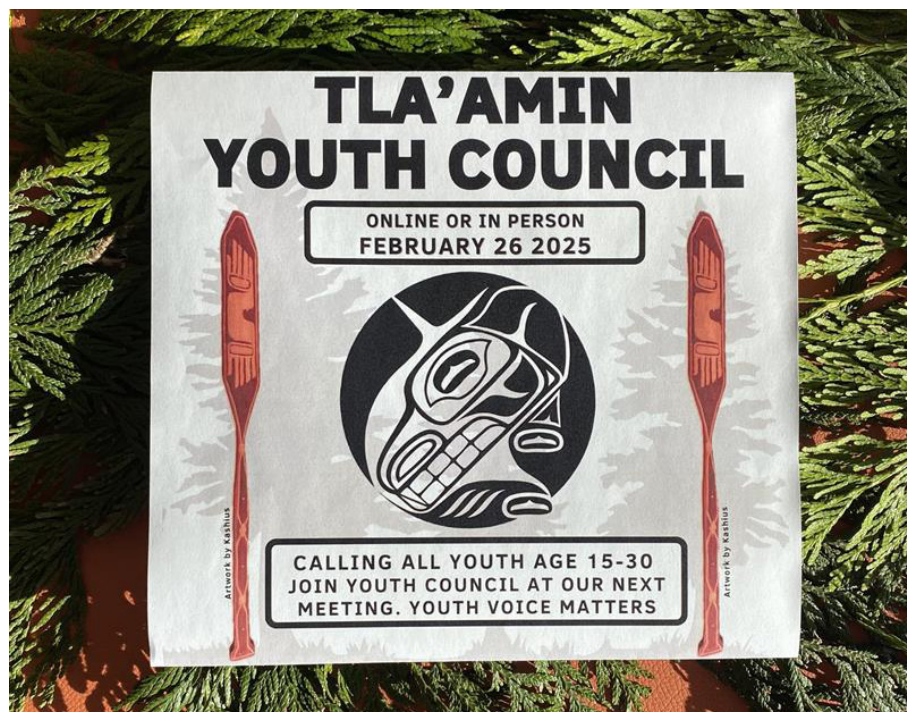
In addition, Tla'amin is actively engaged in government-to-government discussions. We met with CIRNAC to address concerns about the Te'mexw Treaty Association's negotiations, which impact our harvesting areas. We have requested further discussions on treaty revisions, the Pathways Agreement, and financial commitments for Tiskwat.

At the First Nations Leadership Gathering, I met with Premier Eby and key Ministers to ensure Tla'amin's priorities remain on the table. The Alliance of Modern Treaty Nations secured four meetings with the province, and I was selected to lead key discussions.

We also welcomed our new auditors, Grant Thornton, who are working closely with our finance team. We expect a smooth transition as we continue strengthening our governance.

Last but not least, we are excited to call all ʔaᑕəᓄəᓄəᓄə (Tla'amin people) home for the Tla'amin opening of ᑕᑦᓴᑦᓴᑦᓴᑦ (Our House) Cultural Centre during the 2025 Spring General Assembly, June 20-21, 2025. This historic event will celebrate the first Cultural Centre to be erected in Tla'amin territory in over 100 years. Registration opens on April 2.

Let's keep the momentum going Tla'amin Strong!



Calling All Youth to Get Involved and share your ideas

Youth Council is a safe place to share ideas, give feedback, and help shape programs that support our community's social and cultural needs. Together, we'll provide a method for youth to participate in Tla'amin Nation government and raise awareness on issues affecting us! Embracing Tla'amin culture, history, and traditions we'll provide opportunities that may allow positive change for TN youth in and out of community through empowerment, education, and training.

"I believe it's important for young people to have a platform to share their voices and make a real impact in our community. Joining the Youth Council is a great opportunity to get involved and I'm excited to help bring positive change alongside other youth." - Stacey Francis

Our next meeting is February 26th at 6pm at ᑕᑦᓴᑦᓴᑦᓴᑦ (Cousin's House) – ᑕᑦᓴᑦᓴᑦᓴᑦ (Raven) Room OR join us online. Register at tlaamin.perfectmind.com for reminders and zoom link.

SAVE THE DATE

Inviting Tla'amin People to join us for the grand opening on Indigenous Peoples Day (June 21, 2025).

Tla'amin Community Engagement Supports Reacquisition of Lands at tiskwat

By Davis McKenzie

Following nearly two years of negotiations, Tla'amin Nation is on the brink of reclaiming 120 acres of its former village site at tiskwat. This milestone comes 146 years after the unlawful alienation of Lot 450 and represents a historic step toward restoring Tla'amin's presence on these lands.

In preparation for this reacquisition, Tla'amin Nation undertook a thorough engagement process to hear directly from its citizens. A series of six public engagement sessions and a survey, conducted between October 2023 and May 2024, provided valuable insights. At that time, an overwhelming 94% of participants supported the reacquisition, with even stronger backing among youth at 97%. However, concerns about the environmental legacy of industrial activity at tiskwat were nearly unanimous, with 98% of citizens emphasizing the importance of addressing these risks.

As the agreement between Tla'amin and Paper Excellence progressed, a second round of engagement was launched to ensure continued transparency and citizen involvement. Three public meetings were held in early 2025: an Elders Luncheon, a Youth Dinner, and a General Community Session. At these sessions it was explained that the 120-acre reacquisition is primarily an economic move and that the larger question of the theft of tiskwat would be addressed in the specific claim process where everyone will have the chance to vote.

In total, 150 citizens attended the last round of engagement and 92 completed a follow-up survey. Support remained high, with 88% in favor or strongly in favor of the reacquisition, 11% unsure, and only 1% opposed.

Hegus John Hackett said that he appreciates a data driven approach to community engagement.



Elders showed up in large numbers to hear about the progress achieved through negotiations

“

The silent majority had the chance to speak through the survey and they have shared a loud and clear message.

”

hegus John Hackett

Community members shared many perspectives, ideas, and concerns during these discussions. One citizen reflected on the significance of reclaiming tiskwat, stating, *“Although this process is a heavy weight to bear, it is crucial that we move forward and secure this land back for our people. Our ancestors stand with us.”*



L-R Mattias and Makaela Gallagher and Stacey Francis share their ideas for Tiskwat



A Let's Talk Tiskwat community session was held on January 28th to hear about the 120 acre reacquisition

Not everyone agrees with the reacquisition and some citizens expressed that this should be viewed primarily through a rights and title lens.

While there was strong enthusiasm for regaining Tla'amin's rightful place at tiskwat, many participants emphasized the need for careful, strategic planning.

One citizen urged leadership to focus on long-term sustainability, noting, *“With great power comes great responsibility. This needs to be done in a way that protects future generations, not just thinking about the now.”* Others stressed the importance of securing economic opportunities to support the Nation's broader development goals, such as infrastructure, employment, and food security.

The asset purchase agreement will be deliberated and decided upon at the February 12 Executive Council meeting.

Tla'amin Nation Launches Innovative Kelp Restoration Project

Opportunities for members to contribute their traditional knowledge and enhance this valuable resource

The Lands and Resource Department of Tla'amin Nation has embarked on an ambitious new initiative to enhance and restore kelp populations within our traditional territories. Partnering with the BC Conservation Foundation and marine biologist Lee-Ann Ennis, the project aims to cultivate, restore, and steward kelp beds, ensuring the sustainability of this vital marine resource for years to come.

Funded by Fisheries and Oceans Canada's Aquatic Ecosystem Restoration Fund (AERF), the project received its initial boost last October with the hiring of a dedicated kelp technician. The nursery, established at Pa'aje's Cannery Bay aquaculture facility, serves as the heart of the restoration efforts. Modeled after fish hatcheries, the kelp nursery collects local kelp seeds, known as k'wumt, to rear and outplant them back into the waters of Tla'amin territory.

"In the fall of 2024, our Resource Managers and Guardians collaborated closely with our project partners to lay the groundwork for this essential kelp restoration," said Denise Smith, Lands Director. "The establishment of the kelp nursery marks a critical step forward in reintroducing this important seaweed in our waters."

The project's goals are multifaceted, focusing not only on the scientific aspects of kelp cultivation but also on engaging the community and teaching. Key objectives include conducting detailed surveys of existing kelp beds, establishing robust cultivation infrastructure, creating training opportunities for Tla'amin Nation members, and monitoring the success of restoration efforts through comprehensive evaluation techniques.

"Our first batch of k'wumt is already underway," said Sydni Long, Fisheries Engagement Coordinator. "We are excited to engage gijɛ students and other community members in the restoration process this spring. Additionally, a planned urchin harvest will help manage grazing pressure on kelp beds while providing traditional foods for upcoming community events."

