



NEHMOTL "US"

March 2014

Community News | Events | Updates for the Sliammon People

Entrepreneurial program brings out the BEST for business



24 participants learned valuable business ideas over twelve evening sessions

By Elaine Tom

Well, the BEST Program has come and gone!

Sliammon Development Corporation recently hosted the Aboriginal BEST Program. This free program offered entrepreneurial training within a span of 12 evening sessions. The students learned to identify viable business ideas, determine if it was feasible and start to take steps to grow their business. They also were made aware of how to conduct market research, the startup to their own business plans and to explore their options with financing a viable business. The program was also helpful to those who had an interest in business but were not yet clear on a specific idea. The program was open to anyone of Aboriginal descent, including Metis, Inuit, status or non status and, who were interested in starting their own business.

We initially started out with 34 people who expressed interest and who signed up for the program, but in the end, we had a determined group of 24 participants who hung in there and completed the program.

Hands up to all the students, who took on the overwhelming task of attending evening classes, even through the trying times of families needing them, working all day, not feeling well or just plain old tired, but they persevered and did it!! And a big part of who kept them entertained and interested was their trainer Bruce

Lacroix, who is the Provincial Coordinator of the BEST Program and CEO of the Canadian Centre for Aboriginal Entrepreneurship Inc. The students were also entertained by Rod Allan, CAO of the Sliammon Band, who attended one of the nights as a guest speaker; Rod was the facilitator for the BEST Program which was offered in Sliammon a few years ago.

Throughout the program the students were treated to a catered dinner each night; and the great part of it was that we were able to use our own community members, five of whom participated in the BEST Program; great job ladies!(Belinda Williams, Evie Tom, Lorraine Menendez, Luciana Carta, Rose-Ann Louie) and Colleen Wilson, who catered our first introductory dinner.

Bruce was very entertaining, approachable and attentive to their ideas and answered any questions they had for him. We asked the students to complete an evaluation on the program, to get feedback on their experience, comments on the program and their review of their trainer, Bruce Lacroix. The following is some comments received from the participants:

"had a great sense of humour" "made learning fun" "instructor was awesome, kept the course interesting" "teacher had very good teaching skills" "the aboriginal Best Program was informative, fun and extremely helpful," "Bruce has a lot of knowledge, he teaches

in a simplified, humorous way" "a lot of information that I did not know" "taught with life stories, humour, simplified as best as could be"

We were very fortunate to have Bruce facilitate the Aboriginal BEST Program; we had the best of the best!

On the last day of the program, Bruce invited the students along with their guests and treated everyone to dinner at the Town Centre Hotel where they were presented with their certificates for the completion of the Aboriginal BEST Program. While accepting their certificates some of the students addressed the group and thanked Bruce with a few gifts; where they reflected on their experience and expressed their thoughts on the program. Thank you to Chief Clint Williams and Rod Allan for joining in and witnessing this commemoration.

Congratulations and acknowledgements to the following:

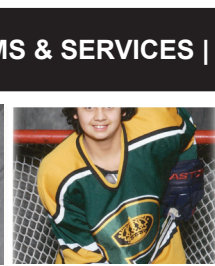
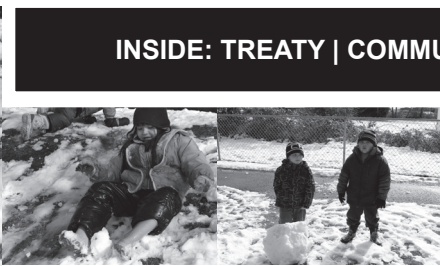
Adeline August, Jade August, Paul August, Edward Brandt, Luciana Carta, Arlene Harry, Shawn James, Michelle Laboucane, Cameron Louie, Rose-Ann Louie, Lorraine Menendez, Paul Mignot, Dawna Pallen, Sherman Pallen, Ivan Rosypskye, Heather Timothy, Randy Timothy Sr., Evie Tom, Matt Tom, Peter Vaness, Wendy Westgate, April White, Belinda Williams and Alvin Wilson. Great job guys and gals, you showed real dedication, commitment and perseverance in keeping up and sticking to the program all the way to the end!

Thanks to the Tla'Amin Health Society who opened their doors for the students and helped make it possible for the program to be run from the Tuximay building. All in all, it was a great experience for all and hopefully we will be able to carry out the program again sometime in the near future. Best of luck to all who participated and may you be successful in whatever you choose to do with this fresh knowledge.



Bruce Lacroix is the Provincial Coordinator of the BEST Program

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Chief Negotiators Message

Signing event marks one step closer to effective date



The Sliammon Treaty Team is making preparations for a formal signing event to take place on Saturday, March 15, 2014. The Tla'amin Final Agreement will be signed by British Columbia and Tla'amin. Federal representatives will be in attendance to participate in the event. The agreement will then be brought to Ottawa for the signature of the Federal Minister of Indian Affairs. The final step in the approval process will be for Canada to pass Federal Settlement Legislation in Parliament.

Sliammon membership is invited, and strongly encouraged, to attend and witness this historic event. Details for the event have been circulated door to door in the Sliammon community. Mail outs are being done for our members who do not live in Sliammon. There is a notice posted up on the Sliammon treaty website at www.sliammonfirstnation.com. Our team is making all efforts to ensure that our members are aware of the event, and are made welcome to attend.

The approval of the Final Agreement will allow the parties to set an Effective Date. Effective Date will be the date

that the treaty will come into effect. We are anticipating April of 2016, which is approximately 24 months away. We are now another important step closer to the implementation of our treaty.

A Joint Steering Committee (JSC) has been established to provide the direction for the development of laws in preparation for Effective Date. The Joint Steering Committee is made up of appointments from Chief and Council and from the Sliammon Treaty Society Board of Directors. The CAO and the STS Manager are assigned to the JSC, and they in turn provide direction for staff resources required throughout the process.

The JSC has formed three working groups. They are (i) Lands and Resources Working Group, (ii) Governance Working Group, and (iii) a Finance Working Group. The three groups are developing approximately 26 sets of laws that will come into effect at Effective Date. The working groups are made up from Chief and Council appointments, STS Board appointments, SFN staff assignments, STS Staff assignments, Sliammon community representatives, legal representation, and specialized advisors where required.

The working groups have been in operation for approximately a year already and very good progress has been made. The groups will be hosting community information sessions in the near future. Updates will be provided and community members will have an opportunity to provide input into some very important work currently underway.

The pace of work is intense, and exciting at the same time. We look forward to seeing you at the signing event in March.

Education Update

Quote: Parent interest is closely linked to school achievement and if it matters to you it will matter to your child.

