



NEHMOTL "US"

August 2014

Community News | Events | Updates for the Sliammon People

Fire and Rescue Recruiting for Responders

By Walter Paul

The founding members of the fire department were Thomas August and his brothers and the fire department was formed in 1977. In the beginning there was no fire hall so the actual fire truck was parked outside in the elements. The longest standing member in the department is Fire Chief Floyd George who has served since 1977 which puts him at 47 years of duty. The other long standing members Melvin, Philip, myself and Jason combined to have volunteered about 160 years of combined service.

The challenge has always been the same throughout the years and that is retention, meaning keeping new recruits with the department over a long time period. In addition attracting new recruits is a challenge. Fire practises are held on Monday evenings from 6:30-8:30 pm depending on turnout. The structure is to maintain the firetruck as well operation of the same, there are hose drills, care of fire equipment, as well as practice with the breathing apparatus.

First responders must complete a minimum of a 32 hour course from St Johns to obtain a level 3 certificate to which we have Floyd, Melvin, Tyrone with certification at this time. There really is no criteria to participating in the department only to show up on Mondays and be 16 years of age minimum. Please contact Floyd, Melvin or myself if interested. The new recruits we have at this time is Kyler Williams, Lawry Dingwall and Kyle George.

There have been a few upgrades around the firehall in the recent past. There are new turnout gear as well new air tanks, and a computer. The biggest upgrade would be the major renovation to the hall, as well there will be a new firetruck with more capacity than the old truck for sure. At this time training for class 5 with air endorsement is required to operate.

The rewards of participating with the department are different for all the fire fighters and the one which stands out for me is the satisfaction of doing something for your nation which doesn't cost money, only a bit of your time. I encourage our youth to attend a practise on Monday evenings at the firehall to see if you have the skills to become a firefighter for our community and really make a difference.



Kyle George and Kyler Williams (right) are recent recruits that are training with the new oxygen tanks

Sliammon Seeking Authority to Collect Property Transfer Taxes for Lease Transfers

By Dillon Johnson

Sliammon Chief & Council are working on implementing property transfer taxes. This is not part of Treaty implementation but will likely continue after the Treaty takes effect. Property transfer taxes are taxes that are collected each time a property transfers owners. The Province of British Columbia collects property transfer tax for land transactions that occur off-reserve within B.C. Each time a property is sold or a long-term lease is transferred off-reserve, the purchaser pays 1-2% of the value to the provincial government.

Currently, property transfer taxes do not apply to land transactions (i.e. leases) that occur on-reserve in B.C. First Nations have historically been deprived of this tax and other revenues and this lack of revenues has contributed to the lack of infrastructure on Reserve land. However, First Nations are beginning to implement property transfer tax. The Tzeachten First Nation in Chilliwack, was the first First Nation to have a property transfer tax law approved by the First Nations Tax Commission (FNTC).

The FNTC regulates and oversees the on-reserve property tax system that Sliammon has been levying property taxes under

for years. Similar to Sliammon's property tax laws and bylaws, the FNTC will be responsible for ensuring the draft *Sliammon First Nation Property Transfer Taxation Law, 2014* meets the FNTC standards and that a process that is fair to all stakeholders is followed before the law is approved.

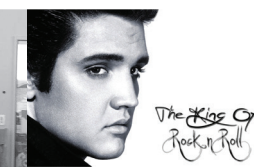
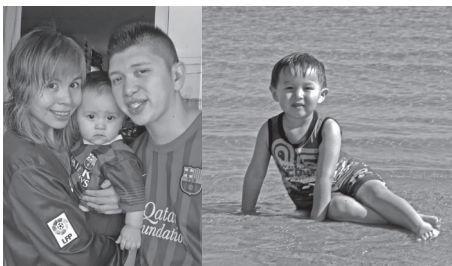
Sliammon would collect property transfer taxes by applying a percentage rate (1% on the first \$200,000, and 2% for amounts greater than \$200,000) to the fair market value of lease transactions on Sliammon Reserve lands. The tax will apply to leases but not to purchases by members or transfers of CPs between members. This revenue

will provide Sliammon with another tax revenue stream that will be used to improve community infrastructure such as our roads, sea wall, water and sewer systems, buildings and other community amenities. While this tax will not generate much in terms of revenues over the next few years, it is anticipated that this tax will be a significant revenue stream in the future as Sliammon acquires and develops more land.

The draft *Sliammon First Nation Property Transfer Taxation Law, 2014* has been in development for the past few months. At the Council meeting on July 10, 2014, Council

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



Message from the Chief

Texada was never meant to sink after all



I sure hope that everyone is enjoying this summer as we have been blessed with such great weather and fishing this year, I hope that you are all able to get out and do something that you enjoy this time of year.

Lower bridge update - I wanted to inform our people that we will be removing the lower bridge and replacing it with a new bridge. The old bridge was very rotten and beyond repair, this is going to be a

very costly project that will need to be looked at as an investment in to our community. The Sliammon Lands Department and our forest company will be sharing the costs associated with this project that will be in the neighbourhood of \$300,000.

New Administration Building – we have completed our Request for Proposals (RFP) process for the selection of engineering and project management for our new administration building; we are pleased to announce that David Nairne & Associates were the successful company. We are very excited to get this project underway ASAP, we are hoping to begin land clearing in August, in hopes that construction will begin this fall as we are hoping that the building will be complete by April 2016.

Shelter point ceremony – August 10, 2014 the Regional District will be hosting an official grand opening of the new buildings at the Shelter Point campsite on Texada Island. These buildings needed to be rebuilt after a fire had burnt the buildings down a couple of years ago; however in the aftermath of the fire it was discovered that these buildings were sitting on top of midden site(s). This discovery triggered a large Archaeological Impact Assessment that was funded by the Regional District. This study only confirmed what many of our Tla'amin people already knew; that the findings from this were going to confirm that our people have been here for thousands of years. This study makes me smile, for my whole life I have heard people tell me that Sliammon people were scared to go onto Texada Island because it was going to sink or flip over. We have told people for years that we knew of heavy land use from our people over on Texada Island for hunting, fishing cabins, and shellfish etc. It is great to hopefully see this myth squashed!

Healthy living dividend – Chief and Council are very pleased to offer the Healthy living Dividend to our community members once again. Please contact Pam Wilson via email pam.wilson@sliammon.bc.ca or phone (604) 483-9696, Toll Free # 1 (855) 483-9696.

Food fish – I am want to express my appreciation to our AFS Crew Kevin Timothy and Vern Wilson and also to the temporary hires that did an outstanding job with this year's food fish. The quality of the fish was great even with the extreme heat that the fish were delivered during. For those of you that haven't received or made arrangements for your fish please contact Kevin Timothy @ (604) 483-4111 or kevin.timothy@sliammon.bc.ca

Two years have come and gone so quickly, and it is once again time for our Chief and Council election on September 13th, 2014. I personally want to thank the current Chief and Council for two very productive years this term, there have been many great accomplishments and improvements that are currently sending Sliammon down a very positive path. The collaboration between staff and council has been a key part of this success; my hopes are that this will continue well into the future. This is the first year that anyone can recall our audit being handed in on time, this is a huge accomplishment compared to where we were only a few years ago when we were facing third party management. A huge thank you goes out to the administration for steering the ship and keeping everything on task as this accomplishment will open many new doors for our people. In closing, again I would like to wish all of the candidate's good luck in the upcoming election.

