



Tsleil-Waututh Nation

səlílwətaʔt

April 21 2021

community newsletter



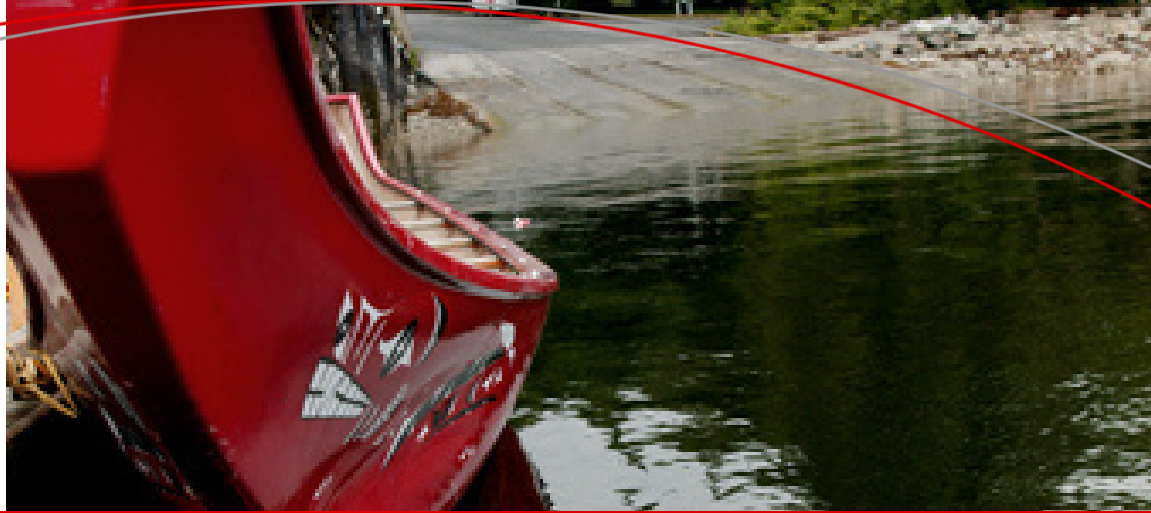
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Questions? Send us a message!
communications@twnation.ca

people of the inlet



newsletter highlights

April 21 2021

- Spring is here! TWN Community Garden
- TWNCooks - tune in for a virtual cooking series!
- Chief and Council Elections - Reminder to Update Mailing Address
- COVID-19 - community, resilience, vaccination clinics, & variant info
- Statluw District - Statluw Working Group Committee
- Penelope Guss - Employment & Training Story
- Crab Licenses - 2021 Fishing Season - Request for Proposals
- Filing 2020 Tax Returns - information & reminder
- TELUS For Good Programs - Elders, Youth, & Families - mobile & internet
- FitNation - Workout at Home Videos
- Youth Leadership Committee - Health & Wellness Survey 2
- Encouraging Video for Youth - BCIT Indigenous & Elder Carleen Thomas
- Education - Yellowhead Tribal College - Indigenous programs to apply
- Interdisciplinary Coast Salish Arts Course
- BC First Nations Forestry Conference
- BC Assembly of First Nations - Chiefs Committees - call to join
- Job Postings - external & internal

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Tsleil-Waututh Nation
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Spring is here!

TWN Community Garden



Come by to visit the community garden to see the vegetables growing!

Our community garden is underway and beginning to grow for the start of spring!



TWNCooks

Tune in! - virtual cooking series



TWNCooks is coming your way next week!

Hello All,

After the success of TWNListen, we are launching another new series called TWNCooks! This time, you can tune in to listen and watch family members cook within the kitchen. They will be showing us their cooking expertise with amazing recipes! We are lining up the cooks who will be sharing with us their food-making insight and dishes. Watch out for recipes in the following weeks for you to cook along with them as you tune in!

There are a few technical changes made in how this will run. This time, we will be recording from Zoom with our cooks instead and it will be broadcasted directly on the Community Development Facebook Page, like with the Facebook Messenger Rooms. With Zoom, we will instantly have the recordings for your usage. You are welcome to join either through Zoom or Facebook.

