



# NEHMOTL "US"

November 2014

Community News | Events | Updates for the Sliammon People

## Dr. Evan Adams Joins FNHA As Chief Medical Officer

### COAST SALISH TERRITORY (Vancouver, BC)

The First Nations Health Authority (FNHA) is proud to announce the selection of Dr. Evan Adams as Chief Medical Officer. Following a Canada-wide recruitment effort, Dr. Adams—who was born and raised in British Columbia and a member of the Tla'amin (Sliammon) First Nation—will assume the CMO position on December 1, 2014.

In his role as CMO, Dr. Adams will provide invaluable leadership representing the FNHA while working alongside government partners on health matters in population and public health that affect First Nations and all British Columbians.

"It has been a lifelong dream to work directly with First Nations and Aboriginal peoples on our wellness and prosperity at this level. I'm grateful to the Office of the Provincial Health Officer for the past seven and a half years. I feel like I'm coming home," states Dr. Adams.

Adams was previously appointed as Deputy Provincial Health Officer and worked alongside Provincial Health Officer Dr. Perry Kendall and Deputy PHO Dr. Eric Young. In this role, he provided independent direction on First Nations and Aboriginal health issues to the Ministry of Health, reporting to citizens on health issues affecting the general population, and setting out a path for the improvement of First Nations and Aboriginal health and wellness.

"I would like to offer my congratulations to Dr. Adams on his new appointment," said Health Minister Terry Lake. "Dr. Adams has been a tremendous asset to the province as Deputy Provincial Health Officer, and, while he will be missed, I know he will help to further advance the health of First Nations and Aboriginal people here in BC in his new role."

"The FNHA has made a great choice in Dr. Adams—he is an exceptional public health practitioner. His years with my office were marked by his dedication to improving the health of Aboriginal people in BC," said Dr. Perry Kendall, Provincial Health Officer. "I learned a tremendous amount from Evan and I wish him every success in this next stage of his path, and I look forward to continuing work with Evan in his new role."

Adams will lead a team of FNHA physicians—health and wellness partners to BC First Nations—who will continue to focus on First Nations health and wellness to



*"I want to be part of change"* Dr. Evan Adams

create and shape a unique health care model that is the first of its kind in Canada. He will be a major contributor to the continued transformation of health care and improving access and quality of health care services while responding to the wellness directives provided by First Nations communities.

"Dr. Evan Adams brings to this role invaluable on-the-ground and leadership experience combined with passion and heart for this important work for our First Nations communities in BC," said FNHA Chief Executive Officer, Joe Gallagher. "With great enthusiasm and pride, we welcome him aboard as our Chief Medical Officer and congratulate him on taking on yet another career-defining role. Evan taking on this integral role makes our executive team whole."

**FNHA Media Release**  
Website: [www.fnha.ca](http://www.fnha.ca)

### SLIAMMON FIRST NATION MEMEBRS CREATING A HEALTHIER FUTURE FOR ALL FIRST NATIONS

Dr Evan Adams is the most recent in a long line of Tla'amin members that have joined the ranks of the First Nation Health Authority. Joe Gallagher heads up the FNHA as the Chief Executive Officer, followed by many other employees from home including: Harmony Johnson, Shanna Tom, Brent Tom, Davis McKenzie, Crystal Titian, Tana Harry and Marina Gallagher.

The First Nations Health Authority was established to take over the administration of federal health programs and services, to improve the health and wellbeing of First Nations in BC and across Canada.

As a community, we are proud of each of our members accomplishments and all of those working to improve the lives of others. *Chah chah hah tahn nah pesht!* - We thank you all!

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



## Chief Negotiators Message

### One Heart, One Mind, One Nation



Roy Francis

#### Land Ownership Things To Consider

At Effective Date the Sliammon Nation will own 8,322 hectares of land in fee simple. The Sliammon government will have the ability to provide ownership interests in lands to its Citizens. In considering whether the Nation should provide ownership interests, a number of questions need to be asked, and addressed. This article is written to present some of those questions, and to stimulate some very important dialogue.

Should all Sliammon Citizens be entitled to own lands? Yes, all Sliammon Citizens should be entitled to own lands. There are different forms of land ownership to consider. Many of our members have expressed concern about the ability of low income community members to pay property taxes; and have pointed out that property taxes may create financial hardship for some of our community members. For this reason; some members may not wish to own lands; or may see the benefit in a restricted form of ownership.

A restricted form of ownership will reduce the property tax burden; and prevent the sale of lands to non-Sliammon interests. A restricted fee simple will also reduce the value or equity in the land for the owner. The owner of a restricted fee simple will have less ability to use the land as security on a loan, or to obtain a mortgage. The ability of the owner to build a home on the land will be somewhat impaired. The Sliammon Band would likely need to co-sign loans in order for members to build homes. There are important discussions to take place about the benefits and downsides of this model.

Sliammon can also create unrestricted fee simple interests for its citizens. The benefit of an unrestricted fee simple, is that the owner can secure a bank mortgage against the land, and use the mortgage to build a home. The Sliammon Nation, would not be financially responsible for the mortgage payments, and the land owner gains maximum financial benefit from the value of the land. The downside of this approach is that the land is put at risk of being lost to non-sliammon interests. If the owner takes out a loan or mortgage, and fails to meet the loan obligations, the lender may take possession of the land, and resell the asset. There are also important discussions to take place about the benefits and downsides of this model.

Sliammon may also create both restricted, and un-restricted fee simple interests for it's citizens. A restricted fee simple for those parcels within the current Indian Reserve, and unrestricted fee simple areas on other areas of TSL. If Sliammon develops this approach further, could it be seen as unfair? If some of our community members end up with unrestricted fee simple parcels, and other members end up with restricted fee simple interests, is the approach fair?

Do all of the land interests have to be the same? Which interests are more important than the others? Should Citizens have an ability to make a choice? These are all very big questions to ask; and very important to involve our citizens in the dialogue. Everyone has a voice, and a say; and in the end decisions will need to be made. We do not have the answers; but are working hard to build them. Your input into the dialogue is extremely valuable, and we are encouraging our members to participate in the dialogue and become part of the solution.

## Update from the Finance & Programs CWG Tla'amin Financial Asset Strategy

As we mentioned in our July 2014 update, we are working on developing a Tla'amin Financial Asset Strategy. This involves coming up with a plan for structuring and managing the Capital Transfer and other funds (cash) that will be transferred to the Tla'amin Nation on and after the Effective Date.

Section 87 of the Tla'amin Constitution requires the Tla'amin Government to establish one or more settlement trusts to preserve and protect the Capital Transfer and the Resource Revenue Sharing amounts. In consideration of this requirement, the Finance & Programs CWG has been working with trust lawyers to establish a trust. The Tla'amin Nation will transfer the capital transfer payments and resource revenue sharing payments that it receives under the Tla'amin Final Agreement as well as the economic development fund and fishing vessel funds until those funds are utilized.

In putting together the rules for the trust, there are a number of issues the Finance & Programs CWG would like to discuss with the Sliammon community.

#### What is a trust?

A trust is a legal relationship where one party (e.g. Tla'amin Nation) transfers property (e.g. treaty funds) to another party (i.e. trustees) to be managed for the benefit of a third party (e.g. Tla'amin Citizens). The trustees manage the trust property in accordance with the terms of the trust deed, which is a legally enforceable agreement that trustees must follow.

#### Why would we want the treaty funds to go into a trust?

- (i) The treaty funds in the trust will not be managed by the Tla'amin Government, but by trustees who have a legal obligation to ensure that they manage the treaty funds in accordance with the trust deed and in the best interests of Tla'amin Citizens and any other beneficiaries.
- (ii) The treaty funds transferred to the trust will be protected from any debts and liabilities of the Tla'amin Nation and any Tla'amin entity (e.g. corporation or society).
- (iii) There will be significant taxation benefits for the earnings and interest generated by the treaty funds placed in the trust, and there would be no own source revenue (OSR) offsets unless there is a transfer of funds from the trust to the Tla'amin Government.
- (iv) The trust will have checks and balances in place to ensure that the treaty funds are managed to ensure long-term growth and remain within acceptable levels of risk, provide for the needs of both current and future generations, and produce stable and consistent income for the current generation.
- (v) The trust deed will establish reporting requirements that require the trustees to regularly report on the management of the treaty funds within the trust and the performance of the investments. There will also be an annual meeting where the trustees would report to the beneficiaries, table new business, answer questions, and address comments and concerns.