Please feel to call or email if you require any further information @ (604) 483-9696 or clint.williams@sliammon.bc.ca

Chief Negotiators Message

The Last Indian Act Election in Sliammon History will take place September 13th

The election process for Chief and Council is now underway. The upcoming election will be the very last Indian Act election in Sliammon history. The election rules and procedures for the upcoming election will be governed under the Indian Act. An electoral officer will provide the oversight for the vote. A voters list will be established based on our Sliammon membership list. Sliammon members over the voting age of 18 will be eligible to vote. Everyone is encouraged to exercise their right to vote; the upcoming elected leadership will be bringing in dramatic Effective Date changes.

Effective Date will be in April of 2016. A new election will take place within 6 months of Effective Date. The post Effective Date election will be governed under new election rules and procedures. The foundation for the changes is contained in the Tla'amin constitution, and the Tla'amin Final Agreement. Our post treaty government will consist of an Executive Branch and a Legislative Branch. The Executive Branch will perform duties much like Chief and Council do today. The Legislative Branch will be responsible for reviewing and approving laws and budgets. The number of elected leaders will likely change, and the terms of office will also likely change.

A Governance Working Group has been in the process of developing new election laws for beyond a year, and the work in progressing very well. The working group is formed from appointments from Chief and Council, STS board of directors, key resource staff, special advisors, community member representation, and legal



counsel. The work is being done by Sliammon people for the Sliammon community. The Working Groups have begun information sessions in the community; and more are being planned in the upcoming months. Community participation in the building of our laws will truly reflect our Tla'amin values, culture and identity.

A Lands Working Group is in the process of developing land related laws; Certificates of Possession will be replaced with new ownership titles. The new titles will be registered in a

land title office, and will provide improved levels of security and equity. Owners will have legal title; which has been elusive and contentious. Sliammon government will have the ability to create new ownership interests for those who do not have CP's. That work is underway; information sessions have begun in the community, and more will be taking place in the near future.

A Finance Working Group has completed a Financial Administration Law that is now in force. The law provides financial stability and security for our Nation. The law can be considered a "gold star" for financial performance for our Nation. Work is currently underway to "adapt" the law to reflect a post Effective Date Sliammon. Work is also underway to establish "Trust Funds" that will protect financial resources for future generations, and improve our current financial standing.

Positive changes are underway; and our teams are very busy at the job of making our community a better place for all of us.



Margaret, Yvonne, Pete and Gilbert take time to understand the work that has gone into the Land Use Planning over the past year

Tla'amin Land Use Planning

One Heart, One Mind, One Nation
July 10th



A Land Use Plan is a tool that identifies our community's vision for the future. It can help us define principles, goals, objectives and policies that will govern our land and provide a basis for decision-making.

Purpose of the Plan

Define the long-term goals and vision of Tla'amin Lands

Provide certainty for future land development,

Protect and preserve cultural features,

Plan development in a way that protects valued resources

Serve as a basis for policies, regulations and decisions related to land use and development on Tla'amin Lands

Elders Session

Our culture and tradition can be supported in the Land Use Plan by:

- Identify hunting and gathering areas
- Protect sacred sites
- Protect gathering sites
- Protect old hunting grounds
- Protect forest resources
- Naming ceremonies
- Areas for sweat lodges and long term housing
- Traditional harvesting education
- Protect beaches and rivers

We need to protect our land because:

- For future generations
- Stop over harvesting
- Times will change
- To have enough land
- To save our water
- We are steward of the land
- It is part of our teachings
- To carry on our culture

Youth Session

On Tla'amin lands we like to...

- Berry pick
- Fish
- Hunt
- Swim
- Walk
- Play sports
- Go to the beach
- Hike

In 20 years Tla'amin lands will provide...

- Hunting resort
- Waterslides
- Full integration of Tla'amin language in school
- Fishing docks and marina
- Stores

- More campsites
- Tourism
- Traditional/cultural (in select areas)
- Hotel and restaurant by the airport
- More jobs
- New parks
- Boat site
- Trails like the Sunshine Coast Trail
- Cultural camp
- Ice Rink

Planning Considerations

Population:

- Population of Tla'amin members has more than doubled in the past 40 years from 443 to 1,017 in 2012.
- In 1979, 93% of Tla'amin members lived on Tla'amin lands. In 2012 only 57% of Tla'amin members lived in the community.
- As more land becomes available Tla'amin members currently living off Teeshosum may choose to return to Tla'amin Lands.
- Non Tla'amin represents a stronger development pressure as well as introduce a different dynamic in terms of demand for service.
- The 2010 Tla'amin Land Use Plan sets planning direction for Tee-

shosum which is the principal residential and commercial area.

Cultural:

- Strong desire to preserve cultural and traditional sites and areas.
- Setbacks are required for archaeological sites and areas.
- Access to traditional harvesting should be maintained.
- Resource and land development should accommodate traditional uses.
- Preserve critical habitat to support on-going harvesting of medicinal, edible, and utility plants.
- Salmon are an extremely important resource-habitat for significant spawning area need to be protected (e.g. Theodosia River)
- Aquatic resource harvesting is extremely important and most Tla'amin still engage in it.





Paula Stewart is addressing the rental agreement requirements for housing

Rental arrears equals \$180 K annually that cuts into youth and elders programs

I (Paula) was born and raised in Powell River and went to Vancouver Island after high school. I was hired at CIBC Bank in Victoria in 1999, where I made my way thru a number of levels and positions over 15yrs. I started as a Bank teller, went to Head teller at the main branch in Victoria, moved to Saltspring Island with CIBC to be a Personal Banker and after 4 years on Saltspring Island I was promoted to Powell River to be a Financial Advisor. In 2012 I took the Bank Manager position. I reevaluated my lifestyle and career after a health scare in 2013. I saw a posting for this Tenant Relations Manager position in the Powell River Peak and took a shot at it. I felt that the position would offer me a chance to help the Nation through some of the changes that Treaty was bringing as well as I could add value to the residents with my financial background. I love my new job!

My role at Sliammon First Nation is to put a rental program in place that addresses both the needs of the residents and the Nation. Steven Galligos and I are breaking the housing department into a few different areas to better manage the various projects we have planned. When all is in its final place, I will address the Nations rental agreement requirements and requests for repair and maintenance. I will continue to apply for funding thru various organizations to boost the dollars that we have to use. Steven will be in charge of Capital Projects and Infrastructure. We will jointly address the growing housing needs of Sliammon by taking on the building of new homes, but not before we can successfully overhaul the current housing state.

