



Land Use Plan Addresses Community Vision for ᑭᑭᑭᑭᑭᑭ

An interview with Executive Legislator Callum Galligos, Lands and Resources House Post

On Wednesday, February 19th community members gathered at the Education Portable to view maps and point to the priorities in specific areas and identify the gaps in planning for ᑭᑭᑭᑭᑭᑭ.

Infrastructure, recreation use, housing and water were talked about with the Land Use Planning team to build on previous input gathered from elders, youth and off-lands members through surveys and interviews.

Callum Galligos in the Executive Council is responsible for the Lands and Resources House Post and likes the direction the planning is heading to date.

"Our Land Use Plan ensures sustainable development by balancing environmental, economic, and social needs while protecting resources for the future. It helps us in leadership with decision-making and minimizes conflict", stated Callum.

The Tla'amin treaty made us one of the largest landowners in the region and we want to unleash the potential of these lands for cultural, social and economic values. A land use plan establishes our rules of engagement with our territory, designating areas for specific uses and purposes.

"The hard work put into our existing Land Use Plans give us a solid foundation. We continue to rely on this work as a lot of the needs identified in that plan are still relevant today,"

When I asked about how the land use plans ensures responsibility and transparency with the Directors and Managers in the Lands and Resources Department, Callum was confident that the land use plan will reflect a smooth transition over the next five years and beyond.

I like the community engagement pieces the most. Community involvement is crucial in land use planning because it ensures that the needs, concerns, and values of our members are considered in decision-making. Engaging the community builds a sense of ownership and responsibility, and will leads to more effective, inclusive, and sustainable land use outcomes that



Youth advocate Makaela Gallagher and Jennifer Tom exchange ideas for ᑭᑭᑭᑭᑭᑭ as the consultation continues to gain momentum

reflect our Nations priorities. Our Nations Managers are a part of an internal LUP Working Group to provide input of the various department needs. This plan will also build on the voices of Elders past and present as we are rolling forward engagement from the last land use plan.

Off-lands members need to be assured that their voices are heard and most importantly documented and taken seriously. What is our approach to achieving this high responsibility when so many members have different opinions that also matter.

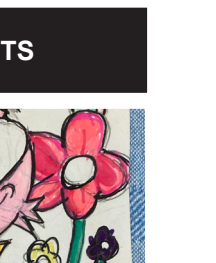
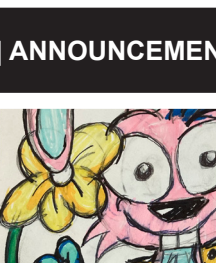
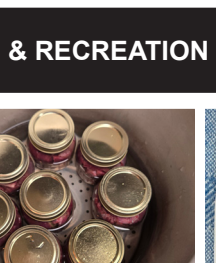
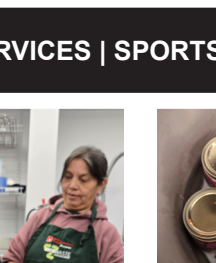
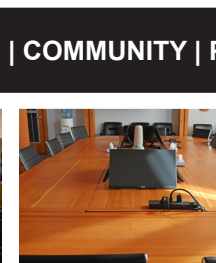
I believe all members will benefit from an effective LUP, as this will help identify areas for more economic growth to financially support programming, for both on and off-land members. This plan will also include more Housing for our off-land members, should they decide to relocate back to tishosum. We have heard loud and clear

feedback that having available Housing, both private and social, is high on the priority list for our members.

There will be many opportunities to participate in providing input for on lands and off lands community members in the next year, please keep an eye on our Membership social media pages & the Nehmotl for upcoming engagement sessions. Some of the community engagement so far includes:

- Lands Advisory Group (ongoing monthly meetings)
- October 2024 AGA Tradeshow
- Initial Land Use Plan Survey
- Youth Council/Youth Night Engagement
- LUP Open House
- Elders Lunch

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

SPRING BREAK

March 17-28

χawχek'wum: Herring Roe
Seal pups are born
Fawns are born
Fishing
Grouse hunting
Bucks are fat

Message from Hegus



John Hackett

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On January 28th, we held the 3rd community engagement session regarding the APA. The two-year path of re-acquiring Tiskwat there is a total of 9 engagement sessions to keep the community informed as well as getting vital feedback and direction, that help set the negotiation parameters.

In summary of the feedback from the community there is 88% of Tla'amin Members that are in support of the reacquisition of the 120 acers at Tiskwat and 11% who are uncertain, and 1% who are not in favor.

Very valuable feedback from the 9 community engagement meeting surveys, the survey captures accurately the overall stance of the community engagement session.

I attended this years First Nations Leadership Gathering that took place at Canada place where 204 nations met with the Primer and Cabinet Ministers.

