



NEHMOTL "US"

February 2015

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Preserving Our Heritage The Ongoing Effort to Save Our Language

By Alex Sutcliffe

The importance of language is often overlooked in the modern world. Language is intrinsic to human communication, how do we communicate without it? What would your thoughts be like if there was no language? Language gives rise to complex social interaction that has allowed humanity to organize, coordinate, structure and share knowledge, everything required to develop complex social structures and civilization. Language and Culture are also inherently connected. Language is the expression of Culture (often there are words specific to one culture that cannot be translated into other languages) and it is Language and Culture that gives rise to Identity.

This is a complex subject that happens to be at the core of what it means to be a human being, living on this planet. How do we see ourselves, and our community? What is our place in this world? Who are we? If we take away our Identity what is left? Our global human identity, is the sum of every single unique culture that exists. Every unique culture on Earth literally represents thousands of years of raw knowledge, experience and wisdom. This is the reality of what is at stake, when it comes to the preservation of the Sliammon Language. It is a way of life that is integral to Sliammon's cultural identity and it carries with it, thousands of years of ancestral knowledge, history, teachings, and wisdom. It is far more than just a language.

For thousands of years the Language was carried forth from generation to generation. There was no writing system and it wasn't needed. The language was perfect and whole for the Tla'amin people. While moving through the challenges of recent history, the language and knowledge began to fragment. There were many contributing factors, most of which are centered around the challenges which accompanied coexistence with the nation of Canada, and where the primary language spoken is English.

Academics and researchers that have studied the Coast Salish languages have identified five main branches from which all Coast Salish Languages stem. The Sliammon Language falls under the Central Salish branch, and is part of the Comox group which consists of 2 dialects. A Vancouver Island dialect formerly spoken by the Comox Nation and a mainland dialect spoken by the Klahoose, Homalco and Sliammon Nation. At present there is no single word used to differentiate or label the language however most agree that "Comox" as applied by researchers is not an adequate label.

The process of trying to preserve the language has been an ongoing effort that has spanned many people over many decades. The push within the community really began in the 70's when Betty Wilson and Sue Pielie began a campaign to start teaching the language in the preschool and day care to the Sliammon youth. If the kids could be taught the language at an early age it would help to revitalize it. After several years Sue and Betty developed a Sliammon Language club through negotiations with the principle at James Thompson, and then began to push for the School District to incorporate the language within the



school system. Working with a committee of dedicated people (Elsie Paul, Mary James, Bill Bailey, and Roy Francis), a curriculum was developed that was finally accepted as an approved course within the School District. In the late 90's after Sue Pielie retired, Marion Harry took over teaching the language, having taught at JC Hill and Max Cameron before coming to Brooks.

Throughout the early years the teachers were using phonics when trying to write the language but it became apparent that the English orthography was not a suitable substitute for Sliammon's complex sounds and vocal characteristics. In the 90's Sliammon reached out to Dr Patricia Shaw, Dr Sue Blake and Dr Suzanne Urbanczyk for assistance finding an alternate orthography that was more suitable for the language. They came to Sliammon over a two week period and gave the community a crash course in the use of the International Phonetic Alphabet Orthography, which then became the new standard. Learning to use the orthography was quite a challenge and remains a challenge for many, which is why the orthography is now taught in schools at an early age.

Since the late 70's and continuing today, Sliammon and it's neighbors have also been visited by talented linguists that have been studying the language for many years. Honorable mentions go to Dr Honore Watanabe from the University of Kyoto in Japan, who has spent a great deal of time in Sliammon studying the language and documenting the phonology, syntax, morphology and structure of the language. Also helping over the last few decades was Dr Susan Blake who has studied Coast Salish languages and worked with Homalco in developing introductory language booklets, Dr Suzanne Urbanczyk from the University Of Victoria who has spent many years working with Klahoose, John H. Davis researcher from the University of California who compiled early recordings in the late 60's and early 70's for study, and Randy Bouchard and Dr Dorothy Ken-

nedly who have studied Sliammon, Klahoose and Homalco and written many papers on the language, culture and history, and most notably the book "Sliammon Life, Sliammon Lands" (Talonbooks, 1983).

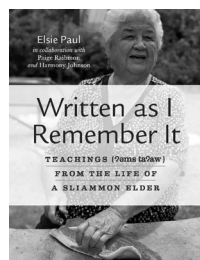
In the late 90's the Sliammon Cultural Department, headed by Harmony Johnson, invested a lot of time and resources into the development of a language learning program for the Sliammon community. Working with Betty Wilson, Elsie Paul, and Dave and Anne Dominick, two programs were developed, one to help with learning the language, and another program with various cultural teachings and stories. These language packs come with booklets and audio CD's and are still available for purchase from the Sliammon Cultural Department for \$25/set.

At the turn of the Century after the launch of FirstVoices, Betty Wilson approached Chief and Council seeking support to begin documenting the language in the FirstVoices system. FirstVoices provided a centralised archive that was accessible to everyone online. This would become an important resource for anyone studying the language. Chief and Council approved the request and proposals have kept the work going. Randy Timothy and Karen Galligos were also instrumental at the launch of the program along Elsie Paul and Dave and Anne Dominick. In the last 2 years Sosan Blaney and Devin Pielie have also become involved along with Manu Luaifofo who have helped to get other fluent speakers recorded, like Peggy Harry, Yvonne Galligos, Willie Peters, Jim Timothy, Charlie Timothy, Charlie Bob, Maggie Wilson, and Maggie Vivier to name a few.

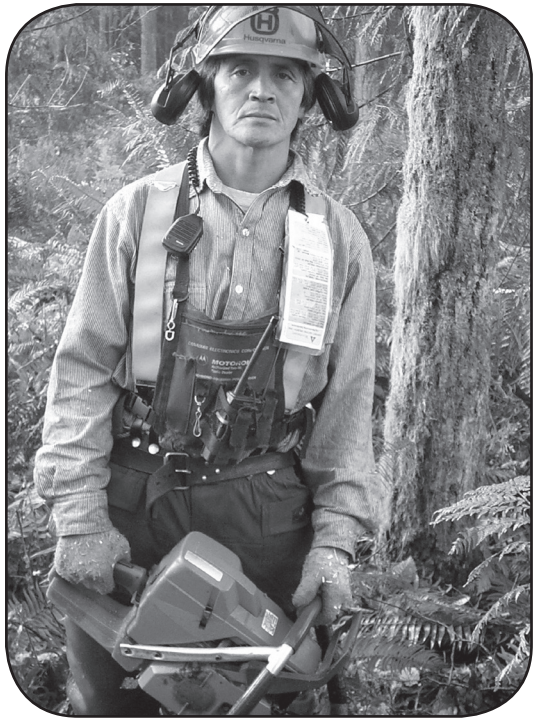
Thanks to the ongoing efforts of a handful of people and many of Sliammon's Elders, close to 4000 words have been documented so far. "This is a great achievement and I would like to recognise, and thank dearly, all the people who have contributed along the way" says Betty Wilson.

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Thichum Forest Products LP



Formerly known as Tla'amin Timber Products, Thichum Forest Products LP was created for taxation and liability purposes and merged under the umbrella of the Sliammon Development Corporation.

Thichum manages the day to day forestry activities on behalf of the Nation. The

log market is currently at a 2 year low so we have to make sure each cut block is worth cutting before we proceed to harvest a block.

There are three different types of forest tenures that we are currently managing, they are: the Sliammon Community Forest 28,000m³ AAC*, Sliammon Woodlot 1672 approx 3000m³ AAC* and Forest Licence to Cut 22,000m³ AAC*

Tla'Amin Lake Contracting (TLC) which is a joint venture partnership between Sliammon and Goat Lake FP is doing the harvesting of our next block which is H-109. It is located up the top end of Haslam Lake,

5km of road is being built to get into the block. Once the road building is complete and the cutting permit gets approved we can commence harvesting on this block, which should start in the next few weeks.

Tla'Amin Lake Contracting is 50% owned by Sliammon, so we receive 50% of the logging profits on the cut blocks that it does. TLC has also done some work for the Powell River Community Forest located near Haslam Lake which is additional work for TLC. The five hectares located across from the old Klahanie store site was also cleared and grubbed for the new administration building by TLC.

Over the past 5 months Thichum has provided dividends to the Sliammon community. In August there was a \$300 per band member, healthy living dividend. This September Thichum FP also did the elders firewood program, providing one truck load of wood to members with a woodstove. Thichum FP also currently provides a Christmas dividend of \$50 per band member.

In the spring of 2015 there will be 80,000 seedlings to plant into our logged/cut blocks that were harvested in the past year. The seedlings are ordered from a tree nursery that will have them delivered to us. There will also be some additional brushing on blocks that need to be manual brushed in spring.

*AAC = *Annual Allowable Cut*



Roles and Responsibilities

The **Forest Stewardship Plan** is a 5 year document that is approved by the District Manager and reviewed by the public. It explains how we will manage and protect the integrity of:

- Fish bearing water systems
- Soil hazards
- Cultural and heritage sites
- Old growth management
- Legal boundaries
- Permits and licenses
- Stocking Standards



Thichum Forest Products, like all license holders in British Columbia, has the responsibility to sustainably manage forest resources. We are also one of Sliammon's most successful revenue generators. Forest Revenue sharing with Sliammon Band Members includes (and is not limited to) provision of dividends to the community, and funding subsidized programs that are not qualified under Indian Act funding, in areas of education, work related initiatives, community improvement (like the lower bridge construction) or donations to the church for renovations etc.



Our Timber is **marketed** by A&A Trading. Timber is sold on the open market to maximize profits for Sliammon First Nation.

Some markets are domestic like Lois Lumber & Coast Land in Nanaimo and the USA, and others are foreign, exported to Japan and China.



