



NEHMOTL "US"

March 2015

Community News | Events | Updates for the Sliammon People

Sliammon Government House First Previews



Rendering of the new Tla'amin Governance House. Construction is scheduled to begin in the Summer.

Sliammon Constitution Referendum

by Denise Smith - Lands and Natural Resources Negotiator

Special Chief & Council Meeting held Feb. 19th, 2015
Full Chief and Council in attendance

A Special Chief and Council meeting was convened to seek approval for Constitutional Amendments. The Community Working Groups and the Joint Steering Committee (made up of STS Board and Chief and Council reps and administration) have determined that a number of provisions in the Constitution of the Tla'amin Nation are presenting challenges for the development of Tla'amin Nation laws and may make the implementation of the Tla'amin laws unnecessarily complicated or difficult.

We are proposing that the Constitution be amended.

The Constitution may be amended by referendum. Chief and Council (by a unanimous vote) approved a Referendum Vote to be held and the date will be announced soon. Voting stations will be held both on and off reserve and electronically via phone or online.

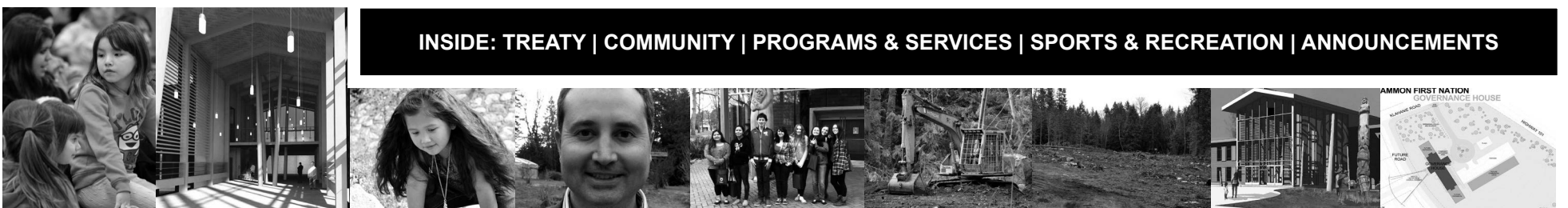
The Lands and Resources Working Group presented on the law development process to date. The Community Working Groups have been up and running for 2 years now and have worked their way through several laws. This session provided an opportunity to walk through one of our laws to familiarize all with what is contained in the laws, how they will be applied and to discuss any concerns or issues. We reviewed the Tla'amin Subdivision, Development and Servicing Law.

The purpose of this law is to:

- Establish a fair, effective and environmentally sustainable system for managing Tla'amin lands
- To ensure that people applying to subdivide, develop or service Tla'amin lands or to construct buildings know what is required
- To ensure coordination and standardizing of infrastructure
- To ensure that the Tla'amin community benefits from development of Tla'amin Lands.

These laws will also be presented to the community at a future date. There are up to 30 laws that need to be in place for effective date. There will be future Special Chief and Council meetings on a regular basis in order to review the laws and have them ready to be implemented in April 2016.

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



Constitution Amendments

The Tla'amin Constitution is the written document that sets out our values, according to our Ta'ow and provides a framework that reminds us, although it is natural to have differences, we are a Nation of one mind and one heart and we must work together to achieve our goals.

The constitution is the foundation for our Government and it was developed by us, the Tla'amin People. It provides the basis of all decision making, law making, and determines how our government will implement policies that are in-line with our Ta'ow and creates the checks and balances needed for us to collectively live and work together as a Nation.

Now that we are a lot further along in the process of developing the laws that need to be in place by effective date, we have noticed that the constitution needs to be updated to synchronize with the laws being developed. The proposed changes are documented below. A referendum (vote) will be held in the near future to approve the following proposed changes.

The process for updating the constitution is as follows:

- (a) Tla'amin Government will by resolution propose an amendment;
- (b) the Tla'amin Government Executive will direct the

chief electoral officer to hold a referendum on a date set by the Tla'amin Government Executive that is at least 90 days after the date on which the Executive gives direction to the chief electoral officer;

(c) Tla'amin Government will provide Eligible Voters with at least three weeks written notice of the proposed amendment; and

(d) if 50 percent plus one of Eligible Voters voting in the referendum vote in favour of the proposed amendment, this Constitution is amended accordingly.

Land For Citizens

Proposed Amendments

1. A new section 24 will be added as follows:
 24. For greater certainty, the allotment, granting or sale of land to Tla'amin Citizens does not constitute:
 - (a) a substantial decrease in the size of Tla'amin Lands under section 21; nor
 - (b) the sale or lease of a significant parcel of Tla'amin Lands under section 23; and, as such, does not require a referendum under section 23.

2. The remaining sections of the Constitution are re-numbered to reflect the new section 24.

Reason For Changes

We need to add a new provision to confirm that the allotment, grant or sale of land to Tla'amin Citizens is not restricted under section 21 and does not require a referendum under section 23.

Section 21 of the Constitution states:

The Tla'amin Government will not substantially decrease the size of Tla'amin Lands over time.

Section 23 of the Constitution states:

The Tla'amin Government or a Tla'amin Public Institution may not enter into a transaction that results or could result in the sale or lease of a significant parcel of Tla'amin Lands, unless that transaction is approved in advance by a majority of Tla'amin Citizens who vote in a referendum that is held in accordance with a law made by the Tla'amin Government.

The proposed new wording would make it easier for the Tla'amin Government to allot, grant or sell land to Tla'amin Citizens. The wording clarifies the original intention of the Constitution, which was to place controls on the leasing or selling of Tla'amin Lands to non-members while making it easier for Tla'amin Citizens to acquire a parcel of Tla'amin Lands. If we do not add this wording, it could be argued that a community ratification vote is required each time the Tla'amin Government tries to create a new subdivision or housing development for Tla'amin Citizens.



Land cleared at the site of the new Governance House

Finance Committee

Proposed Amendments

3. Sections 76 and 77 of the Constitution of the Tla'amin Nation will be replaced with the following:
 76. The Tla'amin Government will establish a Tla'amin Finance Committee, which is comprised of members who are independent.
 77. The Tla'amin Finance Committee may make recommendations to the Tla'amin Government on any matter addressed:
 - (a) in this Part; or
 - (b) in a Tla'amin Law relating to financial matters.
4. Sections 82 of the Constitution of the Tla'amin Nation is amended by adding the following subsection after subsection (b):
 - (c) that includes rules for determining whether the members of the Tla'amin Finance Committee are independent;
5. Subsection 82(c) and (d) are renumbered as subsections (d) and (e).
6. Section 85 of the Constitution is replaced with the following:
 85. The Tla'amin Finance Committee will:
 - (a) appoint an auditor;
 - (b) oversee the audit process in a manner that respects the independence of the auditor; and
 - (c) review the recommendations of the auditor.

Reason For Changes

We have removed the requirement for the establishment of both a Finance Committee and an Audit Committee in section 85

Section 85 of the Constitution states:

The Tla'amin Government will establish an audit committee, independent from the Finance Committee...

The Constitution sets out specific responsibilities for the Finance Committee and Audit Committee. Meanwhile, the FMB Financial Administration Law Standards require that the committee providing financial recommendations to Council have members that are "independent" from the Nation. In order to maintain FMB certification and comply with the requirement of the Constitution, the Nation had established two committees – a Finance Committee and an Audit Committee. The Audit Committee had been structured to meet the "independence" requirements under the FMB standards and is therefore responsible for making recommendations to Council. Because the Finance Committee is not required to have members that are "independent", it cannot be the body making recommendations to Council pertaining to financial administration.

This creates an unnecessary body or administrative burden. A single "Finance Committee" consisting of members who are all independent would more efficiently and effectively serve the Nation. Also, by meeting the "independent" standard established by the FMB, this mitigates the risk that Section 87 of the Constitution set out to address (protection of financial assets).

Therefore, we propose amendments that establish a single "Finance & Audit Committee" that would have "independent" members, as prescribed by the FMB Financial Administration Law Standards.