I want to acknowledge our Intergovernmental Relations team, days before the gathering the Cabinet Ministers just received their mandate letters from the Premier. Our IGR team incorporated their mandate letters last minute in our strategy.

Tla'amin secured 10 meetings with the Cabinet ministers, DM's and ADM's. it will be a jam-packed day with 14 meetings within the two days. Tla'amin also participated in

the BC Modern Treaty Alliance 4 meetings as well. Overall, the Primer and Cabinet engaged in 1,300 meetings with BC first Nations within the two days.

During the opening ceremony Premier sat next to me congratulating Tla'amin with the recent Ti'skwat APA. I hope this is a signal that BC will start breathing life into the MoU between Tla'amin and BC.

This past weekend the TMSLP board, Economic Development Committee, and holdings board committee gathered to start the Economic Development Strategy Planning process.

This two-day strategy session began with evaluating each business entity under the TMSLP umbrella. The more we evaluated future opportunities it was clear the TMS needs to be apart of any planning process the Nation develops. Economic development needs to be arms length to reduce liability but still work collaboratively with Tla'amin Administration. Looking ahead, I feel Tla'amin will has many economic opportunities in the future.

The Tla'amin team traveled to Gatineau, Quebec to the Land Claims Agreement Coalition Conference. 2025 marks the 50th anniversary of the first Treaty Agreement ratified in Canada. There are 11 treaty Nations, and 30 Indigenous Languages represented at the LCAC Conference.

Formed in 2003, LCAC membership includes post-effective date modern treaty holders in Canada. Collectively, modern treaties affect nearly half of Canada's land, waters and resources.

This was a 3-day conference that included keynote speakers and breakout sessions that focused on the successes and the hurdles of self governance. I feel that our nations need to connect and engage more often so we can align our shared priorities and unite when the opportunity arises.

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

COMMERCIAL CLAM DIGGERS

It is that time of year again for the opening of the commercial clam digging season. If you have been utilizing the ZACL – Aboriginal Commercial Clam License, you will need to apply to Leonard Harry, Tla'amin Fisheries via telephone: 604.483.4111 or email: leonard.harry@tn-bc.ca to be able to use the license for this year. This will be the process going forward every year. We will verify that you have been actively using the license (by the poundage that has been submitted by the buyers).

The Executive Council has approved the “**ACL Management Policy**” that will provide guidance on these licenses. The ACL's are owned by Tla'amin Nation and the Nation determines how they are used each year (i.e.: Who is eligible to use the licenses). All applicants will be asked to review the policy and sign a document that states you will abide by the policy while you have use of the license. These licenses are **not transferable**, you must be the person who uses the license.

Please note: If you have a regular Commercial License (not a ZACL), it is your responsibility to apply for your own license. These are personally owned and do not have anything to do with the Nation. Leonard is only responsible for the ZACL licenses (that are owned by the Nation).

To apply for your license, please come to the Government office:

Monday, February 24 between 1:00 – 4:00 pm or Tuesday, February 25 between 1:00 – 4:00. You must apply in person as you will be required to sign a form agreeing to abide by the new policy. If you can't make these times, please contact:

Jodie Gallagher | Čes?kinukt, Lands & Resources Administrative Assistant via **Telephone:** 604.483.9646 **Ext.#:** 119 **Direct:** 778.762.5049 / or **E-mail:** jodie.gallagher@tn-bc.ca to arrange a time.



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TLA'AMIN NATION

Public Works Update: New Supportive Housing Nears Completion

By Carmen Galligos
Director

Tla'amin Nation's commitment to providing safe, supportive housing for those in need is one step closer to reality. Four modular one-bedroom, one-bathroom homes have now been delivered to the site at Salish Drive marking a major milestone in this Vancouver Coastal Health funded project.

"This initiative is officially called Complex Care Housing, however our Tla'amin chosen name for this project is *teḡeθot* (teh-heh-thot)," said Brandon Louie, Executive Council member for Community Services. "*teḡeθot* means to warm oneself by the fire and the name reflects the immediate warmth and care a person feels when coming in from the cold and getting warmed by a fire. This supportive housing provides safety and is a critical step along health and wellness journey for those who will live there."

With construction moving forward on schedule, the homes are expected to be completed by mid-March 2025. A grand opening and ribbon-cutting ceremony is planned for early April where the community will come together to celebrate this much needed new housing.

Purpose of the Project

This housing project is designed to provide a stable, home-like environment where Tla'amin people can access comprehensive, person-centered services tailored to their health and well-being.



These new supportive housing units will be provided with primary care and assistance with daily living.

