



NEHMOTL "US"

April 2015

Community News | Events | Updates for the Sliammon People

Tla'amin Breaking New Ground

By Alex Sutcliffe

March 12th, 2015

Sliammon First Nation commemorated the start of construction on the new Government House at a ceremony held on the recently cleared lot off Klahanie Dr.

The ceremony included songs and brushing to bless the land, followed by prayers from Elsie Paul and a few words from Chief Clint Williams and Eric Magnuson - BC Regional Director General of Aboriginal Affairs and Northern Development, followed by Powell River Mayor Dave Formosa.

At the conclusion of the ceremony, attendees migrated to the Gym to share a meal and some songs and a friendly battle of the sexes with the Competition Song.

Construction of the new Government House is on a tight schedule, with the building expected to be completed within a 12 month time frame to be ready for effective date, and the launch of the Tla'amin Nation and new Government.

The building will provide approximately 2,225 sqm of space over 2 floors (and a basement) for governance and administration offices, community and cultural spaces and the Chief and Council chamber.

The expected build cost is approximately \$8.5 million, with \$1.5 million provided by the Federal Government. The construction phase will also employ several band members to work on the building.

The new Government House will herald in a new era of freedom, progress and prosperity for the Tla'amin Nation.



The Future Of Our Nation: Education and Employment for Tla'amin People

In April 2016, Sliammon First Nation will become a self-governing Nation. The implications of this are profound and far reaching for the Tla'amin people. Moving away from the Indian Act - a system of control that restricted the rights and freedoms of indigenous peoples has been no easy feat, but we did it. We decided as a community, that we wanted a better life for our children, and we took the steps to make that dream a reality.

As an independent Nation, we will now have the power and the authority to shape our destiny however we decide. Our future is in our hands and it couldn't be brighter! Throughout history, our people have been the custodians or caretakers of our territory and it is in our ancestors footsteps that we follow, as we move forward into a wonderful new

future that we are creating for ourselves.

Sliammon is about to regain ownership of 8,322 hectares of land, with roughly 70km of waterfront spread out over Harwood, Sliammon and Southview, Lund and Okeover. As a self governing Nation decision making will be local and streamlined, as we have law-making authority over our lands.

The final agreement also includes many side agreements that will dramatically alter the economic profile of the Nation like the net cash transfer of \$20,000,000, additional one time funds that total around \$11,000,000, resource revenue sharing of \$650,000 annually for the next 50 years, and defined fisheries and shellfish allocations, additional

forestry tenures and taxation authority over residents on Sliammon Lands.

We now have tremendous opportunities to generate wealth for our Nation by leveraging our lands and resources in a sustainable manner. The wealth generated by our Nation over time, will benefit every single person and improve the quality of life for all. Own source revenues will be used to improve community infrastructure and services, fund housing developments, fund education, develop Nation owned and operated businesses and partnerships, promote the expansion and growth of our Nation, and within all of the above create more jobs for our people.

Continued on next page...

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



The Future Of Our Nation: Education and Employment

Building Capacity Within The Nation

One of the exciting challenges we face as a Nation is - how do we build capacity and get the right people in the right positions so we can really take things to the next level. By that we mean finding people who are passionate about what they do, that do great work, that work great with others, that use their skills and talents and abilities to promote the growth of our Nation and subsequently improve service delivery and the programs we can offer, along with boosting the economic benefits to the nation.

Most people that earn their degrees don't end up staying in Sliammon simply because there is either no work here for them or the economic incentives aren't up to par with the rest of Canada. As our Nation continues to grow we will need to have the right employment policies in place to support Staff retention and foster capacity building.

One aspect of this would be ensuring that wages are competitive with industry standards and providing greater job security. Other things to consider are the work environment itself and the culture of the workplace. A positive working environment has leaders that support their teams and recognise staff contributions while keeping the workplace light-hearted and enjoyable, free from bullying, harassment, sexism and other discrimination.

Another aspect of this issue lies with our leadership. Ensuring that we elect forward thinking leaders that support the growth of our Nation in-line with the sustainable management of our resources is also a key to progress.

As we move into self-governance there will be new jobs that will be required by our Government. These are in the early planning stages with the Human Resources department. HR is also working with Post-Secondary to identify students that are currently schooling in areas relevant to some of these positions to identify possible future candidates.

Another means of building the Nations capacity could involve the creation of possible career pathways. The aim would be to employ Sliammon people and help them get to the level of training and experience necessary for certain positions. This would involve identifying candidates suitable for certain positions and paying for their studies while providing them with work experience or mentorship relevant to the position being filled. This type of career development could be implemented in the future, once we have deeper insight into our specific needs under self-governance.

Once the transition is complete and Sliammon begins to generate additional own source revenue, the Nation will also look at opening up post-secondary funding to include trades. There is potential for simultaneous business development with the Sliammon Development Corporation that could look at creating Sliammon owned and operated businesses in construction and various trade fields. These could even be used to build or expand housing on-reserve! Trades teach skills that are in universal demand so even if there is little work in Sliammon, people could find work elsewhere.

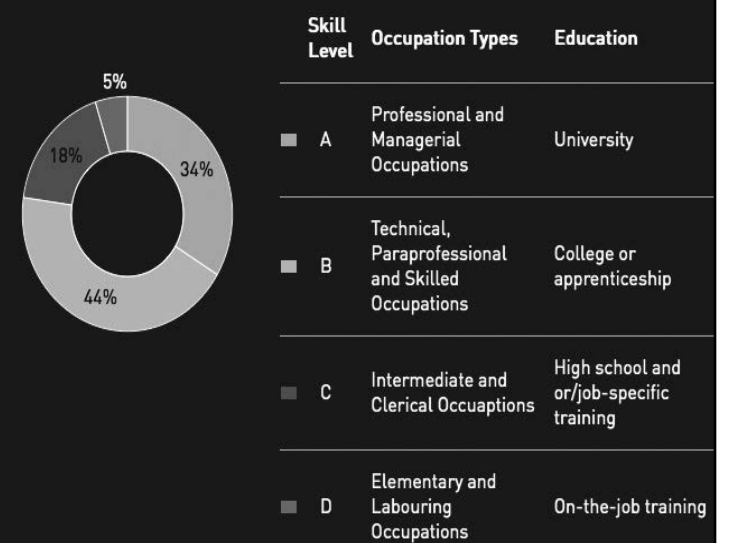
The best advice that can be passed on for people who are keen to work, is to really work hard on achieving your own goals. Don't wait around, take steps to achieve what you desire and focus on doing what you love. Education is also very important. You could end up in many different positions in your lifetime that may not be relevant to your education, but having certificates, diplomas and degrees behind you, says a lot about your work ethic as you have demonstrated that you can commit to finishing something that takes years to achieve. Another thing to be mindful of is how you interact with people in the community. We are all connected in different ways and the way you carry yourself with others could have a direct impact on potential future employment.



Aqua-culture, Aqua-farming and Fisheries will be one of many sources of employment in the coming years as the Nation continues to grow and develop.

Education, Training and Skills Demand

Education and Training Requirements of Projected Job Openings in BC (2012-2022)



Future Career Pathways Government and Potential Future Industry Development

Eventually Sliammon will need people in a wide range of fields from management, clerical, technical, professional, cultural, environmental, forestry, aquaculture, fisheries, wildlife, and trades. At present, planning is in the early stages for what the future of our Nation may look like, however there are some key areas that have been identified where new jobs will likely be created in the near future.

Within the Government and Administration we will have some of the following positions: GIS Technician, Land Registrar, Guardian Watchmen, Enforcement Officer, Lands Officer (field worker), Fisheries Workers, Director of Lands, Referrals Manager, Culture and Heritage Coordinator, Social Development and Recreation Coordinator, Building Maintenance (HVAC & Building Operator Certified), Roads/Parks/Lands Permits, and additional new positions that are still in early planning stages.

From a Health viewpoint we anticipate a current or future need for Nurses, Dentists, Home Care Workers, Residential Aid Workers, Child Care Workers, Counsellors, Managers/Project Managers, Administrative Support and Quality Assurance, maybe even Lab Technicians and Pharmacists (these could be potential business opportunities for Sliammon).

