



NASHMENE (GO FOR IT!) COLOURING BOOK

Created in partnership with I-SPARC, the
National Indigenous Diabetes Association
and Gerry Oleman





Created in partnership with:

Indigenous Sport, Physical Activity & Recreation Council
National Indigenous Diabetes Association
Saa Hiil Thut, Gerry Oleman, St'at'imc Nation

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Design & Layout by:

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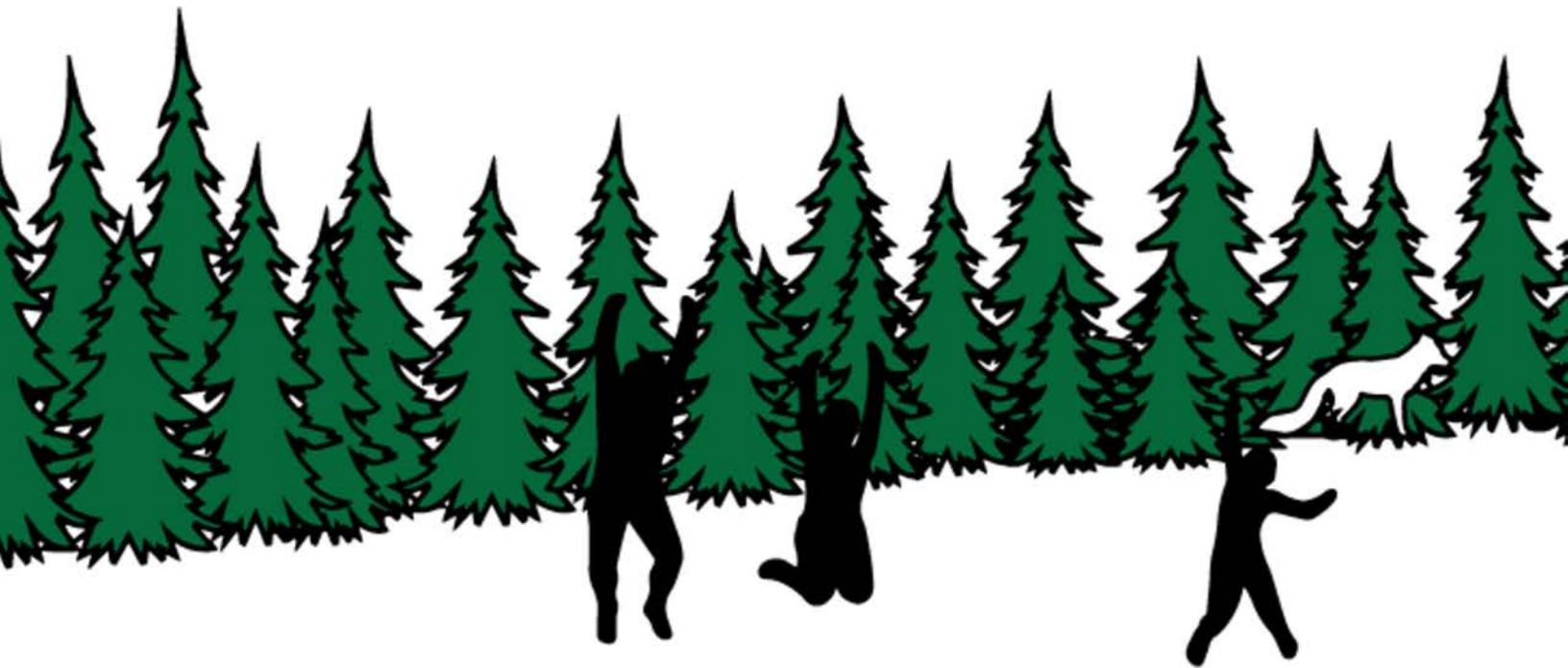
WELCOME TO NASHMENE (GO FOR IT!) COLOURING BOOK

Hello! Thank you for joining us on this adventure! Together we will colour, listen, and learn as we celebrate the richness of our diverse cultures as Indigenous peoples across these lands and waters.

The name of this colouring book, Nashmene means, “go for it”, in St’at’imcets. It earned its name from Elder Gerry Oleman (aka Uncle Gerry) and was created to inspire you to learn and share about Indigenous foods, activities, and traditional practices that can contribute to a happy and healthy life for all of us.

Whether it’s spending time on the land hunting, berry picking, learning and participating in a new sport or activity, we hope these images spark the explorer in you to try something new and Nashmene — go for it!

The activities and traditional practices in this book are specific to Indigenous communities in BC — we are grateful to everyone who shared their favourites with us here for you to enjoy! We hope you have fun and learn something new while colouring these beautiful images.



OUR DEEPEST GRATITUDE

This colouring book was brought to life through the generosity, knowledge, and creativity of many hands and hearts. We raise our hands in gratitude to everyone who walked alongside us on this journey. This project was made possible through the generous contributions of the following individuals and organizations:

- Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) and National Indigenous Diabetes Association (NIDA).
- A heartfelt thank you to Elder Gerry Oleman for generously sharing his wisdom, time, and stories. Your teachings are at the heart of this work and we are deeply grateful.
- Special thanks to Ryan Ryan and Robynne Edgar from Indigenous Sport, Physical Activity & Recreation Council (I-SPARC).
- Special thanks to Sylvia Sentner and Céleste Theriault from the National Indigenous Diabetes Association (NIDA).
- We extend our deep appreciation to the gifted artists who brought this book to life. Special thanks to Earlene Bitterman, Kika7 Sampson, Alex Stoney, and Jamin Zuroski. Your artwork carries our stories, and we are honoured to have the privilege to share it.
- To all the artists who submitted their work during our open call, your contributions were deeply valued. Even if your work was not selected for this book, please continue sharing your gifts.

Credits

- Writers and Content: Robynne Edgar and Ryan Ryan, with contributions from Amanda de Faye, Rachel Dickens Greening, Beangka Elliot, Alex and Nella Nelson, Lara Mussell Savage, Peter Natrall, Tara Nault, Buzz Manuel, Tiffany Adams, Tears to Hope Society (Denise Halfyard and Lorna Brown), Roy Henry Vickers, Moosehide Campaign (Raven and Paul Lacerte), and Cedar Sus.
- We would also like to thank Jeff Laplante, Daniel Young-Mercer, James Nyce and Holly Roberge for their contributions in the early days of this project.
- Design and Layout: Felicia Greekas, I-SPARC, and NIDA
- Special thanks to the many communities and healthy living leaders across B.C. who helped us select the activities for this book and continue to inspire us everyday.



ABOUT SAA HIIL THUT, GERRY OLEMAN

Gerry is a pioneering Indigenous leader with a distinguished career in health, education, and cultural advocacy. He was one of the first Indigenous addictions counsellors in British Columbia and the first Indigenous Cultural Advisor at BCIT, where he integrated traditional healing practices. He also became the first Traditional Practitioner to practice within the BC health care system.

As an Adjunct Professor at UBC, Gerry lectures on topics like cultural care, traditional medicines, and Indigenous student success. A respected Elder, he contributes to programs like Cuystwi and UBC's Summer Science program, inspiring Indigenous youth. In 2016, he received the R. Paul Kerston Award for his impact on student learning at UBC.

A survivor of Kamloops Indian Residential School, Gerry plays a key role in UBC's Truth and Reconciliation process and works with the San'yas Indigenous Cultural Safety Training Program. Also, he was the host of Teachings In The Air, an Indigenous health and wellness podcast, and resides in Manitoba.



