



## Tla'amin Welcomes Klahoose Canoe Family Ashore



By Steve Gallagher

On July 21st, over a hundred members and visitors from Vancouver Island and within our qathet neighbors welcomed the Klahoose family canoe onto the shores of our waterfront.

It was a picture perfect day as the sun was shining down on the children swimming and playing in the water with their jeh jehs.

Earlier that morning the Klahoose family canoe had their own ceremony prior to setting their compass towards Tla'amin. It was nice to see families come together on such a momentous occasion to embrace all their relations.

This year there are a few new faces that have prepared for their first tribal journey experience. The first journey of their young lives that will stay with them for the rest of their lives.

"We lift our hands in appreciation to our first-time pullers who are learning and growing alongside our Tla'amin canoe family in this year's canoe journey, commented hegus John Hackett. This was my second protocol welcoming. This experience I will hold in my heart forever."

Later that evening all the guests were invited to ᑭᐱᐱᐱᐱ for a special dinner with traditional songs and dances provided by all ages in the new facility.

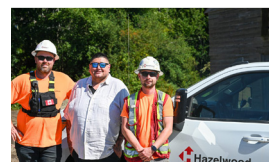
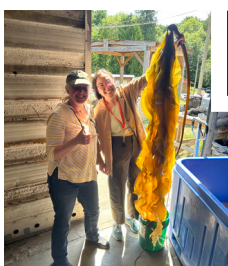
The following morning at approximately 5:00 am, beaches cleared as members gave the pullers a strong send off to begin their trek southward of Vancouver Island.

Several stops are scheduled along the way and will have completed their shorter than usual canoe journey by the end of July, and returned home at the time of this read.

Tla'amin looks forward to raise our hands for your accomplishments and making new relations along the way. Go to page 20 and scan the qr codes to experience the Tla'amin tribal journey.



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





## Tla'amin Governance House Updates

4779 Klahanie Road,  
qathet, BC  
V8A 0C4

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

## SUMMER IS HERE

Now that school is out for summer break, please be extra mindful of children playing when driving.

**PLEASE SLOW DOWN!**

## Message from hegus



**John Hackett**

**ᑲᐱᓃᓄᓂᓂ**

August is here and we are halfway through ᓄᓃᓂᓂ – summer. So far, we have been having amazing weather so we can get out and enjoy our territory. I see our Tla'amin Community Recreation program is keeping our youth active this summer with youth & sports camps focusing on soccer & hockey workshops for our youth. As well as drop-in programs that host youth nights and beach excursions. To keep up to date please check the Tla'amin website or Facebook page. [www.tlaaminnation.com/recreation/](http://www.tlaaminnation.com/recreation/)

This summer Tla'amin has a great summer employment program so our students can get work experience in a variety of departments within the Nation Admin and Tla'amin Management Services. There are students at the working with the lands department in the

hatchery, working alongside the guardians, as well as the public works department. Within TMS Thichum Forest Products as structured a 7-week program, as well as placements at the Lund Resort and Convenient Store.

We lift our hands in appreciation to our first-time pullers who are learning and growing alongside our Tla'amin canoe family in this year's canoe journey. The day before Tla'amin canoe family started their journey I participated in the protocol welcoming to the Klahoose canoe family. This was my second protocol welcoming, this experience I will hold in my heart forever.

Following up my last report regarding breach of consultation within our territory. Unfortunately, DFO has not made any efforts of meaningful consultation regarding Fisheries Reconciliation Agreements that overlap Fisheries harvest areas that are defined in our treaty. Unfortunately, Klahoose and Homalco are affected as well as the agreement affects Toba and Bute inlet.

As Sister Nations we felt we needed to come together and plan our next steps addressing our exclusion. All three of our nations reached out to the We Wai Kai, Wei Wai Kum, K'omoks, Tlowitsis and Kwiakah nations with no response, unfortunately DFO has created conflict between our neighboring Nations on Vancouver Island with their approach.

We have protocol agreements with these five Nations, so it is very unfortunate. I believe their lack of communica-



**hegus John Hackett monitors the Klahoose Family canoe as they arrive on short at the Waterfront**

tion is insinuating that their reconciliation agreements would be in jeopardy or stalled which is not our intention.

There are provisions in our treaty that we need to verify regarding consultation and inclusion of any agreements that affect our territory, so our Intergovernmental team is working on our next steps and options.

The Tla'amin Finance Committee, TMS Operating board, and Holdings Board have been meeting diligently to move forward on opportunities that were discussed at the last general assembly.

Each entity is in the process of reviewing business plans as required in our Administration and Finance laws. I am very pleased that the review process of each of these committees and boards is asking questions and taking the time to thoroughly reviewing the plans to follow up with clarification questions. These are steps to ensure accountability, and I am pleased to report to the community that these steps are being followed.

Last Friday I participated in the Sunshine Coast Forest Landscape Leadership Planning meeting with Squamish, Sechelt, and Homalco. A bit of background on the FLP.

In 2022, Klahoose, Homalco, Tla'amin, shishalh, and Squamish came together and adopted the Transformative Vision and Values for forestry in their territories. The vision prioritized a combination of values and the following focus areas:

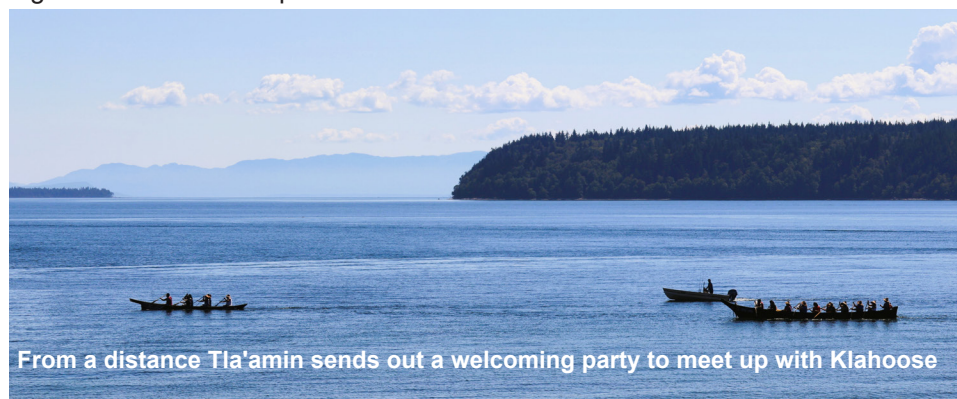
- Long-term, holistic and respectful management of the land and water
- Water and fish
- Ecosystem health and biodiversity
- Culture and forests
- Sustainable economic development
- Cumulative impacts and climate change

Over the last three years, the Nations' technical staff used the Transformative Vision as direction to engage with BC and craft the Sunshine Coast Forest Landscape Plan. Our governments' representatives collaboratively developed a joint vision and values as well as the FLP itself. This plan is the culmination of almost four years of work and modernizes forestry management throughout the forest district. The Final Draft will be reviewed in early 2026 by each of our Nations.

