

Newsletter

September 06th 2024

OUR NEWSLETTER

Communications 101

I'm going to take this time to send condolences to the McGee family in their loss of their loved one Barbara McGee. Information for Klahoose Members traveling from T'oq to attend her Celebration of Life is on Page 13.

This week in the Klahoose Newsletter, we have a review piece from Georgina, our events Coordinator, some tips and tricks on Nervous System regulation and blood pressure from our health department and some upcoming events!

Want to see something in the newsletter? Please send me your ideas!

Eva Delorme, contact information on the bottom of each page!



Word/Phrases of the week.

- k^wak^wawatex^w - woodpecker
- ʔuk^wumen - bailer
- ʔoqoye - summer
- yiyqet - cheap
- hehawč tamoš mot xaʔa – I am wishing for butter clams.
- hoga p̄apeθot – Get yourself ready.
- hošt qaqsem – We are going to play.

All these can be found on the First Voices website or App



<https://www.firstvoices.com/klahoose/>



Upcoming Week Events

- **Blanket Ceremony for T'oq residential school survivors**
Friday September 06th, 2024. 10:00 AM to 2:00 PM
- **CANCELED - Harvesting cedar in Toba Inlet.**
Saturday September 07th & 14th, 2024.
Unfortunately it is too dry in the valley to be harvesting cedar. We'll have to wait till the spring!

8:00 AM departure from the Klahoose Dock. Be sure to bring some good hiking boots & tools.
- **SMART Recovery**
Monday September 09th, 2024 @ Health Center
4:00 PM to 5:00 PM



- **Custom Election Code Update Meeting**
Wednesday September 25th, 2024 @ Multipurpose Building & Zoom
5:00 PM Dinner, 6:00 PM Meeting start time.
Zoom link on Page 3

JOB POSTINGS

■ Education Department Supervisor

Education Department

The Education Department Supervisor manages the education department's operations, staff, and programs ensuring compliance with educational standards and enhancing student success. This position is responsible for budget management, grant writing and fostering partnerships to support and improve educational services.



■ Emergency Planning Coordinator

Emergency Management Team

The Emergency Planning Coordinator is responsible for coordinating the Klahoose First Nation Emergency Planning Committee, and working with the Infrastructure & Development Manager to develop the Emergency Management Department.

■ Housing Coordinator

Housing Department

We are currently seeking a full-time Housing Coordinator responsible for providing as-needed general maintenance and repairs for all Band Owned Housing.

■ Housing Maintenance Associate

Housing Department

Under the supervision of the Housing Manager, the duties and responsibilities of the Housing Associate include but are not limited to, maintenance, repairs, administration, equipment and tool maintenance, and emergency management.

■ Treaty Assistant - Full time

Treaty Department

We are seeking a qualified applicant to join the Treaty Team as a Treaty Assistant to support negotiations, community outreach and communications along with other duties as they come up.

Send resumes & cover letters to

■ recruitment@klahoose.org or bring them to the Klahoose Multipurpose Building!

■ Maintenance Supervisor - Full Time

Maintenance Team

The Maintenance Supervisor manages the daily operations and maintenance of infrastructure, including buildings, equipment, and public works systems, while also overseeing scheduling and quality control for maintenance and public works staff.

■ Cook (Food Truck) - Full Time

Gorge Harbour Marina Resort

The Gorge Harbour Marina Resort is seeking a skilled and enthusiastic Cook to join our food truck team.

To apply please send resumes and cover letters to team@gorgeharbour.com

■ Resort Manager - Full Time

Gorge Harbour Marina Resort

The Gorge Harbour Marina Resort is looking a Resort Manager who oversees daily operations, ensuring exceptional guest experiences and efficient management of resort facilities. This includes managing accommodations, marina services, and recreational activities while maintaining the resort's high standards of service and hospitality.

To apply please send resumes and cover letters to generalmanager@gxmc.org



Want to see more information on these postings?



Go to klahoose.org/jobpostings or use this QR code!

