



NEHMOTL "US"

February 2014

Community News | Events | Updates for the Sliammon People

Canadas approval bring us one step closer to trigger our Final Agreement

Effective date will provide us legal title to our lands and financial components

By Roy Francis

Sliammon is moving into a very special new year. In the few days before the Christmas break we received news from Canada that our Treaty has received approval from the Government of Canada. It is very exciting to finally share this news with our community.

Planning is now underway for a formal signing event. The signing of the Treaty will complete the approval of the agreement, and will trigger the implementation of the Sliammon Final Agreement.

The next milestone for Sliammon will be Effective Date. Effective Date will be the day that the Treaty will come to life. It is the day that legal title of lands formally transfer to Sliammon. It is the day that the financial components of the treaty begin to flow. It is the day that Sliammon Law making authorities come into Effect. It is the day we will be out from under the Indian Act.

The work to complete the treaty has been a very significant undertaking. An acknowledgment is due to the entire community. We have been through a very intense phase of our community development, and we have survived very well. A special acknowledgement is due to our many elders who began the journey with us; and who are no longer here. They played a key role in setting the foundation for the rest of us to build upon. Acknowledgments are due to our youth who stepped up when they were needed to push and carry a vital load for us; they truly will become our future. Acknowledgments are due to our leadership who guided and directed the work; there



Tla'amin youth have been providing input for the lands and resources working group

has been countless hours of work spent at the Chief and Council table, over many councils. All of our leadership contributions have guided us to where we are today. Acknowledgments are also due to the Board Members of the Sliammon Treaty Society over the years, and to the staff who have carried out the work to complete a very important mission.

Within days of receiving federal approval for our Treaty, we also received news about Sliammon receiving Certification from the Financial Management Board. The certification is a gold star for financial

management for Sliammon. It is a very big accomplishment for our community, and a huge relief to know our financial management standards have been raised in a very good way; and that our financial future is in good hands. We now have a very solid footing for the next steps in our development.

What happens now? We now set our sights on re-building our community. The work will begin with the implementation of our treaty. The work is definitely not finished; it is quite the opposite. The work is just beginning, and there are some very exciting and interesting times in front of us.

INSIDE: TREATY | COMMUNITY | PROGRAMS & SERVICES | SPORTS & RECREATION | ANNOUNCEMENTS



Message from the Chief

Effective date for treaty getting closer



On behalf of the Sliammon administration we do apologize for the recent water crisis that we have experienced in the Sliammon community; we do realize and appreciate how valuable water is to each of our daily routines. Our community's health and safety are always first priority; once this problem has been identified and corrected we will take measures to ensure that this does not occur again. We will provide the Sliammon community with a full report of what has occurred and what was required to repair this, your patience has been greatly appreciated.

Treaty news - a representative from the Federal Government has informed us that they will be introducing the legislation on the Sliammon final agreement at the end of March 2014. This is the third and final approval that is required to approve the Sliammon Treaty,

once this approval is in place we will be able to forecast the effective date of our treaty. This event does mark a very significant day in Sliammon history and it is only fitting that we have a signing ceremony and celebration that will mark the end of a very difficult process and also the beginning of a brighter future for the Tla'amin people. We will announce the dates of the events when they become available.

Tribal Journey's 2014 - we have recently been asked if we would be willing to host a stopover in June 2014 for a few of the nations that will be participating in this year's Tribal Journey to Bella Bella. At this time it sounds as though Squamish, Sechelt and Parksville may want to spend the night here on one of the legs of their journey. We have responded and said that we would be honoured to host the canoe families passing through; we will provide you all with more information as the date gets closer.

In closing I would like to update the Sliammon Community regarding the late Bruce Point's Council seat. At our January 23rd 2014 duly convened Chief and Council meeting our Council unanimously decided to not hold a bi-election to fill the vacant seat. We will leave this seat vacant until the election of September 2014 in honour of the memory and the many years that Bruce had served our community.

If you require any further information please feel free to contact me @ (604) 483-9696 (or toll free - 855 483-9696) or email clint.williams@sliammon.bc.ca

Nation Administration Matters Tax and Lands



I would like to introduce myself to the community as the interim Tax and Lands Manager while Cathy Galligos is away on maternity leave for the next 11-12 months. My name is Erik Blaney and I have been working in the Natural Resource Management field since 2008 in various capacities. I started my career in Compliance and Enforcement with the BC Ministry of Environment and went on to work with Coastal First Nations and Northwest Community College doing program development and management of the Guardian Watchmen Program. I moved home after having my first child and have been working with the Sliammon Treaty Society for the past 4 years as the Guardian Watchmen Coordinator, and Chair for the Theodosia Stewardship Roundtable. I am very pleased to be taking on this position with the Sliammon Nation and look forward to continuing on the good work of the Lands Department.

If you would like to get ahold of me feel free to contact the band office at 604 483 9646 ext 240 or e mail me at cathy.galligos@sliammon.bc.ca

Sliammon Justice Program

Submitted by Verna Francis

Important Notice

New Location: Sliammon Justice Office

Where: Sliammon RCMP Detachment (next door to band office)
Office Hours: 8:30 - 4:30
Phone: 604-483-9646 Ext. 237
Cell: 604-578-8850
Fax: 604-483-7798

Very happy with the move especially for clients, a bit more privacy, safe, confidential environment. Everyone welcome to drop in for cup of coffee, browse through library full of legal resources and pamphlets, videos re: "Restorative Justice Circle's", all resources pertain to all age groups.

Sliammon First Nation Policing Officer Cst. Tim Venselaar

Office Hours: Tuesday's, Wednesday's, Thursday's Friday's (part time in Sliammon and Powell River RCMP Detachment)
Phone: 604- 483- 9646 Ext. 244 - Cell # 604-414-3853
Ball Hockey: Every Wednesday Evenings @ 6:00 pm - 7:30 - Salish Centre

Court Days

Every Wednesday's:

First Appearance - 9:00 - 9:30 (if no show a warrant will be issued)
 Provincial Court Room: 9:30 - 12:00 noon
 Family Court: 1:30 pm - 4:30
 Transportation available for morning and afternoon court, please call in advance for ride.

Note: Duty Council (free lawyer) available for all 3 court proceedings.

Updates:

1. Provide support/transportation and referrals to clients re: Traffic/Provincial and Family Court
2. Organize quarterly Justice Committee meetings - Next meeting scheduled for February 11, 2014 - 12 noon - @ Forestry Board Room, any concerns/issues to add to our agenda please call ext. 237 few days before meeting and will add to our Agenda.
3. Attending Justice Gathering held in Abbotsford February 25, 26, 27, 2014
4. Liaison with Adult/Youth Probation, Victim Services, Ministry of Children & Families, Mental Health/Addictions, Powell River Justice Worker, Family Court Counsellors, Powell River Forestry, Tla'amin Health Resources: Addictions Counsellor, Aboriginal Child & Family Preservation, Men's Support Worker, Child & Youth Wellness, Youth & Family Advocate, Youth Coordinator, Re: Community Issues/Concerns: Chief & Council, Band Administrator, Cst. Tim Venselaar.
5. Research D/A Treatment Facilities for Clients going through bail release or results re: sentencing conditions, referrals depend on nature of charges/conditional sentencing.

If you have any questions or concerns please call anytime from Monday to Friday 8:30 - 4:30.

Deepest Condolence to the Point Family

Thoughts, Prayers, Love and Blessings to Doreen/Alex and Family for the loss of a dear son, brother, uncle, friend and most of all community advocate and leader for 18+ years.

Chief/Councillor Bruce Point will be greatly missed by so many people and family. People described him so well at the funeral service, Bruce had a very gentle and quiet spirit, and did the best he could to help his people, as most people described him, "He had a Heart of Gold".

I would like to take this opportunity to express appreciation to Vivian Peters for being there for Doreen and her Family from the first day that Bruce was found January 4, 2014, Vivian was the first contact person before contacting authorities and was there everyday for two weeks to support the family any way possible.

SFN Chief and Council Meeting

December 5, 2013
TCHBS Boardroom

Condensed version (full set posted at the band office)

Meeting called to Order@ 10:10 am

Present

Clint Williams, Vern Pielle, Walter Paul, Eugene Louie, Dillon Johnson (Via telephone), John Hackett

Regrets

Denise Smith, Gloria Francis, Bruce Point

Administration Staff - Rod Allan, Steve Hunter and Judith King

Minutes and Agenda

Amend the Finance FAL description on constitutional requirements.

Acceptance of Regular Meeting Minutes of November 21, 2013

Motion to accept minutes made by Eugene and Seconded by Vern. Carried.

Additions to Agenda of December 05, 2013

Treaty FNFA
under portfolios: Naut Sa Mawt and Culture Update
Status card update
Out of town AGMS – Other Biz
Community XMAS dinner

Motion to accept agenda made by Walter and John seconded. Carried.

Presentations:

Gerry Brach, Head Teacher, Ahms Tah Ow School

1st topic: Pathways to Health Careers – This initiative is primarily for students who wish to go into health careers after graduation. The program will prepare senior secondary school students for university. In summary, Gerry notes that this program creates exposure to new learning. The key activity is travel to universities for an introduction to Post-Secondary education. The program will be part of Planning 10. He plans to use application forms to solicit interest from Brooks secondary students.

Motion to endorse Pathways to Health Careers 10 initiative made by John and seconded by Eugene. Carried.

There was further Council discussion on learning outcomes and utilizing the new buildings for this initiative.

2nd Topic – Gerry discussed Math and Science for grades 3 and 4. The idea is to encourage greater involvement in science ventures. For instance, rockets and robots at the next summer Tec Rec camp.

