



Tla'amin Reacquires 128 Acres at tiskʷat

By Davis McKenzie

Tla'amin Nation's partial reacquisition of tiskʷat, announced March 14, concludes two years of intense talks with Domtar and restores ownership of 128 acres of land, water licenses, and stewardship rights.

“It's been a journey, that's for sure,” said Erik Blaney, Tla'amin legislator and current tiskʷat site operator. Blaney, who was part of the first conversation with Domtar, recalls it was during the COVID-19 pandemic in 2021, when Lana Wilhelm, Domtar's Director of Indigenous Relations, visited the Government House. “We sat on the grass outside because of social distancing protocols,” he said. “We shared that Tla'amin was looking for three things from a new relationship with Domtar — we wanted to restore the name tiskʷat to the site, we sought meaningful jobs and contracts, and, in the long term, wanted to reacquire our original village.”

Renaming of the site happened right away. In September 2021, Tla'amin held its first ancestral food burning in 150 years down at the tiskʷat riverside. Culture Manager Drew Blaney explained, “We burn for the ancestors first — to include them in our work.”

tiskʷat (Continued on page 4)



Back row/Standing – Brandon Louie (Tla'amin Executive Council), Lana Wilhelm (Domtar Director of Indigenous Relations), Christine Boyle (BC Minister of Indigenous Relations and Reconciliation), Tla'amin Elder Elsie Paul, Hegus John Hackett (Tla'amin Nation), Richard Tremblay (Domtar President, Pulp and Tissue), Dillon Johnson (Tla'amin Executive Council), Losa Luaifoa (Tla'amin Executive Council).

Front row/Seated – Randene Neill (BC Minister of Water, Land and Resource Stewardship), Callum Galligos (Tla'amin Executive Council), Rachel Blaney (Member of Parliament).

Tla'amin Nation launches *taqatštəm*

To mark the 9th anniversary of Tla'amin self-government, Tla'amin Nation launched *taqatštəm* – “We Are Going to Talk About It,” a Nation-wide census that invites every Citizen to help shape the future.

The census is designed to gather important information about housing, health, language, employment, and more ensuring the Nation can plan programs and services that reflect the needs of all Citizens, whether they live within ʔəms giᑭᑭ (Tla'amin Territory) or beyond.

“Self-government means we decide our own path—but we can only do that if we truly understand our

People,” said Hegus John Hackett. “This census is about visibility, connection, and listening. Today, more than half of our Citizens live outside the community, and many want to stay involved, return home, or access services. *taqatštəm* is a way to bring everyone into the circle and make sure no voice is left out.”

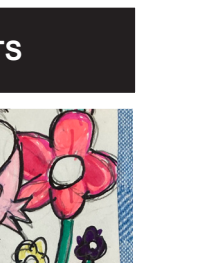
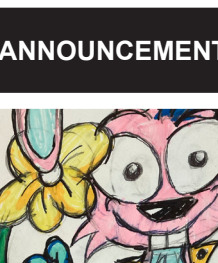
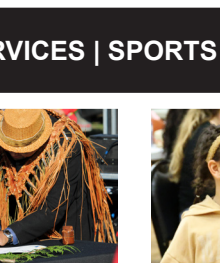
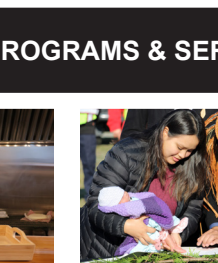
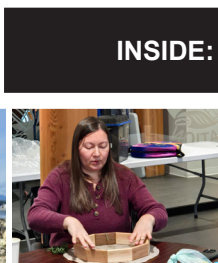
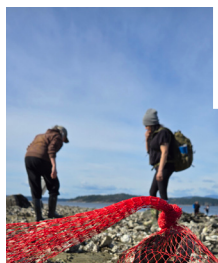
Participants received a \$50 thank-you honorarium for completing the census on-site and those who complete online will have \$50 added to their June dividend. Staff will be available to provide support and answer questions. Off-lands members may

complete the census online to have \$50 added to their June healthy living dividend.

“Every Citizen's response will help create a clearer picture of where Tla'amin People are and what they need to thrive,” said Losa Luaifoa, Finance and Administration Housepost. “*taqatštəm* will help us to uphold our responsibilities of self-government—ensuring the Nation's path forward is guided by the voices of all its People.”

taqatštəm (Continued on page 2)

INSIDE: | COMMUNITY | PROGRAMS & SERVICES | SPORTS & RECREATION | ANNOUNCEMENTS





Tla'amin Governance House Updates

4779 Klahanie Road,
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Phone: (604) 483-9646
Toll Free: 877-483-9646

EASTER WEEKEND

Good Friday: April 18th

Easter Monday, April 21st

Governance House Closed

Message from Hegus



John Hackett

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April is a great month for Tla'amin as we celebrate 9 years of Self Governance, April 5th, 2016, Tla'amin broke the shackles of the Indian Act.

Since 1876 Aboriginal people have been governed by the "Indian Act". Change and transition are challenging even if it is for the better. Governance under the Indian act was very restrictive and limiting. Program and services were not meeting the needs of a growing community. There was high expectation from programs and services with restricted support that was not flexible in ways our members needed that led to dark times.

Tla'amin is a very young government at 9 years, but within the 9 years Tla'amin has accomplished so much where I am very proud to be Tla'amin. I feel strongly that we have bridged the segregation of entities where we are all in the same canoe paddling in sync, our economic development, our Tla'amin Health, our administration, legislative, and executive council are paddling together. We are working together delivering programs and services, building infrastructures to house our programs.

April 4th marked the grand opening of ᓄᓂ ᓂᓂ ᓂᓂ - Complex Care Housing. ᓄᓂ ᓂᓂ ᓂᓂ is a partnership between Tla'amin Nation, Vancouver Coastal Health, and Lift Community Services through the qathet region's Complex Care Housing Program.

The program, launched in 2021, was developed to serve citizens with overlapping mental health, addictions, and cognitive challenges, and is the result of ongoing collaboration and community advocacy. Complex care housing is an example of the growing evolving health care program to meet the diverse needs of our Tla'amin Community. The homes are located close to essential services in the community, ensuring tenants are supported by nearby Health, Housing, and Social Services. As part of the program, Tla'amin Health has hired an Indigenous Cultural Support Worker to walk alongside individuals accessing these specialized supports.

March 14th marked a very special day as Tla'amin signed a historic land agreement bringing back Tiskwat. The agreement is the result of years of work and commitment by both parties who overcame initial apprehensions to develop trust and work together in the spirit of collaboration and cooperation. That work began with the renaming of the mill site in 2021 to tiskwat and continued in a mutually respectful way to reach today's agreement.

The agreement honours both the historic significance and future potential of the lands. The reacquired lands primarily front the river and ocean and are among the least industrialized areas at tiskwat. Tla'amin Nation will manage portions of the land for cultural and environmental values while developing the more industrialized lands to spur regional economic growth.

Tla'amin Nation is proud to launch taqatstam – "We Are Going to Talk About It," a Nation-wide census that invites every Citizen to help shape the future.

The census is designed to gather important information about housing, health, language, employment, and more ensuring the Nation can plan programs and services that reflect the needs of all Citizens, whether they live within ᑲᐱᓂᓂᓂᓂ (Tla'amin Territory) or beyond.

Self-government means we decide our own path—but we can only do that if we truly understand our People. This census is about visibility, connection, and listening. Today, more than half of our Citizens live outside the community, and many want to stay involved, return home, or access services. taqatstam is a way to bring everyone into the circle and make sure no voice is left out.

taqatstam

(Continued from page 1)

Your Privacy is Protected

When you take taqatstam – The Tla'amin Census, your privacy matters.