CAN YOU SPOT COYOTE?

Coyote is very sneaky and is hiding on every page of this colouring book!

Can you spot Coyote in the pictures?



BERRY PICKING

Berries are a prized food in many communities with a combination of nutrients that help prevent illness and maintain health.

All berries are superfoods and can help fight invaders that could make us sick. Berries are delicious and can be dried, frozen, stored, mashed, and canned for winter snacks so they can be enjoyed all year round.

Berry picking is a great way to connect with your family and community, and a fun activity to move your body and strengthen your muscles.



Fun Fact: Raspberries and blackberries are aggregate fruits, meaning the big piece of fruit you enjoy is actually dozens of tiny fruits growing together. These are called bumps or drupelets! 🧐





SOAPBERRY PICKING

Soapberries help make our tummies feel calm and happy. They look like waxy little red jewels and like many other berries, they are a superfood.

Soapberries have the power to turn into “Indian Ice cream”, becoming a beautiful light pink whipped mountain. They can also be used for cleaning the body both inside and out and are a prized snack at feasts and large gatherings.

Language Fact: In Secwepemctsin (Interior B.C., Shuswap territory), soapberries are called sxūsem (ho-sh-um).



Fun Fact: Soapberries contain saponins. Saponins are also found in soap products, shampoo, and detergents to make them foamy!





Patience
L. Johnson

ROSEHIPS

Rosehips are a great source of the antioxidant, vitamin C, to help prevent us from getting sick.

Beautiful red rosehips protect our heart, and when we are feeling under the weather; there's nothing like a cup of sweet rosehip tea to make you feel better.

When you mix rosehip powder with apple juice, it makes a delicious jam, but be careful not to eat the hairy seeds inside!

Language Fact: In Tāltān (Northern B.C, Tahltan Territory), rosehips are called k'onāyēł (ko-nah-yeh) and in SEĆOŦEN (Vancouver Island B.C, WESTÁNC territory) they are called KĪL,ĒK (kel-ek).





DEVIL'S CLUB

Devil's club is a powerful medicine used by many communities. It can be used in tea or a rub for sore muscles to soothe our bodies after a long day of harvesting.

Beads from the wood can be used to make jewelry such as necklaces and earrings.

Many use Devil's club for protection by hanging a branch above their doorways or in their house.



Fun Fact: The ashes from burning Devil's club can be used for face markings and paints!







CEDAR HARVESTING

Cedar is a sacred tree and is culturally significant to many First Nations communities. Cedar is used to build longhouses and canoes, create art like totem poles or masks, and the bark is used to create twine, rope, baskets, clothing, hats, sacred regalia, and more. The leaves of cedar are used for spiritual cleansing and making medicine.

When harvesting cedar, it is important we introduce ourselves and honour the tree by presenting it with a gift, song, prayer, or dance. By introducing ourselves we are showing respect and deepening our awareness of all the plants in the area.



Fun Fact: Cedar wood and oil are natural repellants to moths and can be used in chests and closets to stop moths from nibbling on your clothes! 🐞

Do you have any cedar trees where you live?







SEAWEED

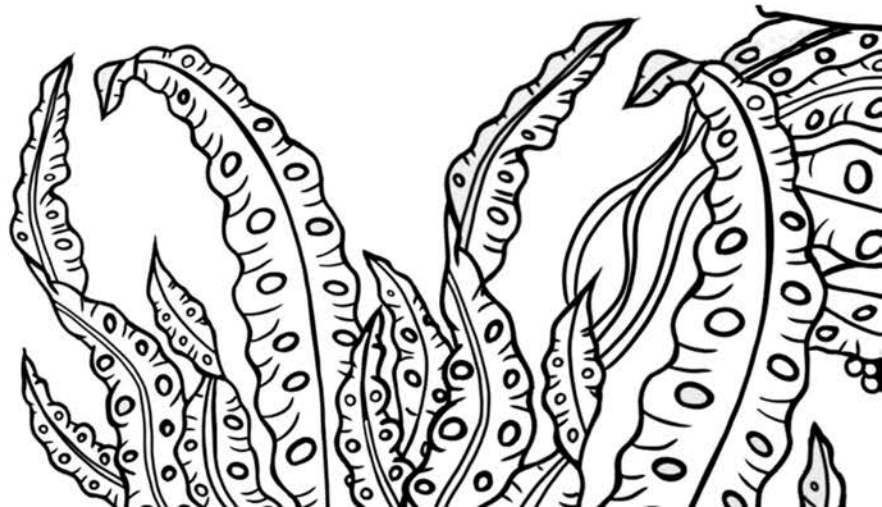
Seaweed is high in fibre and iodine, as well as lots of other important nutrients like potassium, iron, magnesium, vitamin K, zinc, B vitamins, and more! It is said to be the kale of the sea!

There are many types, shapes, and sizes of seaweed that can be used as food, medicine, basketry, sunscreen, and more!

Herring love to lay their eggs on kelp beds, which is a delicacy to eat in many communities.



Fun Fact: Seaweeds reduce pollution, making seaweed important for the environment! 🧐





Barlene
Bushman

SALMON

Salmon is an important food for many communities in British Columbia.

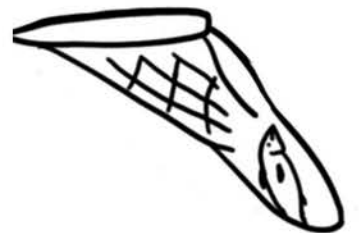
Salmon is a very healthy and delicious fish to eat! It contains healthy fats called Omega-3 fatty acids which are good for brain development. Salmon eggs are great for expecting mothers to help babies grow healthy and strong in their bellies!

Fish like trout, salmon, and arctic char all contain these healthy fats that help babies' eyes and brains grow!

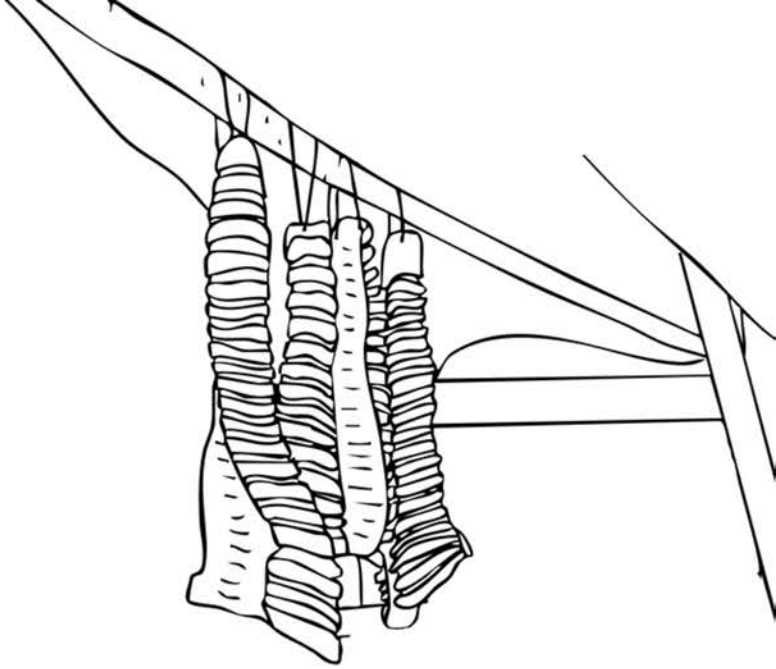


Fun Fact: After years at sea, salmon travel a long distance home to return to the river they were born to spawn and lay eggs! This is known as the “Salmon Run”.

