



NEHMOTL "US"

April 2014

Community News | Events | Updates for the Sliammon People

Nearly 300 Members Witness Historic Event at Teeskwat

Tla'amin Final Agreement represents 20 years of hard work for our people

By Roy Frances

The Sliammon Nation came together on Saturday, March 15, 2014 to witness the signing of the Tla'amin Final Agreement. The signing took place at the Dwight Hall in Teeskwat; the original village site of the Tla'amin people. The event was very well attended by our Tla'amin community members, by our First Nation neighbors, Klahoose, Homalco, Komoks, Sechelt, by our friends the Tsawwassen, and the Maa Nulth. The First Nations Summit, the BC Treaty Commission all sent delegations to help Sliammon celebrate a very historic event with us.

The celebration marks a very important emergence of a new Tla'amin Nation. A Nation we can be proud of; and a nation that is truly our own. The Indian Act that we are leaving behind has been described very accurately as, "the shackles that have bound us for too long." Our community was on hand to witness a historic change in the lives of the Tla'amin people. The hundreds of Sliammon flags waving, the singing, drumming, and the many talks in the Tla'amin language are all special parts of a day that will be remembered for a very long time.

The treaty is now being brought to Ottawa for the signature of Bernard Valcourt, Federal Minister of Aboriginal Affairs and Northern Development. Federal Settlement Legislation will then be introduced in Parliament. Once Parliament passes the Federal Legislation, the treaty approval process will be complete. An Effective Date will be set; and we are anticipating that date to be in April of 2016.

Our work teams are very busy in the preparations to get to Effective Date. The preparation work has been underway for beyond a year, and very good progress has been made. Chief and Council, and the Sliammon Treaty



Hon. John Rustad and Senior Negotiator Cory Herera were a few of the dignitaries at Dwight Hall

Society have formed a Joint Steering Committee. The JSC provides direction, assigns resources, and guides the work. The JSC has assembled three working groups. The working groups are building laws based on a Tla'amin Constitution and the Tla'amin Final Agreement.

The work underway is the beginning of Tla'amin self-government. The work teams are made from Sliammon members, staff, leadership, and resource people. They are proudly carrying out work that will make a difference for generations to come. I'd like to acknowledge all of those involved in the work. It is a dramatic change from having an Indian Agent doing it on our behalf; and it is far more rewarding.

Land Use Plan Open House

We will be hosting a Land Use Plan Open House at the Salish Center on:

**April 10th
3:00 - 7:00 pm**

The purpose of the Open House is to:

- Provide and update on the land use planning process
- Review information collected to date
- Hear your ideas and comments on future land uses

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



Message from the Chief

3 Nations Gathering was a great get together



The spring season arrived with a great sight this year as we have had a few separate herring spawns that occurred between Sliammon and Saltery Bay. We have not seen this take place for years, I am very hopeful that this is a sign that things are turning around and that the herrings are finally making a recovery after the horrible over fishing that occurred in the mid 1980's. If this is the case we must be prepared to send DFO a strong message that we will not allow any herring openings in the future as these fish need to recover for many more years.

Sliammon Salish center kitchen renovation – This renovation is long overdue and we will be replacing many items such as; the fridges, oven, grill, adding a freezer, installing stainless steel counters, new ventilation system and adding a deep fryer (and more). We will share photos of the work in progress as we hope to have this renovation completed by the end of April.

Gathering of three nations – it was great to see the Homalco, Klahoose and Sliammon people

come together for this social occasion, too many times we all have heard each other say that, "we needed to see each other at an event that is not a funeral." That is exactly what this event did, it is important that we all maintain communications with one another and I hope that this event is the first of many to come in the future. I want to thank the organizers for putting this event together as it was very successful and I did hear the Homalco and Klahoose state that they would like to see the same type of event happen in their home communities.

Sliammon Final Agreement signing - I want to thank everyone for attending the Final Agreement Signing Celebration on March 15, 2014 as this was truly a historic day for the Tla'amin people. As great as it was to celebrate this milestone, we need to realize and acknowledge that not all of our people share the same opinion in regards to the treaty.

At some point in the very near future we are going to need to find some common ground and the ability to work together for the good of **all** Tla'amin people whether or not we are supportive of the treaty. I do know that we all share the common vision of wanting to provide for better opportunities and a brighter future for our current and future generations. From my point of view I could not see our lives improving underneath of the Indian act and living under the direction of Indian affairs; it is time for us to change our future for the better and shed the shackles of the Indian act and seeing the Tla'amin people successful in the very near future.

Please feel free to contact me @ (604) 483-9696 or via email clint.williams@sliammon.bc.ca
I would like to share a quote from **Albert Einstein**

"Insanity: doing the same thing over and over again and expecting different results."

Treaty Commission congratulates Tla'amin on Final Agreement signing ceremony

VANCOUVER – Saturday, March 15 marked a historic day for the Tla'amin Nation as they hosted a powerful Final Agreement signing ceremony. The Tla'amin Final Agreement is the culmination of 20 years of hard work and negotiations and signals a new era of independence for the Tla'amin people.

The BC Treaty Commission was among those present in Powell River, BC for the signing ceremony. Commissioner Jerry Lampert emceed the event. Also present were his colleagues Commissioner Dan Smith and Director of Communications, Brenna Latimer.

The celebration took place at the old village of Tees Kwat. Numerous Tla'amin citizens attended. John Rustad, Minister of Aboriginal Relations and Reconciliation attended on behalf of the provincial government. Also attending were representatives of the federal government, the First Nations Summit, the BC Assembly of First Nations, and chiefs from neighboring First Nations

"The Treaty Commission extends sincere congratulations to the three parties to the Tla'amin treaty negotiations. We were honored to be present on this significant day for the Tla'amin community," said Commissioner Jerry Lampert who sits on the Tla'amin treaty table as commissioner.

The next step is for Tla'amin Chief Clint Williams to take the Final Agreement to Ottawa for signing by the federal Minister of Aboriginal Affairs and Northern Development. It is expected that legislation will then be tabled for consideration by Parliament.

The Tla'amin Treaty officially takes effect on April 2, 2016. On the effective date, legal title of lands will be transferred to the Tla'amin Nation, as will financial components and law-making authority.

On the effective date, Tla'amin Nation will join the five Maa-nulth First Nations, Tsawwassen First Nation and Yale First Nation as the ninth First Nation in British Columbia with a modern treaty.

Chief Commissioner Sophie Pierre and the BC Treaty Commission extend warm wishes for a bright future of independence and success for the Tla'amin Nation.

Youth Attend National Youth Conference over Spring Break

14 Youth from Sliammon attended the National Gathering our Voices Youth Conference from March 18 – 21st in Vancouver. This was sponsored by Sliammon Social Development Department with assistance from Tla'amin Health. Thank you to Maureen Adams for the sponsorship and to Cynthia Jamieson and Tla'amin Health for providing the chaperones (Shirley Louie and Tyler Peters) and for assisting us with transportation. Also thank you to the Sliammon Treaty office for organizing accommodations for our group. The Youth had the benefit of attending a wide variety of workshops and being exposed to many vendors who shared information about future opportunities. Also thank you Larry Louie and Anthony George for assisting with transporting our youth to the conference.



"Gathering our Voices was an experience that will never be forgotten. The events are carefully planned out to the last detail in a faultless way. The wide variety of workshops that can be chosen from ensured that everyone enjoyed themselves. Being around over a thousand indigenous youth was amazing itself, but when they're all there for the same purpose to improve themselves, those around them, or both – the feeling is second to none. I am beyond happy this opportunity was given to us and highly recommend all youth, no matter their interest, to go at least once. I hope to go again." Submitted by Ryan Pielle.

Nation Administration Matters

Finance



by Steve Hunter, CFO

It's hard to believe that another fiscal year has come and gone. By the time you read this article, April will be underway and we will have started our 2014/2015 funding year.

I'd like to take this opportunity to recap 2013/2014 for you from a financial point of view as the Nation has made some significant gains in the year that we are extremely proud of and reflect very positively on the leadership and financial state of the Nation.

When the 2013/2014 fiscal year started, the finances were in a state of flux. The 2012 audit had just been completed, **AANDC** (Aboriginal Affairs & Northern Development Canada, formerly INAC), **CMHC** (Canadian Mortgage & Housing Corporation) were withholding funds awaiting the completed audit. The previous CFO had quit with very short notice just as the audit work was beginning. This left the remainder of the staff with an extremely huge void to fill. The Nation still owed the School District about \$1.0Million for school funding for the previous year, very few of the balance sheet accounts had been reconciled, the Klahanie lease money hadn't been invested according to the Financial Administration Law, bank reconciliations hadn't been prepared. Needless to say, it was an extremely difficult year for both the finance and administration staff.