The restoration project is expected to run for several years, with ongoing funding from AERF supporting its long-term sustainability. By restoring kelp habitats, Tla'amin Nation not only safeguards marine biodiversity but also reinforces the cultural significance of k'wumt as a source of traditional foods and ecological balance.

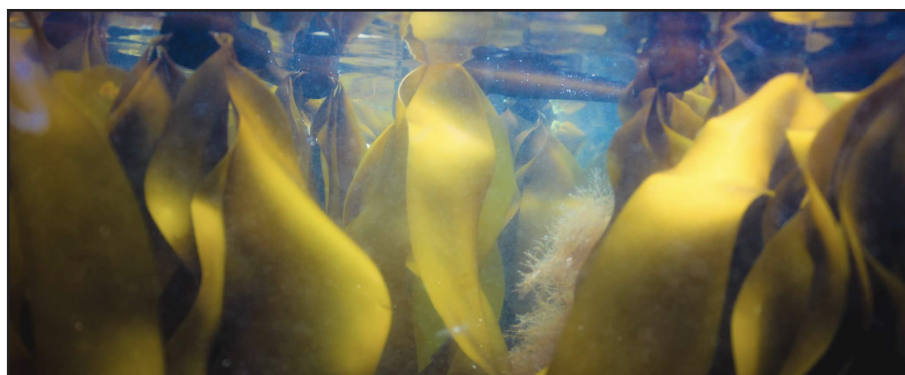
For more information about the kelp restoration project or to contribute your knowledge and expertise, please contact Sydni Long at 604-413-6974.

The Importance of k'wumt (Kelp) in Tla'amin Territory

k'wumt (kelp) is a vitally important vertical habitat for fish and invertebrates within ɬaʔamun gijɛ (Tla'amin Territory). It sustains traditional foods for ɬaʔamun qayɛmɪxw (Tla'amin people) by providing shelter from predators, serving as nursery grounds for various species, and protecting coastal areas by acting as a natural breakwater.

Bull kelp, or k'wumt, (pictured below) has been declining due to warming ocean temperatures and increased grazing pressure from sea urchins. This decline poses a threat to the marine ecosystem and the cultural practices of the Tla'amin people. Recognizing the critical role of k'wumt, there is a global effort underway to restore these essential habitats, ensuring they continue to support both biodiversity and traditional lifestyles.

For further details, visit Tla'amin Nation's website or contact Sydni Long, Fisheries Engagement Coordinator, at 604-413-6974.



Lafarge Human Health Risk Assessment Survey for Texada Island

Tla'amin Nation is participating in a Human Health Risk Assessment study for the Lafarge sand and gravel mine on Texada Island. We are looking for Nation members who are willing to complete a short survey (below) related to cultural harvesting activities on Texada Island, in the past or current. All information shared is confidential and participating is voluntary. If you or your family members ever harvested, fished, or hunted on or near Texada Island, even if you don't anymore, we need your input.

We Need Your Help: Fill Out A Survey To Win A Prize

Members are invited to fill in the survey electronically at <https://www.surveymonkey.com/r/889KFL6> or contact referrals@tn-bc.ca for a paper copy or if you have any questions.

Important: email your name and contact information to referrals@tn-bc.ca once you have filled out the survey in order to enter. We will draw at the end of the month.



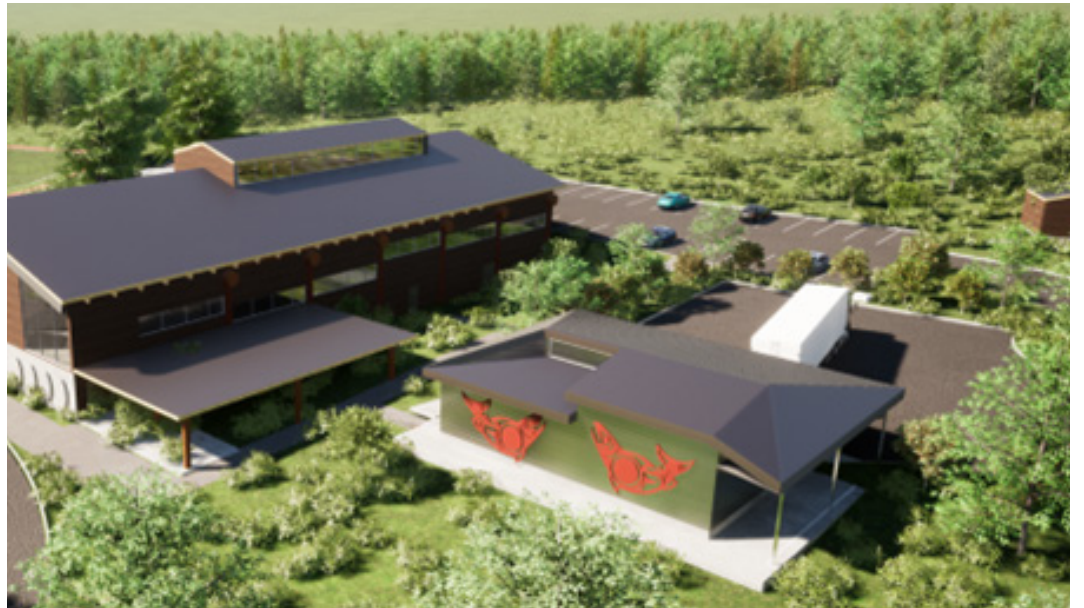
Cultural Cedar Available for Harvesters

Nation staff have been working with Forestry operators to identify cultural cedar harvesting opportunities for bark stripping and carving. A good bark stripping location was identified in a cutblock to be harvested in early summer. Please contact referrals@tn-bc.ca or Thichum for access maps and safety information.



Interesting bull kelp sorus tissue collected in Okeover 10/24 Photo Lee-Ann Ennis

Countdown to the Grand Opening of ʔəms ʔayε (Our House)



ʔəms ʔayε

Construction of ʔəms ʔayε (Our House) has been ongoing since the Ground Blessing ceremony last November and is expected to be completed by June 2025. We have recently announced a 'save the date,' inviting Tla'amin People to join us for the grand opening on Indigenous Peoples Day (June 21, 2025). This site will feature a new Cultural Center and Traditional Foods Processing Facility, with plans for a third building dedicated to the gje Program and the Cultural Department's Carving Programs.

Each space is designed to provide a safe, welcoming environment for revitalizing our cultural traditions and supporting intergenerational learning. Dawn Construction is leading the development, and we are prioritizing local and Tla'amin labor and trades wherever possible.

For inquiries about this project please contact publicworks@tn-bc.ca or brandon.bresden@tn-bc.ca

THE TRADITIONAL FOODS WORKSHOP SERIES

CONTINUES THIS WINTER + SPRING!

HELP HARVEST + PRESERVE FOOD FOR THE OPENING OF ʔəms ʔayε & THE TRADITIONAL FOOD FACILITY THIS JUNE.

- What are your favourite foods to harvest between February and June?
- Will you teach a harvest or preserving workshop?
Instructors are paid \$500/workshop.

WE WANT TO HEAR FROM YOU!

Contact Emma at training@tn-bc.ca or 250.858.2739 to request or suggest a workshop.



Three plastic wrapped entry features at ʔəms ʔayε preserve the integrity of the wood.

Tla'amin Nation Housing

Frequently Asked Questions

Why are Tla'amin Nation Members expected to pay rent?

Tla'amin Nation owns and is responsible for each property, this includes operating costs including mortgage and loans, insurance, maintenance and repairs, and administrative costs. Tenants must pay a monthly rent to offset a portion of these costs.

Do all members have to pay rent?

Previously, Tla'amin Nation member was not charged rent, and this often resulted in a deficit. This led to insufficient funds to repair existing homes or build new homes. The demand for housing has grown and exceeds our parameters to deliver safe and affordable housing. To meet the demand for affordable housing Tla'amin Nation must charge rent and collect rent to repay mortgages and loans, to maintain and repair rental units and invest in further housing.

How are rental amounts calculated?

Tla'amin Nation strives to offer affordable housing, to do this federal government subsidies and a Tla'amin Nation subsidy to ensure that we can offer Tla'amin Citizens rental amounts much lesser than similar style housing not located in Tla'amin Nation lands.

What happens if a tenant does not pay rent?

Non-payment of rent affects everybody. Keeping in mind that Tla'amin Nation utilizes rent to keep up with operating costs, particularly bank mortgages, when tenants do not pay their rent, this may directly affect other departments as we need to ensure that mortgage and loan payments are kept up to date. To minimize the impact on the Nation, rent collection procedures must be consistently followed.