#### Issues that we would like to discuss with the community

##### 1. What should we name the trust?

- i) Tla'amin Treaty Settlement Trust
- ii) Tla'amin Settlement Trust
- iii) Kummehs Ahms Tala (our money is put away) Settlement Trust
- iv) Other?

We would like to know what the Sliammon community would prefer to name the trust. Should we have a name for the trust using the Tla'amin language?

##### 2. What should the purposes of the trust be?

The rules that govern the operation of the trust and the management of the money are found within the trust deed. The trust deed is a legal agreement and the trustees must follow its terms. The purposes of the trust will be listed in the trust deed, and provide the guiding principles for the trustees in making decisions. We have prepared a list of purposes within the draft trust deed.

##### 3. What should the permitted uses of the trust funds be?

The trust deed specifies "permitted uses" for withdrawals (disbursements) of the trust funds from the trust. Withdrawals cannot be made for any uses other than what is identified as a permitted use as defined by the trust deed. We have prepared a list of permitted uses within the draft trust deed, such as culture, governance, health, education and recreation uses.

##### 4. Should the trust deed allow for per capita payments to Tla'amin Citizens?

Based on our research and discussions, we recommend that the trustees not be permitted to make per capita payments to Tla'amin Citizens of the trust funds from the trust. Other communities have made per capita payments to their citizens from their trusts and, in some cases there has been pressure to continue those payments to citizens. This would be contrary to a fundamental purpose of setting up the trust to preserve and protect money for current and future generations. A per capita payment would reduce the amount of the trust funds in the trust and would likely be taxable in the

hands of Tla'amin Citizens when income tax exemption under the Indian Act is phased out.

5. *Should there be limits on how much of the trust capital that can be spent?*

Preserving and protecting the capital balance (the amount of cash originally put into the trust) of the trust funds is one of the main reasons for establishing the trust, and it is one of the requirements of the Tla'amin Constitution. We have developed some rules that limit the amount that can be disbursed (spent) from the trust capital.

6. *What rules and criteria should apply to the Trustees?*

Decisions for how the trust will be managed will be made by trustees. For example, the trustees will decide where and with whom investments will be made, and when and where disbursements (i.e. withdrawals) will be made. However, trustees must follow the trust deed.

7. *Who can be a Trustee?*

The draft trust deed proposes that there must be at least three trustees. It will set out the qualifications for trustees and how they will be appointed. We recommend that the trustees be Tla'amin people that have received a certain level of training.

There are a few items we would like to discuss with the community, such as:

- the number of trustees;
- the selection process for and appointment of trustees;
- qualifications for trustees;
- training for trustees; and
- the terms of office for trustees.

8. *What rules and criteria should apply to the Guardian?*

As an extra measure of protection, we are recommending that the trust deed require the appointment of a Guardian of the trust. The Guardian will operate at arms-length from the trustees and has a legal duty to act in the best interests of the beneficiaries (e.g. Tla'amin Citizens). The Guardian will have the powers described in the trust deed, including appointing and removing the trustees.

There are a few items we would like to discuss with the community, such as:

- the powers of the Guardian;
- the selection process for and appointment of the Guardian;
- qualifications for the Guardian; and
- the term of office for the Guardian.

9. *What should the rules be for making changes to the trust deed?*

There will likely be provisions of the trust deed that will need to be amended in the future. Some changes may be minor (administrative in nature) and some may be major (substantial in nature). We are considering providing the trustees the ability to make minor administrative changes to the trust deed with the consent of the Guardian. For major substantive changes (e.g. changes to permitted investments, permitted uses of trust funds, criteria for trustees, etc.), we are considering the requirement to have approval by each of:

- unanimous approval by the trustees;
- approval by the Guardian;
- approval by a majority of Tla'amin Citizens at the Tla'amin Community Trust Meeting; and,
- approval by the Tla'amin Government Executive Body.

We believe that these rules would provide a high enough threshold to prevent any changes that would not be in the best interests of the beneficiaries (Tla'amin Citizens).

10. *What should determine the end of the trust (the Final Disbursement Date)?*

There is a rule within the Income Tax Act commonly referred to as the "21-year rule", which prevents trust property (e.g. cash) from being shielded from taxes within the trust indefinitely (forever). The 21-year rule requires that the trust deed include a date where all of the trust property (cash) is disbursed from the trust (i.e. the Final Disbursement Date). The objective of this rule is to prevent the transfer of property from generation to generation tax-free.

In order to get around this rule, our legal advisors have proposed a solution where the Final Disbursement Date will be tied to the death of the last living descendant of a Tla'amin person that has a large family. The idea is that this should allow the trust to last forever, as there will likely always be a living descendant of this Tla'amin person. The Tla'amin person can be living or deceased.

Because he has such a large family tree and was such a significant figure in our Tla'amin history, we are proposing that this Tla'amin person be Chief Tom. We believe

this would be a nice tribute to Chief Tom (to whom many of us Tla'amin people are related) and would also ensure that the trust will be able to last for many, many generations.

**Next steps & opportunities for community input**

We will have a table set up at the Community Open House scheduled for November 14, 2014, at the Salish Centre in Sliammon. We will also be holding a community information session that will focus specifically on the "Trust" and the issues above in January 2015. We will provide an exact date, time and location and we look forward to the discussion.

If there is enough interest from members in the Vancouver or Victoria areas, we would be prepared to hold a similar session in those areas.

The Finance & Programs CWG Chair is Grace Adams. Please do not hesitate to contact her at [gadams@sliammontreaty.com](mailto:gadams@sliammontreaty.com) or the Sliammon Treaty Office if you have any questions or concerns. You can also contact Steve Hunter, Chief Financial Officer, at [steve.hunter@sliammon.bc.ca](mailto:steve.hunter@sliammon.bc.ca) or Dillon Johnson at [djohnson@temixw.com](mailto:djohnson@temixw.com).



## We Need You!

The Lands and Natural Resources Community Working Group needs one community member to participate in law development with Council reps, Managers and staff.

Meetings are held twice a month from 9:30am to 3:00 pm Honoraria is paid and lunch provided.

Please submit a letter outlining your interest to Rod Allan CAO at Sliammon Band or by email [rod.allan@sliammon.bc.ca](mailto:rod.allan@sliammon.bc.ca).

**THANK YOU**

## Nation Administration Matters

### Staff Changes By Rod Allan



There are some staffing changes in Band Administration arising from recent job postings. We would like to take this opportunity to introduce you to the new staff, let you know about existing staff in new roles and give you an idea of how they will be contributing to our administration.

Please welcome all to their new positions. Emote.



**Jessie Peters**

Jessie recently joined us as our new Human Resources Manager. This is a new position, which will initially focus on assessing our HR needs and strengths. The next task will be planning to meet those needs as we move to self-government. Job descriptions will be revamped, or created once the new organization chart is finalized. When this work is complete Jessie will move to filling the traditional human resources role. Jessie also brings significant education and experience to her role..



**Andrea Paul**

Andrea has joined the Housing department in a term position until April 2015. She is in a funded position as a Housing Intern, assisting Paula Stewart our Tenant Relations Manager.

Andreas primary role entails assisting in the areas of assessing our current housing stock and condition, implementing new housing software, collecting and entering data and following up with rental arrears.



**Steve Gallagher**

Steve has temporarily moved to the Lands department, working on updating our Comprehensive Community Plan, as it relates to lands. This is a term position until April 2015, funded through Treaty related measures.

He will be setting up workshops and requesting input on various topics, preparing for treaty effective date in April 2016. Steve has considerable background related to this role.



**Alex Sutcliffe**

While Steve is helping in Lands, Alex will be taking on the editing and publication of the Neh Motl community newsletter. Alex has abundant technical skills, which will help a great deal in this role.

The intent is for Steve to return to editing and publication of the Neh Motl once he wraps up with the Lands Department in April 2015.