Gerry is looking for support for this new summer program.

Motion to endorse the math/science program made by Vern and seconded by Dillon. Carried.

Alterra Power – Debbie Fulcher and Jay Sutton, VP of hydro operations via telephone attended the meeting. Debbie updated Council about Toba Montrose and the rock slide. The 2013 rock slide took out the operation for ten months. Operations were back on line in September 2013. The area is now safe SNC Lavalin is ongoing and Toba Montrose received a final permit in October.

Jimmie Creek is the next big project – road construction and new road to the power house. Design work is almost complete and 180 man camp will begin in June. Alterra employees will be living on-site in camp (Jason & Barry) to smooth the operations and be fully prepared to execute the work. Klahoose will do supplementary work. There is a hiring protocol in place. There will be strict measures concerning substance abuse. Discussion followed on upcoming projects. Council's update to Debbie is that Sliammon is investing Alterra revenue into more educational opportunities for Sliammon Community members.

Paul Cummings - Choir of the World Totem Pole partnership: The event has participants from around the world. Paul noted that this is a community project. Powell River Academy of Music is the sponsor for the event. Regarding the winners of the Kathaumixw competition, it was proposed that a totem pole be commissioned as the award for the winning choir at the 2014 Kathaumixw. The goal is to have a trade mission to travel with the totem pole to its new home. There is a strong First Nations aspect to the festival and it holds special global interest. Council suggested when the pole reaches its destination, an Elder and the Sliammon Chief accompany the gift. Motion to support Kathaumixw Choir of the World made by Eugene and seconded by Vern. Carried.

New Business:

Finance 1 - AFOA National Conference attendance. Approval was made by consensus to send one representative to the Halifax AFOA conference in February 2014.

Finance 2 – A Business Continuity Plan was a plan done three years ago and Rod Admin will find it and dust it off. Rod to review and advise SFN Council.

Finance 3 - Administration Office - Discussion on finding and using a local supplier for a new photocopier for the Band office. Motion to approve acquisition of new copier made by Vern and seconded by John. Carried.

Finance 4 - Steve raised the following considerations: 1. There was a discussion on direct deposit for Income Assistance clients. Also, Rod mentioned individual ballot box decision on splitting December IA cheques. The majority of clients chose to have their January 2014 cheque distributed at the end of December.

2. Christmas dividends were discussed. Council gives sincere congratulations to Pam Wilson for administering Christmas bonuses to community members. She's done a super job with this program.

3. Pilot project of Band employee direct deposit option has gone well.

4. Education funds – Discussion on advisability of retaining an Education Coordinator for Sliammon.

Infrastructure - New Administration Building committee should meet soon. Dillon will look into the capital projects aspect and get back to Council. After research on this, there will be an initial meeting.

Lands & Tax - BCR 2013-28 for 2014 Specific Claims research by Donovan & Co. Motion to support specific claims and approve BCR 2013-28 made by Walter and seconded by John. Carried.

Health - Sliammon needs an MOU to capture the new relationship.

Treaty - 1. Head Lease Financial Management Bylaw #2010-01 – laws are in place to govern the capital fund.



Next rescind the bylaw. 2. Financial Administration Law (FAL) 2013 - next step: approve FAL 2013. 3. Conflict of Interest Policy – minor changes were made based on Council directives. 4. BCR 2013 - 27 FNFMB issue a compliance approval under Sec. 9 of the Act. 5. FNFA discussion. **Motion to approve BCR 2013-27 made by Eugene and seconded Walter. Carried. Dillon abstains from the vote.**

The Following motions were made:

1. New motion to rescind head lease bylaw of 2010
2. New Motion to approve the FAL 2013
3. New motion to approve the Conflict of Interest document
4. Motion to approve Sliammon's entrance into First Nations Financial Association by January 15, 2014.

Motion to rescind head lease bylaw, approve FAL 2013, 2013 COI and entry to FNFA made by Walter and seconded by Vern. Carried. Dillon abstains from voting on this motion.

Portfolio - Culture committee - There's a conference call on the joint-language project scheduled for Monday at 1:30 pm in the forestry building. Betty will attend with others

Membership - We can order a larger quantity of status cards. There is a process and we need to produce an accounting for the cards we used already.

Youth Council - All funds received from Health on behalf of Youth Council are being tracked on a statement by Steve Hunter. The funds can be accessed by Youth Council at any time.

Chief's Report:

1. Integrated Resources Plan (IRP) by BC Hydro on clean energy was discussed. Freda Creek is not completely finished yet. SFN is taking a regional approach to the IRP.

Other Business:

1. Walter reported on the NSMTC meeting on Tuesday in Tsawwassen.

2. Out of town Annual General Meetings are next week. There will be a strong Council presence at both the Victoria and Vancouver meetings.

Motion to adjourn meeting made by John and seconded by Eugene. Carried.

Meeting adjourned at 1:52 pm.

Sliammon, Klahoose and Homalco Language Project Working Towards Memorandum of Understanding

Klahoose and Homalco representatives met in the Sliammon Salish Centre to promote working together because of our close family ties. Many ideas were generated and we are now working out a framework and Memorandum of Understanding which will be signed by all three communities.

Language assessment survey

Karen Galligos did as much as she could with a language assessment survey but due to time constraints she was unable to completely cover the community of Sliammon. There were 80 surveys returned and we thank you for your support. If you would like to participate in the survey please let me know and I would be happy to give you a copy to fill out. Only takes about 10 minutes. Homalco and Klahoose are also polling their communities. We should have a report out by March.

Sliammon, Klahoose and Homalco have identified political representation to make the on going decisions but all three councils are in favour of documenting more of the language so that it is not lost.

Sliammon has an official language and culture committee. Council representatives are Vern Pielie, Chair, members: Gloria Francis, Eugene Louie and Larry Louie.



U-Vic Professor Dr. Peter Jacobs

Dr. Peter Jacobs (Squamish band member) and professor of linguistics at the University of Victoria is willing to work with us on our documentation.

Hi! Ta newyap, Siiy'am', en-Siiyay',

I am of both Skwxwu7mesh (a.k.a. Squamish) and Kwagulh (a.k.a. Kwakiutl) ancestry, as well as Tlingit, English and Scottish. I recently finished my PhD in linguistics at UBC. In my dissertation I focused on lexical aspect (also known as inner aspect, aktionsart) and how it is marked on the verb in the Skwxwu7mesh language. This marking interacts with what are known as control meanings in Salish languages, including Skwxwu7mesh.

I previously worked for twenty years for my own First Nation - the Skwxwu7mesh Uxwumixw (Squamish Nation) - as a linguist. In my job there, I taught the Skwxwu7mesh language, both in the high school and at the college level; I contributed to the development of a college certificate for Skwxwu7mesh language and culture at Capilano University; I was the editor-in-chief for a learner friendly bilingual Squamish-English dictionary; I worked as part of a team which developed an

extensive electronic database of audio recordings of Skwxwu7mesh photographs and scanned hardcopy documents relevant to Skwxwu7mesh language and culture; and, I collaborated with local museums to develop a number of Skwxwu7mesh specific exhibits. Besides my interest as a linguist, I also strongly support, and believe in, the maintenance of our Indigenous languages through their use in the ceremonial life of our communities.

In addition to my research on all aspects of Skwxwu7mesh (including phonetics, phonology, syntax and semantics, and pragmatics), I also specialize in indigenous language revitalization. I am currently researching models for indigenous adults learning their own languages as adults, with particular focus on Master-Apprentice programs. At UVic, I sit on the committee that oversees the Graduate Indigenous Language Revitalization (ILR) Program, and I teach the linguistics courses which are part of this program. I also sit as the Linguistics Liaison for the Indigenous Education Advisory Board.



Up and in for an easy two points is Jacob Gallagher in the season opener against Assumption. Brooks won 60-22

SFN Chief and Council Meeting

December 19, 2013

TCHBS Boardroom

Condensed version

(full set posted at the band office)

Meeting called to order @ 2:33 pm

Present: Clint Williams, Gloria Francis, Vern Pielie, Bruce Point, John Hackett, Larry Louie, Denise Smith, Dillon Johnson, Walter Paul.

Regrets: Eugene Louie. Administration Staff - Rod Allan, Judith King and Steve Hunter

Minutes and Agenda

Regular Meeting Minutes of December 05, 2013. **Motion to approve minutes made by Dillon and seconded by Walter. Carried.**

Additions, deletions and acceptance of the Agenda for December 19, 2013

Motion to accept agenda made by Vern and seconded by Bruce. Carried

1. Dangerous dog - in other business
2. Funding agreement – Amend. # 10 - Finance
3. First Nation clean energy business fund. – Finance/Admin
4. LaFarge Coal (Texada) update – SDC
5. Soc. Dev. – Committee member

Two Presentations:

1. **First Nations Finance Authority** – Steve Berna (COO) and Frank Busch attended the meeting to talk about financial priority planning for FNs. FNFA works only with First Nations' governments. They make loans at optimum rates. FNFA's Board is made up of their own clients. FNB is tasked with adjudicating FNs for their readiness to enter into the FNFA. Once Sliammon is approved then FNFA will work with Sliammon. Steve B. explained about details of borrowing and debt reserve funds. Discussion on FNFA measures and some questions were asked.

2. Staff Sargent Brinton attended Council meeting to present letter of expectation for signing.

Council reviewed expectations letter. Brinton gave a background on the letter. He noted the tri-partite document is in place. Letter is annual in frequency and unique to Sliammon. **Motion to accept the letter of expectations made by Vern and seconded by Bruce. Carried unanimously.**

Finance 1 – Clint read BCR 2013 – 29. It concerns designation of Councilor Johnson as SFN's representative on FNFA Board. **Motion to approve BCR made by Walter and seconded by Vern. Carried. Dillon abstains.**

Finance 2 – Clint reads BCR 2013-30. SFN applies to become a borrowing member of FNFA.