Have you ever gotten to see the salmon run?







FISH CAMPS

Fish camps are part of the fishing experience for many communities and is a place where everyone works together.

Fish camps can include dip netting, cutting, drying, smoking, and canning fish. These camps are a lot of work so the more people helping, the better!

There are different ways to dry and preserve fish, such as sun drying, wind drying, or smoking the fish.

All members of the community can help in a fish camp, from fishing, to telling stories, or helping the workers stay hydrated by bringing them water. Even if you are not part of the fish camp, you can learn about it by watching and listening so one day you can help too!

Have you ever been part of a fish camp?





OOlichan / OOLIGAN

Oolichan are an oily little fish found in the Pacific Ocean alongside the beautiful coast of British Columbia.

This slippery fish is a great source of protein and iron for helping build muscle, skin, and healthy blood in our bodies. Oolichan grease helps us keep our skin and eyes healthy to better play in nature!



Fun Fact: The oolichan is known as the “Candle Fish” because they are so greasy you can stick a wick in them and use them as a candle!





For Love
D. Johnson



SHELLFISH / BIVALVES - SEAFOOD

Some of the most common seafood among coastal communities are bivalves and shellfish, like clams, cockles, oysters, mussels, and urchins.

Many shellfish are great sources of iron, zinc, protein, and vitamin D which help us move well, as well as feel strong and happy. Some of these foods can be eaten raw, steamed, or boiled, and give us energy.

Harvesting these foods of the sea is typically done in coastal communities through a variety of traditional practices. It is common among many Nations to first observe the natural habitat and only harvest what the local animals are eating. This can be a sign they are safe to eat!

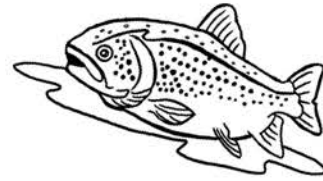


Fun Fact: Clams have multiple uses as you can eat the insides and use the shells as a necklace or rattle!





For Love
D. L. Lamm



ICE FISHING

Ice fishing is a fun activity to enjoy with your family in the winter. Many types of fish can be caught in different frozen lakes, like kokanee or trout.

Fish heads are great protein that help keep our bodies strong and healthy to enjoy playing in the snow!

This activity is popular in many interior and northern communities where the winter months last longer than coastal communities. Ice fishing helps us practice patience and connects us to the land while enjoying the company of family, friends, or just ourselves!



Fun Fact: If you bring mini marshmallows to add to your hot chocolate, it can also be used as bait for your hook because they glow in the water and attract the fish! 🍡







MOOSE HUNTING

When hunting or using the moose, we honour the moose for giving us their energy by using all parts of the body.

The skin and hide can be used for clothing, drums, and shelter; the antlers and hooves can be used for tools and housing; and the meat for food.

Moose meat has lots of vitamins, iron, and protein to strengthen our senses like sight, smell, and touch to let us engage with the world. Hunting can be a right and symbol of passage into adulthood for many communities.



Fun Fact #1: Moose are FAST animals! A baby moose, called a calf, can outrun a person by the time it's five days old. 🥰



Fun Fact #2: Moose hair is hollow, which helps them stay afloat while swimming or eating. It also helps to keep them warm in winter!







MOOSE HIDE TANNING:

The hide from the moose is often used for ceremonial purposes in many Indigenous communities and for creating clothing such as moccasins, jackets, and gloves. The hide provides us with warmth and comfort.

Moose hide pins are a symbol of creating awareness and safety for all Indigenous women, children, and two-spirit individuals.

Every year, the Moose Hide Campaign is held across Turtle Island as a day dedicated to creating good medicine through connection, growth, and education. Everyone is invited and welcome to wear a Moose Hide pin and show their support for ending unsafe practices against all woman, children, and 2SLGBTQIA+ peoples.



Fun Fact: Working on a moose hide from start to finish can take up to 1 whole week of dedicated work... we are tired already!

Thank you to Raven and Paul Lacerte for creating the Moose Hide Campaign! Moose Hide Campaign Day is May 15 annually.



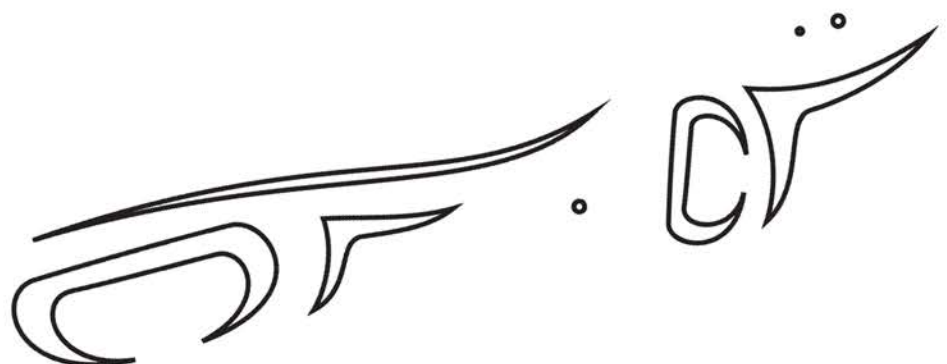
SWIMMING

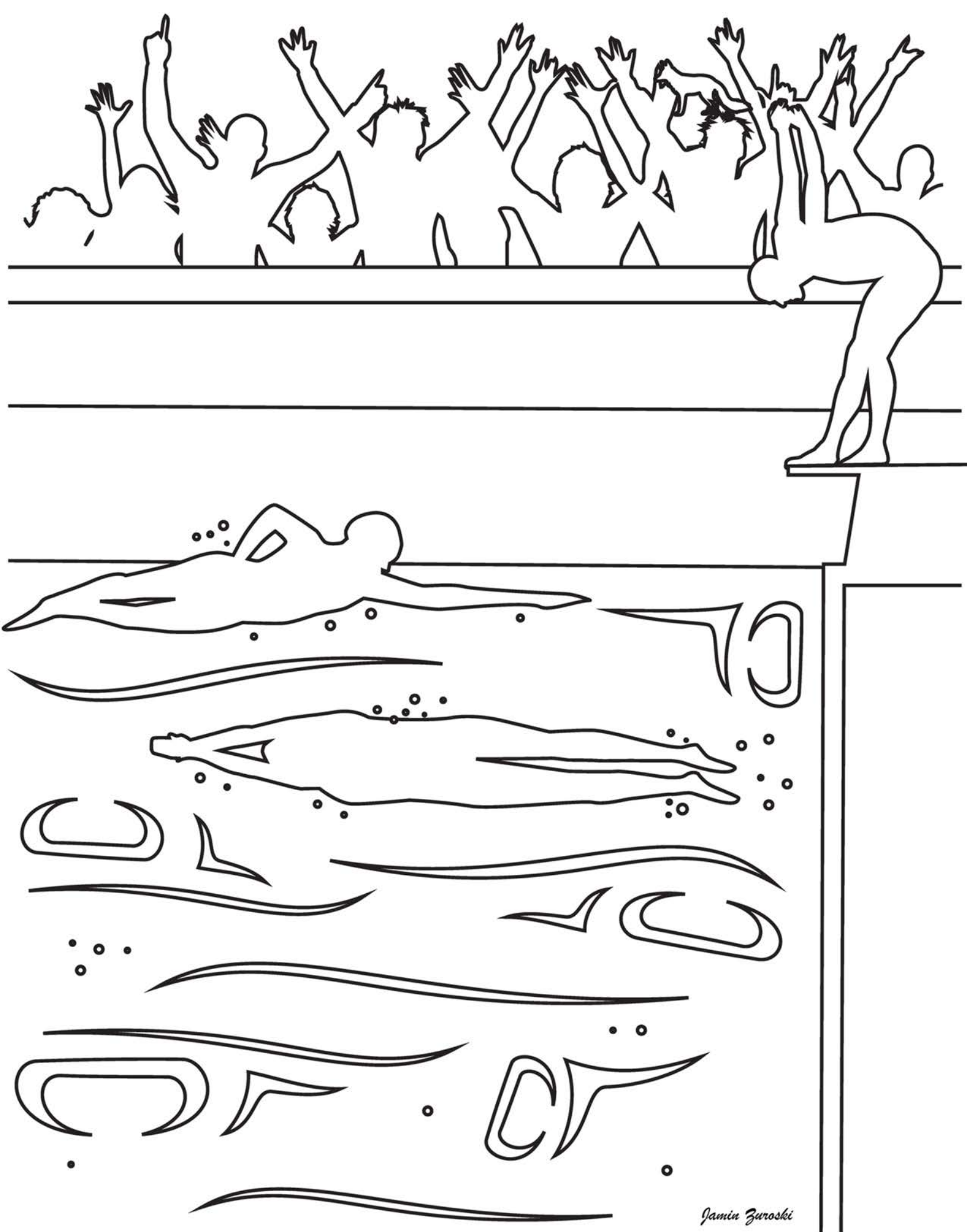
Swimming is a fun way to stay active and enjoy Mother Nature. Water is very healing and a sacred element for many Indigenous communities. Plus, we need water to keep us hydrated and healthy!