Post-Harvest Planning

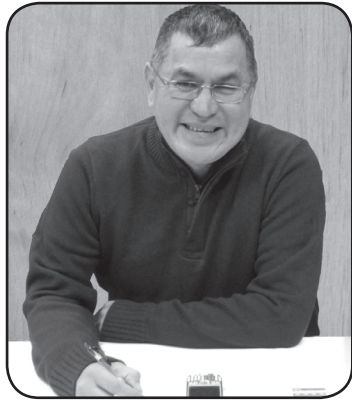
- Planting
- Brushing
- Spacing
- Pruning
- Regeneration
- Surveys

Fact: More than half of BC's forested area has had little or no human disturbance



Chief Negotiators Message

One Heart, One Mind, One Nation



Roy Francis

Best wishes to the entire Sliammon Nation in the New Year. Our community has a lot to look forward to. We are on the edge of moving out from under the Indian Act and transforming into a self-governing Nation. We will be re-building our community on our own terms.

Our future is being built based on our own culture; values, and drive. It's being built by Sliammon people for Sliammon people. Our work teams are made from our own community members. Invitations

to participate in the work appear in our Neh Motl, and are circulated in flyers door to door. We have very good uptake from the invitations; and community members are actively participating in the work. The process is our own, and is a good reflection of our entire community.

Our work teams have developed a theme, "One Heart, One Mind, One Nation;" It's meant to move us away from an "us" and "them" view of the world. We are all Sliammon. In the upcoming months, our teams will be moving very quickly through some very important work, and coordination between the work teams will be vital. A solid team approach will be needed more than ever.

Our leaders have established a Joint Steering Committee. It's made from representatives from Chief and Council, and from the Sliammon Treaty Society Board of Directors. The Joint Steering Committee coordinates the work between the Sliammon Nation, and the Sliammon Treaty Society. The JSC has formed three working groups; (i) Lands CWG, (ii) Finance CWG, and (iii) Governance CWG. Each working group is well on its way on developing laws in preparation for Effective Date. Meetings of the working groups take place each two weeks.

All of the groups are working very quickly to complete the drafting of laws. Effective Date is a short fifteen months away, and the laws must in place for April 5, 2016. The laws will be recommended for approval by the Joint Steering Committee, and the ultimate approval is provided by our Chief and Council. Each of the working groups hosts information sessions where the CWG's provide information about the law development, and provide a forum for community input.

The pace of work is very quick; and the window to participate is very short. Please keep a watch for invitations to participate in upcoming information sessions; and please feel welcome to attend and participate.

To make success for all of us collectively, we are putting our best performance together, and doing the best work possible. Constructive input is very welcome, and the opportunity is in front of all us to contribute to our own success. Our success as a team, and as a community, will come from each and every one of us making a positive effort. I truly believe Sliammon success comes from working for one another, defending one another, and believing in a common cause.



Aerial photograph of Sliammon Lake with Texada Island and Harwood Island visible in the background.

Lands and Resources Managers Prepare for Treaty World

By Steve Gallagher
CCP Coordinator



Cathy Galligos, Lands Manager shares her vision for our future organizational structure.

In just over a year, the land we occupy will no longer be viewed as an Indian reserve in the eyes of the federal government or the world as a matter of fact. The Indian Act will no longer chart our future with no opportunities to become self-sufficient with an unforeseeable future for our children and their children. That dreaded piece of history for our community will no longer exist and thrive to further erode our aspirations by regulating our life that was never a part of our culture and traditional way of life that sustained us for thousands of years prior to contact.

Coming in April of 2016 is the "Effective Date" for our treaty that was approved by a majority of our membership in 2012. Since then the provincial and federal government have ratified our final agreement. Our land base will increase to over 8,000 hectares of treaty lands, which we will own in its entirety. This is a very significant increase of lands when compared to our current 1,800 hectares lands that were only "Reserved for Indians" that we would never own. How could that ever be the case when we were the original habitants that occupied the lands hunting and fishing and following the food source during summer and winter months? Archaeology tells our story through clam gardens, shell middens and pit houses that are buried beneath mother earth.

I like to say, "With great land comes great responsibility" when it comes to planning for our future generations to ensure that our land is protected from irreparable damage caused by industry and developers. There are many examples of where there have been spills that destroyed generations of growth whether it is in the ocean, river systems or on the land. So when it come to protecting our treaty lands and the resources that lye within, we have to prepare ourselves for the added responsibility that comes with owning a vast amount of land that we now have control over. This is exactly what our land and resources managers are preparing for.

With the Indian Act heading into retirement

what is the alternative? Fortunately, we have been preparing for this changing of the guard by planning for the future in the areas of lands and resources, governance and finance while developing laws that will protect the interests of all our membership. For the past year and half working groups with the assistance of community members been meeting twice a month to ensure that when effective date arrives we are prepared to take on the new responsibilities and challenges.

Last October we began an update for only the Lands and Resources section of the 2007 Comprehensive Community Plan. In an ideal world we should administer a document review as part of the planning cycle every couple of years, to check in and see if we are meeting the goals and expectations that we had set our for ourselves. It is now eight years later and we are just getting started. This is because we are reliant on funding proposals that may not get approved. This is a good example of why lands and resource managers recognize that we need to come together as one department and prescribe the human resources to realize effective date compared to what we can only do now with limited resources.

Over the course of the next couple of months a future organizational chart will be recommended adding new structure and capacity to protect our "Great land that comes with great responsibility" and to ensure we practice sustainable resource development to protect our new assets for generations to come.

The Sliammon First Nation Comprehensive Community Plan is a road map for our community development in the areas of governance, finance and administration, lands and resources, community services, public works and community economic development. The CCP includes a transition plan for life under treaty, and describes how we will go from being and Indian Act Band to a self-governing first nation.

Powell River Fire Rescue Auxiliary Firefighters Accepting Applications Now!



To obtain an information package visit www.powellriver.ca or pick one up from #1 Fire Hall 6965 Courtenay Street or City Hall at 6910 Duncan Street



Devcorp Annual General Meeting, December 16th 2014

Education Reminders Important Dates

Last Day of Classes - **January 29th 2015**

Please get assignments in!!!

Exams at Brooks Secondary School

January 30th - February 5th 2015

Pro-D Day - **February 6th 2015**

Family Day (No School) - **February 9th 2015**

First Day of Semester 2 - **February 10th 2015**

Report Cards - **February 19th 2015**

ATTENTION GRAD 2015:

Grad photos are on February 19th 2015 - please sign up!!



Message From The Chief



Chief Clint Williams

2015 is shaping up to be a very busy year for the Sliammon community as we have some exciting projects that will be getting started in the spring and summer. I apologize for sounding like a broken record on some these items but there are some updates to pass along.

Our new Administration Building - will be getting started in the next the month or two with the completion date set for April 2016. We have recently completed a Request for Proposals (RFP) process to select a company to oversee the Construction Management of the project; congratulations go out to Unitech, based in Delta BC. We look forward to the successful completion of this project and also the collaboration and training opportunities that will occur during the project.

New Sewage System – we are currently in the final stages of designing a new sewage system for the Sliammon Community as our current system is maxed out and is also old and out-dated. The designs will be complete within the next couple of months, we look forward to presenting the designs to the community (hopefully) prior to spring time. Construction of this new facility is estimated to begin mid to late summer this year.

Inclusion Powell River – we are in discussions with representatives of Inclusion Powell River (formerly known as PRACL) exploring the possibilities of having two different levels of care facilities here in the Sliammon Community. We are considering renovating and converting the two group homes to provide these services to people within or outside of community. We plan to utilize the skills and expertise of our potential new partners to explore and access funding to make this a sustainable operation within our community. The training, employment and the care opportunities that we would be able to offer would be so beneficial to our people. I hope to provide the community with an announcement that we have reached an agreement with Inclusion Powell River in the very near future.

School Attendance – I have been receiving updates from the School District with regards to student's attendance and the reports are not great. It is not only the Sliammon students that are having attendance issues, but I can only send you as Sliammon people a friendly reminder to please make sure that your children, grandchildren, nieces and nephews are attending school regularly. Regular attendance can improve your grades a great deal and keep you from constantly playing catch up or even worse; see you attending summer school! For those of you that do attend regularly keep up the good work.

Lateral Violence – lately it seems as though the amount of lateral violence incidents are starting to increase, this is not acceptable. It is important that our people know that there could be legal consequences to verbal threats and the foul treatment of our people. Sliammon Chief and Council must ensure the safety of our staff and also our people within our community. Please show our people the same level of respect that you would expect to be treated with, our staff must also do the same in return.

In closing if you would like to get a hold of me to discuss anything further I can be reached @ **(604) 483-9696** or via email clint.williams@sliammon.bc.ca

Bold Eagle Information Session

**Friday, February 27th
5:30pm at Ahms Tah Ow School**

The Bold Eagle program is a unique summer employment program developed and offered by the Canadian Armed Forces.

Preserving Our Heritage

The Tla'amin Language Dictionary Project

By Betty Wilson

This year we were successful in getting a grant from the First Peoples Cultural Foundation to begin work on our dictionary. The project is to work with Homalco, Klahoose and Sliammon fluent speakers to record; capacity build with young people and increase the words and phrases in First Voices.

At this time we have been focussing our work with elders Elsie Paul, Dave Dominick and Charlie Francis. It is our intention to also work with other Homalco and Klahoose speakers like Lily Hill, who is 92 years old and a fountain of knowledge. Homalco has identified some fluent speakers and we will be travelling there to do some recording. Mabel Harry is always interested in what is happening with the language and we keep her updated.

The project began in October and just before the Xmas holidays, we had worked on about 300 words and phrases. Every Friday at the cultural building (elder's lodge) we meet from 10 am to 12 noon for language immersion or to work with day care staff on TPR (total physical response). Our resource people for those times are: Dawna Pallen, Mary Harry and Joe Wilson. Other people have also been invited but for personal reasons were unable to attend. The intent was to have the resource person speak in the language and talk about their family and how they were brought up, etc. People attending were encouraged to ask questions in the language. I was able to find words that we had not yet identified and archived by listening to people use the language. We will continue the Friday sessions for anyone wanting to participate.