Motion to approve BCR made by John and seconded by Denise. Carried.

Finance 3 - Borrowing Agreement Law is the subject for agreement signing. Council signed the document. **Motion to approve Sliammon entering into the agreement made by Vern and seconded by John. Carried.**

Finance 4 - Clean Energy Business Fund (NCEBF) seeking Council's approval. NCEBF tabled until Council asks for a presentation from Marlane.

Finance/ Admin: Amendment # 10 for Capital project funds for IR # 01 subdivision. **Motion to approve this amendment made by Walter and seconded by Bruce. Carried.**

Education – Building Understanding through VIU - tabled.

Housing – review resumes for Tenant Relations Manager in January.

Infrastructure – H. Gloslee account outstanding. Rod will look into paperwork and review the situation. Rod to follow up in January 2014 to resolve issue.

SDC 1- Sliammon will have a meeting with the prospective candidate for the SDC position in January 2014.

Minutes

(Continued on page 5)

Minutes

(Continued from page 4)

SDC 2 - La Farge Coal discussions began concerning the MOU. Proposals are ready and permit expansion is the next task. Conference call with all involve in the

MOU. Base line testing has been started. Sliammon is looking for ongoing environmental testing of seafood and the different beach sites.

Council suggests that we have an independent review of the baseline testing by using own samples. It's proposed that SFN a communiqué with the wording that Murray Browne suggested ("mutually-agreeable harvest of sample seafood") to La Farge. Council also suggests that a site visit is in order. Roy has documents on environmental protection.

Fire Dept. – New structure drawings show the amalgamation of three buildings. Clint reviewed them and the plan is acceptable.

Forestry – Xmas Dividends have been completed. Once again, it was a big undertaking and Pam Wilson did a great job.

Culture - BCR 2013-31 concerning the application for 2014-15 funding to FNCFEC. **Motion to approve made Bruce and seconded by Vern. Carried.**

Portfolios - Gloria is on the committee and she attended the BC Ferries meeting. They talked about schedules and modifying the usage survey that will be delivered to BC Ferries. January 6th is next meeting.

Membership - Arlene Harry transfer request and return to Sliammon. Motion to approve membership transfer made by Bruce and seconded by Gloria. One Councilor opposed to transfer. Motion was not carried and tabled until next meeting. There was discussion around transfers in general. Two councilors wish to seek more information around the reason for transfer. Request Mia to attend meeting when there is a transfer request. More info required.

Youth Council – Saturday gathering "We are Still Here" – Please mark your calendar and see this presentation.

Chief's Report

1. Urban AGMS dinners were successful this December.
2. Clint will circulate education funding information to Council via emails.
3. Big thanks to volunteers who helped with the Elf Committee for the 2013 Christmas Party.

New Business:

BCR – 2013-32 for the climate change adaption program through Naut Sa'Mawt Tribal Council. This Climate Change Adaptation Program (CCAP) is to assist First Nations to assess risks and challenges posed by climate change impacts. **Motion to approve climate change program made by Bruce and seconded by Vern. Carried.**

Xmas party door prizes not open to staff or their spouses and also not to kids under 18 years,

Update on aggressive dog that bit the maintenance worker - Rod talked to dog owner's brother and dog was still in his house today. Council still wants the dog to go. Sliammon will work with RCMP to take further action.

Motion to adjourn meeting made by Bruce and seconded by Denise. Carried.

Meeting adjourned at 4:50 pm.

IMPORTANT NOTICE ABOUT DOGS



At a recent Chief and Council meeting a decision was reached to no longer permit dogs to run free in Sliammon.

Please be aware that your dog is subject to seizure and removal if it is found outside on its own, unless it is securely fenced in.

Any vicious dog that attacks a person will be removed from Sliammon – no exceptions! Chief and Council has a responsibility to ensure the safety of the community. We continue to work on this ongoing problem, and will keep you updated on our progress.

Also, please respect your neighbours by ensuring your outside dog does not bark late at night.

Brooks First Nation Leadership Group

With Kyle Francis



Kyle Francis and Pam Ellis

This is the third in a series of articles written by Brooks students who are members of the Brooks First Nation Leadership Group.

By Gerry Brach

Brooks Secondary School Counsellor
Head Teacher Ahms Tah Ow School



"Great leaders are not just aware of their own strengths and skills, they are able to use them to their advantage, and more significantly, they are able to build the strengths and skills of those around them. Leaders don't simply demonstrate confidence, they instil it."

Kyle Francis Reports from Brooks School

Hello my name is Kyle Francis and I am a Grade 12 student who will be graduating from Brooks this year.

I really enjoyed my four years at Brooks, in particular all the support I got from my teachers. My favourite teacher this year is Ms. Ellis who teaches me math. I appreciated the extra tutoring and help that I got from her when I was going through some difficult times. I also enjoy participating in school sports like soccer and basketball.

This year I am in the First Nation Leadership Group and this has helped me in my confidence to speak in front of groups.

This summer I would like to work again for the Sliammon Community Maintenance Department cutting grass, painting and helping out at the gym. It was a lot of fun and I learned some new skills.

After I graduate I would like to pursue a career as a heavy-duty mechanic. I would like to go up to Northern Alberta to make a lot of money then buy a nice house and truck in Powell River.

My advice to incoming students is for them to stay in school and don't be afraid to ask for help from their teachers if they need it.

Tla'amin Receives Certification from the First Nations Financial Management Board

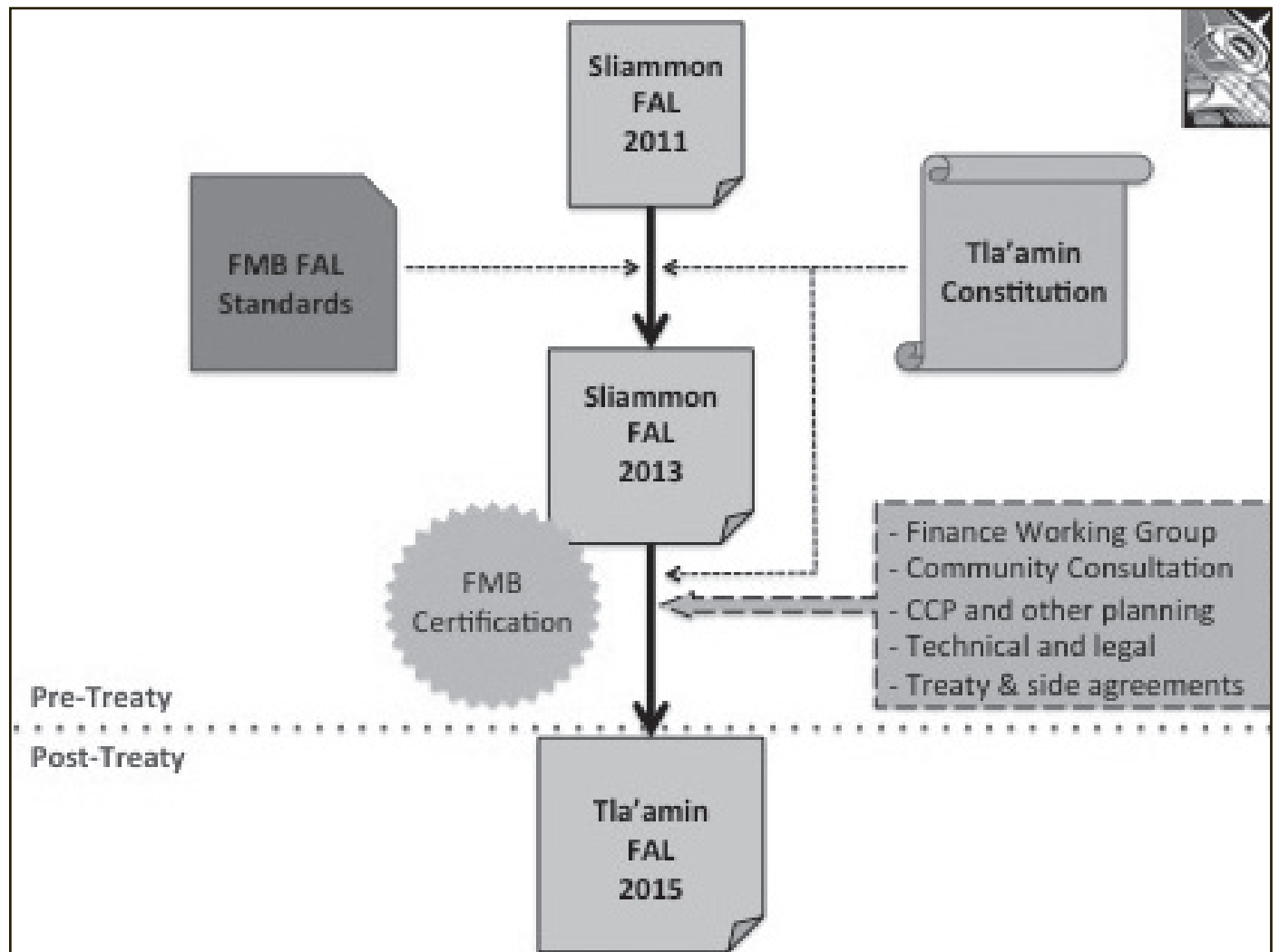
By Dillon Johnson

Osoyoos, Tsawout, Membertou, Lax Kw'alaams, Tzeachten, Songhees and Sliammon. What do these First Nations communities have in common? These are First Nations that have received a Financial Performance Certificate from the First Nations Financial Management Board (FMB). Sliammon joins a group of thirty-three (33) other progressive First Nations in Canada that have achieved FMB certification.