When a tenant is in arrears on their rental payments, this is considered a violation of Tla'amin Nation Residential Tenancy Law and their rental agreement. The following actions will be taken: the housing department will contact the tenant in writing and by phone to confirm the rent is overdue, remind the tenant of their rental responsibilities, ask the tenant to sign a repayment agreement, and inform of any consequences that will be enforced which also may include suspending future housing assistance, and/or non-essential services, withholding dividend payments, or result in eviction.

Executive Council have approved the Tenancy Law Policy which includes these collection procedures and will fully support any action taken by the housing department to enforce this Residential Tenancy Law.

How do Tla'amin Citizens apply for a lot in the new subdivision on Harwood Drive?

Any community members who have questions about the Harwood Subdivision should contact Denise Smith Department Director– Lands and Resources denise.smith@tn-bc.ca, 604-483-9646 ext.121.

Housing Safety

With the winter chill breathing down upon us, a little piece of mind is available to ensure your home, family and pets have a few layers of fire protection.

- Smoke alarms and extinguisher installations – our crews have gone door to door and have completed what they could. If a home hasn't been done yet, they need to call 604 483 9646 ext 140 Ashley or Lisa 177 to book an appointment for the installation
- The Fire Safety Team has installed 78 fire extinguishers and 124 smoke alarms, and we have more to install for the homes that were missed.
- Chimney cleaning – as of last week, they were on their final road: Beach Road. If you have not had your chimney cleaned yet, please contact 604-483-9646 ext 140 or 177.



TLA'AMIN EDUCATION IS OFFERING QATHET GRADE 10-12 INDIGENOUS STUDENTS WHO IMPROVE THEIR ATTENDANCE OVER JANUARY & FEBRUARY A CHANCE TO WIN A 4-DAY TRIP TO VANCOUVER IN MARCH

- Visit UBC & SFU to check out their Science programs and see some awesome science in action
- Visit Science World, the Aquarium and/or the Vancouver Zoo
- Night out at the movies
- All meals and accommodations provided
- *As an added bonus, the 10 students whose names are drawn will receive \$100 spending money.*

Each week in Jan. and Feb., the names of students with improved attendance and perfect attendance will be entered into the draw. 10 names will be drawn on March 3rd.



Verna Francis Has Moved Her Office

Tla'amin Justice Program - Verna Francis
 Hours of Operation: 8:30 – 4:30
 New Location: Address: 6690 Sliammon Road
 Public Safety & Education Building
 Direct: 778 762 5246
 Cell: 604 578 8850
 Email: verna.francis@tn-bc.ca

Your Advocate and support to navigate you through the justice system

MP Leah Gazan Confronts Residential School Denialism, Brings Discussion of Bill C-413 to qathet



By Davis McKenzie

Leah Gazan, Member of Parliament for Winnipeg Centre, visited qathet last month to address the troubling rise of residential school denialism—an issue affecting qathet and other communities across the country.

Her visit to Powell River couldn't come at a more important time. Powell River was recently named as one of five cities in Resolution 2024-33, Rejection of Residential School Denialism, passed by the Union of BC Indian Chiefs (UBCIC).

The UBCIC resolution calls on elected leaders in Powell River, Sechelt, West Vancouver, Quesnel, and Kamloops to stop denying the harms of residential schools and to uphold the testimony of residential school survivors and the findings of the Truth and Reconciliation Commission (TRC).

Gazan's talk, Truth to Action: Ending Residential School Denialism, was delivered to a crowd of 250 at the Evergreen Theatre on January 20. The event was organized in collaboration with MP Rachel Blaney and the qathet Anti-Racism Network, with support

from members of Tla'amin Nation, who provided cultural protocol and shared their lived experiences.

Tla'amin Legislator Tanner Timothy provided opening remarks, speaking about the intergenerational impacts of residential schools. "Denialism is more than just words—it's a refusal to acknowledge the harm that still affects our people today," Timothy said.

Culture and Heritage Manager Drew Blaney and members of Tla'amin's drum family opened the event with the Tla'amin Warrior Song. Doreen Point offered an opening prayer, welcoming Gazan to the territory and thanking attendees for coming to listen and learn.

The Prayer, written by Point specifically for Residential school survivors, was deeply moving

Creator we lift up in prayer the sacred lives of the children who never made it home from the residential schools. As we remember, we also grieve the loss of children who died while attending the Residential School. A total of 10,068.

Creator we ask you to hear our prayers for the thousands of parents, grandparents that were never informed of their children's death, for the parents that were never told of where their daughters and sons were buried.

Creator we ask that you bless the thousands of grandparents who were denied their proper role of sharing their culture, language and spirituality with their grandchildren.

Creator we pray for our brothers and sisters and their families wounded through anguish, trauma, that still torment us over the course of many generations.

Lastly Creator as we pray for the children and for all who loved them. Inspire all of us with energy, wisdom and commitment to the loving pursuit of the truth which will heal all of us in our brokenness and lead to reconciliation with our neighbours across this land.

Our healing journey will probably be an ongoing process and will probably be for the rest of our lives. Each day we have to make the choice and choice is something that each one of us owe ourselves. WE CAN DO IT BECAUSE WE ARE SURVIVORS.

John Louie spoke next about his experiences at St. Augustine's Indian Residential School in Sechelt. Mr. Louie wore an orange shirt with the number 15 on it. He explained to the audience that one of the first things that happened at residential school was children were referred to by numbers instead of names—part of the system's deliberate dehumanization. Louie spoke of the ongoing daily work of healing as a survivor and encouraged everyone to care for themselves due to the challenging subject matter.

Gazan, a member of Wood Mountain Lakota First Nation and a self-described "recovering academic," took the stage with a speech that was at times sorrowful and also laced with humour.

"When someone shares their story with you, as so many survivors did during the Truth and Reconciliation Commission, you take on a responsibility to their stories," Gazan said. "Knowing what it took survivors to speak, I couldn't just stand by while people gaslit our Elders. Denialism is violence."

She also shared stories of her time on the hill, tracking down lawmakers one at a time to garner support for the bill.

In September, Gazan introduced Bill C-413: An Act to amend the Criminal Code (promotion of hatred against Indigenous peoples) in the House of Commons. The bill seeks to criminalize the deliberate condoning, denying, downplaying, or justifying of the



Tla'amin Legislator Tanner Timothy provided opening remarks, speaking about the intergenerational impacts of residential schools. MP Racheal Blaney observes the emotions



Culture and Heritage Manager Drew Blaney and members of Tla'amin's drum family opened the event with the Tla'amin Warrior Song.

Indian Residential School system in Canada—similar to laws that criminalize Holocaust denial.

Gazan explained how the project of colonization served to "other" First Nations people and that it was deliberate. "When you remove the humanity of a person, it provides the opportunity to not feel any remorse for doing harm to another person".

If passed, Bill C-413 would amend Criminal Code section 318 to protect survivors and their descendants from hate speech.

"Other well-documented genocidal events, such as the Holocaust, have long been criminalized," Gazan pointed out. "Residential school denialism is no different—and Indian residential survivors deserve the same protections."

Gazan's visit comes at a critical time, as communities across the country continue to grapple with misinformation and historical distortion. Her message was clear: the fight against denialism is a fight for justice, truth, and the dignity of survivors.

Every School Day Counts

We put a post on our membership Facebook regarding: What works for your family to keep school mornings smooth and your kids ready to learn. The Neh Motl will be publishing an ongoing six part series leading up to June. Thank you Ashley George for participating.

Lawna Grade 3 and Lily Grade 6 attend Assumption School.

How do you motivate you children to attend school?

Staying in routine. It helps them want to go to school.

What is your bedtime strategy to get ready for the morning?

Get what you can ready for the morning, clothes, lunches.

What time do they rise and shine for school and how do you make this fun?

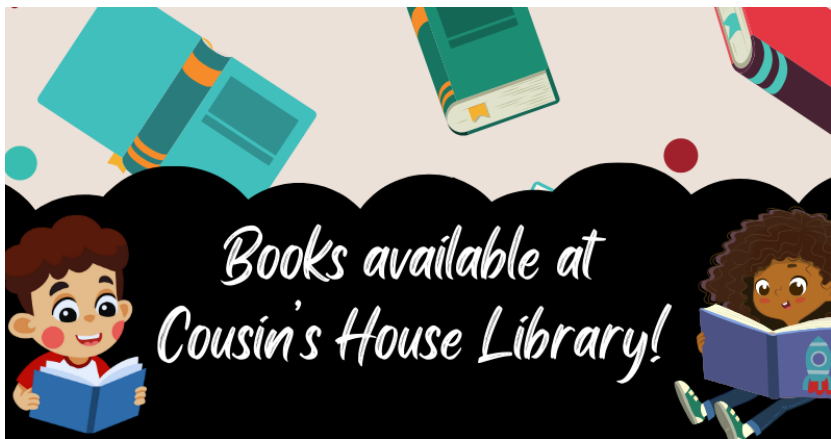
6:45 am is when they rise and shine. We usually talk about something exciting or fun they will be doing that day.