**New Secure Certificate of Indian Status**

### STATUS CARD UPDATE

We are aware of the frustration some of you are experiencing with trying to get new or replacement status cards. This update is to let you know why that is, and what you need to do.

The Canadian Government is phasing in the new plastic Secure Certificate of Indian Status Cards. All of the old laminated cardboard status cards are useable only until they reach their expiry date.

We are NOT able to get any more of the old style cards, so when your card is getting close to expiry you are encouraged to contact the Band office, and we will help you with the application for the new card. The new cards can only be provided by the Government, which is why you will need to apply. Once you get a new card, it will be a lot more secure than the old kind, and is good for 10 years. It typically takes about six weeks from the time of application for your card to arrive.

Application forms are available at the Sliammon Band Office or you can go online at:

[www.aadnc-aandc.gc.ca](http://www.aadnc-aandc.gc.ca)

Click on "Indian Status" and then on "Secure Certificate of Indian Status". Anyone needing assistance in filling out these forms can call the Sliammon Band Office. You will need to enclose two passport photos and your original birth certificate with this application. Your birth certificate will be returned to you.

Please understand that these are not our rules – they are AANDC's. We apologize for the inconvenience and confusion.

**Message From The Chief**



Chief Clint Williams

With school back in session and well under way, we recently hosted an Education Management Team meeting with all of the Principals of the local schools that our children attend.

There were a large number of topics on the agenda for the meeting. However one of the more serious items that the Principals shared was that attendance for all students in the school system are down a lot, (and not just our students). I want to share with all of the parents and students that attendance is very important and does represent a large percentage of your children's overall grades.

I would like to personally encourage all family members that have students enrolled in school to keep on encouraging them and push them to attend school; we all want nothing but the best for our children and seeing them have better grades and attendance will give them a much great chance of accomplishing everything that they may wish for in the future.

Another brief education item is that the James Thompson breakfast program is seeking volunteers to help with the program in the morning. Please contact James Thompson School if you are interested in helping out with the breakfast program.

Many of you may have the seen the images of the flooding that recently occurred at our Fish Hatchery. I want to mention to the community that the hatchery crew has done a great job of trying to bounce back to repair or replace the damaged equipment. This was very upsetting to watch as there was not much that we could do until the water level lowered. On behalf of Chief and Council - Hats off to the crew for their fearless efforts in trying to get things under control and trying to salvage this year's egg take season. Also a huge thank you and acknowledgment to Powell River Community Futures for their cash donation to help out with the repairs and expenses.

There are a couple of upcoming event dates that I would like to pass along to our membership:

Our Annual Drug March will be held on **November 20<sup>th</sup> @ 4:00pm** starting at the band office. Please join us for this great event and show that we all want a healthy and safe community.

Chief and Council will be travelling to Vancouver and Victoria to provide updates to our membership and also to share a Christmas dinner. We will be in **Victoria December 12<sup>th</sup>** and in **Vancouver December 13<sup>th</sup>**. Please join us for a brief update and also to share a nice meal.

Our Community Christmas Dinner will be held on **December 19<sup>th</sup> @** the Salish Center.

If you have any questions or concerns that you would like to discuss I can be reached at [clint.williams@sliammon.bc.ca](mailto:clint.williams@sliammon.bc.ca) or phone (604) 483-9696, toll free 1 (855) 483-9696



**TLA'AMIN OPEN HOUSE**

**FRIDAY, NOVEMBER 14TH**

Salish Center between 12:00 and 4:30

Come out and have some refreshments and meet with staff about the programs and services that are available to our membership.

**DOOR PRIZES**

- Housing
- 
- Ahms Tah Ow
- 
- Treaty
- 
- Forestry
- 
- Development Corporation
- 
- Health
- 
- Lands Department

For more information about this event contact Steve Gallagher at the band office (604) 483-9646 extension 223

Pick up and drop off will be available for elders

**Powell River Fire Rescue Auxiliary Firefighters**

**Accepting Applications Now!**

Deadline for applications is **December 8th, 2014**



To obtain an information package visit [www.powellriver.ca](http://www.powellriver.ca) or pick one up from #1 Fire Hall 6965 Courtenay Street or City Hall at 6910 Duncan Street

# PROGRAMS & SERVICES

## BROOKS SECONDARY UPDATE OCT. 27<sup>th</sup>, 2014

By *Jamie Burt*

### School Website & Twitter

Our school website has undergone some major upgrades and is a wonderful source of current information. Please check it out and refer to it often for school-related information. It can be found at: [www.sd47.bc.ca/school/brooks](http://www.sd47.bc.ca/school/brooks). The school also has a Twitter account that we are encouraging students and parents to follow. It can be accessed at [@sd47\\_brooks](https://twitter.com/sd47_brooks)

### “StudentConnects” Call-Out System

In an effort to improve communication between home and school, as of this week we have put a new call back system into place. The system has the ability to call multiple student contact phone numbers, can send messages through email and can even text parents daily information about their students attendance at Brooks. Please make sure your contact information is up to date with our school office. You can do this by calling the school 604-483-3171 or emailing our Office Manager, Pia Vallee, at: [Pia.Vallee@sd47.bc.ca](mailto:Pia.Vallee@sd47.bc.ca)

### Interim Reports & Parent/Student-Teacher Interviews

Interim Reports will be mailed home on Wednesday Oct. 29<sup>th</sup>. If your child receives an Interim Report it means they are currently below 60% in the course that is indicated. The report will also list suggestions on how they can improve their grade and pass the course.

Parent/Student-Teacher Interviews will be on Wednesday November 5<sup>th</sup>. They will run from 6:30pm – 8:30pm in the school gym and Great Hall. Parents do not need to make an appointment. All teachers will be present and can be met with on a ‘first come, first serve’ basis. Students should also attend. If your son or daughter receives an Interim Report it would be a very good idea to meet with their teacher.

### International Students & Cross-Cultural Program

On Thursday November 6<sup>th</sup> a large group of our International Students will be heading out to Sliammon to experience a bit of our Sliammon culture. They are very excited! We have a large number of International Students this year including kids from Brazil, China, France, Korea, Germany and Switzerland.

### Upcoming Pro D Day

The Pro D Day scheduled for September was postponed and has been rescheduled for Monday November 10<sup>th</sup>. School will not be in session on that day or for Remembrance Day on Tuesday November 11<sup>th</sup>.

Thank you for letting us work with your kids and for all the support you provide us. If you have any questions or comments, please do not hesitate to contact me at school. Email may be the easiest way: [Jamie.Burt@sd47.bc.ca](mailto:Jamie.Burt@sd47.bc.ca)



University  
of Victoria



UVIC: University of Victoria

## Sliammon Students Visit University of Victoria

Six First Nation students from Brooks Secondary School will be given the opportunity to obtain a first-hand look at the myriad of health and science related careers that are available at the University of Victoria.

This visit will give the students a first hand look at campus life. Experiences such as touring the campus, viewing student housing, and linking-up with current Sliammon UVIC students are just a few of the planned activities. Students will also experience a sample university class and receive instruction on how to be successful at a University level.

Another highlight will be a visit to the University of Victoria’s First Peoples’ House to learn cultural teachings from Coast Salish elders.

This project is made possible through a generous \$4,500 Health and Science-Related Career Promotion Grant from the First Nations Education Steering Committee.

I am looking forward to accompanying the students on this trip. I have had the opportunity to be involved in other introductory trips with first nation students and Canadian universities and have found that the experience has been extremely worthwhile for the students involved. I am hopeful that this experience will open doors and start the students down a path towards post-secondary success.

**Gerry Brach**

*First Nations Leadership Coordinator  
Brooks Secondary School*

## CONGRATULATIONS

The Sliammon Education Committee would like to congratulate the following Sliammon Post Secondary students who have completed their educational goal. We also wish you all the best of luck in all future endeavors!

**Terri Mae Galligos**

*Masters of Education In Literacy Education*

**Jenna Mitchell**

*1st year Electrical Apprentice*

**Graham Louie**

*Culinary Arts Certificate*



## HOMWORK HELP! @ Ahms Tah Ow

Come down if you need help with homework, need a computer, or even just to read! Same time every week.