Congratulations to Mary Peters, Tyler Pielle, Tia Rosypskye and Emily White who made the honor Roll! Great job!

March 5 Interim Reports mailed

12th Early dismissal at 2:15 p.m.

14th Student/Parent/Teacher Interviews
6:30 – 8:30 pm Last day of classes
before Spring Break

31 stSchool reopens

April 11 Last day of Term3

18 Good Friday

21 Easter Monday

29 Report Cards issued

Provincial exams include English, Math, and Science at grade ten, Socials at grade eleven and English or Communications at grade twelve.

STUDENTS can access their exam results on the Student Secure Web at www.bced.gov.bc.ca/exams/tsw/student/welcome.jsp.

Students will be required to identify themselves using a set of standard criteria that will include, but not be limited to, their Personal Education Number (PEN), date of birth, and last name. Once access has been granted, students create a password to view their exam and scholarship scores.

Grade 12:

Semester 2 marks are the beginning of a busy time for Grade 12 students. There are many important post-secondary deadlines ahead

Post-Secondary Applications

To be considered for early admission at most of the major universities, all applications need to be in by the end of February. Applications for all post-secondary programs should be sent as soon as possible—even if their deadlines are in March or later as admission into many programs are on a first-come, first served basis and they have wait lists. Students are advised to read the admission requirements carefully, as they may have to attend an information session or interview or submit a portfolio before admission is granted. The easiest way to apply is through the Post Secondary Application Service: www.pas.bc.ca

PSI Choices Form: Grade 12s applying for a post-secondary program must arrange to have their high school marks sent to the schools of their choice. This can be done electronically using the Ministry of Education's Post-Secondary Institutions Selections Form. It is available online at www.bced.gov.bc.ca/exams/tsw/tsw/student and students will need their PEN number and account information to access the site. See a counsellor if you would like assistance with this process.

Local Powell River scholarship application forms will be available during the month of March from the school office

There are many bursaries available for our First Nations students. Please remember to apply. Students can be awarded many bursaries if they meet the eligibility requirements. Some of the bursary requirements are, work habits and attendance!

Attendance Tips.

1. Set a good example for your kids – arrive on time and model punctuality

2. If your child MUST be absent, inform the school every time

3. Schedule appointments out of instructional time

Upcoming Events

Celebration of Success – May 22nd, 2014

The First Nations Education Program would once again like to recognize and reward Sliammon student achievement for Grades K to 12. The selection of the students depends on a broad range of academic and non-academic areas using guidelines set out by the district First Nations education staff. The intent of the celebration of success is to reward and motivate all students to achieve to the best of their ability. The categories we have chosen to highlight include; strong work habits, academic achievement (math, science, social studies, English), Sliammon Language, participation in extra-curricular activities, social responsibility and good attendance.

Story to Song Workshop

May 16th & 17th

Day One: Story Day Two: Song

Elders, story-keepers will be invited to share stories. The stories can be traditional stories, historical stories, traditional teachings/medicines/place name stories, long ago/childhood stories, whatever the story keeper chooses to share.

Participants will be invited to ask questions and share a respectful dialogue with the storytellers.

The stories will then be used to compose songs. Our traditional language will be used in the songs.

If you are interested in attending the workshop, please leave your name with Karina Harry, Louise Dominic, Lindsay Louie or myself. We will get a registration package for you to fill in or you can pick up (and drop off) packages at the First Nations office at Brooks or at James Thomson School.

1. Participants are expected to attend both days
2. Participants will be housed in the cabins at Haywire Bay. Due to limited parking, a bus will pick up participants that will not be paddling over from Powell Lake and drop them off at Haywire Bay. Elders and story tellers will be transported home and back each day.
3. Students in grades 10 – 12 will be given to 2 school credits OR work experience hours for graduation transition. Clearance has been approved by the school for students to attend in lieu of school for Friday, May 16th
4. The workshop is open to all community members who wish to participate.
5. Meals and snacks will be provided.
6. Evening activities you can sign up for may include; drum making, cedar weaving, salish weaving, lahal, canoeing, food preparation etc. (all dependent on interest level).

James Thomson

1. May Day – May 16th

2. Music Festival – at the Evergreen Theatre. The intermediate choir will be performing the Sliammon Love Song on Friday, February 28. Many thanks to Joanne Hansen for putting the work in to this performance.



Elders Treaty Information Session and Luncheon

Friendship Club Update

By Karina Harry

We are more than half way through our school year. It has been a year filled with lots of challenges and excitement. In addition to teaching, I have been running an afterschool program at James Thomson every Tuesday, since October. Every Thursday, I collaborate with Tla' Amin Health's Girls Group and join them in their weekly skate. The goals for my program are to promote healthy and active living. Each week I provide the children with a nutritious snack engage them in a craft or bake with them, and end with games that promote physical health.

My last Tuesday session will be held on March 11. Once we return after spring break, I will be adjusting my program and trying new things with the students at James Thomson. I would like to begin a "Student Walking Club" after spring break, when we have more promising weather. I will provide the community with more details closer to the date. If you are interested in registering your child, or have any questions, please feel free to send me an email at karina.harry@sd47.bc.ca

Tutoring

1. Monday 5 pm- 7 pm at ahms tah ow school
2. Tuesday- 3:15 - 4:30 pm at Brooks Secondary School (bus transportation provided)
3. Wednesday- 5 pm- 7 pm at ahms tah ow school
4. Thursday- 3:15 - 4:30pm at Brooks Secondary School (bus transportation provided)

Also, there is a e-block (tuesday and thursday) at brooks secondary in which students have an opportunity to get extra help from his/her teacher in the subjects for homework or extra help if struggling!!!

My availability for post secondary is as follows is that I am at the sfn band office on fridays from 1:15- 4:00 pm

But, I make self available if needed via email, facebook, and text messaging. Louise Dominick Telephone:604-483-9646 ext.230
Email: postsec@sliammon.bc.ca

Events at Brooks Secondary School for March

March 5th Interim Reports mailed

March 12th Early dismissal at 2:15pm

Student-Parent Teacher Interviews at 6:30-8:30 pm

March 14th schools close for spring break

March 17th – 28th SPRING BREAK (no school!!!!)

March 31st schools reopen

DSTC Developmental Standard Teaching Certificate

Are you interested in being a student for the next two years? Klahoose and Homalco are interested in having some of their community members take the course if we are able to secure funding. The certificate would enable you to teach within the public and private school system.

The college of teachers would allow you to teach and be on the regular payroll instead of the interim teaching position which you have to re-apply every year in order to teach.