Why is it important to you that your kids attend school regularly?

Education is so important because school teaches them about rules and responsibility.

Cell phones have become an addiction. How do you address phone time in your house?

We aren't strict with cell phone/ipad time. The world around us is changing. We are a digital universe now.



SPRING BREAK LITERACY CHALLENGE FOR TLA'AMIN STUDENTS EVERYWHERE



MARCH 14 - 30, 2025

GRADE CATEGORIES:

K-3 | 4-7 | 8-12

Win Big Prizes!

Category: Grade K-3
1st: IPAD
2nd: \$200 Staples GC
3rd: \$100 Staples GC

Category: Grade 4-7
1st: IPAD
2nd: \$200 Staples GC
3rd: \$100 Staples GC

Category: Grade 8-12
1st: Laptop
2nd: \$200 Staples GC
3rd: \$100 Staples GC

How to Participate:

- Students will register with the TN Department of Education Manager, Tarra Tipton, and receive a *Student Reading Log*.
- Students will log their reading over the two weeks and have a parent or caregiver initial each reading entry.
- Completed Student Reading Logs will be returned to Tarra by April 4th, 2025, to be eligible for prizes.

For more information contact Tarra (tarra.tipton@tn-bc.ca) or stop into the Education Office @ 6690 Tla'amin Road.

School Attendance Matters!

Chronic absenteeism is generally defined as missing ten percent or more of a school year, including excused and unexcused absences – which results in approximately 18 days a year, or about two days every month.

Raising Attendance Rates of First Nation Students in BC
Tla'amin Education Department

APPLY NOW

Study Online from your community FREE

ᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ - Language Proficiency Certificate Program

Starting in Sept. 2025 through the University of Victoria

Applications are now being accepted at UVIC for the very first ᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ Proficiency Certificate Program. Study with friends and jehjeh from all our Sister Nations. No entrance requirements or prerequisites.

Access application through QR code with a Google account or email Sophie Call, Director of Education for an application sophie.call@tn-bc.ca

Email your completed application form to Colleen at: iedlpa@uvic.ca

Program Structure

- 3 semesters Sept-Dec/Jan-April/May-July
- Classes Monday mornings, afternoons & Thurs evenings
- Online classes + in-person weekends

Application Deadline

Friday, Jan. 31st, 2025
Late applications may be accepted

For information about your Nation's post-sec living allowance contact your Coordinator

- narilynharry@klahoose.org
- erin.higginbottom@komoks.ca
- postsec@tn-bc.ca (Louise Dominick)
- brenda.murray@homalco.com

Tla'amin Recreation

Featured Programs:

Drop-In Community Volleyball

ALL AGES WELCOME!

Drop on by the Salish Centre on Thursdays for some volleyball action!

Thu. Jan. 9 - Mar. 13 6:30 pm - 8:30 pm

Location: Salish Centre

Empowered Self-Defense for Girls

Ages 13 - 18 years

Over this 6-week course, students will be taught a holistic approach to personal safety. Through a combination of activities and exercises, they will acquire a set of tools to combat the whole spectrum of violence; from micro-aggressions to physical assault. Participants will learn how to interrupt violence by listening to their intuition, asserting boundaries, using de-escalation strategies, and practicing a range of skills. **Dinner & Prizes provided!**

Pre-registration is required for this program.

Mon. Jan. 27 - Mar. 10 5:00 pm -6:30 pm

Location: ʔayıştən ʔaye | Cousin's House

Pro D Day

Ages: 5-12 years

A full day camp that will have kids exploring on various field-trips, and learning different arts & crafts, sports, and games.

Pre-registration is required for each date.

Mon. Jan. 27 8:30 am – 4:30 pm – ASSUMPTION ONLY

Thu. Feb. 13 8:30 am - 4:30 pm – ASSUMPTION ONLY

Fri. Feb. 14 NO CARE DUE TO STAFF TRAINING

Location: ʔayıştən ʔaye | Cousin's House

Future Leaders

Ages 15 – 29 years

Recreation based leadership training on Tuesdays from 6pm-8pm qualifies you for a paid honorarium shift in Recreation. This program prepares youth for work and offers hands-on skills working in Recreation with children. **Paid work experience is included in this program.**

Tue. Feb. 4 – Mar. 25 6:00 pm – 9:00 pm

Location: ʔayıştən ʔaye | Cousins House in the ɔʔaykʷ (Eagle) Room. Ring the doorbell up the back steps or text 604-344-0531 for accessible entry.

Please keep an eye out for the ʔayıştən ʔaye | Cousin's House Winter Community Program Guide, which will highlight all of our programming from January to March 2025. For the latest updates and posts about our programs, be sure to visit our Facebook page, "Tla'amin Community Recreation."

Youth Council

The Tla'amin Nation Youth Council is here! If you're 15-30 years old and want to get involved, raise awareness, learn new skills, and make a real impact—this is your space.

The Youth Council will be a safe place to share ideas, give feedback, and help shape programs that support our community's social and cultural needs. Together, we'll empower change through education, training, and leadership, all while embracing Tla'amin culture, history, and traditions.

Meetings: Monthly

ʔayıştən ʔaye (Cousin's House) – p'oho (Raven) Room OR join online!

Register now at <https://tlaamin.perfectmind.com> under Drop-in Programs. The Zoom link for online participation will be sent out monthly to those registered. Let's build something powerful, together!

Announcements

Tišosəm Track

Please be advised that the Tišosəm Track is closed until further notice due to the damage it has sustained.

Sports Field

Please be advised that certain areas of the Sports Field are taped off and closed until further notice due to flooding caused by recent weather conditions.

Creating Perfectmind accounts!!

On NEW accounts, before registering for any program, please allow up to 48 hrs to verify your resident or non-resident status. Once verified, you can start registering for programs!

Please email rec@tn-bc.ca or come see us at ʔayıştən ʔaye | Cousins House if you are having difficulty with creating accounts, or registering into programs.



Mattias would like to acknowledge Tla'amin Recreation for sponsoring his hockey dreams. "ʔimot" says Mattias.



təʔaw

teachings from TOSUM Ltd



Family workouts is a great way to maintain a healthy connection

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, which empowers individuals through fitness, nutrition, and personal transformation. As a

wellness-focused business, Tosum Ltd's mission is to nurture health, body, and spirit, which aligns with good medicine.

The Importance of Protein While Working Out and Tips for Eating Healthier While Traveling

Protein is vital in building and maintaining muscle, making it an essential nutrient for anyone engaged in regular exercise. When you work out, particularly during strength training or high-intensity activities, your muscles experience small tears that must be repaired. Protein provides the amino acids required for this recovery process, helping rebuild muscle tissue to be more muscular and resilient. Inadequate protein intake can hinder recovery, lead to muscle loss, and even affect performance.

Aim to consume protein consistently throughout the day to optimize your fitness journey. High-quality protein sources include lean meats, fish, eggs, dairy, tofu, legumes, and protein supplements if needed; for athletes and those who exercise intensely, consuming 1.6 to 2.2g / kg of protein per kilogram of body weight is often recommended. I usually enjoy a post-protein shake after my workouts. I have shared one of my favourite recipes before, and you can find it on my website, tosumstrong.com, under my blogs.

Many clients have asked about protein and travelling to share my tips. Staying healthy while travelling can be challenging, but it's not impossible. Here are some tips:

HEART HEALTH



Take Control

- 1. Pack Snacks:** Bring portable, protein-rich snacks like protein bars, nuts, seeds, or beef jerky. These can help you avoid unhealthy airport or convenience store options. I also pack my whey protein. I have also purchased a Ninja Blast portable blender from Amazon.
- 2. Choose Wisely:** Opt for grilled, baked, or steamed restaurant dishes. Avoid fried or overly processed meals whenever possible. I love ordering steak and white rice with steamed vegetables.
- 3. Stay Hydrated:** It's easy to mistake dehydration for hunger. Keep a water bottle handy and drink regularly. 3-4 litres of water daily.
- 4. Prioritize Protein:** Look for meals with lean proteins, such as chicken, fish, or plant-based options, alongside vegetables.
- 5. Plan Ahead:** If you're staying in one place, visit a grocery store to stock up on healthy options like Greek yogurt, fruit, or pre-made salads. I rely heavily on the hotel's microwave and even ordered a plug-in heater for my food in the States. By prioritizing protein and making mindful choices, you can maintain your fitness goals and feel energized no matter where life takes you. I hope you find this helpful!

čəčəhatanapəč qʷaləp tin tʰokʷ. I thank (honour) you all for coming today and taking the time to read this!