-William George-Thomas

dates: **April 28-29, 2021 (more dates to be announced)**

time: **7:00pm**

where: **virtual via Zoom** (use same link each evening) or watch directly on **Facebook - TWN Community Development**

<https://zoom.us/j/98681107122>

Chief & Council Elections

reminder & timeline



Tsleil-Waututh Nation
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Chief & Council Elections

Reminder to Update Mailing Address

Information will be sent out this week via mail to those off reserve on the upcoming Chief and Council Elections.

If you need to update your mailing address, please contact dbgeorge@twnation.ca as soon as possible.

Key dates for the elections are as follows:

In-person Nomination Meeting | May 19, 2021

In-person Advance Poll | June 16, 2021

Election Day | June 25, 2021

Due to the ongoing COVID-19 pandemic, community members are encouraged to vote by mail.

For the first time with this election, Tsleil-Waututh will be following protocol of the First Nations Election Act (FNEA). The main change that comes with following the FNEA is that you must request a mail-in ballot. Please request to do so as soon as you receive your voter package in the mail.



COVID-19 Safety

variants & reminders



Right now, COVID-19 variants account for more than 60 per cent of identified COVID-19 cases across British Columbia.

This [linked article from BBC News](#) explains how and why the variants are more contagious than previous strains of COVID-19 and why they are having a larger impact on younger people.

In the meantime, please continue to stay the course with following COVID-19 restrictions, including:

- Practising social distancing
- Washing your hands
- Wearing a mask
- Socializing within your household bubble
- Not gathering indoors
- Socializing outside with the same group of 10 people from a safe distance

A reminder to please continue to make your health and wellness a priority. Please remember to take time to get outside, exercise when possible, and connect with friends and family in virtual settings.

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Thank you

Tsleil-Waututh Nation Health Department

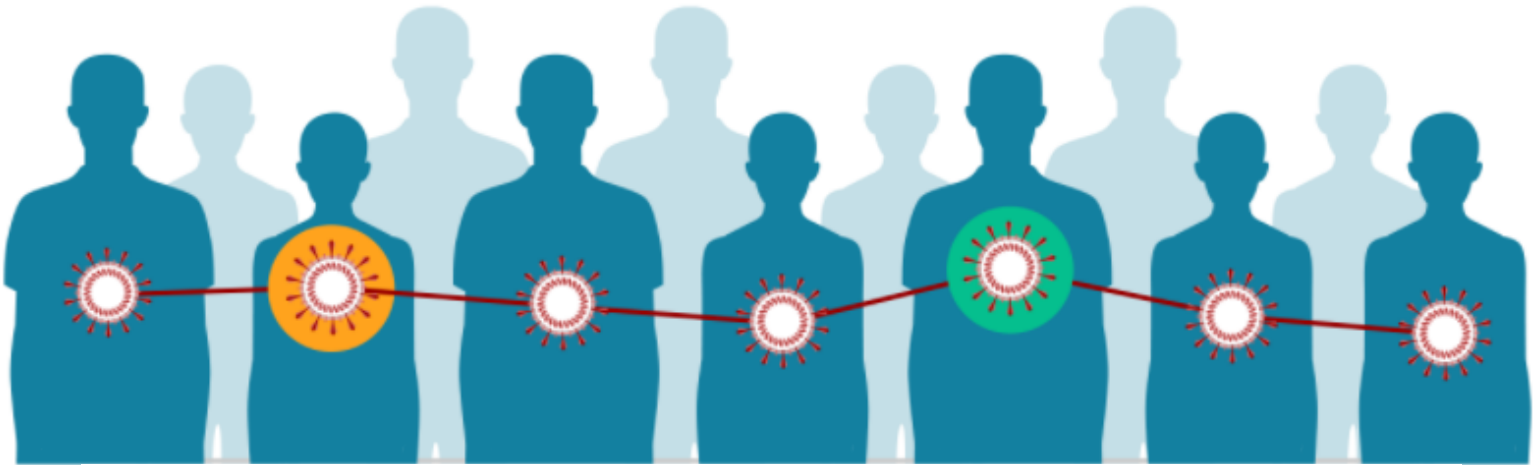
COVID-19 Variants

What are they and how do they happen?



