

Tsleil-Waututh Nation səlílwəta?l

May 5, 2021 Community newsletter



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

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people of the inlet

May 5, 2021



newsletter highlights

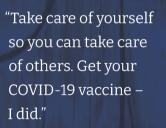
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- Happy Mother's Day!



COVID-19 protecting our community



Protect your community with COVID-19 immunity



Dr. Kate Elliot Métis Nation





"I really do believe that vaccines are good medicine, and we have a duty to protect our Elders and children by getting vaccinated."

Dr. Terri Aldred Tl'Azt'En Nation "I use my medical training and my understandings of health and wellness to make informed decisions for my own life. I gladly chose to receive the vaccine."

Dr. Kelsey Louie Tla'Amin Nation





"You have a choice to take the vaccine when it is available to you. I, for one, will be rolling up my sleeve when it is my turn to be vaccinated."

Dr. Nel Wieman Little Grand Rapids First Nation Anishinaabe Nation "I'm not just a doctor, I'm also a wife, a mother, and a grandmother. I got vaccinated to protect my community."

Dr. Shannon McDonald Métis/Anishinaabe



Questions? Call Healthlink BC at **8-1-1** For more info on COVID-19, visit www.bccdc.ca, www.fnha.ca/coronavirus or www.mnbc.ca











COVID-19 vaccination clinic updates



First Vaccination Lu'ma Clinics

For those of you who haven't been vaccinated against COVID-19 yet, but wish to get protection, you can register for the vaccination at:

https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register

In addition, Lu'ma Medical Centre (2970 Nanaimo Street) offers two more Indigenous specific COVID-19 vaccine clinics:

Dates: May 6 & 13, 2021 To register for one of the Lu'ma clinics you can call 1-833-838-2323 anytime between 7am – 7 pm.

Second Vaccination TWN Community Clinic

The Helping House is currently planning for the COVID-19 second dose vaccinations. As soon as dates are confirmed, the community will be informed and asked to book an appointment.

COVID-19 reminder to keep safe



STAY THE COURSE BE COVID-19 CAUTIOUS

A reminder to our members to continue to wear your mask, sanitize your hands, practice social distancing, and avoid gathering, even after you have received your vaccination. We thank you for continuing to practice these safety health measures to keep our community safe.



Chief & Council Elections update



Tsleil-Waututh Nation PEOPLE OF THE INLET

Chief & Council Elections

Nomination Meeting

In-person Nomination Meeting Date: May 19, 2021, 5 to 8PM Where: TWN Admin Building

In advanced of the nomination meeting, members are encouraged to stay at home to **complete nomination forms by email or mail**. Nomination and election forms are available on the TWN password-protected webpage:

https://twnation.ca/elections/

The password is **TWNelections**. Hardcopies are also available at the band office during office hours.

Once completed, forms can be emailed to Ron Laufer, the electoral officer at **ronlauferelections@ gmail.com**. Please contact the electoral officer at 604-715-4777 for assistance with anything about the election process. For mailing nominations, send forms to to P.O. Box 95015, Kingsgate, Vancouver, BC V5T 4T8.

Upcoming Election Dates: In-person Advance Poll | June 16, 2021, 9AM to 8PM Election Day | June 25, 2021, 9AM to 8PM



Chief & Council Elections introduction to Elections Officer

Listen to Elections Officer Ron Laufer speak about nomiation forms and the election process for May and June 2021.



https://www.youtube.com/watch?v=3FQwdjqC5D8

Statluw District Referendum Vote



Statluw District

referendum vote

A Referendum Vote for Statluw District will take place on July 15th. The purpose of the Referendum Vote is to determine if the majority of Tsleil-Waututh Nation's Eligible Voters, who cast ballots, approve the issuance of a lease of land to a partnership between Tsleil-Waututh Nation and Darwin Properties.

WHEN: July 15th, 2021, 8 am - 8 pmWHERE: Tsleil-Waututh Administration Building,3178 Alder Court, North Vancouver, BC

More information will be sent out via mail mid-May.