**MONDAY AND WEDNESDAY  
4:00PM - 6:00PM**

Tutoring is also available at *Brooks Secondary School*

**TUESDAY AND THURSDAY  
3:15PM - 4:30PM**

# TLA'AMIN HEALTH

## Healthy Happenings

A regular update By *Cynthia Jamieson*,  
Executive Director of Tla'Amin Health



Cynthia Jamieson

### The 80% Personal Wellness Challenge

80 per cent of the participants at our Wellness Screening Fair were overweight, including some in the obese range and some in the morbidly obese range.

My personal challenge for a healthier weight was to get a fitbit and try to increase my daily activity while reducing intake of carbohydrates.

Today, I am happy to report that after one month, my pants were fitting more loosely and that I was also able to run up two flights of stairs, in heels no less (don't try this at home)!

My ultimate goal is to fit into my favourite suit again by next June. It has been fitting a little on the snug side with all the yummy bannock around here.

I challenge everyone to choose and work towards a personal wellness goal, whether that is to lose a few pounds, stress less, or sleep more. Email me your goals and progress and I will be happy to share them here in this column.

### November 2014

Is it that time of year again already? Movember Canada reminds us that men do not always have the best health, for the following reasons:

- Lack of awareness and understanding of the health issues men face
- Men not openly discussing their health and how they're feeling
- Reluctance to take action when men don't feel physical or mentally well
- Men engaging in risky activities that threaten their health
- Stigmas surrounding mental health. However, some progress has been made in men's health status, in the following areas:
- Reduced mortality from prostate, testicular cancer and men's suicide
- Men living with prostate or testicular cancer being physically and mentally well
- Men and boys understanding how to be mentally healthy and taking action when they experience mental health problems
- Men and boys with mental health problems not being discriminated against

Let's keep up the good work and wear your moustache with pride and join us for the second annual Sliammon Run/Walk next February to raise more awareness for men's wellness. Check out Movember Canada website for more tips on health and wellness for men.

<http://ca.movember.com/mens-health>

Emote!



***Tla'amin Health: It's time to get serious about mens health!***

## An Important Message On Healthy Sleep From Dr. Paul Martiquet, Rural M.h.o.



### This is your brain on sleep

*Dr Paul Martiquet, Medical Health Officer*



**Can you remember how great** a good night's sleep makes you feel? Or has it been too long to remember? It turns out that sleep is good for you in many more ways than we thought.

At the end of a (typically) too-long day when you finally hit the sack you hope that sleep will renew your strength and energy, but in fact, a good sleep will do much more than just that. Our brains are hard at work making sense of the day's overflow of information and creating memories. It is also completing crucial tasks for its own health, in effect, doing maintenance.

Sleep has become a luxury for many people. Getting too little sleep has become so common that we dismiss feeling drowsy all day as an annoying but harmless consequence. It has even become a badge of honour to get little of it: "Me? I can get by on only four hours a night!" Unfortunately, a brain that does not get a nightly break of seven to nine hours robs us of many abilities and skills.

Like all organs in the body, the brain consumes energy and spits out waste. The waste from the other organs is broken down and funnelled into the lymph system, but the brain is different. Its waste is handled by previously-ignored glial cells.

As neurons fire all day to keep the brain alert, they also send out free radicals as a by-product. The concern is that free radicals can react with parts of the body's cells and cause them to die; antioxidants are the body's tool for preventing damage to the body. During sleep, antioxidants are generated in the brain to combat the free radicals.

While the body sleeps, glial cells turn into a giant pump. First, they slow the brain's activity to a third of its maximum frequency. Cells in the brain actually shrink during sleep making more room for brain and spinal cord fluid to flow back and forth, flushing the brain, as it were.

Why does this matter? Because not getting enough sleep may lead to glial cells that are unable to clear out all of the detritus from the brain. And the implication of this buildup is believed to be more prone to Alzheimer's—caused by a building up of amyloid protein that was not cleared effectively.

It is during sleep that the brain can perform its maintenance. In other words, not enough sleep, not enough maintenance; and that has serious implications for health. There is a price to pay for not getting enough sleep, one that cannot be made up simply by sleeping more 'on the weekend.' It may help to do so, but you cannot make up the missed sleep entirely.

Getting the required amount of sleep improves concentration, sharpen planning and memory skills and even maintain the fat-burning systems that regulate our weight. If we all got the right amount of sleep, we would all be less likely to develop Type 2 diabetes and be better equipped to battle depression and anxiety. We might even reduce our chances of developing Alzheimer's disease, osteoporosis and cancer. But it only works if we get enough sleep.

*Sleep has become a luxury for many people.*

## DOMESTIC VIOLENCE AWARENESS AND PREVENTION

*By Nina Peers*

Domestic Violence is all around us. It affects our families, our friends, our coworkers and our neighbours. Most of the time, we are not aware of it happening around us. Addressing domestic violence starts by raising awareness. As long as the symptoms and consequences of domestic violence go unnoticed or overlooked, nothing changes.

What is Domestic Violence? It can be emotional, physical, sexual or verbal abuse and is often used as a weapon of control and intimidation by a spouse or ex-spouse. Violence is any behaviour used to injure, abuse or harm another individual. Help is available if you or somebody you know is being abused.

Domestic abuse or spousal abuse happens when one person in the relationship or marriage tries to dominate and control the other person. Domestic abuse that includes physical violence is called Domestic Violence. Domestic Violence and abuse is used for one purpose: to gain and maintain control over you.

The abuser will use fear, guilt, shame and intimidation to wear you down.

There are many signs of an abusive relationship but the most telling sign is fear of your partner. If you feel you have to walk on egg shells around your partner and watch what you say or do in order to avoid a blow up, it's likely your relationship is unhealthy and abusive. Other signs that you may be in an abusive relationship, are partners who belittle and try to control you.

Physical abuse -the use of physical force, is used to injure or endanger that person. Whether it's inside or outside of the home, physical assault or battering is a crime. You have the right to be protected from physical attack. The police have the power and authority to protect you.

Not all abusive relationships involve violence, many men and women suffer from emotional abuse. Emotional abuse is used to destroy self worth and independence. Emotional abuse includes verbal abuse, name calling, blaming and shaming. Emotional or psychological abuse involves intimidation, controlling and isolation; often the abuser will throw in threats of physical violence.

Emotional abuse can be just as damaging as physical abuse, sometimes even more so. The scars of emotional abuse are very real and run deep, having lasting effects. Abusers use a variety of tactics to manipulate and exert their power over you.

What are the warning signs that you or someone you know is being abused?

### **The Abuser**

- puts their partner down
- does all the talking and dominates the conversation
- checks up on their partner all the time, even at work
- tries to suggest they are the victim and act depressed
- tries to keep their partner away from others
- acts as if they own their partner
- lies to make themselves look good or exaggerates their good qualities
- acts like they are superior and of more value than others in the home

### **The Victim:**

- is apologetic, makes excuses for their partners behaviour or becomes aggressive and angry
- is nervous talking when their partner is

nearby

- seems to be sick more often and misses work
- tries to cover their bruises
- is often sad, lonely, withdrawn and afraid
- may use more drugs or alcohol to cope

Abuse is any behaviour that is used to gain and/or maintain power and control over another person. Abuse is never the fault of the victim.

### **Types of abuse include:**

#### • **EMOTIONAL**

Yelling, raging, put downs, sarcasm, blame, threats, silent treatment, forced to do degrading acts, controlling, isolation from family and friends, belittlement, threats of killing self / partner/ children.

#### • **PHYSICAL**

Pushing, shoving, slapping, punching, choking, pinching, biting, spitting, striking or threatening with weapons, cutting, restraining, burning, pulling hair, withholding medical treatment, depriving of sleep or food.

#### • **FINANCIAL**

Allowing no access to money, running up bills, withholding financial information, taking and/or belittling your financial contribution, threatening no financial support if you leave.

#### • **SEXUAL**

Forcing or coercing sex (rape), insisting on sexual acts, accusing partner of unfaithfulness.

Violence is never acceptable. You may not be able to control your partner's violence but you may be able to increase your safety and the safety of your children. Taking necessary steps for a safety plan should become a top priority, one action at a time. You can reach out to organizations within the community for support.