The rental arrears that is accumulating is approximate-

ly 15K monthly, 180K annually. That equals hundreds of thousands of dollars over the past five years. These rental arrears are not just effecting the housing department. Sliammon uses their own source revenues from Forestry and other projects to cover the costs of the repairs in the older homes and the mortgages in some of the newer phases of homes. This cuts into other funding, such as education and university funding for the Sliammon youth as well, our Nation could have better services and programs for our elders, if we were able to collect the housing fees we have set. We are just trying to break even at the years end, or have surpluses that we can put right back into the housing stock.

Examples of consequences of nonpayment that council is considering is: clawing back some of the Band distributed benefits, such as the Healthy Living Dividend, the Christmas gift cards and the Ministerial Guarantees for future homeowners. Any benefit that the Band gives to a member could be held back as a result of not paying rent. (government subsidies are not affected at this time, but will cease to exist after Treaty anyways) Of course, eviction is another course of action, but we hope it will not get to that. If you are willing to come in to discuss your situation, we are willing to work with you to find a solution. My door is always open.

In the next editions of the paper you can expect to find information similar to the attached Q&A on rents, and other pertinent housing information. I am thinking that the responses to the next few months of articles will prompt the materials for the future editions of this section of the paper.

(Property Taxes continued from page 1)

approved a BCR to start a 60-day notice period. Stakeholders (lessees, Sliammon members, etc.) can request a copy of the draft law and provide written comments that Council must consider before final approval of the law. Please see the notice provided below as part of this write-up. This notice has been posted publically in Sliammon, in the Powell River Peak and has been distributed to realtors and lessees of Sliammon land. Further, a team from Sliammon will be meeting with lessees and realtors over the next 60 days to discuss the draft law.

If you have any questions or concerns, please do not hesitate to contact the Lands and Tax Department (see contact info in the notice below). We repeat that **Sliammon members will be exempt** from property transfer taxes under the draft law.

Emote,

Sliammon Chief & Council and Administration

Sliammon Nation Meets AANDC Reporting deadline for first time since records have been kept!

On behalf of Chief & Council, I am extremely pleased to report that the Nation's audit has been completed and accepted by AANDC on July 28, 2014. This is the first time since AANDC has kept records, that the nation has met its 120 day reporting deadline. Hats off go to Chief & Council for driving this initiative, finance staff of all the nation's entities as well as KPMG our auditors. A Global news article published yesterday stated that only 20 of Canada's 600 Nations have actually met the deadline, so this is quite an accomplishment! As Chief Williams stated, this is another positive stride forward building on last years' risk assessment and can only open new doors for the nation with AANDC and other funding agencies.

Stay tuned for a more in depth audit review and the ability for you to ask questions of Chief & Council, Staff Management & CFO during our upcoming AGM that is scheduled in early September.

Respectfully Submitted,
Steve Hunter, CFO

Invitation To Make Written Representations (Comments) On Proposed Property Transfer Tax Law

WE HEREBY GIVE NOTICE, under section 6 of the First Nations Fiscal Management Act (the "FNFMA"), that the Sliammon First Nation ("Sliammon") proposes to enact the Sliammon First Nation Property Transfer Tax Law, 2014 (hereafter referred to as the "Proposed Law").

DESCRIPTION OF THE PROPOSED LAW: The Proposed Law would levy a tax on certain interests in land in the Reserve at the time the interest is transferred or extended. In the past, there has been a gap because purchasers of homes in B.C. paid the property transfer tax except on Reserve land. This law will close the gap.

Under the Proposed Law the transfer tax would be levied on transfers of leases and certain other interests at the following rates:

- (a) 1% of the first \$200,000 of the fair market value of the interest at the time of the transfer; and
- (b) 2% of the remaining fair market value of the interest in land at the time of the transfer.

The Proposed Law provides for the appointment of an administrator, provides powers of tax assessment and inspection, sets out the rules for determining fair market value, provides for a right of reconsideration and appeal, and includes a number of exemptions from the tax, including for first time home buyers, certain transfers within a family, certain transfers involving a principal residence, and switching from joint tenancy to tenancy in common.

A COPY OF THE PROPOSED LAW may be obtained from Erik Blaney at the address or phone number listed below.

SLIAMMON FIRST NATION COUNCIL INVITES WRITTEN REPRESENTATIONS (written comments) on the Proposed Law. The period for written representations is open for sixty (60) days from August 9, 2014. **The Deadline for written representations is October 7, 2014.**

Persons wishing to provide written representations must deliver the comments to Erik Blaney at the address or fax number listed below. Any written representations must be received at this location on or before midnight on October 7, 2014 to be considered by Council. Before passing the Proposed Law, Council will consider all written representations received in accordance with this Notice.

CONTACT INFORMATION: For further information or questions regarding the Proposed Law, this Notice or the making of written representations to Council, please contact:

Erik Blaney, Lands and Tax Manager
Sliammon First Nation
6686 Sliammon Rd, Powell River, B.C. V8A 0B8
Phone: (604) 483-9646
Fax: (604) 483-9769

Tla'amin Health



Family Fun Day on August 8th

Annual General Meeting

For the Tla'amin Community Health Board Society

In combination with Sliammon Band, Treaty and Development Corporation

Thursday, September 4, 2014

4:00 PM

Sliammon Salish Centre
Light Dinner Provided

Agenda: President's report, Audit Report, Q & A

PLEASE BE ADVISED:

There will not be an election. Our elections for Board of Directors was held August 5, 2014

Constable Tim Venselaar was recognized for his 3 years of service with Sliammon



Summer heat can make you sick

Dr Paul Martiquet, Medical Health Officer



We wait for it every year, asking “when will it be summer?” Then it hits: the summer heat. Each year there are periods of very high heat in various regions around the province. There are 40+ degree days in the Interior; even on the coast, extreme heat events are not all that rare—we should be prepared for them.

Hot temperatures can be dangerous. While anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Most at risk are infants and young children, people aged 65 or older, and those with chronic conditions such as breathing difficulties, heart problems, hypertension or kidney problems. People who are socially isolated are also vulnerable.

Heat illnesses include heat stroke, exhaustion, fainting, rash and muscle cramps. Any of these can come on very quickly. They are mainly caused by over-exposure to heat or over-exertion in the heat. Symptoms provide warnings of developing problems and they include dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst and decreased urination with unusually dark yellow urine. Ignoring symptoms could lead to more serious heat illness.

The process by which heat illness comes on is quite simple. As the body works to cool itself in the heat, blood rushes to the surface of the skin which means there is less blood for the brain, muscles and other organs.

Heat exhaustion and heat cramps occur when the body loses large amounts of water and salt through excessive sweating. The most serious condition, heat stroke, occurs when the body suffers from long, intense exposure to heat and loses its ability to cool itself.

In prolonged, extreme heat, the part of the brain that normally regulates body temperature can malfunction. Fortunately, with prompt treatment, most people recover completely from heat-related illness. Not properly managed, heat stroke can be deadly.

