



Nisga'a Ts'amiks Vancouver Society - April, 2024

# NEWSLETTER

**Mm aal**

***Canoes are used again when the river is free of ice***

## Reclaiming our Spirit at the Nisga'a Ts'amiks Hoobiye Edition 2024



*Photo: Yanina Sky/Photographer.*

'Reclaiming Our Spirit' was the theme of the 2024 Hoobiye, a celebration that creates a sacred, powerful space to uplift our community. "This year's theme reflects our journey of rediscovering and embracing our authentic selves, reclaiming our Indigenous identity and culture impacted by colonization and historical trauma," says Lavita Trimble, NTVS Board Member. "It is a call to embrace traditional practices, languages and ways of life that embody the essence of our heritage and spirituality."

Our community gathered for two days to celebrate Hoobiye and the beauty and strength of our culture. The PNE Forum opened to the public at 10 a.m. on both days and as soon as the program began, the venue was packed. There was incredible pride, joy, and love in the air.

The program featured nearly 1000 dancers, represented by our host group, the Nisga'a Ts'amiks Traditional Dancers, and 14 traditional dance groups across BC. We welcomed dancers from New Aiyansh, Prince Rupert, Squamish, Vancouver Island, Kitamaat, Mount Currie, Tofino, Anacla/Port Alberni and Vancouver.

On the opening day, we had elementary schools bringing their students to learn about our culture, traditions, and the origin of Hoobiye. Nisga'a Elder Matt Azak and Amanda Nahanee, one of our MCs, led a storytelling session dedicated to them.

More than 60 indigenous vendors and artisans sold their crafts in an area dedicated to supporting small businesses.

The Nisga'a Ts'amiks Hoobiye Edition took place on March 1 and 2 at the PNE Forum.



*Photo: Yanina Sky/Photographer.*



## Get to know Jay Morven, the artist who created this year's Hoobiye design



Jay Morven created this year's Hoobiye design. A member of the Ganada tribe, Jay was born in the house of Axdii Wil Luugooda and came from New Aiyansh. He lives in Vancouver, but his maternal roots are in Mount Currie, part of the St'at'imc nation.

Jay is part of the Nisga'a Ts'amiks Traditional Dancers, and his experience and journey as a dancer inspired the design for this year's theme, "Reclaiming our Spirit." "The people I danced with inspired this design. Over the years, I have met some lovely people. These are the people who are now very close to my heart," says Jay.

Participating in Hoobiye is an experience that Jay holds dear. "There are too many memories and stories. I could not select just one, but I can narrow down the feeling. The moment the drum starts, I am entranced. When the singers fill the room with their music, I feel energized. My spirit takes over my body, and my feet move with the rhythm of the drum. My heart is happy in these moments, and that's my favourite thing about Hoobiye," shares Jay.



## Our most sincere thanks

Thanks to our host nations, Musqueam, Squamish, and Tsleil-Waututh, for their blessing and permission to host the Nisga'a Ts'amiks Hoobiye at the PNE. We are grateful to the NTVS Executive Board Members for their guidance and leadership, our dedicated staff for their tireless efforts, our committed volunteers for their selfless contributions, and our fabulous community members for their enthusiasm.

Thanks to our generous sponsors, CNFR/CFNY, PNE, Save on Foods—Cambie, New Mount Canada, Ascot Resources, and Aboriginal Community Policing. Also, thanks to Jay Morven for sharing his talent in creating this year's Hoobiye design, the dance groups, vendors, and our partner Great West Graphics Inc.

You have all played a crucial role in making Hoobiye a memorable celebration.

## Take our Event Survey

How did you like the Nisga'a Ts'amiks Hoobiye? We appreciate your feedback and your time completing this survey. Scan the code to access the survey, or click [here](#). You can also email us at [eventsmanager@tsamiks.com](mailto:eventsmanager@tsamiks.com) to share your feedback.

SURVEY





## Nisga'a Lisim Government (NLG) approved a one-time \$2,500 financial disbursement to registered Nisga'a citizens aged 19 years and older living in Canada

In the March sitting of the Wilp Si'ayuukhl Nisga'a (WSN), the elected membership of WSN approved a \$2,500 disbursement to all registered Nisga'a Citizens residing in Canada.

Applications to receive the funding are not required. The NTVS office will automatically mail a cheque to all registered members over 19 years of age, who live in Vancouver, the Lower Mainland, Abbotsford, south of Williams Lake, and Vancouver Island during the week of April 22, 2024. We will reference the NLG database to confirm members' citizenship and address.

Members who prefer to pick up their cheque instead of having us mail it should let us know no later than April 19. We can assist you by email at [membership@tsamiks.com](mailto:membership@tsamiks.com) or by phone at 604-646-4944 ext. 110.

It is important to note that only members registered as Nisga'a Citizens and 19 years of age or older, as per the Nisga'a Citizenship Act, as of March 27, 2024, are eligible to receive this funding.