Over the past 12-months, the Finance Community Working Group (CWG) has worked closely with the FMB to complete the steps required for Sliammon to apply for certification by the FMB. By developing and passing a financial administration law (*Sliammon FAL 2013*) that meets the FMB's *Financial Administration Law Standards*, and demonstrating financial performance that satisfied the seven (7) financial tests (ratios) that make up the FMB's *Financial Performance Standards*, Sliammon was able to receive Financial Performance Certification on December 19, 2013. This is a tremendous achievement for the Sliammon First Nation, which has made great improvements in its finances since 2010, when the Nation posted a deficit of over \$1 million for the year and was placed under remedial management.

Certification by the FMB is important to Sliammon for two main reasons. First, it is a signal to all stakeholders (Sliammon members, investors, other governments, etc.) that the Nation is managing its financial affairs in a responsible and transparent manner. This has been recognized by an independent third party (the FMB), which has established standards for financial management and financial performance that are based on internationally recognized frameworks, measures, and practices.

Second, the FMB certificate provides Sliammon with the option of accessing capital financing from the First Nations Finance Authority (FNFA). The FNFA, which was modeled after the Municipal Finance Authority of BC, provides First Nations with access to capital markets on a similar basis as other governments, such as the City of Powell River and the Powell River Regional District. Access to the pooled borrowing offered by the FNFA will enable Sliammon to truly move forward with community planning and development because FNFA loan proceeds are intended for community infrastructure like roads, water, sewer, and community buildings - including housing. For example, Sliammon now has the option to access long-term financing at a low interest rate for the construction of the Nation's proposed administration building.



It is important for Sliammon to have this option entering into self-government under the treaty regime, as this type of financing is currently not available to modern treaty First Nations. Work is, however, underway to allow modern treaty First Nations to access financing through the FNFA.

The Finance CWG is now focusing its attention on developing the Tla'amin Financial Administration Law (FAL) 2015, which will apply to the Tla'amin Nation after the Effective Date. This entails transitioning the Sliammon FAL 2013 to the Tla'amin FAL 2015 by incorporating the structure of the treaty self-government, but will also include the development of additional provisions to address other elements of the treaty. The diagram above provides an illustration that has been used as a roadmap for the work being carried out by the Finance CWG.

The Finance CWG will be seeking advice from legal, tax and investment experts on options to structure and manage the financial assets that will be transferred to the Nation

under the treaty. We will be holding community information sessions and looking for input from membership over the coming months in order to get an idea of the Sliammon community's preferences in structuring and managing the financial benefits that come with the treaty.

Meanwhile, the Nation's administration will be moving forward with the implementation of the FAL 2013. This includes new rules for conflict of interest, procurement, and capital projects to name just a few areas. The Nation has made a commitment to substantially implement the requirements of the FAL 2013 within a 36-month timeframe, as required by the FMB. Council will also be working on new memorandums of understanding (MOUs) with other Sliammon entities to ensure that all of the Nation's entities comply with key requirements of the FAL 2013 and the Conflict of Interest Policy.



TLA'AMIN HEALTH

Tla'Amin Ahjeevit Chi Chuy Prenatal/Postnatal Program



Tla'Amin Ahjeevit Chi Chuy is a First Nations culturally sensitive prenatal/postnatal program that aims to support pregnant women and their partners in making healthy choices during their pregnancy and beyond. We provide food supplements, nutrition counselling, support, education, lifestyle counselling, and referrals for pregnant women up to one year postpartum.

Eligible participants for our program include pregnant women and women up to one year postpartum who are:

- residing in Sliammon
- not residing in Sliammon but are First Nations descent or have a partner who is First Nations.

We meet once a week to discuss various health topics and participate in healthy activities.

We provide nutritional counselling and education from a registered dietician through individual visits and group settings.

We provide monthly home visits by our community health nurse or outreach worker.

We provide weekly food vouchers for milk, eggs and \$4 dollars worth of fruit and vegetables.

We also provide a monthly Good Food Box to all of our prenatal participants.

We provide a culturally sensitive and supportive environment where women and their partners can learn and share their experiences related to pregnancy, childbirth, and child rearing.

OUR VISIONS AND GOALS

- Babies are healthy at birth.
- Babies are breast fed.
- Babies start to eat solid foods by six months of age.

If you would like to sign up for our program, please contact us for your short intake process.

Shelley Clements, RN (604) 483-3009 ext. 234
shelley.c@tlaaminhealth.com

OR

Dawna Pallen
Health Promotion Coordinator
(604) 483-3009 ext. 248
dawna.p@tlaaminhealth.com



Emily Gustafson



Joshua Gustafson



Cecil Hackett



Logan Warren

Nurses in First Nations Health Centres are Using Panorama!



Cynthia, Shelley and Rose from Tla' Amin Health Society

"Tla' Amin was the first First Nations Health Service Organization in BC to go-live on BC's instance of Panorama, the new provincial public health surveillance system. This is a huge milestone and Tla' Amin should be proud of this accomplishment as it came with much effort and patience on their part. Shelley Clements, the Tla' Amin Community Health Nurse, is an important member of the provincial First Nations Panorama Implementation Project Working Group and has provided an enormous amount of practical advice to the project team – advice that helped all of us get to a point where nurses in First Nations Health Service Organizations can access and use the same powerful computer systems

that regional health authority nurses are using. Tla'Amin really helped us to navigate through the complex reviews and validations necessary to put this new tool in the hands of nurses to further support public health service delivery to health centre clients. On behalf of the entire FN PIP Project Team I want to both thank Tla' Amin for helping develop the process for First Nations in BC to access and use provincial eHealth tools, and I want to congratulate Tla' Amin on being the first to actually have a nurse in a First Nations Health Centre access and begin using Panorama to support public health service delivery for First Nations clients."

Karl Mallory, FN PIP Project Manager

Milestones

- Development of rigorous, standards-based Privacy and Security Frameworks for First Nations Health Service Organizations using Panorama
- Organizations currently using Panorama have been "approved" by the BC Ministry of Health as complying with the provincial eHealth Privacy and Security Conformance Standards
- Processes have been developed to support First Nations Organizations to govern their clients' data in Panorama. For example: information sharing agreements; inclusion in the provincial Panorama data governance committee; and the integration of First Nations Health Information Governance in the Panorama Data Governance model.

Healthy Happenings: Accreditation Fair!

Accreditation

Please join us at the Health Centre on February 17 from Noon to 3 PM for our Accreditation Fair and learn more about what we have been doing to improve our programs and operations in preparation for our upcoming review. There will be fun & games, prizes and also a yummy buffet!

We plan to be the second First Nations Health Organization in the Vancouver Coastal Health Region to have completed our Accreditation! The reviewers will be testing us on the quality of our work in the areas such as of safe environment, communications, hand hygiene and clean service areas, staff training, financial management and evaluations of staff, leadership and Board members. Passing this assessment will mean a lot for accessing additional funding and increase opportunities for more programs & services.

Nurse Practitioner

We are now officially the FIRST First Nations Health Organization in the Vancouver Coastal Health Region to have our very own Nurse Practitioner! Acknowledgement to our Board, our President and Elder, and our partners at VCH. The NP will be starting to set up his clinic in February and will be gradually getting ready to take in patients as he gets settled in. We expect him to be fully operational in early March. He will be able to do almost everything that a Physician can do except for narcotic prescriptions.

Emote!

Healthy Happenings is a regular update by Cynthia Jamieson, Executive Director of Tla'Amin Health

Join Us for a Fun Learning Experience!

Learn more about our Quality Improvement Standards

Monday February 17th

12:00 - 3:00

Buffet Lunch Provided

Community Health Boardroom

Fun activities!



Trivial Games!

ACCREDITATION CANADA
Driving Quality Health Services

Prizes!



Diabetes at the tipping point

Dr Paul Martiquet, Medical Health Officer



Diabetes is a serious chronic disease that challenges both the health of individuals, and that of the whole healthcare system. It is the leading cause of heart attack, strokes, kidney failure, blindness and limb amputation and is the number one cause of death by disease in Canada.

The estimated cost of diabetes in Canada was \$11.7 billion in 2010, and is projected to rise to \$16 billion by 2020. For British Columbia, the cost is calculated at \$1.5 billion a year, expected to rise to \$1.9 billion by 2020. These costs are threatening the sustainability of the healthcare system.

Diabetes has reached epidemic proportions and we are at the tipping point. Compared to similar countries, Canada has some of the highest rates of diabetes. Looking at BC specifically, over 338,000 of us are living with diabetes—projected to increase by 62% over the next decade.

Some of the reasons for the increasing prevalence of diabetes is simple demographics: Canada has an aging population. Moreover, some 60% of Canadians are overweight or obese. Combined with sedentary lifestyles, these factors drive the growth in diabetes prevalence.

British Columbians have fewer risk factors for developing type 2 diabetes including lower rates of overweight and obesity, prediabetes, and higher medium incomes than other regions of Canada. At the same time, BC has concentrations of people whose risk of developing type 2 diabetes is higher than the national average: South Asian, Chinese and Aboriginal populations.

A report issued by the Canadian Diabetes Association (CDA) called “Diabetes: Canada at the Tipping Point –

Charting a New Path,” details the growing prevalence of diabetes. Its conclusion is that while some progress has been made by governments to address the problem, that progress is dwarfed by the growing burden of the disease.