I was fortunate to participate in the qathet pride parade hosted by qathet Pride Society. This was a very festive day, and I would like to acknowledge the hard work that went into the decorating our Float, there was so much thought and effort.

The annual Pride Parade drew onlookers to both sides of Marine Avenue ending at Willington Beach.

A variety of groups, organizations and businesses took part in the procession, which gave residents the opportunity to come out to celebrate and support the qathet Pride Society event.



From a distance Tla'amin sends out a welcoming party to meet up with Klahoose

# Tla'amin Nation Launches Major Sewage Infrastructure Upgrade in Partnership with Indigenous Services Canada

Tla'amin Nation is moving forward with a transformative infrastructure project that will modernize community wastewater services and protect local waterways. The \$16 million construction of the Wastewater Conveyance System Project—funded by Indigenous Services Canada (ISC)—was officially awarded to Hazelwood Construction Services Inc. and begins this month.

*development,”* said the Honourable Mandy Gull-Masty, Minister of Indigenous Services.

Tla'amin Nation will retain ownership and operation of its internal sewage collection system while contributing to regional treatment costs under a 50-year service agreement. The site of the former treatment plant will be restored as a public recreational space.



Tla'amin Nation hegus John Hackett, Daniel Girard, Hazelwood Superintendent and Brandon Huddleston, Hazelwood Foreman at the site of the soon to be decommissioned sewage treatment plant

The project will replace the aging *ṭišosəm* (Tishosum) wastewater treatment plant, built in 1973, with a new pump station and force main that will tie into the City of Powell River's recently completed regional wastewater treatment facility.

*“This project is good for the land, the water and the people,”* said Hegus John Hackett. *“The economic impact for our Nation and the region is significant. Working together with ISC and the City this project showcases what we can achieve through meaningful collaboration.”*

Local and Tla'amin owned businesses are involved, bringing millions of dollars in economic benefits to the region.

*“This infrastructure project is led by First Nations, for First Nations. Today, we celebrate the leadership of the Tla'amin Nation, who have championed a critical initiative to protect local waterways and address pressing health and safety concerns. When we work in genuine partnership, communities receive the support and services they need on their own terms, which is essential for sustainable*

Hazelwood, selected through a competitive bidding process, brings extensive experience working in sensitive coastal environments.

Hazelwood has hired a full-time Community Liaison Officer to keep citizens informed throughout construction, including updates on traffic disruptions, archaeological work, and project milestones. Environmental and archaeological monitors have been retained by Tla'amin to ensure the project is carried out with respect for the land and cultural values.

*“Hazelwood Construction is thrilled to be working for Tla'amin Nation on the Wastewater Conveyance Project,”* said General Manager Paul Noel. *“At Hazelwood, we aim to make a meaningful difference in the communities that we operate in. This project with Tla'amin Nation and its associated companies is an exceptional opportunity to showcase what is possible when all parties collaborate towards a common goal.”*

Construction kicked off this month and will be completed by fall 2026.



## Building Inspector's Corner

By Sean McKinnon

*ṭi tʰokʷ.*

*“With our new building permit process in place, I'm sure people are wondering when a permit is needed. This is all laid out in the Building Permit Application Guide which is now available on our website page. Scan the qr code to check it out.*

I am available if you have any questions at [permits@tn-bc.ca](mailto:permits@tn-bc.ca).

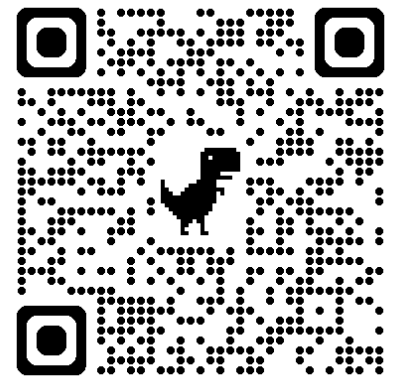
### Here is a breakdown of when you need to apply.

A building permit is required for the following:

1. New buildings over 100ft<sup>2</sup> (10m<sup>2</sup>).
2. Additions or alterations to existing buildings.
3. Garages and accessory/ temporary buildings over 24ft<sup>2</sup> (2.2m<sup>2</sup>) that do not create a hazard.
4. Changes to land, such as grading, fill, excavation, or tree-cutting.

5. Change of use, e.g., converting residential to commercial.
6. Decks over 2ft (0.6m) off the ground.
7. Demolition of existing buildings or structures.
8. Fencing over 6ft (1.8m) off the ground.
9. Fireplaces and chimneys.
10. Infrastructure construction, e.g., water lines, sewer mains, storm drains, driveways.
11. Moving a building.
12. Plumbing additions or alterations.
13. Retaining walls over 4ft (1.2m) and/or supporting a structure.
14. Secondary suites.
15. Signs.
16. Swimming pools, which may also require a plumbing permit.

Additionally, a permit is generally required for any construction, alteration, repair, or installation of permanent structures or fixtures that could pose safety hazards or impact property use or value. When in doubt, consult Sean at [permits@tn-bc.ca](mailto:permits@tn-bc.ca)



### Klahoose Canoe parked on the waterfront



## Visiting Tla'amin ancient clam gardens to plan for future food security

By Nicole Meier

Traditional Ecological Knowledge (TEK)  
Coordinator

***In the face of climate change, food security has become increasingly challenging to achieve.***

Coastal Salish peoples have always been great engineers of their landscapes. While Indigenous communities have known and passed this knowledge through generations, it was only in the early 2000's that western archeologists caught up to the sophistication of these projects along the Salish Sea, recording for the first time under the academic scope the infrastructure often referred to as "clam gardens".

**This infrastructures have been in fact known under many different names by Salish peoples, including the translated term "Sea Garden", or in Ayajuthem, wúxwuthin meaning ("held back at the mouth") to refer to the rocks that are piled on the sides of the beach.**

A primordial knowledge holder of *wúxwuthin* in the Tla'amin Nation that helped archeologists better understand the sophistication of clam gardens was Tla'amin Elder, Mary George.

**What are *wúxwuthin* and how did they work?**

Clam gardens are ancient intertidal features constructed by Tla'amin and other Coast Salish peoples to enhance shellfish productivity. Archeological work determined that some of these gardens are about 4000 years old. These are sophisticated forms of shellfish management that provides a reliable food source.

Clam gardens are made by constructing rock walls at the low tide line along the edges of bays and inlets, transforming naturally sloping beaches or rocky shorelines into productive, level beach terraces. By building the walls at heights in relationship to the tides ("tidal heights"), these features expand the zone of the beach where clams thrive, and when built on bedrock or rocky slopes, they create entirely new clam habitat.