INTRODUCTIONS

Uy Neulh Siems,

I am from Cowichan Bay and have spent the last four years learning Hulqui'mi'num with Cowichan Tribes as their Community Land and Marine Use Planner. As the new Manager of Infrastructure and Development, I am excited to meet Klahoose members and learn more about your culture and teachings so that we can develop projects on reserve in a positive and good way.

As a 25 year Registered Professional Planner, my journey has included private and public sector work with First Nations, municipalities, regional directors, national and provincial governments. Throughout my career, I have overseen day-to-day projects, community engagement, planning, design, and construction ensuring efficient processes, solid regulations and policies.

Some fun facts about me are that I have experience as a wildland and structural firefighter, professional trail builder, was a world-class kayaker and I am a proud mom of three.

I am honored to be joining the team with Klahoose First Nation.

Danica Rice, Infrastructure and Development Manager
Phone: (250) 935-6536
Cellphone: (778) 717- 7849
Email: danicarice@klahoose.org



Hello, My name is Marilyn Harry, I am very excited to join the KFN team as Education Assistant. I am happy to be working again for my Nation and it is an honor. I have passion for learning and teaching our ayajuthem language, I enjoy walking especially on our beautiful territory and spending time with family.

I look forward to meeting new community members and reconnecting with friends and family of Klahoose.

Emote
Marilyn Harry, Education Funding Officer.
Phone: 250-935-6536 ext. 232
Email: educationfunding@klahoose.org



You can check out full job descriptions on klahoose.org/jobposting
Send resumes & cover letters to recruitment@klahoose.org or bring them to the Klahoose Multipurpose Building!



EVENTS PAGE

■ Chief & Council

[Klahoose Council Meetings VIA Zoom](#)
More dates to come!

[Coffee with Council Dates](#)

Coffee with Council is postponed for the summer but will resume in the fall.

Keep your eyes peeled for more posting!

There is always a viewing in the Council Chambers for both of these events so if you're in the community, come and join!

■ Custom Election Code Update Hybrid Meeting

Hosted at the Multipurpose Building Main hall as well as Zoom, You can register through the QR code below.

Dinner will be at 5:00 PM
Meeting will begin at 6:00 PM

Agenda to be announced.



Want to register to the Custom Election Code Update Meeting? Go to klahoose.org/eventcalendar or use this QR code!



■ Paddling Events - a review/reflection; August 2024.

Klahoose recently hosted a 'sister nation' canoe journey from August 13th to 16th, traveling the local waters together. On Saturday August 17th, a beautiful memorial totem was raised at the gravesite of Kyle Francis in the Catholic cemetery at Tla'amin.



On Tuesday the 13th, five canoes, traveling from different directions, were escorted from Mary's Point into T'oq by Tl'emTl'em (Klahoose canoe, which translates as 'Many Houses'). They were welcomed at the beach with some songs and protocol. Canoes and paddlers came from Tla'amin, Homalco, Comox, Qualicum, and Laichwiltach First Nations. The visiting canoe families camped in the village and were well-fed by a large team of Klahoose cooks. The guests are still commenting on how outstanding every meal was!



On Wednesday the 14th, the six canoes paddled to Church House; this memorial paddle was dedicated to Flavian Harry and his family. Several elders from Klahoose and Homalco made it into the canoes, as well as close family. There was both laughter and tears. The formal protocol was that evening back at T'oq, and many songs, dances, gifts, and important stories of ties between these neighboring nations were shared. Continued on Page 05.

HEALTH CENTRE

Medical Travel Team

Anita Noble

Medical Travel Coordinator

Phone: (250) 935-6536 Ext. 236

Email: medicaltravel@klahoose.org

Tiffany Jamieson

Medical Travel Coordinator

Phone: (250) 935-6536 Ext. 238

Email: medicaltravel@klahoose.org



Lisa-Marie Gruger

Clinical Counsellor

After working in a variety of settings, ranging from correctional facilities and hospitals to community mental health, First Nations communities and non-profit agencies, Lisa Marie has a diverse range of counselling experiences, ranging from working with children and adolescents with behaviour and psychiatric disorders to supporting individuals who were transitioning out of abusive relationships and into education and/or employment.