We also removed the requirement that the CFO be a member of the Finance Committee in section 77.

Section 77 of the Constitution states:

The Tla'amin Finance Committee will include the senior employee of the Tla'amin Government responsible for the financial affairs of the Tla'amin Nation.

Having the CFO (or any employee) as a member of the committee providing financial recommendations to Council is an uncommon practice and could create a conflict of interest. Instead, staff members should support committees as non-voting participants. Therefore, we would remove the requirement for the senior employee of the Tla'amin Government, to be a member of the Finance Committee.

Fishing Vessel Fund

Proposed Amendment

7. Section 87 of the Constitution is replaced with the following:

87. The Tla'amin Government will establish one or more settlement trusts ("Tla'amin Settlement Trusts") to preserve and protect the Capital Transfer provided in accordance with the Tla'amin Final Agreement, except for the fishing vessel fund, and amounts received under the Resource Revenue Sharing Chapter and the income derived from the investment of those amounts. The trust document establishing these trusts will set out the framework for the prudent management, investment and disbursement of funds that are invested in the trust and the income derived therefrom.

Reason For Changes

We have removed the requirement that the Fishing Vessel Fund be incorporated into the Settlement Trust in section 87.

Section 87 of the Constitution states:

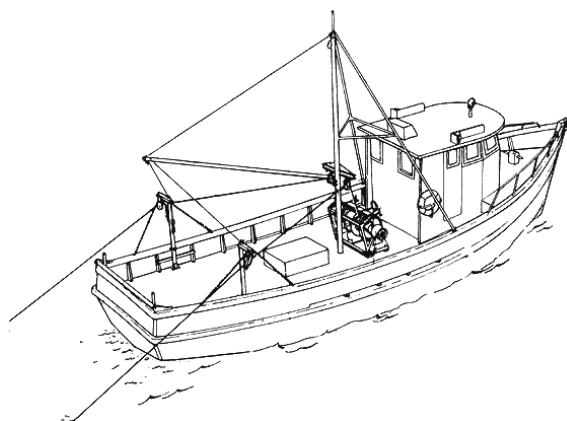
The Tla'amin Government will establish one or more settlement trusts ("Tla'amin Settlement Trusts") to preserve and protect the Tla'amin capital transfer and amounts received under the Resource Revenue Sharing Chapter and the income derived from the investment of those amounts.

Section 100 of the Constitution also states that:

Words and phrases used in this Constitution have the same meaning as those words and phrases we have in the Tla'amin Final Agreement.

The Capital Transfer in the Tla'amin Final Agreement is defined as, "an amount paid by Canada to the Tla'amin Nation under the Capital Transfer and Negotiation Loan Repayment Chapter." Therefore the capital transfer includes all the funds described under the Chapter 18, which includes the Capital Transfer, the Economic Development Fund and the Fishing Vessel Fund.

It would not be practical to have the \$250,000 Fishing Vessel Fund incorporated into the Settlement Trust. We therefore recommend amending the provision to explicitly exclude it.



Additional Changes

Proposed Amendments

8. Section 3 (a) of the Constitution is replaced with the following:

3. The Tla'amin Nation will protect and pass along to future generations:
(a) Tla'amin Tums gijeh (lands), water and resources;

9. Section 4 (d) of the Constitution is replaced with the following:

4. The Tla'amin Constitution is based on the following fundamental values:
(d) the collective right of self-determination of the Tla'amin Citizens;

10. Section 60 of the Constitution is replaced with the following:

60. The Tla'amin Government Executive consists of:
(a) the Tla'amin Government Chief [Hegus]; and
(b) four [4] elected officials [How Hegus].

11. Section 61 of the Constitution is replaced with the following:

61. The principal role of the executive branch will be to oversee the implementation and enforcement of Tla'amin laws and manage the function of the Tla'amin Chief Administrative Officer.

Reason For Changes

8. Added the word 'water'. Water is specifically referred to in Provincial legislation. This change is to achieve consistency with the Province.

9. Word change from 'Tla'amin people' to 'Tla'amin Citizens'. The Constitution is intended to describe the relationship between the Nation and its Citizens.

10. It is proposed that we replace the title of President with Chief, and/or Hegus. The titles of Vice President and Secretary Treasurer are proposed to be eliminated, and these two positions on the executive branch replaced with four elected officials.

11. The executive branch is expected to oversee the function of the Government administration through the Chief Administrative Officer.



Chief Negotiators Message

One Heart, One Mind, One Nation



Roy Francis

Refining and Improving the Tla'amin Constitution

The Sliammon community voted to approve a Tla'amin Constitution in 2009. The Constitution was developed over a three year period with very good input and direction provided by Sliammon membership. The community expressed very clearly that lands were to be protected from being lost; that funds be protected from being misused; that our government be accountable to its citizens; and that our people have responsible access to our ter-

ritories and its resources.

The Constitution was developed by a small but dedicated working group made up of Sliammon people. The Constitution was designed to be the foundation for establishing our Tla'amin Government, and the basis for forming our Tla'amin Laws. The Constitution was built to express our Tla'amin values, culture, and identity. Our Constitution is meant to be our statement of who we are; and what we represent. It's meant to protect our interests for many generations to come.

In 2012 our community voted to approve our Tla'amin Final Agreement. The Treaty is now fully ratified and is the next major milestone in building for the future of our Nation. The work has since become much more intense, and preparations are continuing in preparation for an imminent Effective Date of April 5, 2016.

In the work of building our laws, our teams have developed "refinements" that we propose to add into our Constitution. Our work teams have recommended "minor amendments" to the Constitution to our Chief and Council; and the minor amendments have been approved to go to a community vote.

The revised Constitution will be presented to our Tla'amin Citizens, and the community will be asked to approve the "minor amendments" to the constitution through a formal vote. Over the next few months our work teams will be organizing information sessions, and preparing written materials to explain the changes. The work will flow fairly quickly, and it's important for our community to have good information in preparation for the vote.

In brief, the refinements are meant to "improve" our Constitution, and to add clarity in our law making. Our law making work will become more efficient and practical. The body of the constitution will remain intact and retain the substance and principles that our community members approved in 2009.

We encourage our members to take an interest in the upcoming information sessions and feel welcome to participate. Our community can expect to receive notices, and more detailed information in the upcoming weeks. We look forward to seeing you there.

TIME TO VOTE!

A referendum (vote) to approve the changes to the constitution will take place in the next few months.

Stay tuned for details.



Nation Administration Matters

*Lands Update
By Cathy Galligos*



Certificate of Possessions

Effective date of the Tla'amin Nation Treaty is April 2016 and the Lands Department is in the process of addressing any outstanding Certificate of Possession issues and preparing to re-survey the Certificate of Possession boundaries under the BC provincial regulations. On Effective Date, we will be a self-governing Nation and therefore all certificate of possession lands will need to be replaced (according to the Treaty Agreement) with a new interest. The term "CP" is an Indian Act word and will no longer exist after effective date. The Tla'amin Treaty Agreement states that we will replace the CP's with a new interest which will be a Fee Simple Interest (this basically means a Fee Simple land) and this will be registered in the provincial Land Title Office on Effective Date.

Some of the work that is starting now involves the Lands department sending notice to all CP holders notifying them that their CP will be getting re-surveyed in the near future. The properties need to be re-surveyed with a new provincial survey rather than a federal survey because the Land Title Office requires a provincial survey in order to register the interest. A federal survey cannot be registered in the Land Title Office. All our current lands are surveyed under the federal surveys because we (Sliammon Nation) are currently under the Indian Act.

When you receive your letter from the Sliammon Lands Department, can you please contact Serena Barnes or Cathy Galligos to set up an appointment to discuss your Certificate of Possession property. There may be no issues with your CP property, but you may require clarification on the work that is being done.

There are only 21 CP properties in Sliammon but there are approximately 55 persons on these CP's.

The Sliammon Lands department is not changing any boundaries without the CP holder's consent. In some cases, there will be boundary changes because there are encroachments BUT there will be no changes without written consent from the CP holder. There are only about 5 properties that require this.