Digging for clams creates healthy bivalve habitat by turning over the beach sands and silts, exposing these sediments to oxygen. In an unworked beach, seaweed and dead clams can accumulate on the surface of the beach, suffocating live clams. This is why Coastal Salish people's use and care of the land and beaches was key to maintaining this productivity.

People ensured that populations were healthy by removing predators, thinning clams, and preferentially harvesting larger ones to allow younger clams to grow. Some people added broken shells back to the beach to augment the sediments as needed.

Information from: <https://www.clamgarden.com/>



On July 22nd 2025, TN L&R staff were accompanied by archeologists and clam garden experts from the Clam Garden Network, Dana Lepofsky and Faren Wolfe seen here to visit ancient clam gardens on Ahgykson.

### Why revive clam gardens?

First Nations throughout the Pacific Northwest Coast are reclaiming these traditional practices to enhance food security in the face of climate change and sovereignty to support claims to rights and title to local marine ecosystems, and to reconnect with and revive ancestral practices.

Reclaiming the practice of clam gardens could play a big role in community physical, emotional, and spiritual health, assertions of title and rights, ecological and food restoration, and protecting and honoring the past and the future.

### Tla'amin Nation Clam Garden Project fieldwork:

On July 22<sup>nd</sup>, 2025, Tla'amin Lands and Resources staff were accompanied by archeologists and clam garden experts from the Clam Garden Network, Dana Lepofsky and Faren Wolfe to visit ancient clam gardens on ?agayqsen.

The last record of the features in Tla'amin territory was in 2009, and we hoped to revisit this location to establish its state and have an overall idea of the abundance and diversity of clams at that location. Dana and Faren walked us through multiple fish trap remnants along the shore which has been kept mostly intact through the passage of time (over 4000 years for most of them).

Denise Smith is the Director for the Lands and Resources department and summarizes "We are aiming to identify practices, locations, and projects that can help us adapt to the changing climate, explained."

It is extremely uncommon and spectacular to witness 4000 year old sophisticated infrastructures that to this day stood the passing

of time. "Ancient Clam gardens continue to enrich the ecosystem's biodiversity and could be key to reach food security in the future with healthy foods. This is not something you see everyday, and it is beyond thrilling and humbling to witness such knowledge and strength," remarked Denise.

Each rock moved and placed by Tla'amin ancestors to form these wall and fish trap channels that the team could see as we walked is an undeniable proof of Tla'amin ecological traditional knowledge and the stewardship role that Indigenous communities play in climate change adaptation and food security.

After a long day of walking, observing, being followed and observed by a group of curious seals, and what some people could almost consider swimming through the coming tides, Dana and Faren brought us to the site that seemed most promising.

In addition to being at a breath-taking place, it was evident that the work that the ancestors had done on this site millennia ago had created a suitable habitat for native clams and other shellfish to this day.

Our future steps are to revisit the site to have a better look at the wall at the lowest tide and collect samples to have a better understanding of the species found. Additionally, we hope to share this exciting project and all its potential with the community to establish what Tla'amin Nation people would like to gain from this project.

# Update from XLAP: More intertidal sites

By Dana Lepofsky

The archaeological record suggests that more than 800 Indigenous people lived on Lasqueti in the pre-colonial past. To support this large population required tending the resources of the land and sea to maintain consistent food supplies. During the low-low tides in late June, our team recorded some new intertidal archaeological sites that were part of this ancient resource management system. These and other sites demonstrate intimate knowledge of the landscape and engineering that incorporated natural landforms and water flow. These social systems regulated who built the features, who tended the beaches, and who had access to the produce.

One intertidal management feature in the Fegen group is nestled in the intertidal passage between the bedrock of the two adjacent islets. The intertidal flat is protected from the open ocean, creating a calm intertidal habitat ideal for capturing of fish and cultivating clams. This large feature is composed of cobble rock walls, with openings that channel water and fish. Lower in the intertidal are three shallow, rock-walled “clam garden” terraces. These constructed terraces were cleared of rocks to increase clam habitat. Though there are now only dead butter and littleneck clams, this must have been a hugely productive system in the past.

Elsewhere, on the southwestern shore of Lasqueti, fish trap engineers incorporated a deep, natural pool set in a steeply sloped cobble beach. Along one side of the pool, the engineers built a wall transforming the pool to a teardrop shape. This fish holding pool is remarkably similar in size and shape to fish traps on an islet near Jervis and in False Bay, suggesting the ancient engineers were working from a common design.

On the incoming tide, water flows through the narrow opening of the pool, increasing in velocity. This attracts small fish who feed on the food moving into the channel, in turn attracting larger fish into the trap. We observed large schools of pile perch milling around the mouth of the trap and then following the water (and food) flow as the pool flooded.

In addition to the pools, we noted a small, rock-strewn human-made terrace in the mid-intertidal. This terrace may have been used for fish processing on the otherwise sloped beach. We have noted similarly constructed areas alongside other fish traps. We imagine they once held temporary shelters and were the setting for a flurry of activity.

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*It was only in the early 2000’s that western archeologists caught up to the sophistication of clam garden projects along the Salish Sea, recording for the first time under the academic scope the infrastructure often referred to as “clam gardens.”*