Victim services are located in community agencies or

police stations. These services include emotional support, justice information, safety planning, referrals to counselling and other services and support to victims going to court.

Health care professionals play an important role in identifying and assisting victims of domestic violence. When people talk with their physicians about domestic violence, they are four times more likely to receive the necessary services and end the abusive relationship.

We have a better chance of breaking the silence if everyone has a role in stopping Domestic Violence. Family members, friends and colleagues are often the first to hear about someone being a victim of domestic violence. We need to recognize the role we can play in helping these individuals. Awareness and recognition of the problem is important, including signs of depression and evidence of physical harm.

If we suspect someone being abused, we should speak up; expressing your concern will let the person know you care and may even save his or her life. A lot of times we choose to not speak up, thinking it's none of our business, we are wrong, or the person might not want to talk about it.

Let's remember the victims of domestic violence are just that: victims. They do not want to be in abusive situations. A simple comment like, "I'm sorry this is happening to you" is a start, and offering to help the victim obtain assistance through resources is a crucial next step.

Abusive behaviour is never acceptable, whether it's coming from a man, a woman, a teenager, or an older adult. You deserve to feel valued, respected, and safe.

Remember, abusers are very good at controlling and manipulating their victims. People who have been emotionally abused or battered are depressed, drained, scared, ashamed, and confused. They need help to get out, yet they've often been isolated from their family and friends. By picking up on the warning signs and offering support, you can help them escape an abusive situation and begin healing.

It is never okay for someone to hurt you. You have the right to be safe in your own home but sometimes the only safe place is somewhere else. If someone is hurting you and your children, you may need outside help to heal and move on with your lives.



## LOCAL RESOURCES

*If you or someone you know needs help, please reach out to the following local resources.*

### **Children Who Witness Abuse**

Lita Biron: **604 485 6968**  
 Fax: **604 485 6168**  
 Hours: Mon to Thurs 11:15 – 3:30  
 One-on-one counselling for children up to 18 years of age whose emotional health and self-esteem have been damaged by witnessing the abuse of one of their parents by the other or by another person.

### **Grace Transition House**

Emergency (24-hour):  
**604 485 9773**  
 Deborah, Program Coordinator  
**604 485 4554**  
 Grace House, a 24hr 9-bed facility, provides free shelter, safety, and non-judgmental support for women and children fleeing an abusive or violent relationship. A social de-tox bed is also available.

### **Stopping the Violence**

Quyn, Counsellor:  
**604 485 6965**  
 Offers one-on-one counselling and/or group counselling for women who are currently experiencing, or have experienced (including childhood) any type of abuse, emotional, physical and/or sexual. This is a free, confidential service for women.

### **Police Based Victim Support Services**

Christine Schreiber, Coordinator:  
**604 485 3418** or **604 485 3415**

### **Sliammon First Nation Justice Worker**

Verna Francis:  
**604 483 9646**

### **Sliammon First Nation Family Support Worker**

Nina Peers:  
**604 483 3009**

## Tla'Amin Health Events & Activities

### Extra Special Events

**New & Improved Community Kitchen:** A healthy meal and recipes for the whole community! Everybody welcome! Tuesday, November 25, 2014 - 1:00 PM to 2:00 PM at Tla'Amin Health  
**Fish Canning Class:** Sunday, Nov 9<sup>th</sup> - 9:00 AM to 2:30 PM (at CDRC), limited space – please call Gina at 604-483-3009 to register!

**Deer Canning Class:** Sunday, Nov 16<sup>th</sup> – 9:00 AM to 2:30 PM (at CDRC), Limited space – Please call Gina at 604-483-3009 to register!

**CDRC is closed on November 18<sup>th</sup> for Pro D day!!**

### Community Health/Health Promotion/AHIP

**Dental Clinic with Dr Machin:** Friday, Nov 21<sup>st</sup> – Call Margaret at 604-483-3009 to book an appointment

### Pre-Natal Group

**Fridays from Noon to 2:30 PM at Tla'Amin Health Centre:**

- Nov 7 - Baby Massage/Traditional Techniques
- Nov 14 - Teaching Tla'Amin Language with Dana
- Nov 21 - Xmas Krafts
- Nov 28 - Dental Care with Shauna Sutton

### Tuximuy Group (Open to All)

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

**Don't Forget Walking Group!**

Every Monday 11:00am-1:00pm  
Meet at Health Foyer.  
Everyone welcome.

### Primary Care Clinic - Nurse Practitioner David

Please book appointments whenever possible

Late appointments available Tuesday evenings for people who have to work during the day, or as a more accessible alternative to the emergency room or a walk-in clinic (By Appointment Only)

Clinic closed Monday, Nov 3<sup>rd</sup> and Monday, Nov 17<sup>th</sup>

### Elders Elders Elders!!!

**Diabetic Foot Care Clinics:** Nov 6<sup>th</sup> and 27<sup>th</sup> (call Jean to register)

**Hydrotherapy Pool:** Mondays and Wednesdays with MD or NP note (please call Brendan to register)

**Elder's Group Every Tuesday at 11:00 AM:**

- Nov 4<sup>th</sup> – NP David will show video called “23 1/2 Hours” and will discuss diabetes self-care and health management
- Nov 18<sup>th</sup> – Spirit Singers
- Nov 25<sup>th</sup> – Wreath Making with Sally

### Youth Activities

**All-Ages Toonie Skate at Complex Every Tuesday (Starting Nov 6<sup>th</sup>):** Call Shirley at 604-483-3009 to register for that week (1<sup>st</sup> come 1<sup>st</sup> serve & rotation basis) – Meet at CDRC at 3:30 sharp!

**Wednesday Night Floor Hockey Drop-In:** with Cst Crossman/Shirley from 6:00 PM to 7:00 PM at Salish Centre (Gym) - for ages 7 to 14 years

**Girl's Just Wanna Have Fun with Shirl Group:** on Tuesday nights from 4:30 PM to 6:30 PM, pre-registration required (accepting first 10 registrants- will rotate if required, please call Shirl to register at 604-483-3009) – meet at CDRC

- Nov 4<sup>th</sup> – Dinner & Workshop (Feeling Good about You with Brenda P – Door Prizes!)
- Nov 11<sup>th</sup> – Remembrance Day, Group Cancelled
- Nov 18<sup>th</sup> – Bowling
- Nov 25<sup>th</sup> – Swimming (Note Time change 6:30 PM to 8:30 PM)

### Child , Youth & Family Advocate

**Social Media Safety Workshop:** Monday, Nov 10<sup>th</sup> from Noon to 3:00 PM for ages 13 to 17 years at Salish Centre – Lunch Provided and Door Prizes too!!

**Soup, Sandwich and Share:** Stress management session for parents - Wednesday, Nov 26<sup>th</sup> from Noon to 2:00 PM at the CDRC

## Tla'amin Community Wellness Complex Activity Schedule

### Tuesdays :

Weight Room Access 5:00- 8:30pm

(16 years of age or older)

Everyone Skate 7:00- 8:15pm

(Rentals not included)

Family Swim. 6:30- 8:30pm

(Main pool is still set up for Laps until 7:00 pm)

Aquacizes 8:30-9:15pm (Adults only)

### Thursday:

Weight Room Access 5:00- 8:30pm

(16 years of age or older)

Family Swim 6:30- 8:30pm

(Main pool is still set up for Laps until 7:00 pm)

Aquacizes 8:30-9:15pm (Adults only)

*Children under 12 to be accompanied by a responsible adult.*

*Pool Rules: Kids 7 years under must be supervised by someone 16 years or older. Must be in arms reach at all times.*

## Good Food Box

If you would like to order a Good Food Box and receive \$20 worth of fruit and vegetables for only \$12, please place your order with exact payment in cash to Gina or Reception. You can also order more than one.

All Good Food Boxes are then delivered to TCHS on every second Wednesday afternoon of the month. If your GFB is not picked up by Thursday, it will be gone.

“Here's to enjoying our fruits and vegetables while supporting our local businesses!”

