



# NEHMOTL "US"

December 2014

Community News | Events | Updates for the Sliammon People



## OH MY GOD ITS SANTA!!

### Santa Report: Operation Snowflake

It has been a super busy season at Santa's Village in the North Pole, with final preparations underway for operation Snowflake 2014. Operation Snowflake is the code name given to Santa's Christmas run this year. Every year the Elves vote on a new project name to keep things fresh.

In an interview with one of the elder Elves, Duinor reports that everything is looking good and that they are on track for launch date. Duinor radiates youthful enthusiasm despite being over 1000 years old! "The hiccups we experienced with the new wrapping machines have been ironed out and we are almost finished testing the upgrades to the sleigh" said Duinor.

When asked about Santa, Duinor reports that the big man himself is doing great, resting up before the big event. "I helped him choose a pair of shorts and some flip flops for when he lands in Australia, where it's summer time!" Duinor says

Santa is scheduled to depart the North Pole on December 24th, along with his excited reindeer pals. Santa's route starts in the Pacific taking him through New Zeland and Australia before flying all the way around the world, finishing up in beautiful Canada.

After visiting almost 1.9 billion children, Santa then returns home to his village in the North Pole where he lives, and waits, for that magic time of year to roll around again.



ITS CHRISTMAS EVERYBODY!! Will Ferrell stars in 'Elf' from Warner Video

## Reflecting Back on the Past for our Future Generations

By Steve Gallagher, CCP Coordinator

In 2007, Sliammon completed a Comprehensive Community Plan to support community development and nation building while establishing a foundation for self-government and treaty implementation. The ultimate goal is to create a better quality of life for our future generations. In addition, a Land Use Plan for Sliammon and Harwood Island was completed in 2010, and most recently Chief and Council adopted a Land Use Plan for our treaty settlement lands which sets out land use designations to establish a vision throughout Sliammon lands.

Land use designations take into consideration culture and traditional uses, the environment, and land development that will generate and promote economic development that will not only lead into job creation and employment opportunities for our membership, but community owned

businesses to generate revenue for our nation. A course of action (or policies) have been developed to guide present and future decisions in each of the land use designations.

For example, culture and traditional use designations takes into consideration that all archaeological sites will be recognized and protected. Our language will be utilized on signage, maps, as well as documenting all traditional place names. Education will play a key role in promoting our Ta'ow and traditional knowledge to non-members to ensure the land is respected with traditional values to ensure protection of our natural resources. Traditional activities such as hunting, berry picking, and cultural plant harvesting will be taken into account on all new land

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# qamεs ʔəms tala (Kummehs Ahms Tala)

Translation: "Our money is put away."

Every month we will begin to explore some of the topics that will impact everyone in the community now, as we transition towards self-governance. This month we take a look at Trusts, a tool that will be used by our Nation to protect and manage our money. "qamεs ʔəms tala" is the name of our trust. The quotes represent feedback from community planning sessions.

## THE GUARDIAN

Is there to support the trustees in their decision making and look out for the community's best interests.

*"We need more funding for youth programs and sponsorship for sporting events"*

*"it needs to be fair for everyone"*

*"we should be saving the money and growing it"*

*"we should be directing money towards improving the community as a whole"*

*"I'd like to see funding go towards improving services for our elders"*

In the case of the treaty, a trust will be set up for the Tla'amin people, who will become the beneficiaries (the ones who will benefit from the trust).

*"more programs for our off-reserve members would be nice"*

*"the money should be invested to generate more cash-flow"*

## WHAT IS A TRUST?

A trust is an agreement or legal document that lays out a set of rules that you want followed, in order to properly manage and protect your property.

## HOW DOES A TRUST WORK?

Financial assets are transferred into a trust, and a few people are then chosen to manage the trust. These people become the trustees.

## WHY A TRUST?

1. The Tla'amin Constitution requires our Nation to set up a trust to preserve and protect our treaty settlement.
2. The rules of the trust will protect and prevent the misuse and abuse of our funds.
3. We get tax benefits on any earnings and interest generated by the trust.
4. Our money will be protected from any debt or liabilities of the Nation.

The trustees are legally bound to act in the best interests of the Tla'amin people, and have to follow the rules laid out in the trust agreement whenever the community decides to use trust funds.

The trust is to benefit all Tla'amin people.

*"a seniors home/ care lodge is something everyone will be able to use"*



Trusts are subject to external Canadian laws. This adds an extra layer of protection to our money.

**Next Community Information Session:  
January 22nd, 2015, 4pm-7pm at the Salish Center**

## “We will ALL create a better vision”

*Community reflection with Kristi Thiele*

### **How do you feel about working with the finance cwg?**

We are gaining so much with the treaty. Rights to create our own revenue, businesses, and responsibility to each other. It is important that we manage our assets properly and that everyone does their part. I will live up to my responsibility to the community, to help create a healthy and prosperous environment for us, AND our kids.



*Kristi Thiele and daughter Taryn*

### **What do you think is one of the most important aspects to consider, when it comes to the creation of the Tla'amin trust?**

The most important thing is that we learn to talk about community decisions, and respect each other like we used to. We are all here to support each other, love each other, and continue the rest of our lives living together, side by side, so we need to make sure that ALL the people will be heard in all future decisions!

### **How do you feel about the future?**

I believe in the power of unity, community spirit, ethics, education, morals, and accountability. We are a strong and proud nation, that has survived EVERY trial in our history. And the only reason we survived is because we knew how to rely on each other. We will learn how to do this again.

Through hard work, communication, team work, AND accountability, we will ALL create a better vision. And that vision will become a reality. That is our destiny.

### **Is there anything else you would like to share with the community?**

Each of us is human with faults, and each of us has the ability to love our community unconditionally. I only want what's best for Sliammon as a whole, whether I live afar, or in the heart of the land. It's still my home, too.

The road ahead may be bumpy, filled with unseen turns and potholes. But we will be there together, accountable to each other. We will be watching and supporting each other, while creating a good life for our kids. TOGETHER!

## Trustee Liability and Accountability

*By Daryn Leas, Legal Council*

In general, a trustee is not liable for any error of judgment or mistake of law or a loss caused by a co-trustee or agent of the trust. However, a trustee would be liable for willful neglect or default, willful misconduct or willful breach of the terms of a trust agreement. If it can be shown that a trustee willfully defaulted in the exercise of his own duties, he may be held liable. Trusts are usually required to provide “errors and omissions” insurance for the trustees.

If it is proven that there was trust mismanagement, you would need to establish how you were harmed by the mismanagement. Often, this requires financial experts who can reasonably predict what would have happened to the trust assets if the trust had been properly managed by the trustee. Generally, a court will award damages for the amount that the trust would have made but for the trustee's mis-

management. You may also be able to recover damages for the unjust enrichment of the trustee and other financial awards as the Court deems equitable.

In some cases, additional criminal charges and penalties may be brought against a trustee for trust mismanagement. For example, in cases where the trustee committed fraud or a bank crime additional criminal penalties may apply.

In addition, the protector has a legal duty to fulfill his role and carry out his responsibilities under the trust agreement. It is arguable that a protector owes a fiduciary duty to the settlor and the beneficiaries. If he fails or refuses to fulfill his duties and powers, he may also be liable for any losses or damages suffered by the trust or the beneficiaries. In such a circumstance, he should be removed from his office and perhaps subject to civil or criminal proceedings.

## Want To Be A Trustee?

Trustees are voted in by the community. In order to be eligible to run as a candidate, potential trustees will need to complete the following training requirements first:

- i) **a trustee information session**
- ii) **enrol in and complete the 4-month online course, “Phase 1 - Trust and Investment Basics” offered by the National Aboriginal Trust Officers Association**
- iii) **a workshop specific to the Tla'amin trust**

This is a tremendous opportunity to contribute to the Tla'amin self-government. If you are interested in becoming a trustee please contact Grace Adams at [gadams@sliammontreaty.com](mailto:gadams@sliammontreaty.com) at (604) 483-4427, Steve Hunter CFO, at [steve.hunter@sliammon.bc.ca](mailto:steve.hunter@sliammon.bc.ca) or Dillon Johnson at [djohnson@temixw.com](mailto:djohnson@temixw.com).

## Chief Negotiators Message

### **One Heart, One Mind, One Nation**



**Roy Francis**

This message is written to wish our community members a happy Holiday Season, and all the best for the New Year. The upcoming New Year, and the years to follow, will bring exciting changes for our community; and very good work is underway in preparation for those changes. It's a pleasure to be part of the change; and to be part of the Tla'amin Team.

The Tla'amin Final Agreement is bringing new resources to Sliammon. We will have new financial resources;

we will have new land resources; we will have new law making authorities; and we will become self-governing. Sliammon is moving out from under the Indian Act, and shifting into a new phase of our development. The next phase is critical; within our own control, and will define our future. We have all of our best resource people in the right positions, doing the best work possible. I believe our future is bright; and it will be what we make it. I believe we all want a positive future for ourselves; and are willing to work for it.