Your answers are confidential and anonymous. No one in the Nation offices—including government staff or Council—will see individual responses. Only grouped data will be used to help shape Tla'amin policies, programs, and budgets.

Your name and Citizen number are stored separately from your responses. The only person who holds the identity key—the link between names and answers—is an external data scientist, not anyone within Tla'amin Government.

Meet Data Scientist Alex Cebry
he holds the key!

Take the Census Now:



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TLA'AMIN NATION

Pa'aje at Okeover Update

By Steve Gallagher

Yvon Sevigny is the Beach Supervisor/Manager for Pa'aje Shellfish Ltd and is responsible for looking after our oysters in a competitive market. To help make his job safer, a couple of projects were completed for the entire crew that keep our oyster operation afloat.

The first is the addition of a gangway on January 15th of this year. This is the long and often steep ramp that boaters walk down to access their watercraft, or in this case the FLUPSY (Floating Upwater System). This secure gangway has been on the wish list for some time as the previous method of accessing the FLUPSY required fuel and time with potential for injury.

The second is the purchase of a new fishing skiff. The skiff will haul shellfish products from the FLUPSY out to the beaches and back that is less 'at risk' to tip over if the center of gravity is slightly off. This vessel is equipped with other features to lift and stack volumes of product on and off the skiff that runs on a powered pulley system.

When I arrived at Okeover, the first thing I noticed were the vast number of floating pouches fronting the wharf which I learned were referred to as deep water floating pouches.

The Neh Motl inquired about these deep-water floating pouches and harvested some background on the former oyster plant, now named Pa'aje Shellfish Ltd.

Approximately five years ago, a FLUPSY was special ordered and custom made on Vancouver Island to increase the production and survival rates for the "pearl of the sea" providers that get destined to the plates of consumers across the country.

The FLUPSY is used during the nursery stage of growing shellfish. Oyster seeds that mature into the floating pouches were first purchased from an oyster hatchery on the Island and were 3 micron in size. Pa'aje has supplied and monitored the nutrient and oxygen levels on the FLUPSY from early August to late October until they reached 18mm in size.

Once oysters grow past the stage where they don't fall through the self-contained floating pouches, they are counted and transported into the deep-water area, where they will further develop with the help of the Beach Supervisor who monitors and records their progress.

"The floating pouches need to be turned every so often, depending on the weather to allow them to grow into the proper shape," explained Yvon. "Sometimes they oyster can get stuck in the netting and it takes a very long time get them untangled. Once his happens, you will never want to go through that again" laughed the Beach Supervisor.

As of mid-March, there were 1,840 pouches floating in Okeover. Each pouch has approximately 300 oyster seed in each that are growing to a market size of 2.5 inches. That is



Pa'aje installed the gangway on January 15, 2025. Previously to that we had to re-align the float with the ramp and re-armour the ramp with big rocks for erosion control. Background is the floating pouches that will require monitoring over the next few months

worth keeping the shellfish operation going year after year. By controlling their growth and ensuring they can be healthy as can be, the taste is improved tremendously to satisfy the growing number of consumers.

This year, Pa'aje is considering purchasing clam seeds to nurse and grow in the Flupsy. Pa'aje is hoping to find a buyer for clams as we haven't sold clams since the winter.



Pa'aje purchased a skiff for shellfish harvesting, it as a "beamy" shape in order safely transport crew and cargo oysters, clams, and other goods. Yvon stands proud next to the latest purchase that was over a year in the making.

Meet Eddie the Eel

Dear Friends:

Thank you for the opportunity to share some of my artwork. Here is a new character to introduce to you.

Eddie the eel is feeling curious and tempted. The hook looks interesting, but if he bites it, he will be caught.

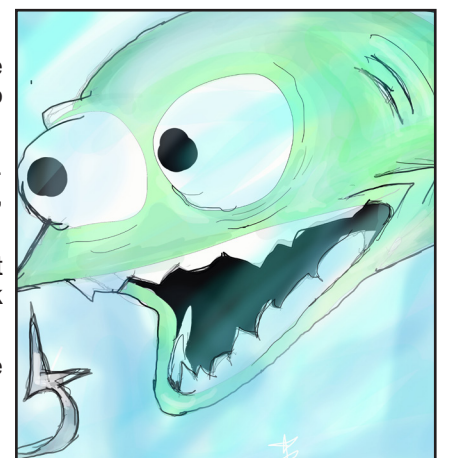
In spring we can feel excited and almost mischievous. Eddie is reminding us to think things over before taking that bite.

Be careful and take care as you spend more time outdoors during this season.

From Dustin Preiss

Local Artist

Tla'amin Member



tiskʷat

(Continued from page 1)



The renaming was witnessed by Tla'amin Elders — pictured here: Elsie Paul, Doreen Point, Alec Point, and longtime mill employee, the late Tlesla Leslie Adams.

A second breakthrough came in the form of provincial partnership. On October 27, 2023, Premier David Eby visited the territory to sign *yix̣mətṣ̌təm tiskʷat* (we are going to take care of tiskʷat), a Memorandum of Understanding (MOU). The MOU focuses on three areas of collaboration: environmental stewardship, economic development, and Tla'amin's long-term goal of full site repossession. Through the MOU, the Nation and the Province formed a multi-ministry intergovernmental forum to address Tla'amin's interests and concerns at tiskʷat.

At the signing ceremony, Eby said:

“The Tla'amin people are deeply connected to this land, but they were pushed out of their village to make room for industry without having a say in the development of the site and without reaping any economic benefits. Through this agreement, we are committing to righting past wrongs and working together to create environmental and economic benefits for the Tla'amin Nation, the surrounding community, and the whole province.” Johnson recalls how the specific claim and the MOU coming together gave the Tla'amin team renewed confidence. “After slogging and fighting for over a year, we suddenly felt the wind at our backs — we felt our ancestors' hands guiding and steering the work.”



Johnson Adams

Although community engagement is not required by Tla'amin law for business or commercial transactions, Tla'amin leaders recognized that reacquiring tiskʷat would be a significant move with intergenerational consequences.

“We directed staff to develop a measurable community engagement process to understand where the community stood on the reacquisition,” said Hegus John Hackett. “After nine community sessions and two surveys, we had a resounding mandate with clear parameters to pursue reacquisition.”

Johnson explains that the community mandate provided clarity and power to the negotiators. “We came to the table with the position that all roads lead back to Tla'amin — that it was our time and our moment.”

Tiskʷat Hits the Market

Executive Council member Dillon Johnson, a chief negotiator of the deal, remembers when the site first shuttered and then hit the open market in 2021. “We were like, no way. This is not happening again,” Johnson said. “Tiskʷat had changed hands seven times in the last 140 years — all with no tangible benefit to Tla'amin people — and we weren't going to watch it happen again.”

The theft of tiskʷat is a painful and dark chapter in the Nation's history. Land speculators colluded with government officials who broke their own rules to alienate the lands from Tla'amin. An in-depth history has been written on the subject here: <https://www.tlaaminnation.com/deception-delays-and-theft-the-truth-about-tiskwat-you-wont-find-in-history-books/>

Shortly after the harmful name of Powell was removed and the name tiskʷat was restored, the site was curtailed — first temporarily, then permanently.

The Wind Was at Our Backs

October 2023 was a consequential month for the reacquisition.

The theft of tiskʷat remained an unresolved issue in the Tla'amin treaty, and Canada had twice rejected the Lot 450 specific claim for negotiation. On October 18, 2023, Canada accepted Tla'amin's specific claim at Lot 450 for negotiation, initiating a multi-year process for redress. Tla'amin is now 18 months into what's expected to be a lengthy journey toward a cash settlement.