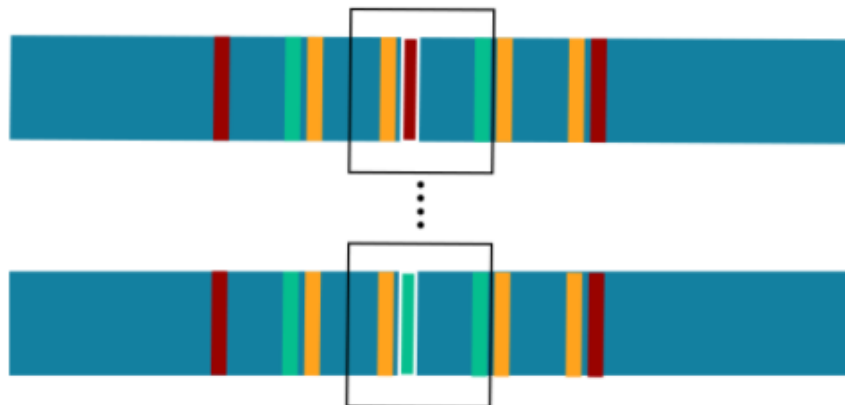
1 High numbers of cases increase risk of mutations

The more a virus spreads, the more chance it has to mutate. Thousands of small changes have been seen in coronavirus so far - most with little impact.



2 Some mutations lead to new variants

Every so often, a virus changes in a way that helps it survive and reproduce. These successful variants can become the dominant type.



As the virus spreads, tiny changes or mutations occur

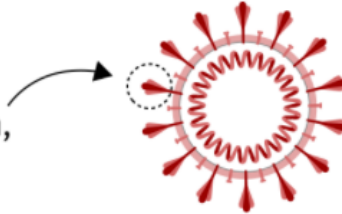
COVID-19 Variants

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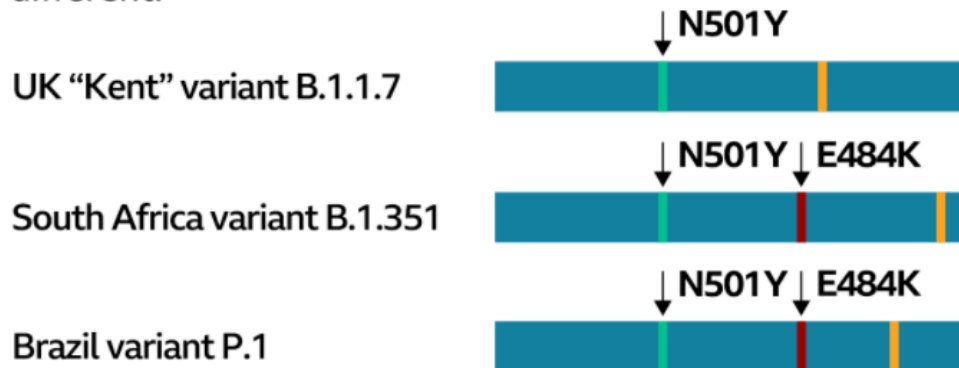


3 Three key variants are spreading more easily

Multiple coronavirus variants are circulating globally. Experts are concerned about three with changes to the virus's spike protein, the part that helps it enter human cells.



The genetic code for each of these variants is slightly different.



N501Y mutation seen in UK, South Africa and Brazil variants may help the virus spread more easily.

E484K mutation seen in South Africa, Brazil and some UK variants may affect the antibody response.

4 Vaccines adapted to tackle variants

More variants will continue to emerge, but vaccines can be tweaked to better match them if needed.