What a difference a year makes. Under the strong leadership and guidance of your elected officials I am proud to say that the Nation's finances are up to date and in compliance with all reporting agencies. Our annual audit took place the first two weeks of July with statements being issued in early October. We still missed the July 31 reporting deadline but did improve by six months. Because of this, both AANDC and CMHC have released the funding that they had been previously holding back. Upon review of our annual audit, AANDC gave the nation a rating of "**Low Risk**" which is the highest ranking you can receive.

This relieves the pressure of being under such scrutiny from AANDC and gives you the citizens a sense of security that the Nations books and finances are in a good state. Last year the nation carried a rating of "Medium Risk" and prior to that the rating was "High Risk". This is truly an indication of the focus by Chief & Council to ensure the finances are a priority and that the day to day business is carried out with care. The school district has been paid up to March 31, 2014 so we are right up to date! We are in good standing with all our vendors as the only unpaid amounts are those that we are disputing! Approximately \$7.5MM is now invested with RBC Dominion. This represents the money that the Nation received as renewal of Klahanie Leases has been completed.

Another significant milestone for the nation is that we became certified by FMB (Financial Management Board) to become a borrowing member of the FNFA (First Nation Finance Authority). This is significant

in the fact that we now have access to low cost borrowing at rates better than most chartered banks can offer. It essentially allows us to shop around and have lenders bid for our business! A huge thank you has to go out to Dillon Johnson who led this initiative on behalf of Chief & Council. This achievement puts us in the same category financially as some of the top fiscally rated nations in the country!!

With the hiring of Jolene Sutcliffe to our staff in June, we were able to reduce the workload of Esther who was significantly overloaded. Jolene has been a great addition to the team and with her and Esther's team-work, we have had some extremely satisfying results. All staff of the band office are now on direct deposit for payroll, Post Secondary students are receiving their support via direct deposit, all bank statements are reconciled and up to date, and as stated, all vendors have been paid and all our books of account are right up to date!

Budgets have been prepared and managers have had quarterly statements available to them for the second half of the year. As a result of all this hard work, our annual audit will take place in early June which will allow our statements to be submitted to AANDC for the July 31 reporting deadline! This is a monumental achievement and my hat goes off to both Esther and Jolene for their hard work and dedication over the past year!

I will provide a more detailed summary with my report at the AGM, but here quickly are some financial highlights for the year!

It is a very exciting time for the Nation in many regards. The fact that the finances are in order, deadlines are being met, vendors are paid and the

- AANDC Funding - \$5.4MM**
- DFO Funding - \$224k**
- Property Tax Revenue - \$237k**
- Corporate Funding - \$190k**
- FRA Funding - \$451k**
- Education Costs – SD47 - \$1.1MM**
- Payroll costs - \$1.6MM**
- Corporate Funds used**
- Community Canoe - \$18k**
- Training Support - \$20k**

nation's credit rating is at an all time high should ease many community members' concerns. If you ever have any questions about the contents of this article or finance in general, don't hesitate to contact me at extension 224.

It truly is a pleasure to be able to work for your community and to help ensure everything is in order for today's and future generations!

Sliammon reaches long pursued goal of certification with sights set on community project

WEST VANCOUVER, BC (March 21, 2014) – The First Nations Financial Management Board (FNFMB) congratulates Sliammon on their financial performance certification by the FNFMB. Sliammon is now eligible to become a borrowing member of the First Nations Finance Authority and access low-cost debt to finance economic development opportunities for their community.

While each First Nation that works through certification is unique, the end goal remains the same – strengthened financial management practices and access to financing readily available to other governments in Canada. For Sliammon, the road to certification was not an overnight process. In fact, the certification journey has been an involved one for leadership and administration that began soon after the *First Nations Fiscal Management Act* (FMA) came into force and has spanned many years. The perseverance, dedication and commitment showcased in attaining certification is a true testament to the leadership and determination of Sliammon.

"We are extremely excited that we will now be able to move forward with much needed infrastructure development within our community. FNFMB Certification has presented our Nation with an option that it has never had before – the ability to access long-term loans at rates below prime. We have had plans for a new administration building for years. We can now put our plans into action," said Sliammon Chief Clint Williams.

"Sliammon leadership has demonstrated a real commitment to strengthening their financial management practices and this is evident in their recent financial performance certification," said FNFMB Executive Chair, Harold Calla. "Their commitment has provided them with the opportunity to now move forward with economic development projects."

The *FMA* is federal legislation designed to provide access to affordable financing for First Nations governments who choose to opt in to the legislation.

The FNFMB is a non-profit institution that assists First Nations choosing to go through the certification process. FNFMB certifies financial performance and financial management systems of First Nations based on FNFMB standards, which are consistent with internationally recognized frameworks for internal control.

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For further information:

Harold Calla
Executive Chair
First Nations Financial Management Board
Telephone: (604) 925-6665

Garbage Dumping is a Big No No

By Erik Blaney,
Tax and Lands Manager

In the past couple of months there have been some very indecent acts of garbage dumping and garbage burning on the reserve. In one case a load of garbage containing used motor oils and lubricants along with a number of other house hold items was dumped at the boom and burned causing severe health hazards to down wind community members as well as destroying patches of riparian vegetation at the shore line. There has also been a large amount of garbage dumped up past the water tanks and names have been pulled out of the trash that was dumped there. Notices will be going out to members who have had their names found in garbage dumped in the woods and they will be notified to pick up the garbage or face consequences. There are people who come from off the reserve to dump garbage illegally and there will be a concerted effort to catch these individuals moving forward. There are a number of yards that need to be maintained and letters will be going out to those individuals who have more than 3 vehicles that are not used or working in their yards.

The Annual Spring Garbage Cleanup is planned for April 28 – May 2 so people can start placing their garbage at the roadside by mid April for pickup starting on April 28th and continuing to May 2nd. Please do not start placing your garbage on the roadside until April 24 as it tends to be blown around by the wind into neighboring yards.

If you see people attempting to dump garbage on our lands please inform the Lands Department as soon as possible. Take information such as license plate number and vehicle description, and do not put yourself in harm's way by confronting individuals.

These lands are here for us to protect for future generations and we need to be the stewards of our lands so our children are left with clean land to inherit.



Our firehall is getting renovated to make room for a second firetruck



An old waterpipe has been causing problems for the outflow and is replaced

Annual Spring Cleanup

April 28 – May 2
Sliammon Band Office

The Annual spring clean up will be taking place from April 28 – May 2 so get your garbage and recyclables ready over the next couple of weeks. There will be 3 trucks going around the community block by block picking up your garbage at the end of your driveway. Please stack your garbage so it is not blocking the road in any way. If your garbage is not at the end of your driveway it will not be picked up.

Please stack your metals separate of all other garbage as we will be recycling all of the metals to keep the costs down.

Personnel Hiring: We will be hiring up to 8 people to assist us with the cleanup so bring your resumes to the band office Attention to ERIK BLANEY regarding SPRING CLEANUP no later than April 11 at NOON to be considered.

Must have steel toe boots, Hi Viz Vest, and Hard Hat

Truck Hiring: We will need 3 pickup trucks to assist with the pickup of community garbage so if you would like to apply for the job and have a class 5 license and an insured truck please bring a copy of your insurance, drivers license and a resume to the band office attention to Erik Blaney No later than April 11 at NOON

Bins will be brought down on April 28th and will be monitored by security and by video camera. Any people who are not Sliammon Community Members caught dumping will be reported to the RCMP.

A "Gathering Of Three Nations Communities-Feast"

Attended by Sliammon, Homalco and Klahoose Community Members on March 22nd, 2014 at the Salish Gym, Sliammon



By Doreen Hopkins

We truly were honored by the whales that appeared on Sliammon waterfront. We took that as a sign that our elders from the past were blessing and approving of the Three Community-Feast. The feast began with Elder Elsie Paul opening up with a prayer. Followed by a feast which included an abundance of mouth watering Fish, Deer Soup, Clam Chowder, Bannock and Oven bread.

The celebration was designed to enhance Community Connections & Elder Engagement within the three communities.