What is the plus side? A language teacher would work with the class so that you can become semi fluent in the language and the writing.

If interested please contact, Betty Wilson, Gail Blaney, or Karina Harry to put in your name. We need a minimum of 10 names from Sliammon in order for us to apply for the program.

Brooks First Nation Leadership Group

With Jared Tom



Jason is the current teacher at Ahms Tah Ow School and is always looking new students to register. Please contact Jason if you require further information on different courses or workshops available through the school.

This is the fourth in a series of articles written by students in the Brooks First Nation Leadership Group.

There are many leadership opportunities for students to take advantage of when they are in High School. Taking on a leadership role is not always easy because students may have homework or job demands. However, the benefits of the skills and knowledge they learn by taking on a leadership role in school will last throughout their lives.

Our Brooks leadership group provides an opportunity for First Nation students to learn many skills including: public speaking, interview skills, prioritizing time commitments and working as a team member.



Gerry Brach – Brooks Secondary School Counsellor/Head Teacher Ahms Tah Ow School

Jared Tom Reports from Brooks School

Hello, my name is Jared Tom and I am a Grade 12 student at Brooks. School hasn't always been easy for me as I struggled in Grade 9 and had to go to the Alternate School for a year. While I attended the Alternate School both my attitude towards learning and my attendance improved a great deal. Brooks School gave me another chance, which I am glad they did.

Jason Rae was one of the teachers who helped me the most while I was a student at Brooks Offsite and when I returned to Brooks in Grade 11. Mr. Rae is a good guy to talk to and he also had some fun activities in his KORE classroom like the N.H.L. playoff game.

Now that I am in grade 12 I have met some new friends and also enjoy my classes a lot. Soccer skills is my favourite class. I also played soccer on the school's senior boy's soccer team which was a lot of fun.

Last summer I was a Youth Leader at the Tech and Rec Summer Camp at Ahms Tah Ow. It was a good learning experience for me as I got to connect with a lot of young kids from Sliammon that I still see and talk to. The young kids look up to me, so I try and be a good role model for them.

In the next few years I hope to learn some carpentry skills as I enjoy working with my hands. Once I become a carpenter I am thinking about moving to Vancouver to look for work.

In terms of advice for new students coming to Brooks, I would like to suggest that they stay focussed, attend class and always keep a positive attitude.

March is Nutrition Month

5 Reasons for Your Teen to Eat Breakfast

You've heard it since grade school: Breakfast is the most important meal of the day. But with a morning of competing priorities, snooze buttons and questionable appetites, it's easy to skip breakfast. It's estimated that 12 to 34 percent of children and adolescents regularly miss the morning meal.

While teens aren't always on board with what you say, they are easily influenced by their friends, and that includes breakfast behavior. A study in the *Journal of the Academy of Nutrition and Dietetics* found that teens are more likely to eat breakfast if their friends do, which is especially true in a social setting.

Eating a healthy breakfast (versus one that includes doughnuts or soda) can help your teen get more nutrition and even perform better at school. Need more? Check out these five reasons for your teen to eat breakfast this new school year.

Energy. Along with sleep and exercise, breakfast is one of the best ways to recharge your batteries. It's the perfect opportunity to get energy-boosting carbohydrates like whole-grain bread, oatmeal and fruit. Create a breakfast with staying power using protein and carbohydrate combos like fruit and yogurt, whole-grain cereal with milk or a whole-grain waffle with nut butter. Breakfast is an ideal way to energize so there will be no sleeping in class!

Improved concentration. Studies suggest that eating a healthy



breakfast improves brain function — particularly memory and recall. This is essential for soaking up new knowledge and applying it later for a big exam.

Better grades. Research shows students who eat breakfast perform better academically. It's not fully understood why, but scientists believe it may be because breakfast supplies essential nutrients to the nervous system to rev up brain power. Or the explanation could simply be that breakfast alleviates hunger and a rumbling tummy, which can interfere with academic performance, behavior and self-esteem.

Healthy weight. Teens may think skipping breakfast is a good way to save on calories and lose weight, but quite the opposite is true. Breakfast skippers tend to weigh more than those who eat breakfast regularly. Additionally, those who eat a morning meal tend to make healthier food choices

throughout the day, which can positively impact weight and long-term health.

It tastes great! This may be the most compelling reason to enjoy breakfast before a long school day. Warm up with a hearty bowl of oatmeal on a cool morning or hydrate with sweet chunks of fresh fruit and yogurt when it's warm outside. With so many options on the table, you're sure to find something that works — peanut butter on whole grain toast, fruit, eggs, yogurt or last night's leftovers ... what's not to love?

Encourage eating breakfast daily at home or school and make it easy. Grab-and-go meals like a waffle with peanut butter, a boiled egg and fruit or homemade oatmeal bars make eating breakfast a breeze.

Though it may take time, helping your teen eat a nutritious breakfast today will build healthy eating habits that last a lifetime.

Dos and Don'ts When Dining Out with Your Preschooler

A child's life is full of firsts. First steps, first words, first tooth and for parents who enjoy eating out we can add a child's first meals at a restaurant. For preschoolers, ages 3 to 5, the meals may be small but there are big lessons to learn about lifelong healthy dining habits.

Good Things in Small Packages

Children are not just small adults especially when it comes to nutrition. Every bite should deliver healthy nutrients for growing bodies and minds. Filling up on chips before the "real food" arrives is a bad habit for two reasons: they'll often consume too many calories and they won't have room for the healthy items.

Fruit First

Depending on age of the preschooler — whether they need mashed bananas or are fine with finger foods — ask for cut up fruit while you enjoy an appetizer. It will keep them occupied and contribute to the one cup of fruit they need per day.

Be a Cut Up

To prevent choking, cut grapes and other solid foods, such as meat, poultry and hot dogs, into tiny bites.

Table Lessons

Teach kids to slow down and savor flavors. Parents are powerful role models so set a good example by setting a relaxed pace. Dining out with small children helps encourage a healthy curiosity about food and how to behave at the table.

Pasta Please

The old stand-by plate of pasta is a toddler favorite. Penne, macaroni or shells are easiest for small children to maneuver on to a spoon. Ask for pasta with a little olive oil or marinara sauce rather than coated in melted butter or cheese sauces.

Simple is Best

Often side dishes, even steamed vegetables, are highly seasoned. Request that a child's vegetables be made without added salt. Order a plain baked potato or sweet potato, mash and season lightly at the table.

Beware the Hot Stuff

Kids move fast. Be aware that hot foods can hurt tiny mouths and then oh, the tears! Avoid spicy foods, too. It's always best if you taste it first.