The CDA report offers recommendations including some specific to British Columbia. The province should start by building on its Healthy Families BC initiative. That plan should expand to provide weight reduction support for those who are overweight, not just obese. Over half of the adults and close to one in three children and youth in the province are overweight or obese.

The province should also extend its coverage for insulin pumps to include all British Columbians with type 1 diabetes who would benefit, regardless of age. Currently, only children and youth to age 18 are covered. Doing so will not only help improve the quality of life of these individuals, but also reduce the burden on the healthcare system by preventing or delaying serious and costly complications from diabetes.

BC needs to improve access to diabetes medications, devices and supplies to effectively prevent or delay secondary complications from diabetes. For many people, high out-of-pocket costs for diabetes-related medications, devices and supplies remain a barrier for many to effectively manage their disease.

Taking action to combat the growing diabetes epidemic is becoming increasingly critical as the burden of the disease is not going down. Without effective action, diabetes will threaten the health and prosperity of Canadians and our healthcare systems.

Without effective action, diabetes will threaten the health and prosperity of Canadians and our healthcare systems

Dr Paul Martiquet is the Medical Health Officer for Rural Vancouver Coastal Health including Powell River, Sunshine Coast, Sea-to-Sky, Bella Bella and Bella Coola.

Notice | Re: Increased Influenza activity in BC

January 8th, 2014

To First Nations Communities,

Happy New Year to all BC First Nations from the First Nations Health Authority!

In the past week, the number of reported influenza cases in BC was the highest yet this flu season. The most common form of the influenza virus in BC this year is Influenza A(H1N1)pdm09. Influenza A (H1N1) was responsible for the pandemic in 2009. In that year it was predicted that this new virus would result in more hospitalizations and deaths than had been seen in prior influenza seasons. This was not the case; however, young children, teens, and pregnant women did suffer more serious illness due to H1N1.

This year’s flu shot will protect you against H1N1 and keep you from transmitting it to others. In fact, even last year’s flu shot provided this protection because public health officials predicted that H1N1 would return. At this time, H1N1 seems to be a flu virus which has become a regular part of the flu season. It is especially dangerous for children, seniors, pregnant women and those with other health conditions, but H1N1 influenza also causes illness in previously healthy young adults.

We encourage you to take the following steps to protect loved ones and stay well during flu season:

- Wash hands frequently with soap and water;
- Sneeze/cough into your sleeve and not your hands;
- Throw away used tissues;
- Ensure household surfaces are kept as clean as possible; and
- If you are feeling sick, stay home from work or school and call your local health care provider or HealthLink at 811.

Free flu shots for Aboriginal people are available at your Health Centre or Nursing Station, and can also be obtained in physician’s offices or pharmacies. If you haven’t had the flu shot this year, don’t delay- the flu shot remains the most effective way to prevent the flu.

Remember: when you get the flu shot, you are not only protecting yourself, but also your family and community.

If you have any questions about the flu shot please visit: <http://www.fnha.ca/what-we-do/communicable-disease-control/influenza-information> or contact our Health Protection Unit:

Tla’Amin Community Health Services

Dental Clinic - December 7th

Elders Every Tuesdays

11:00 a.m.-1:00 p.m.
Contact: Jean Daly/HCC staff

Prenatal Program

February 5th 19th & 26th 10:00 a.m.-12:00 p.m.
Contacts: Shelley Clements or Dawna Pallen

Good Food Box pick up

February 12th
Contacts: Shelley Clements or Jasmine Brown

Parent/tot drop in

Tuesdays & Thursdays 10:30 a.m.-12:00 p.m.
Contact: Brenda Pielle

Recreation complex

Weight room 5:00 p.m.-8:30 p.m.

Swim/Skate 6:30 p.m.-8:30 p.m.

Every Tuesdays & Thursdays
Contact: Jasmine Brown

Girls Group

Every Tuesdays 4:30p.m-6:30 p.m.
Contact Shirley Louie

Toonie Skate

Every Thursdays 3:30 p.m.-5:00 p.m.
Contacts: Shirley Louie & Tyler Peters

Ball Hockey

Every Wednesdays 5:00 p.m.-7:30 p.m.
Contacts: Shirley Louie & Tyler Peters

Run / Walk group

Every Mondays & Wednesdays @ 5:00 p.m.
Contact: Sandra Tom

Community Kitchen

Tuesday, February 25th 1:00 p.m.-4:00 p.m.
Contact: Jasmine Brown

**Yee x met ta chi chuy (taking care of little ones)
Early Childhood Development Outreach Programs**

February 2014

Kaksem Hegawk “w” Teoshim: ParentTot Drop In

Who: Parents and Infants / Toddlers 0-3yrs old
When: Tuesdays and Thursdays 10:30 - noon
Where: Sliammon Child Development Centre
What: Play time for the children
Songs, rhymes, stories, refreshments

Hosht Ninshem – Family Swim

Who: Parents and children 0-6 years old and their families
When: Sunday February 9, 2014 12:00 noon
Where: Powell River Recreation Complex
What: Private rental of the pool for our community.

Free Admission Swimming – light refreshments in the lobby

Family Literacy Day in Sliammon

Thursday February 13, 2014
Join us at the SCDRC for a nice lunch, storytelling, and singing with a Valentine’s Day theme.

- Please call Brenda Pielle for information about the above programs.
- Interested in more drop in programs for you to attend with your little one?
- Call Brenda for schedule information on the Orca Bus, Strong Starts, and Family Place.

**It’s Not Too Late !
To Get Your Flu Shot.**

Limited supplies are still available at Sliammon Health. Phone 604-483-3009 ext. 234 to make an appointment.

No reason not to take a relaxing stroll on our waterfront



How to handle alcohol

Dr Paul Martiquet, Medical Health Officer



Consuming alcohol is an accepted

and common social practice. We imbibe to celebrate, forget, relax, with our

meals and sometimes, to get us up on the dance floor. However, there are significant implications for health, both for the individual and for the community. We must be aware of the limits and dangers of inappropriate consumption, including from a public health perspective.

We are not saying consuming alcohol is inherently bad nor are we suggesting unreasonable controls. However, there are policies and practices that allow people to enjoy a drink while maintaining some control over potential problems. To that end, a report funded by the Canadian Institutes of Health Research published in 2013 looked at the various practices surrounding alcohol across Canada. The report, called “Strategies to Reduce Alcohol-Related Harms and Costs in Canada,” focuses on the health and safety issues associated with the sale, distribution and consumption of alcoholic beverages.

Over 80% of Canadian adults partake in alcohol and in most instances, do so responsibly. But alcohol is also associated with a wide range of harms, from acute injuries to trauma and violence. It is also connected to the development of many chronic diseases and is one of the leading causes of disease and disability. The research on these links is deep and thorough.

Canadian data indicates that alcohol consumption increased by 13% between 1996 and 2010. Likely reasons for this include moves to increased privatization, more access to alcohol and extensive marketing using sophisticated promotion and sponsorship methods. In fact, international literature connects the privatization of retail alcohol with substantial increases in sales. It also offers an established proxy for excessive alcohol consumption.

alcohol is also associated with a wide range of harms, from acute injuries to trauma and violence.

The “Strategies” report highlights the harms that come from inappropriate use of alcohol and recommends changes in provincial policy to reduce harm from alcohol. All provinces offer some examples of what is effective, and what is not. From these come a number of recommendations that can work to reduce the costs of alcohol for society, and for individuals.

First, alcohol pricing is one of the most potent policy levers to reduce alcohol-related harm. This means setting minimum pricing, a proven method of reducing over-consumption. Pricing should reflect alcoholic content so as to be equitable.

Provincial controls over the sale and service of alcohol offers a strong point of control and provinces should be encouraged to place a moratorium on private outlets including agency stores and grocery store kiosks. That is, government monopolies should be maintained.

Having a comprehensive graduated driver licensing program, as BC does, is an effective way to reduce drinking-driving problems. The program provides for zero blood alcohol levels for all drivers under 21 with less than five years driving experience.

Mandatory server training and ‘challenge and refusal’ programs have been shown to reduce over-service and service to minors. These should be implemented fully across Canada.

Using policy interventions to deal with alcohol-related harms are especially effective because they can work with little administrative cost and bureaucratic machinery, and will benefit all segments of our communities.

Dr Paul Martiquet is the Medical Health Officer for Rural Vancouver Coastal Health including Powell River, Sunshine Coast, Sea-to-Sky, Bella Bella and Bella Coola.

WATER SHORTAGE

Please note that our water system is back in operation at close to full volume. You can resume using water for laundry and other necessities, but please be mindful that we are not yet at full volume.

After almost a week of troubleshooting and trucking in drinking water, a huge contributing factor to our problem was discovered. On Friday, January 24 a large hole in the water supply pipe to the hatchery was found, which was depriving the water plant of its required volume.

The hole has been repaired, resulting in sufficient volume entering the plant over the past few days. We still have some smaller problems, such as air in the supply line, which we will be addressing in the coming weeks. Jameson Water Services will be assisting us with this.

Our apologies for the inconvenience and our extreme thanks for your patience and cooperation.

Sliammon First Nation Administration.

Standing up against Violence towards Aboriginal Women and Children

This letter is a call to action and an open invitation for our brothers, uncles, fathers, grandfathers, and sons to come together and strengthen our campaign to end violence against women and children.

On Thursday, February 13th, 2014 from 9:00 am to 12:00 pm, Aboriginal and non-Aboriginal men will meet at the Hotel Grand Pacific in Victoria to stand up for Aboriginal women and children and to speak out against all forms of violence towards them. You are invited to attend this gathering.