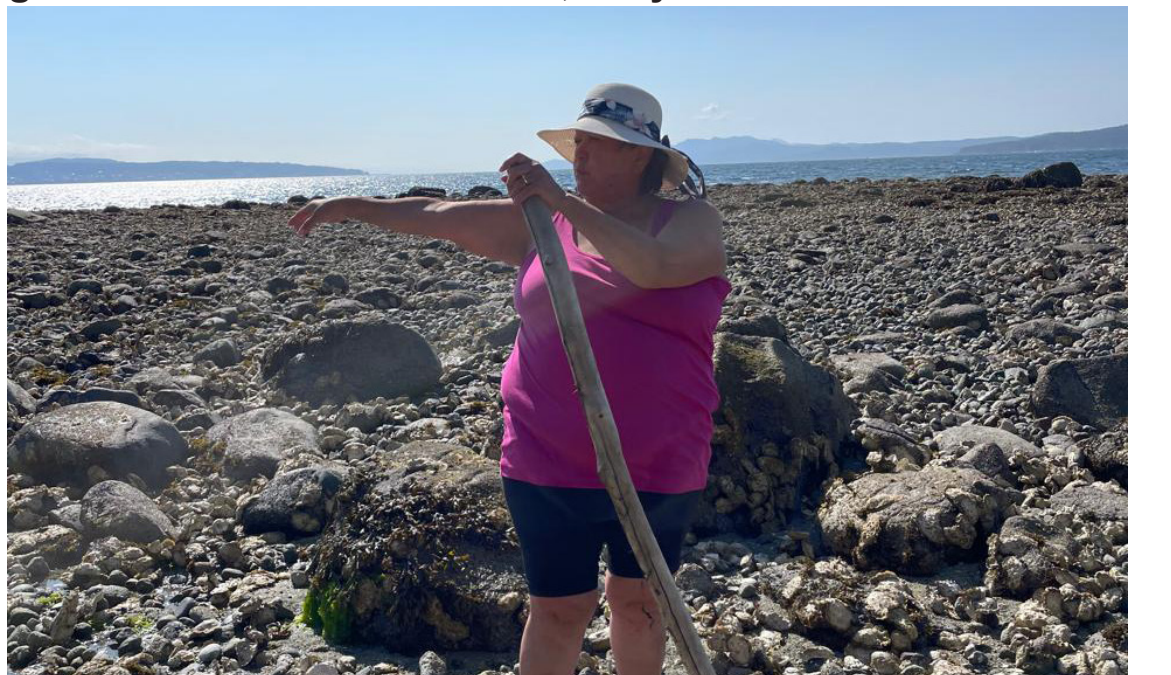


Fegen fish trap and clam garden complex. Faren is standing just above the clam gardens. Note two of the rock alignments (front center and right) through which fish and water were funneled.



Tear-shaped fish trap with constructed rock wall within the natural pool. The constructed terrace is visible (upper right) (photo Kathy Schultz).

## Ahgykson provides evidence that fish traps and clam gardens have sustained for 4,000 years



Lands and Resource Director Denise Smith points to where some of strategic spots where Elders have shared their traditional knowledge about clam gardens and fish traps at Ahgykson.



# Tla'amin Nation's Kelp Restoration Project down at Pa'aje's Cannery Bay

By Lee-Ann Ennis  
Kelp Cultivation Specialist  
for the BC Conservation  
Foundation

Tla'amin Nation celebrated another milestone on July 17<sup>th</sup> with the Kelp Restoration Project down at Pa'aje's Cannery Bay. Elder Phil George shared a song for the ancestors and some stories were told of days gone by working at Cannery Bay. The small friendly group were there to tour the new innovative piece of equipment, manufactured by BC's Industrial Plankton, which has been installed to grow local kelp seed.

After installation of the new equipment and three days of training with biologists from Vancouver Island, the SBR has been inoculated with local kelp seed that will be used to enhance and restore kelp beds within our ƭaʔamun gijɛ (Tla'amin territory).

k<sup>w</sup>umt (bull kelp) is vitally important vertical habitat for fish and invertebrates within ƭaʔamun gijɛ (Tla'amin territory). k<sup>w</sup>umt sustains traditional foods for ƭaʔamun qayemix<sup>w</sup> (Tla'amin people) by providing shelter for juvenile salmonids and herring, serving as nursery grounds for various species, and protecting coastal areas by acting as a natural breakwater.

Denise Smith is the Director of the Lands and Resources department is appreciative of this new venture in Okeover. "The Tla'amin Nation is proud to support the wonderful work that Lee-Ann and her team have been leading. Having this new state of the art equipment to assist with the growth and production of kelp is vital to the goal of increasing kelp in our traditional waters and thereby supporting marine life. Our hands are raised to the funders who helped to make this come true."

The project received its initial boost in the Fall of 2024 with the establishment of the kelp nursery at Cannery Bay, and the hiring



The new seaweed photobioreactor (SBR) was purchased with funding from Fisheries and Oceans Canada's Aquatic Ecosystem Restoration Fund. Similar to partnership that supports salmon hatcheries, this partnership supports the restoration of kelp as important nearshore aquatic habitat for salmon and other aquatic species.

of Tla'amin Nation's first kelp technician. One of the project partners is the BC Conservation Foundation who have provided a dedicated kelp specialist, Lee-Ann Ennis to train and lead kelp cultivation work at the nursery. But out on the water, project participants benefit from the knowledge of Guardian Stewards, of where to find existing kelp beds, monitor and survey those beds and to document traditional knowledge of where kelp beds were once located.

The first batch of kelp produced in the winter of 2025 was outplanted with the help of GIJE students at the entrance to Ƨa qey Ƨay (Grace Harbour). Finding good current, the exact right depth, appropriate hard substrate, low urchin and low kelp crab densities are all key to outplanting kelp successfully. In recent years urchin densities have exploded with the loss of the sunflower star, a top predator of sea urchins. In the absence of sunflower stars, it would be good to

keep harvesting red urchin as traditional food and bring balance back to these sites. As Indigenous people with a diet of traditional foods, we are part of that balance and we need to keep practicing our traditions to keep ourselves strong and to stay connected to the ƭaʔamun gijɛ.

Optimizing kelp seed production with the new Seaweed Photobioreactor will enable the project partners to grow kelp efficiently, productively and consistently. This in turn will allow us to grow capacity in other areas of the project, such as outplanting and monitoring the outcome of cultivated kelp and how this newly created habitat is being utilized by important fish species.

If you remember k<sup>w</sup>umt within ƭaʔamun gijɛ (Tla'amin territory) and wish to share your knowledge or expertise or assist in anyway, please reach out to Fisheries Engagement Coordinator, Sydne Long or Senior Resource Manager Sachi Ouchi.



Kelp will have a better chance of survival with the support of the new equipment



On July 4th a Community Outreach Concert was held at the Governance House.

Performances were by the Academy Chamber Choir, qathet pictured here and Male ENsemble Philippines (bottom right).

## qathet Academy of Music is the 53rd organization to voluntarily change its name

By Steve Gallagher

Since the establishment of Kathaumixw in 1982 Tla'amin has played a few rifts of its own in Coast Salish to make this world class event meaningful in the context of our language and culture and influence a name change.

The word "Kathaumixw" means many nations coming together which in this case representing many countries from across the globe that travel to our Coast Salish territory and are welcomed by the Salish Sea that shines upon them. This gift comes with great responsibilities when it comes to receiving a name to uphold and represent.

With all the work our Sister Nations did over the years building on the thousands of words in our dictionary, the written orthography unveiled a new spelling using the international phonetic alphabet. Kathaumixw is now spelled qat<sup>a</sup>aym<sup>w</sup>, while the meaning remains untouched.

Tla'amin is also recognized at the opening ceremonies to welcome the entertainers in ʔayʔajuθəm and offer strength to perform at their very best. In addition, many countries get to hear the wise words spoken by our Elder in our language.

After winning the event in 2014, St. Stanislav Youth Choir from Ljubljana, Slovenia was extremely fortunate to

bring home a totem pole made by a local carver to bring back to their country where it stands proudly. These young choir members were in disbelief when their name was announced.

This city is the size of Victoria and situated in a little corner of the Alps with stunning lakes, mountains and architecture. A country of two million people that shares its borders with Italy, Austria, Hungary and Croatia.