Other projects from business development within Sliammon and local partners should see positions coming up in the aquaculture sector, most of which are labor intensive such as seafood processing, but there will also be demand for skilled jobs such as hatchery technicians and managers with backgrounds in marine biology and aquaculture and commercial scuba divers for surveying and geoduck harvesting. Over the next few years we should also see employment opportunities in run of the river hydro-electric projects, and we will also need people with training in tourism and hotel management and property management.

House Cleaning

Eliminating Employee Bad Habits

A large part of the future success of our Nation is ensuring that we have the right people in the right positions. We need responsible people with a good work ethic working for our Nation in order to be the best we can be. The Human Resources department is currently developing the workplace policies that will be implemented come effective date. Part of this process is to make sure that all current and future staff are familiar with what is required from them, within their individual positions and within the workplace as a whole.

Workplace policies are fairly straight forward and follow common sense. They are designed to allow the workplace to function smoothly and address poor habits that have a negative impact on performance, relationships or economic impacts that affect the Nation. They are there to hold everybody to the same standard of workplace expectations regardless of role or position.

Some of the attributes that make a great employee include the following:

Attitude: Probably the most important attribute that can affect your employability, more important than your education. Nothing in life is a given, everything should be earned through your own hard work. Attitude is what will determine your success in life.

Work Ethic: Employees with a strong work ethic care about the quality of their work and do their best to produce great work.

Punctuality: is an extension of your work ethic. Starting on-time or even being present five minutes early and not leaving early shows you are committed to your work and your workplace.

Hygiene and Presentation: Is another common sense attribute. The way you present yourself says a lot about your character. Dressing suitably and coming to work clean and tidy demonstrates your level of professionalism.

Accountability: Being responsible and organized to manage your work load is important, as is the ability to speak honestly to your supervisor, if you need assistance, or even if you made a mistake (we are all human).

Not Engaging In Gossip: Not gossiping about community members or coworkers will keep all relationships and the workplace healthy. If something is affecting you, raise it with your supervisor.

Team Work: Positive collaboration among departments, entities and coworkers is often essential for the workplace to function harmoniously. Mutual respect for everyone is paramount.

Setting Good Boundaries: Means not using work time, location or equipment for personal matters, not taking work home with you unless its necessary, sticking to the scope of your position and pointing out to supervisors when workloads become too great or inversely, if you have time to spare to help others.

Following Instruction: Supervisors are there to support the team and are usually in leadership positions because of their experience. It would be wise to learn as much as you can from them if you wish to grow.

Not Abusing Sick Leave - Being absent from work causes delays in projects and creates stress for other coworkers who have to make up for lost time. Sick leave should only be used when genuinely needed.

Sliammon Employee Demographics



The above survey results encompass every employee working for Sliammon First Nation. By looking at the results we can see that the Nation has a mature workforce with 73% of all employees being over the age of 40. Almost half of Sliammon's entire workforce (49.4%) is over the age of 50 and could be entering retirement over the next 10-15 years. That equates to approximately 40 staff members or 40 positions in various fields. Sliammon will need skilled workers to fill these positions and many more over the coming decade.

Chief Negotiators Message

One Heart, One Mind, One Nation



Roy Francis

This article is written to provide information to our community about the future for "jobs" and "careers" in a post treaty environment. In our preparation work for Effective Date, very good questions have been asked about, "What jobs will become available post treaty?" and, "What are we doing to prepare our people for those jobs?" Effective Date is a short twelve months away and time is

moving very swiftly.

The process for filling jobs will be straight forward and transparent. Our community can expect to see postings circulated in our Nehmotl, posted on Sliammon's website, as well as distributed as flyers. Interested candidates for job positions will be invited to submit their resumes. We can expect an initial screening of resumes to take place; and interviews carried out. We can expect that offers will be provided to successful candidates.

For the job hunters in our community it's a good time to be updating resumes, gathering references, and sharpening the job hunting skills. Hunting season is getting close, and it's always wise to be prepared.

This article will not identify specific jobs, but is intended to provide general guidance for those looking to develop their skills in anticipation of new responsibilities that come along with a completed treaty. A treaty will bring new responsibilities into our community. We will be responsible for managing Natural Resources on our treaty settlement land. Our Natural Resources include land, water, forestry, gravel and minerals. Training in Natural Resource Management is definitely a need for our future. For those who are in college or university programs studying in this field, I believe your prospects for work are very good. For those who are in the process making decisions about a field of study, I would suggest this field as very promising.

A second area of training I would suggest is in the field of business management. The Tla'amin Nation will have a substantial set of new assets to be managed. I envision a need for good business managers who have the capacity to manage assets with a goal of generating financial returns, and creating additional employment opportunities for our Sliammon citizens. The capacity to manage projects, on time, on budget, fairly and consistently is a skill that is valuable, and I think will be in high demand.

There will also be jobs that are more trade, and/or labor oriented. Our Nation recently hosted a ground breaking ceremony to mark the start of construction of a new Government House. The new building will replace our existing band office, and will house the staff of the Nation, and will be the center for operation for our new Government. There was a career fair, where more than 50 of our members submitted resumes in preparation for the construction jobs that come along with the building. I think it's exciting times and that we have real jobs that we need people to fill.

For the longer term we will be needing more of our own members to be filling the senior management positions. There is discussion beginning to take place about building professional development plans to support the concept of "grooming" or "mentoring" more of our own members to eventually fill more senior management roles. Our community is changing, and our participation in its change is always important.

Message From The Chief



Chief Clint Williams

Spring has sprung! Personally I am glad that this winter season has come and gone I am really looking forward to what spring and summer have to offer this year. This winter has been very busy with many projects happening throughout our nation, I hope that this positive energy will stay with us well in to the future.

On behalf of Chief and Council I want to thank the community for your patience during the cleaning of the water lines, this ended up turning into a difficult project with some of the incidents that occurred during the project. Broken waterlines and fire hydrants that needed replacing were not planned for but needed to be dealt with. Our water lines have not had any attention of this sort for a very long time and this work was very much needed, thank you to the crew for working through this difficult project.

I wanted to share with you a few events that I have attended in the last little while such as:

Ground breaking ceremony – thank you to those that were able to attend this event to kick start the construction of our new administration building, we are all very anxious to see this project get underway. The construction of this building is scheduled to take approximately one year and should be getting started by late March; we hope to be having a ribbon cutting ceremony March 2016!

Baby welcoming ceremony – it was a pleasure to attend this recent ceremony, I was very glad to see our Jeh Jeh's from Homalco and Klahoose here participating as this will help to pass along the historical family connections. Seeing the proud parents, grandparents, brothers and sisters witnessing the ceremony was very rewarding. It was a pleasure to attend a positive cultural event that brought our people together to celebrate the future generations. There is far too much negativity in our lives these days; I believe that we need to celebrate many more positive events such as this to create more positive energy within our community. I thought that this was great job done by the organizers of this event.

Haida Gwaii tour – recently we went on a tour with the company in charge of designing our new sewage system. We viewed three different types of systems on the Island in the Skidegate and Massett areas. We met briefly with the operators of these infrastructure items and also with the Skidegate Chief and Council to learn if they are satisfied with their current operations and also to ask if there was anything that they felt was missed or incorrect during construction phase of the project. We noted the pros and cons of the system(s) and will be sure to incorporate these with our new system that may see construction beginning late this coming summer.

Willington Creek facility – for those of you that were not aware of this, Powell River has completed the construction of a new facility that is intended to replace the Olive Devaude center. The folks in charge of this project have designated a section of 6 beds within this facility specifically for Sliammon. We have been asked to help decorate this section of the residence in order to help our people feel a little more comfortable in the event that they require these services. We would like to have paintings, carvings or even historic photographs that could be displayed in this area. We will seek input from artists and helpers in the near future when they are ready for this.