Youth participant Linden Taylor approves his moment in front of the camera during the consultation process.

The negotiation process was, at times, extremely frustrating, Johnson explained. “On one hand we had Domtar treating this as a purely commercial transaction, and on the other, we had our community members rightfully outraged at having to buy back our traditional village site.”

Despite initial apprehensions, Hegus John Hackett said the Nation was able to negotiate with Domtar in good faith and maintain a spirit of collaboration. “Ultimately, we want to recognize Domtar's commitment to staying the course with us when negotiations got tough. There were many times when it felt we were so far apart but again and again we came back together.



L-R: Youth participants Mattias and Makaela Gallagher and Stacey Francis added their ideas for tiskʷat

Building a plan for Social, Environmental and Economic Objectives

Tla'amin Management Services got more deeply involved in the negotiations shortly after Braden Smith joined Tla'amin Management Services as the new CEO.

It became clear to the Nation that reacquisition lands would enhance current business interests while creating opportunities for future development aligned with Tla'amin goals for employment, revenue generation, and sustainability.

A Steering Committee was struck between the Nation and the business arm to guide the work - it included hegus John Hackett, Legislator Erik Blaney and TMS board members Justin Bull and Chris Mullen.

Guided by the Steering Committee, a detailed Business Plan was developed to align with Tla'amin's strategic goals. It was first brought to the Economic Development Committee for approval, then advanced to the Finance Committee for review and endorsement. Once these key reviews were complete, the plan was submitted to Executive Council, which approved the acquisition in February.

This careful, step-by-step process ensured that the acquisition process followed all required steps under Tla'amin law and policy. With approval in hand, a small signing ceremony was carried out with Domtar on March 14, 2025.

The phone at Tla'amin Management Services has been ringing steadily since the announcement was made.

"Potential business partners, many of whom share the same values as us, are introducing themselves," said Braden Smith, Chief Executive Officer at Tla'amin Management Services. "The Tla'amin Nation has waited a long time for this day — so we will take our time to strategically and carefully assess our opportunities."

One of the first priorities will be to refine the land use plan for the newly reacquired site. This will involve environmental due diligence, feasibility assessments and in some cases rezoning.

While the Nation refines its economic development plans for tisk^{wat}, funding has been confirmed for 30 new housing units on the old hospital



Nicole and one her twins with Legislator Eric Blaney carefully get a footprint to prove witness to yixmetštəm tisk^{wat} (we are going to take care of tisk^{wat}), a Memorandum of Understanding (MOU) on October 27th .

site. These homes will provide much-needed affordable housing for Tla'amin families to bring citizens home and reestablish community life on ancestral lands. Construction is anticipated to begin later this year.

The path to restoring Tla'amin responsibilities and rights to tisk^{wat} has been achieved through community dialogue, partnerships, and Tla'amin diplomacy. A social post by Legislator Brandon Peters sums up the opportunity ahead.

"Tla'amin is taking control of her destiny for the first time since colonization. We are awakening and realizing our power. No longer do we sit with our heads down. We are rising, standing tall on the shoulders of our ahms hehow (ancestors). We are in the process of reclaiming our main village site at the mouth of the teesk^{wat} (the big river).

This main village site was of special significance to Tla'amin. Not only was it our home — and home to thousands of Tla'amin — it was a place where our visiting guests convened, our center of commerce and trade.

For Tla'amin, the sleeping giant has awakened — and that giant won't go back to sleep. Onward and upward."

Highlights of the Agreement:

- Tla'amin gains over 128 acres of land, including economic development and stewardship areas
- Two large-volume water licenses included in the agreement will support Tla'amin salmon restoration efforts
- A "polluter pays" clause protects Tla'amin from clean-up liability
- Lands will transfer through a phased approach, pending detailed site investigations
- Site investigation and planning have been grant-funded — no Tla'amin revenue has been spent on environmental due diligence
- Lands will be held by Tla'amin Management Services
- Remaining lands at tisk^{wat} (not owned by Tla'amin) will be divested by Domtar

Pacific Salmon Foundation Herring Summer 2024

By Sydni Long
Fisheries Engagement Coordinator

ƭagət (Pacific herring) has always been a cultural keystone species for ƭaʔamun Nation and is well integrated into our history. From archaeological findings of thousands of tons of herring bones, to the name of our current main village site, ƭišosəm, which means milky waters from herring spawn. However, after years of mismanagement and degradation of our marine waters, ƭagət is no longer returning to ƭaʔamun waters in abundances to spawn, and most recent years they do not return to our waters at all.

To address this, the Lands and Resources Department has been undertaking projects to help bring ƭagət back. *“Everything in the ecosystem is connected, and with declining salmon, it is important to understand herring as a food source,”* commented Land and Resources Director Denise Smith *“Recognizing the role of herring in the food web is essential not only for salmon but also for other culturally important species that rely on them.”*

From June through October 2024, the ƭaʔamun Nation Guardians participated in herring-salmon research with the Pacific Salmon Foundation (PSF). Multiple times per week, the Guardians would head out on the water to sample and learn about how salmon and herring interact. Denise further explained, *“The goals of the project include understanding when, where and how important ƭagət are to salmon in ƭaʔamun waters.”* *Developing strategies that allow ƭaʔamun Guardians to monitor and sample salmon and herring interactions is key to herring*

survival. “These activities ultimately build capacity with ƭaʔamun Nation and contribute to a broader understanding of ƭagət in the territory.”

Throughout the summer the Guardians participated in three different activities. The first looked at juvenile salmon-herring interactions, this included catching juvenile salmon and doing stomach content analyses of them to understand what they were eating, and if any juvenile herring were being consumed. The second activity looked at adult herring biomass to understand if the herring abundance changed over time, and if it was related to the decline in adult salmon. The third activity focused on herring habitat, this work looked at water temperature and looking at the sea floor for spawning habitat.

Since the decline of herring in the 1980s, habitat diversity for herring and salmon survival has also decreased. This project helps us understand changes in ƭaʔamun waters and how to bring ƭagət back. The program builds capacity within our Guardian team and also provides equipment for sampling in the future. The Guardians now have a beach seine, purse seine, herring jigs, and also are receiving upgraded depth sounder equipment for the Crew Boat. This strengthens the monitoring activities on the water in ʔəms



Guardian Watchmen Cody Harry with helping hands from the Pacific Herring Foundation are jigging for herring

giʔe. This coming summer, the Guardians will continue to participate in the project, building more capacity, and collecting more data to support ƭagət recovery.

This year’s herring season started March 6th. While spawning occurred in the Salish Sea, there was little to no ƭagət spawn in ƭaʔamun waters. The Guardians set boughs but unfortunately no spawn was found. However, the Lands and Resources Department did receive ɣawɣəkʷum (herring roe) from the West Coast of Vancouver Island that was distributed to Elders in ƭišosəm.

Texada Island saʔyayun Lafarge Survey

"The purpose of the survey was to determine the community members' use of plants, animals, and local water bodies within the study area on Texada Island.

The data generated by the survey respondents will be used to direct data collection and evaluation of potential impacts in the specific locations in the study area that are important to community members. By refining data collection areas, Lafarge is able to better understand the areas surrounding the Quarry, contributing to a more thorough assessment."

The Territorial Stewardship team hosted this survey to ensure Tla'amin voices are heard when it comes to important is-

sues concerning Tla'amin ʔəms giʔe. Our community has cared for the land and waters on sayeyun for time immemorial and we have a deep interest in keeping them healthy and thriving.