The best way to deal with heat-related illness is to avoid it in the first place. Prevention can be a life saver. Staying well-hydrated by drinking plenty of fluids, particularly water, is the first step. Don't wait to be thirsty because by then you are already dehydrated. You should also stay away from coffee and alcohol because they increase blood flow to the skin and increase the risk of dehydration. Rehydration drinks can be a good idea as they are absorbed as quickly as water and will also replace sugar, sodium and other nutrients.

It's a good idea to eat more fruit and vegetables because they have high water content. Cooling breaks, cool showers or baths during the day also help. And if you do not have your own cool space, find one close to home. It could be a grocery store or local café, maybe the library or even city hall. If you are working or physically active outdoors, try to rest often (in the shade) and wear a wide-brimmed hat to keep the sun off your head.

Summer weather is a boon to anyone who enjoys being outdoors, whether for a swim, hike or even just a backyard barbeque. But very hot weather is not to be taken lightly—it can kill.

Very hot weather is not to be taken lightly—it can kill.

Healthy Happenings

By Cynthia Jamieson,

Executive Director of Tla'amin Health

You Can Still Walk & Talk & Walk

You can still win fun prizes and get fit too by joining us for our walkies! From June 1 to September 31st, when you walk with any Tla'amin Health staff member, your name will be entered for a monthly draw – leading to a final grand draw in September. See, healthy activity is fun after all!

Yoga

Yoga classes are starting up for the Elder's Group in August. How cool is that? Moderate stretching and movement exercises help to strengthen the core and to improve balance, which in turn, helps to prevent falls. Fall related complications are the number one cause of injuries for Elders. If you can support your Elders to be more active, or to participate in some of our fitness, wellness or socialization activities, you are supporting them to enjoy a healthier and happier life.

Depression & Anxiety

Counsellor Nina has submitted a very thoughtful and informed article on depression for this issue, and I encourage everyone to read it and think about the depression prevention and screening. If you have depression and/or anxiety do consider coming in to see our Nurse Practitioner or a Counsellor to discuss wellness options or whether medication or other treatments would help. In this day and age, there is no reason for anyone to suffer from these debilitating conditions. Many depression and anxiety symptoms are hereditary and many of us have struggled with these on occasion. Stigma for mental or emotional issues needs to be put aside, especially where it prevents treatment. Remember, there are natural remedies and activities, such as exercise in the morning, a positive outlook, and spirituality, which can also be a big help during times of depression, or even just a case of the blues.

Emote!

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

Depression

Nina Peers is a Certified Counsellor at Tla'Amin Health

Are you depressed? Signs and symptoms of depression are:

- Loss of interest or enjoyment in activities
- Feelings of worthlessness
- Excessive or inappropriate feelings of guilt
- Thoughts of death or suicide
- Trouble making decisions
- Trouble concentrating
- Feeling irritable
- Fatigue or lack of energy
- Aches and pains (such as headaches, stomach pain, joint pain or other pain)
- Sleeping too much or too little
- Change in appetite or weight
- Feeling of restlessness or being slowed down.

Let's face it, some of us have been depressed in our lives at one point or another and have managed to work our way out of it. Then there have been times where it has been more difficult to shake ourselves out of the blues. We didn't have the energy or the desire to do anything about it, and finally there are those out there who can't find the strength to get out of their depression and or have reoccurring bouts of depression. Whatever the case may be, we are not alone and we do not have to struggle alone with depression. There is help available.

Only a doctor can clinically diagnose depression but many of us deal with the blues, periods of sadness or feel depressed quite often.

I could give you the facts and statistics on depression but I'm not going to. Instead I am going to share about being human. Every person, I believe, has struggled or will struggle with pain or fear (or the direct result of it) in their life.

Life isn't easy. Some of us have come from dysfunctional, traumatizing events that happened in our childhood. Others have suffered a lot of grief and loss with family members, children, relatives and friends. Regardless of what the circumstances were, it affected us and left its mark.

If we are not aware of the tools to help us get better or resources that are provided, we can live for years in pain and misery, thinking it's our lot in life to suffer or that we are not worthy and don't deserve to be happy.

Trauma is the emotional response when a negative event is overwhelming. It can affect how a person feels and how a person behaves. It can affect the body and also affect a person's ability to have satisfying relationships with others.

Emotionally, trauma victims can become anxious, depressed, fearful and withdrawn. They can have recurring panic attacks. Everyone reacts differently to trauma and there is no guideline as to how and what someone should feel. What we do know is that the sooner you deal with the symptoms of trauma, the better chance you have for a full recovery and to be free of the effects of these events. If left unresolved, emotional trauma can affect your daily choices and functioning and ultimately, it can manifest into serious psychological disorders with lasting effects. Just as we need help to heal the physical effects of trauma, we also need help to heal the emotional wounds. Counselling offers a safe and supportive environment to work through these issues.

We learn how to cope and manage the symptoms of a trauma, whether this is learning to calm ourselves when we experience a panic attack or seeking solace in our friends when we experience depression or sadness over the effects of the trauma.

We are stronger than we think. Most of us have survived the traumatic events that have happened to us, it's just the deep feeling work around the trauma that we need to work on, so it loses its power over us.

We need to grieve; we need to feel the pain in order to heal us, to set us free. Believe it or not, half the battle is being able to get the right kind of support, to be able to let go of the toxic poison inside. A place where we can feel safe and validated, to work through our painful issues. There is great strength and therapeutic value in sharing with others who are in the same boat. What we cannot do alone, we can do together, a slogan that is universal.

A lot of us have suffered and do not feel worthy, do not believe that we deserve good things. This is a false belief that has been reinforced within us by our abusers and the people that have traumatized us.

We all belong to our Creator and deserve a better quality of life; the problem is that we are often our own worst enemies. We have been abused and then become perpetrators of our own abuse. We don't realize that we punish and self sabotage ourselves as adults because it's learned behaviour, it was taught to us. We don't know any other way to feel but the same way we felt as victimized children. We have low self esteem.

We have the tools and resources to break free from depression, which really is a cesspool of pain, fear, shame, guilt, anger and whatever else you want to throw in the pot. We have the right to have healthy, happy lives; we just need help in recognizing that it must come from within. We need to believe in ourselves and learn how to love and treat ourselves with dignity and respect.

Child, Youth, and Family Advocate Update

Brenda Pielle, BSW

As the Child, Youth, and Family Advocate my job is to assist families who have children or youth with special needs.

Some special needs for children or youth come from alcohol exposure during pregnancy. We are all learning about Fetal Alcohol Spectrum Disorder (FASD). Having a child born with FASD could happen to anyone. Over the years, we have not always been given good information about alcohol and pregnancy. Many pregnancies are not planned, and many women do not know they are pregnant for two to ten weeks, or sometimes longer. Therefore, it can be possible for a woman to drink alcohol without knowing she is pregnant. It is also possible for women to have an addiction to alcohol, and to have a very difficult time not drinking for the nine months of pregnancy. A baby's brain is developing throughout the entire pregnancy and therefore the brain can be damaged by alcohol that a woman drinks at any time over those nine months.