If you require any further information from me please feel free to contact me: via email clint.williams@sliammon.bc.ca or phone (604) 483-9696 or toll free 1(855) 483-9696

Programs and Services

Notice Board



Post-Secondary Reminder

Attention all post-secondary and grade 12 students - All post-secondary funding applications (with cover letter and status cards) must be in before June 1st, 2015. This is a reminder that all students need to re-apply because funding is not always guaranteed - there will be a wait-list.

The applications can be download from the Sliammon First Nation website under Administration > Files > Post Secondary Application Forms or email me at postsec@sliammon.bc.ca.

Housing Reminder

New letters and applications for the waiting list for Sliammon Band rental housing must be submitted again. These applications must be renewed each year to be kept on the Wait List and to be considered eligible for rental housing. Don't forget to date the application. You can email us to request an application at andrea.paul@sliammon.bc.ca

Graveyard Crosses - Lands Department

There are many unmarked graves in the Sliammon cemetery. If anyone in the community knows who has an unmarked grave and if they know where it is located, please inform the Sliammon Tax and Lands department, either Mia Harry, Serena Barnes or Cathy Galligos. The Lands department can then have a cross made with the name engraved and put at the grave site. Even if you are unsure where the grave is, we can have a cross made up until we can confirm the location.

There are also many unmarked graves where we do not know whose grave is whose in one corner section. We would like to create a monument that acknowledges the persons with unmarked graves. If you can please let us know the name of your loved one and birth date and journey date.



Event Coordinator Position

Sliammon First Nation requires an event coordinator to coordinate Sliammon participation in the 2015 Elders' Gathering that will be taking place at Tsawout First Nation, near Victoria, in early July.

The ideal individual will be organized, detail oriented, dependable, personable and diplomatic.

Requirements:
➤ Valid driver's licence.

This position is temporary (approximately 2 months) and part time (likely no more than 10 to 20 hours per week).

If you are interested and qualified, please apply by e.mail, fax, hand delivery or postal mail to:

Sliammon First Nation
Attention: Event Coordinator Position

E.mail: jobs@sliammon.bc.ca - Subject: Event Coordinator Position

Fax: 604.483.9769 - Attention: Event Coordinator Position

Postal or hand delivery: 6686 Sliammon Rd, Powell River, BC V8A 0B8
Attention: Event Coordinator Position

Sliammon First Nation members will be given preference over non-members of equal qualification

Application Deadline is noon on Friday, April 17th, 2015

Baby Welcoming Ceremony 2015



THURS 02nd APRIL

EASTER DINNER

5:30 - 8:00 PM AT THE SALISH CENTRE

DINNER AND DOOR PRIZES & KIDS COLOURING COMPETITION WINNERS ANNOUNCED!

SPONSORED BY SLIAMMON SOCIAL DEVELOPMENT

SUNDAY APRIL 5TH

Easter Fun Day

GAMES & ACTIVITIES

FOR KIDS 12 & UNDER

SLIAMMON SALISH CENTRE - 11 AM - 1 PM - LIGHT BRUNCH PROVIDED

Lands and Resources Open House on April 14th for Community Members

By Steve Gallagher

It was exciting to witness the ground breaking ceremony for the new administration building amongst a crowd of dignitaries and supporters from the Sliammon Nation, who celebrated the occasion by drumming and singing for the land we were standing on, while sending out prayers for the safety for those who will be constructing our new empire that took over ten years in the making. This is an awesome example of the realization of a long term goal that will be the beginning of a new chapter in Sliammon history as we open the doors into a post treaty world. It clearly demonstrates that we have been preparing for the future in terms of readiness by getting prepared for the new responsibilities that were voted in favor by a majority of our nation in 2012.

The Lands and Resource Managers participated in another workshop on March 9th in a collective effort to update the Lands and Resource section of the 2007 Comprehensive Community Plan. After a thorough document review combined with interviews with department managers over arching goals have been identified. These are goals that each department has in common that are shared across the board in the Lands and Resource house post. Other house posts in our Comprehensive Community Plan consists of finance and administration, community services, public works, and community economic development.

It's almost like a countdown to Christmas when you realize that by April 5th, 2016 we will no longer be an Indian Act band but a self-governing nation with land ownership of over 8,000 hectares of land. That is approximately 8,000 hectares more land than we own today, because designated as an Indian Act band today under the federal government, we own nothing. We can officially identify ourselves as Indian Act survivors, as we will go from just surviving mode to finally living and generating own source revenue to improve the quality of life for our membership.

This is why it's extremely important for our Lands and Resource managers to collaborate together and share



Lands and Resources managers at the workshop

their experiences and set out some strategic goals that will allow them to support one another. By structuring a Lands and Resource Department that will identify where resources can be shared, the transition into the post treaty world will be as seamless as possible, allowing for opportunities to be realized in a shorter period of time, instead of competing with each department for the same goals.

When you look at what other first nations are doing you quickly realize that there is no model out there that we

can simply adopt, so it's important that we define what our new structure for lands will look like to ensure that we have the tools necessary to carve out our future.

On April 14th the Lands and Resource Managers will be hosting an open house from 4:00 – 7:00 to share the work and progress to date and be available to field any suggestions, or answer any questions you may have. We look forward to seeing you there.

Lands and Resources Open House

April 14th, 2015

4:00 pm - 7:00 pm

Salish Center

(Dinner Provided)

DOOR PRIZES!

You must complete your passport to be eligible

You are invited to come out and participate with our lands and resources managers and learn about the goals and opportunities for each department

Fisheries



Treaty Settlement Lands



Forestry



Land and Water Referrals



Lands Department



Ground Breaking Ceremony blessing, 12th March, 2015.

TLA'AMIN HEALTH

Healthy Happenings

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



Cynthia Jamieson

Welcoming Babies

The March 14 Welcoming Babies Ceremony was a wonderful celebration of life, light and love for our little ones. Gratitude and acknowledgement to all Health staff who participated in the planning and implementation, as well as to Sharon and Sol for their Cultural Facilitation, the guests from our sister Communities, the youth, the Elders, the knitting group, the cooks, and those who brought entertainment.

Although the electricity went out, and the babies got a little cranky, folks carried on to ensure the babies were welcomed into the community with culture and spirituality.

Complex Fitness and Swim Program Funding Ends

The Community Health and Wellness Initiatives funding is ending as of March 31, 2015. This was the funding that allowed us to provide a fitness and swim program at the Complex for community and staff members. Unfortunately, as of April 1st, we will no longer be able to provide this program.

This is very sad for us because we know how important your health is and how popular this program was. We will commit to looking for other resources to allow us to continue to support your fitness.

April is National Cancer Month.

I think everyone has been touched by Cancer, whether personally being affected by it or having family or friends who have been affected by it, or both. Please remember to include those who have been touched by cancer in our communities in your healing thoughts and prayers.

Emote

PRESCHOOL & KINDERGARTEN HEALTH FAIR

TUESDAY - APRIL 14- 9:00-1:00

CDRC – SLIAMMON DAYCARE /PRESCHOOL BUILDING

Our annual preschool/kindergarten health fair will occur on April 14 for **children who are entering preschool or kindergarten in the fall of 2015.**

At this fair we will have staff from Tla'amin Community Health as well as staff from Powell River health services to assist us with various screening.

The purpose of this fair is to ensure our children can hear well, see well, play and learn well as they start their journey into their school years.

We routinely review the following with our children: height and weight, vision and hearing, developmental screening, speech and language screening, dental checks, nutritional information and immunization updates.

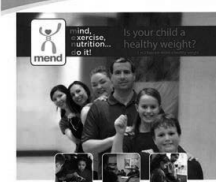
FUN! ACTIVITIES! REFRESHMENTS! PRIZES!

SEE YOU THERE!

Any questions ??? Contact:

Shelley at Health Services (phone 604-483-3009 ext. 234) or

Dana at CDRC (604-483 3449 ext. 4)



Mind, Exercise, Nutrition..... Do It !

MEND is a fun free healthy lifestyle program that empowers children and their families to become fitter and healthier through group sessions that promote healthy eating.

Location: Powell River Recreation Complex

Registration is LIMITED: Call 604-485-8903 to register.