Residents will receive:

- **Primary Care** – Access to medical support and health services.
- **Mental Health & Addictions Care** – Compassionate, professional support to aid recovery.
- **Social & Cultural Supports** – Connection to culture and community-driven care.
- **Peer Support & Programming** – Opportunities for personal growth and empowerment.
- **Assistance with Daily Living** – Help with essential day-to-day activities.

To be eligible for one of these homes, individuals must be enrolled in the CCH Program through Vancouver Coastal Health (VCH) & Tla'amin Health. This project reflects Tla'amin's ongoing efforts to provide wraparound services that empower individuals to live healthy and stable lives. Stay tuned for further updates as we move toward completion and the official opening in April!

Social Housing – 4816 Salish Drive

Public Works has partnered with VIU's Carpentry Training Program to deliver a new 3-bedroom home to be added to our Social Housing Rental stock. VIU has done an amazing job getting this home to the lockup stage. Our internal Construction Services crew will now take-over the project and complete the building.

Waterfront Washrooms

Our internal construction crew in the Public Works department has been busy constructing a washroom facility for our Waterfront Playground area. We plan to open this washroom facility to the public this Spring. This project was made possible by a generous donation from Bells Poles to improve our Public Recreational area. This will be an amazing addition to our park, and we ask that everybody respects the space & cleans up after themselves. (Johnson Adams in the photo below).



Social Housing Unit on Salish Drive is a partnership agreement between Vancouver Island University and Tla'amin



Public Washroom on the Waterfront Park will be ready for use this Spring

Honoring Dedication at Tla'amin Nation Fire Department

Fire Chief Byron Harry

Firefighters who have served five or more years with the Tla'amin Nation Fire Department and officers were recently recognized with commemorative jackets, a small token of appreciation for their time and dedication.

Serving as a firefighter means showing up—day or night, in any conditions—to train, respond, and support the community. Reaching this

milestone reflects years of commitment, teamwork, and hard work.

Their dedication does not go unnoticed. Five years of service is a significant achievement, representing dedication, perseverance, and a strong connection to the department and community. Recognizing those who have reached this milestone honors their continued contributions and the lasting impact of their service.

Meet Our Dedicated Firefighters

Pam Wilson

I joined the hall in 2017, I wanted to learn and share my skills to keep my family and community safe. I am a proud Tla'amin First Responder/Fire Fighter, honored to serve my nation, beside my fellow fire family who share such passion to grow and protect our community. Outside the hall I love to spend my time with my family and friends. Through the 8 years of service, I am grateful for the opportunities I have been given to be a part of such a amazing team, love my community.

Lydia Line

Fire Captain at Tla'amin Nation Fire Department | Medical First Responder Instructor

I've spent 9 years in the fire service, and every day I'm grateful for the opportunity to serve the community alongside a team of dedicated people. Whether responding to calls or helping train others, I'm always learning and doing my best to support those around me. Outside the firehall, I run Cottage Creek Bake Shop—where my sleep patterns are as chaotic as my schedule, and my cats are always ready for a nap, no matter what time it is.

Linzy Elliott 302

Linzy Elliott is a community leader, firefighter, and advocate for First Nations emergency management. She is Deputy Chief of the Tla'amin Nation Fire Department and Vice President of FNESS, supporting First Nations with emergency response and training. She also works in Operations and Accounting Administration for Tla'amin Lake Contracting.

Living in the qathet Region on Tla'amin Territory, Linzy is deeply connected to the community. When not working or volunteering, she enjoys exploring with her three children, reading, cooking, crafting, and curling.

Byron Harry

I began my journey as a volunteer firefighter in 2017, quickly advancing through the ranks and stepping into leadership roles within three years. With a deep respect for the values of both the fire service and the Tla'amin Nation. I have always viewed firefighting as a calling to protect both the land and the community. After four years as Acting Fire Chief, I was appointed the full-time Fire Chief in June 2024. Alongside my fire service role, I had spent seven years as a construction lead for the Tla'amin Nation Housing department/ Public Works. I'm deeply grateful for the guidance and trust of past leaders to allow me to lead the department



L-R: Firefighter Pam Wilson, Captain Lydia Line, Deputy Chief Linzy Elliott, Fire Chief Byron Harry, Captain Craig Galligos, Lieutenant Jim Armstrong

with the same values of service, resilience, and community. Rooted in the Indigenous teachings of respect, responsibility, and collaboration, I strive to ensure the department not only responds to emergencies but also strengthens the ties within the Tla'amin Nation. Outside of work, I enjoy spending time on the water and in the forest with family and friends, drawing strength and wisdom from the land, and remaining connected to the cultural practices that sustain their community.