As part of this day of action we are also inviting Aboriginal and non-Aboriginal men across the country to take part in a national One-Day Fast. The purpose of not eating food or drinking water for one day is to honor the women and children in our lives, to strengthen our resolve, and to connect with men across Canada in our commitment to end the violence towards women and children in our communities. We are inviting men across the country to commit to a one-day Fast and to indicate your participation and support by writing your name on the Moose Hide Campaign website at: www.mooshidecampaign.ca. (Please see side of page to make your pledge)

Aboriginal women are three times more likely to experience domestic violence than non-Aboriginal women, and three times more likely than non-Aboriginal women to be killed by someone they know. Too many of our wives, daughters, sisters, aunts, mothers, grandmothers are not safe in their own home. Too many have been murdered or

are missing. It is time for us to change this.

This cycle of violence came from residential schools, racism against our Peoples, and colonization. It was never in our culture to do violence to the women and children in our families and communities, it was always our responsibility to protect them.

Many efforts, projects, and strategies are now under-way throughout the country to change this reality, but we can and need to do more. Silence is not good enough, and simply being a non-abuser is not good enough. We must speak up and take action, and we need to support each other as Aboriginal and non-Aboriginal men.

The Gathering of Men – Standing up against Violence towards Aboriginal Women and Children, will take place on Thursday, February 13th from 9:00 am to 12:00 pm at the Hotel Grand Pacific. At 12:30 pm we will walk to the BC Legislature and hold a Press Conference to speak out publicly against violence towards Aboriginal women and children, and to commit ourselves to action.

This invitation is being extended to Aboriginal and non-Aboriginal males of all ages in BC First Nations communities, Aboriginal Friendship Centres, colleges and universities, Provincial and Federal government offices, RCMP and municipal police forces, and other Aboriginal organizations. We also extend a warm welcome to our non-Aboriginal brothers who want to stand with us and work together to achieve this

vision. Women are also welcome to attend as witnesses. This is a healing journey that we will walk together. Please share this invitation and spread the word.

If you are not able to attend this event, please consider participating in our national one-day men's "Fast". For those men who are interested, we will be "Fasting" on this day (February 13th) as a way of honoring the women in our lives, and as a way of demonstrating our deep commitment to end violence towards women and children. Fasting is a common practice in many countries around the world and has deep roots in many cultural and spiritual belief systems. It represents cleansing, healing, sacrifice, and strength.

Our invitation is for men to fast (no food or water) on this day from the time they wake up to the time they go to sleep. For those who are not able to make this commitment for various reasons, but are interested in participating, we invite you to commit to fasting for a portion of the day. You may also choose to drink fluids, but to refrain from eating food for the day.

For further information, please contact Paul Lacerte at 250-388-5522 or e-mail at: placerte@bcaafc.com Or Jeannette MacInnis at 250-388-5522 or e-mail at: jmacinnis@bcaafc.com

Heart Disease the Number one Killer of Woman

February 7th is National Wear Red Day

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.

Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

This coming National Wear Red Day, Feb. 7, 2014, marks our 11-year anniversary. And looking back on all we've accomplished, we've really made tremendous strides. They include:

- 21 percent fewer women dying from heart disease
- 23 percent more women aware that it's their No. 1 health threat
- Publishing of gender-specific results, established differences in symptoms and responses to medications, and women-specific guidelines for prevention and treatment
- Legislation to help end gender disparities

But despite our progress, women are still dying. They're still unaware of their risks and the facts. And now's not the time for complacency. It's time to stand stronger, speak louder and join us in the fight this National Wear Red Day

A heart attack does not always have obvious symptoms, such as pain in your chest, shortness of breath and cold sweats. In fact, a heart attack can actually happen without a person knowing it. It is called a silent heart attack, or medically referred to as silent ischemia (lack of oxygen) to the heart muscle.

Symptoms of a silent heart attack

"Just like the name implies, a silent heart attack is a heart attack that has either no symptoms or minimal symptoms or unrecognized symptoms," says Deborah Ekery, M.D., a clinical cardiologist at Heart Hospital of Austin and with Austin Heart in Austin, TX. "But it is like any other heart attack where blood flow to a section of the heart is temporarily blocked and can cause scarring and damage to the heart muscle."

Ekery regularly sees patients who come in complaining of fatigue and problems related to heart disease, and discovers, through an MRI or EKG, that the person had actually suffered a heart attack weeks or months ago, without ever realizing it.

"People who have these so-called silent heart attacks are more likely to have non-specific and subtle symptoms, such as indigestion or a case of the flu, or they may think that they strained a muscle in their chest or their upper back. It also may not be discomfort in the chest, it may be in the jaw or the upper back or arms," she says. "Some folks have prolonged and excessive fatigue that is unexplained. Those are some of the less specific symptoms for a heart attack, but ones that people may ignore or attribute to something else."

Causes of a silent heart attack in women

A silent heart attack happens when the flow of blood is blocked in the coronary arteries by a build up of plaque. Studies differ, but some suggest that silent heart attacks are more common in women than in men. Ekery points out that women and their physicians may also be more likely to chalk up symptoms of a silent heart attack to anxiety and dismiss them. Still, she says, the risk factors for a silent heart attack are the same as those for a recognized heart attack, and include high blood pressure, high cholesterol, smoking, family history of heart disease, obesity and age.

A silent heart attack can be just as dangerous as its more obvious counterpart, says Ekery. Because the event often leaves scarring and damage to the heart, it puts the person at greater risk of other heart problems. And because the person didn't know to seek treatment, blood flow to the heart might not have been restored early on, and no medications were administered, so the impact could potentially be greater.

How to prevent a silent heart attack

Ekery advises her patients to know their risk factors, be aware of their blood pressure and cholesterol, exercise regularly and avoid smoking to decrease their risk of a heart attack. Above all, she cautions them to listen to their bodies, and if something isn't right, talk to a doctor. "People know their own bodies, and if something seems unusual, they ought to be evaluated," she says, "particularly if they have any of those risks."



Moosehide Campaign

Dippers and Saucers

Pan Rushed Salmon with Bacon Clam chowder



INGREDIENTS

- 4 slices thick slice bacon, chopped
- splash of water
- 4-6 oz salmon fillets
- 1 onion, chopped
- 1 rib celery, chopped
- 2 cloves garlic, minced
- 1 can (142 g) clams and their juice
- 1 cup heavy cream
- ¼ cup sherry
- 1 bay leaf
- ½ cup water
- 1 teaspoon cornstarch
- 2 green onions, freshly chopped
- 2 tablespoons freshly chopped parsley

DIRECTIONS

1. Toss the bacon pieces into a medium saucepan with a splash of water. By adding water to the raw bacon you're less likely to burn it as it gradually releases its fat and browns evenly. Stir over medium-high heat until the bacon crisps nicely and browns evenly. Strain out the crisped bacon and set aside.
2. Add the salmon filets to the searing hot bacon fat remaining in the pan. Quickly sear each side for 2 to 3 minutes, turning carefully. Remove the filets to a plate to rest. Add the onions, garlic and celery to the pan and cook until they soften and aromatize 5 minutes or so. Add the clams and their juice, the cream, sherry and bay leaf and bring everything to a simmer. In a small bowl sprinkle the cornstarch into the water and whisk or stir smooth. Slowly pour the slurry mixture into the chowder, stirring continuously, cooking for a few minutes until the starch dissolves in and thickens the chowder.
3. Nestle the salmon back in the pan, into the rich chowder. Cover with a tight fitting lid and lightly simmer until the fish cooks through, about 5 minutes more. Carefully transfer the salmon fillets into bowls, ladle the chowder over them and sprinkle with green onions and parsley. Serve and share.

Dark Chocolate Banana Breakfast Shake

INGREDIENTS

- 1 frozen ripe banana
- 2 cups skim chocolate milk
- ½ teaspoon vanilla extract
- 2 tsp unsweetened cocoa powder
- 1 tbs ground flax or chia seeds
- 1 pinch cinnamon

DIRECTIONS

1. Break frozen banana into the blender. Add cocoa powder, chocolate milk, vanilla and cinnamon. Blend until smooth.
2. Pour breakfast shake into chilled glasses and serve.



February is *Heart* Month

By Brenda Pielle

Early Childhood Development Outreach Worker

With Valentines Day being this month we are thinking about our hearts and the hearts of everyone in the family. To me this means thinking about our physical health as well as our emotional health.

For physical health it is important for us all to take the time to do some physical exercise for our heart's sake. It is great if we as parents can model for our children a lifestyle that includes some exercise. In today's world it is easy to get through the day with no activity. Modern conveniences and remote controls make it so we can do things without moving. It is great to see so many community members involved with physical activities such as soccer, boot camp, swimming, and walking. Even little things like parking a bit further from the store or taking the stairs instead of the elevator can help us to build in some movement to our regular chores and tasks.

For our young children it is never too young to start making sure that physical activity is a part of everyday. Strollers and playpens are great places for our babies and toddlers to be safe. When it is safe to do so like in the mall or at the park, we need to remember to allow our toddlers to get out of the stroller and do some walking. When we are able to be right there to keep them safe, we need to allow our babies to have some time on the floor to practice pushing themselves up with their arms, crawling, or standing. Older toddlers and preschoolers can enjoy lots of different kinds of physical activity at parks, beaches, the recreation complex, or just out in the yard. Exercise is so important for children's growing and developing heart as well as for their other muscles. Regular

activity at a young age also helps our children to develop a healthy lifestyle that they can continue as they get older.