A reminder to please update your mailing address if you have not already done so. Send updates to: dbgeorge@twnation.ca

Tsleil-Waututh Nation PEOPLE OF THE INLET

Statluw District Video for Referendum Vote



Statluw District

video referendum vote

Watch this video produced by Economic Development and the Lands Department introducing Statluw Distict and information about the Referendum Vote.



) 0:22 / 5:28

https://www.youtube.com/

watch?v=6EQ_nA3D9YI

Earth Day student outdoor learning

During Earth Day week, students of Tsleil-Waututh Nation School immersed in our culture and learning on the land each day. Teachers are delivering wonderful outdoor educational programs throughout all classes kindergarten to grade 12. These opportunities offer students time to grow emotionally, physically, spiritually, intellectually, and culturally in a safe and secure educational environment. We are healing through education and we are very proud of all of our students who are all leaders in their own way!







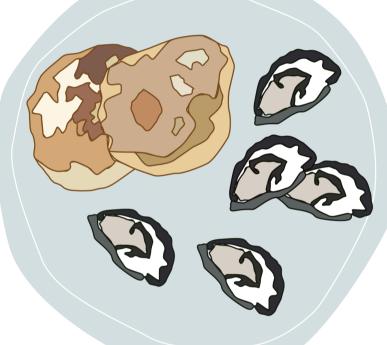




TWNCooks virtual cooking series

Join us for the second week of TWNCooks!

Wednesday May 5 at 7pm with Nick Kofi making comfort food & Thursday May 6 at 7pm with Lissy Guss making elk chili & bannock



Dates:

Wednesday April 28th @ 7:00 pm | Charlene Aleck making traditional meats & seafood

Thursday April 29th @ 5:30 pm | Gloria (Nanny) Thomas making bannock

Wednesday May 5th @ 7:00 pm | Nick Kofi making macaroni & cheese and fried chicken strips

Thursday May 6th @ 7:00 pm | Lissy Guss making elk chili & baked bannock

PRESENTING TWNCooks!

After the success of the previous TWNListens series, we are excited to bring you TWNCooks!

Where:

Join virtual via Zoom https://zoom.us/j/98681107122

OR tune-in on Facebook Live on the Community Development Page

About:

We will share the video and recipes from each night so that you can recreate these recipes at home with your family. We can't wait to share these recipes with you soon!

Remember to have dinner or snacks on hand or else this event will leave you very hungry!



TWNCooks virtual cooking series

Thank you to all who tuned-in for our first week of cooking with Charlene Aleck and Gloria (Nanny) Thomas! We hope you enjoyed watching each teach us how to make Char's seafood platter & Nanny's bannock. For those inclined to try out their tips on making these dishes, we are sharing their recipes for you to cook up at home. Watch their videos on the Community Development Facebook page to cook along!







#TWNCooks



TWNCooks

Seafood Platter from Charlene Aleck



Directions

• STEAM Crabs - 15 mins.

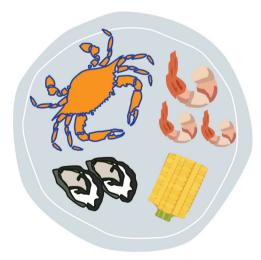
Drain, clean, crack into sections, set aside.

- Potatoes 20 mins. Drain, set aside.
- Corn 5 mins. Drain, set aside.
- Clams 10-15 mins Drain, set aside.
- BAKE Halibut @ 350 20 mins.
- PAN FRY medium heat prawns 8-12 mins.
- Garlic sausage 6 mins.
- MELT Butter + add garlic.
- Assemble all the cooked items onto a serving platter.
- Pour butter/garlic over everything.

*substitutions can be made for any of the seafood with ANY available seafood you may have. Serves 4.

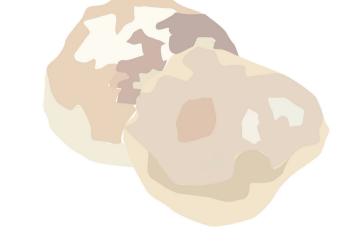
Ingredients

2 medium Dungeness crabs 2 lbs BC spot prawns 2 lbs halibut, cut into cubes 8 medium/large scallops 2 lbs clams 2 lbs mini potatoes 1/2 coil garlic sausage, sliced 4 corn on the cobs, cut in half 4-6 cloves of garlic, minced 1 cup butter



Share photos of your seafood platter dishes!