- Individual counselling
- Parent and family counselling for children, adolescents, and their families
- Couples counselling
- Clinical supervision

Phone or text: (250) 287-5974

Email: lmgruger.ca

Doctor days

To book appointments:

Phone: (250) 935-0251

Email: ginahallihan@klahoose.org

Next: September 24th, 2024.

KLAHOOSE II WATER TAXI

Desolation sound and surrounding locations!

For booking

P: (250) 935-6536 ext. 225

E: klahoosewatertaxi@klahoose.org

Standard rate: \$300 per hour & \$100 per hour waiting rate.

Member rate: \$225 per hour & \$50 per hour waiting rate.

E-transfers: directdeposit@klahoose.org

Cheque: made to "Klahoose First Nation"

The Finance Department accepts cash from Monday to Thursday, 9:00 AM - 5:00 PM PST.



SMART Recovery - every Monday!

4:00 - 5:00 PM every Monday @ Health Centre

SMART Recovery offers support to family and friends of an individual with an addiction. As well, it supports folks who are struggling with addiction. Each week, new tools and skills are presented!

Beverages and snacks are provided, as well as a weekly gift card draw!

HEALTH CONTINUED

More contacts to know!

Kari Hackett

Health Centre Manager

☎ Phone: (250) 935-6536 Ext. 251

✉ Email: karihackett@klahoose.org

Gina Hallihan

Registered Nurse

☎ Phone: (250) 935-6536 Ext. 327

✉ Email: ginahallihan@klahoose.org



KLAHOOSE HEALTH BUS SUMMER SCHEDULE

Leaving Location	Departure Times
Klahoose Village	8:15 AM
Whaletown Terminal, Cortes Island	9:15 AM Ferry
Quathiaski Cove Terminal, Quadra Island.	11:00 AM Ferry
Shoppers Drug Mart, Tyee Plaza in Campbell River.	3:30 PM
Campbell River Ferry Terminal	4:00 PM Ferry
Klahoose Village	6:30 PM

KLAHOOSE HEALTH BUS

Island Connection with Convenience

For booking, contact Ian Ross

☎ Phone: (250) 203-8360

✉ Email: ianross@klahoose.org

All prices include BC Ferry fares.

Children under 5 years old ride for free.

Klahoose Band members get a \$5.00 discount from the posted price.

Round trip rates (Cortes Island to Campbell River and back):

Adult - \$45.00

Senior - \$25.00

Child (Ages 5-11) - \$30.00

One-way rates (Cortes to Campbell River):

Adult - \$25.00

Senior - \$15.00

Child (5 - 11) - \$15.00

One-way rates (Campbell River to Cortes Island):

Adult - \$35.00

Senior - \$15.00

Child (Ages 5 - 11) - \$20.00

Better-at-home Program

The Better-At-Home Program is offering one subsidized trip per month on the Klahoose Community Bus.

This program is set up to help low-income seniors, Klahoose Elders are eligible as well!

Applicants are to be 65 years of age or older and require to submit their full name, date of birth, and documentation of last years total income.

To apply please contact Ester!

☎ Phone: (250) 204-2116

✉ Email: betterathomecortes@gmail.com

GINA'S HEALTH CORNER

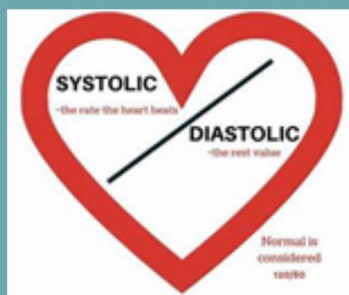


Hello Folks, today's topic is blood pressure. Maintaining a healthy blood pressure reduces the risk of chronic illness and can help increase longevity!

What is blood pressure?