Our friends were welcomed by Chief Clint Williams (Sliammon), Chief James Delorme (Klahoose) Councilor Bill Blainey (Homalco), and President Doreen Point (TCH.) Cynthia Jamieson (ED for TCH) introduced David Marceniuk (Nurse Practitioner.)

Followed by a delightful afternoon showcasing the musical talent within our communities:

- Ryan Pielle opened by drumming, Chief Dan George's Prayer Song. (Powerful!)
- Followed by Brenda Pielle and the Children's Group, they sang songs in our native language. (Awesome!)
- Next, Glida Morgan and Larry Hanson sang a song titled the Grandmothers Song. (Beautiful!)
- Followed by "13 capes." There were thirteen Cedar Bark Capes designed to honor all aboriginal woman. Helping to promote a positive image for woman and to help heal from the tragedy of the murdered and missing woman. The capes were worn by elders from the three attending communities. They were drummed in and upon completion drummed out. I simply cannot do justice in describing the feelings that those who attended felt. There was a moment of pure humble silence that occurred within the audience as they watched the grandmothers walk in. The grandmothers stood before us so beautiful and dignified. (Breath taking!)
- Followed by Brandon Peters, who has been blessed with such a beautiful voice. (Amazing!)
- Followed by the Spirit Singers (Cyndi Pallen, Dawn Pallen, Phil George, Jordan and Dan.) Powerful Cultural drumming and singing. (Powerful!)
- Finished off with a social hour, music provided by Larry Hanson, Ervin Hanson and Ronnie Pielle. Singing songs that brought to surface for the elders, memories past. (Nostalgic!)

A "Thank You" goes out to everyone who was involved in making this special day a success. It was truly a day of celebration and feasting. As we move forward into a new year, can we make a commitment to continue to work together for the wellness of our communities?





“Bridge to Success” Graduates Nine Program Participants

A graduation ceremony took place on Thursday March 6, 2014 marking the end to a successful 18 week training program called “Bridge to Success” – a partnership program led by Vancouver Island University (VIU) and Sliammon First Nation.

- The program was intended to take program participants who were unemployed or under-employed and prepare them potentially for a career with Catalyst Powell River – or a like industry. Components of the program included:
 - **Adult Basic Education (ABE) Math and English upgrade** – moving our adult learners closer to completion of Grade 12 (GED or Adult Dogwood). **Catalyst Training** - a nine week program where our participants learned about how paper is produced and how the mill operates. **Education and Career Planning 067** - which encouraged the development of education and career plans or portfolio's that each participant completed for themselves building a roadmap for their respective educational and career aspirations.
 - **Certificate Training** – participants received extensive certificate training supporting future employment with Catalyst or comparable industries.

Over the course of this program, one of the participants received his Adult Dogwood Certificate and at least two others will be challenging or writing for their GED in April 2014. Others have made clear decisions to continue upgrading their Math and English through VIU or Ahms Tah Ow.



Back Row: Elsie Paul and Eugene Louie (Elders in Residence, VIU); Trish Wilson, Ben Knoblauch, Shaya Harry, Stephanie Williams, Nolan Louie, Liz Webster, Joel Mahy and Charles Timothy.

Front Row: Marlane Christensen (Program Coordinator) and Lisa-Marie Williams.

Catalyst Powell River is committed to continuing to work with Tla'amin Nation to move those individuals into employment opportunities as they qualify. The process to qualify is rigorous. Applicants need their Grade 12 with strong Math and English skills – and strong aptitudes in areas like problem solving and safety.

Congratulations to the Graduates!

Brooks First Nation Leadership Group

With Layla George



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

“The key for students in getting the most out of any leadership program is active participation. Students learn best by doing. No method of skill development can match the power of actually experiencing what you are learning. That is how the First Nation Leadership Program at Brooks works, and that is what makes it effective in helping students become more successful.”

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

Hello my name is Layla George. I am fifteen years old and I am a Grade 10 student at Brooks Secondary School. This is my second year at Brooks and because I have had really good experiences at Brooks, I am looking forward to my next two years at this school.

Brooks is a really welcoming school and there are so many courses and different activities to get involved in. For example, I have played on the school volleyball team, travelled to a lot of different tournaments and had some amazing opportunities. I have also been part of the Brooks First Nation Leadership Group. It is cool to see the youth of Sliammon getting together to talk about how we can make a difference.

Ms. Hollingsworth, a teacher that I had in Grade eight and nine, has been like a second mom to me in that she has always supported me and done her best to help me. She is really kind and caring and has made a difference in my life.

From being a Youth Leader for the past two summers at the Tech and Rec Learning Program, I know that I like working with young children. At this point in my life, I am not sure what I want to do but I do know that if I work hard I can achieve what I want to.

My advice to younger students entering Brooks is to take advantage of what Brooks has to offer and get the full experience.

TLA'AMIN HEALTH



Pajama Day for our Preschoolers (February 28th)

Child Care Parent Fees Schedule Effective April 1, 2014

Dear Child Care Parents:

In order to continue to provide safe and quality services for our children, we have updated our fee schedule. It is a reasonable fee update for all families who are currently accessing child care services. The following fee schedule will be implemented April 1, 2014*:

Child Care Fee Schedule for Sliammon Community

- 2 days per week at no cost
- 3 days per week at \$100 a month
- 4 days per week at \$200 a month
- 5 days per week at \$300 a month

Child Care Fee Schedule for Other Communities

- 1 day per week at \$100 month
- 2 days per week at \$200 month
- 3 days per week at \$300 month
- 4 days per week at \$400 month
- 5 days per week at \$500 month

If you have difficulties with these fees please come and see us, or email, or phone, to discuss your situation in private. We take our child care services and programs seriously and to heart.

Keep in mind, we are a provincially licensed and accredited service and we do have professional staff ratios and standards of care to meet, therefore there may be a waiting list in order to increase child care hours, as we require sufficient staff numbers and qualifications to provide services. Thank you for your understanding in this matter and we do look forward to continuing to provide this valuable service for you and your family.

Kind regards,

Cynthia Jamieson
Executive Director

Rose Adams
Child, Youth & Family Services Manager

Healthy Happenings

NIHB Meal Rate Increase! Our Efforts are Rewarded!

You called for better travel rates (loud and clear) from us and we listened. We forwarded that message to Health Canada, and then to First Nations Health Authority, and now they are sort of listening. Because they are still in transition, FNHA said they can't make any big changes to NIHB (now called Health Benefits) but are promising to make some changes right now where they are able.

As of April 1st, 2014, overnight meal rates will increase to \$25 per day for children under 9 years, and to \$40 per day for all others. Daytrip meal rates will stay at \$10 but this rate will now also apply to children under 9 years.

That's a start anyway. We have applied for an increase in kilometre rates for private travel due to the high cost of gas in our area and also due to our remote location requiring two ferries, and are waiting to hear back about that.

In addition a Benefits Representative has been recruited to help with more timely access to dental and vision, etc.

Until we have more changes for your benefit, we ask for your understanding and patience as we administer this medical travel program. It is not our dollars, our policies or our decisions. It is an external program we are administering like a pension plan or deducting Employment Insurance from a paycheck. We don't make the rules about this program. We feel bad it is not meeting your needs, and we will continue to advocate for changes.

HealthHeaH

Emote!

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

Tla'Amin Primary Health Care Clinic

Hours of Operation: 9:00 AM to 4:00 PM

Monday to Friday

Please call for an appointment, at:

604-483-3009

For emergencies, call 911



**Sliammon vs Sechelt
March 22**

Yee x met ta chi chuy

(taking care of little ones)

Early Childhood Development Outreach Programs

April 2014

Kaksem Hegawk "w" Teoshim: ParentTot Drop In

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

****Note: Parent Tot Group will be cancelled on Thursday April 3rd so the room can be used for the Kindergarten and Preschool Health Fair.

Food and Fitness for Families:

Who: Parents of infants and toddlers
When: Last session Tuesday April 1, 2014
10:00am-12:30.
Wrap up on Wednesday April 2nd in the evening
Where: Sliammon Child Development Centre
What: Parent education program about 5-2-1-0 as a recipe for good health.

This program has been running inside of the Tuesday parent tot drop in time. We will be offering this program again so if you missed it this time, watch for it to happen again.

Yee X met tems jinjinis - taking care of our teeth

Who: Parents with children 0 – 6 years
When: Wednesdays 12:30 – 1:30pm.
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

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.