#TWNCooks @tsleilwaututhnation





Nanny Bannock Recipe from Gloria (Nanny) Thomas

What You Need

deep pan of oil roll of paper towel

Ingredients

3 cups of flour 3 TBSP baking powder 1 ½ cup of water

Directions

Mix flour and baking powder and dash of salt together. Slowly add water until moist. Take a chunk, shape into a ball, flatten in a round shape and poke a hole in the middle so it cooks thoroughly. Cook 3 minutes each side.

Adjust oil temperature if needed, hot but not too hot, can test with a little piece, if it floats to top it is ready to cook.



Share photos of your homemade bannock!

#TWNCooks @tsleilwaututhnation

Honouring Our Stolen Sisters Missing & Murdered Indigenous Women





May 5th is National Awareness Day for Missing and Murdered Indigenous Women. In recent years, women from our Tsleil-Waututh community have come together to hold space for and honour the lives of Indigenous women. The Red Dress Campaign is to raise awareness for MMIW.





Honouring Our Stolen Sisters Missing & Murdered Indigenous Women



quotes & videos from our Tsleil-Waututh Women:

"The redress campaign highlighting our murdered, missing Indigenous women and girls is so important. We all have been touched in some way by systemic racism, and holding our women dear according to our laws, our teachings, is so important. Bringing this issue to light and standing with all of our families who have suffered losses is really important." – Carleen Thomas

"By bringing this virtual, we're helping to bring awareness for all of the missing and murdered Indigenous women. We wear cedar as healing, we put a cedar headband on our lady (on our mannequin), in hopes that they will find peace and help the healing process for their families."

- Deanna George

"Because of all the women who were murdered or are missing, we should not forget them and their families." – Dorothy Hood







Honouring Our Stolen Sisters Missing & Murdered Indigenous Women

"My red dress for this display will be in honour of my Aunt Vera Aleck, on my dad's side."

- Charlene Aleck

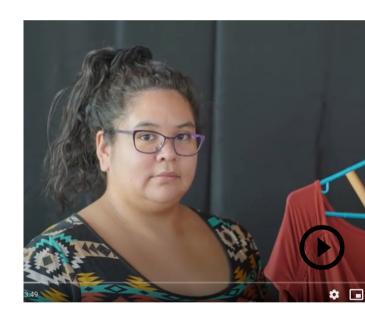
"The reason why I participated in this project today, is because, as an Indigenous woman of Canada, I do not want to become another statistic "

Deidre Thomas

"We shouldn't even have a national day of recognition to make it known how many of our stolen sisters are missing or have been murdered. There are far too many cases on social media where you have seen somebody's friend or somebody's cousin that has gone missing. It just seems to be brushed under the rug, and it should be taken care of and not ignored, and hopefully one day we won't have to be bringing awareness and it will be all shut down... and we can thrive again."

- Amanda George-Thomas











Youth Leadership Committee second health & wellness survey





Youth, we would like to hear from you again!

Hello TWN Youth,

Our Youth Leadership Committee has put together another 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 Thursday 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.

https://www.surveymonkey.com/r/twnylchealthsurvey2

Darius Lyons Youth Program Leader





Hello, Thank you for the opportunity to introduce myself. I sincerely hope I can connect more with those in our community. I am very grateful to have the opportunity to become a Youth Program Leader with the Recreation Team as part of the Health Department.

I was blessed to move to this community at fourteen with my dad, Dustin Dapp, who is a Tsleil-Waututh Nation member, my mom, Alison Dapp, and my little brother Dracen, as well as my grandfather Don Dapp. Since then, I have worked as a TWN Day-Camp leader for three summers, while being a ski instructor primarily teaching children in the winter. After graduating from Windsor Secondary, I took a gap year and worked as an Archeology and Environmental monitor. This was an amazing opportunity to learn so much about the lands and history of this Nation, which I would like to bring forward into my work with children and youth.