MEND meets twice a week for 10 weeks. Families with children 7-13 years who are above healthy body weight work together to combine active living, healthy eating and behavior change.

Here are a few testimonials from past participants of the program:

This program has really changed our lives.

My husband is doing all the things I've been telling him for years and wouldn't listen to me. We also love all of our teachers. They were all knowledgeable, fun, made learning fun and there wasn't one class that was boring or we didn't learn anything. I'm so thankful that we were accepted into MEND because it was weighing heavy on my mind that I didn't know what to do to help my daughter more. I hope we can be good ambassadors for MEND and encourage our MEND families to keep going as well as telling other families about MEND."

"Thank you so much for all your hard work. We are very proud of our family and the improvements we've already made.

My child has lost weight as well as inches and her fitness all around has improved. We all have enjoyed mend and are very very sad it's over.

"It has been a great pleasure to be in this program. It has changed our life fully from morning till night.

My son loves the classes, doesn't like to miss a single day and learns new games, which are affordable and easy to play at home to keep them busy. I spend more time looking at labels and think at least 3 times before I pick anything up at the grocery store. My children are the most serious and knowledgeable teachers I have ever seen at their young age. They are very nice and very flexible with the kids. We will miss all of our instructors when the classes end. Please carry on with this MEND program, it's good and would definitely bring a big change in lives.

"The program has been incredible. The fact that our whole family is committed to the meetings and made an effort at home is amazing (I mean wow).

The thought process around what to eat, how much and when has changed. As well as scheduling activity. I still have to work on the meal planning, but we are getting there."

Anti-Cancer Super Foods



Green Tea - 2 cups
Steep for 10 minutes
drink within 1 hour of brewing

Berries - at least 2 cups
With berries you can easily follow the more - the better rule. Strawberries are most potent when it comes to fighting cancer.



Turmeric - 1/4 - 1/2 tsp
Add this spice to rice, quinoa, chicken, and stir-fries. It mainly adds color without changing the taste of the food

Cruciferous vegetables
cabbage, nappa cabbage, broccoli, cauliflower, bok choy, Brussels sprouts, etc.
Eat them raw or lightly cooked: steam for 2 min, blanche or quick-saute.



Mushrooms - 3 - 4 oz (100 g)
Add mushrooms to soups or stir-fries, bake them with potatoes or use them in salads.



Whole Soy - 11 g of soy protein
Avoid highly processed soy foods, soy supplements and soy protein isolate. Whole soy examples:
1/2 cup edamame
1 1/4 cup soy milk
4 oz tofu
1 cup miso soup with tofu (only 3-4g of protein but it also contains sea vegetables which are extremely healthy)



Try to get 27 varieties of vegetables and fruits every week. It lowers chances of cancer by 73%!

www.balanceinme.com

Tips For Building Self Esteem

By Nina Peers, Addictions and Family Support

As I mentioned in the last two previous articles, low self esteem can play havoc in our lives. Without even realizing it, we can become enslaved to our thoughts of low self worth which then creates or attracts negative behavior.

So now that we have become aware of the past and how it has affected us, we can make peace with it. The key to getting better is paying attention to what is going on within us. We need to pay attention to how we feel. Remember 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.

This is why we learn to recognize our feelings in order to heal. We face the pain. We have to feel it in order to heal it. We do the deep feeling work so that it loses power, and does not have anymore control over us.

How do we build self esteem then? How do we go from feeling low self worth to creating self worth? One of the things I find that really gets the process going is to practice self care. We are all worthy and precious; the problem is we don't believe it. We want other people to like us, love us but deep down the problem lies within. We really don't like or love ourselves and believe we are not good enough, that we don't matter.

Remember, the negative self talks (critical inner voice) are old tapes and messages from the past. Some of us have experienced these verbal messages in childhood. We were told or felt we were not good enough, stupid, ignored, abandoned and rejected which made us feel unworthy. Regardless of what it was, these old tapes (programming) continue

to haunt us in adulthood. They are not who we are.

We need to remember that the healing process is one day at a time. We have to reprogram ourselves with positive actions, messages and affirmations. By replacing old thoughts and behaviors with healthy new ones, we can create a new awareness and build positive self esteem. Listening to our feelings and practicing self care makes us feel more valuable. When we feel valuable, we treat ourselves and others with more respect and integrity.

We stop allowing ourselves to be victims. We take our power back. Our self esteem is not based on what people say or do. Practicing self care means setting limits and boundaries for those who take too much. Making healthier choices empowers us to become better people. We cannot rescue or save others, they must do that on their own. Keeping the focus on ourselves helps us stay honest and real. We are not perfect, nor will we ever be, but we are perfect just the way we are. Let the true authentic self shine through.

We become perpetrators of our own abuse. We inflict all that critical, negative self talk and punishing behavior upon ourselves because we think we deserve it. Well guess what, we deserve more, better. We've suffered enough, and don't need to harm ourselves anymore. Stop believing that you don't matter, you do. You matter a lot. Learn to appreciate your own worth. Make a list of positive qualities if you have too and believe it. Fake it till you make it. Keep practicing it and it will come true.

Be realistic with yourself and stop being a perfectionist. Don't set unrealistic expectations and don't let other people's criticism affect your own self worth. Keep work-

ing on your self image and self esteem to match with what you can do and achieve now. We all have different skills and abilities; focus on your strengths not your weaknesses. Stop comparing and give yourself credit for all that you have accomplished so far. Keep working on improving your life, one goal at a time, baby steps if need be, but keep walking forward. Keep moving ahead.

Practice kindness with yourself and others too. Slow down, relax, learn to enjoy life, sometimes we get so much enjoyment out of the simple things. Practice gratitude; make a list of the things you are grateful for. Surround yourself with people who are positive and loving. Let go of people who are draining and continue to create drama.

Make time for yourself, stop running on empty. Seek more laughter in your world. Laughter is the best medicine and is good for your health; it releases endorphins and promotes a sense of well being. It relieves tension and boosts the immune system.

Raising self esteem not only helps you to feel better about yourself but will improve the quality of your life. It may be an ongoing process, but a necessary one. Don't beat yourself up if you make a mistake but focus on the things you can change, one day at a time.

Find the necessary support you need whether it is families, friends, support groups or a counsellor in order to feel validated. Don't forget to eat healthier and get some exercise too, its amazing how these two things can change your outlook on life and self.

Don't give up, you are worth it.

"No one can make you feel inferior without your consent" - Eleanor Roosevelt

Orca Bus Visits the CDRC

By Dana Gustafson, Early Child Development Outreach

We were very fortunate to have the Orca bus visit us on Friday, February the 27th! It was parked in the upper lot of the CDRC for easy access and use by the community and the day care programs. The children were very adventurous about boarding the bus and were entertained with the variety of toys and activities that were on the bus. As this was not a Strong Start program we were able to add our own cultural resources and activities on the bus. The drivers name is Dan and he was very welcoming and helpful during the visit; He even let the children sit in the bus driver chair while he pushed the button for them to go up and down in the seat. We are looking into having the Orca bus visit our community more often. Our next scheduled Orca visit will be in May so keep an eye out for the exact date in the Nemotl.



Child Development Resource Center Cultural Library

By Sosan Blaney

Have you ever wanted books for your children that are relevant to your family as First Nations people? Do you want to incorporate more language into your home? Do you want your child to learn about things such as the potlatch ban, herring roe harvests and residential school in an age appropriate manner? Then take a trip down to the Tla'amin Child Development Resource Center and visit the Cultural Resource Library.

The Tla'amin Cultural Resource Lending Library is a collection of resources available to teachers, day care centers and parents. The resources have a focus on Tla'amin culture, Indigenous cultures and local histories and ecology. There are many books in the library available to parents that are specific to Tla'amin legends, teachings and customs. There are also books that focus on other First Nations communities or on common experiences such as the potlatch ban, residential school and legends that are shared among many Northwest Coast First Nations. There are also many resources available for parents to take home and keep including Tla'amin language household labels, coloring sheets, worksheets and other fun activity sheets.