Blood pressure is the amount of force your blood used to move through your arteries. When the heart pumps it uses force to push oxygen rich blood to your arteries that brings it to your body's cells and tissues. It is measured in millimeters of mercury (mm HG). The top number- systolic pressure is the pressure in the arteries when the heart beats. The bottom number called diastolic pressure measures the pressure in the arteries between beats.

High blood pressure or hypertension - when the pressure on the walls of your arteries is persistently elevated. This elevated pressure can weaken heart muscle tissue and the walls of the arteries.



Normal values - there is a range

Infants 75/50 Children 90/60 Adults- 120/80

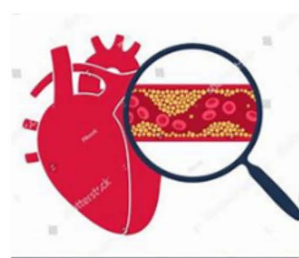
Blood sugar - avoid foods that will spike blood sugar quickly- like refined foods and candies. Opt for whole foods that release sugar in the blood stream slowly.



Get a good nights rest
Getting less than ideal sleep at night can lead to increased blood pressure as the body has not had enough time to rest and repair from the hard day that it had.

Ease stress - we've already covered that last week- one note here however; don't try to do too much and learn to set boundaries for yourself. Also remember to be kind to yourself, know you are doing your best each day.

Track your blood pressure - If you live with high blood pressure, track your blood pressure & get regular checkups to see if your lifestyle and medications (if you are on them) are helping to keep your heart healthy



Watch cholesterol and blood sugar
For those of you that need to be mindful of these items. Your physician likely orders regular blood tests to monitor these levels.

Cholesterol - cholesterol is not just about dietary intake- it can be used to seal blood vessels that are damaged from refined sugars, and toxins in the blood stream. Avoid toxic foods that are processed and include natural fats in the body from fish and seafood, raw nuts and seeds, eggs and avocados for example.

We are looking to have a pharmacist from the Cove come to the Health Center in October to do both medication reviews and to provide influenza and Covid vaccinations for those interested.

Gina Hallihan, Registered Nurse
Phone: (250) 935-0251
Email: ginahallihan@klahoose.org

5 WAYS TO REGULATE YOUR NERVOUS SYSTEM

With kids returning to school today, here's some helpful activities to consider for "Back to School" jitters.

- Lisa Marie

Feeling anxious, frustrated, mad or sad? **Try these 5 activities!**

1

BREATHING GAMES

Take a deep breath in, then slowly exhale like you're blowing up a balloon. Try counting how long you can make your exhale. Longer exhales can help calm your mind and body!



2

HUMMING

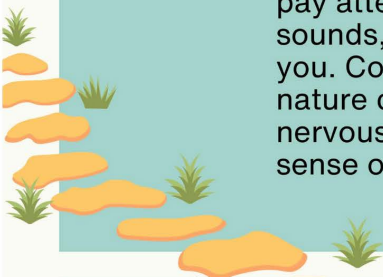
Hum your favorite tune or try a simple "mmm" sound. The vibration created by humming can help soothe your nervous system, making you feel more centered and calm.



3

NATURE WALK

Take a walk outside and pay attention to the sights, sounds, and smells around you. Connecting with nature can help reset your nervous system, bringing a sense of peace and clarity.



4

SWINGING

Find a swing and gently sway back and forth. The rhythmic movement can help your body feel grounded and relaxed, reducing feelings of anxiety or stress.



5

SENSORY BIN

Explore a sensory bin filled with soft, squishy, or textured objects. Focusing on the different sensations can shift your attention away from stressful feelings and help you feel more present.



Reach out to Lisa Marie for support and strategies regarding a successful "Back to School" experience for your self or your child/youth.

lmg@lmgruger.ca *
250.287.5974



The Vancouver Island Region is dedicated to providing space for local artists and vendors to showcase their work, and sell your pieces at the VI Health & Wellness Summit

Call for First Nations Artists and Vendors



EVENT DETAILS

Event location: Tigh-Na-Mara Seaside Spa Resort & Conference Centre, 1155 Resort Dr, Parksville, BC V9P 2E3

Event dates: September 23rd - 25th, 2024
(half day on the 25th)

A table and two chairs will be provided to each booth. Applicants are responsible for additional staging items.