This work is very time consuming as the following is required:

- Letters to CP holders
- Meetings with CP holders
- Survey work to be completed, ready by March 1st to registered in the LTO
- Easement documents to be signed by CP holders who are granting easements to neighbours who may be encroaching or require road access across CP holder's property
- Band Council Resolutions for surveys

Two main questions that I am always asked:

1. When can I get my home ownership papers so I can own my property?
2. Will I own my property after effective date?

In general, Lands will not be issuing home ownership papers, we only deal with the land. The Housing department is working on the home ownership issue and process. However, in the future, once a Tla'amin Citizen has received their home ownership paper, then Lands will be able to issue land ownership documentation and that will be known as a Fee Simple Interest. This fee simple interest will then get registered in the Land Title Office. With home ownership and fee simple interest land, the Tla'amin Citizen will eventually be responsible for property taxes in the future. Please note that the home ownership and land ownership process has yet to be established, finalized and ready to issue to people.

If you have any questions, regarding lands, what is happening now, and/or what might be happening in the future, please e-mail me at cathy.galligos@sliammon.bc.ca or call 483-9646 ext.240.

The Tla'amin Nation is in the current process of developing lots of laws to prepare for self-government. I encourage you to read the law summaries and attend any community sessions on the future laws. It is something we all have to get used to with the changes coming our way.



Preparing the site office for the Governance House construction project.

Call For Resumes

The Sliammon Lands department often needs labourers to work on short term projects. Usually I have to hire on a one or two day notice so I like to have resumes on hand.

If you are interested in the following work and possess experience, please submit a **CURRENT RESUME** with a current contact number to the Sliammon Front Desk, attention Lands Department.

Type of Work:

Grass Cutting – physically fit to operate weed eater for 7 hours a day and 5 days straight during the week

Landscaping – pulling weeds, raking rocks, planting grass

Construction – capable of constructing small projects such as wooden stairs, garbage bins, sign posts

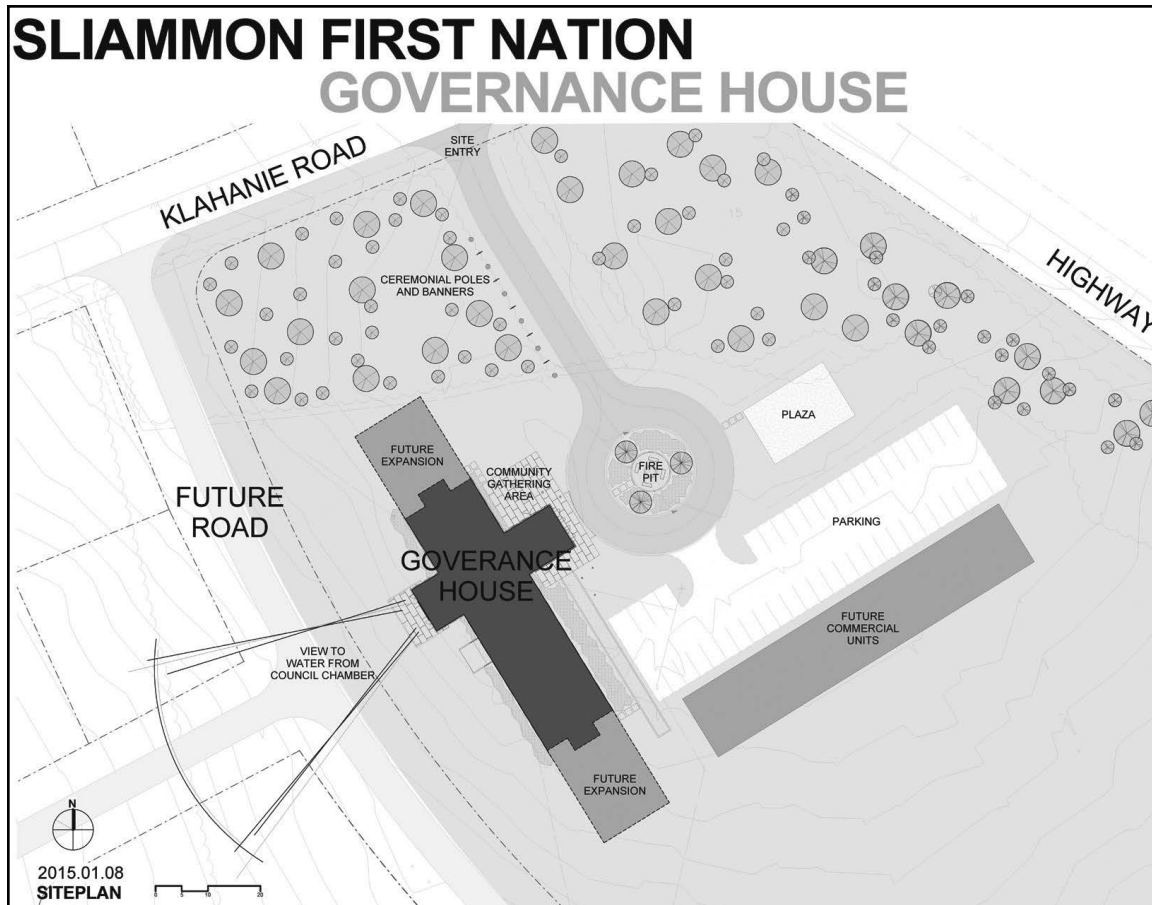
Annual Garbage Cleanup – Labourers capable of lifting heavy objects (junk) into and out of pickup trucks, need to be physically fit with a good back for lifting

Pickup Truck Hire – for annual Garbage Cleanup

Persons with valid Class 5 Driver's License

Lands accepts resumes on an on-going basis but I also require resumes on hand by **March 31, 2015**.

Tla'amin Governance House - Site Plans



Meet Kelly Rankin



Kelly Rankin

I am honoured to be working with the Tla'amin Nation as the new Economic Development Manager of the Sliammon Development Corporation (SDC). These are exciting and busy times and I will be working hard getting caught up on existing businesses, partnerships, and projects that are still in the development stage process. I look

forward to working with the community to develop sustainable businesses that bring jobs and prosperity with low environmental impact.

I moved to Powell River in 2009 from West Vancouver (Horseshoe Bay) with my wife of 10 years, Rachel, and our two children Tyler and Lily to raise our kids outside of the city and be closer to family. We truly love living here and enjoy the natural resources this area has.

I am a member of the Real Estate Institute of British Columbia and have worked for the past 14 years in finance and commercial real estate investment. I also have experience in aquaculture and property management. After commuting to Vancouver every week for the past several years I am very grateful to be working so close to home!

My education background is diverse. I earned a Bachelor of Science in Biology from the University of Victoria in 1999 followed by a Bachelor of Commerce in Entrepreneurial Management in 2001 from Royal Roads University. In 2009 I also completed a Diploma in Urban Land Economics from the University of British Columbia.

I look forward to the opportunities and challenges that lie ahead in my new role as manager of SDC. Please call or drop by the SDC offices if you would like to meet me or discuss business ideas.

Kelly M. Rankin, B.Sc., B.Com., RI
kelly.rankin@sliammondevcorp.com
 604-483-7777

Final Agreement Fisheries Update



by Denise Smith - Lands and Natural Resources Negotiator

The Sliammon Fisheries Department, negotiators, councillors and representatives from BC and Canada have begun meeting to conclude the work that needs to be done in the Fish Chapter.

The Tla'amin Final Agreement will come into effect April 2016 and there is plenty of work that needs to be done. Sliammon will be required to have an Annual Fish Plan in place. We will receive a Harvest Document (which is our License to Fish) and we will have a Joint Fish Committee - made up of representatives from Sliammon, BC and Canada.

We will be developing a new system to

document our fishermen and harvesters (to replace the old food fish permit). We will be meeting on a fairly rigorous schedule from now until next April - approximately once per month. As our work progresses, we will be keeping the community informed and doing some community sessions. We will need to educate the community on the new systems that will be in place and new identification cards for our harvesters.