There are other special needs that children or youth might be experiencing that complicate learning and behaviour. These are now being grouped together under a particular name: "Complex Developmental Behaviour Conditions" (CDBC's). Some of these conditions might include Attention Deficit Disorder, Autism Spectrum Disorder, Oppositional Defiance Disorder, and so on.

There is a process a family can go through to find out if their child has some kind of developmental delay, FASD, or a CDBC. It is my job to help families go through this process and try to get in place all the support and services the family or their child might need. It is also my job to help the family try to make sure other adults in the child's life understand the special needs of the child. Other adults could be teachers at the child's school. Please let me know if you are in need of any help in this area. This position is funded at twenty one hours per week so my usual days are Monday to Wednesday 8:30am-4:30pm.

It is really important for all of us to give patience and understanding to a family who might have a child with FASD or a CDBC. It is also important for all of us to give extra patience and understanding to the child or youth. Children, youth, or adults who are living with FASD or a CDBC are often having a lot of struggles with life. The disability is in the brain and therefore is not seen on the outside. These conditions are often referred to as "invisible disabilities" and, as such, they are often misunderstood. Because the brain is affected in individuals with FASD and CDBC, there can be great challenges with memory and learning. There can also be challenges with those parts of the brain that help us follow instructions, remember rules, learn from consequences, or regulate our physical self (keep our body still and calm). It is easy to become frustrated or angry when interacting with a person whose brain works differently than others. This is why I mention the patience and understanding. I believe this community already knows how to support each other so this message is simply coming as a reminder to keep up the work of making sure everyone feels valued, included, and cared for.

I am away on holidays for most of the month of August. I will look forward to seeing you in September, and I hope everyone enjoys the remainder of the summer.



Grandparents' Day / FASD Awareness Day

(Celebration Breakfast)

This event will be:

- a time for the community to gather to honour our grandparents.
- a time to recognize Fetal Alcohol Spectrum Disorder Awareness Day.

Tuesday September 9, 2014

9:30am

Siammon Child Development Resource Centre

Please join us for some lovely breakfast food and very brief information sharing. Good food, good fun, good company, and some door prizes. Hope to see you there.

For information please call Rose Adams at 483-3449 ext. 1 or Brenda Pielle at 483-3009 ext. 231.

Tla'Amin Health Events & Activities

Community Health/Health Promotion-AHIP

- Pre-Natal Group on Break for August
- Yoga for Elders – Tuesday, August 5th at 11:30 AM
- (And don't forget to keep walking with health staff whenever u can to be entered into the Walk the Talk Monthly Draws on until September 2014!)

Youth Wellness 10:30 AM to 11:30 AM

- Summer Fun registration is now full but you can register your child for the wait list. July 14 to August 21, Monday to Thursday from 10:0 AM to 2:30 PM

Tuximuy Group

- Every Tuesday to Friday in the Tla'Amin Circle Room from 10:00 AM to Noon

Nurse Practitioner David

- Please book appointments whenever possible
- Late appointments available Tuesday evenings for people who have to work during the day – By Appointment Only! (except August 5th)
- Clinic cancelled on Monday, August 11th & Monday August 25th

Elders Group !!!

- Elder's Groups on Tuesdays – August 5th, August 12th, 19th & 26th from 11:00 AM to 1:00 PM (not on the 16th!)
- Foot Care Clinic on Wednesday - August 6 from 9:15 AM to 3:30 PM Please Pre-Register at Home Support Office at 604-483-3009

AHPTUN SEAFOODS LP

In January of 2013, the Sliammon First Nation and Ocean Protein Canada Ltd. signed a partnership agreement for aquaculture creating Ahptun Seafoods Limited Partnership! The Sliammon First Nation has always had a strong interest in growing shellfish in our Traditional Territory but it has been years since any progress has been made on that front. With the signing of this new agreement Sliammon will again be active in the shellfish aquaculture industry!



Norma George, Hatchery Technician working in the algae laboratory at the hatchery.

Ocean Protein Canada has built and licensed a shellfish hatchery at the old processing plant on Cannery Road.

The hatchery will produce seed for outplanting on the partnership sites and is currently focused on the production of Pacific oyster. Seed supply has long been a limiting factor for the BC shellfish industry and the hatcheries will ensure Ahptun's success.

Ahptun Seafoods is making big waves with the clean-up and improvements at the old processing plant where the baby oysters from the Trevenen hatchery will be nursed to out-planting size. The old trailer has been removed, the pump house rebuilt, security gate installed, plumbing and electrical repaired, tree falling and brushing, and a fresh new coat of paint inside! The crew have been very busy and 6 large dumpster loads of debris have been shipped to the landfill. Band members are gaining valuable experience and training in boat operation and safety, shellfish husbandry, carpentry, and mechanical; just to name a few!

Additionally, our Nation has been granted the 24 hectare sub-tidal geoduck tenure off the SE end of Harwood Island and is planning to plant geoducks in the spring and summer of 2014. Our Nation is also working with Crown lands and Fisheries and Oceans Canada to secure additional geoduck sites near Harwood.

It has been a busy year for Ahptun Seafoods and 2014 will likely be even busier! In partnership with Ocean Protein, Sliammon will build a profitable and sustainable aquaculture

company that draws on the human resources and talent of the Sliammon First Nation. There has been some evidence of oyster and clam poaching from our tenured beaches and we seek our members support in identifying poachers and avoiding Ahptun tenures during commercial and food, social and ceremonial harvesting. Please contact Roy Francis if you observe or suspect poaching by band members or non-band member individuals.



Kyle McGee and Joel Mahy, setting up the new nursery tanks at the old processing plant

Lund Dayz 2014

Wednesday, August 20th @ The Boardwalk Restaurant

Phil Williams Singer Songwriter from Savary Island

Thursday, August 21st @ The Laughing Oyster Restaurant

A Beggars Banquet & "Three Birds on a Wire" with Chef Dave

Friday, August 22nd in Downtown Lund 5 - 9 pm:

"A Taste of Lund" Festival & A Lund 'Show of Talent'

~A Show of Lund Talent with Performances by Local Musicians and Artists, Tasty Bites by Local Food Vendors and Restaurants, Tickets: \$2.50 ea., Local Artisans & Craft Vendors, Kids Zone, Flea Market Booths, Boat Tours on the Wharf w/ Harp Music by Sandra Ritter. Booths for \$10!

Bus Transportation: Leaving Town Centre Mall: 4 pm. Leaving Lund: 9 pm

Friday, August 22nd @ The Lund Pub 6 – 10pm:

Shattered Glass Rock n Roll Band

Saturday, August 23rd on the Salish Sea, 5 am – 6 pm:

The Lund Fishing Derby Hosted by the Lund Hotel
Grand Prize: Trip for 2 to Mexico!