MEDICAL TRANSPORTATION MEAL RATES INCREASED

Starting APRIL 01, the meal rates have increased from \$31.00 to \$40.00 for the over night travel, and from \$15.50 to \$25.00 for children under the age of 9 years.

The day trip amount remains the same allowable rate of \$10.00, but the children under 9 years of age increases from \$5.00 to \$10.00

FNHA also, will be recruiting a benefit support representative to assist in accessing benefits such as dental, vision questions in a time-liner manner.

*In spirit of your good health;
Margaret Rossi, NIHB*

Great Job!

Sliammon Chief & Council and Administration offer sincere Congratulations to the Tla'amin Community Health Board Society on the recently achieved accreditation from Accreditation Canada under the Qmentum program.

The entire team – Board and staff - deserves commendation. Your diligence and enduring commitment will open many new doors for TCHBS and you should all be extremely proud of this accomplishment.

Employment Opportunity

Receptionist, Posting # 25032014

Tla'Amin Community Health Services requires a full-time Receptionist to meet & greet visitors to the Health Centre, to coordinate communications and to perform a variety of other clerical and administrative tasks as related to this position within all applicable policies, procedures and conduct guidelines. The starting pay rate is \$14.10 per hour. This is a union position and is open to both male and female applicants.

Key Responsibilities:

- Answering phone and greeting people in professional manner;
- Monitor, & maintain office equipment;
- Assist with coordination of scheduling and program activities;
- Assist with special initiatives on occasion;
- Clerical & administrative duties;
- Maintaining database information systems; and,
- Other related duties, as required.

Skills & Abilities:

- Excellent verbal and written communication skills;
- Organization, time management, proficiency in varied computer programs/database (Outlook, Power Point, Excel, EMR, etc);
- Can work independently and as a team;
- Timely and sensitive problem solving;
- Thorough knowledge of Sliammon community; and,
- Thorough knowledge of general office procedures and office equipment.

Qualifications:

- Minimum Grade 12 or equivalent;
- First Aid & CPR, or willingness to obtain;
- Current TB Test; and,
- Valid BC Driver's Licence, Satisfactory Driver's Abstract, Successful recent Criminal Record Check.

Additional Information:

- Some evening or weekend hours may be required, and some travel may also be required.

If you are interested in applying for this position, please send cover letter and resume by email to: cynthia.j@tlaaminhealth.com or by fax to: 604-483-2466, attention to: Executive Director before April 11, 2014 at 4:30 PM (only candidates shortlisted for interviews will be contacted)

Frequently Asked Questions

How much does NIHB cover for gas ?

Mileage rates are set out by FNHA, Nihb cannot set amounts according to fuel rates at local fuel stations.

I want to stay an extra night at the hotel , can you pay for this ?

Requests for extending stay at hotel must be accompanied by medically requested letters from the doctor/ specialist, with documentation stating the reason(s) for staying for extra night(s). NIHB cannot pay for non medical stay.

There is a shuttle available to pick us up, but I want to take my car , can you pay ?

NIHB, assists in medical travel, to the closest provider, and the most economical means of travel where ever possible, If a shuttle is available, If the client chooses not to use the shuttle, the client is responsible for their own ferry cost for the vehicle.

Women's group

will be every Wednesday @1- 2:30 pm. The Nageptay Sharing Circle is a place for women to talk about their problems and issues in a safe, confidential environment. All women are welcome to join this support group.

Tla'Amin Community Health Services Job Posting #26032014

Tla'Amin Community Health requires a .6 FTE Youth & Family Advocate to address public awareness, prevention, screening, diagnosis, assessment, education, intervention, support, research and evaluation of individuals or families with children with Fetal Alcohol Spectrum Disorder (FASD) and other Complex Developmental Behavioural Conditions (CDBC).

Reports to: Executive Director or Designate

Job Skills & Abilities:

1. Ability to create, plan, implement and follow the individual or family service plan
2. Ability to communicate effectively verbally and in writing with various individuals
3. Ability to work as a team and as an independent staff member
4. Ability to model healthy living including coping skills
5. Knowledge of community, provincial, federal resources for individuals or families challenged with FASD and other CDBC

Qualifications:

1. Bachelor or graduate degree in social work, child and youth care or related human service field with a minimum of 2 years' related experience
2. Or a diploma in child and youth care or related human service field and minimum of 3 years experience work with children and youth affected by FASD or related experience
3. A working knowledge of children, youth and families with FASD and other complex behavioural disorder needs, and/or multiple, social or educational needs and how to support families
4. Has experience developing and facilitating support groups, managing a varied and complex caseload, and working across disciplines and agencies
5. Ability to use Word 2007 including Excel, Outlook, Power point
6. Successful Criminal Record Check
7. Current First Aid and CPR certification or willingness to obtain
8. Valid BC Drivers License
9. Annual Driver's Abstract
10. Current TB Test

Starting rate of pay: \$21.07

Additional Information:

Hours of work are usually 8:30 am to 4:30 pm with an hour of unpaid lunch, at 21 hours per week. *This is a union position open to both men and women, and the successful applicant will be required to work in accordance with a Collective Agreement with BCGEU in addition to all relevant Tla'Amin policies and procedures. If you are interested, please send a resume and cover letter, by email or fax to the contact information below by April 11, 2014. Only candidates selected for interview will be contacted.*

Imagination Library

To all parents of First Nations children living in Sliammon or living in Powell River . Are you receiving your child's imagination library book in the mail monthly ? We are updating our files. Please contact Shelley At Health if you are not getting your monthly books in the mail or if you have had challenges in receiving the books.

Health Benefits Processes (formerly NIHB)

- Health Benefits requires 5 Business days advance notice accompanied by all required documents related to the travel request in order to be able to have your travel check ready on time.
- For local transportation to medical appointments or prescription pick-ups, we require 24-hour advance notice. Please keep in mind that medical appointments take priority over prescription pick up rides.
- Bus tickets for medical appointments are available from the receptionist from Monday to Thursday only, at 2 tickets per client with a medical appointment only.

Father's day run/walk

Date: Sunday, June 17, 2014

Time : 9:00 a.m.

Accepting Registration April 7th

for child, youth, adults, Elders, mom/dads with babies

Hosted BBQ @ 12:00 p.m.

Contact Sandra Tom @ 604 483-3009 Sponsors: Sports Med BC

Tla'Amin Community Health Services April Activities



Mondays

Walk Group 5:00pm

Tuesdays

10-12 Tuxhimy Support group

1030 – 12 Parent / tot drop in (CDRC)

11-1 April 1st, 8th & 29th Elders Day Program

330-530 Girls Group

530-730 Boys Group

5-830 Weight Room Complex

630-830 Complex swim

1-4 April 29th Community Kitchen

Wednesdays

10-12 Tuxhimy Support group

10-12 Pre Natal April 2nd, 16th, 23rd, 30th

Good Food Box April 9th

12:30 -1:30 Taking care of our teeth (age 0 -6)

1-230 Women's Support Group

5:00 Walking Group

5:00-730 Ball Hockey

Thursdays

10-12 Tuxhimy Support group

1030-12 Parent Tot Drop in (CDRC)

330-5 Toonie Skate

5-830 Weight Room Complex

630-830 Complex swim

Fridays

10-12 Tuxhimy Support group

First Nations Health Authority HUB Coordinators Update

Upon signing the transformation October 1, 2013, First Nation Health Authority (FNHA), Regional Director, Regional Liaison and FNHA HUB Coordinator have been working with all First Nation communities and their health leads. The role of the First Nations Health Authority is to provide ongoing communication, collaboration planning support to BC First Nations communities regarding health. As HUB Coordinator I have developed and supported local community engagement activities as part of the regional team. Since November 2013, I have met with Tla'amin Community members, Regional Director, Regional Liaison, TCHS HUB Committee, Powell River Hospital Mental Health Wellness Team, Sechelt Mental Health Wellness Team and Sechelt St Mary's Mental Health. Within these community engagement sessions, I provided a (15) minute power-point presentation which included the transformation, the timelines and the work of FNHA. The process of the FNH transfer is in the beginning phase and will take place over a 10-year period.

This is an exciting time for First Nation people in British Columbia, as First Nations Health Authority work to promote and advance health and health services for First Nations people. The presentation helped the community of Tla'amin and Sechelt understand the process and changes taking place and the transfer of jurisdiction from Federal government, Health Canada to First Nation Health Authority.