Archiving Sessions

Linguist, Doctor Su Urbanczyk has come to Sliammon for 2x 3 day sessions. She has been very valuable in assisting us with our consistency in the writing. D'Aline Robertson-Hooper is also assisting us with putting together a resource document as to who and where all previous language recordings are located.

Su is an associate Professor in Linguistics at the University of Victoria and has taught field methods on Ay'ajuthem as part of the DSTC program. This program was developed by UVIC to provide training and credentials to people wanting to teach First Nation languages in the school system. Su has been studying with Klahoose since 1993 and is very excited about the dictionary project.

Linguists have commented that it takes about 20,000



words to save a language. At 4,000 words we still have a long way to go to identify and document as much as we can while we have fluent speakers around to guide us. It is important that we get our fluent speakers to record so that we do not lose the language. It is a significant world view which we cannot lose.

Both Klahoose and Homalco have been very supportive in this endeavor and we are also being encouraged by Comox who have no fluent speakers left and have expressed a strong interest in wanting to learn the language. We are trying to do as much as we can over the next 5 years to record as much as we can. Anybody that would like to contribute or be part of this effort should get in touch with me. The more ways that we have our language out in the community, the better a chance we have of having it survive.

Acknowledgments

First let me apologize if I have left anyone out, there are so many people contributing in different ways, these are just some of the active participants:

Elsie Paul and Dave Dominick have been very active in assisting.

Dana Gustafson is implementing a language program at the day care.

Rachel Joseph has been an important staff member teaching the words to the kids.

Sosan Blaney is also implementing a cultural Program at the day care.

Rose Adams has spear headed the program allowing the day care staff to develop their programs.

Dorothy Louie and Doreen Galligos teach the language.

Maggie Vivier teaches language under direction of David Louie, Cultural Coordinator.

The Sliammon Language program is offered from Kindergarten to Grade 12. It is recognized by Simon Fraser University and the University of Victoria. The language program in the school district is being taught by Karina Harry and Gail Blaney has been instrumental assisting Karina.

Norman Harry promoted the language in their local radio station as does Devin Pielle in Powell River.

Klahoose has also been very active in promoting and archiving the language, and Sliammon Treaty Society has been very supportive of our work.

Thank you to everyone involved in keeping our language alive and going, this is who we are.



Annual Polar Bear Swim, 1st January 2015.



Shirley Louie, Constable Jennifer Crossman and Brenda Pielle Social Media Safety Workshop, 28th January 2015.

TLA'AMIN HEALTH

Healthy Happenings

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



Cynthia Jamieson

Health is hosting community luncheons on the last Tuesday of every month from Noon to 2:00 PM (for February, this will be on the 24th). Each department will be taking turns hosting these luncheons. The purpose is to provide a luncheon as well as recipes for nutritious, delicious and affordable meals. It is not always easy to eat healthy on a budget. Drop by and have lunch with us, socialize and pick up a recipe for the meal that was served.

We also invite community members to submit their own recipes for healthy affordable meals. Out of the recipes submitted, one will be selected by vote from the department hosting the next luncheon. The winner of the selected recipe will win a \$50 grocery card. Send your recipes now for the February luncheon, to Tyler, at: Tyler.p@tlaaminhealth.com, or drop them by in person.

National Heart Health Month


February is National Heart Health Month. It is a good time to reflect on healthy habits that are good for the heart. Healthy eating and fitness activities are a good place to start, but remember to pay attention to your emotional and spiritual health. Stress reduction is really important to heart health. Meditation, prayers, not sweating the small stuff, and healthy socializing are all good ways to reduce stress.

The top ten good mood foods to reduce stress and depression are: Berries, Dark Chocolate, Green Tea, Bananas, Sardines, Avocados, Poultry, Dark Leafy Greens, Eggs and Walnuts.

Elders have also told us that they found repetitive tasks good for the heart and soul, cleaning fish, braiding corn, making crafts, knitting. Even housework can have a calming influence.

We should also remember that art, nature and cultural ceremonies are also vital to overall health, overcoming stress, trauma and depression.

Emote!



Heart-Healthy Diet: 8 steps to prevent heart disease

1. Control your portion size
2. Eat more vegetables and fruits
3. Select whole grains
4. Limit unhealthy fats and cholesterol
5. Choose low-fat protein sources
6. Reduce the sodium in your food
7. Plan ahead: create daily menus
8. Allow yourself an occasional treat

Dont forget to stay active and exercise!

Reflections On Parenting

By *Brenda Pielle*, Child, Youth, and Family Advocate

February is here and we are already into our second month of the new year. I am writing to invite you as parents to join me in reflecting on our home life and the amount of support we are giving our children and youth. Could our children and youth benefit from a New Year's resolution made by us parents that has to do with supporting them more at home, at school, and in their various activities?

I am inviting you to join me in making such a resolution. Life is busy and there are so many things to do around the house. Laundry, buying groceries, cooking, cleaning, working outside of the home, and the list goes on in terms of the many ways our time is divided and taken up when we are parenting. However, if we want our children to be open with us as they grow up, and if we want our teenagers to come to us when they are facing some scary pressures, it is important that we take some time to open the communication between ourselves and our children, and show our children and youth lots of support.

I have been thinking about my own parenting. How often do I take some time to ask my teens more than just, "how was your day?" Maybe I could be asking some more questions like, "what was the best part of today?" or "did anything happen today that made you feel upset?" "How are you getting along with your teacher(s) and friends?" "Is there anything you need help with?" Maybe I could be taking some time to share with my children something about my day. It might be hard to think of things to talk about with our children. What kinds of things are going on around us in nature? "What

will be the first berry we will see in the spring?" "When will the bears wake up and what can we do if we see one?" If we relax and look around I'm sure ideas will come to us.

Being involved with our children's lives is important no matter what their age. Teenagers like to see us at games and events just as much as five year olds. (teenagers just might not let you know they are glad you are there). It's important to take some time to watch our young people. As parents we can be great advocates for our young people as they go through the school system. It can be very useful to build a relationship with your child's teachers by sending an email, attending parent/teacher conferences, getting involved with the PAC, or volunteering at the school. The more we know about the environment our children are in while they are at school, the more we can help them make their way through their education years.

Sometimes our children and youth do not remember everything that goes on in a day at school. Sometimes they forget assignments or other expectations that teachers have for them. As a parent you have every right to ask the teachers for information. If you need any assistance with this process of getting more information from the school about your child's progress or needs, please let me know.

Best wishes to everyone for a wonderful new year in 2015 with lots of happiness and good health. Let's all make every effort to talk more with our young people, and be ready to lend our help to our children and youth, in whatever they are doing.



What works when dieting?

Dr Paul Martiquet, Medical Health Officer



Listen in on any group of dieters or go online to forums on the subject and you will be offered lots of 'evidence' about what works. Unfortunately, anecdotes and one-off stories are not evidence. There are things you can do to improve your odds of success, and are backed up with real evidence. We look at some dieting hits and misses and offer up ideas that will actually work

Among the more popular ideas you might see thrown up with anecdotal 'evidence' are calorie cycling and refeeding days. Both of these are based on fooling your metabolism into working harder even when you consume fewer calories. Calorie cycling tries to keep metabolism high by alternating high, low and medium consumption days. Refeeding days is similar in that it tries to 'jumpstart' your metabolism by taking in high calories for a day or two, then when you drop back to lower caloric intake, your revved-up metabolism will help you shed more pounds. No such luck — that's not how your metabolism works in any case. Both of these are gimmicks that fool you more than your metabolism; they don't work.

Another example of missing evidence is blaming carbohydrates exclusively for weight gain. The 'strategy' of restricting one of the major food groups is not effective. This type of nutrient intake has little impact on weight loss. Instead of cutting out carbs, choose those with lower glycemic index and eat a balanced diet without too much of any one group.

And now we turn to popular ideas that actually work. Volumetrics reflects the idea that when we feel full, we stop eating. Most of us like to eat substantial portions so that we can feel full afterwards. This volumet-

ric approach gets us consuming foods that are high in water or fibre content. These higher volume foods fill us up so that when we get to the high density foods, we don't eat as much. Starting with low density foods such as fresh or cooked vegetables is a great way to get good nutrition, but don't forget some proteins and fat to balance nutrients.

Missing out on breakfast is a strategy that will backfire. Eating breakfast not only gets your metabolic system fired up, but it also protects you from that late morning run to the deli or vending machine. For those who don't feel hungry first thing in the morning, consider a protein shake in place of toast, eggs or cereal.

Sleep can help you lose weight. There's a surprise! But it's true. Because fatigue impairs judgement, it will sabotage weight loss. When you're tired, you feel hungrier, and it affects decision-making so that you eat

Sleep can help you lose weight.

more. In other words, if you feel tired, you eat more. Not only that, but metabolism slows down when you sleep and shifts from fat burning to fat storage: finish eating three hours before bedtime.

Before giving in to a craving, ask yourself if you really are hungry. Unless a craving comes from hunger, eating won't satisfy it. Alternately, if you're not hungry enough to eat an apple, you're not really hungry. Find something else to do.

As every new diet arrives, another fades away. Should eating habits really be as fleeting as fashion trends? Let's face it: The best weight-loss strategies are the ones that stand the test of time.

Self Esteem and Personal Value

By Nina Peers, Family Support/Addictions

Self esteem is the source of our emotional strength. People who have healthy esteem feel that they are valuable and in control of their life. People who have low self esteem feel worthless and out of control.

Low self esteem is not something that simply appears one morning. It is developed and nurtured over time. Every day we experience situations that either boost our self confidence or tear it apart. Once a poor self image is accepted, we tend to make choices in our lives to support those beliefs.