My goal is to work with children and youth and I have just completed my first year of a Child and Youth Diploma Program with Douglas College, within the Indigenous Pathways which is geared towards those aiming to work within First Nation communities. I am extremely grateful for this opportunity to work with Mike Wilson in a practicum position developing and delivering programs to the children and youth of Tsleil-Waututh Nation. In just the few days I have been with this team I have already learned much and look forward to learning more.

Girls At Bat TWN youth baseball program



Tsleil-Waututh Nation Community Centre Presents GIRLS AT BAT

A **FREE** baseball program for girls that is all about FUN, CONNECTION AND TRYING SOMETHING NEW.

WHO CAN SIGN UP?For self-identified girls ages 5 to 17WHEN:Every Saturday & Sunday starting May 22 to July 18

TIME: 10:00am-12:00pm

WHERE: Inter River Park Diamond B NE or SW

REGISTRATION DEADLINE: Friday, May 21, 2021 at 4:30pm



For more information and to register, please contact Michael Wilson at mwilson@twnation.ca or call 778-233-1277. Darius Lyon at dlyon@twnation.ca

*No baseball experience needed! We encourage anyone new to the sport to sign up.



Learn basic baseball skills



Play lots of fun games and team challenges



Meet new and old friends



H3 Summer Soccer Bootcamp Hope & Health Soccer Program



TWN & UBC Thunderbirds Women's Soccer Team partnership Sign up herel: <u>https://hopeandhealth.wufoo.com/forms/h3-with-twn-summer-2021/</u>

Tsleil Waututh Nation's Hope and Health at Home "H3" 2021 Summer BOOTCAMP

H

Come join us for bi-weekly champions training sessions delivered by UBC Thunderbirds and Hope and Health awesome coaches!

Level up your soccer + leadership skills through fun drills, games and activities.



ALL SKILL LEVELS AND AGES WELCOMED From Beginners to Soccer Solid to Soccer Star- we will meet you where you at and work to level up!



DATES AND TIME: July 6, 8, 13, 15, 20, 22, 27, 28 Time: 10-12pm

August 3,5, 10, 12, 17, 19, 24, 26 Time: 12pm-2pm

Changing Lives One Goal at a Time

SPACES LIMITED DUE TO VIA SPORT RETURN TO SPORT SAFETY PROTOCOLS

>> LINK TO REGISTER <<

To find out more...email <u>mwilson@twnation.ca</u>

or call/text Mike at (778) 233- 1277

Every Training Session to Include:

- A traditional opening, protocol
- A fun warm up
- Skills, drills, challenges and fun games
- Special guest visits
- A prize draw
- A mindful closing
- Healthy snacks

*All participants will receive a jersey, soccer ball and participant pack!

Dr. Alyson McCabe TWN Family Doctor



The Helping House Primary Care Clinic is excited to announce our new Family Practitioner, Dr. Alyson McCabe!

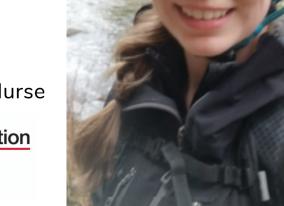
Bringing a collaborative, patient-centred approach to creating wellness plans together with her clients, Dr. McCabe will be available to support Tsleil-Waututh Nation members who do not have a family physician.

Dr. McCabe feels excited and honoured to be invited to work with the community, and is looking forward to listening, learning, and collaborating with community members. She has an additional specialty in Addiction Medicine, and aims to ensure that all people she meets feel heard, respected, safe, and valued.

If you are looking for a family physician, or would like to book an appointment with Dr. McCabe, please call the Helping House at 604-929-4133. Dr. McCabe will be offering appointments on Mondays, Wednesdays, Thursdays, and some Saturdays and some early evenings (starting from May 17).

Recently relocating to the North Shore, Dr. McCabe was born on Treaty 7 land (Calgary, Alberta), and then lived on Lekwungen territory in beautiful Victoria, BC. Her family heritage is of mixed European background. Outside of work, she enjoys spending time with her husband and son, and is interested in environmentalism, nature, mountain biking, hiking, and mindfulness.

Dr. McCabe will be joining in addition to Dr. Chaboyer, and Eliza Henshaw, our Nurse Practitioner.