Saturday, August 23rd Downtown Lund, Noon - 6 pm: Lund Fun Day

The Sevilla Island Kayak Race, The Lund Run, Kids Nail, Sail and Bail & Treasure Hunt, Sailing Regatta, Kids Zone. Free sign up for events, Prizes!

Saturday, August 23rd @ Nancy's Bakery, Afternoon Sessions

Lukah Bouchard playing original compositions

Saturday, August 23rd @ The Lund Gazebo, 6 pm:

Atomic Heart Solo Performance Festival

Kinnie Starr, Tarran the Tailor, Wax Organix, Mass 777, Theo Angell, Slim Milkie, Calixxa, Andrea Black and more!

Sunday, August 24th @ Lund Gazebo, 12 Noon:

Lund Community Potluck Picnic and Acoustic Jam

All welcome! Bring Potluck Dish to Share, dishes and utensils for eating yummy food and instruments! To Get Involved Contact: Tara at 604-483-1712 or freetarathurber@gmail.com



Goldberg Beach 2013

Front Row Left to Right: Charles Francis, June Wilson, Jaqueline Wellsman, Norma George, Stan Pielle. Back Row Left to Right: David Shupert, Joel Mahy, Mike Holt, Kyle McGee, Cole Francis, Steve Francis, Andrew Timothy, Don Carto, Gabriel Harry.

SFN Chief and Council Meeting

June 19, 2014

TCHBS Boardroom

Condensed version (full set posted at the band office)

Meeting called to Order@ 2:47 pm

Present: Clint Williams, Eugene Louie, John Hackett, Larry Louie, Gloria Francis and Walter Paul.

Regrets: Dillon Johnson, Denise Smith and Vern Pielle

Administration Staff - Rod Allan and Judith King

Minutes and Agenda:

Additions, deletions and acceptance of Regular Meeting Minutes of May 08, 2014 and May 22, 2014 are tabled until next meeting. Also, the June 05, 2014 meeting was cancelled. There was no quorum for this meeting.

Chief Williams will be a Councilor and Rod is the Chair.

Motion to approve Rod Allan as Chair made by Gloria and seconded by John. Carried.

Motion to accept June 19th agenda made by Walter and seconded Clint. Carried.

Additions to current agenda is Sacred Heart Church painting project

New Business: Administration & Finance:

1. BCR 2014-17 for P&ID application for funding request to AANDC was proposed. It is due June 24th. **Motion to approve BCR made by Clint and seconded by Eugene. Carried.**

2. **Committees** Policy to be emailed to Council by Rod after the meeting.

3. **Election update** – We contracted with Fred Schiffner for the election.

4. **Credit Union account** – tabled this item and Rod will deliver to Finance meeting.

5. **PRSC funds** - tabled and delivered to Finance meeting.

Social Development - 1. Assistance with daycare fees: Rod to send letter to Social Development regarding request.

Housing – Working group Terms of Reference from May 2, 2014 – Council to read Terms of Reference for the next meeting

Infrastructure – Administration building proposal in BCR 2014-16 was signed by Quorum. It was asked that Rod verify the timelines that DNA has proposed as time frame does not seem realistic.

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

Lands and Tax - Erik Blaney and Mia Harry came to talk about the law documents. The rates for each are fairly consistent with last year.

Annual Rates Law reviewed and signed. SFN did add the capital projects (playground equipment & fire hall maintenance/repairs are included this year). Fire Crew and full-fledged fire hall must be in place before it can be included in a budget. The regional district is on side with the changes.

Motion to accept the 2014 Annual Rates Laws made by John and seconded by Eugene. Carried.

Discussion began on the drainage policy for the ditches at Klahanie leased lands (McElhaney is contracted to do some work). The work encompasses re-aligning the culverts. There is a request for all newly built residences, the owner advises Lands and Tax manager on their requirements for drainage so that the new construction meets the standards.

It was asked - What should be part of an Municipal-type service agreement (MTSA) in future? Village Maintenance should have a funding allocation for things that need to get done.

Annual Expenditure Law for Taxation reviewed and signed by Council.

Motion to accept the 2014 Expenditure Laws made by Walter and seconded by Gloria. Carried

Sliammon Dev. Corp – Draft MOU was tabled because Dillon is away.

Environment – Response to pipeline/tankers issue signing the Accord is tabled.

Lafarge Coal Tour on Texada: Larry, Gloria and John are interested. Clint will check with other Councilors to see who wants to go on the tour.

Fire Department - Trip to Smithers for Floyd and Tyrone for a fire protection workshop. SFN Council approves the travel by consensus.

Health

1) Early Childhood, Education & Employment Survey (FNREEES) – CAO will look after the completion of survey.

2) Draft MOU – Dillon provided the draft and Council is expected to review it for the next meeting.

Treaty – 1. Transition Committee Terms of Reference - Dillon

2. Management and Administration of trust funds - Dillon Membership – BCR 2014-15 for Kim Hackett.

Motion was previously completed at May 22, 2014 meeting. Quorum of Council signed BCR.

Other Business

1. PRRD audited financial statements – Rod has a copy and it is available for reading. Gas Tax query was noted.

2. Canoes – Tabled

3. Church painting - Council committed \$15,000 to the project. Paul August could be involved, but Agius Company has provided a quote. Students could do the scraping. Rod to send Betty an email.

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

Next meeting is July 10 at 10:00 am.

Meeting adjourned at 3:52 pm

Sliammon First Nation Candidates Nominated for Chief and Council Election September 13, 2014

Candidates for Chief

1. Francis, M. Gloria
2. Pielle, Vernon
3. Williams, Clint



Candidates for Council

1. Francis, M. Gloria
2. Francis, Verna
3. Galligos, Sherry
4. Galligos, Steven A.
5. Hackett, Brian
6. Hackett, John S.
7. Johnson, Dillon
8. Louie, David J.
9. Louie, Eugene
10. Louie, Larry
11. Louie, Shawn
12. Paul, Walter
13. Peters, Brandon
14. Pielle, Vernon
15. Point, Sandy
16. Smith, Denise
17. Sparrow, Lori
18. Timothy, Kevin C.
19. Timothy, Tracy
20. Williams, Clint
21. Wilson, Steven



SFN Chief and Council Meeting

July 10, 2014

TCHBS Boardroom

Condensed version

(full set posted at the band office)

Meeting called to Order@ 10:10 am

Present: Clint Williams, Dillon Johnson, John Hackett, Gloria Francis, Denise Smith, Walter Paul and Larry Louie. Regrets: Eugene Louie and Vern Pielle. Staff present - Rod Allan, Stephen Hunter and Judith King.

Motion to accept May 8th 2014 minutes made by Gloria and seconded by Dillon. Carried

Motion to accept May 22nd 2014 minutes made by Walter and seconded by John. Carried

Motion to accept June 10th 2014 minutes made by John and seconded by Larry. Carried. - With one correction to the spelling of Agius,

Additions: 1. Healing and Elders Lodge usage

New Business:

FINANCE:

1) Signed Amendment # 0001 – Capital funding for wastewater plant.