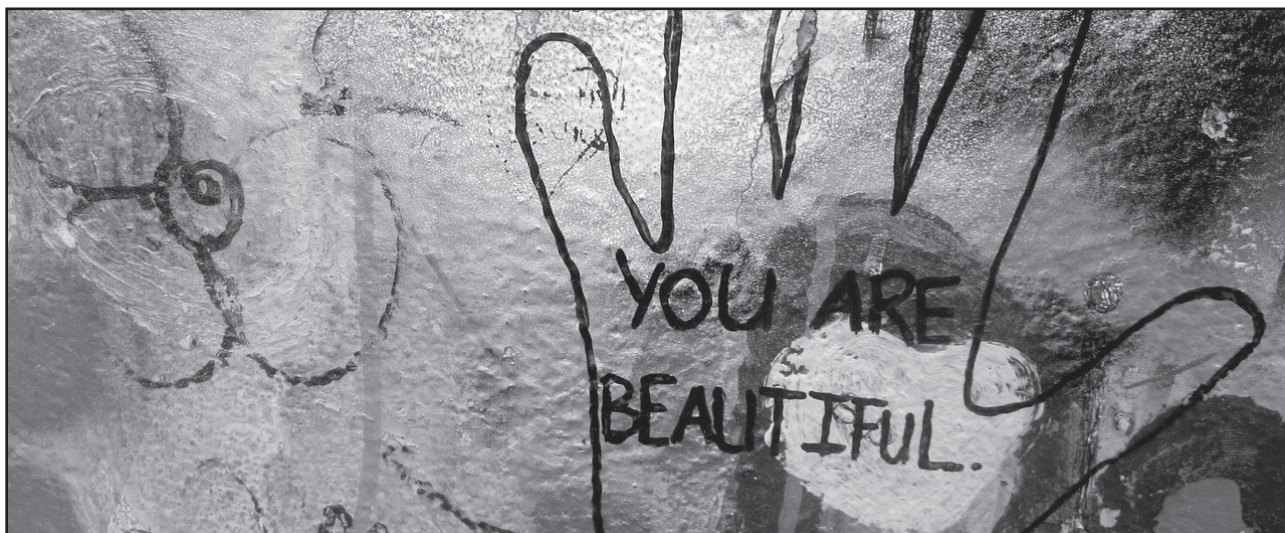
Once you have accepted the idea that you are worthless, most, if not all of your choices in life will be in harmony with that belief. Some negative choices, such as an abusive partner, disrespectful friends or a dead end job will only serve to validate and compound an already fragile sense of worth. Suffering from a low self esteem can become a vicious never ending cycle.

Some classic signs of low self esteem are: consistent anxiety, emotional turmoil, being negative, unable to accept compliments, worried about what others think, not trusting one's own opinion, constantly depressed, socially withdrawn, self neglect, eating disorders, unable to take on challenges, always quitting and resigning, controlling, needy, success driven, arrogant, extremely self defensive (someone who retaliates far worse than what would normally be expected), exaggerated perfectionism and a constant need for validation and recognition.

A person suffering from low self esteem may feel constantly worthless and feel completely helpless to do anything to make his or her life better. Low self worth makes one feel defeated, creating the illusion that they are unable to change.

Serious conditions that arise from low self esteem show up as major depression, anorexia, cutting, anti-social behavior, domestic violence, hoarding, borderline and numerous types of addictions. This means that the presence of extreme low self worth can be a sign of another serious condition in someone's life and should not be ignored.

Our choices are the biggest factor in how we lead our lives. In order to change our choices, we must first change



the way we think about ourselves. Granted this is no easy task, but with support and guidance from counselling, you can learn how to create a new self image. You don't have to become your negative beliefs.

It's important to remember that we all make mistakes. There is no perfect person but rather, the key is in learning from the past and using that to learn healthier ways to respond to others. If we feel good about ourselves we don't need to project our misery onto other people or make them feel wrong. How can we truly love people if we do not even love ourselves?

Self care is vital. If we begin to believe we are valuable, then we can build self esteem. Practicing self care teaches us how to love our authentic self. It is a necessary process in order to get healthier. Making time and not being last on the list are simple ways that create self worth. Running on empty and meeting everyone else's needs depletes us.

Another way of practicing self care is to be kind and nurturing upon ourselves. We don't do enough of this and if you came from a dysfunctional home, it pretty much guarantees that we did not get a lot of it, if any.

Putting up with or tolerating unacceptable behavior can

also cause us harm. We have the right to be treated with respect and dignity, not forgetting that we must also treat others the same way.

It takes time to learn how to value ourselves; it does not happen over night, so start small, baby steps. Stop rushing around and enjoy your day, pay attention to your feelings and breathe, one day at a time.

Simple things like eating healthier and exercising regularly can make us feel better. Begin by creating a better quality of life; connect with those whose company you enjoy. Don't let other people's toxic drama get you overwhelmed, stop rescuing people who don't want to change. Live and let live, we cannot change anyone except ourselves.

Find resources that will aid in keeping you at peace, this can be anything spiritual like prayer or meditation, using cultural traditions and or connecting with the beautiful natural environment around us. Find what works to make you well. I conclude with the Serenity prayer which is a powerful reminder of taking care of our emotional health.

"God grant me the serenity to accept the things I cannot change. The courage to change the things I can. And the wisdom to know the difference."

Flouride Varnish For Healthy Teeth

The Sliammon Child Development Resource Centre is happy to offer children 1-6 years of age fluoride varnish! If you are interested in having your child receive fluoride varnish please contact Dana at 604-483-3449 ext.4 or email dana.g@tlaaminhealth.com

Here are some frequently asked questions regarding fluoride varnish treatment.

What is fluoride varnish?

Fluoride varnish is a protective coating that is painted on a child's teeth to prevent cavities. It can also be painted on teeth that already have cavities. Fluoride can slow down or help stop cavities from getting bigger while you wait for dental treatment. This does not replace regular dental checkups at your dental office as your child may still need dental treatment. The fluoride varnish should be painted on your child's teeth a minimum of twice a year up to four times year.

Does my child need fluoride varnish?

Children who are at risk for dental decay or do not live in communities with fluoridated water benefit from the application of fluoride varnish to their teeth to help stop or prevent decay. Sliammon does not have fluoridated water which puts are children at a higher risk of dental decay.

How is fluoride varnish put on?

Teeth are gently wiped dry with gauze and the

varnish is painted onto your child's teeth using a small disposable brush. It takes only about a minute to apply and is easily accepted by children.

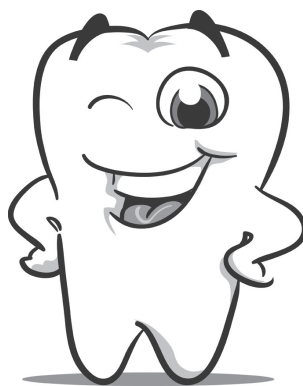
Is fluoride varnish safe?

Yes. Fluoride varnish has been used for several years in many countries. Along with being safe, fluoride is an inexpensive and practical way to reduce decay.

Is there any reason my child should not have fluoride varnish?

A child with a history of allergy to wood resins or rosins should not have fluoride varnish. This is not a common allergy. Wood resins are found in products such as band-aids, sunscreen, skin creams, chewing gum and postage stamp glue. Reports of allergic reactions involve skin irritation

If you have questions about your child's teeth, visit your local dentist office or contact **Shawna Sutton**, Powell River Community Dental Hygienist, at **604-485-3310**.



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REGISTER TODAY:

Tla'amin Community Health Services

4895 Salish Drive, Powell River, BC, V8A 0B6

March 10 & 11, 2015

For more information, or to register, please call:

866-455-2155 or 403-389-1190

www.certifiedcoachesfederation.com

Employment Opportunities

JOB NOTICE BOARD

Casual Posting
Early Childhood Educator

Competition # 20150123

Job Title: Early Childhood Educator

Job Summary: The Early Childhood Educator will provide leadership and guidance in planning and implementing developmentally appropriate activities for children under six, to stimulate their intellectual, physical and emotional growth. This position will fill absences when permanent staff are on holidays/sick.

Reports to: Child care Manager or designate

Key Duties & Responsibilities:

1. In collaboration with the Child Care Manager and the Senior ECE ensures the CDRC meets all licensing requirements
2. In collaboration with Child Care Manager, Senior ECE and co-workers, plans and implements developmentally appropriate activities, experiences and schedules for the children
3. Keeps accurate records
4. Encourages open communication with parents, staff, volunteers
5. Performs other related duties as required

Job Skills & Abilities:

- Excellent teaching skills
- Excellent oral and written communications skills
- Excellent organization, time and general management skills
- Knowledge of group process and facilitation techniques

Qualifications:

- Completion of Early Childhood Education Program or currently enrolled in ECE program
- B.C. License to practise
- Successful Criminal Record Check
- Successful Medical Check and Vaccination records
- Recent TB Test
- Driver's License
- Annual Driver's Abstract
- First Aid & CPR certification – or willingness to obtain
- Food Safe certificate

Additional Information:
Will need to pay close attention to physical and emotional disorders, direct service delivery may include moderate physical activity involving walking, standing, bending and lifting children. The ability to function independently, under pressure, while managing daily or emergency situation is an ongoing expectation of this position. This position, as all other positions in TCHBS is in a BCGEU working environment and is open to qualified male and female candidates.

Please submit cover letter, updated resume plus copy of license to practise to the Child & Youth Manager, Rose Adams by Monday February 16, 2015 @ noon.



Casual Posting
Early Childhood Educator Assistant Position

Competition #01232015

Job Title: Early Childhood Educator Assistant

Job Summary: Under the direction of the Child Day Care Manager and in collaboration with the Senior Early Childhood Educator the Early Childhood Educator Assistant shall work as a team. He/she shall be responsible with the provision of the care, guidance and safety of children in a provincially licensed daycare program. This position will fill absences when the permanent ECEA staff is sick/holidays.