A new “Trust Fund” is being developed to protect financial resources on behalf of the Sliammon Nation. Our community members have expressed concern that community funds need to be protected. There was fear expressed about our ability to manage our own funds competently. There were clear concerns expressed about not being ready to manage our own affairs. Our work teams are doing a great job of converting those concerns into positive, constructive direction. Our teams are building laws to establish accountability; reporting requirements, financial stability, and security for our future. A “Trust Fund” will protect vital financial resources for generations to come. In carrying out the work we are also building a new level of confidence that we are not only ready for the work; we are actually carrying it out. We are replacing an old Indian Agent role, with actual work that is being carried out by our own work teams; and our teams are doing a very good job.

A Land Use Plan has been completed that provides a foundation for managing our new lands. The Land Use Plan is built in accordance with our Treaty and our Tla'amin Constitution. Some lands are intended for community growth; some lands will be protected for cultural uses; some lands will be dedicated for economic development and commercial growth. We have a team building laws to protect, and manage our new land resources. We have great confidence in the teams that have been assembled; and will be relying on their work to reflect our community's needs, values, and vision.

I'd like to acknowledge all of the people who have participated in the work in the past calendar year. The efforts are appreciated, and the work is making a very positive difference for all of us. We are looking forward to the work in the upcoming year, and we encourage our members to participate in upcoming information sessions.

## Message From The Chief



Chief Clint Williams

Merry Christmas and Happy New Year to everyone, I wish everyone a safe and happy holidays with your family and friends. And I also ask that you please make it a point during this holiday season to share some quality time with your loved ones as we know that just spending a bit of your time with someone may help those that may be feeling a little sad during the holidays.

Recently I have been hearing a number of complaints regarding the \$50 Christmas distribution that "it is not enough". I just want to remind people that when this was originally initiated a few years ago we were

only trying to encourage families to enjoy a nice Christmas dinner together to celebrate the holidays.

We have recently received some great news regarding the future of the Sliammon sewage treatment plant, the news is that we will be approved for a new standalone treatment facility that will cost approximately \$7 – \$8 million dollars and this will be covered by the department of Aboriginal Affairs and Northern Development Canada (AANDC). This project was only made possible as a result of our nation being in good standing with AANDC for the past few years. Had the nation been in bad standing we would not have been eligible for this project.

I would like to provide a brief update on a recent trip to China that was offered to our entire Sliammon Development Corporation Board (SDC) at our October 08, 2014 meeting:

A short while back a Chinese business man arrived in Powell River unannounced and phoned me out of the blue and asked if I was available to meet to discuss some lands that are for sale in the Powell River area? I agreed to meet him at the Town Center hotel; I arrived at the hotel and then recognized the man immediately once I had seen him. He was here in Powell River wanting to buy lands about 4 years earlier. For some unknown reason he simply went silent on the previous land purchase discussions and now is wanting to discuss the same topic.

So SDC President Roy and I gave them a tour of some lands for sale surrounding the PR area, they are very interested in a number of different places and wanted to discuss some potential projects and also a possible partnership with the Sliammon people. Over a few weeks we had a few different meetings with this individual and he kept on mentioning projects that they have developed in China and that they would like to attempt to do some similar things here in the PR area.

In one of the meetings they finally said that it would be much easier for us to see projects, they then asked "if we would be willing to travel to China?" We did mention that we would need to speak with our SDC Board to see who would be willing to make the trip and we would need to know how we would pay for this type of trip.

They then mentioned that they would cover the expenses of our board to travel to China, so at an SDC meeting held on October 8th 2014 we extended the offer to the entire board there was a lot of interest from the board but only a few of us had passports and were able to make the trip. At the end of the day only Roy and I were able to make the trip from the SDC Board. There was a strong interest in our forest licenses and Craig Galligos our Acting Forestry Manager was unable to make the trip; so I then extended the invitation to our logging partner who came along to assist with discussions regarding machinery and our forest tenures. So once we had finalized our list of people available to make the trip, they then asked us if we wanted to bring our families and that they would cover the expense of that too. So I did mention this to my wife and she was excited to come along, Roy's wife however was unable to make the trip. The China trip was an offer to the entire SDC Board at no expense to the band or SDC. Roy and I did receive meal allowance monies from SDC and funds to get to and from Vancouver to connect to the flight to China.

I am sending this update out because apparently there is a flyer going around the Sliammon community that was developed by some cowards with accusations stating that I had paid for this trip from band funds which is an outright lie. This flyer is mixing facts with rumors; it is mixing the fact that we were requesting to be paid our wages while travelling for band business for these two weeks. As this flyer is mainly trying to paint an ugly picture of me personally, I would sure appreciate receiving a copy of this flyer if anyone has one.

I personally love this community and would never do anything to jeopardize this community or any of our people. I along with all of the Chief and Council have signed the attached CODE OF CONDUCT DECLARATION at the beginning of this term, I take this code of conduct document very seriously. If anyone wishes to discuss our trip or this article with me I am happy to answer any questions that are out there. I do apologize in advance for this rant but these accusations could not be any further from the truth.

In closing, Merry Christmas and Happy New Year to everyone. I wish you all the best on a safe and happy holiday, and thank you for your continued support.

I can be reached at (604) 483-9696 extension 223 or via email @ clint.williams@sliammon.bc.ca



## Reflecting Back On The Past For Our Future Generations

(Continued from front page)

development. All the community sessions over the past years received feedback from community members who voiced their concerns over land use designations, all of which were taken into serious consideration.

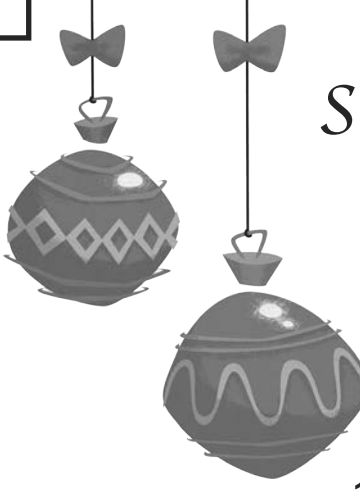
On November 14<sup>th</sup> an Open House was held at the Salish Center, under the banner of "One heart, One mind, One nation". Leadership, Program Managers and entities were represented to provide membership an opportunity to speak one on one and once again provide feedback, make recommendations, and suggest priorities for the various departments over the next five years. We documented over 500 comments that are either suggestions or priorities for our various departments. It has been seven years since the Comprehensive Community Plan was completed and it is now time to revisit the plan to update and review the goals and priorities that were set out by leadership, managers, elders, youth, and the overall membership both on and off-reserve.

"I encourage our members to take advantage of the opportunity to get involved and participate in the Open Houses that will be taking place after the New Year. The Comprehensive Community plan is a "community driven" planning process that provides direction for our Chief and Council and sets out

priorities and direction for program managers roles and responsibilities" said Chief Clint Williams.

Over the course of the next six months a document review and analysis will be on-going to check in and see what goals we have accomplished, which ones are on-going and which ones have yet to be realized or accomplished. We will be looking at updating concepts from 2007 with new objectives to refresh the road map for our community over the course of the next five years. We plan on more community sessions with membership after the New Year leading into March. Keep an eye out for key dates in the Neh Motl or our website as we need and seek your input.

In order to update the 2007 Comprehensive Community Plan it is necessary to reflect back on the past to see what has worked and what doesn't work in order to restructure our priorities for the benefit of our future generations. Much of this work will focus on the land and resources chapters in the Comprehensive Community Plan while making sure the policies in our land use plans for our treaty settlement lands compliments each other. With a treaty coming into effect in 2016 there needs to be consideration for the realization of self-government, law-making authority and an expanded land base of over 8,000 hectares of land without being governed and regulated under the Indian Act. New responsibilities are just around the corner and the time for getting ready is now.



*Sliammon First Nation*  
**Band Office Notice:  
Holiday Closure**

The Sliammon Band Office will be **CLOSED** for the holidays as of 12pm Midday December 24th and will **RE-OPEN** on January 5th, 2015.

*Happy Holidays!!*

## SLIAMMON FIRST NATION



### HOUSING DEPARTMENT

#### *Important Update*

##### INSURANCE COVERAGE FOR HOME OWNERS AND TENANTS

Chief and Council has approved and implemented annual home insurance coverage (effective until at least Sept 2015) for all interested parties. Insurance will be provided by the HUB International/ Barton Insurance Brokers.

Coverage provided is 150K dwelling limit for home owners and 30K personal property limit for homeowners and tenants.

Top up forms are available to those who wish to increase amounts above the limits provided. It is the home owner's responsibility to ensure proper coverage and to cover the cost of the top up.

Top up forms are available thru the Sliammon Housing Department or directly thru John Beevor-Potts at HUB International.

##### Contact information

Phone: John Beevor-Potts 250 832 2143

Email: John.Beevor-Potts@hubinternational.com



*Sliammon meets with representatives from BC Hydro*

### BC Hydro On Heritage Conservation

*By Alex Sutcliffe*

Sliammon met recently with representatives from BC Hydro for discussions on work related activities in the region.

"BC Hydro gave us an update on work being carried out in our territory, checking the hydro poles and upgrading infrastructure" reports Denise Smith.

Discussions also centered around their work practices relating to archeological finds, for example, uncovering shell middens while installing hydro poles.