Don't Be Afraid to Try It

Some kids are more adventurous than others but, it's important to encourage tasting new foods when dining out. The more variety in the diet, the more nutrients provided.

Learn to Share

Whether its splitting a platter of pasta for the whole family to sample or ordering one slice of cheesecake with four forks; dining out teaches proper portion control when you share.

Skip the Sodas

Dining out used to be a special occasion so soda was an OK treat. But, since most kids dine out multiple times per week think about the drinks. Encourage fat-free milk, plain water or make your own special "soda" by mixing equal parts fruit juice and sparkling water.

Smoothie Pops

Triple Berry Smoothie Pops:

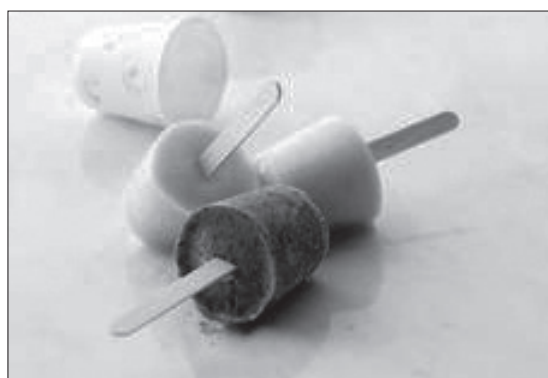
- 1 cup (250 mL) fresh or frozen strawberries
- 1 cup (250 mL) fresh or frozen blueberries
- 1 tbsp (15 mL) sugar or liquid honey
- 1 cup (250 mL) Milk
- 1/2 cup (125 mL) raspberry yogurt

Just Peachy Smoothie Pops:

- 2 cups (500 mL) fresh, canned or frozen peaches or apricots, sliced
- 2 tbsp (30 mL) liquid honey or sugar
- 1 cup (250 mL) Milk
- 1/2 cup (125 mL) peach yogurt or vanilla yogurt

Banana Pineapple Smoothie Pops:

- 1 very ripe banana
- 1 cup (250 mL) frozen or drained canned pineapple chunks
- 1 to 2 tbsp (15 to 30 mL) sugar or liquid honey
- 1 cup (250 mL) Milk
- 1/2 cup (125 mL) vanilla yogurt or plain yogurt



In a blender, combine fruit and honey or sugar and milk; purée until smooth. Add yogurt and pulse just until combined. Pour into ice-pop moulds and insert sticks, or pour into 1/3 cup (80 mL) paper cups. If using paper cups, freeze until partially firm then insert sticks, straws or plastic spoons. Freeze until solid, for 2 to 4 hours or up to 2 weeks.

TIP: If using paper cups, once the smoothies are frozen solid, transfer to an airtight container to make sure they don't get freezer burn.



Tuximy Wellness Support Group Hires Facilitator



Hello my name is Nina Peers. I have lived in Powell River most of my life. I am very happy and honored to be a part of the Tla'amin Health Wellness Team – Addictions & Tuxahmi support group. I have completed my Addictions Careworker Diploma through McMasters University and have many years of experience dealing with alcoholism and addiction. I am also very familiar with the effects of addiction/alcoholism on families. Confidentiality and respect is a priority with the people I work with and myself. If you struggle with addiction or have been affected by it, please feel free to drop in for one on one or come join us at Tuxahmi support group.

1. **Are you struggling with any type of addiction – drugs or alcohol?**
2. **Are you affected by someone else's addiction, behaviour and or relationship?**
3. **Do you find you enable or do too much for people – families, friends, loved ones?**
4. **Are you having a hard time with life or feel stressed out?**
5. **Do you feel depressed, need someone to talk to in confidence?**

Why not give us a call at Tla'amin Health Services and ask for Nina Peers or Gerald Blaney.

Drop in at Tuxahmi Wellness Support Group Tuesdays to Fridays 10:00 am to 12:00 pm

We are here to help encourage and give support with whatever you are going through or need help going through.

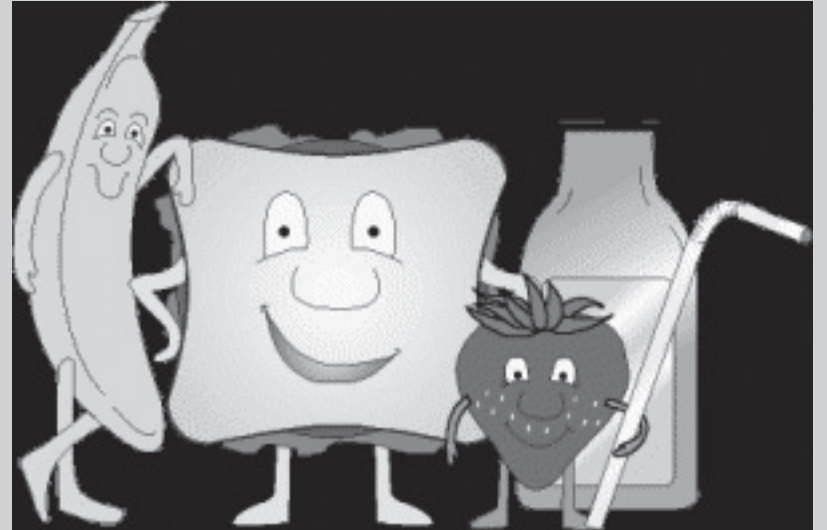
Are Our Children Eating Right?

By Brenda Pielle
Early Childhood Development Outreach Worker

Dear Parents:

The month of March brings some brightness to our lives with the sun/daylight lasting longer for us. This often helps us feel inspired to get outside and enjoy some physical activities such as walking, jogging, cycling, or playing with our children at the park.

March is also nutrition month so it is a great time to think about the food we are eating and the food our children are eating. It



can be helpful to refer to Canada's Food Guide and make sure we are giving our children something from each of the four food groups at every meal: meat and alternatives, breads and cereals, fruit and vegetables, and milk and milk products. If you want more information about this, please give me a call and I'd be happy to share some nutrition hand outs with you.

At this time we have a parent tot education program happening on Tuesday mornings at the SCDRC. It is called Food and Fitness for Families. The program talks about a little recipe for healthy living and it can be remembered by using the numbers: 5-2-1-0. If you have missed this program, we will be offering it again so you can have another chance to get in on it right from the start.