It was great to see good representation from our leadership at this meeting to gain an understanding of the requirements under the Final Agreement and the scope of work to be completed. Emote.



Update Your Address!

This is a **reminder** to all Sliammon members who **DO NOT** live in the community to please update your addresses, particularly if you have recently moved.

Members can send an e-mail to donna.tom@sliammon.bc.ca or call **1-877-483-9646** and let administration know.

Post-Secondary Campus Tours

by Gerry Brach - Brooks First Nation Leadership Coordinator

Deciding on an appropriate career path is often a daunting task for many high-school students. To assist in this process, eight grade 11 First Nation students from Brooks School recently had the opportunity to visit several colleges and universities on Vancouver Island.

The eight students who went were: Layla George, Erica Louie, Brittney Harry, Drew Charlie, Faith Broman, Kristen Watson, Destiny Dendewicz and Brianna Baron.

The purpose of this three day field trip was to provide students with first hand exposure to university life and for the students to learn about different types of science and health related careers. Students were fortunate to tour Camosun College (Landsdown Campus) University of Victoria, Vancouver Island University (Nanaimo campus) and North Island College in Courtenay. The Brooks students were also able to connect with Sliammon First Nation students currently attending Camosun College.

While in Victoria, students had the opportunity to view Our Living Languages and First Peoples Galleries at the Royal B.C. Museum and to watch a spectacular movie on the rejuvenation of the coral reefs of the South Pacific at the Imax Theatre.

A highlight of the trip was hearing different speakers at the First Peoples House at the University of Victoria explain the different academic supports and cultural activities available at the House and Univer-



In front of the First Peoples house at the University of Victoria

sity. Many interesting strategies on how to be successful at the post-secondary level were outlined to the Brooks students.

Trisha Hollingsworth, one of the tour organizers and chaperones thought that the tour was an amazing opportunity to see the supports in place for students attending post-secondary education. "The First Peoples House was a warm and welcoming gathering place – the entire UVIC cam-

pus was most inviting. Our trip was both educational and entertaining. The girls were a pleasure to accompany on all the diverse excursions from the Royal Museum and campus tours... to dining out and laser tag!"

Special thanks to First Nations Education Steering Committee and Sliammon First Nation for making this trip possible.



James Thompson Kindergarten/Grade 1 Field Trip to Haywire Bay

Tla'amin Words of the Month

λəmɣəm

Very heavy mist, almost rain.

λoλɬayım

Raising a child.

Contributed by Elsie Paul

TLA'AMIN HEALTH

Healthy Happenings

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



Cynthia Jamieson

A new Residential Care facility will be opening in the next few weeks, offering care to residents with complex care needs. Our service partners at Vancouver Coastal Health are providing four beds for Sliammon Elders or other community members who require care.

The new facility has a very homey feeling and staff are working to ensure that residents receive excellent care. Part of this effort is to reduce stress during transitions to the care facility. Marlane Christiansen is working on a research assignment in collaboration with elders, staff and community members to explore ways to make these transitions more comfortable.

Acknowledgement and gratitude to Marlane, and also to our friends at VCH for all the work they are doing to improve residential care options.

March is National Nutrition Month. This is an optimal opportunity to be mindful of healthy eating and to put your good nutrition resolutions where your mouth is.

There are a few excellent nutrition related happenings here at Health. The last Tuesday of every month is our Community Luncheon where we provide nutritious, delicious and budget friendly lunches for the entire community along with recipes you can take with you for making those meals at home. All are welcome! There is also a recipe contest for those submitting healthy and affordable recipes for our Community Lunches can win a \$50 food card!

You can also order a good food box every month with oodles of low cost fruit and veggies to ensure you are getting your fair share of the good stuff. Shelley's Pre-Natal Group also offers coupons for nutritious food items, in addition to healthy snacks and lunches. Our youth activities also try to offer healthy snacks. Our Elder's day program on Tuesdays also offers healthy meals. The Tuximuy Support Group offers good words and healthy lunches from Tuesdays to Fridays. Our Aboriginal Head Start funding helps us to provide healthy lunches to both the children at the child care as well as the pre-school. Nurse Practitioner David helps with providing wellness coaching and keeping us on track with our diets.

So c'mon down to our programs and see if there is something that will help you to stay on track with your healthy eating or inspire you with new ideas.

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.

STAY ACTIVE!
© Harvard University

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

WHOLE GRAINS
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

FRUITS

HEALTHY PROTEIN

Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Connectedness goes a long way

Dr Paul Martiquet, Medical Health Officer



School can be a challenge for many kids whatever their age. There is the push to succeed academically alongside the need for social success. Mixed in are the expectations of parents and peers which can be conflicting. And what about the child or youth's own expectations? Success at school is not a given, but we are identifying some very positive factors that improve every child's opportunities for success.

In particular, we know that the presence of caring relationships in schools is increasingly recognized as a vital for successful schools. This concept of 'connectedness' acts as a protective factor for youth and children when they are faced with challenges. To use the example of 'Healthy Schools BC', consider connectedness as if it were a good raincoat. It doesn't change the 'bad weather' but it does minimize the impact. A good 'raincoat' of connectedness can take a child from just getting by at school to thriving.

A recent UBC research paper (using Grade 4 students in Vancouver) found that connections with adults at school were the most important connections to the students, even more important than family support. School connectedness is a key part of promoting positive mental health among children and youth.

School connectedness is about creating a school community where everyone feels safe, heard, supported, significant and cared for. The key is to build strong and positive relationships among students, between students and school staff, and between school staff, families and the larger community.

The McCreary Centre Society's 2013 Adolescent Health Survey measured the level of connectedness among students. Unsurprisingly, they found that school connectedness is associated with positive academic and

health-related outcomes. More specifically, the survey reports that the majority of students felt like they were a part of their school, were happy to be at school, and felt safe there. Connectedness to school was highest among students in Grade 7 and lowest among students in Grades 9 to 11: 40% of Grade 7 students reported the highest levels of school connectedness compared to 16% in Grade 10 and 21% in Grade 12. Overall, this survey confirmed that school connectedness is associated with positive academic and health-related outcomes.

Why does connectedness matter? Because students who are well-connected to their school do better across all aspects of schooling. It starts with them placing a greater value on school which helps them stay motivated for class and homework. It also results in better attendance and ultimately, in higher school completion rates.

The protections offered by school connectedness extend beyond academics into health and wellbeing. Students who feel greater connections to their school are more likely to report good health, tend to have

higher self-esteem and are less likely to have behaviour problems. While the positive impacts of school connectedness are greatest on the students involved, there is a spill-over effect on communities. When school connectedness is increased,

The protections offered by school connectedness extend beyond academics into health and wellbeing.

graduation rates do too. There are social benefits ranging from better wages and longer life expectancy to lower healthcare and social assistance costs and reduced crime and incarceration rates.

The research is strong and consistent: students who feel connected to school do better academically and are healthier overall.

Welcoming Babies Ceremony



Date : March 14TH 2015

Location: Sliammon Salish Centre

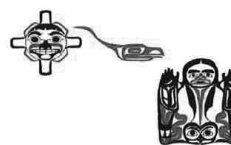
Time: 12:00—4:00 pm



What: Sliammon First Nation is cordially inviting their sister communities Klahoose and Homalco to a welcoming babies ceremony! There will be the ceremony, a feast, and entertainment throughout the event.

Why: Our Children are our future and it is important we welcome them into this world in the right way.

Who: Elders, Parents, family, and children (born between 2012-2015)



Register with Gina by February 20, 2015 @ 604-483-3009 ext. 242 if you would like your baby to participate.

The Causes Of Low Self Worth

by *Nina Peers - Addictions and Family Support Worker*



What causes low self worth? The primary cause of your low self esteem or negative self image probably goes back to your childhood. No matter what has happened to you in your life, your parents (or the people who raised you) have the most significant influence on how you feel.