Craig Galligos

Craig is a dedicated Volunteer Firefighter and Captain with the Tla'amin Fire Department. Since joining the department in 2021, shortly after assuming his role as Construction Services Manager for the Tla'amin Nation, Craig has been instrumental in enhancing the fire service's operations and safety protocols. His leadership skills and experience have been crucial in mentoring new recruits and fostering a collaborative,

high-performing team within the department.

As Captain, Craig excels in apparatus operation, ensuring that the fire department's equipment is utilized efficiently and effectively during emergency responses. He is also a strong advocate for community engagement, regularly representing the fire department at local events to promote fire safety and awareness.

Beyond his professional and volunteer duties, Craig is a proud father to two daughters, Rylee and Talya. When not responding to emergencies or training new firefighters, he enjoys an active lifestyle, whether cycling on the trails or playing hockey at the rink.

Jim Armstrong

I've been a volunteer firefighter since the early 90's. TNFD is a great group. I'm the gray beard in a young crew. Flashing lights, wailing sirens. It doesn't get better than that.

Countdown



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TLA'AMIN NATION

Grand Opening of ᑭᐱᐱᐱᐱᐱ (Our House)



Salmon Canning with Colleen Wilson and Delana George

Ten people signed up for salmon canning workshop with Colleen Wilson and Delana George.

The group canned 51 jars of sockeye for the ᑭᐱᐱᐱᐱᐱ grand opening. Everyone got to take one home so there were 41 jars put aside for the celebrations coming up in June. Everyone also took home a fish filleting knife, and Patience won a pressure canner.

Many thanks to the Lands & Resources Department and specifically the Hatchery for the 30 frozen sockeye that made this workshop possible, and to instructors Colleen and Delana. This workshop was funded by the Investment Agriculture Foundation and is part of the 2024-2025 Traditional Foods Revitalization Workshop Series.

Honourable mentions got to:

1. Elisha Dominic
2. Karen,
3. Cheyenne
4. Patience
5. Carla Romanyshyn
6. Taylor Mayenburg
7. Mary and Arnie Courtney
8. Patty Renton
9. Brian Lee



TO PRESERVE (DEER): CANNING AND GRINDING WORKSHOP

with instructor Brad Titian



Saturday January 12th
10:30am-4:30pm
in the **Salish Centre**

This free workshop is for
citizens only. Lunch is provided.

Each participant will receive
one jar of canned deer
& a knife. One participant will
take home a grinder!

SIGN UP
email **training@tlaamin.com**
or text or call
250.851.1234



Tla'amin Justice Coordinator Update

By Verna Francis

ᑭᑭᑭᑭᑭᑭ community members:

I hope you are all doing well and staying healthy as the winter ends in March, around the spring equinox. I am looking forward to the longer sunny days.

Speaking of change, I would like to share with you my roles and responsibilities in the Tla'amin Justice Program now located at the Public Safety Building.

My main responsibility is to advocate and support your best interest and to navigate you through the criminal justice system.

This may involve:

- Coordinate and participate in restorative justice services and circles.
- Assist clients to develop alternative measures and healing plans.
- Liaise with relevant Indigenous and non-Indigenous community agencies and services.

Understanding the impacts of colonization, government discrimination and achieving reconciliation has been the foundation for gaining recognition for ourselves while understanding our neighbors.

Culturally sensitive training for non-indigenous agencies through cross culture and blanket exercises provides a quick snapshot of our world



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TLA'AMIN NATION

view and prescribes how first nations people have been assimilated into the main stream society with no rights or title to our cultural traditions and traditional territory.

As a result Tla'amin Justice continues to:

- Report statistics and complete narrative reporting for the Indigenous Justice Program.
- Participate as part of a multi-disciplinary team and work with others towards fulfillment of program and organizational objectives.
- Navigate court clients/community issues/concerns to proper agencies.
- Class Action Claims – Residential School, Indian Day School, and Indian Boarding Homes.
- Letter of Administration without a Will.

Tla'amin Justice Program

Verna Francis
Hours of Operation: 8:30 – 4:30

New Location
Public Safety & Education Building
6690 Sliammon Road
Direct: 778 762-5246
Cell: 604 578-8850
Email: verna.francis@tn-bc.ca

Tla'amin Legislative Assembly

Date: March 12, 2025

Time: 9:00 AM-12:00 PM

Agenda

- Budget 2026
- Treaty Amendments
- Committee Appointments
- Routine Proceedings
- Call for Adjournment

The Tla'amin Legislative Assembly will be streamed via Facebook Live on Tla'amin members-only page and broadcast at the Tla'amin Governance House lobby.



INDIAN BOARDING HOMES
Class Action

IF YOU WERE IN THE INDIAN BOARDING HOMES PROGRAM between September 1, 1951, and June 30, 1992, you may be eligible for compensation.

You may also be eligible if you were placed in a private home after June 30, 1992, if Canada was responsible for your placement.