U13A has been rocking it this year, they came home with 2 gold metals so far. Now they are onto Provincials.

Kohen Louie and Tobin LeBlanc Jasper Street, and Cecil Hackett,



These boys played together at the Campbell River U8/U9 Jamboree on January 4th and 5th. (Photo left to right: Wiley, Tegan, Nathan, Myles and James)

James Bonn, and Tegan Dominick both received MVP's. Nathan Rogers, Myles Paul and Wiley Francis received Digger awards.

Two Tournaments Coming Up

February, 7,8,9 Complex
February 14, 15, and 16th
Comox Valley

Couple of Tla'amin Youth Instrumental in Winning Gold

8 teams rallied at the Recreation Complex providing exciting entertainment for hockey parents

By Steve Gallagher
Neh Motl Editor

The U-15 Kings won their first gold medal of 2025 in front of their home crowd taking down Semiahmoo Ravens in overtime, winning 6-5 in their fifth game over three days (January 17-19, 2025).

Semiahmoo got into penalty trouble early in the first period allowing the kings to take a 3-0 lead. Kings forward Mattias Gallagher came close to making it four with a slap shot that went over the net before heading into the second period.

Semiahmoo picked up the pace keeping the kings hemmed into their own end but still couldn't solve MVP Menat'they Blaney who stole the show keeping their dream of the gold medal within reach, with one period to play.

Semiahmoo's luck started to change when a defender floated a puck towards the Kings net and the puck had eyes as it went in the back of the net deflecting off the Ravens forwards helmet, who didn't even see the puck hit the twine.

Midway into the third the Kings started to feel the fatigue from arriving at the rink at 6:00 am earlier that morning to defeat Strathcona in penalty shots.



Menat'they Blaney kept his team in game being outshot in the gold medal game. Photo: Justin Sparks.

A couple of shifts later the game was deadlocked at 3-3 with 8 minutes remaining and the momentum was stolen by Semiahmoo and the Kings golden dream was starting to fade fast.

On the very next shift the Kings captain skated across centre and unleashed a slap shot from the blue line lighting up the crowd as the puck hit the top corner to regain the lead.

In the final five minutes goals were back-to-back, to back with the advantage going to Semiahmoo to send the gold medal game into sudden death overtime with a 5-5 deadlock. The Kings miraculously survived playing shorthanded for nearly two minutes at the end of the regulation and started overtime shorthanded for the first 17 seconds.

In overtime, Semiahmoo had the first couple of chances to end it, but Kings goalie Menat'they protected his net, like a *χəwɣəs* (grizzly bear with cubs), as his defense broke out of their own end, and made a tape to tape pass to their left winger on the far side, who calmly slide it past the Semiahmoo net minder to win the gold, creating a cloud cover of hockey gloves to pour down on their victory celebration.

Special thanks to the Tla'amin Nation, Thichum Forest Products and the Convenience Store for their donations for the silent auction that served to raise team travel funds so our boys can continue to enjoy their hockey experience.

Hockey Injury Setback Cuts Into Season

By Steve Gallagher
Neh Motl Editor

At the age of 14, Mattias Gallagher registered to play in the 2024 minor hockey season for the very first time. A challenging feat as most of his opponents have been skating on the ice for several years.

On November 11th, the Kings had a game against Campbell River. It was mid way through the second period when he parked himself in front of the goalie and scored by deflecting a shot from his defence. First goal of his career against a strong opponent. His celebration needs a bit of work but the emotion was real. It was officially game on or so we thought.

On his very next shift, battling for position in front of the net, he took a cross check to his lower back, and slowly skated back to the bench. Later, we discovered he fractured his tailbone resulting in a long lay-off from his favorite sport. Doctors advice was to simply stay off the ice and avoid straining his back for four to six weeks.

Tough medicine for this young man who gets up early for his hockey academy every Monday morning. It was doubly tough for him to be a spectator, feeling a disconnect from his hockey family. After Christmas break, Mattias was back on ice, that was his life, he was going to play in the big league, Oh-oh!

This was his first competitive hockey tournament. Like a kid falling off his bicycle, Mattias was back in his office two month later scoring the go ahead goal against the New West Royals. Contributing to help his team advance to the next round.

Mattias cheers on the Habs in the Mancave and is proud of his gold medal hanging in his hockey shrine He wears his #11 Gallagher jersey on the ice with confidence. Like most youth his age he has several shoe boxes and albums full of hockey cards.

Next tournament will be over the Valentines Day weekend in Port Alberni.



Mattias sizes up the rebound to notch his second goal against the New West Royals

POSITION TITLE: RECREATIONAL FISHERY CREEL OBSERVER

CLASSIFICATION: Field Technician Level 1 – Casual and Term Full Time Positions

DEPARTMENT: Fisheries and Oceans Canada, South Coast Stock Assessment

WORK DESCRIPTION:

Creel Survey positions require candidates to conduct interviews at commonly used landing sites and collect fishing data from recreational anglers at the completion of their fishing trips. Specific job duties are limited to: conducting interviews, interacting with the public, identification of recreationally caught species, collection of biological samples, clear and precise data recording and electronic data entry.

Candidates are required to provide their own transportation to and from the landing sites and assume responsibility for the vehicle. Mileage expenses related to the job duties will be reimbursed. Hours of work will include both weekends and weekdays. Number of shifts and shift times will vary by the job location/area.

As a representative of the Government of Canada interacting with the public, creel observers must conduct themselves in a professional and courteous manner at all times. Training and further information will be provided to successful candidates.

WORK LOCATIONS: There are various positions available by shift regions: the greater Victoria region, greater Nanaimo region, greater Victoria region, greater Powell River region, greater Sechelt region, and greater Vancouver/Squamish region.

WORK DURATION: Duration will be from April through to the end of October depending on the availability of and allocated budget funding.

REQUIRED QUALIFICATIONS:

- English language proficiency
- Ability to communicate effectively orally and in writing
- Computer literate
- Valid BC Class 5 Driver's License and access to your own transportation
- Successful completion of secondary school
- No criminal record (security screening required – reliability status)
- Able to work evenings and most weekends
- Knowledge of the biology of Pacific Salmon
- Able to handle strenuous field activities
- Comfortable working around water (docks and boat launches)
- Effective interpersonal skills
- Initiative, dependability, and good judgement

ASSET QUALIFICATIONS:

- Experience conducting surveys
- Experience recording and managing scientific data
- Experience working with the public
- Experience working in outdoor locations
- Recreational fishing experience
- Ability to identify Pacific Salmon and other common recreational caught species
- Experience with finfish and shellfish species identification

APPLY TO: Patrik Zetterberg by e-mail only patrik.zetterberg@dfo-mpo.gc.ca

Please provide a resume and highlight how you meet the required and asset qualification criteria. Indicate the regional locations you would be interested in and that you have available accommodation. Please include the living expenses associated with these positions. Only qualified applicants will be contacted. All applicants must fill out a security clearance form. A pool of qualified applicants with security clearance will be established from the pool as they become available.



ᑭᐱᑭᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ

Ahgykson Lane subdivision lot allocation is a process

ᑭᐱᑭᑦᑎᑦ ᐱᑦᑎᑦᑎᑦ (Ahgykson Lane) is our new 14-lot subdivision being constructed off of Harwood Drive in ᑭᐱᑭᑦᑎᑦ. All of the land clearing for this project has now been completed. While we are in the middle of Winter, dealing with precipitation & the environmental impacts of the project is our main priority. Leighton Contracting is implementing all of their mitigation measures from the Construction Environmental Management Plan (CEMP) to minimize impact to our environment, including the Lands & the neighbors. Tla'amin Lands department is working through the Lot Allocation process with Citizens on the list to construct housing on these lots. We expect that these lots will be ready to be allocated & constructed on by May 2025.

For inquiries about Lot Allocations please contact April.treakle@tn-bc.ca

For inquiries about Construction project specifics please contact publicworks@tn-bc.ca



Kelp sporophytes grown at Cannery Bay Kelp Nursery 12/24 Photo Lee-Ann Ennis

**For Public Works & Housing
Related Emergencies**

604-578-0447

**Animal control & Public
Safety please**

604-413-7102

Land Use Plan Update – What We’ve Heard from Community Members So Far

The Lands and Resources Department is updating Tla’amin’s Land Use Plan! Updating the Land Use Plan will better reflect the Nation’s goals and priorities for the tíšosəm village area, Treaty Lands, and Tla’amin Territory. In October 2024, we engaged the community about the tíšosəm village area by gathering in-person feedback at the Annual General Assembly (AGA) and through an online survey that gathered input on housing, transportation, daily needs, and infrastructure.