Negative parental behavior and messages can have profound effect on our self image and self esteem. Inadequate, unhealthy parenting can affect the formation of a child's identity, self concept and level of self esteem. Children who are consistently criticized, berated, yelled at or beaten by a parent quickly learn they are worthless. If a child is continually ignored, teased or ridiculed, or if they are expected to be perfect all the time in order to be accepted, will eventually develop a poor self image. Low self esteem can often occur as a result of a harsh or neglectful parent.

Our parents did the best they could with what they had, some of them surviving traumatic events. These traumatic events if not dealt with can cause long term effects, leading to poor self esteem and the development of maladaptive coping strategies, such as substance abuse and/ or unable to get out of unhealthy relationships.

Traumatic events in childhood and adolescence can continue to impact adult life, affecting an adult's ability to regulate emotions, maintain physical and mental health, engage in relationships, parent effectively and maintain family stability.

Helping people understand the impact of past trauma on current functioning is important. The effects of trauma can create self defeating behavior that contributes to the maintenance of low self worth and lack of identity. By recognizing and understanding events in life that contribute to low self worth, we are able to resolve these feelings and provide hope and release from harmful beliefs.

Low self esteem is at the core of many surface illnesses. Depression, codependency, lethargy, failure to thrive, low achievement, substance abuse, isolation, relationship issues, control issues, rage, arrogance, intolerance, parenting problems, frequent illness, stress and stress related illnesses and many others.

People with chronic low self esteem know that this illness is like a demon that sits on their shoulder, constantly nagging at their shortcomings, failures and mistakes - real or imagined. Being distracted by constant negative bombardment from within, can lead us to second guess ourselves and enslaves us.

Feelings of unworthiness are at the root of self hate patterns. Self hate is a highly toxic form of thinking because it directly resists your well being. When you feel undeserving or unworthy, it's a form of self hatred because through these thoughts you are undermining yourself and not valuing who you are.

The "critical inner voice" describes the part of us that is turned against ourselves. The voice consists of negative thoughts, beliefs and attitudes that diminish our self esteem. Thoughts like, "I hate myself, you're stupid, you're ugly, you are not good enough," impact our lives greatly because a part of us believes it.

Becoming aware of and recognizing these self sabotaging thoughts (self hatred) is the key to feeling and getting better. The critical inner voice does not present a positive sense of self that you can trust, rather it's the opposite. It is the cruel anti-self - a part inside of us that is turned against us.

This critical inner voice is formed from our early life experiences. Without realizing it, we internalize attitudes that were directed toward us by parents or caretakers throughout our development. Children can also internalize negative thoughts that their parents or early caretakers have toward themselves. If parents have low self esteem, it's highly likely that they will pass it onto their children. It's learned behavior. We learn what we grow up with.

Trauma can inspire self hatred, it can feel safer to attack oneself over what happened than to accept that bad things happen randomly in the world and can happen again, at any time. Many people who have endured sexual assault or other trauma like physical abuse blame themselves for what they endured and the self hatred and critical inner voice grows.

We exercise, diet, build careers, seek power and fame, wear make up and hair gel and cologne to hide the awful people we "know" we are deep inside. We seek lover after lover, trying to feel loved and special

and valuable but never really feel it. We drink; we drug and have sex, trying to dull the pain at the core of our bones that says "unworthy."

The only way to heal this dark demon is to look at the center of the self.

Low self esteem can be debilitating and destructive. It is essential that we find remedies for healing low self esteem.

There is a purpose in feeling our feelings. The purpose of feelings is so that you will know how you respond to an experience. Your feelings will tell you if it is a pleasant experience or a painful one. If you don't listen to your feelings you will not know.

You cannot accept your feelings if you are standing outside of them, watching them. To accept your feelings you must experience them.

The pain held in the unconscious will live on until it is given expression in the way it needs to express. Emotional essence needs to express in emotional ways. Crying is the most important of our healing tools.

Our feelings are filled with important information: information about what is going on in our world and what our response is to those experiences. Feelings give us wisdom, if they are allowed to move in you and through you. The place that holds your buried feelings (the unconscious) has great wisdom waiting for you. It is your wisdom but it is being withheld from you when ignored.

If we keep the real feelings from surfacing, it gives more ammunition to act out in behavior. Emotions control your thinking, behavior and actions. Emotions that are not felt and released but buried within the body can cause serious illness, including cancer, arthritis and many types of chronic illnesses.

It takes a lot of energy to keep emotions repressed and buried. Buried emotions create fatigue and depression. Chronic fear based emotions weaken the immune system, hence the need to listen to our emotions. The relationship between emotions, thinking and the body is a powerful one; it can influence your physical health - all the more reason to start paying attention to our emotional health.

Social And Emotional Learning Insights

by Brenda Pielle - Child Youth and Family Advocate

Dear Parents:

I recently attended a workshop on social and emotional learning and thought I'd share some information with you about this topic.

Social and emotional learning is the name given to a number of abilities that our children learn as they are growing up. Some of these abilities are: self awareness, self management or self regulation, social awareness, relationship skills, responsible decision making and social responsibility. (Casel 2014, Elias, 2004) Another way we might describe social and emotional learning is the way our children know themselves, care about themselves, know others and care about others, and know their environment or community, and care about their environment or community. Some children and youth find this kind of awareness of themselves, others, and their surroundings comes easily, while for other children and youth, this kind of learning is very challenging.

I believe traditional First Nations cultural teachings are full of social and emotional life lessons. Before contact First Nations people spent a great deal of time teaching the young ones about respect for self, others, and the environment. Daily life was about taking care of each other and working hard toward the greater good of the whole community. In today's world there is a rushed pace to life and the mainstream society is mostly about taking care of the individual, rather than having a focus on helping others. We live in a fast paced, fast food, "serve me" kind of world. We all need to slow down a bit and make sure our children and youth are learning these important lessons about self care and care for others. Without positive social and emotional learning, we see anti-social behavior coming out in our young people such as bullying and hurting each other's feelings.

At this workshop it was suggested that the best place to start with our young people is to try to teach them self awareness. Our young people can benefit greatly from learning words to describe their feelings. Parents and other significant adults can ask our young people questions like, "how are you feeling right now?" If a child or youth doesn't have the words to express his or her feelings, we might have to make suggestions or ask more questions. We can help by making observations such as, "I haven't seen you smile much today, are you feeling sad....are you worried about something...is there something bothering you?" There are also tools we can use such as stories about feelings or pictures of feeling faces we can find on the internet that can help children and youth understand what different feelings are called. When young people can name emotions, we can then help them recognize how their body feels when they are having certain emotions, (for example, "my face feels hot when I am angry), and this kind of self awareness can help us teach our children



The Next Generation of Sliammon Youth

and youth acceptable behavior to go along with those feelings. For example, we can give messages such as, "it's okay to be angry, it's not okay to hit or kick someone when you are angry." A child or youth can learn to recognize that an angry feeling is coming, by noticing the heat coming to the face, or the tenseness coming to the muscles, and that young person can learn to stop and take some deep breaths, (or some way to calm down), and stop him or herself from hitting or kicking.

Another important part of social and emotional learning is empathy and trying to understand how another person is feeling. Movies and books can be a great way to start conversations with our children and youth about taking another person's perspective. Disney movies always have great examples of life lessons in them. After watching a Disney movie with a young child, we can ask, "how do you think Simba felt when he made friends with Pumba and Timone?" or "how do you think Nala felt when she found out Simba didn't want to come back to their home?" (both examples from "The Lion King").

Our youth have to read some excellent novels in school for their English courses. They probably have class discussions about the characters, or they have to write an essay about a character. As parents we can take up those kinds of discussions at home. You might remember some of those stories, or you might want to skim read the novel a bit or Google some notes about it on the internet. These are all ways you can get some ideas for some discussions about feelings and help your young person take the perspective of someone else, such as a character. Grade eight students will be reading, "The Outsiders" which

is a great story about teenagers being in different social groups and two characters daring to be friends and thereby learn a bit about the social group that is different from their own. The movie, "The Breakfast Club" is another example of a similar theme of teenagers learning about the different social groups that they all function in. We can ask our kids things like, "what do you think it's like to be an outsider....have you ever felt like you are an outsider?"