Some Indigenous cultures practice spirit baths as part of their ceremonies. You can swim in any large body of water from indoor pools, to lakes, to the ocean! Not only is swimming great for strengthening our hearts and bodies, but it is also used as a survival skill for those that live near or around water.

Where is your favourite place to go swimming?

Thank you to Honoured Elder Tara Nault for sharing her knowledge and experiences with swimming.







CANOEING

Canoeing is part of traditional practices for many coastal communities that live near the water. A sign of respect for each other was requesting permission to land before coming ashore onto someone else's territory. We show peace by raising our paddles in the air and waiting for permission to enter their home.

Canoes have many uses including travel, sport, hunting, and survival. Learning to paddle in a canoe helps build strength in our arms, legs, and stomachs while connecting with the water.

There is a lot of teamwork involved with canoeing, from getting into the canoe, balancing, sitting down, and moving together at the same time. Balancing in a canoe on the water can help us engage with life around us and rebalance our spirits!



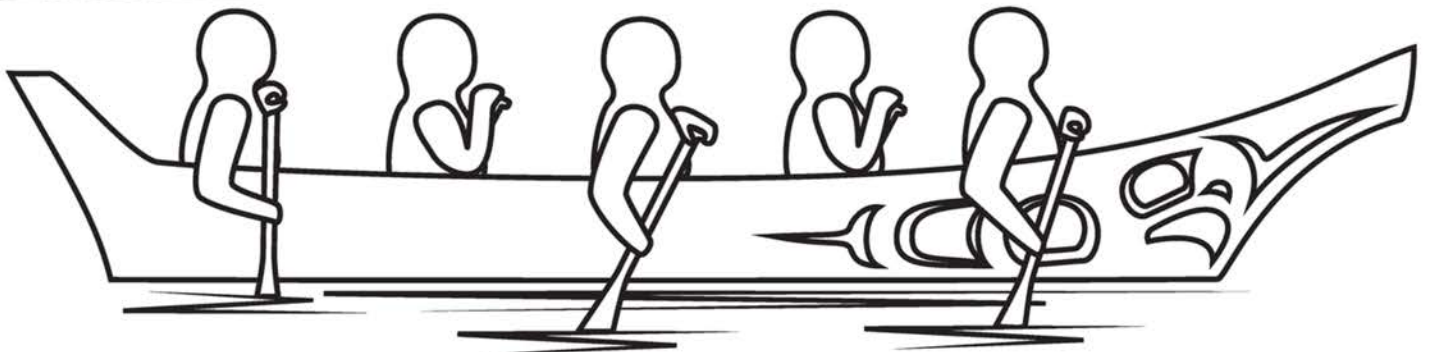
Fun Fact: The Bella Bella community on Vancouver Island, B.C, was the first to initiate Canoe Journeys and invite other communities to participate in the Journeys! 🙏

Thank you to Honoured Elder Nella Nelson for sharing her knowledge and experiences with Tribal Journeys and canoeing.





Jamie Zuroski



POWWOW

Powwows are a cultural celebration where family and friends gather in a safe space to participate in cultural practices and dances. These events bring communities together to build confidence in our identities and strengthen our love of our heritage.

There are many different types of cultural celebrations within Indigenous communities. Powwows help us focus on cultural revitalization, respecting ourselves and others, learning to be leaders, and having fun at the same time!

Today, there are traditional powwows and competition powwows where different communities get to showcase their traditional dances, enjoy food, wear traditional regalia, and listen to live music. This is a great place to learn from amazing leaders and start your own journey in learning traditional dances!



Fun Fact: Competition powwows have specific categories of dances for each style and big prizes can be won!





forntes

MÉTIS JIGGING

Jigging is a traditional dance in Métis communities across Turtle Island. This form of dance focuses on moving your feet to the beat of a fiddle.

The Métis peoples have a rich history filled with community, dancing, and music. The most famous Métis dance is the Red River Jig. This dance is a beautiful combination of First Nations' footwork, Scottish, Irish, and French-Canadian dance forms.

The steps in Jigging help us stay active, happy, and healthy by dancing to music and enjoying natural movements.



Fun Fact: Traditional jigging steps have a horse rhythm, can you make a horse rhythm with your feet?





For Lane
Dittman

HOBIIYEE

A Hobiye is a traditional festival signifying the beginning of a new year for the Nisga'a peoples. This time is normally celebrated in the month of February in one of the four Nisga'a communities (Gitlaxt'aamiks, Gitwinksihlkw, Laxgalts'ap and Gingolx). Hobiye refers to the last crescent of the moon and can mean something different if the moon is open or closed.

If the crescent moon is open, it means there will be lots of food for the year during the harvesting season! If the crescent moon is closed, it can mean the harvest will not deliver as much food as an open moon.

The Hobiye is a beautiful event with lots of drumming, singing, and dancing that allows families to come together and celebrate the start of the new Nisga'a year together. Dance groups from all over are welcome to come celebrate.