If you have a child in a day care center, kindergarten or grade 1 there are resources



that you can encourage their teachers to borrow. There are theme boxes filled with amazing resources teachers are allowed to borrow for their classrooms. The theme boxes have binders of curriculum, books, puzzles, puppets and more, all suitable for preschool – Grade 1 classrooms. Let your child's teacher know about these fantastic resources, available free for them to use. There are also drum kits and drumming lesson plans available for teachers. The children love drumming and singing and exploring sound!

Until the end of April we are running a contest for any community member who borrows from the library. The first 5 people, who borrow books, use them in their home, and return them to the library will win a prize from our prize bin. Prizes include puzzles, stamps, coloring books, reading books and puppets.

If you are interested in borrowing any of the materials, call or come into the center to arrange for borrowing. Library users are asked to fill out a simple form outlining our borrowing policies and sign it, acknowledging that you have read and agreed to the policy.

If you have any questions, want to borrow or are curious about the library at all, please do not hesitate to contact us. Please contact Dana Gustafson by phone at 604 483 3449 ext 4. Or by email at dana.g@tlaaminhealth.com

What is Ages and Stages Screening?

Ages and Stages is a screening tool that is completed with parents/caregivers and their children. It can accurately identify children at risk for developmental delays in a number of areas including communication, gross motor, fine motor, problem solving, and personal social.

As a parent I know how difficult it can be to find out your child may have a development delay, but the benefits of early intervention are definitely worth the time to do the screening. I know from firsthand experience that the amount of one on one attention a child will receive from extra support services is limited when they enter the school system at 5 years of age.

This short questionnaire is designed to identify children who should receive further attention of a local early intervention (EI), early childhood special education (ECSE), health, or mental health agency. The Ages and Stages screening is similar in theory to health screenings such as hearing or vision screen. This type of screening can:

- Help with program planning: Programs can set up activities to encourage specific skill building.
- Identify targeted goals and objectives: Program leaders can set up specific goals and objectives for designated children.
- Be used to evaluate a child's progress over time: Ages and Stages is an ongoing assessment that can be used for children from 0-5 years of age.

If at any time you would like to do an Ages and Stages assessment with your child please feel free to give me a call at 604-483-3449 ext. 4.

Thank you, Dana Gustafson



EMPLOYMENT OPPORTUNITY - HOME & COMMUNITY CARE COORDINATOR #20151903

A full-time Home and Community Care Coordinator is required to provide overall supervision and direction to our Home and Community Care program to meet the changing home and health needs of the Sliammon First Nation and its community while working under the supervision of the Executive Health Director of Tla'amin Community Health. Rate of pay starts at \$38.20 per hour.

Key Duties & Responsibilities:

- Administration of the Home and Community Care program and supervision of Home Support Workers, Homemakers and LPN.
- Provision of nursing and support services to the Sliammon First Nation community throughout the life cycle, to assist them to stay in their home and to promote the optimal level of functioning in activities of daily living.
- Supporting new initiatives & programs & providing some administrative guidance & support for Sliammon health and wellness initiatives.

Job Skills & Abilities:

- Ability to plan, implement, organize and evaluate services and events
- Basic computer skills
- Leadership, supervisory, and conflict resolution skills
- Ability to communicate effectively verbally and in writing
- Physical ability to perform the duties of nursing
- Ability to work as a team member or independently
- Ability for conflict resolution as a team member and as an RN
- Practice within RNABC nursing scope of practice
- Working knowledge of the Sliammon First Nation and its community is an asset

Qualifications:

- Baccalaureate degree in Nursing, BSN or equivalent, and current membership with the RNABC
- First Aide & CPR certification
- Valid BC Driver's License & Annual Driver's Abstract
- Successful Criminal Record Check
- Current TB test
- Experience and Education in administration, business and management an asset
- Experience in H & CC program an asset
- Experience working with First Nations communities an asset

ADDITIONAL INFORMATION:

- There may be program hours outside of the ordinary working day 8:30 AM to 4:30 PM
- May be required to use own vehicle with mileage re-imbursement, business vehicle insurance may be required and out-of-town travel may be required
- This position is open to both men and women and requires Union membership

CLOSING DATE: April 17, 2015 – 4:30 PM

Cover letter and resume can be sent by email to: cynthia.i@tlaaminhealth.com

Or by fax to: 604-483-2466, Attention: Executive Director

Only candidates screened for interviews will be contacted.

PROGRAMS & SERVICES



- Info about Sweat Lodge phone John Louie Ext 232
- Walk This Way/Walking Group Every Mondays & Wednesdays 4:30 pm meet @ TCH Foyer

- Nurse Practitioner - Monday to Friday 9-3:30pm Book appointments -Late appointments available Tuesday evenings-by appointment only!
- Tuximuy Group Every Tuesday to Friday 10-12pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01 Floor Hockey @ Gym 4:30-6pm Women's Hydrotherapy 1-3:30pm ECE info session @ CDRC Parent Group 10:30-12	02 Toonie Skate meet @ CDRC 3:30-5:30pm Prenatal 11-1 @ CDRC	03 Good Friday STAT HOLIDAY Office Closed	04
05 Family Swim 12-1pm	06 Easter Monday STAT HOLIDAY Office Closed	07 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm HCC walking group 1-3:30 Cultural Craft Group 10-2pm	08 Floor Hockey @ Gym 4:30-6pm Pick up GFB Parent Group 10:30-12	09 Toonie Skate @ CDRC 3:30-5:30pm Prenatal 11-1 @ CDRC Traditional Teachings/practices 10-12pm	10 Youth Workshop @ Salish Gym 12pm	11
12	13 Movie night 5-7pm @ CDRC Men's Hydrotherapy 1-3:30pm Primary Care Clinic Closed	14 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm Cultural Craft Group 10-2pm	15 Floor Hockey @ Gym 4:30-6pm Parent Group 10:30-12	16 Toonie Skate @ CDRC 3:30-5:30pm Prenatal 11-1 @ CDRC Traditional Teachings/practices 10-12pm	17 Dental Clinic	18
19 Family Swim 12-1pm	20 Men's Hydrotherapy 1-3:30pm Primary Care Clinic Closed	21 Boys' Group @ CDRC 3:30-5:30pm EDP 11-1pm Cultural Craft Group 10-2pm	22 Floor Hockey @ Gym 4:30-6pm Parent Group 10:30-12	23 Toonie Skate @ CDRC 3:30-5:30pm Prenatal 11-1 @ CDRC Traditional Teachings/practices 10-12pm	24	25
26	27 Men's Hydrotherapy 1-3:30pm Craft night 5-7pm @ CDRC Primary Care Clinic Closed	28 EDP 11-1pm Cultural Craft Group 10-2pm Community Kitchen 12-2pm	29 Parent Group 10:30-12	30 EDP Foot Care Traditional Teachings/practices 10-12pm		

Youth Workshop

Date: April 10, 2015

Location: Salish Center (Gym)

Time: 12:00 Start

Ages: 13 to 18

Motivational Speaker: Conway K Hip Hop Artist/Break Dancer/Actor/ Motivational speaker

Topics Include:

- Drug/Alcohol } Breaking Cycle
- Suicide } Prevention, Signs, Breaking Silence
- Bullying } Respecting Friendships

Pizza/Refreshments/Cake & Door prizes

Invite extended to Homalco First Nation & Klahoose First Nation

Contact: Tla'Amin Health Services
 Shirley Louie ex: 227/ Tyler Peters ex:242/
 @ 604 483-3009 or Verna Francis, Justice
 Coordinaor @ 604 483-9646

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 ROUND

Payment by Thurs 2nd for pickup Wed 8th Apr

Youth Group Schedule

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

Every Tuesday, Meet @ CDRC 3:30pm-5:30pm
 07th Bowling Alley, 14th Hike, 21st Mini Golf, 28th Dinner & Movie/Game Night

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!!



Kohkjooseu: The First Name of Keays Bay

By Chris Springer, SFU Archaeology

Naming and storytelling connect people to the land. Through naming, the land and its places are transformed into repositories of a people's history and traditions that are passed down in the stories describing the events that named the world. These events may have moral, pragmatic, or spiritual significance, but in all cases they map the world and embed people in the landscape. Over time, as the world changes and communities transform, place names and the stories that give them life carry on through telling and re-telling. They become links that anchor people to an ever changing landscape by giving a voice to the ancestors who first named the world.