2) CMHC loan renewal was reviewed and approved for signing.

3) Approval of banking facility to finance the new Administration building was discussed. Steve mentioned four financial institutions were surveyed. Credit Union can only lend a small amount. There was discussion around the two shortlisted institutions as candidates. Steve mentioned renewal periods. Lending rates were discussed; also, construction phase vs. mortgage phase on completed building was discussed. Discussion followed on the value of FNFA business dealings with the Member Bands. As it is a very important decision, Chief Clint Williams requested input from all Councilors present and each councilor gave their view on prospective financing. Lengthy comments took place on the 2 lenders. Question was asked about the debenture of TTP and can it be rolled into the loan. Additionally, it was noted that \$1.6 million from the Treaty settlement would pay down a mortgage at start of mortgage term. Rod is to follow-up action item about Treo. **Motion to approve FNFA as the designated lender made by Walter and seconded by Larry. Carried unanimously.**

4) **Audit 2014 update:** Auditors have done their work and will be back at end of July for an update on review results. Treaty statements not completed

5) **Discussion on Sliammon Community AGM & Urban AGMs. Dates were considered. Steve left at 10:49 am**

EDUCATION:

1) **BCR 2014-18** Council supports the Skills Link Program through FNEC. **Motion to approve BCR made by Denise and seconded by Dillon. Carried.**

2) Walter met with Jay Yule. Jay indicated that SFN holds the final call on the education at Ahms Ta Ow School in

terms of what the school district can offer us and what SFN is able to do to help Sliammon students. Rod will schedule a meeting with Education committee. A date will be determined and Rod will send a notice to School District. Also, Rod will advise Jay regarding a Chief and Council meeting on Aug 7th.

HOUSING:

Topic included the Working Group and the Terms of Reference. It's a council committee to help the housing staff to develop policy and provide guidance on the policy. The TOR is developed to decide what the group is responsible for. Any appointed group member must be in good standing with regards to their rent. Dillon will add wording about this standing. Discussion began on the parameters around members-in-good standing. SFN will determine who answered the posting and who is interested in being on the committee. **Motion to accept the TOR made by John and seconded by Gloria. Carried.**

INFRASTRUCTURE:

Lodge Usage for July 21-26 was discussed to permit let guests from Mexico stay at the Lodge. Council is in agreement with the lodge usage for out-of-town guests per Paula Stewart's request.

LANDS & TAX:

1) Lower Bridge replacement discussion took place about the concern for improving the bridge because it is worn out. Erik talked to a construction company who could have it refurbished by August 31st. The funds will come from Lands and Forestry. **Motion to move forward on construction of the new bridge made by Gloria and seconded by John. Carried.**

2) Boat Ramp – It is recommended that SFN fill in the crevices at the boat ramp and ensure that the ramps are safe so that no one gets hurt.

3) Mia Harry brought the Rates and Expenditure Laws (two documents) to be resigned because there were corrections to be made to the first set and Clint Williams must sign as the Chief and not as a Councilor. The two documents were signed.

SDC:

Draft MOU was presented.. Dillon notes its part of the policy development. Six months ago it was reviewed and Nancy Morgan provided comments on Points 1-5. Also, the draft must comply with the COI. Dillon read thru the points and explained in detail what the MOU requires. Among SFN, SDC and the Treaty Society entities, there will be a law to define their relationship. Questions: Who will oversee the Klahanie Leases? Wording on the head lease requires some amendment. At effective date, this issue will be defined. Lands Dept. may take over

administration of Southview leases.

Motion to adopt SDC MOU made by Gloria and Larry seconded. Carried.

ENVIRONMENT:

Discussion began on Sliammon's response to pipeline/tankers issue and signing the Accord. Regarding Council's support for this issue, Council determined that they will not participate. Issue tabled indefinitely.

FIRE DEPARTMENT:

BCR 2014-19 presented to Council regarding emergency response protocol for mutual support with PRRD. **Motion to approve BCR made by Denise and Larry seconded. Carried.**

FISHERIES: There was a food fish query. Fishery is expected to begin in the next 3 weeks.

FORESTRY:

The current Forest and Range Agreement was distributed by Clint and he met with the forestry representatives this week. The agreement was reviewed and minor changes were made. One change that took place is the agreement is only good until the effective date on April 2016. At July 24, 2014 meeting, a motion to accept the arrangement may be called.

HEALTH:

1) Dillon raised the issue on the expired MOU. Originally, Peter Doukakis came and the previously-new MOU was 40 pages and never finalized. Dillon has condensed the MOU. If approved, then it will be forwarded to the Health Board for comments. Dillon went over the highlights of the document. Suggestion was to change duration of the agreement and that means it expires on effective date. Also, include a provision that The Health Board and Council meet together in-camera. Rod has some suggestions to improve the document and will send the edits to Dillon. Council approves the MOU by consensus.

2) **FNREEES** Survey discussion on releasing Band list. SFN will not share the band list, but Contractor can work with Mia on selecting participants.

TREATY

1) Transition Committee Terms of Reference: Dillon said that he is not sure that this is going forward at this time. The agenda item was tabled. Council requires Vern's input on the wording.

2) Management and Administration of Trust



funds – Info was shared to Council on the work that is happening with Daryn Leas. There is a session tonight on this topic.

3) Property Transfer Tax Law and BCR 2014-20 – Discussion resulted. **Motion to approve posting of law for public comment made by Dillon and seconded by John. Carried.**

4) Tsihqot'in Title case for treaty negotiations – Info was presented to Council on the specifics of the case. Query concerning SFN action was made.

PORTFOLIOS: A public transit survey takes place this month. Completed Surveys will be sent to BC Transit to implement improved services to the community.

Chief's Report

1. Sliammon FN has signed this document with all other tribal council members for the Clean Energy Fund Group. Clint will forward an electronic version for all present.

1. Kathaumixw winner was a Slovenia choir. The totem pole will be travelling to its permanent home in that country.

Other Business

1. Community to Community to Community (3C) Forum: Next meeting date is July 24, 2014.

2. Cross-Cultural Community Forum to be held in Sechelt, BC. Discussion on this forum proceeded.

Motion to adjourn the meeting made by Denise and seconded by Larry. Carried.

Meeting adjourned at 12:41 pm.

Vancouver Folk Festival



Vancouver Folk Festival Opening Ceremonies and First Nations Welcome was held on Friday, July 18 at Jericho Beach Park. This year, along with the traditional Musqueam opening and greetings on Friday evening, audiences was part of a very special welcome to Jericho Beach Park, once home to the fishing village called Ee'yullmough.

A group of First Nations women honoured the spirit of their ancestors and their hope for the future in a special ceremony on July 18, starting at 4:30pm, just before the Main Stage goes up for the first time this year.