Reports to: Child care Manager or designate

Key Duties & Responsibilities:

1. Assists Early Childhood Educators in monitoring children
2. Assists in planning, preparing and carrying out developmentally appropriate programs and activities
3. Attends to children's physical needs
4. Maintains records, reports problems or concerns to Senior ECE or the Child Care Manager
5. Keeps program facilities and equipment safe and clean
6. Performs other related duties as required

Job Skills & Abilities:

- Excellent teaching skills
- Excellent patience for working with children
- Excellent oral and written communication skills
- Excellent co-operative and collaborative skills with co-workers, parents and managers
- Excellent organization, time and general management skills
- Knowledge of group process and facilitation techniques for children

Qualifications:

- Completion of Early Childhood Education Assistant program or currently enrolled in program
- BC License to Practise
- Minimum 2 Years of experience working with children
- Current successful Criminal Record Check
- Current Medical check for fitness to work with children
- Vaccination records up to date
- Recent Annual TB Test
- Recent BC Driver's License
- Annual Driver's Abstract
- First Aid & CPR certification – or willingness to obtain
- Food Safe certificate

Additional Information:
Direct service delivery may include moderate physical activity involving walking, standing, bending and lifting children. The ability to function independently, under pressure, while managing daily or serious situations is an ongoing expectation of this position. This is a union position and is open to both men and women.

Please submit your cover letter and updated resume to the Child & Youth Manager, Rose Adams by Monday February 16, 2015 @ noon by email: rose.a@tiaaminhealth.com or fax: 604-483-3410. Thank you for your interest in this position, but only those individuals who meet the qualifications will be contacted for an interview.

Tia'Amin Community Health Services
4315 Salsish Drive, Powell River, B.C. V8A 0B6
Tel: (604) 483-3449 Fax: (604) 483-3410

Temporary Part-Time Addictions Worker
Job Posting

Tia'Amin Community Health Services requires a temporary part-time Addictions Worker to provide prevention, assessment, referral, and follow up services to individuals and families affected by addictions, issues connected to addictions or the impact of addictions within the individual, family or intergenerational systems. The Addictions worker will utilize case management and holistic approaches in delivering services to the Sliammon First Nation and Community.

Skills and Abilities:

- Group recovery intervention services
- Collaborative case management and effective team building skills
- Excellent verbal and written skills
- Working knowledge of Sliammon First Nation and Powell River community resources
- Strong ethics with commitment to confidentiality
- Ability to plan, implement and organize services and events
- Computer knowledge of Microsoft programs
- Maintain accurate health records
- Knowledge of EMR (Emergency medical records)

Qualifications:

- Minimum 2 years of experience in Addictions counselling
- Recent successful criminal record check
- Class 5 BC drivers license and successful driver's abstract
- Successful Criminal Record Check
- Recent TB Test
- First Aid & CPR certification – or willingness to obtain

Starting rate of pay is \$21.07 per hour.

This is a union position open to both men and women and the successful applicant will be required to work in accordance with a Collective Agreement with BCGEU in addition to all relevant Tia'Amin policies and procedures. If you are interested, please send a resume and cover letter, by email or fax to the contact information below by February 13, 2015. Only applicants shortlisted for interview will be contacted.

Cynthia Jamieson, Executive Director
Email: cynthia.j@tiaaminhealth.com
Fax: 604-483-2466

Eh Kwa'ANuns Kye'A'Meux - Expresses the thought that when the people in our community are well again, all around us will also be well.



Special Project ASCD Assistant
Job Posting #01252015
(21 hours/week)

Tia'Amin Community Health is seeking a temporary Special Project ASCD Assistant for twenty one hours a week until March 31, 2015.

Job Title: Special Project ASCD Assistant

Job Summary: The Special Project CDRC Assistant will be responsible for supporting ASCD projects within the CDRC building to March 31, 2015.

Reports to: Childcare Manager or designate

Key Duties & Responsibilities:

1. Keeps accurate records as required for program documentation
2. Setting up and taking down after program activities
3. Setting up and implementing paper process
4. Performs other related duties as required

Job Skills & Abilities:

- General knowledge of child development
- Knowledge of Microsoft 2013– word, power point, excel

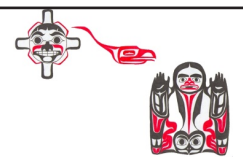
Qualifications:

- A successful Criminal Record Check
- A recent TB Test
- An annual Driver's Abstract
- A BC Driver's License an asset
- First Aid & CPR certification
- Certification in Early Childhood area – Responsible Adult, or ECE Assistant

Rate of pay: \$14.85

Additional Information:
This is a union position open to both men and women and the successful applicant will be required to work in accordance with a Collective Agreement with BCGEU in addition to all relevant Tia'Amin policies and procedures. If you are interested, please send a resume and cover letter, by mail or fax to the contact information below by February 4, 2015. Only applicants shortlisted for interview will be contacted.

By email: cynthia.j@tiaaminhealth.com or
Fax to (604)483 - 2466 Attention Cynthia Jamieson



Janitor
Job Posting #26012015

Tia'Amin Community Health Services is seeking a regular part-time Janitor for four hours per day to perform cleaning, maintenance and related duties for the Health Administration building. Starting rate is \$14.82 per hour.

Reports to: Executive Director or Designate

Key Duties & Responsibilities:

- Maintains cleanliness of Health Administration building through a schedule
- Maintains accurate records of daily tasks and routines performed, janitorial supplies and TCHS work related forms
- Maintains confidentiality
- Maintains professional growth, upgrade skills and knowledge relevant to the position
- Performs other related duties as required

Job Skills & Abilities:

- Well-developed oral and written communication skills
- Good organization, time and general management skills
- BC Drivers License an asset and willingness to obtain Class 4 License

Qualifications:

- Minimum Grade 12 or equivalent education
- Successful Criminal Record Check
- Maintain basic First Aid & CPR
- Current TB test
- Current Food Safe certificate
- Driver's License and Annual Driver's Abstract

This position requires union membership and is open to male or female applicants. If you are interested in this position, please send a cover letter and resume to the Executive Director, by email or fax by February 13 at Noon to:

By email: cynthia.j@tiaaminhealth.com or
fax to: (604) 483-2466 Attention Cynthia Jamieson

Only those shortlisted for interview will be contacted.

PROGRAMS & SERVICES



FEBRUARY



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|--|-------------------------------|
| 01 Walk This Way/Walking Group Every Mondays & Wednesdays 4:30 pm | 02 Men's Hydrotherapy | 03 Boys's Group meet @ CDRC 3:30-5:30pm Craft Group 10-2pm | 04 Floor Hockey @ Gym 4:30-6pm Parent Group 10:30-12pm Women's Hydrotherapy | 05 Toonie Skate meet @ CDRC 3:30-5:30pm Prenatal Button Blankets 11am-1pm @ CDRC | 06 (Men) Sweat Lodge | 07 |
| 08 Family Swim 12-1pm | 09 STAT OFFICE CLOSED  Family Day Celebrate family, celebrate your family! | 10 Boys's Group meet @ CDRC 3:30-5:30pm Zumba 5:30-6:30 @ Gym EDP 11-1pm Craft Group 10-2pm | 11 Floor Hockey @ Gym 4:30-6pm Parent Group 10:30-12pm Pick Up Good Food Box | 12 Toonie Skate meet @ CDRC 3:30-5:30pm Craft Group 10-2pm Movie Night @ CDRC 5-7pm Women's Hydrotherapy | 13 (Open) Sweat Lodge Prenatal What is Self Regulation Workshop CDRC 11am-1pm | 14 |
| 15 | 16 Paddle earring making session @ CDRC 5-7pm Men's Hydrotherapy | 17 Boy's Group meet @ CDRC 3:30-5:30pm EDP 11-1pm Zumba 5:30-6:30 @ Gym Craft Group 10-2pm | 18 Floor Hockey @ Gym 4:30-6pm Parent Group 10:30-12pm Women's Hydrotherapy | 19 Toonie Skate meet @ CDRC 3:30-5:30pm Craft Group 10-2pm | 20 Dental Clinic Prenatal Community Kitchen Friday 1pm | 21 (Women) Sweat Lodge |
| 22 Family Swim 12-1pm Tuximuy Group Every Tuesday-Friday 10-12pm | 23 Men's Hydrotherapy | 24 Boy's Group meet @ CDRC 3:30-5:30pm EDP 11-1pm Community Luncheon 12-2pm Craft Group 10-2pm | 25 Floor Hockey @ Gym 4:30-6pm Foot Care Parent Group 10:30-12pm Women's Hydrotherapy | 26 Toonie Skate meet @ CDRC 3:30-5:30pm Craft Group 10-2pm Prenatal Button Blankets 11am-1pm @ CDRC | 27 (Youth) Sweat Lodge | 28 |

Nurse Practitioner
• **Mon-Fri 9-4pm Book appointments please**
• **Late appointments available Tuesday**

Complex Schedule Tuesdays
Weight Room 5-8:30pm
Power Drills Aerobics 5:45-6:30pm
Everyone Skate 7-8:15pm (Rentals Not Included)
Family Swim 6:30-8:30pm
Aquacizes 8:30-9:15pm

Complex Schedule Thursdays
Weight Room 5-8:30pm
H.I.I.T Aerobics 5:45-6:30pm
Yoga Elm Room 5:30-6:30pm
Family Swim 6:30-8:30pm
Aquacizes 8:30-9:15pm

Tla'amin Community Wellness Complex Activity Schedule

Tuesdays :

- Weight Room 5:00- 8:30pm
- Power Drills Aerobics 5:45-6:30pm
- 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
- Yoga Elm Room 5:30-6:30pm
- HIIT Aerobics 5:45-6:30pm
- 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 5th for pickup Wed 11th Feb
Payment by Thurs 19th for pickup Wed 25th Feb

Youth Group Schedule

Boys's Group starts Feb. 3rd, 2015.
Ages 7-14, Pre-egistration required.
Every Tuesday, Meet @ CDRC 3:30pm-5:30pm

- 3-Feb Pool @ Bowling Alley
- 10-Feb Dinner & Movie @ CDRC
- 17-Feb Archery
- 24-Feb Swimming @ Complex

Ball Hockey
Every Wednesday 4:30-6:00pm
at the Salish Center (Gym)
Ages 7-14

Toonie Skate, Depart CDRC
Every Thursday 3:30-5:30pm
Family event, parents welcome!