With all this amazing progress, this unique relationship with the Academy of Music and Arts and Tla'amin called for a name change.

This past July, their name was changed to the qathet Academy of Music and Arts, to make it the 53rd organization to voluntarily change its name.

**Here is a quote from their media release:**

*We are proud to share that the Powell River Academy of Music is now the qathet Academy of Music & Arts.*

*This is more than just a name change—it's a gesture of respect, a commitment to truth, and a small but sincere step toward reconciliation.*

*The word qathet, and its meaning of "working together"— is the spirit the Academy wants to carry forward in everything we do.*

čəčəhatanapəšt  
ninije taθ ʔapəm.

*We thank you for your work.*

"This name change is music to my ears.

The qathet Academy of Music & Arts is the 53rd organization to respond to our call and voluntarily change its name - without a doubt this has become a movement.

Our hands are raised in respect to the Academy leadership, staff and volunteers for this important act of reconciliation."

- Hegus John Hackett





# 2025 Summer Students Work Experience

Providing Leadership in Lands | Public Works | Business | Accounting

Housing | Culture and Language | Culture & Heritage

Community Services | Archaeology | Hatchery | Information Technology



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TLA'AMIN NATION



**Alex Fetzner and Damion Harry**  
YARDWORKS



**Caleb Thiele**  
FINANCE



**Cianna Carta**  
JANITORIAL



**Conner Wilson Cooper**  
Culture and Language



**Dustin Wesley**  
GAURDIAN WATCHMAN



**Daven George**  
FISH HATCHERY



**Easton Marriott**  
CULTURE AND LANGUAGE



**Jordana Gravelle**  
LUND HOTEL



**Tyrelle Duham and Eugene Souch**  
FORESTRY



**ᑭᑭᑭᑭᑭ**  
TLA'AMIN NATION



**Kendall Louie**  
**STOCKPILE MARKET**



**Kyle Mitchell (right) with Dean**  
**BUILDING MAINTENANCE**



**Makaela Gallagher (right)**  
**CULTURE AND HERITAGE**



**Malachi Galligos & Noah Davies**  
**LUND HOTEL**



**Russell Benner (right)**  
**LANDS SUPPORT**



**Shaemus Stonehouse**  
**CONSTRUCTION**



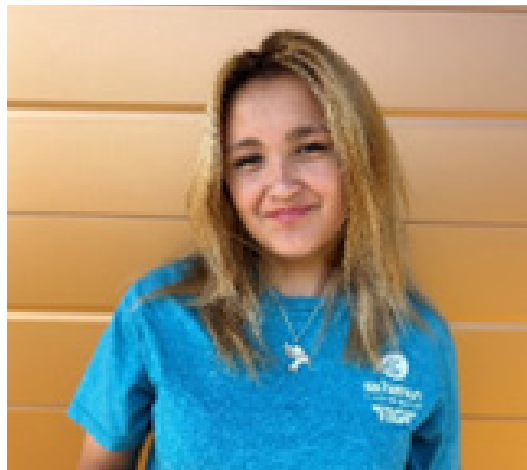
**Stacy Francis (left)**  
**INFORMATION TECHNOLOGY**



**Kashius Smullin (red hoodie)**  
**Summer Camp**



**Hannah Harry (left)**  
**LAND USE PLANNER**



**Faith Jones**  
**Summer Camp**

**Missing Photos**

- Montana Paul, Water Treatment Plant
- Elizabeth Mitchell, Community Services
- Paris Hackett, Housing Administration
- Naveah Harry, Intergovernmental
- Koa-Wilson Cooper, Language Immersion

# Tla'amin Recreation

For the latest updates and posts about our programs, be sure to visit our Facebook page, "Tla'amin Community Recreation."

**NEW First Tee Golf**  
**Ages 5 – 14 years**  
**Location: Salish Centre Gym**



This program provides basic information on learning the game of golf as a lifelong health and fitness activity while each lesson emphasizes skills, concepts, and one of the First Tee Nine Core Values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy, and judgment. Be sure to check it out and start planning your summer activities.

**JR AGES 5–9 YEARS:** Tue 5:15pm–6:00pm  
 Aug 05–Aug 26 FREE 4 Sessions

**SR AGES 10–15 YEARS:** Tue 6:15pm–7:00pm  
 Aug 05–Aug 26 FREE 4 Sessions

**Hockey Skills Camp**

This camp is designed for čičuy aged 6 to 17 years of all skill levels. Guided by skilled and experienced coaches, participants will enhance their skating, stick-handling, passing, and shooting abilities through engaging drills and exciting game scenarios. This camp is great as conditioning camp before Minor hockey try-outs or the hockey season!

**Ages 6-17 Years** Mon-Fri 5:15-6:45pm  
 Aug 18 - Aug 22

**FREE 5 Sessions**

**Location:** Recreation Complex Ice Surface

You can register online at [tlaamin.perfectmind.com](http://tlaamin.perfectmind.com). Should you require any assistance, please email [rec@tn-bc.ca](mailto:rec@tn-bc.ca), call 1-877-505-5139 or stop by Cousin's House between 10:00am–2:30pm Monday to Friday.

**Swimmer 1 & 2**  
**Ages 6-12 Years**

These beginners will become comfortable jumping into shallow and deep water with and without a PFD. They'll learn how to open their eyes and exhale their breath underwater. Floats, glides, kicking, and front and back crawl skills are introduced.



Transportation to and from Cousin's House provided. These 10 sessions are designed to build skills to pass the levels čičuy are working on. Attending each class will help čičuy be successful.

**Mon-Fri 3:30-4:00 am** Aug 11 - 22

**FREE** 10 sessions

**Location:** Recreation Complex Aquatic Centre

**Swimmer 3**  
**Ages 7-12 Years**

These swimmers will practice dives, in-water somersaults, and hand stands to develop weight-transfer skills. They'll practice skills such as whip kick, front crawl, and back crawl. Transportation provided directly from school and will return to Cousin's House. These 10 sessions are designed to build skills to pass the levels čičuy are working on. Attending each class will help čičuy be successful.

**Mon-Fri 4:00-4:30 am** Aug 11 - 22

**FREE** 10 sessions

**Location:** Recreation Complex Aquatic Centre



**Youth Nights – Summer Hours!**

**Ages 13–18 years Youth Nights – A Space for Indigenous Youth to Connect, Create & Celebrate.**

Calling all Indigenous youth (ages 13–18) and your invited friends! Whether you're into painting, gaming, shooting hoops, nature, or just hanging out, Youth Nights are your space to be yourself, explore your passions, and build community. Every week, we offer activities that nourish the mind, body, and spirit—from expressive art projects and interactive games to cultural teachings with Knowledge Keepers. Bring your own projects or jump into something new—we've got space, supplies, and support. Enjoy snacks and refreshments (and yes, you can help choose what we stock!), meet new friends, go on awesome field trips, and share your ideas to help shape the program. This is your time, your place—come chill, create, and connect.