For more info, read the BBC News article here at www.bbc.com/news/health-55659820

COVID-19

community & resilience



Drawing on Culture, Community, and Resilience to Stay Safe Against COVID-19 Variants and Rising Cases

Dr. Helena Swinkels, Office of the Chief Medical Officer, explains why we need to remain 'cautiously optimistic' for taking precaution of the new variants seriously, and how community resilience can help us to maintain the challenge of practicing ongoing safety measures.

[Read her message here](#) on the First Nations Health Authority news page website

Indigenous First COVID-19 Vaccination Clinics

If you missed our TWN Vaccination clinics and still need to get your first vaccination dose, [Lu'ma Medical Clinic](#) is offering a safe space for Indigenous people to receive the vaccination.

You can register by booking online at www.getvaccinated.gov.bc.ca/s/ or call 1-833-838-2323 anytime between 7am – 7 pm. All Indigenous peoples are now eligible to be vaccinated for ages 18 and older.

Statluw District

Working Group Committee



Thank you to our members & staff who joined the Statluw District Working Group committee, and who came out (virtually) to the first meeting last week!

We are excited for this group to be sharing your knowledge and expertise in guiding the process of developing design guidelines for the Statluw District project. Having your contributions in bringing Tsleil-Waututh Nation's values and culture to the forefront in creating a vibrant living community neighbourhood for future generations will be invaluable. The Lands Advisory Committee and TWN Economic Development department staff are looking forward to working with each of you!



Statluw District Working Group

Penelope Guss

Employment & Training Story



Twenty-seven year old Penelope is a member of the Tsleil-Waututh nation. She has lived in many places, from Winnipeg to Vancouver Island, but to her, Fort McMurray will always be home.

When Penelope found herself laid off from work, she recalled the words a wise woman once said to her: "If you're not working, go to school!" She saw an ad for the Urban Indigenous Employment Preparation Program and immediately signed up for the Upskilling Program, knowing that completing the program would open more doors for her.

"Every day was something to look forward to," says Penelope. "We learned a lot from each other, and helped each other build and succeed."

Penelope says the cold winter and stress that came along with completing the program was worth it, especially when it came to graduation day.

"I'd do it all again if I could," Penelope shares, mentioning how surprised she was at the closeness the students felt. "Nobody ever had to feel alone through the good times and the bad."

Currently waiting for the Indigenous Haul Truck Program to begin — a longtime dream of hers — Penelope is grateful to ATC and Keyano College for making the Urban Indigenous Employment Preparation Program a reality. "They did a wonderful job keeping us motivated every day, and helping us succeed," she enthuses.

When asked what she would tell someone who is thinking about taking the Urban Indigenous Employment Preparation Program but is unsure, here's what she says: "Just do it. If you're not working, or have any upcoming plans, this program will push you in the right direction! You learn so much about yourself and the community when it comes to opportunities. You won't regret it and you'll never have to worry about it again."

An inspiring story featuring Penelope from our TWN community.

Penelope shares thoughts from her experience of pursuing the Upskilling Program as part of the Urban Indigenous Employment Preparation Program through the Athabasca Tribal Council.

Way to go Penelope!



Crab Licenses

Request for Proposals for 2021 Fishing Season



SALISHSEAS

Musqueam. Tla'amin. Tsleil-Waututh.

Salish Seas Fisheries Limited Partnership is a commercial fishing business partnership between Musqueam, Tla'amin, and Tsleil-Waututh Nations. Salish

Seas has issued a Request for Proposals (RFPs) for community members interested in leasing an **Area I Crab Licence** for the 2021 fishing season (opening around June 2021).

To pick up an RFP packages, please contact:

TWN Reception @ 604-929-3454

All Proposals must be submitted to the TWN reception or via email to:

salishseaslp@gmail.com

Proposal Due Date: 4:30 pm April 26th, 2021

Filing 2020 Tax Returns

information & reminder



A reminder that 2020 tax returns are due by April 30, 2021 to receive benefits. For forms and information on how to file personal tax returns online, visit <https://www.canada.ca/en/revenue-agency/services/forms-publications/forms/t90.html>.