On the emotional side, our hearts need to receive and give lots of love. It has been proven through clinical research that love helps a baby's brain grow. The brain continues to grow in size and develop its learning patterns from conception to three years of age. All the hugs, cuddles, laughter, and "I love you" words that you share with your young one actually help the brain to grow. After three years old, children of course still need lots of love and affection to help them feel special and secure so that they can go about the business of learning.

As parents we need to take the time to love ourselves and love each other. Sometimes we can get so focused on the children, we forget to tell our partner that we love and appreciate him or her. For single parents, you have a double job. Give yourself a pat on the back or give yourself a hug. Make sure you take some time for yourself. There is sure to be someone in your family or in the community who would be willing to watch your children so you can go for a walk or have coffee with a friend. You deserve it!

I wish you and your family lots of love, activity, and a "heart smart" month of February



Emergency Preparedness and Response Countermeasures Workshop is Vital to Protecting our Lands and Resources

By Steve Gallagher

With great land comes great responsibility. Such is the case for our oceans and rivers that reside in our traditional territory. Oil spills can happen at any time but with proper training and preparation, disasters that cause contamination can be managed with the right tools and brains that work together and avoid loss of life for our people and our habitat. On January 21st representatives from Riverspill Response Canada and G&G Environmental shared their skills and experience with staff that work in the Lands and Resources Department to provide an eye opener to what the potential dangers are to oil spills in our rivers and oceans.

The BC Inland Oil Spill Response Plan defines the scope and structure of the provincial government's involvement when responding to a major inland oil spill stemming from such threats as a pipeline or tank-farm rupture, train derailment, or vehicle accident. The BC Ministry of Environment is responsible for provincial preparedness and response management for spills. This responsibility is designated under the Emergency Program Act and its Emergency Program Management Regulation.

Provincial involvement may be jointly shared with federal agencies, local government, First Nations and industry, or may be solely a provincial government endeavour. This plan is intended to operate concurrently and in cooperation with the plans of other responding jurisdictions and companies.

This plan complies with the BC Emergency Response Management System (BCERMS). BCERMS is based on the international Incident Command System (ICS) widely used by industry and government agencies in Canada, as well as in the United States for environmental emergency management at the site (Incident Command Post) level of response. Implementation of this plan is by an Incident Management Team. Elements of the plan, such as membership of a team, training, notification, and equipment are defined in the ministry's Environmental Emergency Program's policies and procedures. The BC Inland Oil Spill Response Plan is also supported by guidelines and manuals that provide additional information required for effective response. The plan identifies this information.

Characteristics Of Incident Command Post (Site) Response

Generally, Incident Command Post (site) response manages a single spill source or incident, such as an oil spill (vessel grounding) or hazardous material incident (railway



Many birds and animals ingest oil when they try to clean themselves

accident, tire fire). Site response is where the BC Emergency Response Management System Site-level Standard 1001, and internationally-established Incident Command System (ICS) within this standard, are applied by an Incident Management Team. This ICS organizational structure is designed to handle small to large and complex incidents. Its modular structure and organization expands to meet emergency management demands.

Three fundamental features delineate site response: 1) the first line of communications to field personnel, including media and assisting/cooperating agencies; 2) where tactical (operational) planning and decisions are undertaken; and 3) where Unified Command (functional or jurisdictional) is established among participating government agencies, First Nations, and Responsible Party (company).

The facility where an Incident Management Team manages site response is the Incident Command Post. This temporary facility may be near the incident or many kilometers away, and may be as simple as a trailer or established emergency operations building. The "field" is where response personnel implement the approved tactical (operational) directions such as shore cleanup, wildlife rescue, decontamination, and waste handling. The number of response personnel at the site's

Incident Command Post and in the field can be from a few people to hundreds.

Oil spills can be very harmful to marine birds and mammals as well as fish and shellfish

Following an oil spill, there are specialists and veterinarians to deal with oiled wildlife. These experts are trained on how to clean oil from animals, rehabilitate them, and return them to the environment.

Oil destroys the insulating ability of fur-bearing mammals, such as sea otters, and the water-repelling abilities of a bird's feathers, thus exposing these creatures to the harsh elements. Without the ability to repel water and insulate from the cold water, birds and mammals will die from hypothermia.

Many birds and animals also ingest oil when they try to clean themselves, which can poison them.

Fish and shellfish may not be exposed immediately, but can come into contact with oil if it is in the water column. When exposed to oil, adult fish may experience reduced growth, enlarged livers, changes in heart and respiration rates, fin erosion, and reproduction impairment. Oil also has effects on eggs and larval survival.



Rick Grindrod (left) and Ian Lambton share their experiences responding to riverspill disasters in B.C.

The Facts about Treating our Drinking Water

To disinfect drinking water means to clean or sterilize it so that it does not infect humans and animals, and their surrounding environments. You disinfect water when there is a chance it carries germs that could make you sick.

When should I disinfect my drinking water?

- In B.C., drinking water suppliers are required to treat raw water to remove germs that can make you sick. However, there may be times when you need to disinfect your own drinking water, such as when:
- Your community is given a 'boil water' notice.
- You get your drinking water directly from a stream, river, lake, or creek, or from a shallow or improperly constructed well.
- Tests of your water show it has human waste (feces) in it, which is called fecal coliform.
- A flood, earthquake, or other disaster has disrupted the water supply in your community.
- You are travelling in an area where water is not well treated.
- You have a weakened immune system.

Why should I disinfect my drinking water?

When you disinfect drinking water, you kill germs such as bacteria, viruses, and parasites. Many different diseases are spread by germs and can infect drinking water. These are called 'water-borne infections'. Common infections include Campylobacter, Salmonella, Cholera, Amoebic dysentery, Giardia (beaver fever), Cryptosporidium, and Toxoplasma.

Water-borne infections happen when animal or human feces containing these germs get into drinking water.

Open waters such as lakes and streams are more likely to get infected than water flowing deep under the ground. The closer water is to the surface, the greater chance germs can get in the water.

What is the best way to disinfect water?

The best way to kill germs such as bacteria, viruses, and parasites, is to boil the water.

Boil water at a full boil for at least 1 minute. If you are using an automatic shut-off kettle, make sure the water has boiled for 1 minute. At elevations, over 2,000 meters (6,500 feet) boil water for at least 2 minutes to disinfect it.

Let the water cool. Always store your clean water in clean containers made for storing food or water.

Boiling does not make heavily polluted water safe.

Can I use bleach to disinfect water?

Yes. If you cannot boil water, you can disinfect it using unscented household bleach.

Do not use scented bleaches, colour-safe bleaches, bleaches with added cleaners, or non-chlorine bleach.

Bleach will kill some, but not all the different types of germs that could be in the water. Water disinfected with bleach is called 'treated water'. Bleach does not work if the water is heavily polluted or when polluted with chemicals. Boil the water if you are concerned your water has parasites such as Giardia or Cryptosporidium. If you are ever unsure about the safety of your water, even after it has been treated with bleach, do not consume it.

Bleach works best when added to warm water that is about 20°C (68°F). To treat your water, add 2 drops (0.1 mL) of unscented household bleach (about 5.25% chlorine) to 1 litre of warm water.

Mix the bleach and water together. Cover it and let it stand for at least 30 minutes before drinking. You should notice a slight chlorine smell after the 30 minutes. If you don't, add another 2 drops. Let the water to stand for another 15 minutes.

If the water is cloudy, colder than 10°C (50°F), or if your water is from a lake, stream, or shallow well add 4 drops (0.2 mL) of unscented household bleach (about 5.25% chlorine) to 1 litre of water.

Mix the bleach and water together. Cover it and let it stand for 1 to 2 hours before drinking. If the treated water has a strong taste of chlorine, let the water stand open to the air for a few hours. You can also pour it back and forth from one clean container to another several times. The longer the treated water stands the better it works to disinfect the water.

If you are using chlorine tablets, follow the directions on the package.

What if the water is cloudy or murky?

If the water is cloudy or murky, filter it before boiling or treating the water.

Pour the water through a clean cloth or coffee filter. Let any remaining bits settle to the bottom. Pour off the clear water into clean containers made for storing food or water. The water might still look a little cloudy. If you are ever unsure about the safety of your water, even after it has been filtered, do not consume it.

Can I use iodine to disinfect water?