In the meantime we can all think about this recipe for healthy living every day and we can teach it to our children by way of a song:

5-2-1-0 Song

To the tune of Twinkle, Twinkle Little Star

Five fruits and vegetables every day
Only two hours of screen time – then go out to play
One hour of exercise to help me on my way
Zero sugary drinks – let's all shout hooray!
5-2-1-0 is the way to be

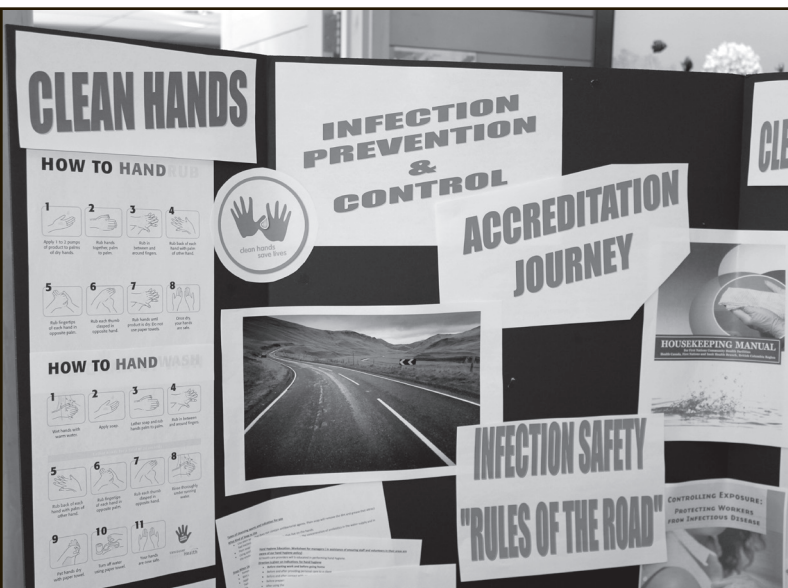
Why accreditation matters

Accreditation helps health care organizations improve their performance for the benefit of their clients and the health system.

Each of our client organizations has chosen our ISQua-accredited program to help them pursue excellence, improve their performance, and guide their ongoing quality and safety initiatives. They do so both as a mark of pride and as a way to create a strong and sustainable focus on quality and safety within their walls.

Our approach to accreditation strengthens the quality improvement efforts that organizations already have underway. It helps them:

- Assess their services and find out where to focus their improvement efforts
- Develop standardized processes to improve efficiency and reduce costs
- Mitigate risk and support the uptake of best practices
- Build a culture of quality, safety, and excellence
- Identify leading and commendable practices
- Publicly promote their commitment to offering safe, high-quality services



“Calling all children who like to sing.”

There is a community event happening on Saturday March 22, 2014. I've been asked to lead some children in singing some of our children's songs that have been translated into our traditional language.

Any children who like to sing and would like to take part in this, please come to the SCDRC for two practices:



Tuesday March 18 and Wednesday March 19

10:00am-11:00am

Multipurpose Room at the SCDRC

If you have any questions, please call me at 604-483-3449 ext. 4 Thank you. Brenda Pielle, ECD Outreach Worker

Sliammon, Homalco and Klahoose Community Feast

Please Join Us

March 22nd 2014 (Saturday)

Sliammon Gym

12:00 to 7:00pm

Child Minding can be available but you must pre-register.

Contact Rose Adams or Brenda Pielle

Sponsored by: Tla'Amin Community Health

Tla'Amin Community Health Services

Next Dental Clinic - March 21st

Elders Every Tuesdays

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

Prenatal Program

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

Good Food Box pick up

March 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 3:30 p.m-6:30 p.m.
March 4th Nutritionist promotes healthy living
Contact Shirley Louie

Toonie Skate

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

Ball Hockey

Every Wednesdays 5:00 - 6:00 p.m. for ages 5-12
6:00 - 7:30 for ages 16 and under
Encouraging parent to participate
Contacts: Shirley Louie & Tyler Peters

Run / Walk group

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

Community Kitchen

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

ANNOUNCEMENTS

Thank you from the Louie Family, Ryan Dominick and Roseann Timothy.

It is with heartfelt appreciation that *we put our hands up to the community* at the sudden passing of our Brother, Donald.

So many people came to support and help our family in different ways.

The First Responders for their comfort and support on the evening of Christmas Eve. To the family and friends who came to support us at the house until the appropriate authorities arrived.

For the comfort food received from Evie, Marlane and others.

To Mary and Tyson for door to door collection, thank you and to the people who made donations.

To Louise, Sheena, Alex and Jolene for assisting with the flyers and pamphlets.

Lynn Galligos for the helping with arm bands, they were beautiful.

Murray and Nancy for drumming and singing for our Brother at the gym, at the Church and cemetery, also Cyndi and Brandon.

Bill Blaney, Albert, Don and the singers who are always there to sing for our community in time of need.

The people who stayed late in the evening and all night with our Brother; Donna, Bonnie, Larry, Godfrey, Peter, Gladys and others, thank you so much.

The people who helped clean, set up table and chairs and the kitchen helpers who are always there especially Colleen.

Community members who donated food for the Wake and luncheon.

To the Pallbearers and the help up at cemetery we thank you for stepping in.

Father Dass for the beautiful Mass and Betty for the church preparation.

Vern Pielle who graciously agreed to do the Eulogy and Emcee, wonderful job in speaking on our behalf.

For the people that travelled from out of town to support us.

To Peter, Joey (cedar) and Charlie for helping with the burning ceremony and Joe for traditional send off.

Our apologies if we missed anyone, we thank you.

Boy's Group March 25, 2014 Ages 8-14

Tla'Amin Community Health Services is excited to be starting a Boy's Group in March. The group will run from **5:30pm to 7:30pm** on **Tuesdays**, with the first session to be held on **March 25th, 2014**. Participants will meet at Tla'Amin Health to enjoy various activities designed to promote healthy social, emotional, and physical health.

Registration forms can be picked up from Tla'Amin Community Health Services from either Tyler Peters or Shirley Louie.

Palnick's Native Arts & Crafts

Looking for Gifts, Birthday's, Anniversaries, I have a variety of native items.

**Contact Dawna Pallen
604.483.4444**

Open Door Healing Rooms Come experience healing

You are invited!

Join us for free coffee and refreshments each Wednesday from 3-5 pm
Emerge Wellness Society Building
4922 Salish Rd



Come and meet the folks from Open Door Healing Rooms who will be regular guests
Cultural Building
4940 Salish Drive

This event is open to the community and is a great tool, gathering for those individuals, families who are in need, feeling alone, hopeless. We offer healing prayer and support to anyone needing physical healing or wanting a better future for themselves and their families.