Tuxahmiy Wellness Recovery Group

Tues to Fri 10:00 AM to Noon
Complimented by Lunch

There are no discriminatory rules for people seeking help, its open door policy. The sacred circle is a place to come for support regardless if you are clean and sober or not. There is no judgement and confidentiality is a priority. If you are struggling and need support, come join us at Tuxahmiy.

Stay Active With Walking Group

Mondays
11:00am-1:00pm

Meet at Health Foyer
Everyone Welcome!



Community Xmas Dinner, December 19th 2014



SFN Chief and Council Minutes

December 11, 2014
TCHBS Boardroom

Condensed version
(full set posted at the band office)

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

Regrets: Lori Sparrow

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of November 20, 2014

Motion to approve minutes made by Walter and seconded by John. Carried.

Acceptance of Regular Meeting Minutes of Agenda of December 11, 2014

Motion to adopt agenda made by Walter and seconded by Eugene. Carried.

Presentation by Lafarge Aggregates

Brad Kohl, Finance G.S.C., Vice President, Greater Vancouver Aggregates, Lafarge.

Brad is the Vancouver representative and he brought André Balfe, the Texada representative. Brad began with an update on the aggregates operation. The licenses have been held-up in court and the lower mainland (Surrey/Fraser) docks are going through a judicial review. At present, Lafarge is following the correct steps and is waiting until January 2015. Lafarge officials anticipate the judicial reviews will be favourable.

A question about coal dust was raised. Brad said binding and sealing agents are safe and ensure little danger to the public. There will be some dust but it has been managed to 99% effectiveness. Also, there are air dust monitoring stations which will be downwind from the coal pile. With a round the clock online monitoring effort, the system will provide due diligence in ensuring public safety.

There was a question concerning the integrity of barges that haul the coal. Safety concerns have influenced the use of new barges that are fit to run coal safely from point A to point B. Brad noted he had discussions with Sechelt Nation. Lafarge has consulted fifteen BC Nations.

Lafarge will need new people in the future. Training is a key priority. Next year, they will hire additional employees due to retirees leaving. Business activity has resulted in a natural downsizing. Lafarge is looking for skilled mechanics and maintenance operators. For skilled tradesmen, send resumés to André and he will work with Walter on the positions coming available.

After Lafarge guests departed, a discussion began concerning the operations on Texada. Councilor Sandy Point expressed his displeasure with the coal dust process and made the following statements: He is concerned that air quality will be affected by the binding agents and chemicals used to treat the dust. "Lafarge says it will be fine, but I know for a fact – chemicals will be all over. They will pack up and leave and future generations will be eating chemicals". "Lafarge is giving us the same old song and dance" and he does not want the coal project in the proximity of the Sliammon Community. Clint suggested that Sandy take the tour with the other Councilors who were invited. Councilor Gloria Francis, Councilor Walter Paul, Councilor Eugene Louie, Councilor John Hackett and Councilor Larry Louie have expressed their interest to tour the operation. Councilor Sandy Point said he will not go on the tour.

Presentation by Alterra Power

Debbie Fulcher and Jay Sutton from Alterra Power attended Chief and Council meeting.

Jay oversees Toba Montrose and Jimmie Creek site operations and any new hydro projects coming on stream. 2014 has been peaceful but in the last week, weather has played a role in the success of the projects. Winter is the best time to do all the maintenance upgrades in preparation for start-up operations in April. Work is on-going for intakes for each plant. Brushing work, trimming and clearing transmission lines was completed with three Sliammon workers employed for four weeks.

Debbie presented a \$5,000 cheque for the Community Christmas dinner and two cheques: one for the Impact Benefit Agreement revenue sharing of \$93,000 and make-up cheque in the amount of \$13,000 for a calculation error from previous year.

Jimmie Creek is a quarter the size of Toba (180 person camp).

The Jimmie project is on time and on budget. The Jimmie Creek site employs 33 persons.

Discussion began about the need for power and future aspirations for the Bute Inlet and the Site C projects. Alterra is looking to administer smaller projects at this time. Clint mentioned Sliammon Lake and addressing the water source that travels to the reserve. There is an issue with water intake to the raw water pond. There was a discussion on existing fish habitat in the work area at Jimmie Creek and Jay says the fish are plentiful.

Presentation by the Comprehensive Community Planning Team

Steven Gallagher, CCP Coordinator and Andrea Nockleby from Dillon Consulting attended the meeting. They are focusing on and updating the lands and resources section of the CCP. Steve has been preparing extracted information and is getting it ready for community open houses in January and March. Andrea highlighted the project schedule. Clint mentioned that Laura Roddan had prepared a document on the CCP. Andrea noted some projects are done and these will be reported on once information is coordinated. There is a checklist on roles and responsibilities for all existing land issues. Sliammon will look at the educational aspects as they relate to the updated community plan.

Presentation by Telus

Lisa Lamothe from Telus. She coordinates telus repairs, customer appreciation and satisfaction. Also in attendance - Marnie Wells, Keith Bishop, P.Eng. and Donna McKay who is in the technical division.

Lisa came to talk about speed, longevity and reliability of services in Powell River area. She stated that the old copper network is not the best. Telus has an initiative to upgrade to the latest fibre-optic network to enable higher rates of internet speed. Training and youth employment are prime interests to Telus. Sliammon residents have the opportunity to connect up with this new technology. Sechelt, Pender Harbour and Madeira Park are connected. The upgrade will start in Powell River at the Telus office and work outward to the Sliammon community. It would be done in six months or by August 2015. She will need permits and permissions from Sliammon First Nation.

It was cautioned that Telus would have to observe any middens and sacred sites that exist on Sliammon lands. Keith should touch base with Crown Land Referrals on this issue. Keith said that right of ways for Telus and Hydro will need to be built into the final treaty agreement and that Telus needs a BCR from Council. There is a Telus introduction letter that goes out to each community member to let them know about the planned work and that Telus trucks will be on the road.

New Business

Finance / Administration: Concerning the Sliammon website, Rod mentioned revamping the site. He asked what Council want to see in terms of information displayed on the site. Clint says post all the information less home telephone numbers.

Tuwshust AGM Dinners – everybody was briefed on the logistics. Each Councilor will be asked to provide a brief update on their portfolios.

Social Development Good Food boxes will be ready for pick-up on Dec. 10th. Turkeys and ham are being delivered to all in the community.

Housing: There was a discussion on who has needs for housing renovations, replacements and upgrades at this time.

Infrastructure: There are concerns for the sewerage plant presently due to excess rain and high tide levels. The holding tanks are at critical levels. Pump-out trucks are being used.

Lands and Tax: BCR 2014-37 is regarding renewal of the contract for 2015-16 Specific Claims work with Donovan & Co.

Motion to approve BCR 2014-37 made by John and seconded by Eugene. Carried.

Sliammon Dev. Corp: SDC Annual General Meeting is at Salish Center on Dec. 16. Kelly Rankin is the new SDC Manager.

Health: Larry met in Squamish on patient transportation issues. Sliammon community members could receive a maximum of \$0.29 per kilometer, if Sliammon applies for remote status. Also discussed were the costs of day trips for patient surgeries.

Cultural: Revised BCR 2014-36 Hosting of 2017 Tribal Canoe Journey.

Motion to approve revised BCR 2014-36 made by Eugene and seconded by Shawn. Carried.

Membership: Sliammon will follow up with AANDC regional office on receiving assistance with the 554 Band list and the tone of Rommel's email.

Treaty & Transition: Discussion on community representative appointments. It was noted that Councilors can attend treaty meetings. Councilors attend as liaisons only with non-voting rights.

Portfolio Reports

Natural Resources John Hackett: Fisheries, Hatchery, Forestry, Wildlife, Drinking Water

John extended an invitation to all Council to attend a December 16th Natural Resources committee meeting at 1PM in the SDC Boardroom on the Salmon Enhancement Program; also on the agenda are: Sliammon Creek Dam, water storage responsibility, withholding of the water license, the flood and moving forward with the role of the fence, the dam and creek. Options will be discussed.

Board & Committee Liaison Reports

Sliammon Development Corp Brian Hackett reported there are two board seats available still. Questions on the China trip were asked and Clint explained the situation. The trip was funded by the stakeholders in China who invited all SDC Board Members to take the tour. Clint and Roy received per diems for meals as per travel policy. There will be a slide show on the business trip at upcoming SDC and Council meetings.

Sliammon Treaty Society – All councilors are liaisons.

Nautsa'mawt Tribal Council – There is a meeting on January 14 at Halalt and the rescheduled Annual General Meeting is on January 21. A band council resolution is needed to indicate that Clint is the representative for the tribal council. Works are taking place on Jan 15 & 16, 2015. There was an invitation from the tribal council to all Councilors to attend workshops.

Legacy Society – The 2014 AGM and annual report were reviewed. The Consent to Act as a Director forms were signed.

Chief's Report:

1. Clint reported on the China trip which included Beijing, Sanya, Dalian and Shanghai.
2. There is a need to review a dam proposal and options on a green energy project.
3. A wastewater capital project meeting with the Regional Director General of AANDC took place on Dec. 10th and it went well. Eric Magnuson committed to finding a new plant.