Thank you to all the community members that provided their input! The Land Use Plan relies on community member’s perspectives, ideas, and visions for the future of Tla’amin. We received 126 responses from you during the AGA trade-show, and 35 community members responded to the online survey. While there are more engagements to come, (info on the next page), we wanted to summarize what we have heard from you so far. The findings from this round highlight significant needs for more housing, improved public transit and road safety, expanded access to food and healthcare services, enhanced educational opportunities, and various infrastructure upgrades.

Housing

The community identified a pressing need for diverse housing options to accommodate varying needs, including single-family homes, town-homes, multi-family units, and accessible housing for Elders and individuals with disabilities. Increased density through secondary suites (e.g. basements) and tiny homes was suggested. Members also requested rent-to-own programs, better education and pathways to homeownership, and support for home maintenance. Community members are also looking for more transparency on the housing waitlist and opportunities for off-lands community members to return.

Transportation

Public transit improvements are a priority, with calls for more frequent bus service, better routes, and accessible bus stops near key locations like the governance building. Enhanced road safety is critical, with suggestions for speed limit enforcement, speed bumps, and better road maintenance. River Road safety improvements and expanded biking infrastructure (bike lanes, trails, and bike safety gear) were emphasized. Improved sidewalks, street lighting, and walkability were also highlighted, especially along the highway.

Daily Needs

Daily needs are defined as access to essentials like food, healthcare, education, and employment. Community members suggested a local

grocery store, farming initiatives, and food processing facilities. Education priorities include mentorship and training programs for roles within the Nation, building a K-12 school with traditional learning programs, and more land-based learning opportunities. Expanded healthcare services (dental, mental health, addiction support, and traditional medicines) were requested, along with a pharmacy, treatment center, wellness center, and clinic.

Infrastructure

Community members called for recreational facilities (parks, library, and hockey infrastructure) and cultural spaces like a traditional longhouse. Promoting sustainability through recycling and composting education was recommended, along with energy-efficient building improvements to combat climate change. Amenities for Elders,

such as community gardens and patio spaces, were also desired. Finally, infrastructure upgrades that are needed like drainage improvements and water conservation planning were also identified.

For more information, contact Marie-Gabrielle, marie-gabrielle.bechard@tn-bc.ca.

We look forward to seeing you and hearing your ideas at the event!

SAVE THE DATE ! FEB. 19, 4-7PM
LAND USE PLAN OPEN HOUSE!

SHARE YOUR IDEAS WITH THE LANDS DEPARTMENT!

- ✓ Food and Refreshments!
- ✓ Everyone Welcome!
- ✓ Door prizes!

WHEN: Wednesday, **February 19th, 4-7 p.m.** Drop by the open house anytime between 4 and 7 p.m!

WHERE: Tla’amin Culture Portable - 6683 Sliammon Road

WHAT: Share your vision for tíšosəm and Tla’amin territory and learn about:

- Land use planning process
- Previous land use plans
- What we’ve heard so far

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

Our ʔəms giǰe Plan will outline our Nation’s vision for its lands. This will be the first update since becoming a self-governing Nation. The plan will include the community’s input, goals and vision for the land, and guidelines for various land uses.



Complete Communities Funding

Tla’amin has received the UBCM Complete Communities grant to support our Land Use Plan update. This funding supports the “Getting Started” and “Identify Priorities” phases of the Land Use Plan. The first round of engagement will focus on the tíšosəm Village Area.

What are your needs for:

- Housing
- Transportation
- Daily Needs
- Infrastructure





titihayε ʔayʔajuθəm

Instructors Betty Wilson, Randy Timothy Sr., and Gail Blaney shared tea and teachings with Klahanie and Southview residents on January 21. Residents learned to identify the characters of the orthography, some basic greetings, place names and the meanings behind the new Tla'amin street signs.

Here is what a few participants had to say:

"ʔimot, this was so useful to me. I am so grateful for your invitation to participate today. Learning the new place names + proper pronunciation of your language is part of my commitment to living on your beautiful territory. It is so important to continue to share your voices with us and I am so grateful that it is also being taught and embedded in the elementary school system"

Robyn Jacob

"I am grateful for this. It is an excellent way to begin to learn the language, but also so much more. I very much enjoyed another chance to visit and meet with my neighbors in T'i šosom. I will attend any future events. I am very happy to have knowledge now to understand the new road signs."

Tim Everett

"Very useful and well organized, great to understand (or at least try), some of the pronunciation. Thank you for your willingness to keep repeating."

Patt Wilson

Tla'amin Nation's Role in Global Sustainability Research

Back in 2022, Tla'amin Nation was selected to represent Canada in an international research project called Solving-FCB (Solving the Sustainability Challenges at the Food-Climate-Biodiversity Nexus). This six-year collaboration brings together researchers from six countries—Canada, China, Costa Rica, the Netherlands, Nigeria, and Ghana—to explore solutions for a sustainable future.

At its core, Solving-FCB looks at the big picture:

- How can we adapt to climate change?
- How can we ensure there's enough food for everyone?
- How can we protect our lands, waters, and wildlife?

Tla'amin was chosen because of the Nation's leadership in food security and conservation. Current projects like the Marine Plan, the 13 Moons review, seafood security research, and the impact of the Modern Treaty on traditional foods are examples of the important work already happening.

As part of this international partnership, Tla'amin's research team will share knowledge, learn from others, and develop new skills, including climate trend modeling and species distribution analysis.

SUBHEAD - Tla'amin Research Team Heads to Costa Rica

In mid-February, the Tla'amin research team will travel to Costa Rica for the second in-person Solving-FCB gathering. This international meeting brings together research partners to share progress, strengthen collaboration, and explore sustainable solutions to global challenges in climate change, biodiversity, and food security.

The first meeting took place in Vancouver at UBC in 2023, and this next gathering will continue the important work of building partnerships and advancing research that supports a more sustainable future. To learn more about upcoming research and community involvement, contact Nicole Meier, TEK Coordinator at nicole.meier@tn-bc.ca.

Paid Workshop for Tla'amin Harvesters Set for March 8

Tla'amin harvesters are invited to take part in a paid, in-person workshop on March 8, 2025, designed to strengthen community access to the land and waters, uphold cultural harvesting practices, and adapt to the challenges of climate change.

Participants will enjoy lunch and interactive activities led by the Lands & Resources team. This workshop is a one-time opportunity for harvesters to provide valuable input while gaining insights into ongoing projects that impact their work.

Door prizes will feature high-quality harvesting equipment.

Workshop Focus Areas

Attendees will help guide key initiatives, including:

- Marine Plan discussions on harvesting values and priorities (ANSWERING QUESTIONS SUCH AS: What values should be included in our Marine Plan?)
- Solving-FCB research on seafood security challenges and solutions (ANSWERING QUESTIONS SUCH AS: What are the prevailing barriers for you to harvest enough seafood?)
- 13 Moons: Climate and harvesting seasons shift (ANSWERING QUESTIONS SUCH AS: Which food species have you found later/before/outside of their usual harvesting season?)
- To make best use of everyone's time and energy, the Solving-FCB session, previously promoted as a separate event, is now integrated into this workshop.

For more information or to register, contact Nicole Meier, TEK Coordinator at nicole.meier@tn-bc.ca or call (604) 413-6846 ext. 111.

Choose Kindness

February 26th, 2025



Pink Shirt Day



Sebastien Lecours

Our newest member of the Thichum team

"Thichum Forest Products is happy to welcome Sebastien Lecours to our team as the Woodlands Manager. He is a Registered Professional Forester and brings a diverse background. He has over 25 years of experience in the forestry industry including contract operations, operational

planning, relationship building, leadership, management, and environmental stewardship. In his previous role – Sebastien work directly with Thichum Forest Products and is familiar with the operation and our quadruple bottom line values (environment, social, cultural and economics). He's solution orientated and always willing to listen and learn so we can continue to improve what we do. Sebastien is excited to learn more about the Tla'amin Nation people, culture, and history.

His role will support our team in managing a sustainable harvest across a range of tenure types while being dedicated to upholding Tla'amin Nation sustainable resource management practices. Sebastien will also be playing a key role in driving innovation in forest management practices.

Health and Wellness

EH KWA'A'NUNS KYE'AMIEUX
 "When the people in our community are well again, all around us will also be well."

Itstartswithme

Tla'amin Elders Corner

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

Elders Luncheon Dates:

February 11th, 2025 (Tuesday)

Time: 11:00 A.M. TO 1:00 P.M.

Guest: Byron Harry, Fire Department Chief

Location: Health Building

February 18th, 2025 (Tuesday)

Time: 11:00 A.M. TO 1:00 P.M.

Guest: UBC Pharmacy and Sheila Paquette

Location: Health Building

February 25th, 2025 (Tuesday)

Time: 11:00 A.M. TO 1:00 P.M.