One of the many named places in Tla'amin territory is a bay called Kohkjooseu (see photo). Today, the bay is known as Keays Bay, named for the Keays family who have been living in the area since the early 1950s. Kohkjooseu also has another name, DISe-36. This name is the Borden code that was assigned in the mid-1970s to the archaeological site located on the south-east edge of Kohkjooseu next to the granite outcrop that separates the bay from Sheheyston (another named place that is currently known as Emmond's Beach). Keays and DISe-36 are names that have meaning for the Keays family on the one hand and the Archaeology Branch of British Columbia on the other. Although DISe-36 also has some importance for the Tla'amin people in the sense that it recognizes their ancestral presence through archaeological remains, Kohkjooseu, the original name of the bay, places it in the Tla'amin cultural map of the world.

Kohkjooseu has both spiritual and pragmatic significance as a named place. In the spiritual sense it is a place of transformation and in the pragmatic sense, up until sometime in the mid-twentieth century, it was an important clamming beach that was managed by the Tla'amin people. These two aspects of the bay, its story of transformation and its importance as a source of food, are intertwined. The name Kohkjooseu translates as "covering head with hands" and refers to a story of transformation first recorded by Dorothy Kennedy and Randy Bouchard in the 1970s and later published in their book *Sliam-*



Northwest facing from beach at Kohkjooseu, Savary Island in the distance. (Photo by Julie Oltmann Plesner)

mon Life, Sliammon Lands. The story tells of a man who was afraid of the southeasterly winds so he would turn his back to the southeast and cover his head as protection. That man was transformed into the bay and granite bluff that now provide protection from the powerful southeasterly winds. It is under the protection of the granite bluff where the archaeological site (DISe-36) is located. In Tla'amin community memory, Kohkjooseu is also known to have been a good clamming location. The beach at the south end of the bay was kept clear by removing large rocks so that it was better for clams. Elaine MacKee, a long-time resident of Keays Bay, confirmed that the beach directly below the granite bluff was clear of rocks until sometime in the 1970s. There are no dates associated with Kohkjooseu but it was likely used when Sheyeston (Emmond's Beach) was a village prior to European incursion

into Tla'amin lands.

Kohkjooseu is one of the many names that map the Tla'amin world, and it is an example of how place names and stories are an important source of information for understanding the past. The story of the man's transformation recognizes the bay's importance as a safe harbour, and the combined oral history and archaeology of the location highlight the relationship between the transformation story and how people used the land. Both the cleared area that was a managed clam beach and the archaeological site are situated to maximize the protection from southeasterly winds afforded by the granite bluff. At Kohkjooseu, the past comes to life through the place name, transformation story, community memory, and archaeology to give a more complete view of Tla'amin history and how the ancestors connected to the land.

Tla'amin Word of the Month

Qεq̓awus

Both hands are covering the eyes.



Betty Wilson and her baby basket.

SFN Chief and Council Minutes

February 18, 2015
TCHBS Boardroom

Special Meeting
(full set posted at the band office)

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

Regrets: Melissa Louie

Legal Team - Murray Browne

Treaty Staff - Roy Francis, Denise Smith and Grace Adams

Band Administration and SDC Staff - Rod Allan, Cathy Galligos, Kelly Rankin and Judith King

Eugene gave the opening prayer. There was a power-point presentation of the laws under review. There are two items on the agenda today - constitutional amendment and law development. Clint asked for a roundtable introduction of all who are present for the new SDC manager who is attending this meeting. After introductions, Mr. Kelly Rankin gave a background of his experience to the group.

Sliammon FN is at the point of finalizing the Tla'amin laws. The treaty office is closing its operations as Sliammon counts down to the treaty date. Band administration and resources will assume transitional treaty duties. Twenty-six laws require approval by effective date. Roy explained that development of laws is done through work teams and sub-teams. Special advisors were brought in to address some difficult laws. Treaty has taken the lead in the law development. There will be work that will be carried on by the Nation. It will need to be determined whose desk the transitional items will be left with. Finance, Land and Governance Laws have been developed. The constitution may need to be adjusted for minor amendments. Amendments will need to happen within the next 12 months.

Constitutional Amendments were discussed. The constitution will come in to effect on April 5, 2016 and must match the already-signed final agreement.

#1. Land Amendment #01 was reviewed. Murray began with Attachment 4 to add changes to Sec 21 and Sec 23 by making a provision to add a new section 24 to clarify sale of land under the constitution that allocates land to members. There will be fairness for all.

Walter mentioned controls in place for any land designations – there will be a land use plan and some land will be restricted fee simple land for members only. There will be two-levels of appeal in instances where there may be disputes. Matrimonial laws will apply because of the provincial laws in place, but there will be additional laws specific to Tla'amin Nation.

Brian asked who will be able to apply to make an application for land. If it's small business land, then Council can decide if it's allowable. The aim is for members to succeed in home ownership. Clint explained saleable and leased lands and clarified the term - in good standing. Eugene mentioned that Tla'amin Nation needs to teach youth about collateral and risk management. Roy explained criteria for land ownership and that the laws are flexible.

#2. Finance amendment concerns removing the requirement for the establishment of both a Finance Committee and an Audit Committee in section 85. The proposal contemplates the establishment of a single "Finance and Audit Committee" that would have "independent" members.

#3. Remove the requirement that CFO be a part of the Finance Committee.

#4. Capital Transfer item – An amendment for removing the requirement for the fishing vessel monies to go into the settlement trust fund.

#5. Change wording Section 3A. – add water to the protected clause i.e. Land, Water and Resources.

#6. Change Tla'amin 'People' to Tla'amin 'Citizens'

#7. Titles change President, Vice-President and Secretary-Treasurer into Chief or Hegus and/or elected officials. Eu-



The new Forestry dump truck will support construction of the Government House with driver Larry Louie.

gene is good with terminology for titles but doesn't agree with the function names. Revisit the term Hey how hegus (leadership) because that may not be the right translation.

#8. To clarify the role of the Executive, Sec. 61 changes the role to "...oversee the implementation and enforcement of Tla'amin laws and manage the function of the Tla'amin Chief Administrative Officer."

Dillon explained electronic voting and introduced two companies that are in business to provide E-voting services. The referendum date, which is 90 days from the appointment of an electoral officer, was discussed. The referendum and polling stations will be discussed at Chief and Council meeting on February, 19th. The community vote date and off-site date were discussed.

Motion to accept the proposed amendments made by Walter and seconded by Eugene. Carried.

An approach to building the laws was explained by Roy. The Joint Steering Committee created three sub-committees: Finance Working Group (FWG), Governance Working Group (GWG) & Land and Resources Working Group (L&RWG). Groups have been working for 2 years. When laws are completed, they go to Council for approval. The first law to be reviewed is the Land Law and it is up for Council review and input. A workable process was outlined by Rod. The process is as follows: a discussion takes place, then law is taken home by Council for further review and then law is approved at a later date.

Denise gave an overview and explained the formation of the L&R CWG committee. She touched on the draft organizational chart and jobs available at effective date. Also, fee simple lands and nature of current housing held by householders re: ownership. A decision will consider how the Klahanie and Southview leases will be renegotiated under treaty. A process dictates that restructuring will be done through SDC. Restructuring headleases will be Sliammon Development Corporations' responsibility.

There are three main Land laws – The 'What' Land Law is for "how land will be held". It is not included in today's discussion and will be brought forward later.

The 'How' Land Law is the process for subdividing land, servicing and developing it. The Law is under review today. Approving officer will be in charge of big projects. There are questions that should be resolved before L&R CWG finalize the issues. There is a flow chart to show how things will happen with the process. Murray will write a proposal for the law on building inspections, etc. and the CAO will appoint the building inspectors. Murray went through the decision-making chart with attendees.