Tsleil-Waututh Nation

ćećawat lelam "Helping House"

TWN & Jordan's Principle support & services for children





Tsleil-Waututh Nation PEOPLE OF THE INLET





Jordan's Principle helps First Nations children access the products, services, and supports they need.

We are a child-first and needs-based principle used in Canada to ensure that First Nations children living on and off reserve have equitable access to all government funded public services.

VISIT CANADA.CA/JORDANS-PRINCIPLE

facebook.com/JordansPrinciple

Phone 1-855-JP CHILD (1-855-572-4453) open 24 hours a day, 7 days a week

Contact us if you know a First Nations child who had or has an unmet need for (health, social or educational) services from 2007 to today.



Canada

Indigenous Services Services aux Autochtones Canada



Virtual Diabetes Clinic Diabetes Education Centre



A virtual clinic will be offered from the Diabetes Education Centre on the North Shore to assist members with learning about, managing wellness, and questions for taking care of diabetes.

Date: May 12, 2021 Virtual: via phone or Zoom

Contact: If you have questions, would like more information about the clinic, and are interested to signup, please reach out to our Ćećəwet leləm "Helping House" Registered Nurse:

Leone Streeter at 604-929-4133 or email lstreeter@twnation.ca

Tsleil-Waututh Nation

ćećəwət leləm "Helping House"



Throughout the week, join in on fun virtual events celebrating the resilience and connectedness of community with CMHA.

Visit: mentalhealthweek.ca

Events: Stand Up for Mental Health Comedy Show: Thursday May 6, 7-8PM

Reflections in Watercolour: Virtual Art Show May 3-30: <u>https://northwestvancouver.cmha.bc.ca/reflections/</u>

Wellness Bingo Contest:

https://northwestvancouver.cmha.bc.ca/wellnessbingo/



Seeds of Self-Care Course Canadian Mental Health Association



This free, 4-week virtual course will introduce frameworks for building good self-care practices. Selfcare is what we can do for ourselves to maintain personal wellness over time. SEEDS stands for sleep, exercise, environment, diet and support.

You can learn:

- 1. Why self-care is important, especially now, and how to address interpersonal barriers to self-care practice.
- 2.Good sleep hygiene and how to cultivate a better night's sleep.
- 3. How diet and exercise affect mental health, along with basic diet and exercise tips.
- 4. How our environments affects our emotional well-being and tips on creating a peaceful space.
- 5. Community supports available to you.

Dates: Wednesdays June 2-23, 2021, 4:30-6PM via Zoom

Space is limited! To register by May 17, email elaina.moss@cmha.bc.ca.



Traditional Plant Talk

with T'uy't'tanat Cease Wyss



Join T'uy't'tanat Cease Wyss on a virtual walk and journey of botanical discovery, who shares her extensive Indigenous plant and forest knowledge with us.

Cease will be talking about medicines, traditional teachings, and the interconnectedness of nature and the forest. Cease is an ethnobotanist, media artist, educator and activist of Skwxwu7mesh/Sto:lo/Hawaiian/Swiss ancestry. This event is presented as part of the Talking Stick Festival:

https://vimeo.com/538112202



UBC Indigenous Teacher Education Program

virtual tea event



THE UNIVERSITY OF BRITISH COLUMBIA Faculty of Education



Fancy a cup? Tea with NITEP!

Learn about UBC's Indigenous Teacher Education Program over tea!

11:00 - 12:30 PM | MAY 27, 2021 VIRTUAL TEA OVER ZOOM RSVP BY MAY 21 FOR YOUR TEA & SWAG!



Trades Online Job Fair

TWN & Pattullo Bridge / Broadway Subway Project





Hosted by Tslell-Waututh Nation

Are you interested in a trades position?

FAIR

MAY 12, 2021 @ 7PM



Attend this info session and participate in oneon-one discussions with BCIB and Project reps! The **Pattullo Bridge** is a key connection between the communities of Surrey and New Westminster. The new bridge will improve safety and reliability for drivers, cyclists and walkers, as well as goods movement.

The **Broadway Subway Project** is a 5.7 km extension of the Millennium Line, from VCC-Clark Station to Broadway and Arbutus.