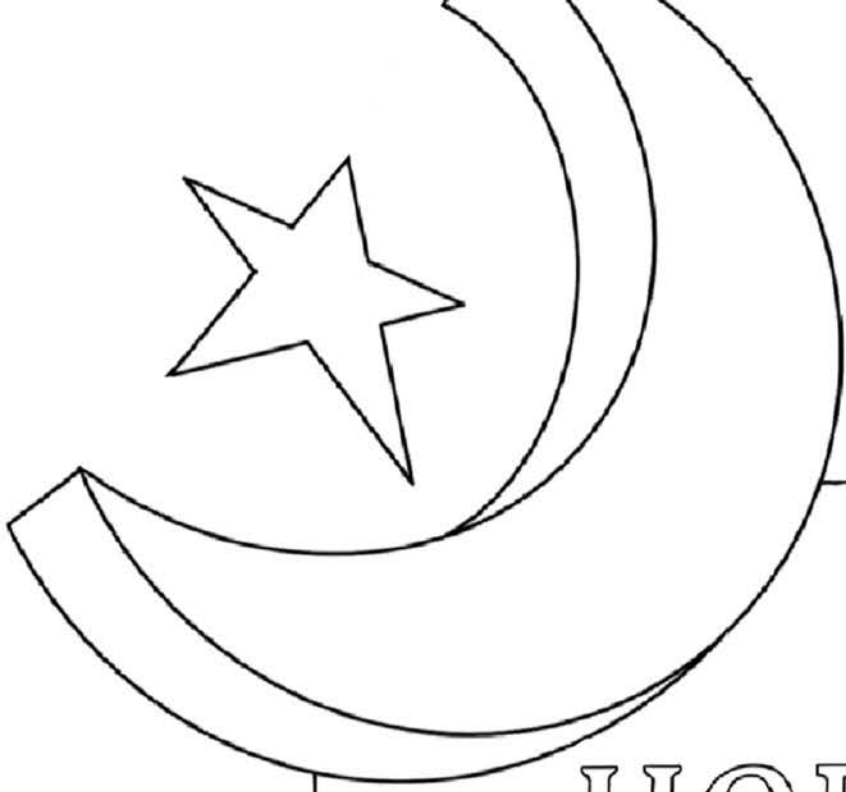


Fun Fact: The first Hobiye was held in Gitwinksihlkw!

Have you ever been to a Hobiye?

Source: Nisga'a Lisims Government





HOBIYEE



Ally Star



LACROSSE

The Haudenosaunee (hoe-dee-no-SHOW-nee) invented lacrosse and it is the world's oldest organized sport!

Haudenosaunee used lacrosse for healing the sick, ceremonial purposes, and making peace amongst Nations to settle disputes. This multi-use sport helped prepare our bodies for difficult times by becoming strong and resilient.

The wooden sticks are hand made and provide a connection to Mother Earth. In many communities, lacrosse is introduced from birth with babies receiving a stick in their cradles when they are born.

The creator blessed the Haudenosaunee with lacrosse, known as the Medicine Game.



Fun Fact: Before lacrosse was known by it's current name, it had many different titles in different communities!

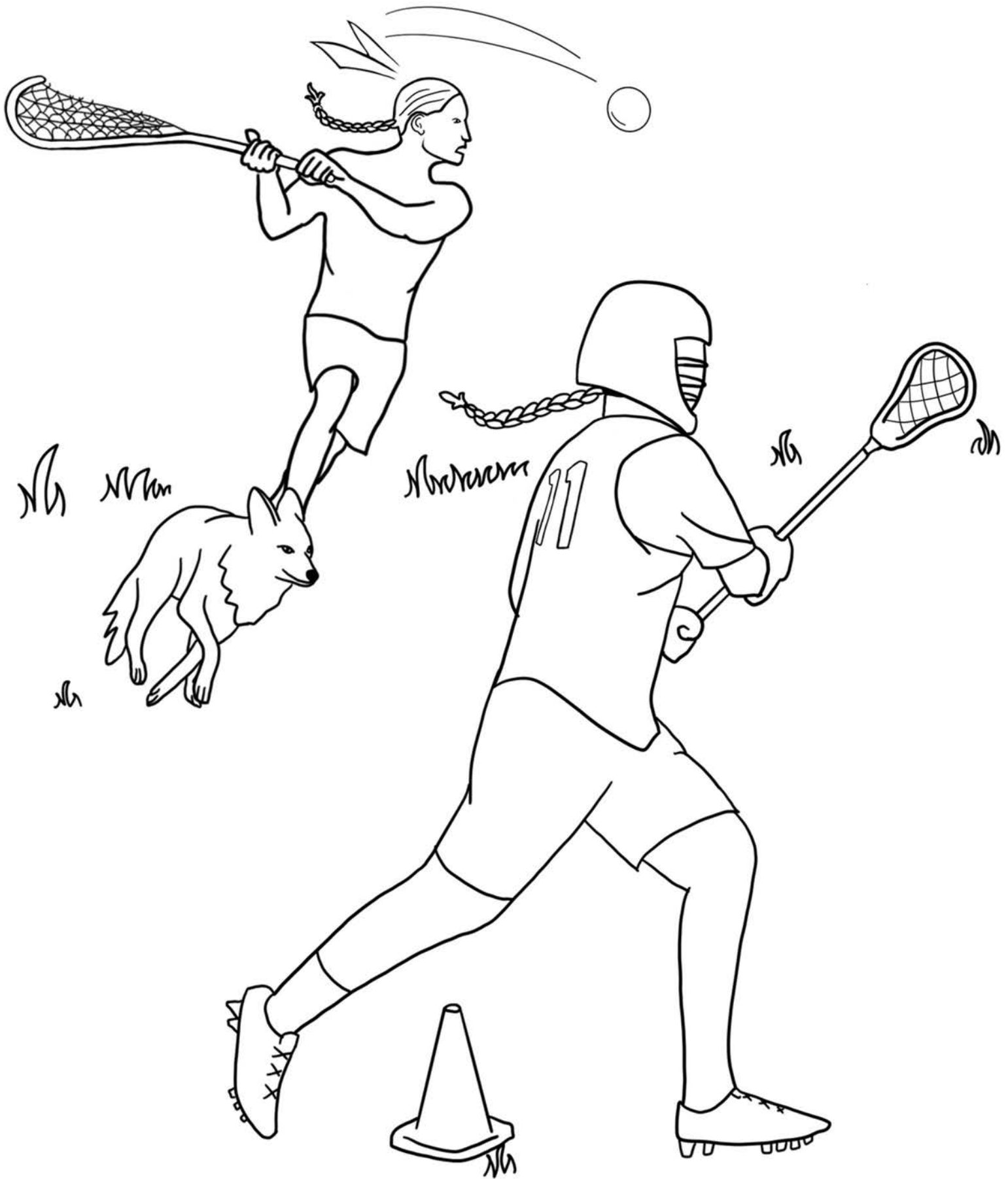
Da-nah-wah'uwsdi – “little war” in Eastern Cherokee

Begadwe – “little brother of war” in Mohawk

Dehuntshigwa'es – “men hit a rounded object” in Onondaga

Baaga'adowe – “bump hips” in Ojibwe

Resource: Rocky Top Sports World



forgetter

HOCKEY

Hockey is a sport celebrated by many communities. Using hand-eye coordination and skating skills, hockey is a wonderful form of physical activity and fun!

All-Native Hockey Tournaments help build community and connections between different teams and Nations around B.C.

National Aboriginal Hockey Championships (NAHC) is a great way to represent B.C and local communities and is the only annual national hockey championship that celebrates young men and women across the country.

Any frozen patch of ice can be used to play hockey and even without ice, hockey can be played on the grass or indoors for year-round fun and growth!