Taxes and benefits for First Nations individuals

First Nations individuals are subject to the same tax rules as any other resident in Canada unless their income is eligible for the tax exemption under section 87 of the Indian Act. We want you to be aware of the benefits, credits and requirements that apply to you.

Within this document, the Canada Revenue Agency (CRA) uses the term "Indian" because it has a legal meaning in the Indian Act.

Getting benefits and credits

If you don't file a tax return, you won't be able to receive some benefits and credits.

File a tax return every year

To continue getting your benefit and credit payments, you need to do your taxes on time **every year**, even if your income is tax exempt or you had no income at all. If you have a spouse or common-law partner, they also need to do their taxes every year so that the CRA can calculate your payments.

You must file a return to get any of the following:

- Goods and services tax/Harmonized sales tax credit (GST/HST)
- Canada child benefit (CCB)
- Child disability benefit
- Disability tax credit
- Canada workers benefit
- Canada training credit
- Climate action incentive

Getting back the 10% tax withheld on CRB's

If you received the Canada Recovery Benefit (CRB), Canada Recovery Sickness Benefit (CRSB), or Canada Recovery Caregiver Benefit (CRCB), 10% of each payment was withheld at source - even if your income is exempt from tax.

You may be able to get part or all of the tax back for payments received in 2020 or 2021 **by filing a tax return for that year**.

TELUS's For Good Programs

support for mobile phone & internet needs



Elders

TELUS has launched a new Mobility for Good program. Elders over the age of 65 that receive the Guaranteed Income Supplement (GIS) (and have documentation proof) are eligible for a free smartphone and subsidized mobility rate plan. Contact mobilityforgood@telus.com or call at 1-866-558-2273. For more information, visit: <https://www.telus.com/en/social-impact/connecting-canada/seniors/application>

Youth

TELUS has a youth program for those who are aging out of care. Youth can access low cost cell plans and home internet through this program: <https://www.telus.com/en/social-impact/connecting-canada/youth/application>

Families

TELUS's Internet for Good Program can support low-income families and persons with disabilities to access low cost internet: <https://www.telus.com/en/social-impact/connecting-canada/internet-for-good>



FitNation

Home Workout Series



Keep on moving & groovin' at home!

Our TWN Recreation team would like to share more workout videos with you from our Movement Monday! series.

Join FitNation leaders as they guide you through fun exercises, from reverse crunches to burpees to arm strengthening swings to jumping jacks.

Remember when exercising to listen and take care of your body as you need, rest in between, and take water breaks. All you need is some space to move around! Each exercise is adapted for all fitness levels with lighter modified versions - there's a little something for everyone!

Visit the I-SPARC Indigenous Sport BC's YouTube channel for a full list of video workouts.

[Workout & watch here!](#)



Youth Leadership Committee

health & wellness survey 2



Youth, we would like to hear from you again!



Tsleil-Waututh Nation
Youth Leadership Committee

Hello TWN Youth!

Our Youth Leadership Committee has put together another second survey. This time, we would like to find out how we can further support your health and career goals, and get your input on social events and community engagement. We have various door prizes to be entered in for those who participate! We appreciate you taking time to reflect and share your thoughts - please fill out this survey by May 7, 2021 (open to anyone 35 years of age and under). For questions and hard copies, please call or text Kevin at 604-788-7634 or by email at ylc@twnation.ca. Hard copies can be returned to the admin office at reception.

[Fill out the second survey online here.](#)

Thank you!

Encouraging Video for Youth

BCIT Indigenous Initiatives & Partnerships



Indigenous Initiatives

This is a wonderful video from Indigenous Initiatives & Partnerships at BCIT for Indigenous youth. It includes a warm welcome and encouraging words from Tsleil-Waututh Nation Elder Carleen Thomas.

The video can be watched here:
bcit.ca/indigenous-services/



Education - Yellowhead Tribal College

Indigenous Programs - Apply for Fall 2021



Now accepting applications! Indigenous programs include language, education, health, environmental stewardship, administration, governance, social work, & community engagement.

Visit ytced.ab.ca/programs-courses/ for more info & how to apply.