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

Meeting adjourned at 2:34 pm



SFN Chief and Council Minutes

January 08, 2015
TCHBS Boardroom

Condensed version
(full set posted at the band office)

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

Regrets: Brian Hackett

Administrative Staff: Rod Allan, Steve Hunter and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of December 11, 2014

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

Change the minutes to indicate that a post-Lafarge discussion on coal dust will be a separate topic from the Lafarge presentation portion and Sandy's comments will be clarified as per directions and further discussion on January 8th.

Approval of Agenda of January 8th, 2015

Motion to approve agenda made by Eugene and seconded by Shawn. Carried.

Presentations

1: Transitioning Tla'amin Elders into long-term, off-reserve, residential care.

Marlane Christensen and Cynthia Jamieson attended the meeting. Marlane advises Council that her focus is on organizational leadership and TCHBS is the sponsoring organization that will organize a focus group for the project. Complex care requires specialized needs and implementation of a new concept for Sliammon Elders and others needing such care. Marlane provided a look at a leadership study called 'Organizational Action Research' and a proposal for integrating elder care. Sliammon's circle of wellness goal is to restore balance by using four principles taken directly from the health plan.

There is a new assisted living complex being built in Powell River, but it is not sympathetically designed for Tla'amin elder care. Currently, Vancouver Coastal Health is dedicating four suites at the new complex to Sliammon members. Cross-cultural improvement will take place for all residents. Marlane wants to work with David Louie on some of the other programs that are coming on stream for Elders. She is looking for participation from the community and the Council.

Looking at Sliammon future needs is important and it is proposed that future responsibilities should include care for Elders. Marlane's commitment with Council's help is to bring this issue to the community, so that they can understand, accept and ratify the issue. It was noted some community members are not elders but need complex care and they should be captured in this care project. Marlane noted this fact. Marlane will take Council's questions and comments and incorporate them into her work.

2: Ali Taleb from KAWA Engineering regarding the Sliammon Lake Dam could not attend the meeting due to poor weather.

3. Fered Dabiri of David Nairne Associates (DNA) joined the meeting via phone. Present: Fered Dabiri, Giorgio Caon, Civil Engineer, Paul Davies, Architect, Simon Duplus, Civil Engineer, and Brent Proctor on the phone for Government House portion; Don Burns and Helen Beer were present.

Opening with the topic of Sliammon Government House, he gave a progress report and discussed construction management details. DNA is calling for construction management proposals and these proposals are due January 15. There were questions on the mechanical system. One change noted is that the new building location is planned further south from Klahanie Road. Occupied office space was discussed regarding heating, cooling and air return. There are different options on efficiencies for the wings. Group discussed two options for the mechanical systems. Clint recommended the New Building Committee address the heating and cooling systems. It will need a decision soon. There was a question about type of floor finishing. Clint stated DNA should plan to go with no carpet in the building. The new administration building team exited the conference call.

On-reserve sewer treatment / waste water disposal plant project was discussed. DNA needs background info to start design. The flow projection and 20 year population growth were highlighted. DNA is projecting a 2% annual growth in population. A 50 lot subdivision was also considered and additional growth along the Highway 101. Klahanie resident growth was projected at 20 additional people. Action: Rod to provide a demographic on the growth rate.

Extending or replacing the existing outfall needs to be decided. It was suggested Sliammon consider using the permitted outfall from the Wildwood lagoon as it is close to the new facility. Hydraulics also factor into the outfall location. It was suggested January 15th and 16th at 9:30 am for a meeting in Vancouver on the new wastewater plant, the government building, as well as, interviewing pro-

ponents for the construction management of the new building.

4. Catalyst Mill Presentation

Alex Mardon, an efficiency consultant for Catalyst Mill couldn't make the meeting. Dillon said that he had discussions about efficiencies at pulp mills in general with Alex. Alex is looking to engage stakeholders about changes that may take place at the Catalyst mill. The effluents at the mill have a higher profile than any other pulp mill because Powell River has higher standards than most mills and this costs Catalyst more money. Sliammon may consider a talk about providing fuel to the Mill.

5. Circle of Care Project

Cynthia Jamieson, Executive Director of Health attended the meeting to inform about the planned Circle of Care project. Tla'amin Health is developing a proposal to ask for three new positions: one Registered Nurse (Chronic Disease and Intensive Case Management) for clients with complex health care needs, one Youth Wellness Coordinator and one Elder Coordinator. These are not yet confirmed. Additionally, Health will be sharing a new Clinical Counsellor with Sechelt Band, which is in place as of March 2015. Collaboration for this project is with Vancouver Coastal Health Region, First Nations Health Authority and the Sechelt Band.

New Business

Finance: BCR 2015-03 Royal Bank for New Administration Building introduced. The purpose is to acquire funds to guarantee the loan. The constitution commands all funds go to the settlement trust which cannot be accessed by RBC for this project. Dillon presented two issues that pose a challenge to the BCR. Royal Bank must be amenable to change the wording. Wording will be re-worked to incorporate that the settlement trust as collateral is not accessible to the bank.

Motion to approve BCR 2015-03 moved by Walter and seconded by John. But it was tabled because the wording in the resolution needs revision.

Hiring of part-time / temporary positions was completed as follows: Temporary position at Sliammon Hatchery was awarded to Wayne Noble. There were two applicants, but one person withdrew their application. The part-time Social Development position was filled by Delana George. There were four screened-in applicants who applied for the part-time position.

Councilor Lori Sparrow requested more participation by Personnel Committee in selecting applicants for jobs. It was explained that the personnel committee does not sit on selection boards. Councilor Point said he seeks a more level playing field for those who apply for jobs as Sliammon members need work. He wants also Personnel Committee involved in hiring future staff.

It was noted that Councilor interference will not be tolerated with administrative affairs. In order to be transparent and keep things within the chain of command, all Councilor concerns should go to Rod to be addressed. Council acknowledges proper procedures will be followed when addressing the Band staff.

Councilor Point mentioned a worker who had a change of hours and he doesn't agree with it. There are extenuating circumstances in this matter. Councilor Sparrow requests paperwork to determine what the exact position is for this worker. Chief Williams requests that Councilor Point provide paperwork to identify other sources which are relevant to getting a certification without writing an exam. The worker is not eligible to be certified and cannot receive full time, permanent employment until he writes and passes an exam.

Councilor Larry Louie commented on Councilor Point's looking for other ways to get certified without going through the process. Larry states that there should be no looking for other ways. The worker should be certified through the proper process because the community deserves the best. Rod will put the reason for hours being cut, in writing to the worker and give a copy to Council.

Housing: Walter spoke to the roles and responsibilities of the Sliammon housing staff & suggested Sliammon Council should guide any dissatisfied community members who approach them directly, to the appropriate committees for resolution of complaints.

There was further discussion about householders who have concerns about their housing situation. These complaints should be heard by the Housing Committee and the committee should convene a meeting (separate from Chief and Council) and address these issues. Committee Chair gave a history on the success and failure of renewing rental agreements.

Council had a general discussion about composition of households. Administrative staff will approach those persons who are under or over-housed.

Discussion began on a householder moving into available, alternate housing while her private trailer home was being repaired. Council

fixed the floor, repaired the hole in the siding and paid for a pest control company to do some work in the house. Owner refused to allow cleaners in to clean the carpet. Council has offered to pay for the cleaning unit and Health Centre will provide a worker who will use the cleaning equipment. The offer still stands to clean the trailer.

In a situation where an individual has never paid rent, that person doesn't deserve any consideration for repairs or assistance from Sliammon.

An issue about property lines began when a Band member entered the meeting unexpectedly and made numerous enraged allegations against Chief Williams regarding property lines adjacent to a CP property. Other defamatory comments were made directly to Chief Williams in an uncontrolled and aggressive manner. Council pleaded with the individual to discuss the matter rationally, but to no avail. Chief Williams repeatedly asked the individual to leave the meeting, without success, eventually calling the RCMP to intervene. After a lengthy discussion with Chief and Council, the individual was arrested for causing a disturbance.

Infrastructure: There is a two week project for swabbing the water lines to clean them out. The contractor states that the community water will be shut down from 8:00 am – 4:00 pm for a two week period to clean the pipes. Community members and Klahanie leaseholders cannot turn water on during the cleaning scheduling times. There is a public meeting planned and a notice to community will go out.

BCR 2015-04 regarding a green energy project to be submitted for funding to the BC Clean Energy Business Fund was introduced.

Motion to approve BCR 2015-04 made by Shawn and seconded by Eugene. Carried.

Lands and Tax: BCR 2015-02 for Southview Beach Specific Claim presented. 8 claims were reviewed.

Motion to approve BCR 2015-02 made by John and seconded by Shawn. Carried.

A request to clean-up on Waterfront Rd park was presented. There was a request to fence the playground to keep dogs out and install a trash can. Rod will follow-up.

Culture: Chief followed up on the totem pole delegation to Slovenia. The totem pole will be taken by City of Powell River Mayor Formosa, Craig Galligos, Paul Cummings and Directors of Kathaunimox to Slovenia. Clint will not attend.

Treaty and Transition to treaty: Special Council Meetings to approve the laws were discussed. Council set dates for these all-day law approval meetings as follows: the Wednesday before a Council meeting works best. Dates are February 18 and March 18 with a 9:30 am start.

Councilor Point asked on the last day before treaty begins what happens to Treaty Society. He was told the Society will dissolve.

Portfolio Reports

Communications Larry Louie reports a January 14th meeting will convene in David Louie's office at 9:00 am.

Natural Resources John Hackett: There is a meeting at the end of January.

Audit Lori Sparrow and Larry Louie are in this committee but a Chairperson is required.

Board & Committee Liaison Reports

Nautsa'mawt Tribal Council Clint Williams BCR 2015-01 for an appointment as Director was presented for review. The tribal council's AGM is January 14.