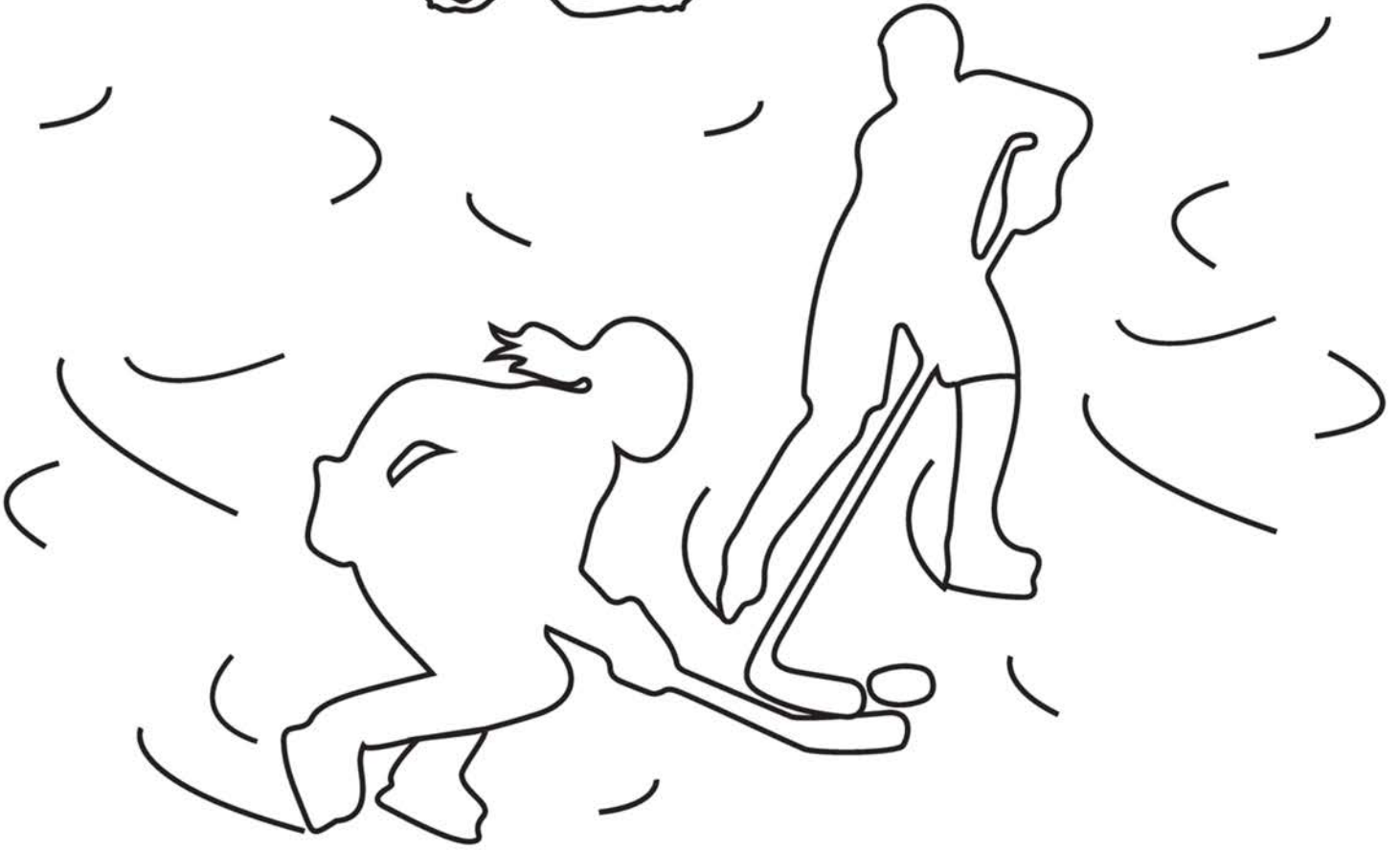
Fun Fact: The Mi'kmaq people were the first to play a version of hockey on ice in 1749!

Source: Hockey Indigenous





Jamin Zuroski





SOCCKER

Soccer holds strong ties to tribalism and community pride. The colours players wear on the field often represent their home nation. Training for soccer included traditional practices like going to the Big House for mind and spirit connections and then running up mountains to feel the earth and strengthen the body.

Tournaments held by Indigenous teams and communities are full of energy, challenges, games, and excitement.

Soccer holds a special place in the June Sports event day as the biggest and greatest tournament leading up to Father's Day. June Sports began in 1958 and acts as a celebration to the start of the fishing season in many coastal communities.



Fun Fact #1: The “T-Birds” soccer team from Victoria, B.C, was created in 1972 and turned into the first organization in Canada to include all genders and ages on the soccer field. They even got to play in England in 1974!



Fun Fact #2: As soccer became more popular, the first women's team was created in Alert Bay called the “Screaming Chickens”.

Thank you to Honoured Elder Alex Nelson for sharing his knowledge and experiences with soccer.





ULTIMATE

Ultimate is an exciting sport that relies on self-officiating known as the “Spirit of the Game.” As there are no referees, good sportsmanship is very important.

After playing, both teams gather in a Spirit Circle to acknowledge each other’s efforts and show respect for one another. They might even play a little spirit game together! No matter who you are, everyone is welcome to play ultimate!

Ultimate frisbee is an accessible and fun sport requiring only a disc and an open space (outdoor or indoor!) to have a great time.

BC Ultimate Society and I-SPARC are working together to share the Community Ultimate Spirit Program (CUSP) to Indigenous communities in B.C, so everyone can enjoy this beautiful game!



Fun Fact: Ultimate was invented in a parking lot by high schoolers in New Jersey in 1968! 😊







BASKETBALL

Basketball has been a part of Indigenous history for a long time, all the way back to the 1940s!

The “All-Native Basketball Tournament” hosted every February in Prince Rupert is about building community and friendly competition among Indigenous communities. Youth basketball players are encouraged to play in events like the Junior All-Native Tournament hosted every March in different communities.

An amazing part of the tournament is the beautiful opening ceremonies where each community is invited to participate in a traditional dance representing their Nation.

These tournaments are a great opportunity to showcase participants pride for their home Nation and represent smaller communities in a large event.



Fun Fact: The first basketball game was actually played with a soccer ball and two peach baskets. The game was invented by a Canadian man named James Naismith in 1891! 🍌

Source: Wikipedia



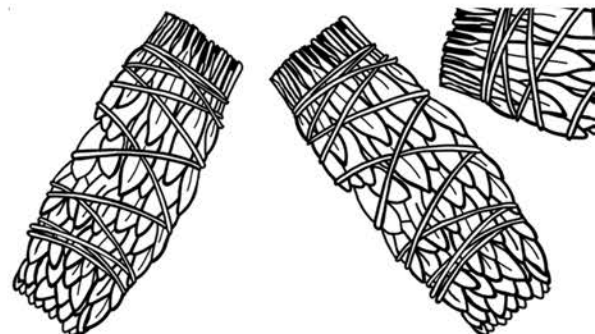
SWEAT LODGE

Sweat lodges are used as part of a spiritual ceremony for many communities. The sweat can represent purification of the mind, body, and soul. The water on the hot rocks can represent a breath of healing through the moisture being released.

When inside of the sweat lodge, we are encouraged to look at our inner self, learn forgiveness, grace ourselves with patience, and cleanse our spirits of negative energy. There is no wrong way to participate in a sweat as all experiences are valid.

Also, sweats are a great way to ease tension and soreness in our bodies after playing or working. Enjoying a sweat helps us clean our bodies from the inside out and remove any yucky feelings or energies we might be experiencing.

Have you ever been inside a Sweat Lodge?





For Love
Dynamon

CARVING CEDAR

Carving is a skill developed through practice. Many communities celebrate carvings through Totem Poles, buildings, and artwork.

When carving a totem pole, many communities represent their clans in their carving, allowing others to see their pride in their home. Those who enjoy carving allow others to see the beauty of life through their eyes when looking at their art.

People can carve on wood or stone and carving can be used for different purposes. Stone carvings are sometimes used to honour an individual at their Celebration of Life.