We invite you to visit our website and read the eligibility and guidelines:

<https://tsamiks.com/applications-1>

Nisga'a Lisim's Government (NLG) approved a one-time \$2,500 financial disbursement to registered Nisga'a citizens aged 19+ living in Canada.

### What do I have to do to receive my cheque?



Contact us at [membership@tsamiks.com](mailto:membership@tsamiks.com) or call 604-646-4944 ext. 110



## NTVS joins the Vancouver Sun Run



**Nisga'a  
Ts'amiks  
Team** 

We are excited to announce that our staff and members are joining the 2024 Vancouver Sun Run with 20 runners organized by our Health Liaison, Christie Hamilton. Our goal is to encourage our members to stay active and healthy. The Vancouver Sun Run is Canada's biggest running event, scheduled on April 21.

We have recently shared information on our Facebook page about this opportunity to participate with the Nisga'a Ts'amiks team in the Vancouver Sun Run. NTVS has covered

the registration cost for a limited number of Nisga'a Ts'amiks members on a first-come, first-served basis. The registration deadline was March 8.

We encourage everyone to stay active and healthy! Come out to watch and cheer us on! 😊

## Changed address? Don't miss out on important updates!

It's important for us to have your latest contact information so that we can keep you informed about important news, updates, and applications that matter to you. If you have recently changed your address, phone number, or email address, please contact Paula Smith at [paulas@tsamiks.com](mailto:paulas@tsamiks.com) and inform us of the changes.

## Nurturing our Culture



### *Traditional recipe offered by Edna Tait*

March—Xsaak—is “the time of eating oolichan” in the Nisga'a calendar. Although it's already April, it is always the right time to enjoy oolichan. We can still share recipes and memories. Edna Tait kindly shared her beloved oolichan recipe for this occasion.

### **iits'a'am-saak – to fry oolichans**

You will need:

- Shake & Bake Original Flavor – 1 (one) box
- Pancake Mix
- Vegetable Oil
- 2 packages of Shake and Bake – 2 packages equals 1 cup of Shake and Bake.
- ½ Cup of pancake mix (the pancake mix will not burn as much as flour during the frying).
- ¼ Cup of vegetable oil

*Continues on the next page.*



## Cooking Steps:

Mix the Shake and Bake with pancake mix in a large bowl until well blended. Adding salt and pepper is optional, as the Shake and Bake adds a nice flavour.

Cover the bottom of a large frying pan with vegetable oil. The oolichan already has its own natural oil, which is where the yummy grease comes from. Keep the vegetable oil on hand to add a little more if needed.

Preheat the oil in the frying pan to a median temperature. Fry the oolichan by turning it over every two minutes on each side. It shouldn't take more than four minutes until it is nice and golden brown.



Line a platter or shallow pan with paper towels. Once the oolichan is done, place it on the lined platter or pan to catch the excess oil before serving. Enjoy with steamed rice or steamed new potatoes with cream-style corn, whatever your preference is.

*Edna's Nisga'a name is Ksim Gitwilaksnatkw. She comes from the Eagle/Beaver House of Hleek from the village of Gitwinksihlkw. She was born and raised in Prince Rupert, BC, and has lived in Vancouver for over 30 years.*

*"Although I was never raised Nisga'a, I owe much, if not all, of my cultural knowledge to my later Mother, Emma Gosnell-Nyce, who was my main mentor. Mother taught me the fried oolichan recipe with lard and flour, which is how she prepared oolichan for years. I urbanized the recipe using shake-and-bake and vegetable cooking oil. I think of my Dear Mother every time I cook Nisga'a traditional foods", shares Edna.*

Thank you, Edna, for sharing your story and recipe with us!

Do you have a traditional recipe to share with our community?

We would love to know! Email us at [communications@tsamiks.com](mailto:communications@tsamiks.com) with your name, brief introduction about yourself and your favourite recipe, and we'll share it in our next newsletter.

**Do you have a story to share? Email us at [communications@tsamiks.com](mailto:communications@tsamiks.com)**

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Facebook: <https://www.facebook.com/NisgaaTsamiksVancouverSociety>

READ ONLINE





# Calendar - Mm̓ aal | Abril

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13 NISGA'A LANGUAGE CLASS
14	15	16	17	18	19	20 NISGA'A ART CLASS
21 VANCOUVER SUN RUN	22	23	24	25	26	27
28	29	30	31			

*This calendar was printed on April 10 and is subject to change.  
Please stay tuned for announcements and updates on our communication channels.*

*T'ooyak̓siy̓ n̓isim̓*

**Stay in the loop, call the NTVS Activity Hotline: 604-283-7119**

Nisga'a Ts'amiks Vancouver Society  
100 - 525 West 10th Ave, Vancouver BC | V5Z 1K9  
604-646-4944 or 1-866-646-4944 | [www.tsamiks.com](http://www.tsamiks.com)  
Facebook: <https://www.facebook.com/NisgaaTsamiksVancouverSociety>

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