



## NEWSLETTER

**K'aliyee**

***Sun rises close to the north***



### **A message from Tony Robinson, CEO**

Happy New Year! As we welcome the promise of a new beginning, we are excited to share our very first 2024 newsletter with you. This is a special moment for us, as it marks the beginning of a year full of opportunities, growth and unity.

We are thrilled to offer our members a range of exceptional cultural programs, services and events as we start this year.

In the coming weeks, we will be celebrating one of the most important events of the year, Hoobiye, which marks the arrival of the harvest season. We would love for you to join us in the festivities and look forward to seeing you there.

Your participation and engagement continue to be the heartbeat of Nisga'a Ts'amiks Vancouver Society, and we are excited to create more memories and accomplishments together.

May this newsletter inspire you, connect you with others, and remind you of the collective strength that defines our Nisga'a community. Let's make 2024 a year of collaboration, growth, and shared success.

### **Nisga'a Ts'amiks Hoobiye 2024**

We are honoured to gather again for our community's most significant cultural celebration, Hoobiye. Our Board of Directors has chosen the theme for this year's event as "***Reclaiming our Spirit.***"

The theme emphasizes cultural revitalization, spiritual reflection, community bonding, and tradition preservation. These elements will enhance the resilience and well-being of our community.

#### **Event program featuring the Nisga'a Ts'amiks Traditional Dancers:**

- *Feast Prep - Wednesday, February 28 - Aboriginal Mothers Centre*
- *Welcome Feast - Thursday, February 29 - PNE Forum*
- *Day 1 Hoobiye - Friday, March 1, from 10:30 a.m. to 10 p.m. - PNE Forum*
- *Day 2 Hoobiye - Saturday, March 2, from 10:30 a.m. to 6 p.m. - PNE Forum*

This year's festivities planning is well underway. We are delighted to inform you that our vendor applications have received a tremendous response.



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We take immense pride in sharing that there will be 20 Nisga'a vendors in our vendor market and other Indigenous businesses and organizations that support Indigenous advocacy.

### ***Get involved in Hoobiye***

We invite the community to get involved in the Welcome Feast and celebrations. This is a great time to unite as a community and lead this important festivity. We are seeking support from our community in several key areas. To learn more, please visit our website to access the volunteer forms: <https://tsamiks.com/hoobiye> or call Kelly Gill, Marketing and Events Manager, at 778-668-6804.

### **Elders and Youth together for a great cause**



On November 29, a group of compassionate Elders and Youth Nisga'a members came together with Christie Hamilton, Health Liaison, at NTVS Gathering Space to assemble 40 care packages to distribute to people experiencing homelessness in Downtown Eastside.

The initiative aimed to provide a winter thermal pack containing essential items such as a hat, scarf, gloves, socks, hand warmers, toothbrush and toothpaste, water, lip balm, emergency blanket, and protein bars.

The event was an excellent opportunity for Elders and Youth to connect and work together towards a common goal. On Saturday, December 2, the group headed downtown to distribute the care packages. "We are fortunate with what we have, and this experience was incredibly positive. It was heartwarming to give back to the community," said Christie, expressing her gratitude.

### **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.

## **Program and services highlights**

### ***Cultural Department***

We have lined up a series of workshops to strengthen our connection with our culture. Stay tuned for updates and registration information available on our website, Facebook page and hot line. If you want to learn more, contact Brent Adams, Cultural Coordinator, at 604-646-4944 ext. 105

### ***Healing Circle***

After attending the grief and loss workshop in December, our members expressed their willingness to join more events focusing on mental health, support and care. With that, starting in February, we will offer healing circle encounters throughout the year – date to be confirmed - to our Ts'amiks community members.

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The first session will occur on Monday, February 26, from 1 p.m. to 4 p.m. at NTVS Gathering Space. The event is dedicated to those who want to continue their inner healing journey.