Explanation of Process taking place,

The First Nations Health Authority (FNHA) is the first and only provincial First Nations Health Authority in Canada. Dedicated to transforming health services for First Nations and Aboriginal people in BC, the FNHA is improving the health of communities by advancing the quality of health care delivered to BC First Nations and Aboriginal people.

Why a First Nations Health Authority? Statistically significant health disparities exist for First Nations people in BC and across Canada. The First Nations Health Authority aims to reform the way health care is delivered to BC First Nations to close these gaps and improve health and wellbeing.

A New Relationship with our Partners BC First Nations, the Province of BC, and the Government of Canada have all determined that First Nations health disparities are no longer acceptable. A New Relationship between these Tripartite Partners was forged and a series of precedent-setting agreements led to the creation of a First Nations Health Authority. This new health authority is poised to take over the administration of federal health programs and services currently delivered by Health Canada's First Nations Inuit Health Branch – Pacific Region, and address service gaps through new partnerships, closer collaboration, and health systems innovation.

Making History Today and Tomorrow As the First Nations Health Authority prepares for the historic transfer of programs, resources, assets, staff, and responsibilities, we are developing an organization that reflects First Nations culture and philosophy. Establishing a strong foundation prepares us to innovate, transform, and redesign health service delivery with guidance from BC First Nations in the coming years.

Responsive, Visionary, Transformative The First Nations Health Authority is part of a unique health governance structure that includes political representation and advocacy through the First Nations Health Council, and technical support and capacity development through the First Nations Health Directors Association. Collectively, this First Nations health governing structure works in partnership with BC First Nations to achieve our shared vision.

Responsibilities The First Nations Health Authority will plan, design, manage, and fund the delivery of First Nations health programs and services in BC. These community-based services are largely focused on health promotion and disease prevention - such as: • Primary Care Services • Mental Health and Addictions Programming • Health Infrastructure • Environmental Health and Research • Non-Insured Health Benefits

Our work will not replace the role or services of the Ministry of Health and Regional Health Authorities. The First Nations Health Authority will collaborate, coordinate, and integrate our respective health programs and services to achieve better health outcomes for BC First Nations.

The document was taken from the First Nation Health website, for the purpose of sharing very important information to Tla'amin and Sechelt Community.

Thank you to the following for your attendance and support.

1. Sliammon Health Traditional Wellness Team, Sliammon Salish Center November 2013 Drug March – Day of Action
2. December 2013 – Tla'amin Community Health Service Mental Health Wellness Team, Community Elders, Regional Director, Regional Liaison
3. January 2014 – Sechelt Band Mental Health Wellness Team
4. February 2014 – St Mary's Mental Health Wellness Team
5. February 2014– Mental Health Substance Use Forum – Musqueam
6. March -2014 Vancouver Coastal Caucus HUB Coordinators Meeting

*In the spirit of health and wellness,
Cyndi Pallen, MSW First Nation Health Authority HUB Coordinator*

First Nations Health Authority

www.fnha.ca

FNHA Wellness Approach

FNHA has developed a Wellness Approach to frame our Wellness Initiatives

Wellness Champions

- Everyone is a Wellness Champion
- We all have circles of influence (family, work)
- Sharing stories
- I can! Because I AM!!

Wellness Partner

- Education
- Tools
- Initiatives

Living it!

- Leading by example
- Walk the talk
- Individ -> Team -> Org
- Individ -> Family -> Community -> Regional



The participants of these gathering were community members, frontline service providers, health directors, managers, nurses, doctors, mental health and wellness teams in Tla'amin, Powell River and Sechelt. The last 3 sessions were specific to opening dialogue with the upcoming mental health and wellness forum, which took place in Musqueam on February 2014.

To further understand the process I have enclosed information from the questions brought forth listed on website.

Community Engagements. Questions:

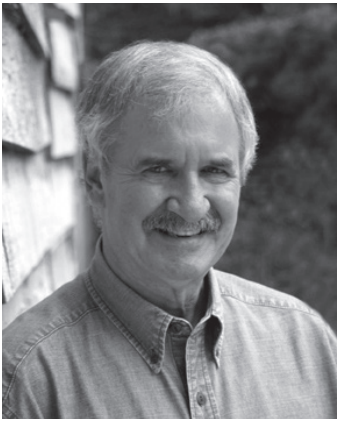
Where is the direction to this work on community engagement coming from?

May 2012, the Chiefs in Assembly at Gathering Wisdom for a Shared Journey V, passed Resolution 2012-01 with more than 80% in favour.

BC First Nations expressed desire to align community engagement with sub regional and regional process through the BC First Nations Engagement Pathway which informed the 2012, Consensus Paper. This set in motion the efforts to plan for regional office.

- Purpose of increasing the alignment and integration of engagement activities to a regional approach:
- Increase the ability to conduct collaboration, planning and communication work as a region.
- Bring decision making closer to home
- Align community engagement with sub-regions
- Standardize engagement activities and job-descriptions
- Create better equities across communities
- Create strong, productive regional team.

You Are Invited To a Parenting Workshop



"Raising children today can be challenging," according to Gerry Brach, who has over 30 years experience as a school counsellor. In fact, recent surveys indicate that 83% of Canadian residents believe that it is harder to raise a child today, than it was in previous generations.

To help parents with the awesome responsibility of raising children, Sliammon First Nation and School District 47 are sponsoring a presentation by master storyteller Keith Pattinson. This presentation will take place on Wednesday, April 23 at the Salish Centre starting with a luncheon at 12 noon, followed by his hour long talk at 1:00pm.

Pattinson has worked with children, youth and their families for over forty years. In thousands of workshop evaluations he has been described as one of Canada's most inspirational, humorous and dynamic speakers.

Come out on April 23rd and hear Keith Pattinson talk about how to raise healthy, happy and responsible kids. Learn about the importance of parental role-modelling, catching our kids doing something right, setting reasonable boundaries and having appropriate consequences.

There will be a question and answer session as part of the presentation and all workshop participants will receive Keith Pattinson's recently published book entitled: *What Every Kid Needs- and Money Can't Buy*.

More information about Keith Pattinson and his parenting workshop can be obtained by contacting Judith King at judith.king@sliammon.bc.ca or Gerry Brach at Gerry.Brach@sd47.bc.ca

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

CALL FOR RESUMES

Tax/Lands/General

This is general call for resumes to be on file for the Sliammon Band Office. At times, we need general casual workers for various minor projects. Often there is not enough time to do a job posting and deliver to the reserve.

If you are interested in any temporary/casual work (one or two day jobs) with the Sliammon First Nation, please submit an UP-TO-DATE resume, with your CURRENT contact number, to the Sliammon Band Office, Front Desk Attention to Erik Blaney

Deadline for Resumes: April 15, 2014

Temporary Casual work may include:

- Cutting grass
- Cutting Brush
- Garbage removal
- General Maintenance
- General Labourer
- Flyer Delivery
- Event Workers

Notice to Parents

We have agreements in place with the local School District #47 and with Assumption school. That means that if a Sliammon child is being enrolled in any of the following schools, parents/guardians can deal directly with the school.

Brooks Secondary, James Thomson, Texada Elementary, Edgehill Elementary, Kelly Creek Community School Westview Elementary, Henderson Elementary, Partners in Education and Assumption Catholic School

Please note the following:

- If you want to register a child in ANY other school the process must start by applying at the band office.
- We cannot guarantee that we will be able to find funding for enrollment in other schools, but we will do our best.
- The Band cannot fund enrollment in ANY off reserve pre-school or daycare unless our on reserve facility is full.
- Enrollment in an off reserve preschool or daycare must start by applying at the band office.

If you have questions please contact Judith at the office: 604.483.9646, Ext 228 or Judith.king@sliammon.bc.ca

Get ready for the 21st Annual Marathon Shuffle!



By Eagle Waltz

Once again a riot of plants is breaking out in a dizzying tempo. Birds and frogs are in full throat. And the outdoorsy folk are itching to take part in a popular Powell River rite of spring.

The advent of the annual Marathon Shuffle sees hikers and runners out and about preparing for the fun and challenge of walking or dashing along a 29 km long section of the Sunshine Coast Trail for a Full Shuffle, or 12 km for the Half. Hiking time over the hilly Full Shuffle is a challenging 6 to 8 hours, while runners take some 3 to 5 hours.

The free event held on Sunday, April 27, will also bring participants from out of town to enjoy the Sunshine Coast Trail.