Learning to carve can be part of someone's healing journey as a way to connect with their culture, their spirit, and their community. You can carve whatever calls to you, and it will always represent whatever you want it to!

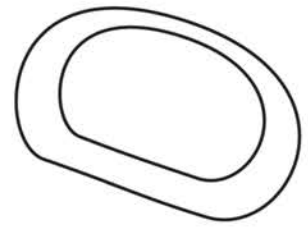


Treasure Hunt: How many carvings can you spot in your community?





Art. John

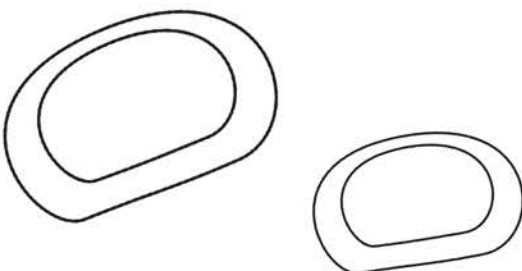


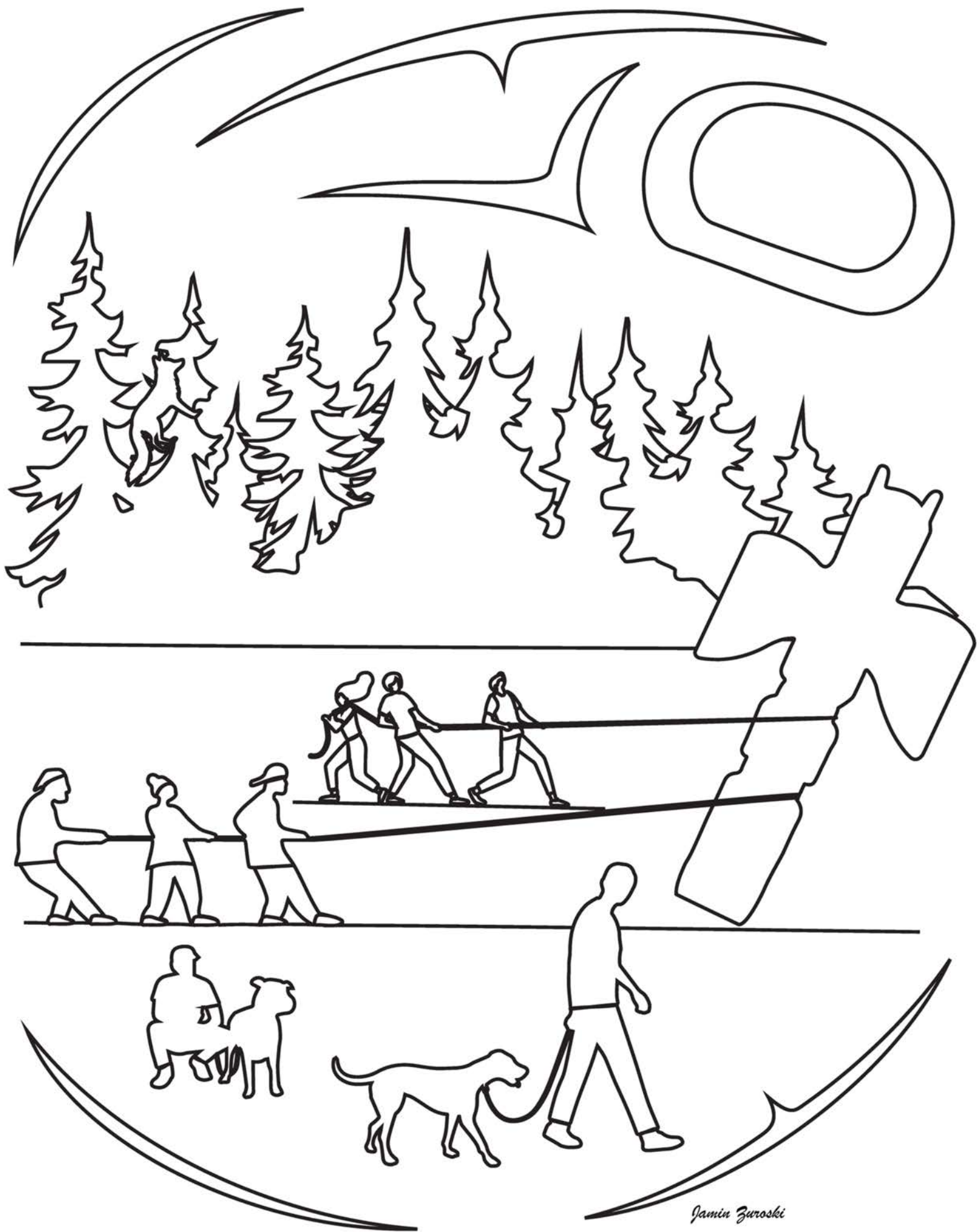
POLE RAISING

Raising a pole is a group activity that brings the entire community together to celebrate a special moment. The poles can be super heavy and need many people to help raise it towards the sky and show off its beautiful carvings.

Every community has a different tradition to honour the pole and the carver before the pole is raised. These traditions can include blessing the pole, blessing the ground the pole will rest upon, and thanking the artist.

Have you ever seen a pole being raised?





TEAM BC

Team BC is a beautiful collection of hardworking, talented, and determined youth from across the province.

The Team BC logo is the Soaring Raven, representing strength and determination. The sun behind the raven demonstrates our connection to our ancestors and appreciation for the nourishment light brings to the earth.

