

# GET WELL & WIN

You already know that staying well is its own reward, especially during COVID-19. So enter each week for your chance to win pre-paid Visa® Gift Cards and one of the cultural prizes below that can help you Get Fit, Get Perspective, Get Skills, Get Centered and Get Rooted in Culture.

Follow and tag us on Instagram @FNHA and enter daily for a chance to become a random weekly winner of a \$100 pre-paid Visa® Gift Card and a handmade cultural prize. Plus, you'll be automatically entered into the Grand Prize Draw for a \$500 pre-paid Visa® Gift Card!

Thanks for participating and good luck!

## WEEKLY CULTURAL PRIZES



### Week 1: Painted Drum

Made by: Clayton Gauthier, Northern Region



### Week 2: Cedar Hat

Made by: Roxanne George, Fraser Salish Region



### Week 3: One Cedar Headband and Bracelet

Made by: Roxanne George, Fraser Salish Region



### Week 4: Drum

Made by: Tim Manuel, Vancouver Coastal Region



### Week 5: One Cedar Headband and Bracelet

Made by: Roxanne George, Fraser Salish Region

**GRAND PRIZE:** Feather key chain and two carved wooden boxes from the Tsow-Tun Le Lum Society

## MEET THE ARTISTS



**Clayton Gauthier,**  
Cree/Dakelh Artist from the Northern Region

*“Art is a reflection of the soul.”*

Walking this journey as an artist, I have learned a lot about myself and the arts. My bloodline is Cree and Dakelh. The art produced is revolved around our traditional teachings that we have learned from our Elders, the Spirit within and Mother Earth. Throughout this art journey I have completed many logos, murals, drums, rattles, carvings, tattoos, digital art and I'm also a published author of two children's books titled "The Salmon Run" and "The Bears Medicine." I have made art an active part of my life. Artwork in my life gives me a feeling of serenity that nothing can replace.



**N'petkwulax Tim Manuel,**  
Vancouver Coastal Region

*“Our connectivity to who we are, where we are from and where we are going is integral to our well-being in each of our lifetimes to empower our greatest resource: our children.”*

My name is Tim 'Spike' Manuel. I carry the traditional Sylix name of Petkwumen which means "big nail." I also carry a second Sylix traditional name of N'petkwulax which means "nailed to the earth." I am from Spaxomin (Douglas Lake), which is 45 km east of Merritt, BC. We are a Sylix speaking community (Upper Nicola Band) and are within the traditional territory of the Okanagan Nation.

I am the fourth child of the late Herbert Manuel (his traditional name was Yurpa) from Spaxomin and the late Dorothy Saddleman from Coldwater. My father was raised in the strong traditional Sylix teachings of his family. His late father Daniel Manuel, was a teacher of the language and culture so it was only fitting to follow in the footsteps of his father to help preserve the culture. I too follow in those footsteps by passing on my traditional knowledge to the younger generations.

I served ten years on Band Council and five years as Chief of Upper Nicola Band from 1996 to 2011. After I retired from the political arena of serving the community directly, I embarked on a few journeys working as a teacher, education support worker, community engagement/facilitator and cultural knowledge keeper. I am now working with youth as the Cultural Youth Worker with a local child welfare agency.

My passions are working with youth to provide them with the opportunity to be connected with their culture, language, traditional knowledge and community. I continue the legacy of my ancestors by sharing my knowledge with my son, Isaac Joe Manuel (who carries three traditional names from our families).