### NEXT ROUND

**Payment by Thurs 6<sup>th</sup> for pickup Wed 12<sup>th</sup> Nov.**  
**Payment by Thurs 20<sup>th</sup> for pickup Wed 26<sup>th</sup> Nov.**

## Early Childhood Development Outreach

**Sunday Family Swim:** Sundays from Noon to 1:00 PM on Nov 2<sup>nd</sup>, Nov 16<sup>th</sup> & Nov 30<sup>th</sup> at the Complex

**Family Movie & Popcorn Night:** Monday, Nov 10<sup>th</sup> from 5:00 PM to 7:00 PM (Movie TBD)

**Family Xmas Craft Night:** Monday, Nov 24<sup>th</sup> from 5:00 PM to 7:00 PM

**Sliammon Song Class for Children:** with Pre-Natal Group - Friday, Nov 14<sup>th</sup> from Noon to 2:30 PM

## Sweat Lodge

John Louie is offering Sweat Lodges on Nov 7<sup>th</sup>, 8<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>. Please contact him at 604-483-3009 if you are interested in participating in the Men's Sweat, the Women's Sweat, the Youth Group Sweat, or the VIU Sweat.

*Tla'Amin Health offers a special note of thanks to William Adams for donating 49 pounds of deer meat to the CDRC!*

# SFN Chief and Council Minutes

September 11, 2014  
TCHBS Boardroom

Condensed version  
(full set posted at the band office)

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

**Motion to accept minutes made by Dillon and seconded by Walter. Carried.**

**Motion to accept agenda made by John and seconded by Vern. Carried.**

**Presentations: Housing** – Steven and Paula – 10:30 am

Steven and Paula attended the meeting at 10:30 am concerning the 5026A River Road residence. This residence has a Housing Mold Reno/Remediation request to Council. Paula began with the 2014 Health Canada report prepared for this house, then a 2007 report of tenant's previous household and 2012 assessment report of the tenant's house. Rental agreement from 2012 was reviewed. Council reviewed the reports handed out by Paula. Discussion began on rental arrangements with tenant. Solutions to this mold remediation request were explored and there was further discussion on the matter and the suggestions will be followed up on.

## New Business

**Finance** - Approval of the Committees Policy – There was an amendment requested for Section 6.9. The language on page 22 was reviewed by Council. The section was changed as follows:

*Removal of Committee Members- Section 6.9 Subject to Sliammon First Nation laws and policies, a committee member may be removed if Council is of the opinion that there is sufficient evidence that the committee member has committed a breach of code of conduct, confidentiality, conflict of interest, fails to perform expected duties of a committee member, or is no longer qualified or eligible to be a committee member.*

**Motion to accept the policy with approved changes made by Vern and seconded by John. Carried unanimously.**

**Administration Building Update:** A discussion took place about financing the construction of new administration building and a motion was made to pursue the RBC financing option. A re-assessment of a preferred lender will be made at the end of the construction phase and before entering into a mortgage.

**Motion to contact RBC for the construction loan portion of the Administration Building project made by Dillon and seconded by Denise. Carried.**

**Education** – Update given on the Ahms Ta Ow School Prep Camp and the Blade Runners program by Walter.

**Housing** : Transfer of ownership at 6621 Harwood Drive by Laurette Lawrence. Chief Williams wants the letter notarized. The lot is band-owned land. The matter needs follow up. Issue is tabled for this meeting.

**Infrastructure** – Foot Bridge update – Six days to completion and the crew are on Day 4.

**Lands and Tax** - Work is commencing to get each property boundary in the proper physical location as originally set out. Certificate of Possession Committee has been involved with the alignment of boundaries with these properties. Next step is to approve the work and have surveyor re-align boundaries.

BCR 2014-29 C. Mitchell.

**Motion to approve BCR 2014 29 made by John and seconded by Walter. Carried.**

BCR 2014-30 J. Gallagher.

**Motion to approve BCR 2014 30 made by Vern and seconded by Walter. Carried.**

**Land:** Tla'amin Convenience store lease and details on the working agreement and setting the basic rent amount was discussed. A point on the land designation was queried. Land was designated previously as commercial property but it will need checking to determine if it is designated as leasable in the land registry. Chief and Council endorse entering into the lease, however further analysis and due diligence is required before signing off on it. A Councilor mentioned other businesses that will be started in the



Helicopter assists with debris removal during recent flooding of the Hatchery

future and the process with this lease will be the one that is the example all others will follow.

**Motion to approve BCR 2014 31 made by Denise and seconded by Dillon. Tabled.**

**Environment** – The speed sign has arrived on the Sliammon Highway and thanks go to Constable Venselaar for making this finally happen.

**Forestry – Forestry Log Broker Agreement** - In the C&C meeting of August 21, BCR 2014-27 was passed. It is related to Forestry's marketing agreement with A&A Trading, which names Tla'amin Timber Products Limited as the other party. There was a discussion regarding the correct name to be used, and it was decided that the name Thichum Forest Products should be used.

**Accordingly, the motion was as follows: "To accept...BCR [2014-27], subject to correcting the name". Larry moved and Walter seconded.**

After some research it was determined that the name of Tla'amin Timber Products Ltd. (TTPL) is the correct name for the BCR. Although TFP is now the parent, the tenure is under TTPL's name, so the motion needs to be altered to reflect the fact that the name was correct.

**Motion to amend the motion related to BCR 2014-27 made on August 21, 2014 by deleting the words "subject to correcting the name", made by Larry and seconded by Walter. Carried.**

**Treaty** - Grace Adams and Roy Francis attended the C&C meeting to review the Eligibility & Enrollment List with the full Council. Grace did a power point presentation of the names which are on the list. The birthdates were blocked from viewing. Grace explained that the list was created in 2012 by the Eligibility & Enrollment (E&E)

Committee. There were changes from two years ago that are not reflected in this list as it is two years old. The committee that oversaw the E&E list will not be meeting before the treaty effective date and Grace verified that the Governance Committee will need to update the list beginning in October 2015 so that citizenship can be determined as of the effective date. The formation of a newer E&E list must go through a formal process.

**Gloria Francis** who requested the list commented and wondered why it was not presented in paper form. She stated that she wanted to see the ratification voter list and not the E&E list. She is looking for who voted and who did not vote for the treaty. Grace said that she is not in charge of the ratification list and cannot provide it. At this point, it was decided that Council would not review the list as it was the incorrect list.

## Other Business

1. BCR-2014 23 R1 Revised BCR for Tla'amin Store. Previously signed and it is a re-construction of the original BCR dated – August 7, 2014.

**Motion to approve BCR made by Dillon and seconded by Vern. Carried.**

2. BCR 2014 – 28 Log Agreement – AA. Hackett – re: Equipment loan and repossession of the collateral if there was a default on scheduled payment by the company.

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

**Motion to adjourn meeting made by Larry and John. Carried.**

Meeting adjourned at 12:20 pm.

# SFN Chief and Council Minutes

September 29, 2014  
TCHBS Boardroom

Condensed version  
(full set posted at the band office)

**Present:** Clint Williams, Brian Hackett, Walter Paul, Eugene Louie, Lori Sparrow, Sandy Point, Larry Louie, Dillon Johnson, John Hackett, Shawn Louie and Gloria Francis.  
**Administration Staff:** Rod Allan, Steve Hunter and Judith King

**Motion to accept minutes made by John and seconded by Walter. Carried.**

**Motion to accept agenda made by Eugene and seconded by John. Carried.**

#### Additions and deletions:

1. Update on Elisha Dominick's house.
2. Update on SDC position.
3. Principal of VIU - presentation.

All Councilors expressed what Council portfolios they are interested in.

#### Presentations

**Darrel Mansbridge**, Vancouver Island University (VIU) introduced himself. He wanted to meet the Council as SFN and VIU are partners in education. He commented that this is an opportune time to revisit the Education Plan with the objective to reinvigorate the plan. Chief Williams mentioned that Sliammon students are not being equipped with a good start to enter post-secondary institutions. Sliammon and VIU need to address student successes and the need for improvement. Darrel said that VIU is also interested in that success. He proposed a workshop to explore opportunities to improve SFN student success.

**Calvin Harry**, 2015 Sliammon Tribal Canoe Journey – Calvin has been to many tribal journeys. The 2015 is in the early planning stages. The time frame is short and there's 9 months until the event. They're expecting 100 canoes. Helping out includes funding and organizing events. His first agenda item is to seek SFN's blessing and then he will speak to Homalco and Klahoose. Chief Williams mentioned that City of PR may assist with hosting of 5,000+ people.