When our children and youth learn to think about another person's feelings, they are on the way to making decisions to be kind to others, and to think more about their actions.

When we see a child or youth behaving in a way that is not very socially acceptable, we can take a step back, as parents and adults. Instead of being angry with the young person, or judgemental about his or her behavior, we can remind ourselves that some people find social and emotional learning easy, and some people find it difficult. We might be encountering a young person who is struggling to learn these life lessons. This is a person who needs a lot of patience from us adults. We might have to repeat ourselves again and again, and be very specific about what is, and what is not okay, while at the same time letting the young person know that he or she is okay, and he or she is just in the stage of learning.

Please let me know if you are interested in talking about this subject more, or if you need any assistance in this area of thinking about ways to help your children or youth with their social and emotional learning.

Best wishes for a happy and safe spring break this month of March.

PROGRAMS & SERVICES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02 Walk This Way/Walking Group Every <u>Mondays</u> & <u>Wednesdays</u> 4:30 pm	03 Boys's Group @ CDRC 3:30-5:30pm Zumba 5:30-6:30 @ Gym EDP 11-1pm	04 Floor Hockey @ Gym 4:30-6pm Button Blanket making 5-7pm @ CDRC	05 Toonie Skate meet @ CDRC 3:30-5:30pm Prenatal 11-1 @ CDRC Responsible Adult Training 9-5pm	06 Deadline to order Good Food Box 12pm	07 Nurse Practitioner • Mon-Fri 9-4pm Book appointments please • Late appointments available Tuesday
08 Family Swim 12-1pm	09	10 Boys's Group @ CDRC 3:30-5:30pm Zumba 5:30-6:30 @ Gym EDP 11-1pm	11 Floor Hockey @ Gym 4:30-6pm Parent Group 10:30-12pm Pick up GFB	12 Toonie Skate meet @ CDRC 3:30-5:30pm Craft Group 10-2pm Prenatal 11-1 @ CDRC	13	14 Welcoming babies Ceremony @ Salish Gym 12-4pm
15	16 Movie night 5-7pm @ CDRC	17 Boy's Group @ CDRC 3:30-5:30pm EDP 11-1pm Zumba 5:30-6:30 @ Gym Spring Break Drop in @ Gym 1:30-4:30	18 Floor Hockey @ Gym 4:30-6pm Bowling 1-3pm	19 Toonie Skate meet @ CDRC 3:30-5:30pm Prenatal 11-1 @ CDRC	20 Tuximuy Group Every Tuesday-Friday 10-12pm	21
22 Family Swim 12-1pm	23 Spring Break Drop in @ Gym 1:30-4:30	24 Boy's Group meet @ CDRC 3:30-5:30pm EDP 11-1pm	25 Floor Hockey @ Gym 4:30-6pm Youth Bowling Night 7-9pm	26 Toonie Skate meet @ CDRC 3:30-5:30pm Prenatal 11-1 @ CDRC	27	28
29	30	31 Zumba 5:30-6:30 @ Gym EDP 11-1pm	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 7yrs & under must be supervised by someone 16yrs 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 Mar
Payment by Thurs 19th for pickup Wed 25th Mar

Youth Group Schedule

Boy's Group starts Feb. 3rd, 2015.
Ages 7-14, Preregistration required.

Every Tuesday, Meet @ CDRC 3:30pm-5:30pm

March 3/15: Hike
March 10/15: Bowling
March 17/15: Diner & Movie
March 24/15: Billiards Pool
March 31/15: Archery

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.

- Walk This Way - Walking Group

Mon & Wed
4:30pm-5:30pm

Meet at Tla'amin
Health - Everyone
Welcome!!



SFN Chief and Council Minutes

January 22, 2015
TCHBS Boardroom

Condensed version
(full set posted at the band office)

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

Regrets: John Hackett

Administration Staff: Rod Allan and Judith King

Minutes and Agenda

Acceptance of Regular Meeting Minutes of January 08, 2015

Motion to approve minutes made by Dillon and seconded by Shawn. Carried.

Acceptance of Agenda of January 22, 2015

Motion to accept the agenda made by Eugene and seconded by Larry. Carried.

New Business:

Finance / Administration: Revised BCR 2015-03 for Royal Bank loan guarantee to support Government House Administration and Cultural Building Fund. The revised BCR was read by Rod.

Motion to accept BCR 2015-03 made by Walter and seconded by Eugene. Carried.

Housing: Four proposed agenda items will go to the housing committee on Jan 26th. They are: 1) River Road residence (Alex Point) situation; 2) CP Property – Alex Galligos Sr.; 3) Ms. Jackie Timothy house. 4) Dayna Harry house.

Infrastructure:

1. Water Operator - Clint made a commitment to meet with Sandy Point and David Wilson at 8:30 am on January 23rd to convene a conference call with the institute who gives certificates and fill out the Kamloops application so that David write the EOCP exam.

2. Construction Management for the new admin building's request for proposals yielded five submissions. Unitech from Delta, BC was the successful company. The company has a good reputation for fostering excellent working relationships with First Nations. Discussion on the planning stages of preparing the site and accomplishing the work began.

Lands and Tax: Property Transfer Tax (PTT) Law and BCR 2015-05.

Motion to accept the BCR 2015-05 made by Dillon and seconded by Walter. Carried.

Mia attended the meeting and handed out a Q & A paper on the PTT Law. A discussion on the transfer tax law began.

Sliammon Dev. Corp.: BCR 2015-06 concerns the New Approach to Housing Support application. Rod read the BCR on the housing approach. Sandy and Larry want more info and Rod will provide the package to them.

Motion to approve BCR-2015-05 made by Eugene and seconded by Dillon. Carried.

Discussion started on building infill lots. The discussion also included abandoned homes to be redeveloped into new infill lots.

Fire Department:

1. A water tanker is on loan as a back-up water source when the water lines are shut down during the swabbing exercise. The truck will travel around to the different areas.

2. Request from Melvin Mitchell to address the Council about unfinished areas in the Fire Hall. Brian will talk to Clint about unfinished items. Emergency Services Committee should be made aware of the issue.

3. Place an ad in Neh Motl newsletter for firefighter training to get new recruits to join the team.

Membership: Sliammon Council thinks it a good plan to do

an on-site presentation requesting AANDC to come to explain the world of status cards.

Rod will follow-up on a Council resolution to request information on new status cards. Action: Make enquiries to AANDC.

Motion to contact AANDC with a request to come to Sliammon made by Shawn and seconded by Larry. Carried.

Treaty and Transition: BCR 2015-07 for the BC Capacity Initiative application was presented.

Motion to approve BCR 2015-07 for BCCI funding. Eugene and Dillon. Carried.

Portfolio Reports

Finance: Dillon Johnson: On Jan. 22nd, there is a public info session on the trust development planning for transitioning to treaty. If there is limited interest, another avenue would need to be planned after this session. Discussion began on trusteeship and general information on previous financial draws done through past referendums.

Finance, Capital, Housing, Infrastructure

Accountability & Administration: Gloria Francis: Gloria met about Post-Secondary Education, PSE).

Human Resources, Education, Social Development/Assistance, Emergency Services

Communications: Larry Louie: One initial meeting took place on January 12th. It was suggested that Sliammon get a free use permit to acquire cedar trees for two totem poles for the front entrance of Gov. House. Determine detail on the poles themselves. ie. how many figures so that the length and size of the trees can be known. Send out a request for proposals to all carvers. Cultural Committee is recommended to do this task with help from Rod/Judith. Fisheries, Hatchery, Forestry, Wildlife, Drinking Water, Culture, Elders, Youth, Recreation

Audit: Lori Sparrow & Larry Louie are representatives. Dillon will send info to Rod about Kristy Thiele, as a possible third audit committee member.