The claims process will start on August 21, 2024. If you wish to make a claim, you must complete a claim form and send it to the Claims Administrator by the claim deadline of Monday, February 22, 2027.

You may also contact the Claims Administrator at +1 888 499 1144 with questions about the class action settlement or the claim process.

The Indian Boarding Homes Program, established by the Government of Canada, placed children from First Nations and Inuit communities with private families for the purpose of attending school. The Indian Boarding Homes Class Action Settlement compensates people the Government of Canada placed in these homes.

Contact Verna Francis for more information:

Direct: 778 762-5246

Cell: 604 578 8850

Email: verna.francis@tn-bc.ca

Your Advocate and support to navigate you through the justice system

Tla'amin Legislative Assembly Budgets 2026

Date: March 26th 2025

Time: 9:00 AM start

The Tla'amin Legislative Assembly will be streamed via Facebook Live on Tla'amin members-only page and broadcast at the Tla'amin Governance House lobby.

Notice these are two separate Tla'amin Legislative Assemblies

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

Urban Cultural Days in Vancouver

By Drew Blaney, Cultural and Heritage Manager

The Tla'amin Cultural Department hosted its 3rd annual Urban Cultural Days in early February at the Westin Bayshore in Vancouver. Our urban members have always asked us to bring the cultural programming that we offer here in the community to those in the city.

Participants were able to make drums, weave cedar baskets and have a language lesson with Alisha Point. It is always great to be able to bring these teachings to our tuwusht (urban members) as many of them don't often have the opportunity to travel home and participate in these cultural teachings. We would like to raise our hands in gratitude to the First Peoples Cultural Council who funded this years event.



Alice Louie figures out the technique of getting started on her cedar project

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



Andy Wilson found his inner drum making skills with Tla'amin masters



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

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**

The Economic Development Fund Grants for Qames ʔəms tala Settlement Trust is approaching

Tla'amin citizens who are interested in starting or expanding their businesses are encouraged to apply to the spring intake of the Qames ʔəms tala Settlement Trust opening April 2025.



ACCOUNTABLE, FAIR AND RESPECTFUL

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

ʔəms nəm Urban Cultural Days

This program preserves the memories of Tla'amin's Urban Cultural Days, where community gathered to share songs, gifts, and teachings.

Through drum making, cedar weaving, and traditional meals, these moments continue to carry culture forward.



ʔəms nəm app
 March 10th, 2025

December's prize
 View all of this month's teachings by March 31st to be entered to win a handmade drum.

Learn more  Download the app 

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



EMPOWERED SELF-DEFENSE WORKSHOP FOR GIRLS

Ages 13 - 18

Participants will be taught a holistic approach to personal safety through a combination of activities and exercises, that include tools to combat micro-aggressions to physical assault. Participants will learn how to interrupt violence by listening to their intuition, asserting boundaries, using de-escalation strategies, and practicing a range of mental, verbal and physical responses.

Mon. Jan 27 - Mar. 10 5:00 - 7:00 pm
 Location: ʔaylʔtən ʔaye | Cousin's House



Dinner Provided, Prizes for attending each week!

REGISTER TODAY!

1-877-505-5139
www.tlaaminnation.com/recreation
tlaamin.perfectmind.com

Tla'amin Recreation

NEW Spring Break Trailblazers Mountain Bike Camp

Ages 7-13 Years

In partnership with Mahony Bike Co., and led by experienced instructors, participants will receive coaching to help you master essential techniques, conquer challenging trails, and ride with confidence. Whether you're a beginner looking to learn the basics or an experienced rider aiming to refine your skills, this program is for you. **Transportation to the OLC & back to Cousin's House will be provided for participants.**



Participants will need the following:

- Helmets are mandatory.
- Mtn. Bikes ONLY, please no BMX bikes.
- If you require a Mtn. Bike to borrow please let us know upon registration.

Monday–Thursday 9:00am–1:30pm

Mar 24-Mar 29 FREE 4 classes

Location: Outdoor learning Centre (OLC)

Spring Break Camp

Ages 5 – 12 Years

Tla'amin students from all schools are welcome to participate in our 2-week day



camp that will have the children busy each day with outings and fun activities. Register for daily or weekly participation!

Mon–Fri 8:30 – 4:30 pm

Mar 17 – Mar 28 FREE

Location: ʔayıştən ʔaye | Cousin's House

Spring Community Program Guide & Registration - March 10

Get ready for an exciting Spring! Watch for our Spring Community Program Guide coming soon. The guide highlights all of our programming from April – June 2025 and is packed with a variety of fun activities for all ages. From outdoor adventures to creative workshops, there's something for everyone.