Donated bus service will take participants from the parking lot at Powell Lake to the starting line on Malaspina Road. Starting time is at 9 a.m. this year to accommodate enthusiasts from Vancouver Island to get here in good time.

There is no bus service for the Half Shuffle. Also, the starting line and parking for the Half Shuffle have been moved 200 m below the gravel pit and the bridge to eliminate a bottleneck. The Half Shuffle start will be at 11 a.m. Trail etiquette requests slower participants to step aside allowing faster ones to pass.

For detailed information and to register for the Shuffle, visit: www.sunshinecoast-trail.com/marathonshuffle. Registering on time before event day will streamline the check-in and distribution of the numbered bibs—a time-consuming task that must take place before boarding the bus. Last year, we had 184 participants, so to minimize waiting time on event day and to help with all the other organizational details please register soon. Shufflers who do not have access to a computer can go to the Visitor Infocentre on Joyce Ave. and fill out a registration form right there.

To help raise funds for building another hut, PRPAWS is selling SCT Passports, T-shirts and books at the finish line. Donations are welcome. Your bib can be traded in for a free beverage at the Shingle Mill. To view event results, see: www.sunshinecoast-trail.com/marathonshuffle_results.html.

Good Friday is on April 18 in 2014 and Easter Monday is on April 21.

Ancient Clam Garden Fostered Foods Security

A three-year study of ancient clam gardens in the Pacific Northwest reveals that coastal First Nations people of Canada used to reap superior harvests using rock-walled beach terraces.

The study's lead author, Amy Groesbeck, was a student in Simon Fraser University's School of Resource and Environmental Management when she initiated the research for her master's thesis. Her supervisors, who all helped with research and authoring the study, included SFU professors Anne Salomon, an ecologist; Dana Lepofsky, an archaeologist; and University of Washington biologist Kirsten Rowell.

In the past, as indigenous coastal communities from Alaska to Washington State grew in numbers, people needed to devise sustainable ways of feeding themselves. One of the ways they did this was by cultivating clams in human-made, rock-walled beach terraces known as clam gardens.

When the researchers transplanted more than 800 baby clams into six ancient clam gardens and five non-walled natural beaches to compare their growth rates they made a groundbreaking discovery.

They found that the ancient clam gardens produced quadruple the number of butter clams and twice the number of littleneck clams as the unmodified clam beaches.

They also found that clams in the ancient gardens grew almost twice as fast and were more likely to survive than baby clams transplanted into unmodified beaches in the same area.

It is the first study to provide empirical evidence of ancient clam gardens superior productivity.



Dana Lepofsky leads the archaeological team for ancient clam gardens

We discovered that by flattening the slope of the beach ancient clam gardens expanded the real-estate for clams at the intertidal height at which they grow and survive best, explains Salomon, an assistant professor in The School of Resource and Environmental Management. Traditional knowledge by coastal First Nations members further revealed that their ancestors boosted these gardens productivity by adding ground clam shell and pebbles to them.

The researchers began their clam garden investigations in 2008. From 2009 to 2011 they focused their efforts on Quadra Island due to the sheer number of clam gardens available to survey and use as experimental replicates.

They surveyed 11 ancient clam gardens and 10 un-walled clam beaches and compared the number, size and weight of clams. They collaborated with indigenous knowledge holders from the Tlaamin First Nation and Laich-kwil-tach Treaty Society.

Our discovery provides practical insights into sustainable ancient marine management techniques that can inform local food security strategies today, says Groesbeck, who graduated in 2013. She is now a research assistant at the University of Washington.

According to the study, some of today's benthic (tidal?) shellfish aquaculture practices have been shown to undermine near-shore ecosystem resilience. They alter the community composition of near-shore systems, change sediment characteristics, and facilitate the introduction of invasive species.

Lepofsky says, On the Northwest Coast we are fortunate to have both the tangible record of clam gardens and the culture-based knowledge of local indigenous people to educate us.

The lessons learned here have global implications for food security, and about the way indigenous people interact with their land and seascapes.

Lepofsky is now leading an archaeological team that is comparing the growth rate of clams prior to and during the time when ancient clam gardens were prevalent. The team has expanded its research to the province's central coast and elsewhere via the Clam Garden Network, a newly formed group involving Aboriginal people and Parks Canada researchers.

One of the reasons this study is so compelling is that it combines First Nations knowledge with the tools of archaeology and ecology, says Lepofsky.

While archaeologists often work with First Nations, it is somewhat rare in ecology. The combination of these three sources of knowledge is very powerful.

Attention, Parents!

**File your tax return—
The B.C. Early Childhood Tax Benefit is coming**

The new **B.C. Early Childhood Tax Benefit** will be available starting in **April 2015**. The amount of benefit you receive will depend on your family net income as reported in your annual tax returns. **Filing your 2013 tax returns and applying for the Canada Child Tax Benefit could mean more money for you and your family.**

Are you eligible?

- The tax benefit will be provided to parents of children **under the age of 6**, who:
- ▶ Are B.C. residents
 - ▶ Have a combined family net income between \$0 and \$100,000 for the full benefit (\$660/year for each child under six)
 - ▶ Have a combined family net income between \$100,000 and \$150,000 for a partial benefit
 - ▶ File their 2013 tax returns and apply for the Canada Child Tax Benefit

If you currently receive the Canada Child Tax Benefit, then you will be automatically signed up to receive the BC Early Childhood Tax Benefit, so long as you meet the eligibility requirements and continue filing your tax returns each year.

For more information, visit: www.mcf.gov.bc.ca/childcare/tax_benefit.htm or call: 250-387-3332 (Victoria) or 1-877-387-3332 (toll free within Canada).

Don't miss out - File your 2013 tax return and apply for the Canada Child Tax Benefit.



Looking like Junior Elders Grace and Maria remove the herring eggs from the cedar branches

Herring Return

Who can remember the last time that herring have spawned in Sliammon waters? When was the last time that we have seen herring being hung and smoked? When was the last time that we were able to set cedar boughs out to harvest herring spawn?

It's been far too long. But, something special has happened in Sliammon waters. On March 23, 2014 herring have returned to our waters, and a spawn has taken place. A few of our Sliammon men were able to harvest a small supply for food, and even managed to collect spawn on cedar boughs to bring home for their families. It may seem like a non-event; but herring have re-appeared in Sliammon waters.

The return brings back a nice memory of our connection to our territories and its resources. It also brings with it some inspiration for re-building that relationship. It's great to be Tla'amin.

April is Dental Health Month

Dear Parents:

Would you like to help your child get used to the dental chair so he or she will not be as nervous about going to the dentist? As you know, we have a dental room in our health centre right here in our own community. I am available to sit with you and your child in the dental room and give you a chance to place your child in the dental chair and "take a ride". Your child can see how it feels to have the dental chair move up and down.

Also at this time your child can receive fluoride varnish if you wish. Fluoride varnish is a substance that looks like honey. It is a way for fluoride to stay on very young children's teeth for a period of time. Our little ones are too small to soak their teeth in those fluoride trays like older children and adults. Fluoride varnish can be put on the teeth with a small brush and because it is sticky it stays on the teeth for a few hours and the fluoride can then be absorbed. We can start with children as young as one year old, and children can have fluoride varnish every six months.

Please drop by the dental room on any Wednesday in April from 12:30-1:30pm. We can also arrange another time for you so please call to set up a different time.

One of the pieces of information I learned from our dental hygienist is that juice gives teeth a twenty minute attack of acid wear. That is one reason it is important to limit juice intake, and to also make sure if juice is served to children, that they finish it with their meal. That way, the acid wear is over in those first twenty minutes. If we allow our children to have a juice filled sippy cup going all day, and allow our children to take frequent sips all throughout the day, every time a sip happens, there is a twenty minute acid attack on the teeth. If our children are thirsty throughout the day, the best idea for their dental health and physical health is to offer them water.

Other things we can do at home to prevent tooth decay right from the start: breast feed your baby until he or she can drink from a cup, if you bottle feed, always hold the baby while feeding – do not prop the baby bottle for the baby to fall asleep while suckling, give plain water for thirst instead of sweetened drinks, including water in the bottle if baby needs a bottle to go to sleep with, feed fruit juices from a spoon or cup rather than a bottle, wean your baby from the bottle by twelve months of age, adopt good eating habits by giving your child foods such as grains, fruit, vegetables, milk, meat, and fish. When our children do have a treat of sweet food, it is very helpful to brush their teeth as soon after as possible. If you are out and have a treat, drinking water afterwards can help.