This tie to the land and our continued commitment to the environment allowed us to contribute valuable information that will assist in future planning. We will keep the community updated as we receive more information from LaFarge.

As for next steps, the findings are currently in the works, and will be shared with members and the rest of the team as soon as they become available.



Tla'amin Elder Evie Tom receives her herring eggs in ƭišosəm

Lund Resort at Klah ah men Prepares for a Busy Summer

By Steve Gallagher

If you are looking for some enjoyable employment this summer, the Lund Resort at Klah ah men Hotel and the Stockpile Market will be recruiting self motivated and friendly faces to join their team and host a busy tourist season this 2025 summer.

“Our dining room and pub is family friendly and is open until 8:00 pm each night is anticipated to be a fun filled dining experience with games for the children combined with an excellent culinary chef in the kitchen,” explained Operations Manager Laurel Beaton.

The hotel will require front desk support, bartenders, waitresses, chamber maids, dishwashers, just to keep up with our guests that arrive from all over the world, The gas dock will require a couple of attendants to keep up with demand for fuel. “Overall, a good tourist season is on the horizon for our Lund Hotel,” stated Laurel, “We want our guests to feel safe during their visit in Tla’amin traditional territory.”

On June 1st of last year, the Lund Hotel finally opened its doors to the public after being shut down for nearly four years from a



Home made sausage rolls are hot and ready at the Stock Pile Market

devastating life changing blow from Covid that closed a lot of local businesses throughout Canada.

Since then, there has been a gradual increase in hours of operation, and we mostly have just random people checking-into the hotel ranging from a few days to a week. At one point the hotel got a call to rent 40 rooms but the hotel only has 29 rooms, so the potential is real. The expectation is hired staff and operations for the Lund Hotel and Stockpile will be ramped up and trained by July 1st.

The month of July is booked solid. Kathaumixw has reached out to the Lund Hotel for accommodations for a solid week combined with other venues coming to qathet. The businesses that lease space from the hotel provides another stream of visitors that will rest overnight in a room decorated with first nation bedding, some of which was made by Tla’amin nation local seamstress Joan Williams.

On June 21st, Tla’amin will celebrate the grand opening of ʔəms ʔayə (Our House). The Lund

Hotel has blocked several rooms for our off-lands jeh jehs at a first nations rate. Contact Laurel Beaton in reservations at the Lund Hotel, 1-888-895-4271, for your discounted rate.

Shailen Tom is the General Manager for the Stock Pile Market that opened in 2020. The Neh Motl asked the Manager about concerns for the American Presidents Tax Tariffs and for the Stockpile it’s business as usual with a slight twist.

“In response to tariffs, the Stock Pile Market is gradually replacing all American made goods and transitioning to purchasing local products north of the border.”

Shailen Tom – General Manager, Stock Pile Market

The transition to local and regional suppliers will mostly impact wine, grocery products and snacks. Shopping local is going to keep our business moving in the right direction.

The Stockpile Market has plenty of local products on the shelves to ensure

customers are satisfied with fresh fruits and vegetables, healthy protein drinks, and a medley of cold and hot beverages and instore baked goods with all the fixings to keep you energized. The store has been busy during the Spring break and is reflected by an increase in the volume customers.

In addition, the Stock Pile Market has a selection of First Nations arts and crafts with a clothing line that can be purchased tax free by our members and other visitors with a status card.

The Minister of Tourism made a quick stop in Lund on Monday, March 24th and addressed some of the uncertainty around travel habits by Americans and Canadians. Director of Business Operations, and Tla’amin Legislator Brandon Louie explained. “It seems that more Americans are willing to travel and spend money in Canada whereas Canadians are leaning towards staying local. Either way, we profit and because of uncertain border crossing issues that may result in an extended stay in the U.S.

The exchange rate certainly is a driving force for Americans to invest fuel and stock up in Tla’amin traditional territory. Thanks Donald for keeping Canadians local.

*Brandon Louie
Executive Director
of Business
Operations is now
based in Lund.
Brandon started
work with TMSLP
in March and is a
Tla’amin Citizen
and elected
member of the
Legislature.*



Director of Business Operations Brandon Louie, Stock Pile Market Manager Shailene Tom, and Operations Manager Laurel Beaton are feeling confident about the summer ahead

Listening Event to capture testimony from women who lost status and their descendants

Event will capture impacts of Second-Generation Cut-Off on Tla'amin families

Tla'amin will hold a listening event on May 29th at Government House to hear from Tla'amin citizens and members about how Bill C-31's Second-Generation Cut-Off continues to impact Tla'amin families today.

This means that if two generations have kids with non-status partners, the third generation loses status completely. That's called the Second-Generation Cut-Off.

"Bill C-31 was enacted 40 years ago to correct a problem - instead it deepened inequality on our community," said Losa Luaifoa, Finance and Administration Housepost. "This listening event will honour the experiences of women in our community and capture the ongoing effects of this harmful legislation."

The Government of Canada now acknowledges this injustice and is seeking solutions that better reflect First Nations rights, realities, and self-determination. Tla'amin Nation is currently preparing a submission to Indigenous Services Canada on Bill C-31 and wants to ensure it reflects the lived experiences of our community.

The community listening event at the Government House will hear ten-minute submissions from 12 families. Stories will be recorded (with consent) and included in Tla'amin Nation's formal submission to Ottawa to highlight the human impact of this legislation. Brushing and cultural supports will be available to all families.

Tla'amin families wishing to sign up for one of the 12 spots will receive a guidance document to help prepare.

Three things to know about Bill C-31 ongoing impacts:

1. **33% of Tla'amin people are currently impacted by the Second-Generation Cut-Off.** If the current rules remain unchanged, our population of those eligible for registration

under the Indian Act will decline significantly in the coming decades.

2. This means **fewer Tla'amin children will be recognized under federal law**, and the Nation may not receive program and service funding to support them, even though they are deeply connected to our Nation, culture, and community.
3. **The rule has disproportionately affected the descendants of women** whose ties to their Nations were severed by colonial legislation.

Background Information

The Second-Generation Cut-Off started with changes to the Indian Act in 1985, through a law called Bill C-31. The goal was to fix unfair rules that took away status from First Nations women who married non-status men. Bill C-31 gave status back to many women and their children. But it also brought in new rules that still affect families today. One rule created two kinds of status: section 6(1) and section 6(2).

- If you have 6(1) status, your children will get status no matter who you have kids with.
- If you have 6(2) status, your children will only get status if the other parent also has status.

Tla'amin Treay is a Living Document

By Intergovernmental Relations Team

This March, Tla'amin, British Columbia, and Canada, reached agreement on a fourth amending agreement to the Tla'amin Treaty. This work to update the treaty is a significant accomplishment and demonstrates our ability to ensure the Treaty remains up to date, relevant, and empowering. At the March 12 meeting at the Tla'amin Legislative Assembly, the proposed amendments were approved and now commence moving through the provincial Legislative Assembly and federal Cabinet approval processes.

Four sets of amendments were approved in this amending agreement, while desired other amendments will be pursued in the future. Some of the key amendments include: the inclusion of a new provision to confirm the treaty as an evolving living agreement, the inclusion of ʔayʔajuθəm throughout the treaty to refer to animals or species, place names, and teachings, the renaming of the treaty to ʔaʔjinxʷegəs [a good relationship with someone], and updates to the Child and Family Services chapter that expand Tla'amin Nation's jurisdiction over child and family services, and increased flexibility in respect of its jurisdiction over adoption.