Check our Facebook page for updated program schedules posted bi-weekly.

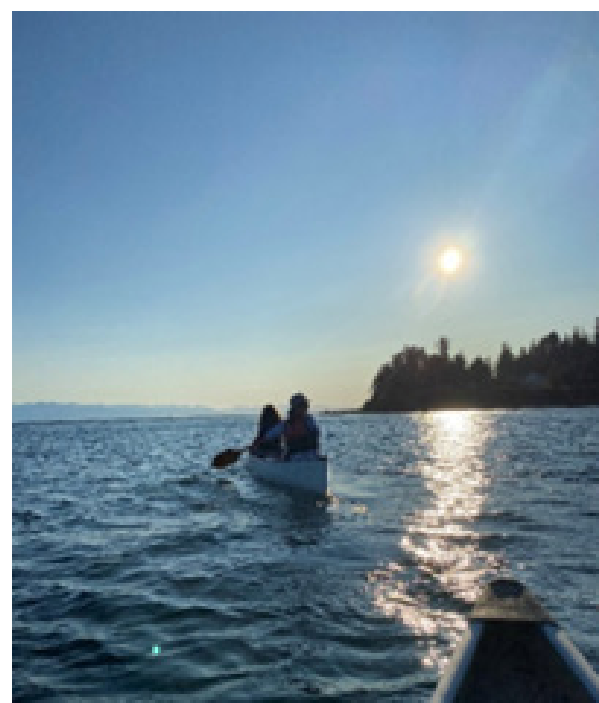
Instructor: Adriana Zastre

**Thu 5:00pm-9:00pm**

**Fri 1:00pm-9:00pm**

**Jul 10–Aug 28 FREE** | Excluding: Aug 14 & 15

**Location:** ʔayłštən ʔaye – Cousin's House qayk (Eagle) Room



**Youth Nights Beach Trips**

**Ages 13-18 years**

**Savary Beach Day**

Relax and explore the beach or bike around the island with many stops along the way. Picnics packed the evening before. Registration required.

Instructor: Adriana Zastre

**Fri 9:00am-5:00pm Aug 29 FREE**



### Summer Fun at Camp for ages 5-8

Our 5–8 age group has had an exciting start to the summer! For the first three weeks, we partnered with SD47 to offer playful exploration of literacy and numeracy through fun games and hands-on activities. In addition to learning through play, the younger Chuys have enjoyed a variety of experiences, including bouncer fun, out trips to Mowat Bay, Willingdon Beach, and Gibsons Beach, sprinkler and slip 'n slide days, soccer fun, and even welcoming the Klahoose community during the Canoe Journey. And that's just the beginning — there's lots more fun along the way!



Group witnessed the Klahoose canoe



### Two Youth Selected For National Leadership training Event With Recreation Programs.

*By Elizabeth and Hunter*

Two outstanding youth, Elizabeth Williams and Hunter Westgate, have been selected to attend a national leadership gathering in Toronto this August, thanks to their dedication and involvement in the Youth Nights and Future Leaders programs.

From August 11–15, Elizabeth and Hunter will travel to the University of Toronto Scarborough Campus to take part in a week-long event hosted by Indigenous Programs at Right To Play. The gathering will bring together youth, mentors, donors, and program staff from across the country for shared learning, leadership development, and cultural exchange.

The training event is a combination of the National Gathering for youth workers and mentors, at the Youth Leadership Symposium — a youth-led experience focused on play-based learning, leadership skills, and amplifying youth voice. The gathering will support growth in areas such as problem-solving, adaptability, communication, and storytelling, while encouraging lasting relationships and a strong network of support.

For more information or to support Youth Nights, please contact Youth Leader Adriana Zastre at 604-344-0531 or [adriana.zastre@tn-bc.ca](mailto:adriana.zastre@tn-bc.ca)



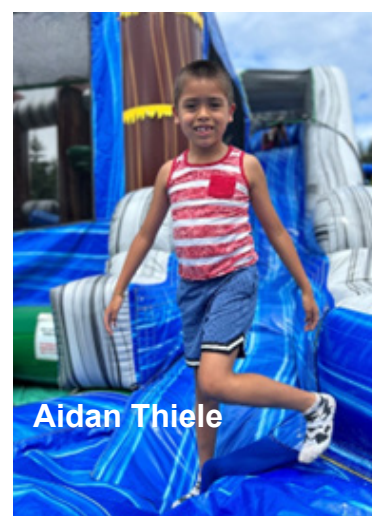
Paityn Harry & Junior Bonn



Kingston Paul



Oakley Galligos & Rielle Johnson



Aidan Thiele



James Bonn & Julian Williams

## EMDR Therapy (Eye movement, desensitization and reprocessing therapy)

### 1 What is EMDR Therapy?

EMDR therapy processes underlying disturbing memories that are the cause of current symptoms.

Processing refers to how EMDR therapy helps the brain reprocess the traumatic memory and reduce the intensity of emotions and negative beliefs associated with the event.

### 2 What to Expect

EMDR is a structured therapy that invites you to focus briefly on a disturbing memory while simultaneously experiencing bilateral stimulation (most commonly moving your eyes back and forth, but it can also include tapping, or auditory bi-lateral stimulation).

BLS is associated with a reduction in the vividness and emotion associated with the memory.

### 3 How Long Does it Take?

A typical EMDR therapy session lasts from 60-90 minutes. It could take one or several sessions to process memories.



### 4 Eight Phases

The eight phases of EMDR includes history taking, treatment planning, preparation, assessment, desensitization, installation, body scan, closure, and reevaluation.

Complete treatment of a single EMDR trauma target involves a three-pronged protocol to alleviate the symptoms. The three prongs include:

- Past memories
- Present disturbance
- Future actions

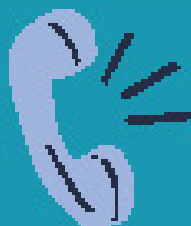
### 5 How EMDR Can Help

The old experiences causing problems will be "digested" and stored appropriately in your brain. EMDR facilitates lasting healing.

### 6 Stay Connected

If you are interested to learn more, please phone Tla'amin Health reception to schedule a consultation session.

Tla'amin Health  
Phone: [604.483.3009](tel:6044833009)



## Couples Therapy Available!

Treatment for couples experiencing chronic conflict. Learn therapeutic interventions for expressing underlying needs, increasing intimacy, and understanding your relationship better.