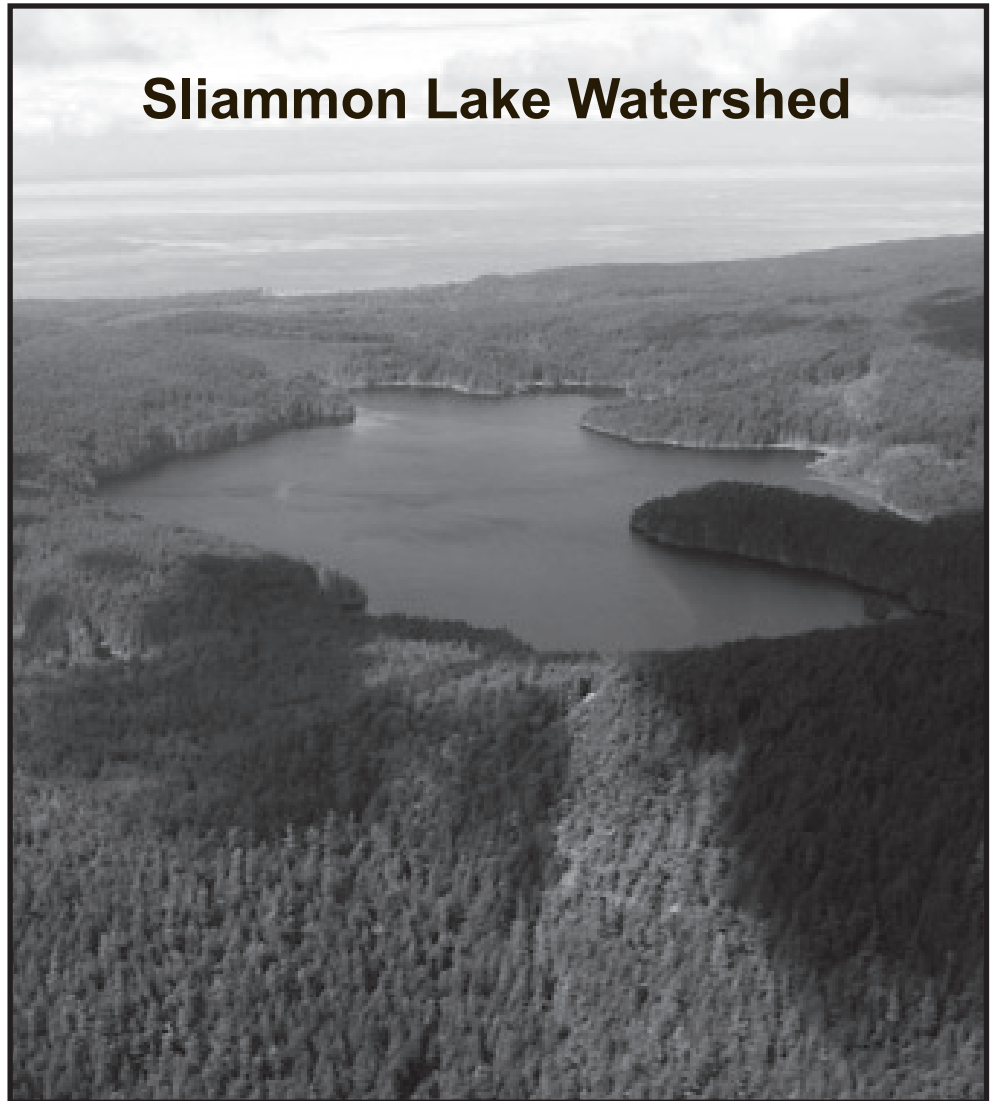
Yes. You can use iodine but only for over a short period of time. If you use iodine for more than 1 to 2 months, you could get thyroid problems. Pregnant women should not use iodine drops to disinfect water as it could harm the unborn baby.

Iodine works best when added to warm water that is about 20°C (68°F). To treat warm water, add 5 drops (0.25 mL) of 2% Tincture of Iodine to 1 litre of warm water.

Mix the iodine and water together. Let it stand for at least 30 minutes before drinking.

To treat cold water that is between 5 to 15°C (41-59°F), use the same amounts, but

Sliammon Lake Watershed



let it stand for 40 minutes before drinking. If you are using iodine tablets, follow the directions on the package.

Can I use filtration or other treatment methods to disinfect water?

If your drinking water will require treatment for a long period of time, you may want to think of other sources of drinking water, such as bottled water, or installing a filtration system. If you are going to install a filtration system, make sure to check with a reliable supplier who can help you with installation and ongoing maintenance. To remove some types of germs, such as Giardia, filters must have an absolute pore size of 1 micron or less, and be certified by the National Sanitation Foundation (NSF) International or another accredited third party agency. For more information on the National Sanitation Foundation, visit www.nsf.org.

Jug-type water filters (such as Brita®), are not made to remove germs from an unsafe water supply and will not remove Giardia. Some built-in water filtration systems will remove Giardia, but they need regular and thorough maintenance to work well. For information on certification of treatment devices, visit the Standards Council of Canada (SCC) at www.scc.ca.

Other types of water treatment units, such as distillation and UV units are also available. Check with local water purification suppliers or your local environmental health

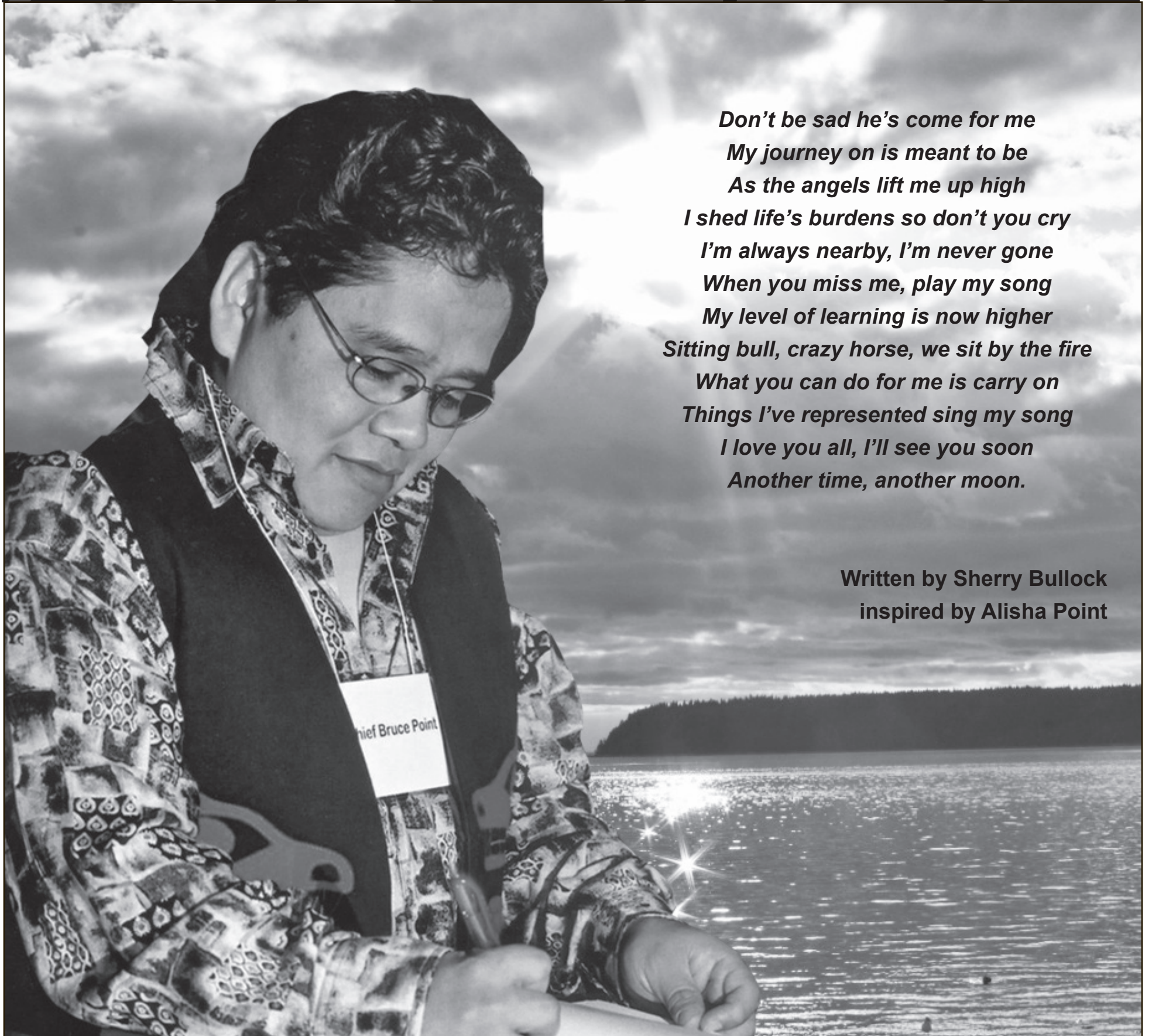
officer for more information. The treatment unit should be certified by NSF International, or another accredited third party agency for cyst reduction or inactivation.

When should I use disinfected water?

Use treated, boiled (and then cooled water), or store-bought bottled water for the following activities:

- Making baby formula.
- Brushing your teeth.
- Making coffee or tea.
- Cleaning raw vegetables and fruit.
- Making drink mixes such as using juice concentrates or drink crystals.
- Washing dishes. If you wash dishes by hand, let them air dry. If your dishwasher does not have a hot or sanitation cycle, soak the dishes for 1 minute in a solution of bleach and warm water. Mix 2 ml of bleach for every 1 Litre of untreated water.
- Filling pet dishes.
- Making ice cubes. Freezing does not kill germs or clean the water.
- Bathing children.

To reduce the chance of your child swallowing water that might still have germs, give sponge baths using clean water. Adults can bathe or shower using water that has not been disinfected, as long as they do not swallow any of the water. After bathing or showering, wash your hands with disinfected water.



*Don't be sad he's come for me
My journey on is meant to be
As the angels lift me up high
I shed life's burdens so don't you cry
I'm always nearby, I'm never gone
When you miss me, play my song
My level of learning is now higher
Sitting bull, crazy horse, we sit by the fire
What you can do for me is carry on
Things I've represented sing my song
I love you all, I'll see you soon
Another time, another moon.*

Written by Sherry Bullock
inspired by Alisha Point

Message from Chief & Council

2014 got off to a very sad start for the Sliammon Community as former Chief and current Councillor Bruce Point was called home by the Creator.

Bruce will be missed dearly by our Chief and Council as he was a very valuable member of our team. His calm demeanor and great memory of historical events were always very helpful in our discussions at the Council meetings. He was also a very valuable member of the team at the water plant. We will miss his dedication to his work and his strong commitment to preserve community safety. He held the community close to his heart.

I personally learned a lot from Bruce and had a great deal of respect for him. On behalf of Chief and Council and Sliammon staff, we pass along our heartfelt condolences to his family.

Chief Councillor Clint Williams