Joining these grandmothers was one of the world's most influential poets, writers and performers of women's music, and one with a special connection to this Festival, Ferron. It has been Ferron's dream to publicly honour and recognize her status as a First Nations woman, and was thrilled that her dream will come full circle as she takes the stage in her two-spirit robe, in the company of her First Nations sisters.

Together they sang several specially-arranged songs, accompanied by singers and drummers performing on the taiko drum, and hand drums.

The Pacific Association of First Nations' Women has created a community bundle of healing and light in the form of 13 cedar

bark robes that have been woven by a diverse group of DTES Aboriginal women to honour the wisdom and light of our "Grandmothers." Our hopes and prayers are that the robes will inspire our women – and all women – to share matriarchal wisdom, rituals, dances and songs. The vision is that these robes will celebrate the powerful and amazing legacy that Aboriginal women have passed on for thousands of generations. We are honoured to be a part of this year's Vancouver Folk Music Festival! Special thanks to our sister Ferron!



As a Tla'amin First Nation grandmother, it was an amazing experience to participate in the opening to the Vancouver Folk Festival! The spiritual experience of singing with other grandmothers from all nations was very inspirational. The drummers did an amazing job! Thank you to Glida Hanson, Sharon Jensingson Brass and all the others from Pacific Women's Association who coordinated this memorable moment! Ferron is a beautiful singer and all ladies harmonizing to her songs were very powerful!

Sumner has travelled to towns and villages across the country to support First Nations rights, and to share his stories and songs like They Say, about standing up and sharing your story as a strong indigenous person, and to talk about important issues like suicide prevention. "The effects of everything that has happened to First Nations – I get to see people that are building from that, and I get to see people that are still affected negatively," Sumner recently told CBC Manitoba Scene. "Maybe that's why my music connects...I'm sharing stuff that's real."

All my relations,
Cyndi Pallen



Jenna and Melvin at mandatory role call and safety mtg at The Great International World Championship Bathtub race



NICE FISH!

Roy landed this monster spring salmon just before heading back in for the day



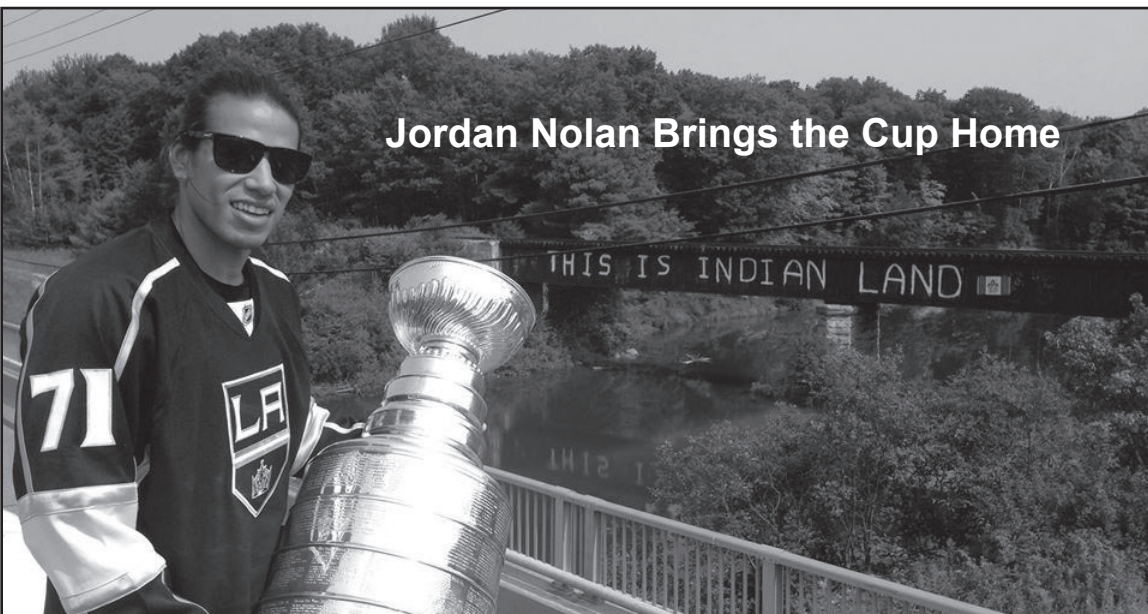
Future fireman check out the gear and fire truck (left) at the fire safety field trip

Lloyd and Adam Memorial Hockey Tournament August 16th and 17th



Great Day for Hockey Braedyn Louie entered a team for 6th Annual First Credit Union Ball Hockey Tourney

From Left to Right: Cohen, Silas, Jerod, Bronson, Braedyn, Kye, Colt



Jordan Nolan Brings the Cup Home



Good Luck to all of our Sliammon Soccer Players in Hawaii



Brittany and Brandy Win in Campbell River

June 27-28 when Brittany Harry and Brandy Francis played in the Campbell River Golden Wings Tournament our team was called the Ravens F.C .. Brandy took home an Allstar and Brittany Harry took home MVP of the tournament



Germany Wins!

ANNOUNCEMENTS



Happy 14th Birthday Jacob on August 28th

To my handsome Sunny Boy The man of the house, thanks for all that you do for me n your lil sis! Love you from Faith & me



Look Who Turned one on August 1st Happy Birthday Cristiano

Parents Jake and Tiffany & Great Great Granny Eva Great Granny Glida, Granny Tanya, Papa Spence, Great grandma Helen, and Great Gramps Steve wish you another happy year ahead with your loving family.



Happy 4th Birthday Mattias!

Were all so proud watching you grow into a charming little man. Love Mom & Dad, Stacia, Jacob and your loving sister Makaela.



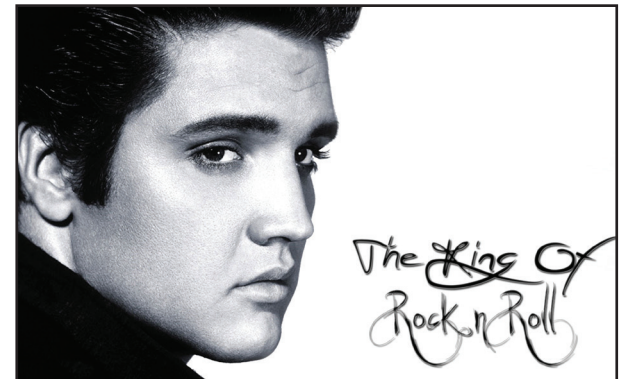
Congratulations

To my husband Frank Osawamick on such a great job in challenging yourself In one year he got his Dogwood diploma and right after he challenged him self and received one year university. I am soo proud of you! Keep on keeping on

Love your wife Mrs O



Happy Anniversary to my beautiful wife 6 awesome years on August 16th



Elvis would be 79 this year

Below: Tribal Journey to Bella Bella 2014, canoes asking for permission to come ashore

(photo by Melvin Mitchell)



Whenever you need me I'll be there for you, standing by you, supporting you, because you are the brightest star that lightens every step of mine.

Happy Birthday My Husband!

"Mrs. G."