Be sure to check it out and mark your calendars—registration opens on **March 10th at tlaamin.perfectmind.com**. Don't miss your chance to sign up for a Spring full of fun and new experiences!

Snow Day Fun!

School's were closed, but Cousin's House was open for Snow Day Fun!

On February 4th, with schools closed due to the heavy snowfall, ʔayıştən ʔaye | Cousin's House opened its doors for a Snow Day Fun Day Camp! The chuids had an amazing time playing outside, enjoying the snowy day, and then heading over to Sunset Park for some epic sledding.

Laughter filled the air, and smiles were everywhere as the day was packed with fun and adventure. The day ended with warm mugs of hot cocoa, the perfect treat after a day of snowy play!

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.

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



YOU'RE INVITED!
INTERNATIONAL PI DAY

Come have some math Fun!

Date: March 13th, 2025 ~ Doors Open at 4:30pm
Where: Salish Centre
Who: K-12 students & their families
What: Fun Math Activities... with familiar educators and guest Professor Veslin Jungic from Simon Fraser University

Pie-themed Dinner Provided 😊

Questions? Email tarra.tipton@tn-bc.ca

Every School Day Counts

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

Riel and Rowan Grade 5 and Tobin Grade 6 attend Henderson Elementary School.

How do you motivate you children to attend school?

The boys just really enjoy going to school, they enjoy being around their peers and playing their favorite sports on their lunch breaks.

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

We do early bedtimes on nights that they don't have sports activities on, bedtime starts at 7pm for all 3 boys and everyone is asleep by 8pm.

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

They have been waking up between 5:30-6:30am since they were babies, they wake up on their own because they get enough sleep during the night.

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

Because we want our children to be successful in life, we want them to have every opportunity to explore their interests.

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

Only Tobin has a cell phone, he's not allowed to have his cell phone in his room at bedtime. He's not allowed to look at his phone while we are driving to and from their extracurricular activities. Even with all our rules, it's still becoming an issue in our house.



Riel



Rowan



Tobin

Soon March 14th (Or 3.14) Will Be Here.

It is a day for honouring one of the most famous numbers in mathematics, also known as Pi! Once a year, Pi Day is celebrated worldwide by eating pies, pizzas, and for math lovers, it's a day for celebrating the universal language that math is.

But what actually is pi and why is it so special?

Pi is the ratio of a circle's circumference to its diameter, and the value of pi is approximately 3.14. It doesn't matter if you're measuring a dime, a drum, or the full moon – for any circle, dividing the circumference by the diameter will always give you 3.14 (plus a little more, since pi is an infinite number that goes on forever). While perimeters and diameters may not seem all that exciting, pi and Pi Day are an extra special reminder that math is around us all the time.

Math can be an intimidating subject. Moments like Pi Day can remind us to bring fun into learning, whether we love math or if it makes us feel a little frustrated or anxious at times. Studies confirm that a huge number of students struggle with math.

And it's not just kids who struggle. Studies indicate that a majority of parents feel it can be a frustrating experience for them and their child when they help them with their math homework. Many admit they don't always have the skills to teach their children the right way to approach math problems

Pi – which keeps going forever - helps demonstrate that the math learning journey is also infinite – the ups, downs, setbacks, and wins of learning are all part of it. After all, we wouldn't have a record breaking 62.8 trillion decimals in pi if mathematicians gave up after their first few mistakes.

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

Tla'amin Launches New Service Model built on Ancestral Teachings

qaxayε metštəm means many working together to accomplish something

February 24, 2025

The Tla'amin Nation today releases qaxayε metštəm Service Model, a guiding framework that writes Tla'amin teachings directly into the delivery of care, programs, and services for Tla'amin citizens. The model captures the “Tla'amin way” of service delivery and is offered as a tool to Tla'amin and non-Tla'amin service providers.

Tla'amin qaymıx^w come from a rich history of well-being that was produced through relationship with the territory and maintained through the passing on of teachings about how to exist in right relations with the environment and people, and teachings about how to raise the next generations to do the same. This kept Tla'amin well for thousands of years.

At the heart of the qaxayε metštəm framework is the process to create xa:p—*a baby basket*. Just as weaving a basket requires preparation, skill, and patience so too does the work of redesigning services that nurture, protect, and uplift the Tla'amin people.

“This Service Model emerges from the reality that colonial policies, including the forced removal of children and disruption of governance systems, fractured Tla'amin well-being,” said hegus John Hackett “With the signing of the 2016 Tla'amin Treaty and, more recently, the ʔajıθmet Interim Agreement with the Ministry of Children and Family Development (MCFD), Tla'amin is reclaiming its rightful role in providing services for its people, and we are doing it in our way.”