Each of these changes works to further adapt the Treaty to Tla'amin needs and interests, and better reflect Tla'amin people, culture and knowledge. These changes show our ability to implement the treaty as a living agreement, and these changes represent a significant positive step in furthering the government-to-government relationships with Canada and British Columbia. Amending the Treaty remains an iterative process and we look forward to pursuing future amendments to make sure the Treaty continues to meet the evolving needs of the Tla'amin Nation and Tla'amin Government.

Happy
Easter
Sunday
04/20



Countdown



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TLA'AMIN NATION

Grand Opening of ᑭᐱᐱᐱ ᑭᐱᐱᐱ (Our House)



Traditional Foods Workshop Series:



PRAWN PICKLING WORKSHOP
with instructors Brad Titian & Simon George

Sunday, April 27th
9am-4:30pm
Salish Centre Kitchen

Learn how to pickle prawns with Brad Titian and Simon George. This training is for Tla'amin qaymᑭᐱᐱ / citizens and their families. Materials, ingredients, and lunch will be provided. Registration: call 604.413.6864 or email training@tn-bc.ca

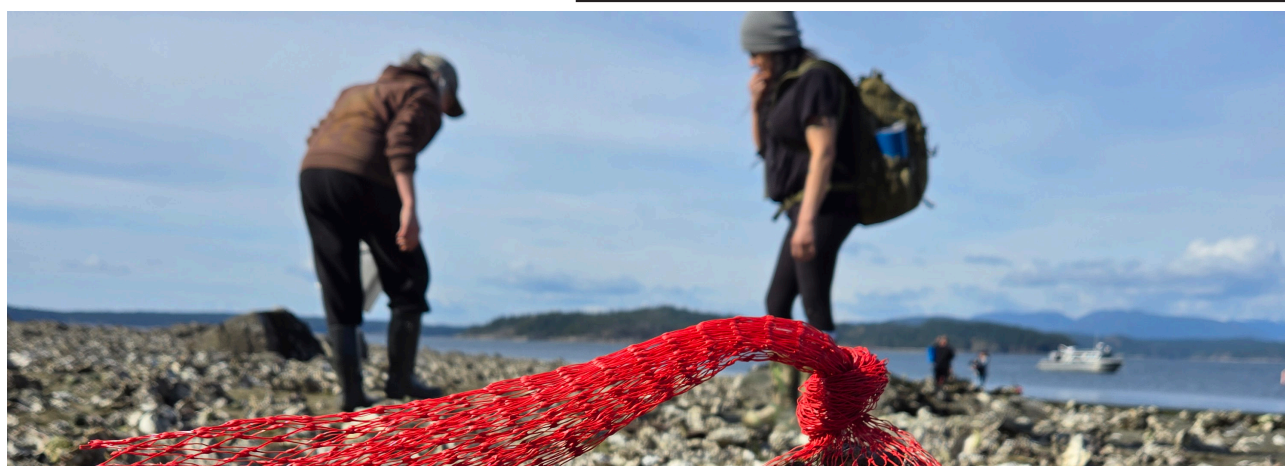
IAF Canada BRITISH COLUMBIA

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TLA'AMIN NATION

Shellfish harvest workshop was held in the last weekend of March over at Hernando.

Darren Charlie from sts'ailes and his wife Karmen led the drum making in the community in mid March.

The Lund Hotel has blocked several rooms for our off-lands jeh jehs at a first nations rate. Contact Laurel Beaton in reservations at the Lund Hotel, 1-888-895-4271, for your discounted rate.



TLA'AMIN COMMUNITY CRAFTS

Thursday nights
4-7 PM

March 6 - July 17th
At the Cultural Portable
Dinner Provided!

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

Some materials and supplies available for use by community members.



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

Canoe Journey Craft Nights

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

Monday Nights Starting
March 31st
4-7pm

At the Cultural Portable

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

Open to Tla'amin community members and canoe families

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

No craft nights on April 21st, May 19th, or June 30th due to holidays



WEDNESDAYS
5:45PM @ SALISH CENTRE

CULTURE NIGHT

DINNER PROVIDED

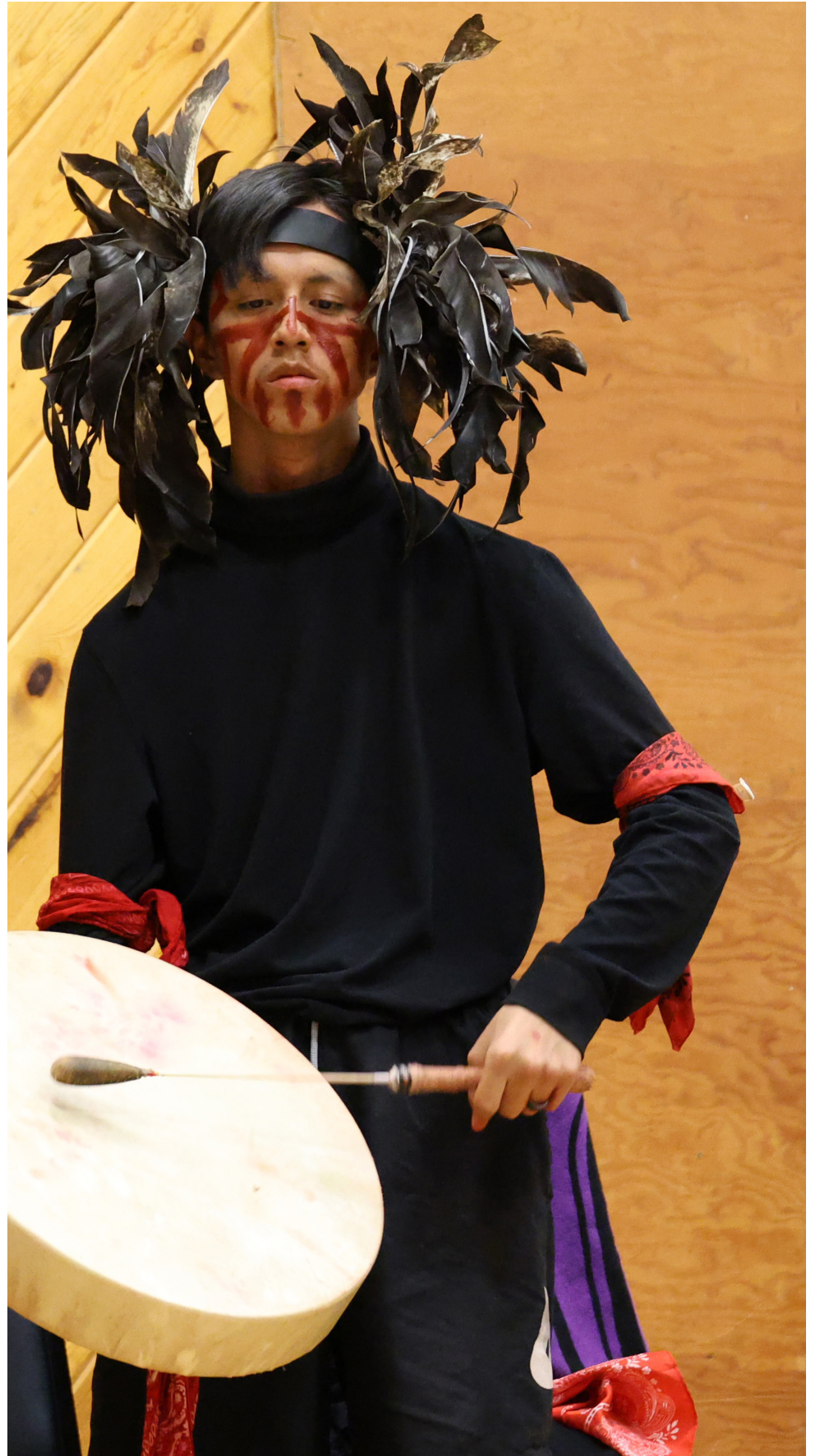


OPEN TO TLA'AMIN NATION MEMBERS AND MEMBERS OF TLA'AMIN CANOE FAMILIES

COME OUT AND LEARN THE SONGS AND DANCES OF OUR PEOPLE

STARTING ON FEBRUARY 12TH 2025

5:45PM | **TLA'AMIN SALISH CENTRE**



Sister Nations Culture Night

Tla'amin Nation hosted our sister Nations on March 19th for a special culture night. We would like to thank Marilyn Harry from Klahoose for securing funding to bring youth from Klahoose to this event and starting the planning for this event. Approximately 135 people attended the event at the Tla'amin Salish Centre, and the room was filled with laughter, joy and the sound of drums beating. After an amazing meal cooked up by Elisha Dominic, the 3 nations practiced our songs and dances, many of which we share and perform together on Tribal Journey. The evening ended in the way a lot of Tla'amin celebrations end, with everybody up on the floor singing the competition song. It was a great night for all that attended and we look forward to doing this again in the coming months.