**Discussion:** There was a question about structure and secure funding for the tribal journey. Monetary matters will be handled through Tides Canada, a non-profit organization used by Bella Bella. Risks to the community were identified and liabilities to SFN were raised. It is necessary to ensure that a Tribal Canoe Journey event has separate insurance. Mention was made about security and what that would involve. Chief Williams indicated that Council should seek the community's view on the event because the Sliammon community would be impacted by that many people coming to the community. A suggestion was made that a committee could be formed to evaluate the process and monitor the activities, if Sliammon decides to host the Canoe Journey. Lori asked Calvin if there could be more detail provided in the plan. Calvin said that there would be detailed added to the plan, if it's a go.

**Motion to support the Tribal Journey 2015 in principal, providing that:**

1. SFN community supports the event
2. All event criteria is met by a Tribal Canoe Journey sub-committee, and
3. Development of a memo of understanding (MOU) is in place

**Motion made by Eugene and seconded by Dillon. Carried Unanimously.**

#### Treaty Society Presentation: Roy Francis and Grace Adams

Treaty introduction includes the purpose and Roy explains that treaty has reached full ratification. There are 3 key areas:

1. Land ownership and legal interests: LUP: Approved by Council – with new land base there will be set asides for community use, economic development and protected places.
2. Finance: Capital Transfer fund, resource revenue sharing fund. FAL & Trust Fund – Financial management. Work is underway to establish a trust to protect funds.
3. Governance at treaty effective date: Key areas will change as own Tla'amin laws will apply to elections and all items under CCP. Governance laws are developed by a governance working group.

Roy explained work teams with a chart. Also, the working group appointments were reviewed.

Info on each working group was given. Law making is 60-70% complete. Expectations were aired with the new government

house, recruitment of trustees and survey of lands. Also, included in the presentation was explanation of tax revenues. There was a discussion on a new fishing vessel and post-treaty capital transfers. Discussion continued on repaying the treaty loan. Legacy issues and specific and comprehensive land claims were discussed.

#### New Business

##### Administration/Finance/Audit

- Councilor Orientation – Rod began with an action list. The Council meetings schedule was planned. Thursday was the agreed-upon day. Mornings were proposed with no afternoon sessions and no presentations at the second meeting. Structure and process will follow Roberts' Rules of Order. Brian asked for a copy of the rules.
- Financial signing authorities with the newly elected Council discussed. Cheque signers were chosen. John, Larry, Walter and Clint will be the signers for this term. Motion to accept the four new signers as above noted made by Eugene and seconded by Shawn. Carried.
- Code of Conduct Policy / Conflict of Interest (COI) document – Councilors will take the documents home, review and sign at the next meeting.
- Email – assigned new Councilors their SFN email addresses. There is an office assigned to Councilors for Council business. Computer needs were explored. Lori, Shawn, Sandy and Brian need computers.
- Honoraria is paid on last Friday of the month. Lost wages and requisitions were mentioned. It was explained how that works. Travel expenses were explained. Use of travel advance. Cell phone and internet bills are reimbursed up to \$200 maximum.
- Swearing-in ceremony is left to the Councilor choices. A discussion ensued. On October 23rd, the ceremony will be done at the next meeting. It will be recorded and posted on the internet.
- Personnel committee was clarified. Roles of the hiring board were explained. There is a separation of Administration and SFN Council responsibilities.
- Business Cards for new Councilors. Those Councilors who need business cards can send info to Rod. Brian, Shawn, Eugene, Sandy and Lori say they want cards.
- New Council Portfolios. Clint addressed the portfolios and explained the role of the committees. Each first committee meeting will be called by Rod.

**Finance Committee (FC):** One requirement is that Councilors must know about financial statements. Need a minimum of three members for Finance Committee – Brian, Walter, John, Sandy and Dillon will undertake the responsibility.

**Audit Committee** must observe Conflict of Interest (COI) and must not be an employee of the Nation. Lori and Larry will undertake the responsibility. A third member is required.

**Community services:** Inter-organizational communications – Eugene and Walter will undertake the responsibility.

**Accountability & Administration**, Human Resources, Education – Gloria, Walter, Brian, Eugene (Education only) and John will undertake the responsibility.

**Communications/Culture** – Gloria, Sandy, Larry and John will undertake the responsibility.

**Lands and taxation/membership** – Larry will undertake the responsibility and Lori is the alternate.

**Natural Resources** – regarding Fisheries, Hatchery, Forestry, Wildlife, Drinking Water. Lori, Larry, Sandy, Shawn and Brian will undertake the responsibility.

**Governance** – Gloria (Justice only), Dillon, Lori, Brian, Larry and Walter will undertake the responsibility.

#### Committee representation on other organizations

**Health** – Larry and Gloria (alternate) will undertake the responsibility.

**SDC** – Lori, Brian and Dillon (ex officio & non-voting) – does

Board need to increase members

**Naut Sa Mawt Tribal Council** – Clint will undertake the responsibility.

**First Nations Employment Services (FNES)** – Dillon will undertake the responsibility and Brian is the alternate.

**Legacy Society** – regarding responsibility for access to pre-treaty land titles – All Council will undertake the responsibility.

**Regional Emergency Executive Committee** – relationship w/ city on emergency preparedness – Shawn and Larry will undertake the responsibility.

**FNESC** – John, Eugene, Lori and Sandy will undertake the responsibility.

**Joint Steering Committee (JSC)** – Larry and Shawn will undertake the responsibility.

**Lands Working Group (WG)** – Gloria & Lori (alternate)

**Governance Working Group (WG)** – Larry & Walter (alternate)

**Finance Working Group (WG)** – Lori & Brian (alternate)

*2014-15 Portfolios and Other Committee reps. will be adopted on Oct 23, 2014.*

1. Mortgage Renewal documents for signing

**Motion to approve mortgage renewal made by Dillon and seconded by Eugene. Carried.**

2. Amendment # 03 – Two Capital Projects.

**Motion to approve amendment #03 made by Eugene and seconded by Larry. Carried.**

Post a public notice to the Sliammon community in accordance with Section 35 of the Financial Administration Law to advise the community members that Sliammon will borrow funds to construct the new Government House.

**Sliammon Dev. Corp** – SDC Update and appointment of Council member – tabled.

**Forestry:** Probyn Log Ltd. proposal for logging Harwood Island was presented. It was suggested to identify the IFB and bond. It would also be good to pin point a plan that includes support for the Sliammon community. For example, when the machines are there - then do other work to benefit the community. Phase 1 - to identify the bonding; Phase 2 – to prepare a traditional use survey. Issues should be tabled until discussion with logging company begins and should be discussed with Sliammon Development Corporation.

**Health** – Health update tabled.

**Treaty & Transition** - Treaty working group updates and appointments of Council members - tabled.

#### Other Business

1. Gift Cards were discussed.
2. Tuwusht AGM and Christmas dinners will take place on December 12<sup>th</sup> in Victoria and December 13<sup>th</sup> in Vancouver. For the SFN Community Xmas dinner, Council is planning to hold the dinner on December 19<sup>th</sup>.

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

**Meeting adjourned at 3:17 pm.**





## Sliammon Fish Hatchery Floods After Heavy Rainfall

*By Alex Sutcliffe*

22nd October 2014. Cleanup begins after a series of pacific low pressure systems battered the coast bringing with it strong winds and plenty of rainfall, with localised flooding affecting many parts of town.

The Sliammon Fish Hatchery was also heavily inundated from the recent downpour of rain, as the waterlevels in the creek rose substantially. The level of flooding was compounded by the debris build up on the fence.

The flooding resulted in a lot of damage to the Hatchery infrastructure and an almost catastrophic loss of fish stock with enhancement levels expected to be severely affected in 4 years time.

“We suffered heavy losses of brood stuck as a result of the floods, we have a few Chinook, about a dozen Coho, and we lost all of the Chum” said Lee George, Hatchery Manager.

Perhaps the most substantial damage was to the fence of the weir. A helicopter was brought in to try and remove some of the debris field that had piled up against the fence in the raging torrent. The fence will need to be completely rebuilt.