"They basically wanted to understand our concerns and ensured us they would be following provincial rules under the heritage conservation act, and the fact that they sent 12 representatives to engage with us, demonstrates to us that the whole issue is something they take seriously, and that they do want cultivate a positive relationship with our nation" said Denise Smith.

The discussions are an important step in strengthening relationships with the Tla'amin Nation.

"We appreciate the level of engagement on behalf of BC Hydro and I have full confidence that we will share a positive working relationship now and into the future" says Denise Smith.

### Housing Notices

New letters and applications for waiting lists for Sliammon Band rental housing must be submitted again on Jan 1st. These applications must be renewed each year to be kept on the waiting list and to be considered eligible for rental housing.

Requests are going out to community members in Good Standing to join the Housing Committee.

S/A clients must have a current rental agreement to be eligible to receive benefits.

*Thank you  
Paula Stewart  
Housing Elf*



### Village Maintenance Holiday Notice

Garbage day for the holidays will be on the regular Friday during the Christmas break. The Christmas break starts at noon December 24, 2014 and we reopen on January 5, 2014.

The dates for garbage pickup during the Christmas break are:

- Friday December 26/2014. (Boxing day)
- Friday January 2/2014.

For emergencies related to Housing or Village Maintenance during the holidays please call 604-483-8081

*Merry Christmas and Happy New Year to all.  
Steven Galligos  
Capital Infrastructure Elf*



**A brand New Year is Here.  
We can help you celebrate  
your Business idea**

**Find out how our Self Employment Program works. Plan to attend our next Introduction to Business.**

This is a full day session, on

**Wednesday, January 7<sup>th</sup> from - 9am to 4pm**

**For information and to reserve your seat call  
604-485-7901**

**POWELL RIVER  
COMMUNITY FUTURES**



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

# Nation Administration Matters

*Justice Update*  
By Verna Francis



**Attended: Positive Partnerships Conference**

**Date:** October 28-30, 2014

**Location:** Kamloops, BC

**Agenda:**

- A Holistic Approach to Justice in a World of Silo's
- Looking At Our Past
- "With A Pencil I Went Across A Page To Find Myself" – Residential School Experience
- Kamloops Court House – Aboriginal Justice Council Panel ( Opened in March 2013)
- First Nations and Criminal Justice: the Current Reality and the Future
- Community Environmental Forums
- "In Walking After Midnight": The Story of Bob, Katy Hutchison – Drugs/Alcohol/Bullying, Peer Pressure and misguided choices in and unchaperoned setting caused devastation to her family.
- "A Life Worth Living" – Preventing suicide through community and connection
- "Building Relationships/Networking with all Agencies that relate to Justice System"

**Attended: Healthy Relationships Training**

**Date:** November 24-28, 2014

**Location:** Nanaimo, BC

Healthy Relationships in an adaptation of Respectful Relationships that has been modified in a way that men and women can both attend Healthy Relationship sessions together.... This way what they learn is more holistic and geared at healthy dynamics, versus Respectful Relationships which is geared at helping judicially appointment men to attend. Once the training is completed, all Justice Program's will receive a digital copy of the guide and each will make the necessary cultural modifications to it that are more culturally relevant to each region.

Contents for discussions are as follows:

- Abusive Power & Control
- Cycle of Violence
- One Hit Leads to Another
- Effects of Abuse on Children
- Children who Witness Abuse
- Respect versus Abuse

**"IT'S ALL ABOUT BREAKING THE INTERGENERATIONAL CYCLE OF ABUSE"**

"Getting To Healthy" - Summary



**Community Day Of Action - Annual Drug March 2014**

- Abuse is not just limited to physical violence; it can also be psychological, verbal, sexual, or spiritual.
- Abuse damages the intended victims, those who witness it, and those who do it.
- All forms of abuse destroy relationships.
- Difficult situations cause uncomfortable feelings, but we choose our response.
- THERE IS NO EXCUSE FOR ABUSE
- Looking after yourself means looking after your relationships.

I will be organizing Healthy Relationship sessions for couples in the New Year, anyone interested please call me at the office to be put on list of 4 couples per 12 sessions.

Also starting in the New Year - One on One sessions re: Substance Abuse Management Program. Anyone struggling with drugs and/or alcohol this program helps prepare for residential treatment, specifically for clients that have charges pending or bail released.

**You do not need to suffer in silence. No one deserves to be abused. Please reach out for help through friends and the following resources:**

**Victim Services: 604 485 2620**

**Justice Program: 604 578 8850**



## Contact Information

**Justice Department**

*Verna Francis*

**Hours:** 8:30am - 4:30pm

**Days:** Monday to Friday

**Location:** Sliammon RCMP Detachment

**Phone:** 604 483 9646 Ext. 237

**Sliammon Liaison Officer**

*Cst. Jennifer Crossman*

**Days:** Tuesday - Fridays

(depending on availability)

**Location:** Sliammon RCMP Detachment

**Phone:** 604 414 385

# TLA'AMIN HEALTH

## Healthy Happenings

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



**Cynthia Jamieson**

### **Funny 2014 Health Stories by Anonymous Contributors – Because Laughter is the best Medicine!**

"Today, I realized that at 20 years old I already have noticeable wrinkles around my eyes. But to balance it out, my chronic acne keeps me looking youthful."

"Today, I realized that I ran out of deodorant. On top of that, I was late to work so I had to run, making me all sweaty and smelly. To cover it up, I used the air-freshener in the toilet at work. Everyone recognized the «Lemon Tree» scent and now all of my colleagues think I'm cheap."

"Today, I went to the doctor's with my pregnant sister, only to find out she still weighs less than me. "

"Today, I was sick and had soccer trials on the same day. At the soccer trials, the coach called me over and told me I was doing really good and to keep it up. I said thanks and vomited on him."

"Today, I threw out my back while trying to put together my new ergonomic chair, which was supposed to help my bad back."

"Today, I took an army-mandated personality evaluation test. The results said I had a high chance of schizophrenia and multiple personality syndrome. Part of me says that the test is probably spot-on, the other part says it has to be a mistake. Apparently this is another sign of schizophrenia."

"Today, I'm so out of shape, I started wheezing on my way to check my mailbox. Not my physical mailbox, either; my email inbox on the phone I'd left on the table at the bottom of the stairs."

"Today, I'm horribly out of shape. My arms are sore, almost like I'd been doing heavy lifting yesterday. Nope. It just was from squeezing cupcake icing out of a tube."

"Today, I went into an exam room to do a check-up on one of my patients. I told the little girl's mother that she needed her flu shots. When the girl heard this, she took an apple out of her pocket and threw it at me."

"Today, I'm sick with the worst head cold of my life. For some reason whenever I cough, I also fart. Everyone thinks I'm just trying to cover up flatulence with fake coughing."

"Today, I have such severe ADD that I can't focus without my medication. When I take the medication, I can only focus on one thing, but not necessarily the thing I need to be focusing on. I have a chemistry test soon, and I've been vacuuming my room for the past 4 hours."

"Today, I received a package in the mail. It was a workout and weight-loss plan that I ordered last week. I finished an entire pizza and pint of ice-cream as I read the guidelines."

"Today, my husband injured his back badly. He's taken three percocets, because according to him, he knows the dosage better than his doctor, and is demanding that I let him drive himself to work, with no pants on."

"Today, while taking out the trash, I swung the bag back and forth, which caused it to slide across my leg. An opened aluminum can inside the bag ended up slicing through my calf, causing heavy bleeding. Baked beans sent me to the hospital."

"Today, I was chatting with the cute new receptionist at the gym. I told her that I would be going there more if she was there. She looked me up and down and said that I should go regardless."

"Today, I went to my weekly AA meeting. It was a huge crowd and I was the guest speaker. Not 5 minutes into my speech, I was booed off stage and banned from further attendance because I accidentally wore a Jack Daniel's shirt."

"Today, I deliberately didn't tell my therapist half of what I was going through because I didn't want to depress her."

**Merry Xmas and a Healthy New Year, Emote!**

## Reducing Stress at Christmas

*By Brenda Pielke, Child Youth and Family Advocate*

The holidays can be a difficult time. We might be grieving the loss of someone dear, or worrying about getting the perfect gifts for everyone on our list. Decorating, cooking, visiting, shopping, wrapping, and so on can start to make us feel exhausted or overwhelmed.

Children of all ages can be experiencing stress at this time, too. For one thing, our children and youth are coping with watching us adults "spin around". As our stress levels rise, we can become short tempered and more easily irritated with our young people. Children and youth are also experiencing excitement along with less sleep. The holiday events and activities we attend often mean later bed times and lots of stimulation for our children.

We need to make sure we are taking care of our own stress levels, as well as helping our children cope with theirs.

Here are some ideas that you might find useful at this time of year.