Tribal Journey 2025 Paddle to Elwha




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

Join our team



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TLA'AMIN NATION

WE ARE HIRING!

OPEN POSITIONS :

- Project Manager
- Construction Services Manager
- Home & Community Care RN
- Licensed Practical Nurse
- Public Health Nurse
- Janitor Casual
- Recreation Workers
- Indigenous Supported Child Development Support Worker
- Community Housing Support Coordinator
- Tenant Relations Coordinator
- Manager Treaty Relations & Intergovernment Affairs



Visit: <https://www.tlaaminnation.com/home-page/jobs-bamboo/>

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tiystam

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TLA'AMIN NATION

Tla'amin Recreation

NEW Adult Drum Making Workshop

Ages 19+

The adult drum making workshop is a 3-day workshop spread over 3 consecutive weeks, where participants will craft their own drum from start to finish. Over the course of the program, they will first learn how to construct their drum, followed by a week of designing and painting their creations. The final week engages in a session of singing and drumming, bringing their handcrafted drums to life. This immersive experience offers a unique opportunity to explore creativity and tradition in a fun, safe, and hands-on environment.

Wednesdays 6:30-8:00pm | April 16, 23, 30 | FREE

3 classes

Location: : ʔaylštən ʔaye | Cousin's House



NEW Wild Colour Ink Making Workshop

All Ages Welcome

(children under 13 years must be accompanied by an adult)

In a workshop full of play and connection to place, participants will work with wild colour sources to make ink. No art experience is required, only curious minds. We will experiment with colour sources from food waste, foraged botanicals, and metals. We will go on a foraging walk together and explore the palette of qathet, contemplate the storylines of specific colour sources, and inspire a land-based approach to artmaking. This workshop is all ages and will require an adult to be with younger participants as we will be working over a stove. "Colour is a playground where science and magic meet." – Jason Logan, Toronto Ink Company

Lunch is provided!

Saturday 10:00 am – 4:00 pm | April 12 | FREE | 11 Class

Location: ʔaylštən ʔaye | Cousin's House

Trailblazers Mountain Biking

Ages 7-13 Years

In partnership with Mahony Bike Co., come learn skills & techniques for mountain biking. Helmet is mandatory. Mountain Bike ONLY. If you require a Mountain Bike to borrow please let us know upon registration. Transportation to location will be provided for participants & bikes.

Tuesdays | 4:30 – 6:00 pm | May 6-27th | FREE | 4 classes

Location: Sunset Park

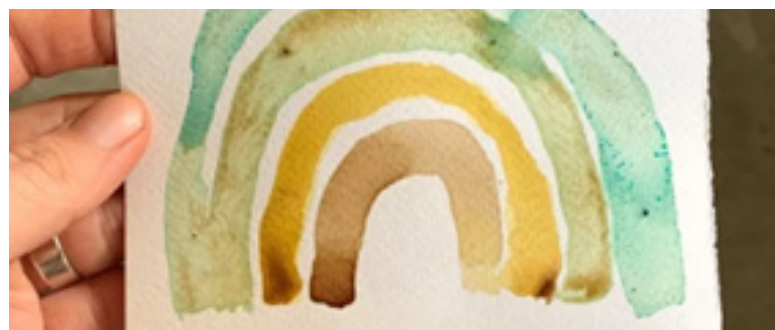
NEW Top Out Rock Climbing

Ages 10-14 years

Get ready for an exciting 4-week rock climbing experience! Over the course of the program, participants will learn essential climbing skills such as bouldering techniques, belaying, and safety practices. Each week, they'll build on their skills, progressing from basic moves to more advanced climbing strategies. By the end of the session, participants will feel more confident on the wall and ready to tackle new challenges, all while learning teamwork and safety along the way! Transportation to and from Cousin's House provided.

Mondays 4:00 – 5:30 pm | April 7 – May 5th | FREE | 4 classes excluding May 19th

Location: Top Out Rock-Climbing Centre



manom k^waθ qaymex^wənon TAKING CARE OF ONE'S SPIRIT GIRLS CONFERENCE

AGES: 13 – 18 YEARS

The Taking Care of One's Spirit Girls Conference is a day full of inspiring girls to take care of themselves and each other while finding self-love. Workshop topics include Boundary setting, consent, self-defense, gender-based violence, sexual health and connections to local support resources.

**DATE: APRIL 9, 2025
LOCATION: COUSIN'S HOUSE
TIME: 8 AM – 4:30 PM**

**Breakfast,
Lunch
Provided. Loads
of PRIZES!**

This conference is open to all Indigenous identifying as female, with priority registration going to Tla'amin Nation citizens.

**For more information and to register, visit
tlaamin.perfectmind.com**



**KEYNOTE SPEAKER:
ANGELA MACDOUGALL,
BWSS EXECUTIVE
DIRECTOR**

REGISTER NOW



**łəʔamin
TLA'AMIN NATION**

Program Commitment

By registering for a program, you are committing to attend. As our programs grow, spaces fill up quickly, often resulting in waitlists. To ensure everyone has the opportunity to participate, we ask that you attend the programs you've registered for. This helps us avoid empty spaces and allows others to benefit from full participation. We understand that life can be unpredictable, but we kindly ask that you provide as much notice as possible if you're unable to attend, so we can offer your spot to someone else who may be on the waitlist.

Facebook Page and staying up to date

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

K-12 TUTORING

Tutoring for all subjects!

Does your child need supports with their homework or catching up in school?

Tutoring is available at no cost, for Tla'amin Citizens living in the qathet region. Contact Tarra Tipton at tarra.tipton@tn-bc.ca to book or call the TN Education Office at 604-413-7100

Teachings from TOSUM

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.

Staying Motivated on Your Fitness & Nutrition Journey

Starting your fitness and nutrition journey is exciting, but getting discouraged is easy when results don't show as quickly as expected. It takes up to 8 weeks to consistently work out in the gym for your neuromuscular connection to develop. Understanding how everyday examples of stress, sleep, sodium, and water weight impact progress can help you stay on track without frustration.

1. Stress & Cortisol

Life can be stressful, with work deadlines, family responsibilities, and unexpected challenges all adding up. When stress is high, your body releases cortisol, leading to water retention and increased cravings for high calorie foods. Finding ways to manage stress, like taking walks, deep breathing, or setting aside time for self-care, can help keep your progress steady.

2. Sleep & Recovery

Busy schedules often lead to late nights and early mornings, but lack of sleep affects metabolism and can cause weight fluctuations. Poor sleep increases hunger hormones, making it harder to control cravings. Prioritizing 7-9 hours of quality sleep will support fat loss, muscle recovery, and overall well-being.