Hatchery grounds were heavily eroded with work already commencing to bring in landfill and begin repairing some the damage. There was flood damage to some of the buildings and damage to the holding containers and incubator boxes.

The Fluvarium (underwater viewing area) was also complete-

ly flooded and filled with mud and debris. Work has already been carried out to clean out the attraction and thankfully the Fluvarium remains intact.

Total damage figures are unknown at this time. In cooperation with the Powell River Regional District, Emergency Coordinator Ryan Phoms generated a Provincial Emergency Incident Number and Sliammon immediately notified the insurance company. Work to repair the hatchery is currently ongoing.

The Hatchery would like to thank everyone that has helped out, the fishery staff, Chris Marshman for his dedicated time and service, Andy from Mr Green Up for his help with landscaping and a big thank you to Community Futures for their relief donation.



## Lower Bridge Nears Completion

*By Erik Blaney*

As many of you would have noticed, the lower bridge is at 90% completion with the onramps having recently been paved. All that remains is for installation of the barriers, delineators, some gravel, grass and a hydro pole to light up the bridge.

The bridge project has been a huge success with the bridge withstanding the recent deluge from mother nature (the one that flooded the hatchery) with zero issues. The bridge project cost around a quarter of a million dollars which was funded between our Forestry and Tax and Lands. Departments.

A big thank you also goes out to the community for being so patient and for keeping back and allowing the workers to do their thing.



# halloween 2014





## Sliammon Orthography Workshop Success

By Betty Wilson

The Sliammon Orthography Workshop was held on October 24th-25th, 2014. We were very fortunate to have with us:

**Facilitator:** *Suzanne Urbanczyk*, linguist with University of Victoria and

**Assistant:** *D'Alaine Robertson-Hooper*, honor's thesis student at UVIC.

The two-day intensive workshop brought together technicians, recorders, elders, teachers, fluent speakers and community members that were interested in learning the language, with the goal of implementing a unified writing system to document and preserve the Tla'amin language and create a Sliammon Dictionary!

We also had representatives from Jump radio in attendance. A previous workshop was also given by Dr. Peter

Jacobs, Squamish band member and linguist, looking at other orthography systems and how to choose one.

We are all working towards a system that is logical, that follows grammatical rules and that will make sense to the user of the dictionary.

It is very difficult work. I would like to thank the elders for hanging in there because sometimes it was like "Greek" even for some of us who have had some training.

Devin Pielle also puts a Sliammon word out every week on facebook (search for *Tla'amin Wordoftheday* to connect).

If you would also like to participate in some way through this process, please let me know.

Betty Wilson (483-9447)

## Language Classes

Sliammon Language classes are held every Saturday at the home of Margret Vivier. Everyone is welcome. Drop by, learn some language, have a cup of coffee and cake!

**Saturdays 12pm-3pm  
5156 Beach Rd, Sliammon**

For more info call Margaret on  
**604-483-4836**



*It is time to come together and remember*



## Language Initiative

*Do you want to improve your Language speaking skills?*

Come to the Cultural building every **Friday** starting **November 14<sup>th</sup>**, from **10 am to 12 pm**.

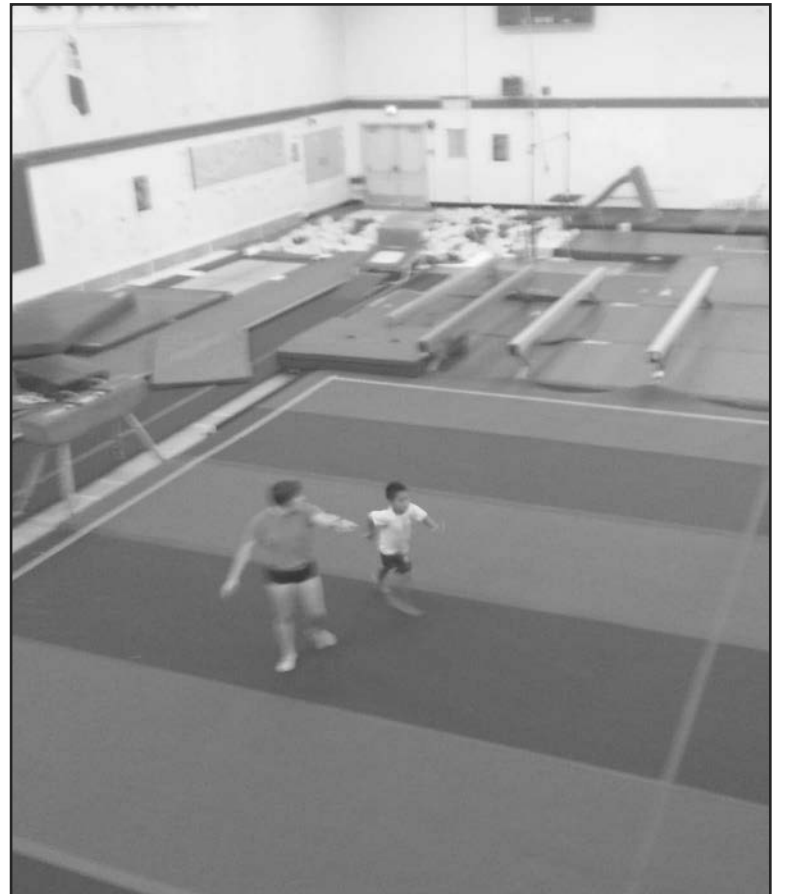
There are no set topics but the first one will be on traditional practices around the loss of a loved one. If we do not use our language we will lose it.

If there is any specific topic or fluent speaker you would like to have included, please let me know.

Betty Wilson  
604 483-9447



Youth Group Activities



# ANNOUNCEMENTS



To Mom & Dad  
 Happy 39th  
 Anniversary  
 Many more to come!  
 Love from your  
 angels & family



Happy Birthday to our late beloved son  
 Brian Jr. Hackett (Buff)

Birthday wishes to heaven, with love

Though we miss you always  
 Each and every day  
 It seems to hit us even more  
 Because it is your birthday

We send wishes to heaven  
 Carried to you, upon a prayer  
 To the place where you are now  
 With sweet, tender love and care

Love Mom, Dad & family

## 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  
 4940 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 or Bill Richman (604) 485-9168

**Christmas Craft Fair 2014**

*HOHOHO!* It's that time again!  
 Come check out the Xmas Craft Fair!

**Saturday, December 6<sup>th</sup>,**  
 at the Salish Centre in Sliammon.

The fair will run from **10am** until **2 pm**.

If you are a crafter and would like  
 to have a table, please contact:  
*Betty Wilson* on **604 483-9447**



**CAUTION**

**Please watch your speed!**

The cold and wet fall season is setting in, obscuring vision and making roads slippery.

Please watch for children, animals and adults walking along the roads.

**Thank you.**

## Sliammon Culture Programs

Hello everyone now that our great summer is over, here are the lists of the culture programs that will be offered for the fall. So come out and enjoy and learn at your own pace.

### CARVING

Every Tuesday  
 6:00 to 9:00pm held at the Salish Center  
 Instructor: **Charlie Bob**

### BASKET WEAVING

Every Tuesday  
 3:30 to 5:30pm held at the Culture Lodge  
 Instructor: **Dorothy Louie**

### LANGUAGE CLASSES

Every Saturday  
 12:00 to 3:00pm  
 5156 Beach Rd, Sliammon  
 Instructor: **Margret Vivier**



## Tutoring Available

Monday, Wednesday  
 4:00 - 6:00 pm  
 Ahms Tah Ow School

Tuesday, Thursday  
 3:15 - 4:30 pm  
 Brooks School



## Ahms Tah Ow Is Open!

**Register today if you are interested in completing your graduation requirements!**

If you are short a couple of credits towards your grade 12 or you need to start an Adult Dogwood, come in and talk with Jason to see if our program works for you.

**Our courses are individualized/self-paced and online.**

Call Jason at 604-483-9646 local 232 or come see me during the following hours:

Jason Rae, Teacher  
**Ahms Tah Ow School and Brooks Secondary**  
 School District #47  
 School: (604) 483-9646 ext 232  
 Cell: (604) 414-5088