Discussion began on the scale of projects. For instance, there will be different approaches to different projects, whether it is a subdivision or a smoke house. Also, there will be an appeals process with variances granted. It was asked where special requests (exemptions or waivers) will go for approval? It can be written into the law, or put in a note to say that any specials exemptions will go to Executive Council. Stop work orders will be issued by a director, manager or the CAO.

The 'Where' Land Law is about Land Use Planning and Zoning. The law screens any business that is proposing a use for particular land. One requirement would be to ask for business models with submitted applications. Review of Section 5.5. was explained, also, how it relates to 5.1(c). It was asked - what does Council have in mind for heritage and archaeological sites? There could be a stand-alone law about heritage protection and protected sites in the Tla'amin Laws. Murray suggests that they will build something into the development of laws about protecting sacred places and objects.

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

The meeting adjourned at 3:00 pm.

SFN Chief and Council Minutes

February 19, 2015
TCHBS Boardroom

Condensed version
(full set posted at the band office)

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

Administration Staff: Rod Allan and Judith King

Minutes and Agenda:

Acceptance of Regular Meeting Minutes of January 22, 2015

Motion to accept minutes made by Eugene and seconded by Larry. Carried.

Acceptance of Agenda of February 19, 2015

Motion to accept agenda made by John and seconded by Larry. Carried.

New Business

Finance / Administration / Audit

1) Funding Agreement 2015-16 was reviewed. Discussion on types of programs and 2015-16 funding amounts.

Motion to accept 2015-2016 agreement made by John and seconded by Larry. Carried.

2) Draft Organizational Chart was reviewed. Discussion began on the draft chart and what positions can be combined, as some positions are deemed to be less than one full-time equivalent. Rod asked for Council to provide any other feedback to him.

Housing – Jan 26th meeting – Walter updated Council on the Jan. 26th meeting and gave a report. There were 3 issues that were deemed to be Lands-oriented and these were referred to Lands department. There was one housing topic and the issue was resolved. RRAP and Market Fund applications are due before March 31st. Also, all inspections have been completed. The Housing Committee discussed relocation of renters in some houses that are overfull or under-used.

Lands & Tax

1. BCR 2015-08 concerning a headlease was discussed. It notes the direction taken for a lease currently under dispute resolution. Walter and Dillon declared conflict and stepped out. The lease will be pro-rated back to 2012 and there will be a renewable lease established for the client.
Motion to approve BCR 2015-08 made by Eugene and seconded by John. Carried.

Walter and Dillon returned to the meeting.

2. BCR 2015-10 concerns resurveying of the Certificate of Possession (CP) lands and awarding the contract to Emery and Rae to do the work to realign boundaries correctly and according to original documents.

Motion to approve the BCR 2015-10 made by Eugene and seconded by John. Sandy opposed. Carried.

3. BCR 2015-11 Telus Improvement Project - Questions about flaggers working on the project were raised by Walter. Rod will follow up with Telus on their promise to employ SFN workers.

Motion to approve BCR 2015-11 made by John and seconded by Larry. Carried

Sliammon Development Corporation:

SDC and Transition to Treaty document was distributed. In the past, the shares were not transferred from previous (non-sitting) directors to current directors in a consistent manner. Kelly Rankin, SDC Manager will work on correcting the shareholder distribution. At effective date, protocol will rule that it cannot be individuals who hold shares and it will be other entities like the Executive Council who holds the shares. Finance Committee Working Group will be working on the structure of the shareholder distribution elements on Feb. 20th.

Forestry – Craig Galligos will talk to Andre Balfe about the tour and it will be on April 27th. Council will take ferry to Texada for the tour.

Fire Dept. – There will be air brake training and an endorsement for recruiting new fire-fighters. Stephen Hunter will set up the training date.

Fisheries – Herring season is coming up. Sliammon is looking for a roe on kelp opportunity. Ahousaht may be able to provide some herring and we could get a couple of totes of herring for the Elders. Ask Kevin to look into herring and the roe situation.

Health – Memo was distributed for the Council's information. It concerns the pros and cons of health services being transferred to the Nation at effective date. Council will take the document home and review it.

Cultural – A Council resolution requesting Chief and Council support for 2015-16 cultural activities was presented. Council requests a copy of the final report from Budd. Action: Rod or Judith will distribute final report to all in their mail boxes. Motion to approve BCR 2015-09 made by Gloria and seconded by Eugene. Carried.

Canoe Journey on July 15 and 16, 2015 was discussed. The theme is Honouring our Youth, Powell River Regional District offered Calvin the Willingdon Park grassy area for the celebration and the use of the Complex to feed participants. There will be a breakfast and Calvin's asking for donations from local businesses. The Canoe Journey committee wants the canoes to land in front of the Sliammon church on the July 16th and asks Sliammon to provide the breakfast for the pullers. Clint says Finance can create a department to handle any financial transactions that relate to the Journey. Cultural committee should be apprised of details after meeting on Sunday, Feb 22nd.

Totem Pole – John and Shawn gave an update on yellow cedar availability for the future poles for government house. Also, refurbishing a pole at the Westview park – the City has offered to pay for a make-over to the pole. It must be taken down and moved to be redone.

Treaty – Memo concerning selection of trustees and a Guardian for trusts distributed. Finance and Community Working Group meetings have taken place and they have been informed that Council must endorse a process for the selection of trustees and any guardians. Interested persons must attend an info session on what it means to be a trustee, enroll in a 40 hour on-line course and attend a workshop on the purpose and duties of a Sliammon trustee.

Council is in agreement with the proposed process. Sliammon should determine who is interested to become a guardian.³ The guardian makes sure the trustees are doing what they are tasked to do. The guardian is appointed by Council. It's recommended to have three to five trustees. The terms of trustees were discussed. There are eleven who have signed up for the trustee course. Guardians must have a financial and/or professional designation. On March 5th, Daryn Leas will make a presentation on trusteeship to Council. Questions were asked about the spending of Capital. The Council approved of the process by consensus.

The topic of voting procedures for Constitutional Amendments was introduced. The threshold of approval for amendments is 50 percent plus one of eligible voters voting in the referendum vote in favour of the proposed amendment, as prescribed in the constitution. Number of days' notice is established as 90 days after an electoral officer is appointed.

Dates were proposed to the Council for discussion and Council recommended procedures for the polling exercise. Notices need to go in the newsletter about everyone living outside the community to update their addresses. A brief Intellivote (electronic voting) demonstration was made by Dillon. Council decided to use all three methods of voting

with the amendment vote. Dates agreed on are Sunday, May 24 for a polling station in Vancouver and Monday, May 25 for voting in Sliammon. Frances Ladret of Powell River is proposed as the electoral officer. For the Vancouver polling station, Vancouver Friendship centre will be utilized and Frances or her nominee will attend.

Motion to initiate the voter process made by Eugene and seconded by John. Carried.

Membership: Action Item to complete the Band Council Resolution concerning a presentation by AANDC to the Sliammon Community was requested.

Portfolios

Natural Resources meeting was scheduled by John Hackett for Feb. 26 10:00am

Health Board - Larry reported that a Tuesday meeting about the collective agreement was cancelled.

Sliammon Dev Corp. is having a meeting at Forestry on Feb 19, 2015.

Chief's report

1. March 28 – There's a Sechelt invitation for the hospital opening ceremony at their long house. Clint asks for someone to attend in his place.

2. SDC item – A heavy equipment auction is taking place in Edmonton and two staff will go to look at the items to support construction of the new Admin Building.

3. Ground breaking ceremony for the new Admin building is March 12th.

4. Clint met on the Shared Territory agreement with Chief James Delorme.

5. VIU, the School District and Sliammon are proposing to form a partnership and expect further discussion.

Other Business

1. Junior Braves Soccer Team - It was proposed that each team must work for funding from SFN. It was suggested that teams work to pay for their entry fees. There needs to be clear terms for sports kids' participation. Clint indicated that Sliammon will help fund-raising and provide the team with work for payment.

Motion to adjourn made by Eugene and seconded by Gloria. Carried.

Meeting adjourned at 1:52 pm.