3. Sodium & Water Weight

Grabbing takeout on a busy day or enjoying a meal with friends often means consuming more sodium than usual. This can cause temporary water retention, making the scale jump overnight. This is not fat gain, just water! Drinking more water, eating whole foods, and staying active will help your body balance sodium levels naturally. The best time to check your weight is before you have food and water first thing in the morning.

4. The Scale Isn't Everything

Weight fluctuates daily due to stress, sleep, digestion, and hormones. Focus on energy levels, strength gains, and how your clothes fit rather than obsessing over the number on the scale. Taking progress photos and measurements can give a clearer picture of your success. Working with your coach and having professional help will also help you!

Patience is key. As the saying goes, "It takes time to build something great. If you quit, you'll never know how far you could have gone." Stay consistent, keep working on the process, and don't let short-term fluctuations define your long-term success.

Keep going! Your results are on the way if you keep building good habits!





EPIC!

Help your chuy go from being a reluctant reader to a total bookworm!

Any chuy can fall in love with reading with the right tools!

Epic offers hundreds of audiobooks and eBooks, including graphic novels, video books, animated books, chapter books, picture books, etc... for K-7 students.

epic!

TLA'AMIN NATION

Contact the TN Department of Education for a **FREE** 6-month Epic Membership!
Email: Noreen Paul at noreen.paul@tn-bc.ca

APPLY NOW

Study Online from your community FREE

ʔayʔajuθəm - Language Proficiency Certificate Program
Starting in Sept. 2025 through the University of Victoria

Applications are now being accepted at UVIC for the very first ʔayʔajuθəm Proficiency Certificate Program. Study with friends and jehjeh from all four 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

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
marilynarry@klahoose.org erin.higginbottom@komoks.ca

CANADIAN FIREARMS SAFETY COURSE



April 26 & 27,
8:30am-4:30pm
in the Education Portable
(6683 Tla'amin Rd)

Instructors: Gord Gemmell
and Gerry Kirkham

This training is free for Tla'amin qaymıx™ / citizens
and their families.
Textbooks and lunch will be provided.

Registration: call 604.413.6864
or email training@tn-bc.ca



Do you want to get your
CLASS 4 commercial
driver's license?

The Class 4 learner's test prep
class with instructor Darryl
Dickins is a great first step!

Thursday May 8th
8:30am-12:30pm
at the Education Offices
6690 Tla'amin Road

Email training@tn-bc.ca or call
604.413.6864 to register.

This training is free for Tla'amin Nation community members & staff.

The Pleasure Craft Operator Card (PCOC)

Your Pleasure Craft Operator Card (also known as a Canadian boating license) is proof that you can legally operate a motorized recreational vessel.

- Proves knowledge to safely operate a motorized pleasure craft.
- Required by all operators of motorized recreational vessels.
- Valid for life and enforceable by law.
- Recognized across all Canadian provinces.

In-person training available in t'išosəm this June! Tentatively scheduled for Sunday June 8th.

Full day training: learn the course material in the morning, and take the exam in the afternoon.

Save your seat!
Join the interest list today.
Contact: training@tn-bc.ca
or call 604-413-6864.

This free training is available to Tla'amin qaymıx™/citizens & their families.

Practical Operations (Small Power Boat and RHIB Master)

A 2-day on the water practical training program that covers the Maritime and Coastguard Agency small craft commercial license.

- On vessel pre-departure checks and shutdown procedures
- Proficiency in small craft handling in close quarters: docking, maneuvering, trailering
- Safety best practice for person overboard/recovery, anchoring, mooring
- Effective navigation at speed and utilizing the available electronic aids onboard the vessel

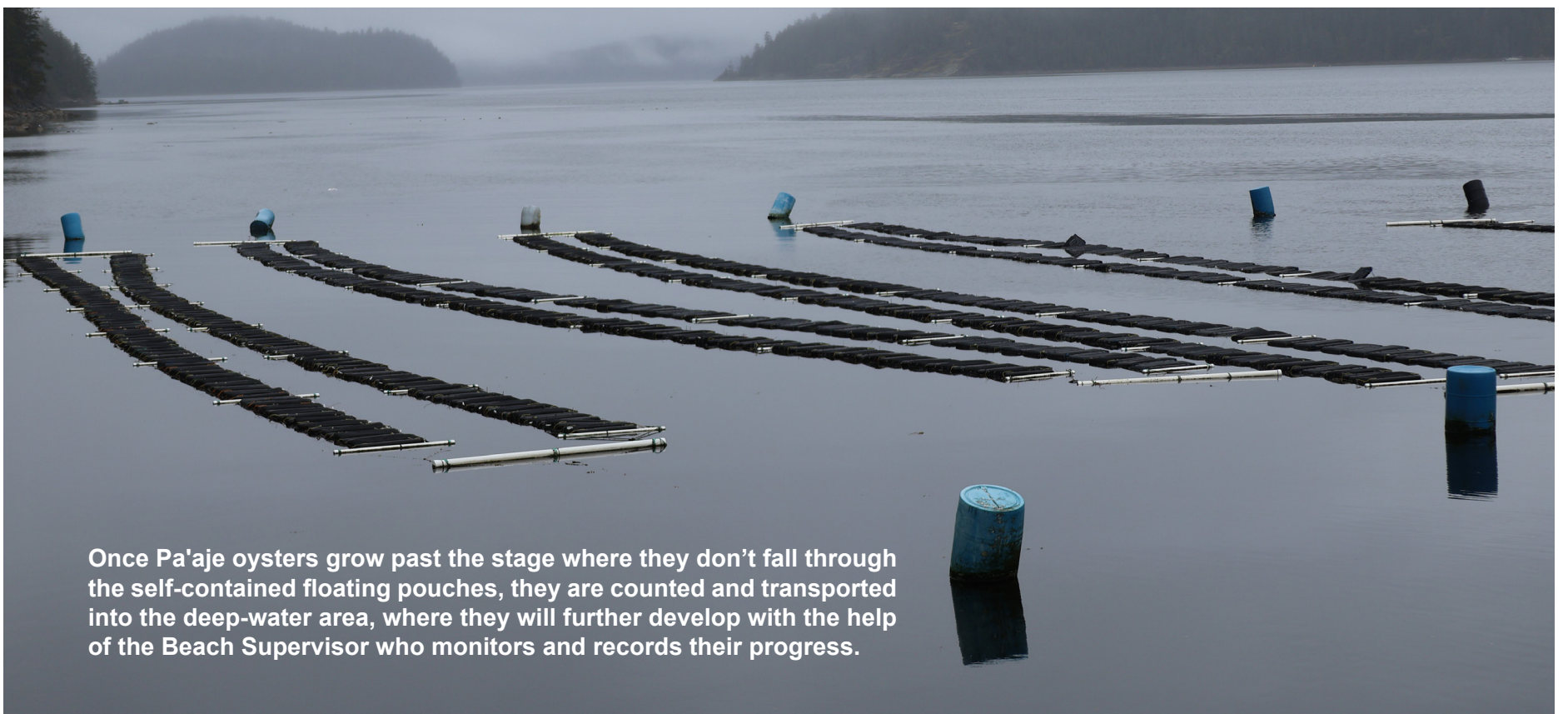
Students who are proficient and hold an SVOP can challenge a written exam and achieve the Small Powerboat and RHIB Master license.

If there is enough interest, we will run the **Practical Operations** 2-day training this June.

Please join the interest list now if you want us to bring this training to the community.

Contact: training@tn-bc.ca or call 604-413-6864

This free training is available to Tla'amin qaymıx™/citizens & their families.