Call Sandra (604) 483-3741 to set up an appointment or Hazel (604) 485-9168



AA Meetings
Tuesday Nights
8:00pm
Tla'amin Health



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

March 2014

Kaksem Hegawk "w" Teoshim: ParentTot Drop In

Who: Parents and Infants / Toddlers 0-3yrs old

When: Thursdays 10:30 – noon

Cancelled March 27th for spring break

Where: Sliammon Child Development Centre

What: Play time for the children, songs, rhymes, stories, refreshments

Food and Fitness for Families

is a parent tot education program that started on February 11th. It is being held for six Tuesdays during the regular parent tot group time. It will not be happening during spring break. (March 18 and 25)

If you are interested in this program but have missed this one, we will be offering it again.

Hosht Ninshem – Family Swim

Who: Parents and children 0-6 years old and their families

When: Sunday March 2 and March 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

Yee X met tems jinjinis taking care of our teeth

Who: Parents with children 0 – 6 years

When: Wednesday March 5th and Wednesday March 12th 11:30 – 12:30pm.

Where: The Dental Room at TCHS Health Building

What: A chance for your little one to "ride" the dental chair. A chance for your little one to receive fluoride varnish if you wish

Please call Brenda Pielle for information about the above programs schedule information on the Orca Bus, Strong Starts, and Family Place.



Fernando Fundraising to Play Tournament in New York

By Lorraine Menendez/Peters



An update on my son Fernando Menendez/Peters hockey, son of Lorraine Peters & 'Grandson Of LATE STANLEY & NELLIE PETERS. Fernando started out in the PUP's league when he was five years of age he is now 13 yrs. of age, will be 14 in April. Playing into his third year in the REP. Bantam league, his Powell River Rep. team played in Port Alberni January 3rd - 5th 2014, they did very well, lost their 1st game, went through the back door & played in

the finals and came in second. Their rep. league is almost over, and they have one more tournament in March 14-16, 2014 in Victoria.

Fernando has been very committed to his hockey and school, he is very dedicated and excels very well, he continues to try even though he still get's on that third line, he's strong and outstanding in his own unique talent, this year Fernando got ten goals and numerous assists to contribute to his team. Fernando has got chosen to play for the NORTH ISLAND YOUNG GUNS this year, it is a Spring Hockey league on the island, they have practices and games on the Island, Vancouver, and this year they are going to Rochester New York.

Very to happy to say, I have fundraiser's that are wanting to help, Marlane Christensen (Poker Tournament) Lisa Point with her home-made Vietnamese cooking. Garage/Yard sale scheduled for March 29th @ 6629 Harwood Drive. DONATIONS WELCOME to support my son's fundraiser.

A fundraising Poker tournament is being organized to be held at the Sliammon Salish Centre with a fundraising dinner menu set up by my family and friends. The menu will include some homemade Won Ton soup & Spring rolls with Dipping sauce @ \$10.00 a plate, beverage's extra. Plus on-going 50/50 draws. Winners will be published in the Neh Motl. The date for this tournament and fundraising dinner menu will be announced in the near future through a flyer.

We're doing everything we can and making every effort to support Fernando. Please come out and support our fundraisers and if you have any contributions for our Garage Sale please let me know. Our bottle drives will be on-going as well and we thank you for your support. If you have any questions or inquiries, please feel free to contact me at 604-414-0936.

Junior Braves Need Your Support

Greetings and Hello. I/we are writing this letter on behalf of the the Sliammon Junior Braves soccer team. We are a young, enthusiastic group of soccer players based north of Powell River in the small native community of Sliammon.

Sliammon soccer has gone back many generations. Our fathers and their fathers were members of the infamous Sliammon Braves soccer team. Now, let's fast forward a couple of generations or three. There have been a handful of players, who are direct descendants of these great men that have had the fortunate opportunity of playing such a wonderful sport and have travelled internationally. Our goal is to keep this level of soccer playing excellence going and to give every child in our community the chance to travel and excel, not only as athletes, but as ambassadors of such a wonderful sport.

This new younger generation of players are extremely talented athletes and just recently, eight of our boys/girls have been selected by N.I.F.A. (Native Indian Football Association) to compete in August

of this year in the Waipo Invitational Soccer Tournament held in Hawaii

As well as their regular league, they play rep team soccer and also compete in many tournaments after their regular soccer season has ended, which incurs travel, meals, accommodation and entry fee expenses.

We are writing in the hopes that your organization would be kind enough to help with a donation that you deem viable to financially support this great group of kids and keep the wonderful spirit of playing great soccer alive.

Thank you for your time, consideration and support. If you have any questions or inquiries, please do not hesitate to contact me.

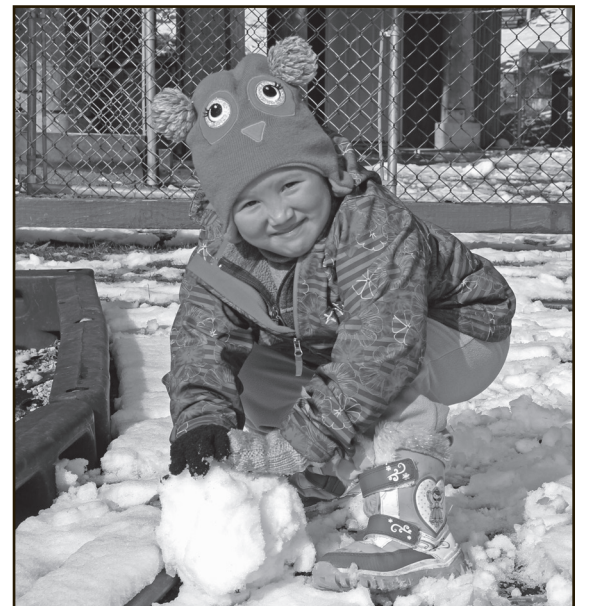
In the Spirit of Sportsmanship, on behalf of the Sliammon Jr. Braves

Dave Moon Coach/Manager
Telephone: (604) 483-7778



It's a Girl!

Proud parents Sosan Blaney and Daun Pechawis are pleased to announce the birth of baby Mekwan Pechawis Blaney born on January 30th, 2014 at 7:03 am and weighing in at 7 lbs 14ounces.



Our Loving Daughter

You are our daughter, and we love you so much,
From the day you were born, and that very first touch.

You came into our lives, and made it much more,
We knew right away, it became better than before.

We wish that you live, a life that's truly complete,
Hope it's filled with adventures, may your memories be sweet.

We'd just like to say, we're tremendously proud,
and to love you forever, in our hearts, we have vowed.