The Tla'amin čičyε (grandmother) circle, who have played a critical role in shaping Tla'amin's Child and Family Services, emphasize that this model is about more than programs—it is about relationships.

“Our children are a gift from the creator, not ours to keep, but ours to care for the best we can,” shared

the čičyε circle in a statement. “It is our responsibility to act with love in our hearts for all children, to protect and teach them, and to rebuild the trust, connection, and respect that colonialism sought to break.” The Service Model will guide both Tla'amin service providers who are familiar with, or rediscovering these teachings, as well as external service providers who provide services to Tla'amin citizens.

The qaxayε metštəm Service Model is now available for download on the Tla'amin Nation website. Service providers, government partners, and citizens are encouraged to explore the model and consider how its teachings can strengthen relationships and service delivery within Tla'amin and beyond.

To download the qaxayε metštəm Service Model and learn more, please visit: <https://www.tlaaminnation.com/tlaamin-service-model/> Questions: Media@tn-bc.ca

About Tla'amin Nation

The Tla'amin Nation is a self-governing modern treaty nation with significant land holdings in the qathet region on British Columbia's

Sunshine Coast. The Tla'amin Treaty with Canada and British Columbia came into force in 2016. Tla'amin people have occupied the region for millennia, stewarding the land and sea in accordance with Tla'amin law and respect for the natural world. To learn more please visit <https://www.tlaaminnation.com/>



TMS Hires Dillon Johnson as its new Chief Financial Officer

Following a nine-month long competitive process, Tla'amin Management Services (TMS) today announces Dillon Johnson as its new Chief Financial Officer (CFO).

A Tla'amin Citizen, Johnson brings over a decade of financial expertise, leadership, and a deep commitment to supporting the growth and prosperity of Tla'amin Nation.

Dillon's extensive career includes over 15 years as a consultant at Temixw Planning, where he provided strategic financial services to over 50 First Nation governments and organizations.



Johnson specializes in analyzing financial health and fiscal options for Indigenous governments and enterprises through sound financial planning.

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

Medication, Education and Health Care Week

Members learn and understand their medical needs from a wealth of knowledge

By Steve Gallagher
 Neh Motl Editor

Tla'amin Health partnered with UBC pharmacists from February 18-20 for a series of events at the Salish Centre, along with one-on-one appointments with a UBC pharmacist at the Health Center. Cholesterol and diabetes screenings were also offered during this time. The event kicked off with a breakfast on February 18th, and The Medication Return Event on February 19th was a success, with many community members safely returning unwanted medications. These initiatives make it easy for community members to dispose of unused or expired medication and reduce the risk of forgotten or expired medications ending up in the hands of children, youth or vulnerable adults.

There were 30 people that spoke to the pharmacists over the course of the event while other members took advantage of the one on one with the Chronic Disease Nurse and Dietitian.

Members had an opportunity to speak directly to the pharmacists about their medications and any serious allergies or sensitivities they may be experiencing. The overall goal was to gain a better understanding of your health and medications in a comfortable environment. UBC Pharmacists are well known for their cultural safety, which is a priority when working with you or your family. If you would like to schedule an appointment you can contact FNHA health benefits who can support 1-855-550-5454 for support or a referral.

Or you can contact the UBC Pharmacists Clinic directly by calling 604-827-2584.

Screening Saves Lives and Enhances Well-Being, a message from the Tla'amin Chronic Disease Nurse and the Tla'amin Dietitian

Screening for blood pressure, cholesterol, and diabetes is essential in catching health issues early, allowing for better management and reducing the risk of complications. Early detection can prevent serious conditions like heart attacks, strokes, and organ damage. While diseases like cardiovascular issues and diabetes can impact various parts of the body, the good news is that many of these conditions can be prevented or managed through lifestyle changes and regular check-ups.



Luchie Harry takes time for a personal discussion with UBC Pharmacist Yuki about his medications

Incorporating traditional foods like salmon, rich in Omega-3s, along with fresh fruits and vegetables, is key to supporting overall health. Staying active with simple exercises like walking, hiking, or swimming can also make a big difference in maintaining health and vitality.

Canada's Physical Activity Guide to Healthy Living recommends 30-60 minutes of moderate exercise each day to help keep our bodies strong and healthy. Let's embrace these steps together to stay well for ourselves, our families, and our community!

Sheila Paquette is a Chronic Disease Nurse specializing in supporting people with a wide variety of long-term conditions. She works closely with individuals create personalized plans aimed at improving wellness and quality of life and share educational materials around self-management.

Make an appointment for your screening with the Chronic Disease Nurse Sheila at health 604-

483-3009 ext. 115. Regular check ups with your primary care provider are important. Schedule yours today!