Maureen Morven - her Nisga'a name is Liibaygum An'un, and her spirit name is Lightning Woman - will lead the session. Maureen is from the Nisga'a Village of New Aiyansh and lives in Vancouver. She has 20+ years of experience in traditional healing methods and medicine of Ancient Traditional Psychology and is also a certified reiki practitioner and a Western psychology Life Skills Coach.

To register, contact Kaisha, Youth Substance Abuse and Addictions Support Worker - 604-646-4944 ext. 115 or Cindy Wishart, Receptionist - 604-646-4944 / receptionist@tsamiks.com.

## Nurturing our Culture



### **Elders' teaching quote by our Elder Matthew Azak**

*Amma sii K'uuhl as n'isim'* (Happy New Year to everyone)



### **Traditional recipe offered by Rosalee Vickers and Shannon-Rose Vickers**

#### **Mulligan soup**

You can use fresh halibut or salmon.

- add salt to about 8 cups of water in a pot and boil
- put in 1 chopped onion, 4 chopped potatoes
- when potatoes are tender, add chunks of halibut or salmon, and let it cook for 10 -15 min

Just before serving add the best Oolichan grease you can get. Sprinkle with chopped seaweed.

*Have a traditional recipe to share?*

*Emails us at [communications@tsamiks.com](mailto:communications@tsamiks.com)*



## Programs and services contact info

If you would like to learn more about programs and initiatives offered by NTVS, feel free to connect with our staff (listed in alphabetical order):

**Brent Adams**, Cultural Coordinator: 604-646-4944 ext. 105 | [brenta@tsamiks.com](mailto:brenta@tsamiks.com)

**Christie Hamilton**, Health Liaison: 604-646-4944 ext. 113 | [healthliaison@tsamiks.com](mailto:healthliaison@tsamiks.com)

**Kaisha Woods**, Youth Substance Abuse and Addictions Support: 604-646-4944 ext. 115 | [kaisha@tsamiks.com](mailto:kaisha@tsamiks.com)

**Kelly Gill**, Marketing and Events Manager: 778-668-6804 | [eventsmanager@tsamiks.com](mailto:eventsmanager@tsamiks.com)

**Luella Doolan**, Youth and Educator Coordinator: 604-646-4944 ext. 110 | [luellad@tsamiks.com](mailto:luellad@tsamiks.com)

**Lynne Clayton**, Outreach DTES: 604-646-4944 ext. 102 | [outreach@tsamiks.com](mailto:outreach@tsamiks.com)

**Sabrina Stevens**, Reaching Home Outreach: 604-646-4944 ext. 107 | [sabrina@tsamiks.com](mailto:sabrina@tsamiks.com)

**Shannon-Rose Vickers**, Journey Home Coordinator: 604-646-4944 ext. 118 | [journeyhome@tsamiks.com](mailto:journeyhome@tsamiks.com)



# Calendar - Buxwlaḵs | February

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 COMMUNITY MEETING
4	5 YOUTH SPEECH CLASS	6	7 FOOTCARE FOR ELDERS KNOWLEDGE KEEPERS LANGUAGE CLASS	8	9	10 NISGA'A LANGUAGE CLASS
11	12	13 ELDERS MEETING	14	15	16	17 REGALIA MAKING CLASS
18	19	20	21 YOUTH SPEECH CLASS	22 KNOWLEDGE KEEPERS LANGUAGE CLASS	23	24 CEDAR WEAVING WORKSHOP
25	26 HEALING CIRCLE	27	28 HOBIYEE CULTURAL FEAST PREPARATION	29 HOBIYEE CULTURAL FEAST		

*This calendar was printed on January 25 and is subject to change.  
Please stay tuned for announcements and updates on our communication channels.*

*T'ooyakṣiy' ḡisim*

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

**Stay in touch! Keep your contact information updated.**

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 604-646-4944 or 1-866-646-4944 | [www.tsamiks.com](http://www.tsamiks.com)  
 Facebook: <https://www.facebook.com/NisgaaTsamiksVancouverSociety>

READ ONLINE