**Happy 5th Birthday
Makaela Dayne Gallagher**



**Superbowl \$5.00 Squares
Winner
Cam and Lindsay Louie**

Thank your for supporting Fernando

SFN Chief and Council Meeting

January 23, 2014
TCHBS Boardroom

Condensed version (full set posted at the band office)

Meeting called to Order@ 2:41 pm

Present: Clint Williams, Walter Paul, Denise Smith, Vern Pielle, John Hackett, Eugene Louie, Gloria Francis and Dillon Johnson via telephone

Regrets: Larry Louie. Administration Staff - Rod Allan, Judith King

Gene opened the meeting with a prayer.

Minutes of Agenda. Additions, deletions and acceptance of Regular Meeting Minutes of December 19, 2013. Change aggressive dog wording note RCMP involvement.

Motion to accept minutes made by Walter and seconded by Denise. Carried.

Special meeting minutes of January 14, 2014. Motion to accept minutes made by Vern and seconded by John and carried.

Acceptance of January 23, 2014 agenda made by John and seconded by Denise and carried.

Additions and deletions:

1. SDC Manager Update
2. Dogs bylaw
3. 3. Strathcona Regional District

Presentations:

1. Clean Energy Business Fund initiative: Michael Walsh, MIR (via telephone) and Marlane Christensen were present. Michael's company - Midgard is focused primarily on electricity and current needs in the energy sector and Michael proposes to do an energy study with the Sliammon community. Midgard is also interested in accessing funds to do a study of Sliammon needs by exploring residential and commercial opportunities. Midgard would look at previous studies and make recommendations to Sliammon. Commercial composting and green house usage was touched on.

Comments: Councillor Louie says Sliammon Council has always looked for answers to alternative sources of power. Chief asked Council for consensus to apply for funds to do an energy study. Consensus was given. Email will follow from Marlane when Midgard's proposal is drafted.

New Business:

Finance / Admin: BCR 2014-02 to AANDC advising a change in SFN Council's composition. Out of respect for Councillor Point, the position will remain vacant.

Motion to approve BCR made by Walter and seconded by Vern. Carried.

Finance Admin/Audit: Review of final results of AANDC's 2013-14 risk assessment.

Finance – Calling committee meetings is presently done by Rod. Who should call any potentially needed meeting? After discussion, the process was established that CAO will talk to the Meeting Chair and then the Chair would call a meeting.

Education - VIU's event – Groundswell Conference 2014 – Eugene, Elsie and John will attend to explain about the First Nation experience and the future of Sliammon.



Renovations are underway to upgrade the firehall

Housing - Insurance for self-owned homes and tenant contents' insurance. Rod revisited a decision made - to not insure every house in Sliammon. Conclusion was that Sliammon would address any shortfall concerning lack of blanket insurance coverage. Rod thinks that this decision needs to be revisited. Rod will take the issue to the housing committee.

Infrastructure - Water is flowing much better today. It was suggested SFN should observe emergency-preparedness issues, such as back-up water stored in large shipping containers. It was suggested to obtain another water reservoir for summer use.

Lands and Tax

1. Tlowitsis is looking for a letter of support for their reserve creation. Clint spoke about the people from Knights Inlet looking for reserve land. Sliammon supports this request. **Motion to support reserve creation made by Gloria and seconded by John. Carried.**

2. Cape Mudge is proposing an addition to their Reserve. **Motion to support Cape Mudge's ATR made by Gloria and seconded by Eugene. Carried.**

Sliammon Development Corporation

1. Tourism: Recreational Map – Paul Cannon is asking for Sliammon input about the proposed map. Denise agrees to work with him as it ties in with the land use plan. Paul should be asked to contact Denise. Rod will arrange this contact.

2. Paul Silvey has accepted the employment offer by Sliammon for SDC manager position.

Fire Department - Upgrade to Fire Hall proposal – SFN can possibly access funds for the upgrade through AANDC. Request for two more quotes before Council will look at it.

Fisheries: Aboriginal Aquaculture Initiative to be assessed by the Dev. Corp.

Portfolios: BCR 2014-01 Council supports the First Voices language proposal to First Peoples Cultural Council. **Motion to approve BCR made by John and seconded by Eugene. Carried.**

Membership - Arlene Harry's request to transfer into Sliammon Band was reviewed. There was discussion about any persons transferring in and out of the Band. Mia attended to discuss transferring and gave information about status cards. **Motion to approve transfer was made by Walter and seconded by Vern. Carried.** It was noted that SFN will need to dialogue with working groups about membership rules and specifically transfers back into Sliammon. Rules should be clear as Sliammon moves to treaty effective date.

Chief's Report:

1. Tribal Journeys proceeding to Bella Bella wish to stop over in June. Sliammon agrees to co-host this event and will provide participants with a meal. Clint asked James Delorme to co-host the event and he has agreed.

2. Treaty: There was an email to Clint regarding a signing ceremony by the Federal Government. The Feds advised that they would not be sending AANDC Minister Valcourt and they wanted the signing to take place in Ottawa. Clint reiterated that the signing ceremony will be in Tla'amin Traditional Territory.

Other Business

1. **Repatriation/Reburial project** – Support to Campbell River Band. Council consensus is that they're in agreement with a letter of support. Denise will prepare a letter to Campbell River IB for Council's signature.

2. **Quadra Island zoning bylaw for private dock** – Council is opposed to application. Referrals Manager, Craig Galligos is to review and respond. Rod to provide the letter and proposal from Strathcona to Craig with minutes from meeting indicating Council's position.

Motion to adjourn made by Gloria and seconded by John. Carried.

Meeting adjourned at 4:40 pm.

SFN Chief and Council Meeting

February 6, 2014
TCHBS Boardroom

Condensed version (full set posted at the band office)

Meeting called to Order@ 10:15 am

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

Administration Staff - Rod Allan, Stephen Hunter and Judith King

Minutes and Agenda:

Acceptance of Regular Meeting Minutes of January 23, 2014. Motion to accept minutes made by Dillon and seconded by Eugene. Carried

Acceptance of Agenda of February 6, 2014. Motion to accept made by Denise and seconded by Vern. Carried.

Additions to Agenda:

1. Community Futures request.
2. Community water system report requested
3. Job Postings
4. Social Development committee
5. Negotiator tri-partite update.
6. Crown referrals
7. Elders Conference

Presentations:

Betty Wilson gave a First Voices Language project update. She attended a meeting in Klahoose on Feb. 5 to clarify roles and make plans to document the language project. Each community has a different perspective on language revitalization. Betty thanked Eugene for coming to the meeting. Terms of Reference (TOR) were discussed. Language and Culture (L&C) meetings are open to everyone. A membership protocol should be in place so that committees know who is reporting in. This language project will be a long-term commitment and they are planning budgets long-term. Chief Williams mentioned that there is only one cultural committee. First Voices said that they would like to receive a support letter about the three FNs supporting the project. Rod will work on a draft and Betty will give him some wording.