### **For adults:**

- Talk about your feelings – call a friend or relative who can listen and be there for you
- Take some time for yourself every day. Even if it is only fifteen minutes, this time can be spent stretching, taking a bath, having a power nap, reading a book, doing some deep breathing
- Include some play time in your holidays: play cards, a board game, go for a bike ride
- Make your bedroom a tidy zone: it will be easier to fall asleep if your bedroom is not full of Christmas wrap, shopping lists, and to do lists. Sometimes the clutter in our minds can feel less when we take care of some of the physical clutter around us.
- Feed your spirit: say a word of prayer, light a candle and remember your loved one who has travelled to the

other side, take a walk by the beach or in the woods and connect with nature.

### **For Children and Youth:**

- Help your young one spend some "down time" each day. Whenever a child's "down time" can be away from a screen (TV, computer, cell phone, hand held device), it is so much better for them. Some suggestions for screen free down time: reading a book, coloring, playing with a building toy like lego or playdough, writing a letter to a relative, going for a walk.
- Include your child / youth in some of the holiday preparations. Children love to make cards or help with baking or decorating.
- Encourage lots of sleep. Teenagers need a lot of sleep as their bodies are changing so much. Sleeping in on the holidays can be a great way to catch up on sleep. Little ones can be encouraged to nap and this can be so helpful if you know you are going out for an event in the evening.
- Some of our children and youth have sensory challenges. This means that their senses are very heightened. They can be sensitive to light, noise, the texture of the socks or sweaters they are wearing, or sensitive to the food they are eating. If your child is having a meltdown at an event or activity, keep in mind there might be something irritating or over stimulating their senses. It might be helpful to step outside with you for a minute. Take a short walk down the road or around the parking lot with your young person. The fresh air and even the few moments of being removed from the stressor in the environment can help a child to calm down and feel better.
- Exercise every day can be a fun way to help children and youth release some of that extra energy that comes from being excited.

I hope you have a wonderful holiday season that includes lots of laughter and some singing. These are also great stress reducers.

Best wishes for a beautiful Christmas and a New Year full of happiness and good health



## The family meal: A well-timed event

**Vancouver Coastal Health**  
*Promoting wellness. Ensuring care.*

*Dr Paul Martiquet, Medical Health Officer*

**Family meals, where the whole family sit around the table sharing food and conversation, can seem like an old fashioned concept.**

Whatever your personal experience, there is a lot of truth in the benefits of a family eating a meal together. Whatever form the family, there is much evidence that family meals are beneficial and help to create healthy eating habits from an early age.

Adults who eat regular family meals have been found to eat better and to be healthier in general. This holds true for children under the same circumstances; they also tend to have greater self-esteem. And this extends beyond the family as these children also get along easier with other people and do better in school.

That all sounds very good, but how do you go about having regular family meals? After all, we are so busy, as are our children and "getting all of us around the table..." The excuses are many, but there are ways to make it happen. You can start by focussing on the 'how' first, then the "what".

Meals do not have to be big affairs with elaborate menus and napkins. Instead, meals can be as simple as pizza or sandwiches—any meal eaten together during the day is good. The important thing is to all sit down together and share it at regular meal times.

A well-regarded source of information for this subject is the Ellyn Satter Institute ([www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)) which has studied feeding and eating, introducing what they call the "Division of Responsibility" of feeding. The key message is that the parent decides the what, when and where of eating and the child decides if and how much they will eat from what is offered.

### *Avoid using food as reward or punishment*

Here are some practical suggestions to get you started with family meals:

Start by offering a variety of healthy foods for children to choose from. Parents demonstrate trust and respect in their children by letting them eat enough from the food offered. Always offer something familiar with any new foods that you introduce. You might be introducing curry that is new, so serve up plenty of rice or flat bread, too.

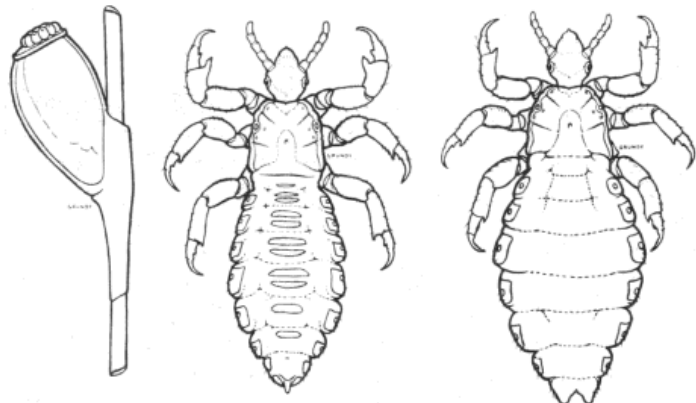
Encourage children to try different foods but don't force them to eat foods they are not comfortable with. At the same time, you can't always please everyone at the table; just make sure to provide at least one or two items they generally enjoy.

This one we can all relate to: meal times should be pleasant. Try to stay away from distractions like screens (television, phones, computers, games). This small change allows for the opportunity to make positive conversation during the meal.

One cautionary note. Avoid using food as reward or punishment: food is meant to nourish. Including children in meal planning, preparation and cleaning up helps them to learn the process of meals and helps them bond, much like the conversation and togetherness of the meal.

Family meals are good for everyone involved. They allow us to enjoy a variety of foods; provide a time and place to 'do the work of the family'; and they teach children patience, table manners and acceptance. That family meals can make everyone healthier, too, is a bonus.

## Head Lice Treatment



“Nit” or egg

Adult male

Adult female

There are many ways to treat head lice. If you choose, you may use over the counter shampoos. Some are covered by non-insured health benefits with a status number AND a prescription.

David, our nurse practitioner is able to help you out to get a prescription for the recommended products that are covered under non-insured health benefits to treat head lice.

The following products have been reported to work well:

**RESULTZ** (covered by non insured health benefits with a prescription)

**NYAD** (NOT covered by non insured health benefits)

**ZAP** (NOT covered by non insured health benefits)

**Many of the other over the counter medications do not work as it is believed that the lice have built up resistance to them.**

**Please remember that:**

- all family members need to have treatment
- repeat treatment needs to be done 7 days after the first treatment.

**Supplemental Measures:**

Head lice do not survive long if they fall off a person and cannot feed. You don't need to spend a lot of time or money on housecleaning activities. Follow these steps to help avoid re-infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

1. Machine wash and dry clothing, bed linens, and other items that the infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.
2. Soak combs and brushes in hot water (at least 130°F) for 5–10 minutes.
3. Vacuum the floor and furniture, particularly where the infested person sat or lay. However, the risk of getting infested by a louse that has fallen onto a rug or carpet or furniture is very small. Head lice survive less than 1–2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the human scalp. Spending much time and money on housecleaning activities is not necessary to avoid re-infestation by lice or nits that may have fallen off the head or crawled onto furniture or clothing.
4. Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

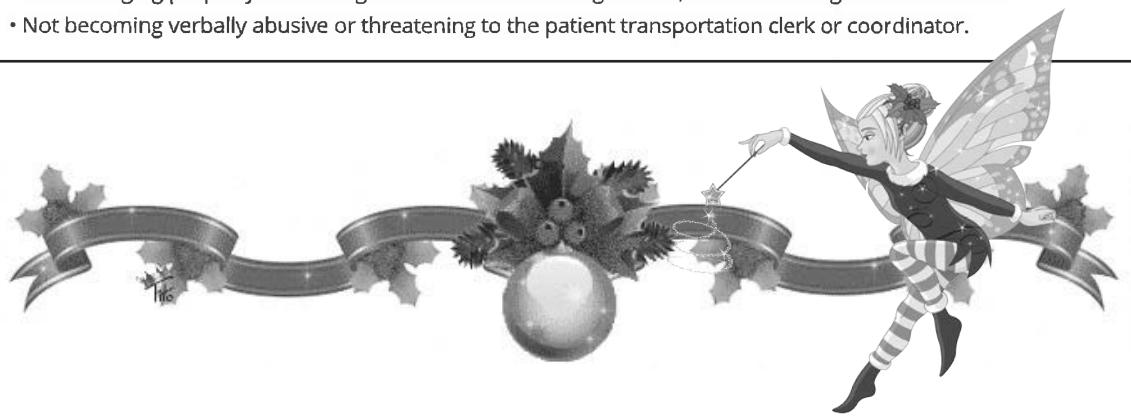


**Nina Peers at the Community Open House Health Table**

**Medical Transportation Responsibilities for BC First Nations:**

A FNHA client accessing medical transportation through the FNHA Health Benefits program, either through the community or the regional office, is responsible for:

- Giving sufficient notice, ideally 5-10 days (or more as per the community's policy) prior to leaving the community. This will avoid last minute confusion or having to cancel appointments because arrangements could not be made in time.
- Adhering to the Medical Transportation Framework and regional/ community policies on Medical Transportation.
- Obtaining all of the necessary paperwork for their trip prior to leaving the community (i.e. referral from GP or confirmation of appointment with specialist).
- Getting prior approval for all non-emergency trips. The only exception is in the case of a medical emergency.
- Attending their medical appointment as scheduled.
- Getting a signed Confirmation of Attendance (COA) signed by the Doctor/ Nurse stating they have attended their medical appointment. The signed COA must be returned to the Transportation Coordinator after the medical appointment.
- Protecting all of the original vouchers/warrants/receipts issued to them for their medical trip. Vouchers/warrants/receipts will not be reissued if lost or stolen.
- Giving notification when cancelling an appointment prior to the date of the appointment; including 24 hours' notice to cancel any hotel arrangements.
- Retaining and forwarding all required receipts.
- Not damaging property or abusing accommodation arrangements, such as causing excessive noise.
- Not becoming verbally abusive or threatening to the patient transportation clerk or coordinator.