Apply!

www.ytced.ca
admissions@ytced.ca
587-525-6151

- PROGRAMS -

Pre-Education Diploma Program
Indigenous Language Degree
Indigenous Educational Assistant
Indigenous Health Support Worker Program
Indigenous Environmental Stewardship & Reclamation
Renewable Energy Installation (Solar Panel) Assistant
Indigenous Administration Diploma
Indigenous Bachelor of Administration and Governance

Indigenous Governance Certificate
Indigenous Social Work Diploma
Indigenous Bachelor of Social Work
University & College Entrance Preparation (Upgrading)
General Studies
Indigenous Community-Industry Relations Certificate
Indigenous Community Engagement Citation
Essential Skills in a Digital World

Interdisciplinary Coast Salish Arts Course

Pacific Association of First Nations Women



This unique opportunity to practice traditional and contemporary Coast Salish art forms is open for our members to apply.
All tuition, materials, and supplies are provided!



Pacific Association of First Nations Women Interdisciplinary Coast Salish Arts Course

Thursdays 6:00 pm - 8:00 pm
on Zoom

April 22 - June 24, 2021

Open to Coast Salish applicants in BC
All tuition, materials & supplies provided

Apply online at:

www.tiny.cc/pafnwartscourse

Practice traditional &
contemporary art forms

Canada



FIRST PEOPLES'
CULTURAL COUNCIL

Any questions? Contact
jessica.pafnw@gmail.com

BC First Nations Forestry Conference 2021

register to join



BC First Nations Forestry Conference 2021

Registration now open!

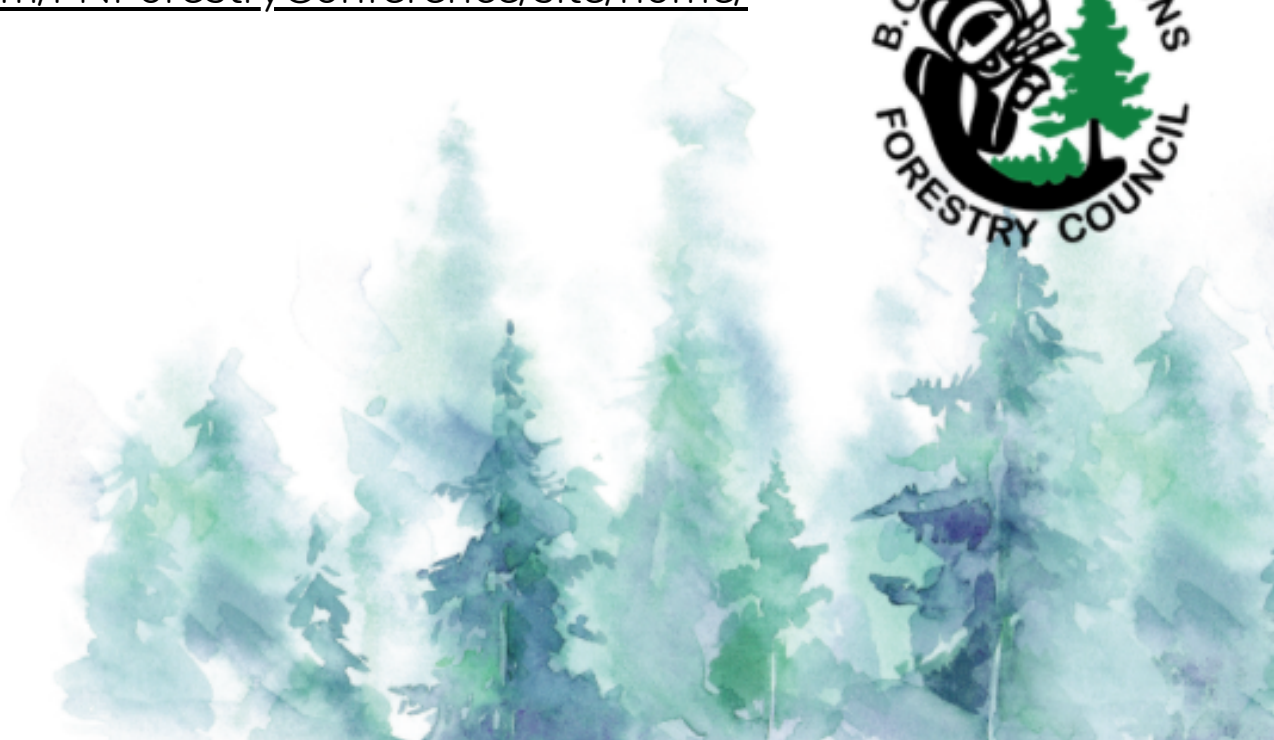
Indigenous students can attend for FREE!