Once Pa'aje oysters grow past the stage where they don't fall through the self-contained floating pouches, they are counted and transported into the deep-water area, where they will further develop with the help of the Beach Supervisor who monitors and records their progress.



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

Cultural Adoption Ceremony Witnessed by Over 200 Guests

On Saturday, March 29th over 200 guests attended the first Cultural Adoption Ceremony to be held at the Salish Centre over 30 years.

Murray Mitchell opened up the Adoption Ceremony with a Paddle Song as brunch was being served.

As guests entered the Salish Centre, the speakers of each family were blanketed as they arrived along with the Master of Ceremonies Ryan Pielle, who is the Child and Family Services Manager for the Tla'amin Nation.

"The adoption process is a long and tedious one. These families have already completed the legal pieces of their adoptions, and the children have been living with their parents for a long while now. Today is not about solidifying their place in their families, as this work has already happened," commented Ryan.

Today's Adoption Ceremony is about a few other things: explained Ryan. It's about celebrating the new lives each of these families will experience. Today is about marking these children's places in community and sharing Tla'amin love with them in the best ways we know how. Today is about honouring and ensuring that our ancestors are included in and know about this work and sit with us.

In Tla'amin way, laws are created and upheld by ceremonies like gatherings such as this one. Adoption is about growing in the heart, rather than the tummy.

On your cultural adoption day

*You are the gifts your parents prayed for
 True double blessings sent from the creator*

*They opened their hearts and their home
 To a bond stronger than they ever could have known
 Since then, your circle of love has only grown
 From this day forward, you will never be alone*

*Looking after relatives has always been our way
 Ancestors still around to guide us everyday
 Adoption is our promise to protect you and show
 you the right way
 To appreciate the little things you learn to do and say*

*To help you be good people
 And proud of who you are
 To hold you up and keep you strong
 You can count on us to never be very far*

*Your caring nature and dimples for days
 The brightest little smiles and biggest hugs too
 We are the lucky ones just to have you
 You have family to support everything you do*

Siemthlut (Michelle Washington)



JORDAN MCKENZIE

CRYSTAL AND DAVIS MCKENZIE



LEXI FETZNER

JUDY AND DALE AND ALEX FETZNER



JANEL AND AIDEN THIELE

CONRAD AND KRISTI THIELE



tla'amin
TLA'AMIN NATION

Deadline April 25

Call for Committee Members

Tla'amin Nation is currently seeking interested citizens to serve on four important committees. Contribute your ideas, wisdom, and experience in shaping the direction of Tla'amin Nation.

Cultural Committee



Support cultural programming and language revitalization.

- **Role:** Advise on cultural protocol, events, and projects rooted in Tla'amin teachings.
- **Term:** 2 years

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.

1

Finance Committee

Offer financial oversight and ensure accountability.

- **Role:** Advise on financial reporting, internal controls, audits, and compliance.
- **Term:** Meetings approx. every two months
- **Eligibility:** Must be financially competent and independent (no conflicting financial relationships)



2

Review and Appeal Panel



Play a key role in accountability and fair decision-making.

- **Role:** Hear appeals on issues like citizenship decisions, conflict of interest, and land disputes.
- **Term:** Appointed position; not expected to be a large time commitment.
- **Eligibility:** Must not hold other positions (employment, contract, appointment) with Tla'amin Nation.

3

Citizenship Committee

Help guide decisions about citizenship enrolment, re-enrolment, and removal.

- **Role:** Review applications, maintain the Citizenship Register, and uphold confidentiality.
- **Term:** 4 years (2025–2029)
- **Eligibility:** Must be a Tla'amin citizen in good standing with a strong understanding of Tla'amin ancestry and institutions.



4



čuxʷoθen čuxʷet
Klahanie Drive
Community Garage Sale

Saturday, June 14, 2025
 9:00am – 1:00pm



Many sellers, lots of goods
 Everyone is invited

Tla'amin Dental Clinic

- Dr. Machin April 4
- Dr. Gosnell April 8 & 9
- Dr. Machin April 11
- Dr. Gosnell April 22 & 23
- Dr. Machin April 25

Contact Cathy at 778-657-5924


ʔəms nəm
Deer Canning

This program dives into the traditional process of deer canning, led by Brad and Maddox Titian.

It emphasizes the cultural significance of hunting and preservation, honouring the deep connection to land, ancestors, and community sustenance.



 ʔəms nəm app

 April 14th, 2025

April's prize
 View all of this month's teachings by April 30th to be entered to win a \$250 giftcard to Powell River Outdoors.

Learn more



Download the app



Wellbriety Talking Circle



Mondays
3:15- 4:00 PM
Tla'amin Health

Wellbriety is a movement that embraces sobriety and wellness through Indigenous teachings, culture, and community. Rooted in the belief that healing happens in mind, body, and spirit, Wellbriety provides a path to recovery and personal growth through connection, traditional wisdom, and support. Join us in a safe, welcoming space to walk the Red Road together.



 604-483-3009  Brittany.Vivier@tn-bc.ca

ʔəms taʔaw yiq aʔet xaxgiyanən qweqwaystowʔ gənaxwuθ tiyhəgən metəm
 θaθxwɪn ʔaʔaθəm ʔasəm qwayigən pit qwayegəns tiystəm



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PUBLIC WORKS,
CAPITAL &
INFRASTRUCTURE

2025 SPRING CLEAN UP

tīšosəm & Scuttle Bay: April 7-10 (Monday-Thursday)

Klahanie & Southview: April 14-17 (Monday-Thursday)

Times: 8:00am – 4:00pm

Bin Location: Waterfront Road @ Wastewater Treatment Plant

Guidelines:

- This spring clean-up initiative is for those residing in the Tla'amin community only. Do not accept waste from others.
- Please leave your items at the end of your driveway for pick-up. If you have your own truck, you can also drop off at the Bin Location during the hours stated above.
- **IMPORTANT:** We cannot enter any homes to pack things out for you.
- Please empty all appliances before disposal.
- Items not allowed: regular household garbage, yard waste, construction/renovation waste.

We appreciate your cooperation with these guidelines. We are working with partners through Recycle BC on this clean-up to lessen the environmental impact of this waste. We look forward to cleaning up our community together! For any inquiries or further information, please email publicworks@tn-bc.ca

Good Luck to our Tla'amin soccer teams playing in the Easter Tournament



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

4950 Waterfront Road
Phone (604) 483-4437

Available for Pickup

A Legacy of Love

*A legacy of love, a heart so kind,
A grandmother's touch,
a memory enshrined.*

*A granddaughter's spirit, bright and free,
Now joined together, eternally.*

*The lessons learned, the wisdom shared,
A love that time could never dare to tear.*

*Though earthly forms may fade away,
Their essence lives, in a brighter day.*

*In every sunrise, a golden hue,
A reminder of the love, me and you.*

*Their love remains, a constant grace,
In every heart, a cherished place.*

We Love you Grandma and Makara!

The Gallaghers



New! 'Our Lives' section in qathet Living magazine

Free / Affordable Family Announcements

Bigger sizes and other announcements:

- 150 words & photo: \$150
- 300 words & photo: \$300
- 600 words & photo: \$500
- 750 words & photos: \$750

Ideas: retirements, anniversaries, big birthdays, memorials, graduations, christenings, moves here and away, congratulations & more.

A small birth / wedding / obituary is free if:

- The person lives in the region
- The event happened in the last three months
- We get info by about the 15th of the month

Note: these are 30 words & a photo

Send your info to ourlives@qathetliving.ca, call 604-485-0003, or drop in to 7053E Glacier Street by about the 15th of the month.