**The false backlash against immunization**

*Dr Paul Martiquet, Medical Health Officer*



**Immunizations should be part of routine health care.** As clear and simple as that statement is, some people challenge the idea, and do so falsely.

Today, we have long-lasting protection available against measles, mumps, German measles, polio, tetanus, whooping cough, diphtheria, chickenpox, influenza, hepatitis B and more. How could someone choose to not protect themselves, or more importantly, their child against scourges like these? Some people think they have good reasons—they are wrong.

Vaccines have been the single most successful tool for preventing illness and disease, and saving lives for the past century. Many millions of people have benefited from immunization, yet some still argue against their use. But it is hard to argue with success when we compare pre-vaccine disease with recent statistics (2007 in the US). Consider that prior to a vaccine be-

coming available, some 175,000 (US data) cases of diphtheria were identified; and in 2007, there were zero cases, or a 100% drop! Cases of measles dropped by 99.9%; mumps by 99.5%; and rubella by 99.9%.

Some of the 'reasons' people use to explain their decisions against vaccinations are fed by misinformation spread by others. There are multiple misconceptions, all available on the internet and elsewhere. "They must be true," we found them on a website that is 'exposing' the truth.

Among the many falsehoods is one that sounds almost reasonable: "Because of better hygiene and sanitation, diseases had already begun to disappear before vaccines were introduced." There is a grain of truth there. Better living conditions and hygiene are helpful in the fight against disease, but if we examine the incidence of a disease before and after the introduction of a

vaccine, we see a huge drop in the incidence rate.

One rant against vaccination that we can understand, yet disagree with, is that there are side effects to vaccines, some harmful. Vaccines are indeed very safe but there can be adverse effects. The most serious of these can be significant, yet the case for vaccination is still insurmountable.

Adverse effects from vaccination occur in the order of one per thousands up to one per millions. It is difficult to statistically assess the risk because so few deaths can be attributed to vaccines. However, even with these miniscule risks, we can understand how parents might be concerned. What does not make sense comes when we compare the risks without vaccination.


The risk of adverse events and death are much greater to the unvaccinated. Consider the example of the MMR (measles, mumps, rubella) vaccine given to young children. The vaccine carries a 1 in 1,000,000 risk for

severe allergic reaction or encephalitis. How could you take that risk with your child? Easy. The risk for encephalitis in a child with measles is 1 in 2000. Measles also carries a risk for pneumonia of 1 in 20, and for death, 1 in 3000. Not impressed yet? Mumps carries a risk of 1 in 300 for encephalitis. How risky is that vaccine now?

There are dozens of other so-called facts floating about, all claiming to 'be' the truth. Unfortunately some people give credence to these falsehoods. What we need to keep in mind is that a child is far more likely to be seriously injured by one of these diseases than by any vaccine. While any serious injury or death from vaccines is unacceptable, it is also clear that the benefits of vaccination greatly outweigh the slight risk and that many more injuries and deaths would occur without vaccinations.

*Some of the 'reasons' people use to explain their decisions against vaccinations are fed by misinformation spread by others.*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>01</b> Primary Care Clinic Closed	<b>02</b> EDP 11-1pm Girls Group 4:30-6:30 @ CDRC	<b>03</b> Burning & Candlelight Ceremony 12:30-6pm  Floor Hockey @ Gym 6-7pm	<b>04</b> Toonie Skate 3:30-5:30pm @ CDRC Deadline to order Good Food Box	<b>05</b> Pre/Postnatal Group Christmas Party Primary Care Clinic Closed (NP)	<b>06</b>
<b>07</b>	<b>08</b> Walking Group 11:00am Hydrotherapy Pool Movie Night @ CDRC 5-7pm Hydrotherapy Pool	<b>09</b> Elders Christmas Party 1-4pm @ Carlson Club	<b>10</b> Pick Up Good Food Box Floor Hockey @ Gym 6-7pm	<b>11</b> Foot Care (For non-Diabetic) Toonie Skate 3:30-5:30pm @ CDRC Men's Sweat Lodge	<b>12</b> Prenatal 12-2pm Dental Clinic Co-ed Sweat Lodge	<b>13</b>
<b>14</b> Ho Ho Holistic Wellness Change 1-7pm @ Salish Centre	<b>15</b> Walking Group 11:00am Christmas Craft Night @ CDRC 5-7 Primary Care Clinic Closed	<b>16</b> EDP 1-3:30pm Foot Care (For Diabetic)	<b>17</b>	<b>18</b>  Last day for Complex Night until New Year  Will start again Tuesday Jan 13th  Youth Sweat Lodge	<b>19</b> Breakfast with Santa @ CDRC 9am Youth Sweat Lodge	<b>20</b>
<b>21</b>	<b>22</b> Primary Care Clinic Closed (NP)	<b>23</b> Primary Care Clinic Closed (NP)	<b>24</b> Primary Care Clinic Closed (NP)	<b>25</b> STAT OFFICE CLOSED  Merry Christmas	<b>26</b> STAT OFFICE CLOSED  BOXING DAY	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

**Nurse Practitioner**  
 • Mon-Fri 9-4pm Book appointments please  
 • Late appointments available Tuesday evenings-by appointment only!

**Tuximuy Group**  
 Every Tuesday-Friday 10-12pm

## Tla'amin Community Wellness Complex Activity Schedule

### Tuesdays :

**Weight Room** 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 set up for Laps until 7:00 pm)

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

### Thursday:

**Weight Room** 5:00- 8:30pm  
(16 years of age or older)

**Family Swim** 6:30- 8:30pm  
(Main pool is 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 delivered to TCHS every second Wednesday afternoon of the month. If your GFB is not picked up by Thursday, it will be gone.

### NEXT ROUNDS

Payment by Thurs 18th for pickup Wed 24th Dec.  
JAN TBA please call for dates.



## Stay Active With Walking Group

### Mondays

11:00am-1:00pm

Meet at Health

Foyer

Everyone

Welcome!

**Note: Walking group will break for Xmas and New Year Holidays and resume Jan 12th**



# SFN Chief and Council Minutes

October 23, 2014  
TCHBS Boardroom

Condensed version  
(full set posted at the band office)

**Present:** Clint Williams, Brian Hackett, Larry Louie, Dillon Johnson, John Hackett, Shawn Louie, Walter Paul, Eugene Louie, Lori Sparrow, Sandy Point and Gloria Francis

**Administration Staff:** Rod Allan, Steve Hunter and Judith King

**Motion to approve Sept. 29th minutes made by Walter and seconded by Dillon. Carried.**

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

## New Business

### Finance, Administration or Audit-

1. Swearing in Ceremony for elected Chief and Council. Tabled.
2. Signing Code of Conduct Policy/Conflict of Interest (COI). The code (just page one) was read aloud by everyone, led by Clint. The C&C is the forum for questions or concerns related to the Code or COI.

**Motion to accept the code of conduct and Conflict of Interest made by John and seconded by Larry. Carried.**

3. Signing documents for banking institutions – signed by Council.

### Administration:

1. All Entity Open House Nov. 14th - commitment for open house from 12:00 – 4:00 pm
2. Staff Xmas dinner is reserved for Dec. 5. It is at the Italian Hall. Caterer David Bowes from Laughing Oyster will serve dinner and beverages.
3. Discussion on portfolios and schedule of meetings. **See portfolios below.**
4. Funerals – There was discussion on funeral costs and who is eligible for funding. Finance is working on policy directives. Administration office will get definitive answers and will put this information into the newsletter.

Larry Louie as the Health representative can bring the issue to the Health meeting to see if they can assume responsibility. There were thoughts on refurbishing and recreating memorials in the cemetery, for instance, crosses that have fallen down should be restored. It was suggested a pole also be considered. Culture committee will address.

**Education:** VIU update from Eugene mentioned recommendations in the Education Plan. Arlette is interested in enhancing education of the Sliammon students (as cited in the Governance Model) through a workshop in the 2015. Walter suggested looking for a formal partnership with VIU.

**Social Development:** An emergency meeting was called because of power shut-offs to 3 clients. Their power was restored. A discussion was begun about future hydro needs.

**Housing:** Update on Elisha Dominic's residence. The house will be fixed and Elisha will move back in with conditions to ensure improvements are covered.

**Lands and Tax:** BCR 2014-33 Land Survey Block 7. The Parties agreed on the section alignments.

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

**Sliammon Dev. Corp.:** Ec Dev. Manager position. A short list of names of the applicants is being completed.

**Fisheries:** The hatchery grounds were flooded October 22 in the early morning. The fence was raised but after the deluge, the flood water set a new path further south. A helicopter tried to break up the log jam by removing logs, but there was too much current flowing. Council wishes to have an excavator remove logs on Friday. The aim is to save the walkway. There were queries about water supply system, turbines and improving the flow of water. The malfunctioning culvert will be replaced with a bigger one. DFO will determine the viability of the stream beside John Hackett's house. It was suggested to look at the master drainage plan that DNA has done. Insurance covers physical structures owned by SFN. The insurance deductible is \$25,000. Erik updates Steve regularly on what is happening.