Board & Committee Liaison Reports

Sliammon Health Board: Larry Louie, 1) Health's Collective Agreement is planned to be renewed in March and they are looking for committee members. One suggestion is to have Jessie and Jolene's participation on this committee. 2) Issues have been identified regarding the lack of financial assistance provided for eye glasses and hearing replacement equipment through the NIHB. Some of the providers in town are not providing a service because they are not getting paid through Health Canada, as they previously did. Action: Make sure Cynthia is aware of the discrepancies that members are experiencing in regards to needed appliances and eye wear.

Sliammon Development Corp: There are two meetings: one is on Tuesday, Jan. 27 at 5:30 pm and the second meeting is on Wednesday, Feb 4.

Naut'sa mawt Tribal Council: Clint Williams is the representative and he gives proxy to Shawn Louie for his attendance at the AGM on January 27, 2015.

FN Employment Services: In February, Walter will run a two-week program for 12 people on a Forestry Boot Camp. Hard work and fitness component will be part of it. This camp is for aboriginal applicants only. Program will provide work and safety gear.

Chief's Report

1. Alterra provided a courtesy call to Sliammon to inform us that they will be considering the former projects of Hawkeye Energy which are currently up for sale by Sigma Energy.

This sale is based on a court case concerning relinquished Powell Lake water licenses.

2. Sliammon has submitted a \$50,000 proposal for a feasibility study regarding the Sliammon Dam project. This project is for a green energy project through the BC Clean Energy Fund. The project could also include additional funds through the Community Opportunity Readiness Program (CORP) at AANDC. Sliammon awaits the decision on these applications for dam project funding.

3. There will be a conference call with Unitech, who is awarded the construction management work for kick-off on the new Government House, at 10:00 am on Jan 23.

4. Naut'sa mawt Tribal Council has a Board of Directors meeting on January 14 in Chemainus.

5. There have been sewage project discussions with the architect, David Nairne & Associates about the proposed start of the project. Start date will be middle-to-late summer.

6. Sliammon is exploring opportunities for an extended care facility. Inclusion wishes to engage in dialogue on a partnership development for a facility. Renovations will bring the houses up to standard. Clint will send an invitation to Councilors.

7. The Forest Consultation and Revenue-Sharing agreement will continue after treaty effective date.

Other Business

1. Health - It is suggested that articles submitted to the Neh Motl newsletter should be vetted before they get published in the newspaper. Rod will address the issue.

2. Government House and Future Community Events - A suggestion for future opening ceremonies was voiced by Councilor Eugene Louie. Councilor Louie represented Sliammon by attending the Ucluelet Open House event. At that event, organizers encountered twice as many attendees as they had planned for. Councilor Louie suggested when planning is started for Sliammon Government House opening celebration, we should avoid situations where Sliammon expects 250, but receives 500 guests. With any future events such as an open house for the New Government house, it was suggested that a funding plan is needed. There was a discussion about the name of the new administration building. The name should embrace a cultural aspect.

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

Meeting adjourned at 12:18 pm





Water Maintenance Public Notice

M.L.S. Services will be performing essential maintenance on the water-mains throughout Sliammon and Klahanie from the 28th of February to the 13th of March. Throughout this period M.L.S. will be swabbing the water-mains. This process involves passing large rubber sponges through the pipes in order to clean out accumulated material and sediment. There will be some disruption to community water supplies throughout this time.

DAY TIME WATER RESTRICTIONS IN EFFECT ZERO WATER USAGE BETWEEN 9 AM - 4 PM

SAT 28TH FEBRUARY TO FRI 6TH MARCH &
MON 9TH MARCH TO FRI 13TH MARCH

During these time periods we ask you not to use any water. This includes *faucets/taps, hoses, showers, baths, washing machines, and no flushing the toilet.*

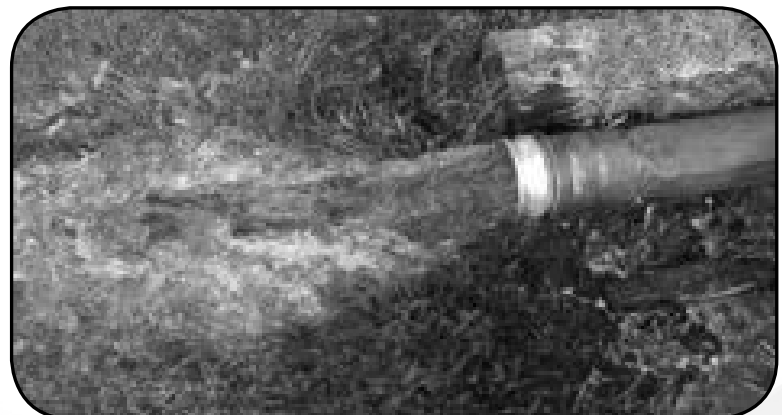
As a precaution we would ask you to observe the following measures (between 9am to 4pm on the dates mentioned above):

- Shut-off the water supply to the toilet (to stop the cistern refilling)
- Shut-off the power supply to your hot water tank from the breaker panel (to protect the heating elements inside the tank)

IMPORTANT: Attempting to use water throughout these time periods could result in pieces of sponge becoming lodged in your household plumbing, damaging or cutting off your water supply.



BEFORE



AFTER

Thank you for your assistance throughout this period. If you have any further questions please call Village Maintenance or feel free to chat to the ground crew when you see them!

EMERGENCY CONTACTS

Village Maintenance: 604 483 9696
M.L.S. Services: 604 240 7978

Additional information over page...

Additional Information

- Normal water usage is fine before 9am and after 4pm on the days the work will be taking place.
- In order to minimize disruption throughout the day is highly recommended that you partially fill your bathtub with water before hand. This water can be used for washing your hands or flushing the toilet.
- The sewer system is unaffected by this work so there are two ways to flush your toilet.
 - Using a bucket or pot you can scoop water from the bathtub and pour it into the toilet bowl.
 - You could also manually fill the cistern (water tank behind the toilet) and flush normally.



Water shut-off at back of toilet



Hot water shut-off on breaker panel

Maintenance Work Schedule

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
22	23	24	25	26	27	28
<p>Swabbing between lake and water treatment plant. NO RESIDENTS AFFECTED</p>						<p>SLIAMMON KLAHANIE WATER RESTRICTIONS ZERO WATER US- AGE BETWEEN 9AM-4PM</p>

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>Swabbing watermains throughout Sliammon and Klahanie. ALL SLIAMMON AND KLAHANIE RESIDENTS AFFECTED WATER RESTRICTIONS - ZERO WATER USAGE BETWEEN 9AM-4PM</p>						
8	9	10	11	12	13	14
<p>Swabbing watermains throughout Sliammon and Klahanie. ALL SLIAMMON AND KLAHANIE RESIDENTS AFFECTED WATER RESTRICTIONS - ZERO WATER USAGE BETWEEN 9AM-4PM</p>						

New Governance House Upcoming Events

SOIL TURNING CEREMONY

March 12, 2015

Time: 10:30 am

At the New Building Site
off Klahanie Road

Join us as we celebrate the start of construction of the new Government building with Sliammon representatives and dignitaries from out of town. There will be drumming and singing and lunch to follow at the Salish Center. If you have drums and/or regalia please bring it with you!

JOB FAIR

March 13, 2015

Time: 10:00am - 3:00pm

At the New Building Site
off Klahanie Road

Come meet a representative from Unitech, the Construction Manager for the new Government Building. View the plans and bring your resumes. Sliammon staff will also be on site!



Rendering of new Tla'amin Governance House entrance.

SLIAMMONFIRSTNATION.COM

New Website!



Sliammon has launched a new website!

The new site has been rebuilt from the ground up,
to improve communication and access to information.



Don't forget to like the Sliammon Facebook page to receive the latest news and updates as they happen!
[facebook.com/SliammonFirstNation](https://www.facebook.com/SliammonFirstNation)

Are You A Residential School Survivor?

Are you aware that there is a one-time value of up to \$3,000 for former residential school students that can be used for personal or group education programs?

Did you know that this credit may be shared with or transferred to certain family members?

New Deadline for applications is
March 7, 2015.