ANNOUNCEMENTS

\$\$ REWARD \$\$ MISSING BABY BASKET

By Cathy Galligos

\$400 reward for the return of my missing baby basket that is a Cedar Root hand woven basket. This basket went missing from my sister's residence, Roseanne Louie. It went missing between November 25th and December 20th, 2014. This basket has a lot of sentimental meaning to me. It was made for me by my mom, the late Violet August. She started the basket in 1994 and then she passed away of cancer. I then requested the late Mary George to complete it for me in 2005 before I had my first child. All my children (Cedar, Hunter and Chael) have been in this basket and I proudly carried them around in it. I was so proud of my baby basket. I even had to repair this baby basket so my weaving work is in it too.

\$200 reward for any valid tip on the "sighting" of my basket. If you have seen this basket somewhere and you inform me, and if the tip is valid, I will pay a reward for the tip.

I do not care about the fact that it was stolen, and I don't care who stole it, I just want to have it back in my hands where it belongs. I do not hold judgement on anyone.

Please, if you have any information, contact me at **604 414 9451**



TURBO YOUR TAX RETURN

With EFILE - 2014

MIA LOUIE - HOME - 604-483-4437 - CELL - 604-483-1795

BASIC RETURNS \$40

T5007's Accepted

Call for an appointment or pickup available



Housekeeping Supervisor for The Historic Lund Hotel

Details

Position: Housekeeping Supervisor
Employer: The Historic Lund Hotel
Sector: Accommodations
Posted: 2015-Mar-05
Closing Date: 2015-Mar-20
Salary or Wage: To be Discussed
Full or Part Time: Full Time
Location: Powell River, BC
Start Date: April 2015

How To Apply

Contact: Vanessa Kosloski
Email: vanessa@lundhotel.com

Requirements

- Driver's licence and vehicle required.
- Must have excellent organizational skills
- Must be able to maintain staff and keep the housekeeping department running efficiently
- Must be physically fit and be able to perform housekeeping duties (note that there are many stairs in our building, and you will be required to go up and down often to laundry facilities)
- Supervisor or management experience is an asset

Duties and Responsibilities

- Training Staff
- Assisting with scheduling
- Ensuring rooms are cleaned efficiently and quickly
- Assisting with hiring
- Responsible for laundry facilities
- Ordering

Additionally, to perform all duties of a Room Attendant

- clean hotel rooms quickly, neatly and efficiently
- ensure that guest room corridors are clean
- maintain neat and clean cart, equipment, storage rooms and supplies
- maintain a friendly and approachable attitude towards guests and staff
- maintain a clean and professional appearance
- respect all hotel equipment and property and use with care to avoid unnecessary damage
- document any deficiencies, including mechanical and electrical problems from the guests rooms

+ More positions coming up! Cooks, Housekeepers, Servers, Store Attendants, Deli Cook, Gas Dock Attendant and front desk agent, SEND IN YOUR RESUMES!!

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)



The Sliammon Fire Department is looking for more volunteers! If you are interested in participating, please contact Floyd George or Melvin Mitchell (through the Band Office) or feel free to attend our practice sessions:

Every **Monday, 6:30pm-8:30pm** depending on attendance, meet at the Firehall. Further training opportunities are available for those that wish to participate.

Sliammon Volunteer Firefighters

The Sliammon Volunteer Fire Department needs more volunteers. If you are interested come out to Fire Practise 6:30pm - 8:30pm every Monday Night. Learn the operation of the fire truck, fire pump and hose lays.

At present, the volunteer firemen wear pagers and are dispatched to all 911 calls, 24 hours a day 7 days a week. Regular team members are trained as first responders through a course designed for firemen, police and ambulance medics.

New team members will only assist the regular members, in the first stag-

es of training, so as too not be put in harms way.

Our Volunteer Fire Fighter program started in the late 70's, initiated and funded by the Department of Indian Affairs and the training was provided by the Justice Institute of BC. Sliammon also used to participate in regional native fire fighting competitions.

So if you want to do something for our community, please come out to fire practise.

Thank you. Yours in service
Sliammon Fire Department



Wishing this amazing woman the Happiest Happy Birthday!

Mama you are the queen of our hearts... love you.



A warm and loving Happy Double Birthday to my fiancée Chris & baby Beau!
Love Ashley Jayden Taylor & Izabella
April 18th, 2015

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**



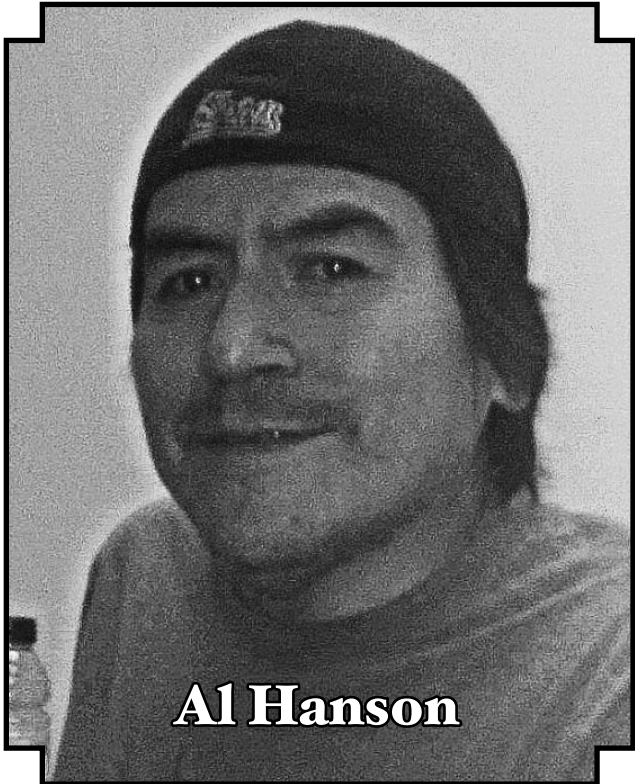
Tutoring Available

Monday, Wednesday
5:00 - 7:00 pm
Ahms Tah Ow School

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



ANNOUNCEMENTS



Al Hanson

Marjorie, Denise, Darin (Loretta), & John (Maria) Hanson and Levina Pielle would like to thank the Tla'amin community for your prayers love and support in our time of Al Hanson's passing.

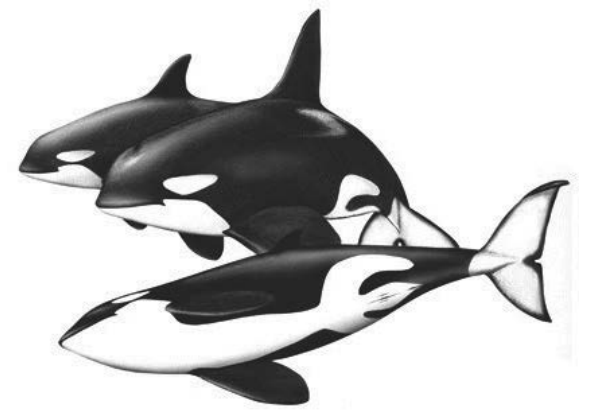
Those we love
don't go away,
they walk beside us
every day...
unseen, unheard,
but always near,
still loved,
still missed
and very dear.



Charlie Charlie

Born: July 14, 1932
Spiritual Journey: February 18,
2015

In
**Loving
Memory**
of



**Makara
Joann
Gallagher**

**Ann
Amelia
Hackett**

Grandma Takes Care Of Our Little Girl



The one with big eyes, and soft brown curls.
She was special, as you should know,
We really didn't want to let her go.

She touched the hearts of everyone she knew.
Letting her go was so hard to do.
Her smile could brighten up the darkest room.
We wish God didn't have to take her so soon.

Grandma rocks her and reads her a story,
So she's not afraid as there is no need to worry.
Tell her we love her as we wish she could be here,
But we will not meet again for many more years.

She loves to sing all kinds of songs,
Please tell her that she did no wrong.
Would you comfort her and hold her in your arms so
tight,
And tell her she is missed every day and night.

Tell her we promise to see her again someday
When that will be, we really can't say
We promise to make up for the time that's past
To hold her and comfort her, in our arms at last.