**Forestry:** 1. BCR – 2014-32 re: TTPL Forest Tenure Mgmt.

**Motion to approve BCR made by Eugene and seconded by Shawn. Carried.**

Lori would like a copy of the full forest management agreements. There was a discussion on clarifying the forestry company structure



**Fire Safety and Awareness childrens workshop held at CDRC Nov. 2014**

and the current situation with SDC and the Forestry program. Clint explained that he is not hands-on at this time. Craig is acting manager of forestry. Forest management was queried. Engineering concerns were discussed. Councilors are welcome to come to the office to review relevant forestry documents.

**Health:** Steve and Larry attended a meeting where Steve made recommendations on union issues. The union will decide on arbitration. Gloria and Clint are invited to attend the next Health meeting. Council appointees are liaisons and do not vote. Rod will raise the issue with Cynthia.

### Portfolios

Finance Committee will meet on Oct. 23 at 1:30pm

**Audit:** Meetings as needed. Third member is required with criminal record check and demonstration of financial competency. It was proposed Kristi Thielle be asked to join the audit committee.

**Community Services:** John Hackett is added to this portfolio. A meeting will take place Oct 23 after the Chief and Council meeting. Walter Paul is chair.

**Education Committee** is to meet Oct 24 at 9am – 10am Forestry bldg. Chair picked tomorrow.

**Human Resources and Social Development** will convene a meeting at Oct 24 mtg. Any issues that arise between Soc. Dev Committee meetings are handled through email by Steve Hunter.

**Communications** – Oct 29 at 8:30 am in forestry boardroom.

**Lands & Taxation** have separate committee for the land code only.

**Natural Resources** meet on Oct. 30 at 9am

**Governance:** Oct 30 @ 11:00 (Dillon will call in)

**Treaty & Transition:** Forestry laws are being written which should address a strategy around eligible cut on treaty settlement lands. The Councilors who sit on the portfolios and anyone who wants to attend this meeting are requested to be in attendance on Nov.17 at 10:00am at Health. The lands are fee simple. Discussions are ongoing on allowable cut.

**Youth Council** – Discussion on new Youth Council in 2014-15. We will check with principal of Brooks Secondary.

### Chief's Report

1. Clint attended the Inclusion (formerly PRACL) AGM. There is a meeting at the Elder and Healing Lodges at 9am on Oct 24 to look at future usage of the lodges.

2. Clint attended a Comprehensive Claims session. It was about ways to improve treaties.

3. Clint attended Klahanie Leaseholders meeting with Province.

4. Culture committee meeting to discuss dictionary included Clint.

5. Investors are looking for land for a new school and Clint referred him to SFN/City of PR partnership for info. There are available parcels for sale.

6. Clean Energy executive council MOU was re-signed. Clint explained the meaning of the MOU.

### Other Business

1. Rogers' Communications Wireless Network Expansion Project: This is a project for a Rogers repeater on Texada Island – if there are any questions or concerns, please contact them directly. Additionally, Council will recommend the issue to Crown Land Referrals.

2. Halloween fireworks request: Council pledges \$500.

3. Three Communities Forum Meeting – Oct. 24, Attendees – 6.

4. Pacific Salmon Foundation dinner – 15 will attend.

5. 2015 Tribal Canoe Journey.

**Motion to withdraw the support for 2015 Tribal Journeys made by Eugene and seconded by Dillon. Carried.**

6. Residential school costs. It's a cumbersome process but affirmation should be received by the IRSAS. Eugene listed the different associations within the project. The original proposal was begun in 2008 by John and Eugene Louie. If we are going to do a commemoration plaque, we need to know the names. Eugene is wondering where they can start. This project ties in with VIU developing a package on the subject. The deadline for a submission is next week. It was suggested that the deadline be changed until a representative comes from AANDC to explain what is happening. Motion to appoint Eugene Louie to address this matter on behalf of SFN made by John and seconded by Lori. Prepare a letter to outline this situation to AANDC. Tabled.

7. Sherman came to address Council on behalf of Calvin about the Tribal Canoe Journey project. Clint responded about the event not happening this year, due to timing.

**Motion to adjourn made by Gloria and seconded by Lori. Carried. Meeting adjourned at 1:40 pm.**

# SFN Chief and Council Minutes

November 06, 2014  
TCHBS Boardroom

Condensed version  
(full set posted at the band office)

**Present:** Clint Williams, Gloria Francis, Sandy Point, Brian Hackett, Shawn Louie, Walter Paul, John Hackett, Lori Sparrow, Eugene Louie, Larry Louie and Dillon Johnson

**Administration Staff:** Rod Allan, Steve Hunter, Roy Francis and Grace Adams for Nautsa' Mawt Tribal Council presentation and Judith King.

**Motion to accept minutes made by Walter and Seconded by Larry. Carried.**

**Motion to accept to agenda made by Walter and Seconded by Eugene. Carried**

## Presentations

1. Naomi Williams, FNHA & James Rankin – 10:30 am
2. Valerie Cross-Blackett, NSMTC – 11:00 am
3. Medical Marijuana presentation to C&C – 1:00 pm

First Nations Health Authority (FNHA) presentation by Naomi Williams-Shackelly and James Rankin

Introduction was given by Naomi about her experiences. She was with Indian Residential Schools Settlement Directorate (IRSSD). She is coordinating a community strategy and engagement for the Sunshine Coast. Sliammon has similar needs as Sechelt Nation but also unique in their own way. There is a Webinar to inform folks of current happenings and a newsletter for what is happening across the Region. The mental health and wellness team consists of five new persons with a coordinator. Clint asked if the transition period is complete. Transition from Health Canada to First Nations Health Authority happened early this year and is completed. There are opportunities that can be accessed and FNHA will approach the First Nations. Opportunities will be open to all Nations regardless of their governance status be it Indian Act band, self-government or treaty nation. It's noted that a notice to SFN community will inform them of the new phone number to call for support.

Nautsa'Mawt (NmTC) presentation: Valerie Cross-Blackett from NmTC introduced herself. She presented the services she offers to Sliammon. She is Governance Advisor. Naut sa'Mawt can provide advice, foster relationships, share info, transfer knowledge, instill confidence and celebrate success. She wants to know what Sliammon needs are and how she can support this community. She noted key areas of delivery & service priorities that are offered to the eleven member Nations.

Valerie's current events are:

- A vision for a Self-Government workshop in Jan or Feb 2015
- Hold AGM on Nov 18, 2014. 75% of member votes are needed to continue as a tribal council.
- Continue a policy review with the Executive Committee
- Develop relationships
- Provide member support & advisory services.
- Review and develop training courses or programs

Presentation of medical marijuana project: Chief Williams noted that this is not a consultation session, but mainly an information session. Bob Poore is here to learn if Sliammon is interested in investing. He is offering to sell shares in the company. He can provide a business plan/model, but did not bring it with him today. Questions were asked by Councilors. Bob's group has a Memorandum of Understanding with City of Powell River. Bob will send more info to Clint to distribute to the Council.

## New Business

1. Finance or Audit – Discussion on an In-House presentation called 'Demystifying Finance for Elected Leaders'. Harold Tarbell, a facilitator is available Friday, November 21 or Friday, December 19. Originally, Dillon introduced the measure of financial competency for elected Councilors. This training will be done through the Aboriginal Financial Officers Association. (AFOA). The proposed date for the training will be November 21st. Maximum number of attendees is 25.

2. Office hours at Christmas and New Year were discussed. The office will be closed on Dec. 24 at noon. Office opens and employees return to work on January 5, 2015.

**Social Development:** Social Assistance cheque payments schedule at Christmas & New Year was discussed. There will be a cheque on Dec. 23rd representing half of the January 1st payment. Clients can choose to accept the early payment or receive both cheques on the normal income assistance date. Payment schedule was approved by consensus.



**Sliammon Open House 2014 - Fire Department**

**Social Development:** BC Hydro cut-offs discussed. The hydro issue should be addressed at the Social Development Committee level and it is on the agenda for first meeting. Date for next meeting is November 12th @ 10am.

### Housing:

1. BCR 2014-34 First Nations Market Housing Fund. There is a component for capacity building within the Nation. Clint will scan the presentation and send to Council.

**Motion to approve BCR made by John and seconded by Gloria. Carried.**

2. Housing program needs Council support. Housing Committee meeting should be convened, because housing policies need to be set in place. One suggestion was to put a notice in the newsletter about housing inspections. On November 12th at 1:30 pm, there will be a committee meeting. It should include some community members

**Environment:** Sandy talked about the private land logged at Crowther Road in Okeover. There appear to be no oysters on the shore by the park. SFN signed an agreement which could lead to a couple of jobs. Rod will provide a copy of the La Farge agreement to Sandy.