Liane LeBlanc is a Registered Dietitian and can assess clients' nutritional needs to manage medical conditions and support overall health. The Dietitian uses the science of nutrition to personalize advice for every community member and their unique situation.

Contact Tla'amin Health for more information at 604-483-3009.



Tla'amin Health Chronic Disease Nurse Sheila Paquette, UBC Pharmacist Yuki, Tla'amin Health Dietitian Liane LeBlanc and UBC Pharmacist Sheena were instrumental in fielding your health needs

A Bit About Diabetes

Diabetes is a chronic and progressive disease characterized by hyperglycemia (high blood glucose). It appears in two principal forms*:

Type 1 diabetes, formerly called insulin-dependent diabetes mellitus (IDDM) or juvenile diabetes, and

Type 2 diabetes, formerly called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes

Type 1 and type 2 also differ in the underlying defect, and type of therapeutic control.

(*Other types of diabetes include gestational diabetes, other specific types (those due to genetic defects in β -cell function, genetic defects in insulin action, diseases of the exocrine pancreas, drug or chemical induced diabetes, etc.), and pre-diabetes. These types of diabetes are less common than type 1 and type 2 diabetes and are not discussed in this chapter.)

Type 1 diabetes

Type 1 diabetes can occur at any age, but it primarily appears before age 30. It is characterized by the inability to produce insulin and often more marked fluctuations in blood glucose. Daily insulin injections

are always required to manage type 1 diabetes.

Type 2 diabetes

Type 2 diabetes usually occurs in individuals over the age of 40. It is characterized by an impaired ability to recognize and utilize insulin, and eventually diminished insulin production. Therapeutic control often is achieved by diet alone, or in combination with oral antihyperglycemic agents**, but people with type 2 diabetes whose blood glucose cannot be controlled in this way require treatment with insulin.

Hypoglycemia

Anyone who requires treatment with insulin is at risk of hypoglycemia. Those with type 2 diabetes treated with insulin secretagogues (oral medications that stimulate the secretion of insulin) or metformin (an oral medication that enhances the effect of insulin) also may experience hypoglycemia, although the frequency with this treatment is lower than with insulin

Hypoglycemia may occur for a number of reasons, including reduced food intake, unusual level of physical exertion, and alteration of insulin dose.

Hypoglycemia can result in two types of symptoms, neurogenic (autonomic) and neuroglycopenic.



Welcome Lisa Johnson

Lisa Johnson has accepted the temporary full time Health Promotion Coordinator position starting, February 24, 2025. Previously, Lisa was providing casual support to our home and community care program clients as a Home Support Worker.

As the Health Promotion Coordinator, Lisa will work closely with our health teams focusing on prevention and educational activities for our community.

Dental Dates

March 3	Dr. Gosnell
March 18	Dr. Gosnell
March 25	Dr. Gosnell
March 26	Dr. Gosnell
March 28	Dr. Machin

Contact Cathy at 778-657-5924



March 31st
11 am - 1 pm
Tla'amin Health
SIGN UP NOW

Email: lisa.johnson@tn-bc.ca
Phone: 604-483-3003 ext. 104

Tla'amin Elders Corner

Doreen Hopkins: Coordinator

604-483-3009 ext. 126

Elders Luncheon Dates

March 19th, 2025 (Wednesday)

Time: 11:00 P.M. TO 2:30 P.M.

Guest: Students / Spring Break

Topic: Intergenerational Day Bingo/
Spring Break

Location: Salish Centre

March 25th, 2025 (Tuesday)

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

Guest: Open – please call to book

Topic: TBD

Location: Health Building



Your Vision Matters

Zara and Kal from Suter Brook Optometry will be back at Tla'amin Health on April 7-9th to help you with your optometry requirements.

- Diagnostic Eye Exam
- Contact Lens Fitting and Trial
- Ophthalmology Referrals
- Dry Eye Products
- Wide Selection of Frames

Please contact Jaime at Tla'amin Health (604-483-3009 ext. 121) to schedule an appointment.



Canning workshop held at the Salish Centre contributes to the grand opening of our new Cultural Building on June 21st.

TLA'AMIN NIGHT

Friday March 21st - 7pm










**Happy Birthday
to Chichi ♥**
thanks for all you
do.

We love you
*Abigail, Theo, Lola,
and Zoe*



Happy Sweet 16!

Makaela Gallagher
March 5th

"Our Pretty"

May you always know that you are
Strong & Smart & Beautiful
And truly, deeply loved.

Beauty isn't just about
Having a pretty face.

It is about having a pretty mind,
Pretty heart and pretty soul.

TO US, YOU ARE BEAUTIFUL INSIDE AND OUT.

Never stop believing in yourself.

We will always be there for you.

Love, Mom, Dad, Mattias & Zeus

Mia's
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