****All education programs and services must be concluded by August 31, 2015. ****

If you require further information, please contact Vancouver Island University Reception at: 604-485-2878 or visit:

<http://www.afn.ca/index.php/en/personal-credits>

BECOME A CERTIFIED LIFE COACH or EXECUTIVE COACH

Our 2 day intensive course will teach you everything you need to know to succeed. All Certified Coaches Federation™ graduates also receive admission (at no additional cost!) to our 1 year CCF Continuing Education Program!

Only Certified Coaches Federation™ graduates earn the esteemed Certified Life Coach Practitioner™ designations!

Special Pricing: **\$699.00**

Regular Price: **\$979.00**

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

THE ONLY WAY
TO DO
GREAT WORK
IS
TO LOVE
WHAT YOU DO

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: **Margaret Vivier**



JOB FAIR

More Employers, Bigger Space!
Thursday, March 19
11am - 2pm

At the Powell River Recreation Complex
Employers can register
by email: rob@careerlinkbc.com
More info: 604.485.7958
www.careerlinkbc.com

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

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

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.

ANNOUNCEMENTS

Makaela Dayne Gallagher

March 5th, 2015

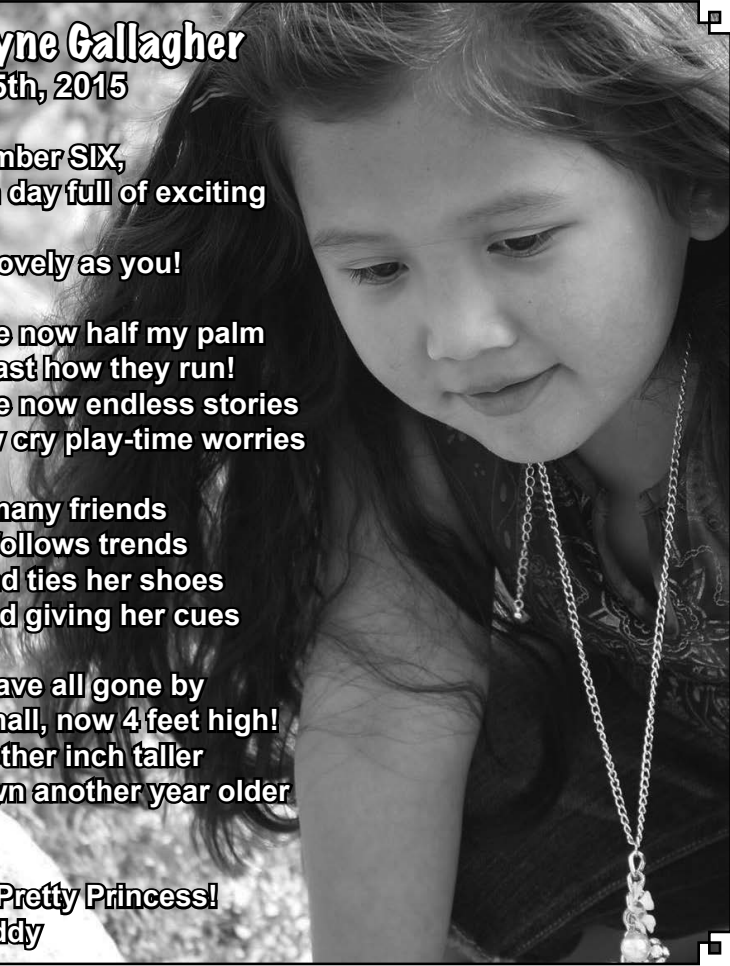
On your birthday number SIX,
You are wished a fun day full of exciting
things to do!
May your day be as lovely as you!

Those little hands are now half my palm
Those little feet, so fast how they run!
Those little words are now endless stories
Those little eyes now cry play-time worries

Our pretty now has many friends
Goes to school and follows trends
Brushes her teeth and ties her shoes
Without mom and dad giving her cues

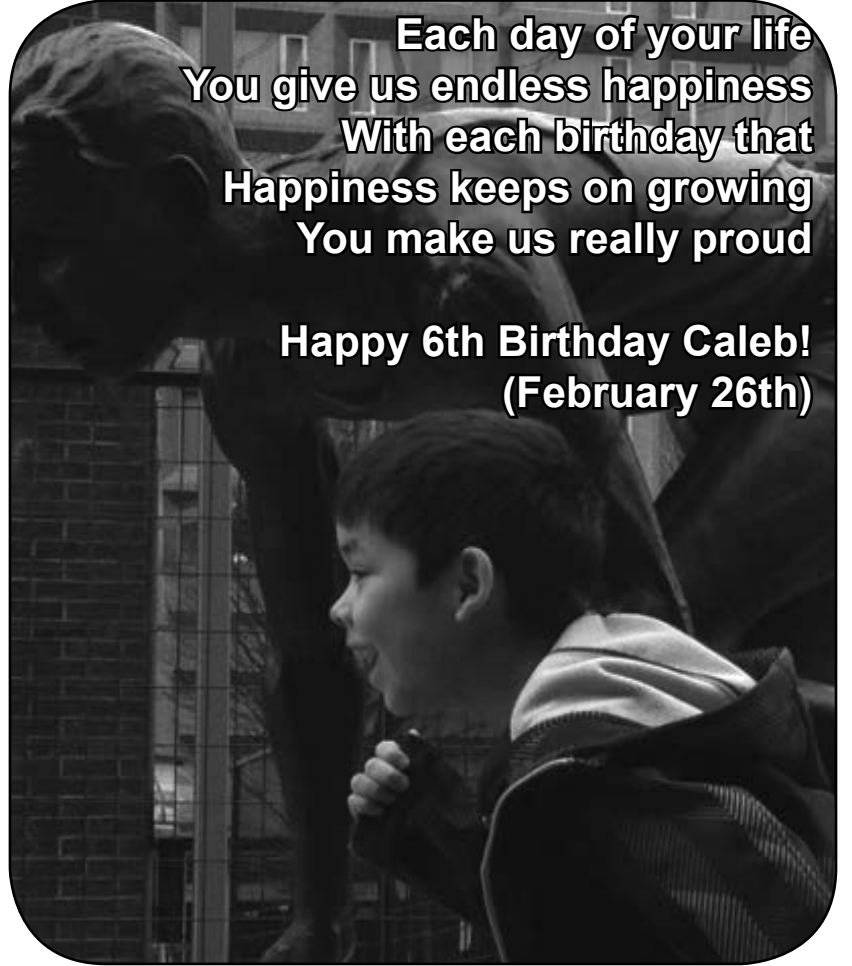
How fast the years have all gone by
You were once so small, now 4 feet high!
This year, you're another inch taller
This day you've grown another year older

We love you forever,
Happy Birthday Our Pretty Princess!
Mummy & Daddy



Each day of your life
You give us endless happiness
With each birthday that
Happiness keeps on growing
You make us really proud

Happy 6th Birthday Caleb!
(February 26th)



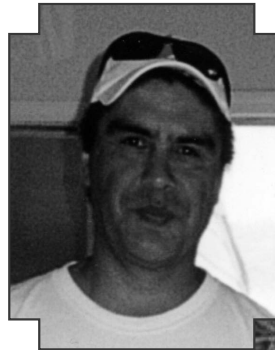
**The tiny SEED knew
that in order to
GROW it needed
to be dropped
in DIRT, covered
in DARKNESS
and STRUGGLE to
reach the LIGHT.**

Sandra Kring



In Loving Memory

Daniel Thomas Dominick



“Danny”

July 20th, 1962 -
February 4th, 2015



The family would like to thank the community
dearly for all of your prayers, love and support.

Sliammon Cemetery Spring Cleanup

**SATURDAY, MARCH 28TH
10AM AT THE CEMETERY**

We need lots of volunteers who can spare 2
hours to bring your rakes, wheel barrows, gar-
den tools and garbage bags to join us down at
the cemetery. We will also need a pickup truck for
taking away garbage etc.

Let's all get together and take care of our loved
ones who are buried here!

Emote - *Elsie Paul*