It is important to have our teeth checked regularly, and to have any tooth decay treated by a dentist. It is recommended that children see a dentist every six months. The Canadian Dental Association recommends regular dental visits beginning six months after the first tooth appears so this can be as young as one year of age.

Brenda Pielle, Early Childhood Development Outreach Worker

Employment Opportunity Wellness Programs Manager #13122013

The Wellness Programs Manager will be responsible for Tla'Amin Health's Community Wellness and Traditional Wellness Programs, working under the supervision of the Executive Health Director and achieving the strategic vision for community driven, culturally based wellness for Sliammon community. The starting pay rate is \$25 and is negotiable dependent upon experience and qualifications.

Key Responsibilities:

1. Administration and supervision of all Community Wellness and Traditional Wellness Programs and Services, and provides consultation and oversight to primary care specialists and contractors;
2. Supports TCH new initiatives, and conducts departmental and organizational strategic planning and program evaluation, in accordance with relevant legislation, policies, and principles;
3. Manages key constituent relationships, including funders, service partners, clientele and other relevant stakeholders;
4. Implements resource development activities, including proposal writing and fundraising planning, and develops of performance metrics;
5. Develops quarterly and annual departmental narrative and statistical progress reports.
6. Acts on behalf of Executive Director upon request; and,
7. Other related duties as required.

Skills & Abilities:

- Program development and evaluation, and strategic planning;
- Demonstrates effective leadership and supervisory skills, including recruitment, discipline and mentoring/coaching, planning professional development, and implementing performance management;
- Demonstrates effective communications verbally and in writing;
- Prepares and conducts presentations and professional workshops and seminars;
- Contract management, project management, financial management and resource development;
- Practices within relevant codes of ethics and relevant best practices;
- Working knowledge of community/public health nursing, health promotion, home support, mental health and addictions, and traditional healing services, in addition extensive knowledge of primary care health services with specialised knowledge in one or more of these areas; and,
- Extensive knowledge of Sliammon culture and community.

Qualifications:

- A Degree or Certificate in Nursing, Social Work, Health Leadership, or a related area, and extensive experience in First Nations Health Services, or an acceptable combination of professional training and experience;
- First Aid & CPR certification and Current TB Test;
- Valid BC Driver's License and Driver's Abstract; and,
- Successful Criminal Record Check.

Additional Information:

- There may be program hours outside of the ordinary working day 8:30 AM – 4:30 PM; and,
- May be required to use own vehicle with mileage reimbursement, business vehicle insurance may be required and occasional out-of-town travel may be required.

Send cover letter and resume by email to: cynthia.j@tlaaminhealth.com, or by fax to: 604-483-2466, attention to:

Executive Director. Closing Date: April 4, 2014 at 4:30 PM (only candidates shortlisted for interviews will be contacted)



Group Shot of the All Community Working Groups Meeting on March 7th

Working Groups Community Session Coming in April

SFN Chief and Council Meeting

February 20, 2014
TCHBS Boardroom

Condensed version (full set posted at the band office)

Meeting called to Order@ 2:32 pm

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

Regrets: Eugene Louie and Denise Smith

Administration Staff - Rod Allan and Judith King

Minutes and Agenda:

Additions, deletions and acceptance of Regular Meeting Minutes of February 06, 2014 reviewed. **Motion to accept made by Dillon and seconded Walter. Carried.**

Additions, deletions and acceptance of Agenda of February 20, 2014 reviewed. **Motion to accept agenda made by Denise and seconded by John. Carried.**

Additions and deletions:

1. New Admin Building update
2. FNHA and BCR request –Larry

New Business:

Finance / Admin/Audit:

1. Review and signing AANDC 2014-15 funding agreement

Motion to support 2014-15 funding agreement made by John and Walter. Carried. Quorum of 7 signed agreement.

2. Scheduling and details of Annual General Meetings – Consensus was that we keep the AGMs all on one day and invest in a joint effort with all Sliammon entities.

Education: Discussion on enrollment in off-reserve daycares and non-LEA schools/pre-schools and related fees. Council confirms that there are no former agreements to state that preschoolers can attend off reserve pre-

schools and Sliammon will pay for it. The schools must contact Sliammon before any enrolment takes place, if the parent requests Sliammon to pay for the invoices.

Housing – Tenant Relations Manager hiring procedure is almost done and the new tenant relations manager is Paula Stewart.

Infrastructure - AANDC funding opportunity will be available for the new administration building after March 2014. Email from Capital Unit at AANDC denotes that they will honour the commitment.

Sliammon Dev. Corp – FN Clean Energy Business Fund application & BCR 2014-03

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

Fire Department - Work began on renovation job to improve the buildings. There was Council discussion around fire department recruitment and training strategy. First Responder training is available through Number One Fire Hall in town. C&C recommend that participants retake the refresher course and there will be honorarium for attendance and acquiring the certificate. Action: Rod and Walter to initiate.

Fisheries:

1. Update on sale of fisheries boats. Kevin Timothy has begun work on selling boats. More updates next meeting.
2. BCR 2014-04 FN Health Authority - Environmental Contaminants Study on PCB levels in Ground Fish and Salmon in Sliammon fishing areas.

Motion to approve FNHA application for a contaminant study made by Larry and seconded John. Carried.

Council noted that they also wish to seek information on radiation in seafood around Tla'amin territory. Denise will follow-up on what the previous study may have revealed. Briefing note distributed by Denise was reviewed and

acknowledged.

Health:

1. Inter-Tribal Health Authority letter – letter referred to Health Board.
2. FNHA Survey and BCR or Letter of Understanding - tabled Larry will see Rod.

Portfolios:

Cultural Program request to Timber Products – Clint says this is an annual request for funding. Invite David Louie, Cultural Coordinator for a presentation to Council.

Motion to approve cultural program request made by Walter and seconded by Dillon. Tabled until next meeting

Membership: Request for Brittany Stewart to join Sliammon Nation. Mia Harry is requested to be present at Council's March 6th meeting.

Motion to approve transfer made by John and seconded by Dillon. Tabled until next meeting when a BCR will be presented.

Chief's Report:

Clint is attending the clean energy group meeting on Friday. Subject is Chapter 8 of the IRP – specific to FNs and there is an MOU.

Other Business

1. Submitting items to the Chief and Council agendas. Council was asked for a commitment to have a cut-off date and time for agenda items. In non-emergency instances, the cut-off will be the day before Council meetings by noon.

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

Meeting adjourned at 3:50 pm.



Final Agreement Signing Celebration

SFN Chief and Council Meeting

March 6, 2014
TCHBS Boardroom

Condensed version (full set posted at the band office)

Meeting called to Order@ 10:06 am

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

Administration Staff - Rod Allan, Judith King and Mia Harry

Minutes and Agenda of February 20, 2014 Regular Meeting Minutes – Additions, deletions and acceptance of minutes reviewed. **Motion to accept minutes made by Dillon and seconded by Denise. Carried.**

March 06, 2014 Agenda – Additions, deletions and acceptance. **Motion to accept Agenda made by Eugene and seconded by John. Carried.**

Additions:Community Clean, Traffic through Sliammon, Health NIHB benefits, CW & GF, Portfolios, NTC and BC ferries, SDC Update, IRSSS update, IAP fund, Lunch-Education

Presentation: Craig Galligos came to discuss Crown Referrals (CR). Eugene mentioned that Council gets referrals and he is wondering what happens to them. Cortez Island's land will be developed in the future. It was asked - what is the process? Craig responded about all referrals and gave Council some examples. There is a binder for all to review the referrals that come in. Craig said that he spoke at length with Paul Silvey about referrals and how they will be handled in the future. One specific area discussed was foreshore and oyster expansion and new dock installation referrals. Sliammon Council has authority to give their opinion and input on such matters. The goal is for the CR process to be seamless and similar to a one stop-shop.

New Business:

Finance 1- Review of Finance Working Group's Financial Management Policies

In FAL 2013, there were some requirements for Sliammon to develop and approve policies. A few of the policies have priorities and FNFMB notes that six are key policies. The most essential and interesting ones are the Procurement and Capital Project Policies. Others are operational policies. At this point, it is necessary to enhance the administration policies. Discussion began around partnering with outside firms. It was suggested that all of the approved policies should be registered in one specific place.