Schedule an introductory session at  
**Tla'amin Health!**  
Contact: [604.483.3009](tel:6044833009)



### Two Spirited Stories

Join Two Spirit community members as they guide you through a journey of cultural remembrance and personal storytelling, sharing the history, heart, and healing. These teachings, offers a meaningful connection to Indigenous knowledge, queer resilience, and the sacred role of Two Spirit people across generations.



ʔams nəm app

August 11, 2025

#### August prize

View all of this month's teachings by August 31<sup>st</sup> for a chance to win a prize valued at \$250! More details will be shared soon.

Learn more



Download the app



## WELCOME BACK!

Assumption School welcomes back all students on September 2nd. If you've not yet registered, the office opens August 18! Application forms are also available at the ʔaʔamɩn Education Office. You do not need to be Catholic to attend.

[www.assumptionpr.ca](http://www.assumptionpr.ca)





### Tutor Supports required from: Kindergarten to Grade 12

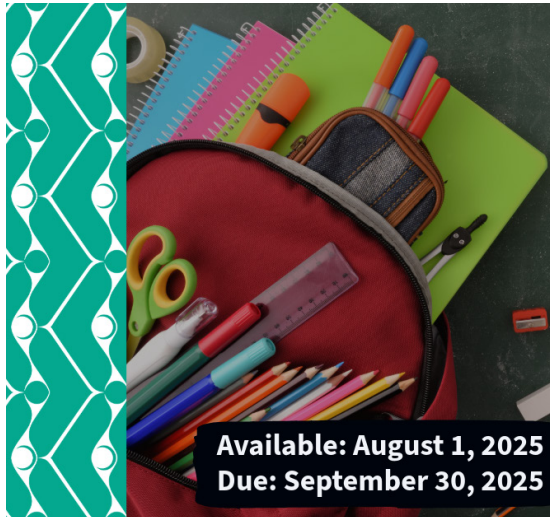
If you are interested in contracted work, please include the following details with your email:

- Desired Rate of Pay
- Grade and Subjects you can teach
- Availability

Please send you resume and the above requested details to Tla'amin Nation's Education Manager at [tarra.tipton@tn-bc.ca](mailto:tarra.tipton@tn-bc.ca)



**tıwšəmstəm "teaching someone"**




## SCHOOL SUPPLIES

Pick up your Allowance Forms:

- Pick up in person at 6690 Tla'amin Road (Education Office); or
- Pick up in person at 4779 Klahanie Drive (Gov House); or
- Email Noreen Paul at [noreen.paul@tn-bc.ca](mailto:noreen.paul@tn-bc.ca) to receive them electronically.

Available: August 1, 2025  
Due: September 30, 2025




### School Uniform Orders

Get Your Order Forms Today!

- Pick up in person at 6690 Tla'amin Road (Education Office)

OR

- Email Noreen Paul at [noreen.paul@tn-bc.ca](mailto:noreen.paul@tn-bc.ca) to receive them electronically.



Tla'amin Education is proud to offer all Tla'amin families of children in K to 7 a free 6-month membership to Epic - the world's largest digital library for young readers.

Any čuy 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.

Contact TN Education today for a **FREE** 6-month Epic membership!  
Contact Noreen Paul at [noreen.paul@tn-bc.ca](mailto:noreen.paul@tn-bc.ca)



## ARE YOU INTERESTED IN WORKING WITH LITTLE ČI ČUY?



**Come join the Nation's early childhood team!**



## TUTORING SERVICES

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

Tutoring is available for **FREE** for Tla'amin citizens living in the qathet region.

**BOOK NOW**




Contact Tarra Tipton at [tarra.tipton@tn-bc.ca](mailto:tarra.tipton@tn-bc.ca) OR Call TN Education Office 604-413-7100

**titewšəm ta čičuy "the children are learning"**

## Paid Responsible Adult course & job experience provided

You must be physically able to work with young children:

Lifting, stooping, standing and walking for long periods, crouching on the floor, and being able to move quickly to respond to children's needs is required.

To express interest or get more information, drop by the CDRC to talk to the manager or email her at [kelly\\_humphrey@tn-bc.ca](mailto:kelly_humphrey@tn-bc.ca)




## NEW HIRES



**Dean Gryczka**  
**Building Maintenance**

Dean brings a solid background in carpentry and has been running his own business since 2021. He also passed his Red Seal Millwright exam that same year, so we're fortunate to

have someone with such a strong mix of hands-on experience and technical skill. Dean is excited to take on building upkeep responsibilities and is always ready to lend a hand wherever it's needed.



**Tabatha Berggren**  
**Legislative Assistant**

(she/her) is excited to be back at ʔaʔamin Nation as the Legislative Assistant. I am British (Goode), Scottish (Andrews), and Métis, with family names including Bellehumeur, Bélanger, and St. Germaine. I was raised across Coast Salish territories; in 2014, My

husband and I moved our family of five to the qathet region nine years ago. Due to systemic gaps in inclusive childcare spaces, I was a stay-at-home parent for seven years and returned to paid work in 2021. Since then, I have worked in non-profits and Indigenous governments and I am currently pursuing a Master of Arts in Community Development at UVIC.

I look forward to returning in this role and contributing to the ongoing growth of ʔaʔamin Nation.



**Graham Louie**  
**Indigenous Sioux Chef at the Lund Hotel**



**Dion Harry**  
**Culture and language coordinator**

My position includes coordinating and facilitating educational events, workshops and classes all pertaining to the culture and language. Dion's main goal is to help learn, preserve and teach the culture and language.



**Kelly Humphrey**  
**Early Childhood Education**

Kelly is the new Early Childhood Education Worker and will work out of the Child Development Resource Centre and will oversee early childhood programming and staff. She was previously working at James Thompson School where she got to know

several of the Nation's čičuy and families.

Kelly says "To be joining the staff at the CDRC and čičuy ʔaye. With 20 years experience in various fields working directly with children, youth, and families, I believe that I bring with me the skills and passion needed to continue guiding and supporting the staff and Nation's children. I bring with me dedication, empathy, and a forward-thinking mindset. I'm ready to support, learn from, and share knowledge with all."



**Trisha Wilson**  
**Accounts Payable**

Hello, my name is Trisha Wilson, I am the new Accounts Payable Clerk for the finance team. I am excited to re-join Tla'amin Nation in the Finance Department. Thank you everyone for the warm welcome!