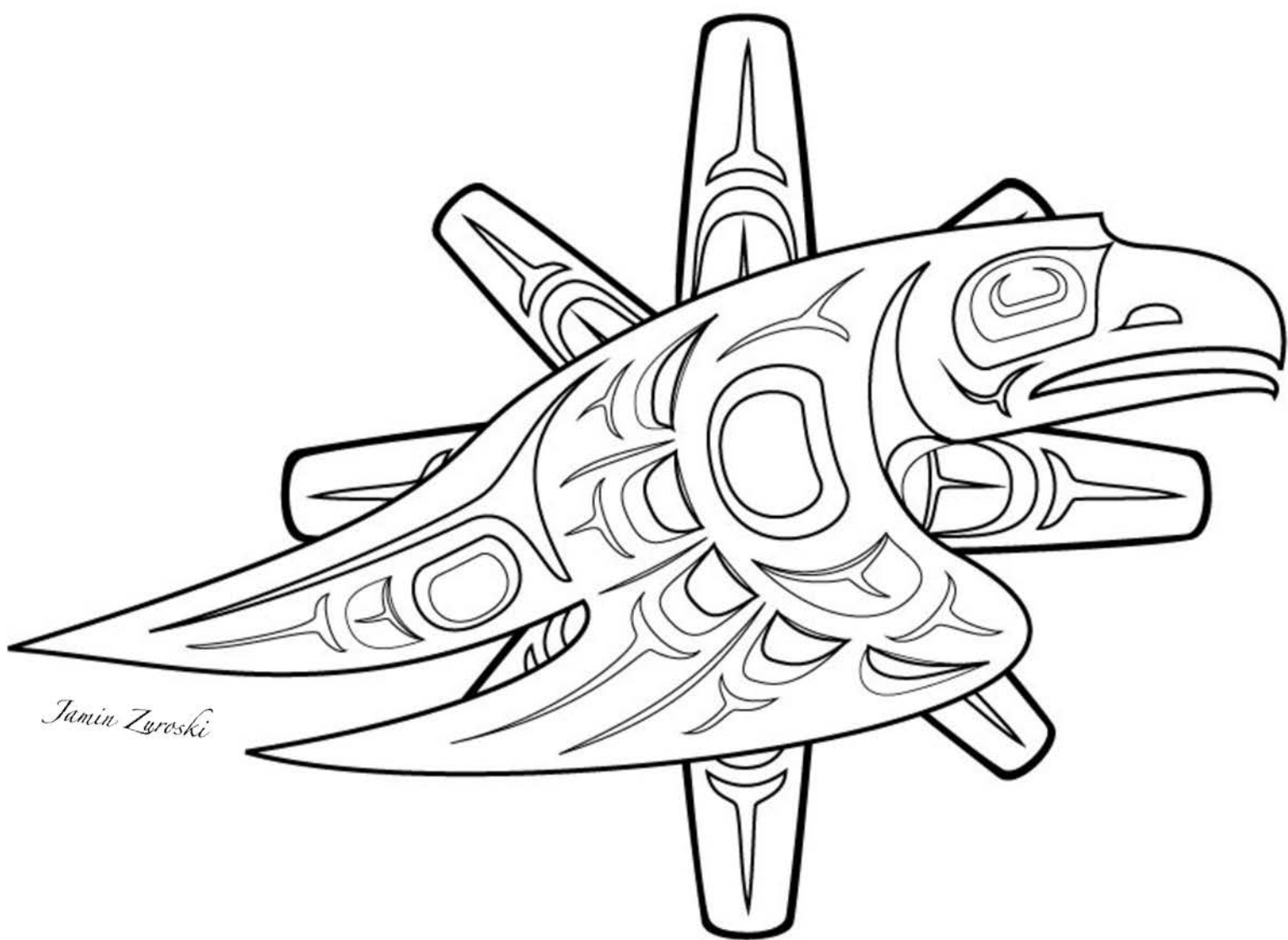
Athletes who are selected for Team BC get to travel, play, and grow while building connections and community. Games and competitions often have many spectators who cheer on the athletes with drums, songs, rattles, and clappers.

Team BC has the honour of participating in the North American Indigenous Games (NAIG) that are hosted every 4 years. With incredible support and endless amounts of gratitude, athletes represent their Nations and honour their homes while competing at the Games.



Fun Fact: Team BC was the first team to ever win BOTH the John Fletcher Spirit Award *and* the overall team award for most medals at the 2014 North American Indigenous Games in Regina, SK. 🏆

Have you ever watched the North American Indigenous Games?



TEAMBC



TEARS TO HOPE

Tears to Hope is a running event that helps bring communities together while encouraging wellness in our body and minds.

The goal of Tears to Hope is best explained in poem:

Tears to Hope holds a run every year,
Where family and friends come together;
To honour loved ones missed so dearly,
By running no matter the weather.

By getting outside and being active,
Health and wellness is what you'll find;
The fresh air you breath & sunshine you feel,
Will improve your body and mind.

This relay run allows our communities to honour and remember all our loved ones who are no longer with us and to let people who drive by the runners to understand we are a strong group of people who stand together.



Fun Fact: The lines in the picture behind the runner represent a fading sunset. What colours will you make your sunset?

Thank you to the Tears to Hope Society for hosting this beautiful run every year!



ABOUT THE ARTISTS



Earlene Bitterman — Métis Nation

Earlene was born in Pouce Coupe, British Columbia, a small town known for its early Métis population. She is proud to be Red River Métis, and her heritage deeply influences her work. Through her art and educational resources, she strives to celebrate and preserve the rich cultural traditions of the Métis community.

Living in remote areas, on the Dempster Highway, provided a unique backdrop for her growth as an artist. The long, dark winter nights, where the sun barely made an appearance, became a canvas for imagination. The 24-hour nights were both a challenge and an inspiration, pushing her to explore and develop artistic skills in various mediums. She is a self-taught artist, honing her skills through dedication and passion. Her journey led to the publication of two coloring books, showcasing unique style and creativity.

Earlene works as an animator, designing Michif learning resources for Métis youth. This role allows her to combine artistic talents with her commitment to Michif language education and cultural preservation. Her work has been recognized for its impact, contributing to learning resources that have won the Lieutenant Governor's Award for Literacy.



Kika7 Sampson

Kika7 Sampson is a digital artist with a passion for sewing, beading, and creating unique designs for clothing. Passionate about her culture, Kika7 draws inspiration from her heritage to infuse her work with meaning and authenticity. Despite facing mobility challenges, she pushes the boundaries of graphic art, remaining determined to reach new goals and continuously exploring new techniques. Currently, she's working on getting her art recognized and working to make a lasting impact in the creative world.

Outside of her work, Kika7 cherishes time with her three growing sons, family, and finding inspiration in the moment that fuel her artistic journey.



Alex Stoney — Gitxsan Nation

My name is Alex Stoney. I am from the Gitxsan Nation, part of the Frog Clan and the House of Delgamuukw. I was born and raised on my home territory, and my roots are a big part of who I am. My work has always centered around helping people, whether through teaching, ministry, or now stepping into social work. I also collaborate on art projects with my sister, Michelle Stoney. Outside of work, I stay active with running, hiking, soccer and a little bit of volleyball. I enjoy reading,

watching my favourite shows/movies, quiet moments, and good conversations with close friends. I'm always looking for ways to learn, grow, and take on new challenges.



Roy Henry Vickers — Haida, Heiltsuk, Tsimshian

Roy Henry Vickers is a world-renowned printmaker, painter, carver, designer, author, and sought-after keynote speaker. Influenced by his mixed heritage, he developed a unique artistic style, which is identifiable through clean lines, vivid colours, and natural themes drawn from the rugged beauty of British Columbia. Roy merges his traditional Indigenous art with a contemporary style, appealing to a universal spirit.



Jamin Zuroski — Kwakwaka'wakw

Jamin is an Award Winning 'N̓amgis First Nations Artist, residing in Victoria, BC. Jamin holds mixed ancestry, Ukrainian and Polish on his father's side and 'N̓amgis, D̓anaxda'w, Ma'̓amtagila, Mowachit, and E'iksen on his mother's side. Jamin is one of three siblings from his mother, Cindy Cook and is a grandchild to Ruth and George Cook. The Gigalgam Cook family comes from Alert Bay, located on Cormorant Island in the regional lands of the Kwakwaka'wakw, the Kwak'wala speaking peoples.

As Jamin navigated and practiced art throughout junior high and high school, he was honoured numerous art awards. During his teenage years, he was offered after hours opportunities to continue his practice and artistic learning under the mentorship and guidance of Victor Newman, Carey Newman and Rande Cook. During those years and still to this day, he learns about his cultural heritage, Indigenous world views, social responsibility, leadership, community engagement, allyship, cultural integration, and social impact.

For over 25 years, Jamin has practiced and worked with a variety of artists, community members, organizations, businesses, schools, Friendship Centres and government on a variety of cultural projects and initiatives. Some of the current mediums he works with are cedar wood carving, cedar and glass sandblasting, mural painting, canvas painting, and computer graphics.

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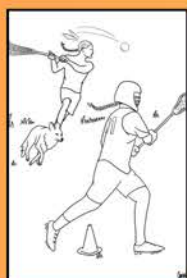
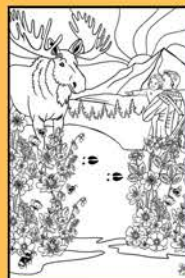
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