Dates: June 16-18, 2021

This event will bring together BC First Nations to share information related to forestry workforce opportunities, and provide a space for communities to share knowledge about forest stewardship and management practices in all regions of British Columbia.

Click [here](#) to register and find out more about this year's Conference:

pheedloop.com/FNForestryConference/site/home/



BC Assembly of First Nations

Chiefs Committee - Call for Expressions of Interest



**British Columbia
Assembly of First Nations**

BCAFN is currently accepting expressions of interest for Chief Representatives on the AFN Chiefs Committee for:

Safe Drinking Water

Housing & Infrastructure

Fiscal Relations

Emergency Management

and Three Representatives on AFN Veteran's Council

Apply by April 26, 2021 at 4pm

For more information, visit bcafn.ca or contact communications@twnation.ca for full PDF descriptions.



Job Posting

external - Wild Bird Trust



Work Experience Opportunities at Wild Bird Trust

**12 weeks - temporary
part-time work, 16 hours/week**

WBT is pleased to offer FIVE positions through the Work Experience Opportunities grant. We invite applications from members of the Tsleil-Waututh Nation interested in getting involved in work experience at Maplewood Flats social enterprise nursery (on-site retail plant sales, propagation, and wholesale operations) and nature house (welcoming the public, exhibition interpretation).

Nursery Sales Clerk (April 19-June 11)

Provide customer service, with some retail experience required, and be interested in public engagement. Completing and preparing plant orders, manually process sales using a sales tablet and may assist with tracking plant inventory.

Nursery Operations Assistant (April 19-June 11)

Help with nursery plant stock and operations by organizing plants, signage, shade structures, watering, building planter boxes to sell as packaged items. May work with other crew to assist with native plant propagation and habitat restoration.

Nature House Host (May 17 to August 8)

Welcome public and provide intro to the Chief Dan George 'Homecoming' Exhibition, represent the Wild Bird Trust, distribute Wingspan Magazine, opening/closing building.

If you are interested, email your resume and/or a letter of interest to jobs@wildbirdtrust.org with the subject "WEO".

Job Posting

external - North Shore Restorative Justice Society



RESTORATIVE JUSTICE IN
EDUCATION INITIATIVE

We Want You!

Looking for a **Restorative Justice in Education Initiatives Coordinator**

- Familiarity with restorative processes and the principles of restorative justice;
- Background and commitment to anti-oppression, anti-racism, and decolonization; and
- Strong capacity to deliver quality services and values-led programming.

Please see full posting at nsrj.ca

Application deadline is April 23rd, 4pm

INTERESTED? SEND A COPY OF YOUR CV
AND COVER LETTER TO
ANNEMARIE@NSRJ.CA

Job Postings

TWN Internal



TWN Internal Job Postings

Administrative Assistant / Receptionist

Community Development Department

Full-time, permanent

Closing date: April 24, 2021

Belcarra Shop Staff

Economic Development Department

Part-time, temporary

Belcarra Manager

Economic Development Department

Full-time, temporary



Clinical Lead

Health & Wellness Department

Full-time, permanent

Visit twnation.ca/employment/employment-opportunities/ for full job descriptions. For questions and to apply, send resume and cover letter with job position in subject line to hr@twnation.ca

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Thank you for reading!
Take care & stay well

səlílwətaʔt

Would you like to
share a story for the
newsletter?

Let us know!
communications@twnation.ca