Motion to support these policies made by Walter and seconded by Vern. Carried. Dillon Abstained.

The Conflict of Interest policy was presented by Dillon on behalf of the

Finance Working Group and it was signed by all of Council.

Finance 2: There was discussion about the Own Source Revenue (OSR) budget. It was suggested that pre-budgeting should be done for all anticipated OSR expenses at the beginning of each fiscal year. In this way, all expenditures would be justified in advance. In recognizing pre-planned activities, the process will achieve more fairness and transparency in expenditure of funds.

Finance 3 - Audit update: Auditors from Hull have been here since March 3rd. They are interviewing all staff and being thorough in assessing the administration of AANDC program funds. General discussion began on the onerous task of Sliammon hosting auditors and it was questioned what the benefit of such audits might be.

Education: There is a plan to provide bursaries for five Grade 12 students. Council consensus is they agree with supporting the grads with five \$500 bursaries.

Discussion ensued on the 2014 Grad dinner. SFN Council is considering funding the dinner and the details need to be worked out.

Lunch for Bridge to Success students' graduation is happening at noon. Steve Gallagher will come by to take some photos for the Neh Motl.

Housing: Currently, SFN pays for all house insurance for Band-owned homes. When the sewer backed up, SFN paid for the damages to two uninsured houses. It was suggested that Council will return to the policy of paying for all homes with Sliammon Nation's blanket insurance policy. It will be less expensive than having an accident happen to homes that are not insured.

Discussion began on improving the existing housing stock. Tracking housing needs continues to be done. In future, house inspections will be a priority. Rod to look into costs and we will set up criteria for homes.

Sliammon Dev. Corp – Update that Paul Silvey is has been on the job since February 24th. Paul came into the meeting and gave an intro about himself to Council. He's a former Powell River resident and he has been involved in aboriginal law with a focus on economic development. He's glad to be back in the area.

Environment: Enbridge/Kinder Morgan Pipelines request. Council decided to wait until the 3CForum meeting to address this issue.

Fisheries: Herring is available for SFN. One tote is the amount that we'll subscribe to. With the one tote, it'll be Elders first and then everybody else for distribution.

Roe: Sliammon enjoyed the Ahousaht roe and are hoping to receive more this year.

Forestry: There was an invitation to go on a tour of Lynn Creek and the Haslam area. Some of Council is interested in taking this tour.

Portfolios: AFOA National Conference in Halifax – Dillon reported the conference was well-done. The opening ceremony highlighted the need to continue improving aboriginal educational institutions. Dillon attended a housing workshop on master development plans. Some plans could be implemented for 25 years - that's a long term plan. One workshop he attended - addressed 'How to track a capital project in real time'. Dillon got his certificate at the Gala dinner.

NTC meeting last Tuesday – James Thomas from Halalt is the new President. John Wesley, New Chairperson was elected to the board. Old staff – former CEO is challenging his discharge and retirement package. Nanaimo admin office has one staff member and there's discussion on moving operations to Tsawwassen. We received the new magazine - Salish Sea Sentinel. Country-wide active measures reform discussion ensued. NTC is looking to apply on behalf of all their member nations for the Active Measures review.

BC Ferries – Gloria attended a meeting on Tuesday with three representatives from BC ferries. The people asked for more changes and they will take the suggestions back to the corporation. Sailing cuts will be reviewed by April 10th.

Health 1 - Discussion concerning Health benefit trips to Vancouver or the Island. The funding allocations are not enough to cover all costs. It's suggested that an article go in the newsletter on NIHB guidelines. There was a call from a local dentist about possibly getting political support to try and prevent the cutting of services because Health Canada is not paying all the costs. Note: Council may need to support any unfunded costs.

Health 2 – Annual General Meetings were discussed and the Health Memorandum of Understanding should speak to the joint-AGMs.

Sports Team funding policy and their fund-raising efforts were discussed.

Membership: The transfer-in of Brittany Stewart was discussed. BCR 2014-06 was reviewed and approved.

Motion to approve the transfer made by John and seconded by Dillon. Carried.

Treaty: Future Structure – In thinking about the future, Rod mentioned that treaty operations will be rolled into the band operations. Funds will be coming in to Treaty, and Council should prepare for treaty affairs to be incorporated into the Band Operations in an expeditious manner. Sliammon should begin developing a transition plan to achieve a good balance of the two entities. Consensus is that we

should start to look at a plan sooner rather than later and identify funds for formation of treaty operations.

Transition to Treaty: Logistics of the signing ceremony were discussed. Grad students will come and help on Friday night. There will be an invisible RCMP presence and any protestors will be given an area near the Hall to conduct a protest.

Chief's Report:

1. Invitation from Sechelt for a session to discuss Government to Government relations. The session is scheduled for June or July.

2. Sliammon may need to review entry-level rate of pay. The objective would be to increase Sliammon's cost of living wage to be commensurate with the new minimum wage directive to be established by the Province.

3. J. Calvin Craigon is the new Chief at Shíshálh (Sechelt).

Other Business

1. Dogs – Because of a vicious dog incident, we plan register all to have free licenses available. Need Council consensus to begin the licensing effort. There was a discussion on containment of dogs and how it should proceed. Recommend a note be placed in the newsletter about the new dog license program. There will be a learning curve and we should get the details on the process by going to the SPCA for their input.

2. Salish Centre: Rod asked what the appropriate usage for the Centre is and asked Council's stand on such events. It was suggested that if it is a non-Sliammon person – they must be a non-profit organization presenting a cultural event. Mostly, they should clean-up after every event. Village Maintenance should make a habit of looking in on the Centre and have a set procedure in place.

3. Traffic issues – Cars driving through the community are driving too fast. What can be done about it? Ask the RCMP to monitor the activity. Tim will be advised and asked to assist with toning the drivers down.

4. Indian Residential Schools Settlement Agreement (IRSSA) update. IAP applications will be done by John, Marlane & Eugene. They are encouraging applicants to be part of the Sliammon proposal. Deadline is March 31st. A Motion is in place. Consensus is that what the group is doing is in the best interests of the community.

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

Meeting adjourned at 1:59

ANNOUNCEMENTS



CONGRATULATIONS to Trista, Eden & Big Brother Tobin on the arrival of your beautiful twin boys. This is a new beginning of many "firsts" as you begin this new journey. We are so happy for you all (all five of you). Love, Tom & LeBlanc Family



Cynthia Pallen, MSW – Graduated with Master Social Work from the University of Victoria (2013)

The University of Victoria School of Social Work recognized the need to have a specialized program of studies leading to the Master of Social Work degree for social workers working in Indigenous social settings. Social workers working for and with Indigenous organizations work in a fundamentally different historical, cultural and administrative environment to those working for non-Indigenous settings. The MSW program provides students with two completion options: a [thesis or course](#) context.

The objectives of the MSW program was,

- 'centering' Indigenous culture, knowledge and understanding;
- building on students' own knowledge as experienced practitioners in Indigenous service settings;
- developing critical awareness and

capacity for analysis and applying these skills to practice and policy development by Indigenous service settings;

- developing the capacity to conduct research and contribute to Indigenous knowledge building and transmission;
 - identifying racism, colonization and oppression and contributing to liberating policies and practices;
 - contributing to the development of culturally appropriate child welfare policies and practices;
 - contributing to the development of healthy Indigenous communities;
 - identifying international connections between Indigenous peoples and their knowledge and experience;
- developing leadership skills in policy development and administration in the context of Indigenous governance.



**Forever in
our hearts
Grandma**

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
at the Cultural Lodge
4922 Salish Drive

Experience freedom

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

Fernando Fundraiser

50/50 tickets
2.00 each or 3 for 5 or 7 for 10
Draw Date: April 22
Current Jackpot: \$125.00

Thanks for bottle drive donations - raised 100.00 and we thank the community for your donations. Contact Lorraine Peters at (604) 414-0936 for more information. Spring Hockey League will start in May in Nanaimo

Wu Woom Festival

(means "singing" in Sliammon language)

Saturday April 5th 2014

4:30-8:30pm

Sliammon Salish Centre (Gym)



**Everyone
invited!**

*Bring an instrument, sing a
song, express your culture!
Bring a cultural dish to share
(potluck)*

for more info contact Cyndi Pallen at
604 483-2145

\$10 Adults \$5 children
Ends to support Sun Run

Zumba Party 7:45-8:15
(Introductory to Zumba)