New Business:

Finance 1 – Stephen gave a Finance update. AANDC is sending auditors on March 3, 2014 for a week to do an audit of 3 funding arrangements. Discussion ensued on the frequency of various government initiated audits.

Finance 2 – Jobs postings – Erik has undertaken the Tax and Lands Manager position. Tenant Relations manager position was discussed. One candidate is being considered. Discussion on salary scales, future housing issues, policy development and the importance of this position as Sliammon moves to treaty.

Finance 3 / Admin/Audit: Amendment # 11, Discussion on the funding amendment. It is for soil remediation of dumpsite #5. The amendment was signed. Motion to approve Amendment # 0011 made by Denise and seconded by Vern. Carried.

Education: Denise advised that the Education Committee met regarding submission of transcripts. It was decided that students who are funded for Post-Secondary will have their allowance cheques withheld, if they do not send in their progress reports and their transcripts in a timely manner.

Social Development: SD Committee update: With culture committee input – there was a quick meeting with

Mary and Maureen, concerning Social Programs that may happen before fiscal year-end. Activities include shawls and hat-making, beading, hunting initiatives and prawn trap acquisitions. Rod requires an email and then he'll approve the activities.

Infrastructure:

1. Administration Building Update. Steven Galligos joined the meeting to address project management of the new building. There are outstanding issues. Question was called on whether the building would be used for just administrative office activities or additional community-based or cultural aspects. Steve gave an answer to Helen Beer via email. AANDC has all current information to support the project. Discussion began on the new building, funding streams and funds spent to date. Options were explored. Sliammon is looking for confirmation in writing from AANDC on the details of how funding will be allocated. Chief suggests maybe we need a committee to address this issue. A New Building Committee was struck and will meet soon. On the committee are Rod, Steve Galligos, Eugene Louie and Steve Hunter. There is a conference call on Feb. 13 – 10:30 – noon with AANDC and committee needs to meet before Feb. 12th.

2. Concerning the water shortage and subsequent investigation. SFN wants a full report and accounting of what took place and will provide this report to the community. Community members did a great job on helping out during the water shortage. SFN is waiting on a final detailed report from the water service company. A GIS survey was discussed to identify where the hydrants and water shut-offs are located. The Band office has a blue print (map) of where the shut offs are. Rod is tasked with finding this document. Action: Sliammon move ahead with necessary survey.

Sliammon Dev. Corp – Clint announced that Powell River City has acquired 50% funding for the PRSC land purchase. SFN will follow up with their portion.

Fire Department – Old Klahanie Fire Hall - the old hall has been leased to the PRRD and they have asked if Sliammon would want to take it back into their possession. Action: Rod to follow up with PRRD.

Fisheries – Question to Kevin – Supplies in the community freezer. There are requests for food from the freezers for fund-raising and Kevin will not give food for fund-raising.

Rod indicates that he will move forward with selling the used boats that are in the asset inventory.

Herring fishing – There are no plans in the works for acquiring herring. It was suggested that we should think of purchasing kelp on roe.

Health: Cynthia Jamieson briefed Council on the accreditation progress. FNHA has control of Health Canada funding (70% of the funding to TCHBS). Nurse Practitioner is starting in March. Topics - Communication, infection control, risk assessment and improving governance.

Treaty -

1. It looks like the Minister will not be able to come to Sliammon to sign the final agreement.

2. There was discussion around giving a transportation distribution to attendees who wish to attend. They will be required to sign a contract to indicate they received travel funds, but if they don't attend then Sliammon will recover money in the next distribution to them.

3. Denise gave details on what was considered in the lead up to the treaty effective date. Budget spreadsheet was updated and some proposed projects were identified. Portfolios: Gloria updated on the community meetings in town around the BC Ferries issues. April is when services are reduced. There will be citizen rallies about this.

Transition to Treaty – March 7th is the date for the All Working Groups meeting at the Town Centre from 9:30 to 4:00 pm.

Treaty Implementing 2013 FAL – Before Implementation, Sliammon needs to address splitting Finance and Audit committees into two entities. Also considered is the appointment of independent (you are independent if you or your family are not employed by Sliammon Nation) councilors to the finance committees. Regular reporting standards and the new Org Chart are needed.

Conflict of Interest (COI) forms are needed. SFN will address any confidentiality issues. Responsibilities in the Memorandum of Understanding (MOU) need to be clear. There was a question about the September 2014 election and how the election results may affect the plans. Recommendations should be reviewed by the Finance Working Group.

Capital Policy which is part of FAL. The policy outlines operational requirements and how the committee oversees the coordination of capital projects. Dillon explained how this would work.

Procurement Policy – This draft policy is almost ready to be recommended to Council. Discussion around recommendations began.

Chief's Report:

1. First Nations Health Authority is coming to talk to Sliammon Council.
2. Agricultural Land Commission was discussed. Question was asked as to who will sit on this Commission? There should be an open proposal to all community members to sit on the commission. When the date is known Clint will inform Council.

Other Business

1. The subject of how to best administer Crown Land Referrals was raised. Example – Quadra Island's need for water must be addressed and it is Councils' prerogative to act in good faith. Question was asked as to how the issues being addressed currently? Craig keeps referrals binder in Forestry to keep track of correspondence. After 60 days it's deemed that Sliammon has no concerns. We need to look at how this issue will be addressed when Treaty is implemented. Revisit the Terms of Reference and see what directive is stated in the terms. Ask Craig to come and do a presentation to Council. Suggestion is to have the Natural Resources committee meet soon. Council identified participants to sit on NRC. **Action:** Rod to ask Craig to come and present.

2. Community Futures letter will be referred to Sliammon Development Corporation. Action: Rod.

3. A request to change the dates for Chief and Council meetings in April was made. Therefore, the change is to April 3rd and April 17th both meetings with a 10:00 am start. Also, May 8th and May 22nd meetings are scheduled as usual.

4. Elders Gathering will take place in Penticton on July 7-9, 2014. There was a discussion on the Elders' participation at this event.

Motion to adjourn made by John and seconded by Walter.

Meeting adjourned at 1:00 pm.

Canada 



Tla'amin Final Agreement

Signing Ceremony

You are cordially invited



Saturday March 15, 2014

Dwight Hall

10:00 Start

Catered Luncheon to Follow

RSVP Noreen at the Sliammon Treaty Society (604) 483-4427