Catering will be provided for two people per booth.

Registration is free

SUBMISSION REQUIREMENTS

1. Applicants will be accepted on a first come, first basis.
2. Provide full name, address, community and email.
3. Deadline to submit your interest is September 18th, 2024.
4. As of November 7, 2022 the FNHA continues to require that all individuals attending are fully vaccinated. Do you have proof of vaccination?
5. Please email Colleen.Bob@fnha.ca to confirm your interest and you will receive a response acknowledging your email was received.
6. Final confirmation will be sent to you within three business days or sooner.



Barbara Judy McGee

Sept. 24, 1952 – Aug. 19, 2024



*Miss Me,
But Let Me Go*

When I come to the end of the road
And the sun has set for me,
I want no rites in a gloom filled room
Why cry for a soul set free.

Miss me a little, but not too long
And not with your head bowed low,
Remember the love
that we once shared
Miss me, but let me go.

For this is a journey
that we must all take
And each must go alone,
It's all a part of the Master's plan
A step on the road to home.

When you are lonely and sick of heart
Go to the friends we know,
And bury your sorrows
in doing good deeds
Miss me, but let go.

Anon

Predeceased by:

MOTHER: AGNES MCGEE
FATHER: CARLE SMITH MCGEE

Survived By:

SONS': PATICK (BONNIE) FELLER, RUBEN MCGEE, TYLER ROBINSON

DAUGHTER: ROSE MCGEE

8 GRANDCHILDREN AND 2 GREAT-GRANDCHILDREN

SISTERS: STELLA ONLEY, LORNA MCGEE, IRENE MCGEE, MAVIS (HANS),
LORETTA MCGEE

NUMEROUS NIECES AND NEPHEWS, GREAT—GREAT NIECES & NEPHEWS

CELEBRATION OF LIFE

SEPTEMBER 22, 2024

CHURCH: SACRED HEART CHURCH TLA' AMIN

12 PM- 1:30 PM

FOLLOWING LUNCHEON AT THE TLA' AMIN SALISH CENTRE

Klahoose Member Travel Information

For those who are wanting to attend Barbara's celebration of life, the Klahoose II will be departing the Klahoose Dock to Lund at 8:00 AM and returning at 4:00 PM on September 22nd, 2024.

Please contact Eva Delorme if you would like to save a spot on the vessel.
Transportation from Lund to Tla'amin is to be determined.

Phone: (250) 935-6536 ext. 225 Cell/Text: 778-718-2762

Email: evadelorme@klahoose.org

HOLLYHOCK LEADERSHIP INSTITUTE

TL'AKWASI'KAN SXW'CHÁLTĒN KHELSILEM

Friday, September 20, 8pm

Olatunji Hall, Hollyhock Campus

Khelsilem is a prominent Indigenous leader and current Chairperson of the Skwxwú7mesh Úxwumixw (Squamish Nation). Khelsilem is a champion of the Squamish language, LGBTQI2S+ Rights, and a leading voice to establish Seńákw housing, the largest Indigenous housing development in Canadian history.

- Free shuttle from Squirrel Cove available

**For more information, or to
register for shuttle or
dinner, contact
svi@hollyhock.ca
or call (250) 935-6576**



HOLLYHOCK LEADERSHIP INSTITUTE

ALISSA ASSU, RAVENSONG SOAP & CANDLES

Saturday, September 21, 9am

Olatunji Hall, Hollyhock Campus

Klahoose members are invited to a talk as part of Hollyhock's Social Venture Institute program. Presented by Alissa Assu, Laksamshu (Fireweed and Owl) Clan from the Wet'suwet'en People. In this live Case Study, Alissa will work with SVI participants to workshop a challenge for the future of her business.

- Free shuttle from Squirrel Cove available

For more information, or to register for the shuttle, contact svi@hollyhock.ca or call (250) 935-6576