Pattullo Bridge Replacement Project











TWN Communications invites you to this scheduled Zoom meeting on May 12, 2021 at 7:00pm Vancouver time Join Zoom Meeting: <u>https://zoom.us/j/94244016441</u> Meeting ID: 942 4401 6441 Find your local number: <u>https://zoom.us/u/acsZQF3r6c</u> For further info contact: 🔀 <u>communications@twnation.ca</u>

Intro to Construction Worker job training





Introduction to Construction Worker

Have you ever considered a career in construction, but didn't know how or where to start? **The Squamish Nation Training and Trades Centre** is offering an Intro to Construction Worker Program this summer! Through this introduction program you can learn the necessary skills to be a general laborer on a construction site. You can also use this program as a stepping stone towards our Level 1 trades programs such as Carpentry or Plumbing and many more!

APPLY TODAY!

- Start date: June 7 2021
- + End date: August 20 2021
- + Format: In Class, North Van

Who is eligible?

- First Nation status
 A Metis
- Non-Status + Inuit

Please contact the TWN Skills Centre at 604-985-1765 or chegeorge@twnation.ca for an application. APPLICATION DEADLINE:

MAY 28, 2021

What is included:

- Tuition
- Training allowance
- Safety Training
- Culture
- Essential Skills
- Paid work practicum

Ta7Inewás Education, Employment & Training Nexw7áýstwaý Training and Trades Centre





Indigenous Guest Curator contract job posting - North Van Arts



North Van Arts would like to engage a First Nations/Métis/Inuit Guest Curator to co-curate Pushing Boundaries 2021. This position will work closely with North Van Arts' Exhibitions Manager, undertaking artist research, community outreach, adjudication, artist liaison, promotion, and the curatorial display/presentation.

Pushing Boundaries is a biennial open-call exhibition to showcase and platform emerging local and national contemporary First Nations/Métis/Inuit, artists, makers and craftspeople. This exhibition is designed to celebrate contemporary Indigenous art practice, as well as those fusing contemporary and traditional creative techniques. Pushing Boundaries 2021 will be held at CityScape Community ArtSpace from Friday, October 8 – Saturday, November 20, 2021.

Contract Fee: \$2,500 Date: starts June 2021

To apply: email a CV and Cover Letter to Leigh-Anne Niehaus, Exhibition Manager by Friday, May 14, 2021.

Leighanne@northvanarts.ca Telephone: 604-988-6844 <u>northvanarts.ca</u>



Job Postings TWN internal



Project Coordinator - Inlailawatash

Full-time, permanent Vegetation Management & Ecosystem Restoration

The Project Coordinator works closely with the Vegetation & Tree Services Manager to ensure effective management and coordination of the Vegetation Management program, as well as in assisting in managing projects within the Ecosystem Restoration program as required. Inlailawatash has an experienced team of Certified Utility Arborists, Apprentice Arborists and Saw Operators and is a Primary Contractor for BC Hydro's Transmission Vegetation Management Program.

Our Ecosystem Restoration program focuses on rebuilding, enhancing and maintaining compromised and disturbed ecosystems in resource areas, parks, and urban settings.

Apply: email your cover letter and resume to Admin@inlailawatash.ca with subject line: Project Coordinator - VM: Last Name, First Name.

contact communications@twnation.ca for full job description

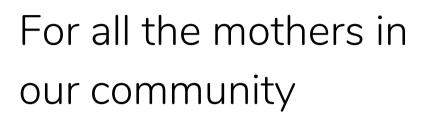
Facilities Coordinator - TWN

Full-time, permanent twnation.ca/job/facilities-coordinator/

Under the direction of the TWN Office Manager, the Facilities Coordinator will be assigned to multiple duties related to the maintenance, repair, and upkeep of TWN facilities. This can include but is not limited to; assembly/setup/teardown of furniture/equipment, a variety of general handyperson/maintenance tasks and general office duties such as data entry and filing. Flexible work schedule may include evenings, weekends, and holidays as needed.

For questions and to apply, send resume and cover letter with job position in subject line to hr@twnation.ca

Happy Mother's Day!



we wish you a happy mother's day and hope you enjoy celebrating with your household family members for all that you do!



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Thank you for reading! Take care & stay well

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