Guest: Marie-Brielle Bechard

Topic: Land Use Planning

Location: Health Building

Winner of the 50/50 Elders December draw in the amount of 573.50 was Dylan Harry

Much appreciation goes out to Elder Phil George, salesperson of the year and thank you to everyone who supported the Elders Fundraiser.



Get yourself fitted with a new pair of eyeglasses

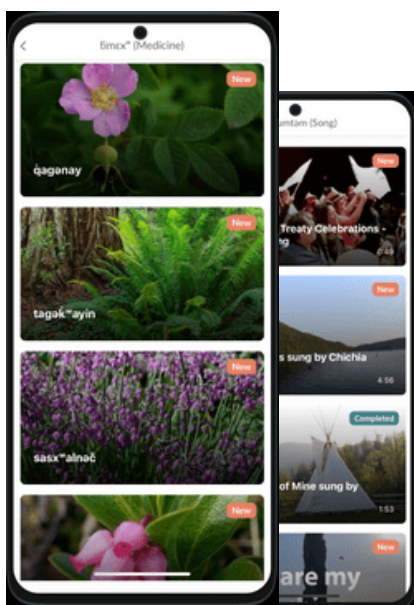
Suter Brook Optometry Community Outreach Division will be back at Tla'amin Health for another round of eye care. In January they fitted over 70 nation members in three days.

Next Visit is in April: Contact Jaime Harry

604-483-3009 ext. 121



ᑕᐱᐱᐱᐱ
 TLA'AMIN NATION



Tla'amin Wellness Program:

View any of this month's teachings to be entered to win a \$250 Freshco Gift Card.

CHECK YOUR MEDS EVENT

February 18-20, 2025

Salish Centre



Three-day event features 1-1 help for Tla'amin people

Tla'amin Health Centre will welcome UBC pharmacists for a special health event from February 18-20. Over the course of three days community members can book one-on-one medication reviews to discuss any concerns about their prescriptions, over-the-counter medications, or supplements.

Appointments are available throughout the event, along with walk-in services for minor health concerns, a medication return event, and community breakfast.

Check the Neh Motl for the full event schedule.

or call Sheila with questions 604.483.3009.

"Medication reviews are an important step in making sure your treatments are safe and effective. Whether you're managing multiple medications, adjusting after a hospital stay, or experiencing side effects, a pharmacist can help ensure everything is working the way it should for your health."

Tla'amin Public Health Nurse Sheila Paquette

Spring Intake for the Qaməs ʔəms tala Settlement Trust is approaching

Tla'amin citizens who are interested in starting or expanding their businesses are encouraged to apply to the spring intake of the Qaməs ʔəms tala Settlement Trust opening April 2025. Stay tuned for official dates to come



ACCOUNTABLE, FAIR AND RESPECTFUL

New versions of the Handbook, Business Application, and Verification Letter of Good Standing for April 2025 will be posted at: www.tlaamintrust.com/grants in the near future



July 21st - August 5th 2025

Tentative Schedule

Tla'amin - K'omoks - Qualicum - Nanoose - Snuneymuxw - Shell Beach - Cowichan - East Saanich - Esquimalt - Elwha

Canoe practices to start in April
Contact Drew Blaney if you are interested in participating
drew.blaney@tn-bc.ca

OVERCOMING

with Guy Felicella

Join us for a free public talk from international speaker and drug policy reform advocate, Guy Felicella.



With a powerful personal story of recovery, Guy passionately promotes harm reduction, trauma therapy, and faster access to treatment, advocating for compassionate drug policies and substance use support.

TUESDAY, FEBRUARY 11

7:00 PM AT THE MAX CAMERON THEATRE

Free tickets available at overcomingqathet.eventbrite.com



WEDNESDAYS 5:45PM @ SALISH CENTRE CULTURE NIGHT

DINNER PROVIDED



OPEN TO TLA'AMIN NATION MEMBERS AND MEMBERS OF TLA'AMIN CANOE FAMILIES

COME OUT AND LEARN THE SONGS AND DANCES OF OUR PEOPLE

STARTING ON FEBRUARY 12TH 2025

5:45PM

TLA'AMIN SALISH CENTRE

Medication Return Event

Safely dispose of your unused or expired medication

Wednesday, February 19th
1:00-3:00 PM
Tla'amin Salish Centre

For more information contact the event organizer
Sheila Paquette 604-483-3009 ext. 115
email: sheila.paquette@tn-bc.ca



Zara and Kal from Suter Brook Optometry will be back in April to help you with your optometry requirements



First Nations Health Authority
Health through wellness

Safe Disposal of Medications



All unused, expired, or unwanted prescription drugs, over-the-counter medications and natural health products should be disposed of in an environmentally-safe way. You can deposit them at a Medication Return Event or return them to the local pharmacy.

EXAMPLES OF PRODUCTS THAT NEED TO BE DISPOSED OF SAFELY

Prescription drugs

- Heart medication
- Diabetes medication
- Pain medication
- Asthma/COPD medication
- Antibiotics
- Birth control

Over-the-counter medications

- Pain and fever medication
- Allergy medication

Natural health products

- Calcium
- Magnesium
- Vitamins
- Folic Acid

Other

- Medications for your pet
- Prescribed medical cannabis



RETURNING UNUSED OR EXPIRED PRODUCTS TO THE PHARMACY

Contact your local pharmacy and ask how to return them safely. Pharmacies often require you to:

- Remove or black out any personal identification
- Empty all dry medication such as pills, tablets and capsules into a bag or container
- Keep all liquids, creams, sprays and inhalers in their original packaging and remove all personal identification

Funding is provided through the FNHA Healthy Medication Use project.

Contact us at: HealthyMedicationUse@fnha.ca

For more information, see Medication Return Event Grant:
<https://www.fnha.ca/what-we-do/health-system/medication-return-it-event-grant>

Early Childhood Development Outreach Program - February 2025

At the Child Development Resource Center

4th - ORCA Bus 10:00-12:00, CDRC parking lot

11th - Parent & Tot Group 11:00-1:00: Baby footprint art

14th - Valentines day party at the CDRC & čičəy ʔaye (children's house)

25th - Parent & Tot Group 11:00-1:00, Guest: **Lolah Muller, Physiotherapist** will be there to offer any supports with your child's gross motor development.

Contact Brandy at brandy.francis@tn-bc.ca for any questions.





2-Day Traffic Control Person (TCP)

2 Sessions
Wednesday and Thursday, April 23 and 24
8 am - 4:30 pm

Be an important part of a construction team by training as a Traffic Control Person (TCP) to WorkSafe BC standards. Get the basic knowledge and skills required to perform traffic control for construction, maintenance and utility work in BC.

To date, this is the only approved TCP training course for all roads in BC.

Bring 6-inch-high CSA-approved steel-toed boots and all-weather clothing. All other safety equipment, manuals and materials will be supplied.

To successfully complete this course, you must pass both a written exam and a practical test. Those who are successful will receive a TCP Record of Completion Card issued by BC Construction Safety Alliance (valid for 3 years).

Course code: QFLG 003 I25R70
Location: on-campus



Meet your instructor

Lizabeth West of TCP Training 4U has been a traffic control professional for 20 years and an instructor since 2010.

Residing on Vancouver Island, she provides courses on the island and throughout British Columbia. She is a dedicated and passionate professional with a great sense of humor who delivers courses in a fun, informative, attentive, and supportive manner. Her commitment to the importance of safety for new Traffic Controllers entering the industry is evident in her classes.

In the field, Lizabeth provides expertise in areas of public and in-house training, consulting, and traffic management planning. Training traffic control professionals is what we do!

3 Easy Ways to Register!

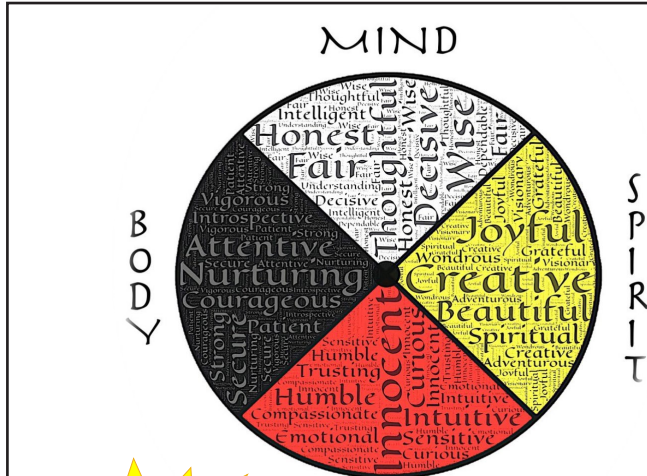
Online
pr.viu.ca

By phone
604.485.2878

In person
7085 Nootka Street



Where community and learning connect



WELLBRIETY TALKING CIRCLE

What is WELLBRIETY?