Motion to approve BCR 2015-01 made by Walter and seconded by John. Carried.

Regional Emergency Executive Committee Shawn Louie – They have not met recently.

FN Education Steering Committee Lori Sparrow needs a contact at FNEC.

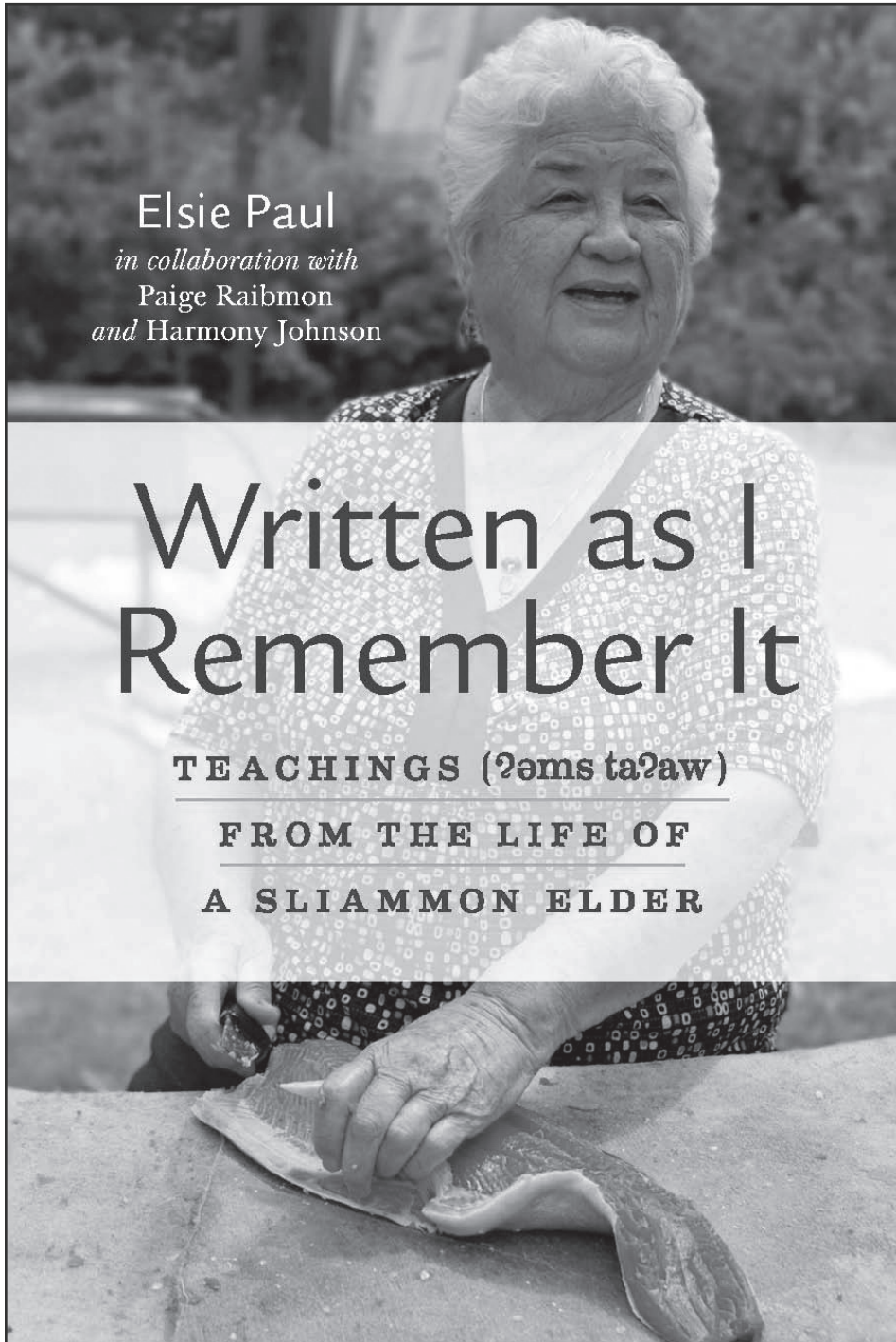
Chief's Report

1. Clint met with VIU last week. Jay Yule wants to take part in discussions. VIU wants to have a dialogue and focus on specialized courses for First Nation students in the Powell River area. VIU and Jay wish to come to the next meeting at Sliammon.

2. Clint reported on the tour of Powell River group homes and commented on the Golden and Redonda group houses. He gained ideas for what could be done with the proposed group houses on Salish Drive.

Motion to adjourn the meeting made by Shawn and seconded by John. Carried.

Meeting adjourned at 4:17 pm



Elsie Paul

*in collaboration with
Paige Raibmon
and Harmony Johnson*

Written as I Remember It

TEACHINGS (ʔəms taʔaw)

FROM THE LIFE OF

A SLIAMMON ELDER

Book Tour Dates

Elsie Paul, author of *Written as I Remember It: Teachings (ʔəms taʔaw)* from the *Life of a Sliammon Elder*, has two upcoming talks in Vancouver. She will talk about her remarkable book and recount some of her life story and explore the importance of Sliammon teachings for present and future generations. Her collaborators, Paige Raibmon and Harmony Johnson, will also share the unique process of writing this important history. Everyone is welcome, we hope to see you there.

Vancouver Public Library

Alice MacKay Room, Lower Level

350 West Georgia Street

Vancouver BC

Tuesday, February 24th

7pm - 8:30pm

UBC, Museum of Anthropology

Michael M. Ames Theatre

6393 Northwest Marine Drive

Vancouver, BC

Sunday, March 1st

2pm – 4pm

I'HOS NOW HIRING

I'Hos Cultural Tours is seeking a dynamic and energetic staff member to join our team. We offer Zodiac, Hiking and Canoe tours throughout the territory and are seeking a fit and energetic tour guide. Must possess a valid Wilderness First Aid, SVOP, MEDA3, ROCM, and bear awareness certificates. Food safe is an asset. Guide must be willing to do shift work and weekends in a remote camp on a 7 day rotation and have extensive knowledge of the local area.

Pay to be negotiated based on experience.

Priority will be given to Sliammon Members with the above mentioned skills and education.

In order to apply please submit resumes via e mail to: info@ihostours.com



NOW HIRING!

For the Love of Iemanja

This is our little friend Iemanja who just turned 4 in December. Iemanja was diagnosed with Stage 2 Neuroblastoma (cancer) in October, 2014. Although she hasn't been officially diagnosed with ROHHAD, doctors speculate this very rare disease is what caused the cancerous tumor and it could be just one of many tumors this little girl will have to battle.

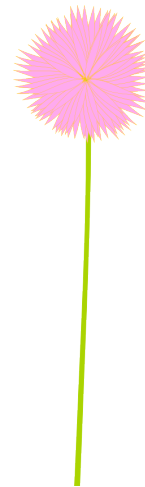
Pat Luaifoa and family will be doing various fundraising events in the next few months to help this family out. If you are interested in supporting Iemanja, please call Pat at 604-483-9328 or cell 604 578 8865 to purchase 50/50 tickets. The draw will be Superbowl Sunday!

Thanks in advance.



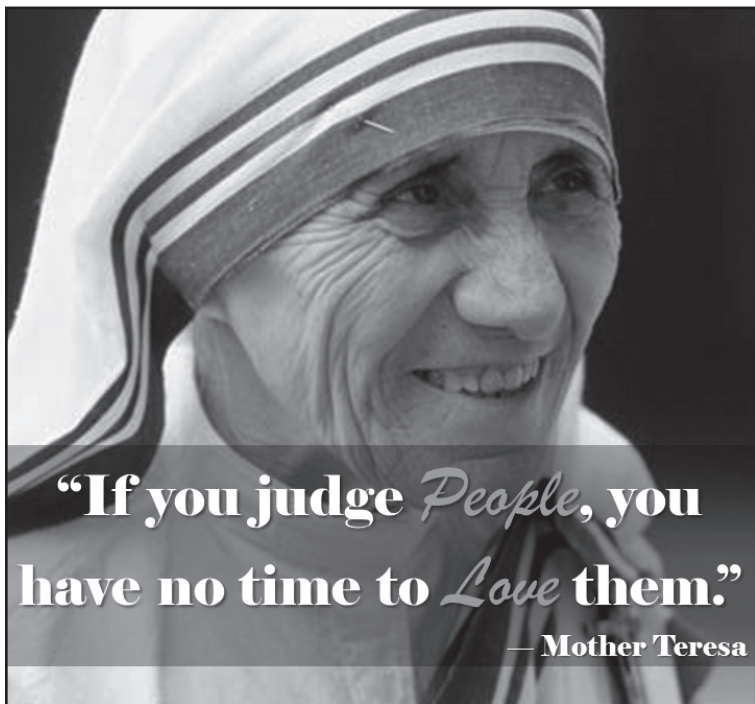
Welcome To My New Cousin

Ariya Ann Rossi



Born December 18, 2014

Lots of Love, your big cousin Alexander
(I'll share my tow trucks with you)



**"If you judge *People*, you
have no time to *Love* them."**
— Mother Teresa



Birthday Wishes

to Calvin B Harry (February 27th)
love from Serena , Byron , Bryton and Callie,

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



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.



To Makaela
and Mattias

Love Mom
and Dad

Steve Gallagher
You are my heart,
my soul,
my treasure,
My today,
my tomorrow,
my forever,
My everything.
Love Jodie



*Happy Valentines
Day to everyone
in Sliammon!!
You are loved!!*

*Happy 
Valentine's
 Day*

Feb 14th

Life is too short
to worry, and
too long to wait,
so go for it!



Happy Valentines day Alexander Sutcliffe
Lots of love, Mummy and Daddy

*Norma can you
be my valentine?
I love you
- Wes*

**Cedar is Green
Violets are Blue
We love the Seahawks
And the 12th man too!!
<3 Seattle Seahawks fans!!**