**Fire Department:** Wildwood is struggling with low numbers for fire fighters and wishes to collaborate on a joint taskforce with SFN that includes a recruiting drive. The Fire Chief in Wildwood is willing to expand and seek help of the SFN fire department. Chief Williams mentioned that additionally we should offer a training program which would increase the number of community members with valid driver licenses.

**Fisheries:** Hatchery staff is trying to gather the additional brood stock which was lost in the flooding and also meet the quota for smoking fish.

**Forestry:** FCRSA – Forestry Agreement (FCRSA - forest consultation revenue sharing agreement)

**Motion to accept the FCRSA made by Walter and seconded by Dillon with the provision that Sliammon prepare a legal notice via a BCR indicating that SFN reserves the right to withdraw from the agreement. Carried.**

Council should preserve this forest agreement and funding source after treaty effective date. Pending discussions with Canada, SFN reserves the right to have the ability to apply for this funding. Nancy Morgan will draft a letter.

**Health:** Eugene suggests that Council prepare a congratulatory letter to Evan and put it in newspaper.

**Membership:** There will be a table on Band membership at the Open House.

**Portfolios:** Memorial at graveyard. Culture committee will put it on agenda for next time.

**Fisheries:** John Hackett gave an update on hatchery firewood and next meeting dates. Flood at the hatchery was discussed. There will be no financial help from EMBC. An update was given on the project concerning DFO and the decommissioned dam. It's suggested that Council put in place a plan that ensures firewood distribution is needed and that the firewood project is handled in an

organized manner. For next year, firewood organizers should also assess the single parents who need firewood and they should be on fire wood list.

**Education:** Gloria gave an update on PSE graduates and those students who will be continuing in 2015. Anyone who wants to apply for school funding and who are eligible should go to see Walter. There is an aquaculture at VIU Nanaimo, tourism and building maintenance program. Walter has spots for community members to receive tuition and to get paid to attend the program.

**Community Services** committee selected a Chair. The Chair is John.

**Governance Committee** selected a chair. Lori is the chair.

**Treaty & Transition:** Grace provided an overview of the Treaty budget. Council reviewed the hand-out and questions were posed and answered about line items in the budget. Questions: Dillon questioned whether the BCTC budget items would put him in conflict and it was decided that there was no conflict for him because there is no TRM funding involved in the company that Dillon works for. General discussion on conflict of interest took place. Walter declared conflict on this motion.

**Negotiations Support funding** BCR 2014-35 There was discussion that negotiations wages were too high. Discussion included budget and work plan details and it was proposed that liaison should take place with the Treaty Board to reassess the set allocations for negotiation salaries.

**Motion to approve 2014-15 BCTC contribution funding made by Larry and seconded by Eugene. 5 councilors and Chief are in favour with 3 councilors opposed. Walter called conflict and John abstained. Carried.**

**Youth Council** In November, a Leadership Council will be formed at Brooks and Gerry Brach will take the lead on this initiative.

## Chief's Report

1. Regarding a sale of Sliammon Powell River (SPR) Lands. PRSC Lands is now unofficially called SPR. There are two offers on the table. Sino Bright School has made an offer.

2. Assembly of First Nation's December General Meeting will be attended by Lori Sparrow.

3. Helicopter Tour - Lori wishes to do the tour. Discussion began on developing a turbine on Sliammon Creek.

4. Tribal Canoe Journey - BCR is required to request that SFN will host the Canoe Journey in 2017. Motion to move the BCR made by Gloria and seconded by Sandy. Carried unanimously.

## Other Business

1. Lands Advisory Resource Board in Ottawa is negotiating with CMHC to change the funding policies.

2. Guatemala Indigenous Conference indications are that other companies are interested in coming to the next AGM to be held in Saskatchewan. This is a networking opportunity and student exchange.

**Motion to adjourn made by John and seconded by Lori. Carried. Meeting adjourned at 3:12 pm.**



*A rainbow appears over the community as the marchers gather*



## Annual Community Day Of Action

*By Verna Francis*

*Annual Drug Awareness March  
Date: November 20, 2014*

*Co-hosted by Tla'amin Health & Sliammon  
Justice Committee*

drug & alcohol abuse. This of particular concern in our community and our intent is to address this in a non-confrontational and creative manner.

### **"Klosum's Ya-thowt" Strength In What We're Doing**

A special thank you to all the people who participated in the march from the band office, through to Homalco St. then along the Highway to the Salish Centre for Pizza's, Refreshments, Guest Speakers and Door Prizes.

We had an awesome turnout and a lot of positive feedback. In future we would like to welcome and invite people to participate in planning sessions and new ideas for guest speakers, entertainment etc.

The purpose of this annual event is to raise awareness about the dangers of

The Christmas Holidays are upon us and it can be a stressful time for some people who struggle financially, especially when there is children involved. There are resources available to support families in need, such as: Tla'amin Health resources , and the Salvation Army - Community Resource Centre.

I would like to show appreciation and acknowledgement to all Sliammon Entities and Programs for your generous Contributions and Support!

Wishing all family & community a very Merry Christmas and a Happy New Year!!

Verna Francis  
Hat'lahanan



*John Louie, Chief Clint Williams, Guest Speaker Dennis Saddleman & Verna Francis*

## Xmas Corner



*James Thompson Tla'amin Language Class xmas performance*



Devin Pielle with international students at the cross cultural awareness event in November



Cross Cultural Awareness Day, November 2014

## CJMP Language Program

By Devin Pielle,  
CJMP FN Language Program Coordinator

With four months left in our project, I am proud to share our progress with you. Our music and language is being shared across the Salish Sea with community radio stations broadcasting in Snuneymuxw, Stz'uminus and Snaw-Naw-As (Nanoose), as well as in Sliammon, Klahoose and Homalco Nations. Beginning in January, I will co-host a show with elder Louis Thomas of the Secwepemc Nation along with Jacqueline Mathieu and Johnny Hanuse of the Klahoose Nation. In our first show we will discuss the importance of language.



The voices of 10 Tla'Amin community members can now be heard on CJMP daily but there is room for more! I can help get your voice, song or message broadcast across Canada, please get in touch with me to learn more. Call me at 604-485-0088 or email me at dpielle@gmail.com.

Practice our language with CJMP and the Tla'Amin Word of the Day weekdays at 6AM, 9AM, 6PM and weekends 7AM, 11AM and 7PM. Learn the language and you could win tickets to Powell River Kings games! Find us on Facebook to participate @Tla'Amin Word of the Day. Become a member of CJMP to take part in Media Literacy Workshops or be on the radio. Listen in December for more information on the Willie Thrasher concert Jan. 31st. Find all the information at www.cjmp.ca and emoot!



## Litter And Vandalism

Our community workers are working very hard to improve our community and yet we have other community members littering and vandalizing public property.

Cars are doing donuts in the parking lot in front of the church, motor bikes and atv's are riding on the gravel path at the sea-walk, doing donuts on the field and driving through peoples yards.

People are throwing their junk mail around the mail boxes and tossing junk food garbage along the roadsides.

Please use common sense and stop littering and damage to public property.

Remember your actions says a lot about who you are.

Thank you, Concerned Elder

## Devcorp Board Election Results

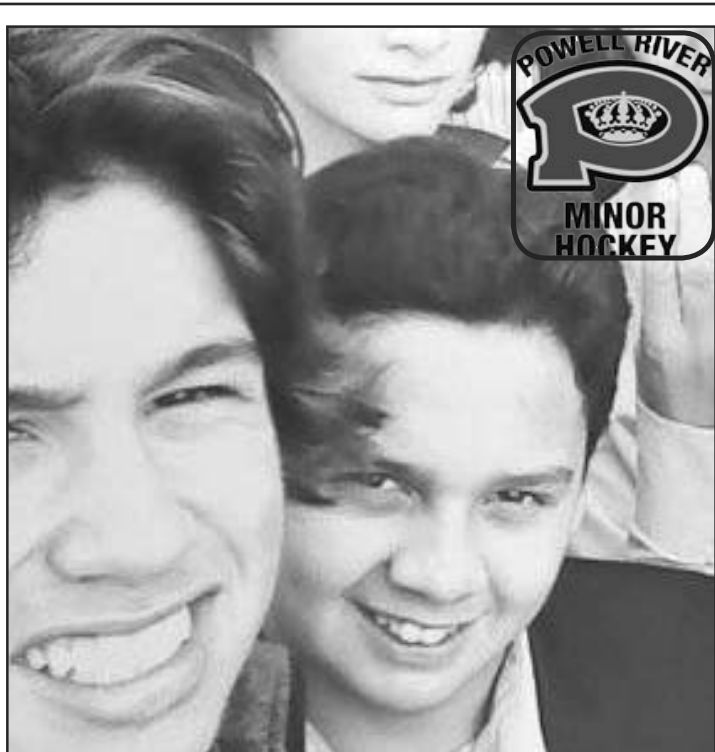
Name	Votes
Vern Pielle	64
Tracy Timothy	55
Roy Francis	53
Marlane Christensen	40
Steven Galligos	34

Elected for 3 year term until December 2017

A total of 126 ballots were cast, two (2) were rejected.

Congratulations to our 2 new board members Vern Pielle and Tracy Timothy.