- The Wellbriety Movement aids Indigenous recovery through wholistic wellness. This wholistic approach supports clients' physical, mental, emotional, and spiritual healing.
- It uniquely combines Indigenous values with AA principles.
- Cultural values, spirituality, and community support foster comprehensive healing from addictions, dysfunctional behaviour, concurrent issues and intergenerational trauma.



WHERE?

@ Tla'amin Health
in the Təxəmay circle room

WHEN?

Mondays 3 - 4:30pm
(Feb. 10 - 3:00 - 4:30pm
Feb. 17 - 3:00 - 4:30pm
Feb. 24 - 3:00 - 4:30pm
Mar. 3 - 3:00 - 4:30pm)

Open to Everyone!!

Coffee, Tea, & Snacks!!



FOR MORE INFORMATION & 12 STEP GUIDANCE PLEASE CALL BRITTANY @ (604) 414-3559



A natural compound (resveratrol) is found in some berries and nuts. Some research suggests it may help with arthritis. Grab a handful of grapes, peanuts, pistachios, blueberries, cranberries, or mulberries. It's also popular in supplement form.



Drone footage Traditional Food Processing Facility of ʔəms ʔays (Our House) taken back in January

SMART RECOVERY FOR INDIVIDUALS



Do you want to address an addiction problem or harmful habit? With our practical tools based on cognitive and motivational psychology and addiction research, SMART Recovery helps you make and sustain positive changes that lead to a balanced life.

Through our meetings, tools, and strategies, SMART can help you stop harmful habits and behaviors, including addiction to alcohol and other drugs, or negative behaviors related to relationships, sex, spending, gambling, eating and exercise disorders, and self-injury.

SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on.

SMART and Other Recovery Groups

SMART Recovery believes that people find their own paths to successful recovery. For some, that path may include 12-step programs or other support groups. Although SMART's approach differs from those of other organizations, it does not exclude them. We recognize and support the fact that many individuals benefit from participating in more than one support community.

Get Started

Ready to get started? SMART Recovery hosts online and face-to-face meetings around the world. Our online message board is an excellent forum to learn about SMART and get 24/7 support.

Learn More

Visit www.smartrecovery.org to search for local meetings and to join our online community.



LOCAL MEETING INFORMATION

Tla'amin Health Center
4895 Salish Drive, qathet

Taxamay Room
Tuesdays 3:00-4:30pm
(Feb 4, 11, 18, 25)

LOCAL CONTACT

Brittany
brittany.vivier@tn-bc.ca
(604) 414-3559

CONFIRM MEETING DETAILS*

<http://www.smartrecovery.org/meetings>

*Meeting times, days, and locations are subject to change. Please confirm meeting details prior to attending.

Tanille Johnston

Federal NDP Candidate for North Island—Powell River



Liḡwɨdaxw • WeWaiKai First Nation

Granddaughter to Elmer (Tiny) and the late, Rose Dick (Maternal)
Granddaughter to Barbara and the late, Keith Johnston (Paternal)
Daughter to Ken and Tammy Johnston

I am dedicated to being your reliable, consistent and trustworthy Member of Parliament that will carry your message through to Ottawa.

What are your Nation's Federal priorities?

I would be honoured to meet to discuss what initiatives you require the Federal Government to focus on and how I can be an asset to you in that work.

Maya'xala, Honesty, Integrity and Truth

The four pillars that I align myself with in order to never forget where I come from, who I serve, Namwayut and how to do the work in a good way, Ga'walaḡa.

Your vote will be VITAL in this election!

Vote for equity for rural and remote communities. Vote for accountability of the Federal Governments role in spending to support our health care system. Vote to protect UNDRIP and DRIPPA. Vote Tanille.

Tanille.Johnston@ndp.ca
[fb.com/ndptanille](https://www.facebook.com/ndptanille)

[@votetanille](https://www.instagram.com/votetanille)
[@.tanille](https://www.tiktok.com/@.tanille)



Paid for and authorized by the official agent of the candidate. cope225-4



SUMMARY OF RCMP CALLS FOR SERVICE FOR December 2024/January 2025

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
DEC 22	HWY 101	Police responded to a report of a possible assault. After completing an investigation, there was no evidence that an assault had taken place.
DEC 27	HWY 101	Police received a report of a vehicle throwing cans out the window as it drove. Police made extensive patrols in the area, but were unable to locate the suspect vehicle.
DEC 28	WATERFRONT RD	Police responded to a report of loud party. Police attended the residence and asked the residents to quiet down, which they did.
DEC 28	SALISH DR	Police received a request for a wellbeing check. Police located the person and spoke to them and determined there was no cause for concern. The complainant was notified of the outcome.
DEC 30	SALISH DR	Police received a report of a suspicious person. A male was seen on camera kicking the front door of a residence and running away. Police were unable to identify the suspect male.
JAN 04	SALISH DR	Police received a report of a possible impaired driver. Police attended and located the vehicle. The driver provided a breath sample which registered a "0" on the approved screening device.
JAN 05	SALISH DR	Police responded to a report of a person who may be trying to harm themselves. Police attended and spoke to the person at length and determined they did not have the grounds to apprehend them under the Mental Health Act.
JAN 05	WATERFRONT RD	Police responded to a report of a vehicle driving around with a female hanging out the passenger window with a beer in her hand. Police made extensive patrols, but were unable to locate the vehicle.
JAN 06	KLAHANIE DR	Police responded to a report of a suicidal person. Police attended and apprehended the person under the Mental Health Act. They were then taken to the hospital for assessment.
JAN 07	HOMALCO RD	Police received a report of an assault at a residence. Police attended and spoke to everyone involved. This matter is still under investigation.
JAN 12	HARWOOD DR	Police responded to a disturbance at a residence.



ᑭᑭᑭᑭᑭ
TLA'AMIN NATION

Call for Members: Tla'amin Culture Committee

The Tla'amin Nation is calling for expressions of interest from citizens who wish to join the Tla'amin Culture Committee. This advisory body plays a vital role in supporting the Culture and Language Department with guidance and advice on protocol, cultural practices, and programming.

About the Committee

The Committee's purpose is to strengthen and reawaken Tla'amin cultural practices, promote language revitalization, and provide support for cultural events and initiatives. Committee Members work together to represent the interests and perspectives of our ancestors, families, and the broader Tla'amin community, ensuring that cultural projects align with community values and teachings.

Expectations of Members

- Actively participate in meetings, discussions, and advisory processes.
- Bring forward perspectives and teachings of our ancestors, family, and the Tla'amin community.
- Support the design and delivery of cultural projects and programs.
- Maintain confidentiality and uphold the principles of collective decision-making.

Membership Details

Members are appointed by the Executive Council for a two-year term and will receive honoraria for their participation.

How to Apply

To express your interest, please submit a statement outlining your connection to Tla'amin teachings and how you can contribute to the work of the Committee.

For more information or to apply, please contact Drew. Blaney@tn-bc.ca

Deadline for applications: February 21, 2025

Call for Members: Tla'amin Citizenship Committee

In accordance to Section 41 of the Citizenship and Enrolment Law, the Tla'amin Executive Council is required and authorized to appoint three (3) members to form the Citizenship Committee.

ROLE OF CITIZENSHIP COMMITTEE

- determine if an applicant is eligible to have their name entered on the Citizenship Register; and
- oversee the Citizenship Registrar and direct the Registrar to enter names on, or remove names from, the Citizenship Register, as required under the law; and
- publish the eligibility criteria and the procedures to apply for enrolment, un-enrolment or re-enrolment; and
- keep confidential all information provided by and about applicants for enrolment, unenrolment or re-enrolment and comply with any confidentiality requirements set out in regulations under this Law or in any other Tla'amin enactment

REQUIREMENTS OF MEMBERS OF COMMITTEE

- be a Tla'amin Citizen in good standing with the Nation; and
- have a good understanding of Tla'amin culture, ancestry and Tla'amin Institutions.

POSITION TERM

Four (4) year term will commence in 2025 when the seats are filled per executive order and will expire in 2029.

HOW DO I APPLY?

Please submit an application by Friday, March 7th, 2024 at 4:30 P.M. to Terrance Wagman, Government Secretary, Tla'amin Nation at terrance.wagman@tn-bc.ca or at the Tla'amin Nation office – 4779 Klahanie Road. Please include the following:

- A cover letter that explains why you think you would be a good candidate;
- Your resume.

Thank you for your interest.

Mia's **Income Tax Preparation** Want a Faster 2024 Tax Refund?

4950 Waterfront Road
Phone (604) 483-4437

Basic Tax Preparation \$60
Senior Basic Rate \$55
T4, T4A, T5007

Efile to get a Faster Refund

Available for Pickup