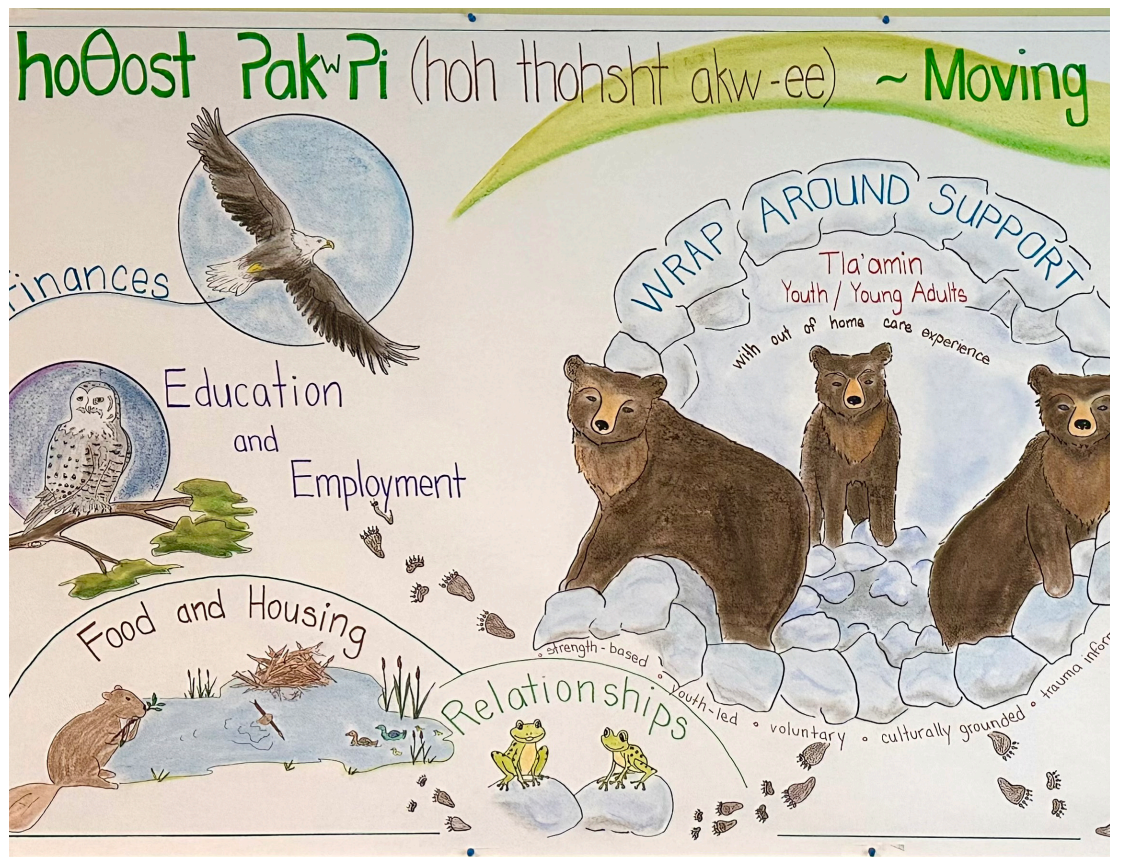
**Brittany Trueit**  
**Janitorial**

I moved to Powell river 2016 now a resident in Tla'amin, moved from Chilliwack although born in Prince George, I'm Secwépemc and Tsilhqot'in. I'm a mother of two who enjoys travelling with my family, paddle boarding and harvesting."



Cheyene Dyer (she/her) is the hoθošt ʔakʷ ʔi Coordinator / Counsellor. Cheyene has lived in qathet for 8 years. She is an art therapist, a mother, and the daughter of a parent who grew up in care. She has a broad history of supporting Indigenous communities and she especially enjoys working with youth.

**Cheyene Dyer**  
hoθošt ʔakʷ ʔi Coordinator



**Darcie-Lyn Volkart**  
Indigenous Cultural Support Worker.

Darcie-Lyn Volkart has joined Tla'amin Health as the new Indigenous Cultural Support Worker. Darcie-Lyn brings a wealth of expertise in therapeutic and recovery care, backed by years of dedicated experience in the field.

Darcie says "I was raised along the shores of the North Saskatchewan River and spent most of my adult life working, recreating, and growing alongside the lakes, rivers, flora, and fauna of the Rocky Mountains in the Territory of the Stoney-Nakoda peoples. Nature is my muse, savior, and my favorite place to be with myself, our young family, friends, community, and clients especially if harvesting medicine, mountain biking, or swimming is involved."



**Donna Folland**  
Youth and Family Advocate Worker

Donna Folland has joined Tla'amin Health as the new Youth and Family Advocate Worker. Donna brings 17 years of experience working in the field of youth and family support and development.

Donna says, "I'm excited to join the Tla'amin Nation Health team as a Youth and Family Advocate. I bring with me over 17 years of experience working in the field of youth and family support and development. My background includes extensive work with youth navigating mental health and addiction challenges, as well as coordinating occupational health and safety, crisis response and intervention, and harm reduction within youth-serving environments."

**Lorraine Wilson Memorial Fund**

## Now Accepting Applications

Bursary available to any Tla'amin citizen pursuing post-secondary education or a trades program

Fund raising still ongoing, amount will be determined by the cutoff date below

To Apply:  
Send a 500 word essay about yourself, your goals, and what your culture means to your educational journey, to [lwmemorialfund@yahoo.com](mailto:lwmemorialfund@yahoo.com)

\*Applications must also include proof of acceptance into program

**Deadline to apply: September 30th, 2025**  
Successful candidates will be announced shortly thereafter



## qathet region hosted its second ever pride parade on July 19th and Tla'amin Nation brought the party!

*The Nation's float led the parade and Hegus John Hackett and Legislator Tanner Timothy joined Tla'amin citizens, staff and volunteers to express pride and love for Tla'amin's two-spirit community.*



Decorating crew did an amazing job on the float



Legislator Tanner Timothy stays focused on the task at hand



# ANNOUNCEMENTS



**"Happy 4th Birthday to our nephew Logan Hackett!**

*Love uncle Riley, auntie Zoe, Abigail & Theo"*



**Happy Belated 75th Birthday Diane on July 19th**



**Special moments in August for the Gallagher's**

**Happy 15th Birthday Mattias on August 8th**

*Congratulations for finally growing taller than your Dad. Quick \$50.00*

**Happy Birthday Steve on August 12th**

*Fish and Chips at λa?amen*

**Happy 17th Wedding Anniversary "Mrs. G." on August 16th**

*More wonderful memories in our future*



**Happy 25th Jacob on the 28th**  
*Golf and chicken wings for you*



**Happy 5th birthday to our sweet Abigail Mae. July 27th.**

*You are the brightest star in the world. We love you so much ! Love, Mom, Dad, and Theo ♥*



Jerry Francis is enjoying the view at the waterfront.

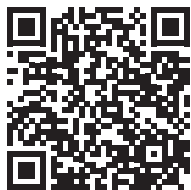
Alexis and Michelle Washington, Elder John Louie, enjoy a moment with their jeh jehs.



**Scan the qr code to watch the videos of the canoe journey**



Day 1 and 2



Day 3 and 4



Day 5 and 6



Klahoose circling around during the protocol upon arrival