*Tyler Carpendale and Fernando (Peters) Menendez*

## Fernando Hockey Update

*By Lorraine Peters*

Standing at 5 - 2 - 1, Fernando is still standing strong with his Bantam Rep. Hockey Team this year, he excels very well, plays hard, good effort at all times.

Fernando is at Fourteen goals so far. WTG MY SON. Powell River Bantam team will be traveling to Port Alberni January 2nd & 3rd 2015, following up with one more tournament in March 2015 that has not been confirmed yet.

We have done a couple of bottle drives that helped with the tournament and ice fee. This year there were extra fee's that were added. I would like to thank you all who had supported our fundraising with the bottledrives & the **FOOTBALL GRAY CUP SQUARE. WINNER WAS JOSIE PETERS, DRAW DONE BY SHANE POUCHER.** Thanks Shane.

Any contribution/donation towards my son's hockey are welcome, beer/pop bottle's, let me know or drop off under car port.

**Emote**



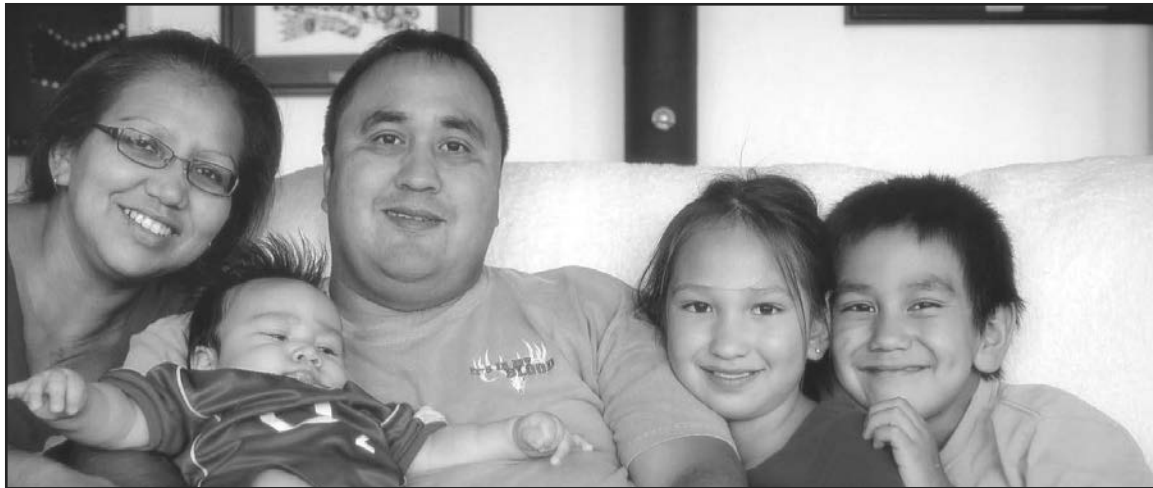
## Community Skate, 13th December 2014



*James Thompson Sport Day*



# To My Husband Craig: Happy Anniversary, Love Cathy



**Let me tell you why i fell in love with you**  
 because you were the man  
 I had always dreamed of  
 because you were not at all what i expected  
 because i looked into your eyes  
 and saw my soul's companion

**I fell in love with you**  
 because I heard your voice and knew  
 I'd found my hearts desire  
 because you could make me laugh  
 and kiss away my tears  
 because you were strong  
 but didnt need to prove it

**I fell in love with you**  
 because you were wise beyond your years  
 but would always be a little boy  
 because i wanted to understand you  
 but you would always remain a mystery

**I fell in love with you in one moment**  
 I married you because i needed  
 a lifetime to tell you why

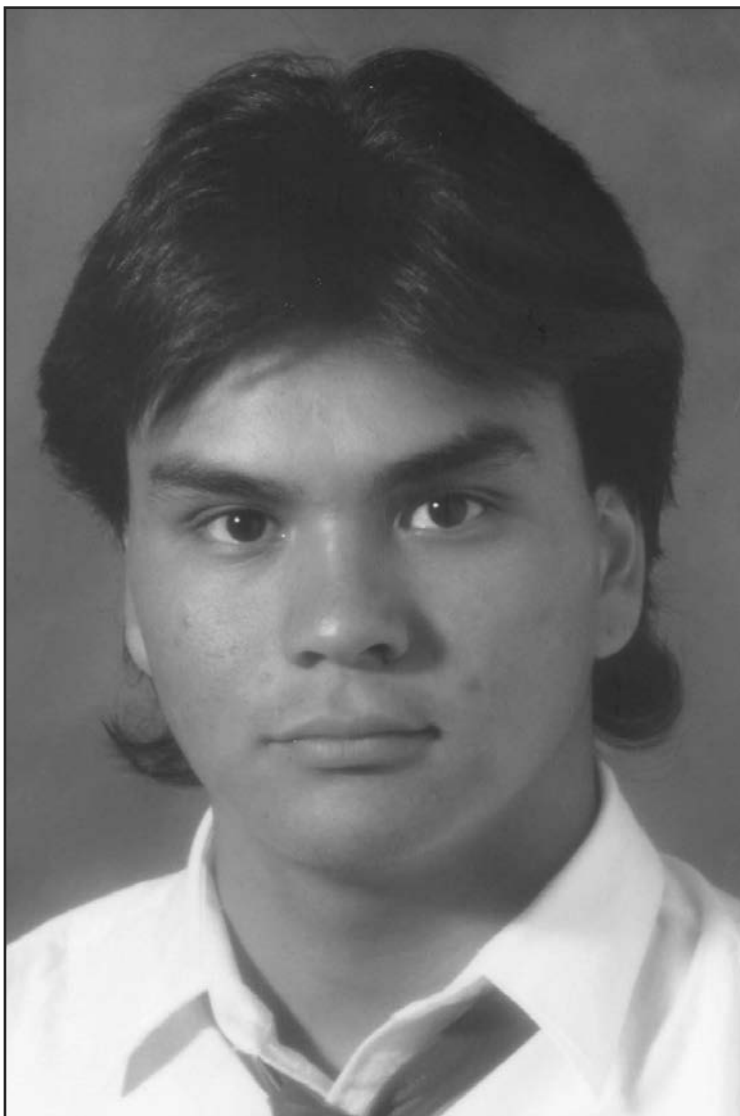
**To My Husband Craig,** Happy Anniversary  
 15 beautiful years, December 18th.  
 I love you and our 3 beautiful children

*Cedar Taxemay  
 Hunter Opanus  
 Chael Klatom*



Back row: Kevin Timothy, Shawn Louie, Pete Seymour, Craig, Cathy, Judy Mitchell, Annette McGee, Angelina Williams  
 Middle row: Gerry Galligos, Shawn Galligos, Clint Williams, Gloria Francis, Leslie Ann Louie, Pam Wilson  
 Bottom Row: Nolan Louie, Chelsea Galligos

# Forever In Our Hearts: Terry Mitchell



**Born:** June 6th, 1970  
**Spiritual Journey:**  
 December 2nd, 1987

I only know my dad by the memories that other people have of him. But from those memories, I know he was an amazing person and a wonderful son, brother and friend.

I am about to have one of the most important days of my life, my wedding day. June 6th is my dad's birthday and this is the day we've chosen to get married.

So in commemoration of you, dad:

Although we can't see you,  
 we know you are here.  
 Smiling down, watching over us,  
 as we say "I Do".

Forever in our hearts,  
 Forever in our lives.  
 And so we say our vows,  
 in loving memory with you.

Love,  
 Terri Erin

## Mason Our Pride And Joy!



"For your birthday, you should get at least three of everything! Three hugs, three kisses and three birthday candles with three birthday wishes.

*Happy 3rd birthday!"*

**And Happy Birthday Mom!!**

# ANNOUNCEMENTS

*Best Wishes  
for a happy  
Christmas*

The best gifts of the season are family and friends.  
Best wishes from Sliammon Band Office  
and the Sliammon Administrative Staff

*Happy  
Holidays*

from everyone at  
Tla'amin Health

WINESHACK 74 ENTERTAINMENT ....

# NEW YEARS EVE CELEBRATION SAVAGE

WESTVIEW HOTEL - THE ZOO

## DEC 31 2014

9PM-2AM  
\$10.00 tix

SAVAGE IS:

FRANK WILSON  
WENDELL BEECHING  
D.J. HANSON  
RICK THULIN

Be Kind.  
Others have feelings too.

**Kindness**  
is the language  
which the deaf can hear  
and the blind can see.

- Mark Twain

## Sliammon Culture Programs

Hello everyone now that our programs are the lists of the culture programs that are the come out and enjoy and learn So

**ON BREAK  
RESUMES  
JAN**

**CARVING**  
Every Tuesday  
6:00 to 9:00pm held at the Sa  
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



## Open Door Healing Rooms Come Experience Healing

You are invited! Join us for free coffee and refreshments every  
**Wednesday from 3-5 pm**  
**Emerge Wellness Society Building**  
4922 Salish Rd., Sliammon



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

## Experience Freedom

These events are open to the community and are great support for those individuals and families who are in need and feeling alone or 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** or **Hazel and Bill Richman (604) 485-9168** to set up an appointment.